


Sports p. 5
Northland signs
two more local
players to letters
of intent

Starry stonewort



CRAZY DAYS

Pages 6-7

NORTHERN WATCH

"NORTHWEST MINNESOTA'S REGIONAL NEWSPAPER"

Postal Customer
PSRT-STD
Carrier Rte. Presort & ECRWSS
U.S. POSTAGE PAID
PERMIT NO. 4
Thief River Falls, MN 56701



We're in it for your forever.

www.border.bank

218-681-8085
Member FDIC | NMLS# 704691



SAT | JULY 29 | 2023

324 Main Ave. N., Thief River Falls, MN 56701 • Vol. 33, No. 30

CHECK OUT THE

SENIOR MOMENTS

Life at 50 and Beyond Special Section on Pages 8-13



Full schedule of activities on tap

Busy times will be ahead in Thief River Falls as a variety of activities are planned starting next week.

Tuesday, Aug. 1
Night to Unite, an annual event to strengthen neighborhood spirit and community/police partnerships, will be held Tuesday, Aug. 1, from 5 to 7 p.m., at Peder Engelstad Pioneer Village. Rides into the Village are available for senior and disabled visitors. The event features family fun. Sapphire Brown will perform with special guest Josiah Dyrud. The Community Band will also perform. A free meal of hot dogs, chips, watermelon and root beer floats will be served.

Thursday, Aug. 3
Art Sparks, a free event for all school-age kids and teens, will be held Thursday, Aug. 3 at 2 p.m. at the Thief River Falls Public Library.

Also on Thursday, the **RehabAuthority RiverFest 5K/1K** will be held on the Greenwood Trails. Race time is 5:30 p.m. The cost is \$20, and racers sign up at RehabAuthority. For more information, call 218-681-0449 or email krosendahl@rehabauthority.com.

Friday, Aug. 4
"The Muppets Treasure Island" will be shown Friday, Aug. 4 at 1 p.m. at the Thief River Falls Public Library.

Also on Friday, a fundraiser will be held from 4 to 5:30 p.m. for the **Heritage Center**. The meal is \$12, and it's half price for kids up to 10 years old. The Heritage Center is raising money to make updates at the center.

RiverFest starts Friday with entertainment, food vendors and a beer garden at 6 p.m. at Hartz Park. The cost is \$20 in advance or \$25 at the door. Admission is free for kids 10 and under. Advance tickets are being sold at the Thief River Falls Chamber of Commerce, the Northdale stores, Hugo's, Holiday, Station 59, DigiKey and Cenex Travel Center.

Friday night's entertainment includes Four Wheel Drive at 6 p.m., The White Keys at 8 p.m. and PopROCKS at 10:30 p.m.

Saturday, Aug. 5
On Saturday, Aug. 5, the **Uff Da Challenge** will be held from 8 a.m. to 2 p.m. at

Relay for Life in Roseau Co.

Russell Sorenson of Roseau is running 26.2 miles on Aug. 17 as a fundraiser for Relay For Life. His run will start near Greenbush and end in the Riverview Gazebo Park in Roseau. Sorenson is an experienced marathoner and has challenged himself to raise funds for Relay For Life by running 26.2 miles at least five times in the past.

Individuals may pledge an amount per mile or a flat fee. His address is 318 6th Ave. NE, Roseau, 56751; or he can be reached at 218-463-1501.

The Roseau County Relay For Life begins at 6 p.m. on Thursday, Aug. 17, in Riverview Gazebo Park. It will be held in conjunction with the Roseau Gazebo Night Concerts.

For more information, call Tami Borgen at 218-242-3533 or email relayforlife-ofroseaucounty@gmail.com.



Several local and area officials and guests participated in the Pennington Soil and Water Conservation District 75th Anniversary Project Tour on Tuesday, July 25. This photo shows officials examining County Ditch 96 Phase II.



Pennington County Board Chairperson Neil Peterson and Rep. John Burkel visit during the Pennington Soil and Water Conservation District Project Tour on Wednesday, July 25.



Forty-three side water inlets were installed along 15 acres (1.25 miles) of land near Thief River Falls. The average buffer width was also extended to 46 feet. The project cost nearly \$130,000 and included funding from a variety of sources.

Pennington SWCD conducts 75th Anniversary Project Tour

The mission of the Pennington Soil and Water Conservation District is to provide landowners and other agencies with technical assistance in identifying and improving resource issues. It's been doing that for 75 years. Wednesday, July 25, a tour of some of the projects the District has been involved in was conducted.

The Pennington SWCD was established in 1948 through farm committees assisted by the Agriculture Extension Service.



This shows part of Phase II of the County Ditch 96 project. Nearly one-half mile of the south bank was stabilized by the project. It involved several funding sources.



In May 2021, 567 trees were planted on the Holen farmstead near St. Hilaire. The trees included redosier, dogwood, flame willow, Black Hills spruce, hackberry and Amur maple. The effort was funded through EQIP-RCPP for tree establishment, weed barrier fabric, and tee protection tubes. The Holens are very happy with the project.

TRF levies on the ballot in November

PlanForOurProwlers.org provides detailed information about investment plan

The Thief River Falls School Board approved a resolution on Monday to present voters with an investment plan that seeks approval of new levies to stabilize the district's finances and support educational programming, technology and student services. District voters will consider three ballot questions seeking the additional financial support on Tuesday, Nov. 7.

School District 564, Thief River Falls, issued the following statements:

For the past year, the district's Long-Term Planning Advisory Committee (LTPAC) has been gathering feedback from district staff, students and community members over the course of over a dozen meetings to help prioritize what sort of investments would best serve students and provide financial stability in the years ahead.

A new website - **PlanForOurProwlers.org** - will serve as an informational hub for residents to learn more about the proposed investments and the referendum on Nov. 7. The website provides residents with details about the school district's financial challenges, how the plan will benefit students, the cost of the investment and the projected tax impact on property owners.

"This is an important community decision about the future of our schools," said Chris Mills, superintendent of Thief River Falls public schools. "We hope the website will be a go-to resource for anyone looking to learn more about the plan to meet the needs of our students."

Download our app

FALLS FC CINEMA

NOW PLAYING

SOUND OF FREEDOM

1

JOHN HAVES

OPENED 7-27

Rated: PG-13

2 h 11 m

BARBIE

2

OPENED 7-20

Rated: PG-13

1 h 54 m

SHOW TIMES

Monday-Friday
4:00 • 7:00

Saturday & Sunday
1:00 • 4:00 • 7:00

GET TICKETS: ON APP-WEBSITE-CINEMA

Thursday Date Night

Dinner & Movie

AUG 3RD

CHECK OUT OUR FACEBOOK PAGE FOR MENU

Food at 6:30 ~ Movie at 7

\$29.00/person Includes: movie ticket, food, popcorn, pop

Hwy 59 South, Thief River Falls
www.fallscinema.com

Join our team and get a \$2000 sign-on bonus!

Scan to see a list of career possibilities.





15TH ANNUAL Cancer Benefit

August 12th, 2023

Middle River, Mn

Schedule of Events

- 3:00 PM** - Silent Auction begins **City Maintenance Shop*
* Contact Shirley 218-686-4163 or Joan 218-469-2097
- 3:30 PM** - Sale of TTT items, raffle and meal tickets **American Legion - Main Street*
* Contact Stacy 218-686-7074
- 3:30 PM - 4:45 PM** - Live music **Main Street*
* Contact Nathan 218-688-0058
- 3:30 PM - 5:00 PM** - Horse rides and kids Activities **Between Fire Hall and Legion*
* Contact Sue 218-686-4340 or Ronnette 218-689-8154
- 3:30 PM - 5:30 PM** - Wagon rides along Luminary Trail **Main Street*
* Contact Sue 218-686-4340
- 5:00 PM** - Best dressed Cowboy/Cowgirl contest **Main Street*
* Contact Sue 218-686-4340
- 5:00 PM - 8:00 PM** - Evening meal **American Legion - Main Street*
* BBQ ribs with all the fixings
- 5:30 PM** - Cancer Tribute Ceremony **Main Street*
* Contact Mardy 218-689-2063
- 6:00 PM** - Live auction with Jason Rominski **Main Street*
* Contact Shirley 218-686-4163 or Joan 218-469-2097
- 15 minutes after Live Auction** - Silent auction ends

*** In case of inclement weather, all events to be held on **Main Street* will be moved into the American Legion.

For more information contact: **Mardy Anderson - 218-689-2063 or Stacy Bierman - 218-686-7074**

Please Note: Any time prior to the event, auction items can be dropped off at Border Bank in Middle River or at the American Legion in Middle River the morning of August 6th or contact Shirley 218-686-4163 for pick up.

This event will be held in compliance with federal, state, and local social distancing and social gathering guidelines. Please continue to check the TTT Facebook page or www.northcountryhorsemen.com for any changes or cancellations.

All proceeds go to NCH Trails To Treatments (TTT) Cancer Fund.



15TH ANNUAL Cancer Ride

August 5th and 6th, 2023

Ornquist Arena Middle River, MN

Schedule of Events

Friday, August 4th
Camping Available

Saturday, August 5th

- 8:30 AM - 9:30 AM** - Registration for horse trail rides
- 9:45 AM** - Preregistered riders drawing and ALL riders gather for picture
- 10:00 AM & 2:00 PM** - Horse trail rides

*** A donation of \$35 per rider or \$90 per family (Parents and their children 17 & under) is suggested. With this donation you will receive a t-shirt, lunch between rides, and a meal ticket for Saturday, August 12th, 2023

TTT Benefit Supper of BBQ ribs with all the fixings. ** All other meals and snacks are the riders' responsibility **

Sunday, August 6th

- 10:00 AM** - Horse trail ride

*** All weekend rides will count as double hours for the NCH Trail Ride Program.

Contact Kristi - 218-686-7440 or Shannon - 218-688-1889

15th Annual Trails To Treatments Benefit Silent and Live Auction items can be dropped off at the Ornquist Arena during registration or inbetween rides. Contact Shirley, 218-686-4163

All proceeds go to NCH Trails To Treatments (TTT) Cancer Fund. For additional information visit: www.northcountryhorsemen.com

13th District Horticulture Show to be held

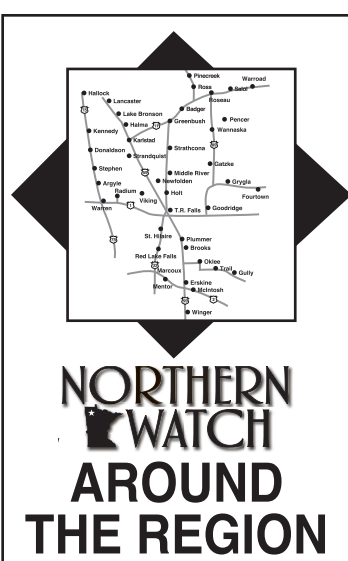
The 13th District Horticulture Show will be held Saturday, Aug. 12 at First Lutheran Church, 312 Third St. in Baudette. The church is located on the east side of Baudette along Highway 11.

Members are encouraged to bring their plants, both floral and vegetable, and participate in this event. Registration opens at 8:30 a.m. Refreshments will be served. Exhibits must be in place for judging by 11 a.m.

For more information, call 218-689-8661.

Roseau County District 4 to vote

Roseau County District 4 will be heading to the polls to cast their votes Tuesday, Aug. 8. Kermit Jensen and Tim Palmquist are vying to serve the remainder of Russell Walker's term, which ends Dec. 31, 2024. Walker resigned in February due to health reasons.



NORTHERN WATCH AROUND THE REGION

April Scheinoha

Employees concerned about proposed position changes

Hallock - Seven employees and one former employee visited the Kittson County Board meeting Tuesday, July 18 to voice their concerns regarding proposed changes for certain positions within the courthouse.

In recent weeks, County Board has held workshops during which commissioners can discuss items but cannot take action. A major discussion has centered around the auditor/treasurer and financial officer positions as they have begun to work with David Drown and Associates on a wage study. Currently, the administrator also holds the auditor/treasurer duties for the county. The

commissioners are considering placing the auditor duties with the financial officer and renaming that position chief financial officer.

The board approved developing a job description for a chief financial officer position, which would replace the current financial accounting specialist description.

The group attending the meeting questioned in chorus whether that position would be posted and if anyone is able to apply. Administrator Brian Buhmann said he assumed anyone who is qualified can apply.

The group said they've been hearing rumors about the new positions being created for specific employees. Deputy Assessor Alyssa Gustafson said they sought more open communication.

Deb Costin, former payroll services employee, said she's concerned about the budget with the additional staff duties.

County Board Chairperson Loren Younggren said these changes won't add much to the budget. He said replacing Marco with an in-house IT director will be "almost a wash." The assistant to the chief financial officer isn't a new position as the employee will be cross-trained to assist in taxpayer services, which has been down an employee for some time. The interim administrator's salary is the same as Buhmann's current salary - \$115,000. - *Kittson County Enterprise, July 26, 2023, by Anna Jauhola*

Kittson County Museum to hold 50th anniversary celebration

The Kittson County Museum will celebrate 50 years on Aug. 4-6 in conjunction with Lake Bronson's annual Bronsonfest event.

It all begins Friday, Aug. 4. At 3 p.m., food will begin being served at the museum's picnic shelter.

A concert will begin at 7 p.m. behind the museum on

the depot platform. Parking will be available behind the log cabin. There will be some chairs available, but attendees are encouraged to bring lawn chairs. Little Bobby and special guests will perform.

Little Bobby, born in Red Lake and raised in Thief River Falls, is a third-generation Native American musician. He is a multi-instrumentalist focusing on blues. His first album came out in 2005, and his last two albums have been #1 & #2 in Minnesota (RMR, January - May 2023).

His special guests at the concert include Grammy winner and WC Handy winner Allen Kirk; The Westside Horns, who have performed with the Texas Tornados & Freddy Fender; and Kittson County's own Maury Finney. Finney is a Billboard and Cash Box two-time Instrumentalist of the Year with 15 charting singles. Finney, a member of the Minnesota Music Hall of Fame, also played on Little Bobby's recent album "God Made Me Blue."

On Saturday, Aug. 5, the museum will host an open house with refreshments from 1 to 5 p.m. Author Randy Persson will sign books from 2 to 4 p.m. Persson's new book is titled "The Mystery of 10,000 Lakes" which includes a chapter on Lake Bronson. He is from Arizona but has roots in Kittson County. His parents are the late Reuben and Ione (Pready) Persson.

On Sunday, Aug. 6, a community church service and lunch will be held at the Village Square. Afterward, there will be more musical entertainment. Beginning at 1 p.m., The Skally Line will perform. The Skally Line features folk music artists Fred Keller and Bill Cagley. Keller plays the mandolin and has been in such bands as "The Banshees," "Blue Drifters" and the "Whistlepigs." Cagley plays the guitar, banjo and limberjack. He has recorded several fiddle songs. Together, their music focuses on Minnesota's history and stories. Keller performed several years ago at the museum. People of all ages will enjoy this performance. Also, the Museum Board will serve free root beer floats that afternoon.

Maruska graduates

Patrick Maruska of Warren graduated from Bismarck State College during the college's commencement ceremony Friday, May 12 at the Bismarck Event Center. Maruska graduated with a welding certificate.



Chris Borgen, OD • Eric Tjelle, OD

ACCEPTS MOST VISION
& HEALTH INSURANCES

Eye Health & Vision Exams
Eye Disease Management
Dry Eye
Eye Emergencies
Contact Lens Fittings
Designer Eyewear



PROTECT YOUR VISION FROM UV RAYS TODAY
BOOK AN ANNUAL EYE EXAM WITH OUR CARING TEAM



Scan to
Book Online
trfeyecare.com

CALL US
218-416-4356

901 Hanson Drive
Thief River Falls, MN 56701
Mon-Thurs 8am - 6pm (closed 12:45-1:45pm for lunch)
Fri 8am - 12 pm

DEATH NOTICES

Inez Nelson, 90
Moorhead - Inez Vivian Nelson, 90, of Moorhead, passed away on June 20, 2023.
Visitation will be held from 5-6:30 p.m. with a prayer service beginning at 6:30 p.m. on Monday, August 7, 2023 at Wright Funeral Home, 605 2nd Ave S, Moorhead. Funeral Services will be held on Tuesday, August 8, 2023 at 2 p.m., with visitation starting one hour before, at Trinity Lutheran Church, 210 7th St S, Moorhead. A livestream of the service will be available on Inez's page at www.wrightfuneral.com, where a video tribute and on-line guestbook may also be found.

Sharron Olberg, 84
Holt - Sharron Olberg, 84, of Holt, passed away on Monday, July 24, 2023 at Thief River Care Center.
The service to celebrate Sharron's life will be at 2 p.m. on Monday, July 31, 2023 at Nazareth Lutheran Church in Holt. Visitation will be one hour prior to the service. Burial will follow at the Holt Cemetery.
Condolences may be sent to the family at www.johnsonfuneralservice.com.

Nana Stromlund, 91
CA - Nana Mae Stromlund, 91, passed away the evening of July 12, 2023.

BECOME A HUNGER HERO



I'm a HUNGER HERO!

During the month of July your monetary gift to the TRF Area Food Shelf will be Increased by an Open Your Hearts Summer Challenge Grant

Increase your impact and help us put and end to hunger

Mail your donation to:
TRF Area Food Shelf, PO Box 802, Thief River Falls, MN 56701

BINDERY & PRODUCTION HELP WANTED

Wanted reliable person to assist in pressroom and bindery operations as directed to complete company and customer printing requirements. Duties include working with newspaper mailing, finishing print projects, deliveries and other duties as assigned.

REQUIREMENTS: Ability To Lift 60 Lbs. Repetitively; Willingness to Learn. Must Be 18 Yrs. Or Older. Criminal Background Check, Valid Driver's License required.

STOP IN AND FILL OUT AN APPLICATION AT


324 Main Avenue North • Thief River Falls, MN
(218) 681-4450 • kathy@trftimes.com

Self-Inking Stamps

Available at The Times

• Address • Date/Number • Notary • Signature Logo Stamps

Call The Times
(218) 681-4450

Unwaxed Fruit - APPLES - PEACHES - PEARS - CHERRIES

FRITCHMAN Orchards



(218) 689-2041
MN: 104 Osmund Ave, South Goodridge, Minnesota 56725

Erik - Shannon - (970) 640-2925
erikfritchman@yahoo.com

RICHARD'S LAWN SERVICE



218-686-9772

The Trail's End Bar Live Music

by Jake Bastyr Band

3-7 p.m.

Sunday, July 30th

Country ~ Accordion Music

\$10 Admission

Trail, MN

CENEX

10¢ OFF

Per Gallon Of Gas - Cash & Credit Cards

Farmers Union Oil Company

8th and Atlantic, Thief River Falls (218) 681-1240
3rd and Atlantic, Thief River Falls (218) 681-3512
101 W Vaughan Main St., Goodridge (218) 378-4146

*Coupon Required for all Credit/Debit Transactions

JULY SPECIAL

UP TO \$1,000 OFF SELECT LAWN MOWERS!


Gravely ZERO TURN MOWERS
0% financing
call for details


Atlas JSV 3400 SD & 6400 SD
0% financing
48mo./O.A.C.


Ariens SNOW BLOWERS

HAMMS REPAIR
218-745-4298
Warren, MN • hammsrepair.net

Benwood Community Center

Formerly St. Joseph's Benwood

Pork Roast Meal

Funds will go towards operating costs

Sunday, August 6th

Meal 11:00 AM-2:00 PM

Chinese Raffle 2:00 PM

Bake Sale & Entertainment by Cathy Erickson

2.5 Miles North of Honker Flats & 1 Mile East


In loving memory of Shelly Stone

January 9, 1956 - July 29, 2016

It's been 7 years since you left us, but you will never be gone from our hearts!

Missing you every day.

With love: Stephanie, Scott, Cole, Gretchen, Lilly, Bella, Emma, Jackson, Levi, Duncan and Harley




Ray Troy is retiring from the VFW


After 26+ years as Bar Manager

Come join us as we share stories from over the years, and help us celebrate an amazing Bar Manager and person.

August 1, 2023 at 5:00 PM

Catering by Dave Lee





VFW POST #2793

Fruit of the Spirit

July 31 - August 4, 2023

The Free Church • 211 Arnold Ave N

9:30 AM - 11:30 AM

Register at: TRFEFC.org/VBS

KIDS ENTERING K-5TH GRADE

51st Annual

Lake of the Woods Steam & Gas Show

Saturday & Sunday - August 5th & 6th





Snack Shack
10 a.m. - 5 p.m. Sat. & Sun.
Homemade Grub

Roast Pork or Turkey Supper
Saturday at 6 p.m.
\$12.00 Adult - \$6.00 Kids
Roast Pork & Turkey options, Steamed Corn on the Cob, Baked Potato, and Dessert

Breakfast
7 a.m. - 9 a.m. Sat. & Sun.
Pancakes, Eggs, Sausage & Beverage \$6.00


Admission
\$10.00 includes a collector's button
Kids 12 & under are free (good for the whole weekend)
• Primitive camping \$10.00, see Steve LaDuke
Donations are always welcome
• Sunday Worship Service at 9 a.m.

Daily
• Flea Market (for more information contact Kathy at 218.386.1749)
• Working Blacksmith Shop
• Flour Mill (fresh ground flour available)
• Comstock Saw Mill
• Taylor Bird School House
• Jensen's Antique Tool Shed (you'll be surprised with what's inside)
• H.H. & E. Gasoline Engine Shed
• Pioneer Home
• Parade at 1 p.m.
• Spark Show, Saturday after dusk (weather permitting)
• Tractor Driving Lessons - Talk to Cory


LIVE MUSIC ~ 5-9 PM
featuring **VINTAGE**

Non-profit organization. Not responsible for any accidents. President: Troy Comstock, Vice President: Phil Harder, Secretary: Bill Olson, Treasurer: Steve LaDuke, Directors: Gary Baus, Joe Kuznia, Cory Scharf

OKLEE LUMBER, INC



Complete Line Of Building Materials



PH: 218-796-5131
877-796-5131
301 Lambert Street,
Oklee, MN 56742
www.okleelumber.com

Complete Printing Services Available

■ Letterheads
■ Business Cards
■ Statements
■ Posters
■ Newsletters
■ Proposals
■ Annual Reports
■ Full Color Printing

■ Envelopes
■ Brochures
■ Business Forms
■ Flyers
■ Resumés
■ Carbonless Forms
■ Folders
■ Booklets

For Fast Friendly Service Stop In or Call

324 Main Ave N. • Thief River Falls
218-681-4450


INKcredible
printing by The Times
Commercial Printing & Newspaper Publishing

Bethany Lutheran Church

75th Anniversary

Open House

LET Your LIGHT Shine

Sunday July 30, 2023
Noon-3pm

• Worship Service 10:30 a.m.
• Program at 1 p.m.
• Luncheon will be served
• Pulled Pork, salads, cookies & lemonade





THE NORTHERN WATCH

324 Main Avenue North
P.O. Box 100
Thief River Falls, MN 56701

Telephone: (218) 681-4450
Fax: (218) 681-4455
e-mail: trftimes@trftimes.com
<http://www.trftimes.com>

Kathy Svidal

Publisher
kathy@trftimes.com



Dave Hill

Editor
dhill@trftimes.com



Scott DCamp

Sports Editor
scott@trftimes.com



April Scheinoha

Reporter
april@trftimes.com



DeDe Coltom

Advertising Director
sales@trftimes.com



Cindy Baldwin

Sales and Marketing
sales@trftimes.com



Traci Joppru

Print Shop Mgr.
printshop@trftimes.com



Circulation

218-681-4450
subscribe@trftimes.com

The Northern Watch is published weekly every Saturday and distributed to over 22,000 households in Northwest Minnesota and surrounding area. The Northern Watch is published in conjunction with the Thief River Falls Times, which is published weekly every Wednesday.

SUBSCRIPTION RATES

Price Includes Times & Northern Watch

Pennington, Red Lake, Marshall, Clearwater and East Half Of Polk Counties.....\$46.00 Per Year
.....\$32.00 per 6 Mos.

All Other Addresses

With 567 Zip Code
.....\$57.00 Per Year
.....\$40.00 per 6 Mos.

Elsewhere in the U.S.A.
.....\$97.00 Per Year
.....\$48.00 per 6 Mos.

The Northern Watch shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Northern Watch's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.

A Publication of:

Thief River Falls Times
324 Main Avenue North
P.O. Box 100
Thief River Falls, MN 56701
Telephone: (218) 681-4450
Fax: (218) 681-4455

THIEF RIVER FALLS Times

OFFICE HOURS

The Times office hours are:
Monday - Thursday
8 am - 5 pm

Friday
8 am - 3 pm

Have you heard the news?

YES...
Toi's Studio for Hair is moving!!

Tuesday, August 1st

find us at our new location

104 2nd St East, Suite C

(behind the post office, look for the white doors)

Toi's Studio For Hair

(218) 681-6796

EDITORIAL OPINIONS

Dave Hill, Editor ~ e-mail: dhill@trftimes.com

Editorial opinion published under this heading is intended to stimulate thinking and discussion among our readers. Unless specified otherwise, the editorials are written by Editor Dave Hill

and do not represent opinion of other staff members. Opinions in items from other publications may not coincide with the editor's own views but are offered for their general interest.

Scammer caught!

“I’ve had it, I’m going off the grid!”

A friend so fed up with scams, apps or programs that are difficult for older users to use, said he never wants to use computers again, and is going off the grid.

I don’t blame him. There have been times when I wanted to chuck my computer into the middle of the street and run it over ... several times. Older folks, like myself, didn’t grow up using computers, and this change in society and our culture, which is increasingly reliant on being computer savvy, has been a difficult adjustment. We often see nothing in them that they like. In a past editorial, I said that if scams continue and we see little in terms of catching the culprits, then our confidence will decrease.

Let me point out a story that appeared in the July 26 edition of the Thief River Falls Times. A local woman was duped into believing that her computer contained child porn and she was told to make payments in order to clear up the situation. She complied with the scammer’s requests to obtain a total of \$40,000, and send photos of her ID and the front of her house with the address showing. A short while later, the scammers wanted an additional \$20,000.

Law enforcement was alerted that

the woman had been scammed out of money and set about efforts to catch the person who was to pick up the money. Gourav Patel, 34, Chicago, was soon arrested outside the woman’s house. As far as I know, he remains in a jail cell. I hope he’s cooperating with law enforcement as I’m fairly positive that he was not acting alone. I am as confident as I can be in saying that I also suspect other law enforcement agencies are now involved.

Cases like this that come to light are important for the confidence they help build among older citizens who are struggling to navigate the modern age. If you want us to use computers to pay bills, do our banking, and shop, make it safe for us to do so.

The second point I’d like to make is to seniors. Please call a trusted relative, friend or someone in law enforcement if you have been approached to send money via phone, email or mail, or an offer seems too good to be true.

No one likes to admit they’ve been duped or are a victim, but especially seniors. We’re proud, we’re stubborn, and easily embarrassed by the fact that sometimes we do stupid things. If our wisdom tells us anything, it should be that age is no guarantee that we won’t make mistakes. Please don’t be afraid to contact law enforcement for help. It could help you and prevent others from being victimized.

POLICIES

Letters To The Editor: The staff of the *Northern Watch* encourages written responses to editorial comment or letters with original thoughts or ideas of general interest. Letters should be intended for publication in *Northern Watch* exclusively; letters sent to multiple publications will generally not be accepted. Right is reserved to edit letters for length and clarity and to reject letters deemed to be promotional in nature or in poor taste.

Letters Must Be Signed: All letters must be signed and contain an address or phone number of the writer so authenticity can be verified. **Signatures must appear on letters published.** The staff believes that there is greater credibility in letters signed in print and will not withhold names of writers from publication.

Responses Invited: Letters critical of individuals or other entities may be shown to those individuals or representatives of those entities in advance of publication with an invitation by newspaper staff for response in the same issue as the original letter.

Corrections: If an error is made in news or advertising publication, the staff encourages readers to call it to our immediate attention by calling 681-4450. We will attempt to correct the error or clarify the misunderstanding in the next issue.

WORLD LEADER in

COMPLEX SPINE CARE

Specializing in minimally invasive spine surgery

RIVERVIEW HEALTH

323 S Minnesota St | Crookston, MN 56716
218.281.9200 | www.riverviewhealth.org

NEW & USED CONTAINERS

Available For All Your Storage Needs

JUST ARRIVED!

3 DAY DELIVERY AVAILABLE

STORAGE PROS

containers | mobile offices | boat storage

CALL MIKE TODAY

701.360.1411

16275 150th St NE

Thief River Falls, MN

Farm advocates provide help and support

Minnesota farmers are facing several challenges, from drought to dairy supply chain issues, that can put a financial strain on the family. However, producers can find help through the Minnesota Department of Agriculture’s Farm Advocate Program.

Trained advisors, or advocates, offer one-on-one assistance and advice to farmers facing crises caused by natural disasters or financial problems. There is no charge or fee for the assistance.

“If you are struggling in your farm operation for whatever reasons and are not sure of what to do, feel free to call one of our farm advocates to arrange a visit,” said Minnesota Farm Advocate Bruce Lubitz. “Advocates will come to your farm and help you analyze any potential problems and provide suggestions and assistance on remedying them. All visits are free and confidential.”

Farm advocates can provide help with financial planning and lender negotiations. They are also able to provide referrals and assistance with federal and state farm programs, legal service, and social and human services.

“Our farm advocates can provide farmers with an entire network of professional help,” said Agriculture Commissioner Thom Petersen.

“Attorneys, accountants, human service professionals, educators, and government officials all work with the program to help Advocates help producers make informed decisions. This is an important program, and we want Minnesota farmers to know they’re not alone when facing difficult times.”

The Farm Advocate Program has been supported by the MDA since 1984 and was born out of the 1980s farm crisis. Advocates have helped hundreds of farmers over the decades.

For more information and to find the closest Farm Advocate, visit the MDA website at www.mda.state.mn.us/farmadvocates.

Rural Reflections ...

If we expect the worst from each other, we will get it

by

Grant Nelson

I wasn’t shocked at the recent murder of a Fargo police officer. I was saddened and sickened at the malicious disregard for the life of a human protector, but I wasn’t shocked. I don’t mean that I felt it was going to happen, it’s just that it has happened enough in my adult life that it didn’t seem as uncommon an event as it should have been for me.

My first memories of an officer’s death while on duty were probably US Marshals Robert Cheshire and Kenneth Muir. They were killed by Gordon Kahl in 1983 when I was 17. I began working at the local sheriff’s office in 1989 and there was a book that listed officers who had died while on duty. I had to check for the Marshals’ names to confirm the crime was true. It just seemed impossible.

There have been officer deaths in the area through-

out history. The passage of time has given me a more historical perspective of those tragic killings, so they still seemed surreal to me. I didn’t believe such a crime would ever occur again. I felt like people were better now and another officer shooting was impossible.

The death of Mahnomen County Deputy Christopher Dewey shocked me. I had never spoken with him; however, I had seen him on the booking cameras a few times when he had transported inmates to the Pennington County Jail. Deputy Dewey’s story was courageous, and his death so tragic. I thought that would be the last violence against an officer I would hear about, but that is far from true.

Officers killed on duty sadly only highlights all violence against officers. According to the Minnesota Bureau of Criminal Apprehension Uniform Crime Report, there were 467 officers assaulted statewide in 2019. A 140 percent increase was reported over the three years ending Dec. 31, 2021. The Pioneer Press reported that agencies reported 339 officers were assaulted in the first four months of 2023, up from 293 during

the same time in 2022, but down from 377 in early 2021.

What has happened to our culture that we feel violence against an officer is a choice? I think there is a cultural tacit approval created by reduced penalties and cashless bonds. Criminals are deterred by laws and penalties, but laws only do so much. The other element of preventing criminal acts is condemnation of such crimes by parents, elected officials and civic leaders. When these same people use soft words and excuses for such criminal acts, they miss their opportunity to use their bully pulpit to do good and instead use it to be popular or to get elected ... again. Acceptance of petty crime is an evil tool that grows stronger over time until it can be used to kill.

We now pardon crime as a way to forgive the criminal and to signal our good virtue. Forgiveness is for the person, not the offense. Accepting criminal behavior is only a step away from expecting it. If we begin to expect the worst from each other, we will get it. We may already be witnessing it today.

Northland baseball inks two more LOIs



The Northland Community & Technical College baseball team has signed two more local players to letters of intent for the 2023-24 school year. Top - Demetrius Oberg, a catcher from Stephen-Argyle, has signed with the Pioneers. Bottom - Dennis Ashley from Mahnomen/Waubun is the Pioneers’ newest outfielder after signing a letter of intent. (Submitted)



Minnesota DNR to require nontoxic ammunition for state park special deer hunts, 56 SNAs that allow hunting

People participating in special hunts in state parks and recreation areas or hunting in those scientific and natural areas where hunting is allowed, will be required to use nontoxic ammunition starting this fall. Peatland SNAs are exempt from this requirement. Due to shortages in certain ammunition types, this requirement also will not apply to state park youth deer hunts in the shotgun zone if hunters remove all parts of harvested deer, including the entrails.

State statute provides the highest level of protection for natural resources, including wildlife and natural features, in state parks and SNAs. Hunting is not a primary purpose of state parks and SNAs, and is only allowed if it is consistent with or helps advance the management of natural resources on these lands. Deer hunting is allowed through commissioner’s order or state statute on SNAs, and state park special hunts require a special use permit. State parks and SNAs account for less than 10% of DNR-managed lands

in Minnesota.

Requiring nontoxic ammunition will help protect species from lead poisoning — such as eagles, ravens, hawks and bobcats — that might ingest ammunition or feed on deer gut piles. Lead poisoning can cause neurologic impacts to wildlife, leading to injury and death. Additionally, use of nontoxic ammunition will protect the environment of these sites from lead leaching into the soil and waters via gut piles or spent ammunition remaining on site.

Nontoxic ammunition includes bullets, slugs, muzzle-loader ammunition and shot that do not contain lead. More information is available at the Minnesota DNR’s nontoxic ammunition webpage (mndnr.gov/hunting/ammo/non-toxic.html)

Hunters who plan to participate in state park special hunts, or hunt in an SNA where hunting is allowed and nontoxic ammunition is required, should purchase their non-toxic ammunition early to ensure they have it in time for the hunt in which they

will participate.

Hunters in Minnesota who do not wish to use nontoxic ammunition have abundant options for hunting in locations with no ammunition restrictions, such as wildlife management areas and state forests.

The Minnesota DNR also continues to encourage the use of nontoxic ammunition and tackle on all Minnesota lands and waters.

To learn more about state park special hunts, including how to register, see the special hunts section toward the bottom of the Minnesota DNR’s deer hunting webpage (mndnr.gov/hunting/deer). To learn which SNAs allow hunting, visit the SNA rules website (mndnr.gov/snas/rules.html).

For questions about the above information or other DNR-related topics, contact the Minnesota DNR Information Center at info.dnr@state.mn.us or 888-646-6367 (8 a.m.-8 p.m. Monday through Friday, 9 a.m.-1 p.m. Saturday).

Starry stonewort confirmed in North Twin Lake in Beltrami County

The Minnesota Department of Natural Resources has confirmed the presence of the invasive algae starry stonewort in North Twin Lake, near the town of Turtle River in Beltrami County.

A Beltrami County invasive species specialist found starry stonewort near the North Twin Lake public access while conducting a routine early detection survey. North Twin Lake is near three other lakes where starry stonewort was previously confirmed. Available treatment options could include hand pulling, herbicide applications or other methods as appropriate.

Starry stonewort has now been confirmed in 25 water bodies in Minnesota. It was first confirmed in the state in 2015.

Starry stonewort has never been eradicated from any U.S. lake or river, but treatment or careful removal can help reduce the risk of spread and relieve associated nuisance impacts on water-related recreational activities. Early detection is key to effective management.

Starry stonewort is an algae that looks like some

native aquatic plants. In late summer and early fall, starry stonewort’s small white star-shaped bulbils become more visible, making it easier to distinguish from other aquatic plants. Information on how to identify starry stonewort can be found on the DNR’s website (mndnr.gov/invasives/aquaticplants/starrystonewort). If people think they’ve found starry stonewort or any other invasive species new to a lake or river, they should report it to the DNR by contacting their area invasive species specialist (mndnr.gov/invasives/ais/contacts.html).

Starry stonewort can form dense mats, which can interfere with recreational uses of a lake and compete with native plants. It is most likely spread when fragments have not been properly cleaned from trailered boats, personal watercraft, docks, boat lifts, anchors or other water-related equipment.

Whether or not a lake has any invasive species, Minnesota law requires people to:

- Clean watercraft, trailers and equipment to remove

aquatic plants and prohibited invasive species.

- Drain all water and leave drain plugs out during transport.

- Dispose of unwanted bait in the trash.

- Never release bait, plants or aquarium pets into Minnesota waters.

- Dry docks, lifts and rafts for 21 days before moving them from one waterbody to another.

These additional steps reduce the risk of spreading aquatic invasive species:

- Decontaminate watercraft and equipment – find free stations on the courtesy decontamination page of the DNR website (mndnr.gov/decon).

- Spray with high-pressure water or rinse with very hot water (120 degrees for at least two minutes or 140 degrees for at least 10 seconds).

- Dry watercraft and equipment for at least five days before using in another water body.

More information is available on the aquatic invasive species page of the DNR website (mndnr.gov/ais).

Wetline Kits, Reservoirs & Accessories



Complete offering of wetline kits, sub kits and components for immediate delivery

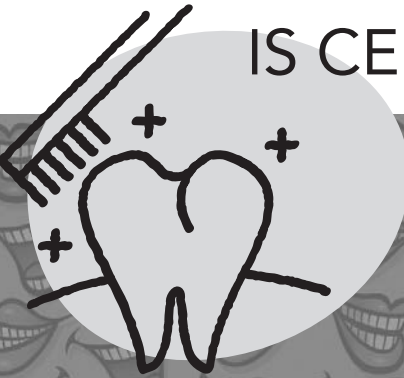
- PTOs
- Air Kits
- Cylinders
- Hose Kits
- Filters
- Pumps
- Consoles & Controls
- Reservoirs (Poly, Steel, Aluminum)
- Hoses/Fittings
- Adapters/Accessories

We are a stocking distributor for the manufacturers of the most popular wetline kit components, so you can be assured of availability, quality and competitive pricing. We also supply repair parts and service what we sell.

Contact us today for more information!

NORTHWEST POWER SYSTEMS, INC.
204 Atlantic Ave. N. ■ Thief River Falls, MN
218-681-5282 ■ 1-800-570-5282

Patient Appreciation August 2nd 2–6 PM BRAY DENTAL IS CELEBRATING 40 YEARS

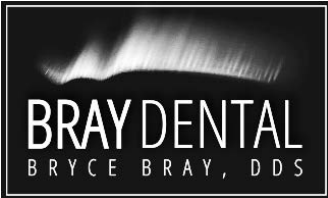


Food • Games • Prizes

Celebrating Dr. Bray’s 40 Years of Dentistry

40 Years of Making An Impact! We are so excited to be celebrating the 40 year anniversary of Bray Dental. To our incredible staff, we cannot thank you enough for your commitment, hard work, and dedication to our patients. To our wonderful patients, we are so grateful for your loyalty and complete trust in us. To celebrate our amazing patients, we will be hosting a meal for you with the Spud Wagon and a sweet treat with Old Time Concessions at our office.

Again, the team at Bray Dental thanks you from the bottom of our hearts for making this possible. We are truly proud of the family we have created and the impact we have made in the lives our patients live, the community and beyond.



241 N. LaBree Ave.
Thief River Falls, MN
218-681-3233
www.brycebraydds.com

RiverFest Week August 1-6, 2023



Thursday, August 3

Art Sparks

Location: TRF Public Library
102 1st St E, Thief River Falls, MN 56701
Time: 2:00pm
FREE for all school age kids and teens
More Info: (218) 681-4325

Rehab Authority RiverFest 5K/1K

Location: Greenwood Trails
Time: Race time 5:30 p.m.
Cost: \$20. Sign up at Rehab Authority before July 27th to get a t-shirt. Can sign-up after, but not guaranteed a t-shirt.
More Info: 218-681-0449 or krosendahl@rehabauthority.com

Friday, August 4

Movie & Popcorn

Location: TRF Public Library
102 1st St E, Thief River Falls, MN 56701
Movie: The Muppets Treasure Island
Time: 1:00pm
FREE for all ages
More Info: (218) 681-4325

Heritage Center Fundraiser

Location: Heritage Center, 301 4th Street E.
Time: 4:00pm-5:30pm
Meal is \$12, half price for children up to 10yrs. Come help us raise money to make updates to the Center so it's safer for our older population.
More Info: 218-681-2793

RiverFest Concert

Location: Hartz Park
Time: musical entertainment starts at 6 p.m. Food vendors and beer garden.
More Info: 218-681-3720 or www.trfchamber.com/riverfest

Entertainment

8:00pm Four Wheel Drive
8:00pm The White Keys
10:30pm PopRocks

Saturday, August 5

Street Wizards Annual Cruise-In Car Show

Location: Floyd B. Olson (Gazebo) Park
Time: 11a.m. - 3 p.m.
Registration 8a.m. - 11a.m.
More Info: 218-686-5611

Crazy Days Vendor Show

Location: Downtown TRF. Great shopping deals, kids games
Time: 9 a.m. - 3 p.m.

Farmers Market

Location: Floyd B. Olson Park (Gazebo)
Time: starting at 9 a.m.
More Info: 218-964-5370

Uff Da Challenge

Location: Oakland Park
Time: 8:00am-2:00pm
Join the Uff Da Challenge obstacle course
To register: Register at <https://bit.ly/Uffda23>
More Info: Call 218-684-5072, or visit the Facebook page <https://m.facebook.com/uffdachallenge>, or scan the QR code.



RiverFest Concert

Location: Hartz Park
Time: musical entertainment starts at 4 p.m. Food vendors, and beer garden.
More Info: 218-681-3720 or www.trfchamber.com/riverfest

Entertainment

4:00pm Jensen Sisters
6:00pm Eagle Creek
8:00pm Shania Twin/Tim "Vegas" McGraw
10:30pm BlackHawk

Stay up-to-date by visiting
www.trfchamber.com/riverfest

Weekend activities/Continued

(Continued from Page 1) Oakland Park. To register for the obstacle course, go to <https://bit.ly/Uffda23>. For more information, call 218-684-5072 or visit the Uff Da Challenge Facebook page.

Also on Saturday, the **Crazy Days** vendor show will be held from 9 a.m. to 3 p.m. in downtown Thief River Falls. Shoppers can catch some deals, and kids can play some games.

Also on Saturday, the **Thief River Falls Farmers Market** will be open, starting at 9 a.m., at Floyd B. Olson Park.

The park will also be the site of the **22nd Annual Cruise-In Car Show**, hosted by the Thief River Falls Street Wizards Car Club (with members in sur-

rounding communities). The show is open to, but not limited to, all special interest, custom, classic, antique, convertible, collector, musclecar, street rod, competition, pickups, and motorcycles.

Registration starts at 8 a.m. to show time. Show times are 11 a.m. to 3 p.m. with awards to follow. Spectator admission is free. The vehicle entry fee is \$20. Free dash plaques and goodie bags will be provided to the first 150 vehicles. Approximately 25 various event awards will be given out.

DJ music will be provided, the Top Hawg concession truck will be on-site, and several area restaurants are within walking distance.

For show information, contact Randy at 218-686-5611, Gary at 218-681-6397, or Mike at 218-689-9197, or visit the TRF Street Wizards Facebook page.

The car show is one of the oldest major activities of RiverFest celebration.

From 1 to 4 p.m. Saturday, Pioneer Village will host **Old Time Day**. The public is invited to see the Village's exhibits and play Glow Mini Golf. The cost is \$3 per person.

The **RiverFest** concert continues Saturday at 4 p.m. at Hartz Park. The entertainment lineup includes the Jensen Sisters at 4 p.m., Eagle Creek at 6 p.m., Shania Twin/Tim "Vegas" McGraw at 8 p.m. and BlackHawk at 10:30 p.m.



Guests on the Pennington Soil and Watershed Conservation District 75th Anniversary Project Tour stopped at the recently completed Greenwood Street streambank stabilization project to discuss how it was engineered and completed.



350 feet of Red Lake River streambank near Greenwood Street was protected using Class III riprap, fill, and live stakes.

Area students graduate from NDSU

Several area students were among the North Dakota State University students who received one of the 1,605 degrees awarded in spring 2023.

Fosston - Katlyn Balstad, summa cum laude, management communication;

Greenbush - Aubrey Berg, cum laude, business administration;

Dylan Heggedal, magna

cum laude, English education;

Kyle Stenberg, computer science

Hallock - Danielle Nicole Crotty, magna cum laude, nursing;

Oklee - Abigail Agnes O'Neill, pharmacy;

Roseau - Katelynne Lindsey Czech, cum laude, human development and family science;

Benjamin John Lund,

agricultural economics;

Thief River Falls - Haley Clare Dahlin, summa cum laude, nutrition science;

Maryssa Teneill Mehrkens, agricultural economics;

Ava Grace Sturgeon, marketing;

Warroad - Jared Allen, business administration



20%

off all Products


- Kenra
- Joico
- Biolage Hydration & Moisture
- Matrix

Wed, August 2 • Thurs, August 3 • Fri, August 4

CREATIVE CLIPPERS

306 Main Ave N, Thief River Falls
218-681-3966

Stock up now on all your favorite products!





Cows and calves rest and feed in one of five paddocks created on Scott Mostrom's land near Thief River Falls. A 2018 EQIP contract helped establish a 99.4-acre prescribed grazing plan. For the efforts, which Pennington Soil and Water Conservation District participated in, Mostrom was named the 2019 SWCD Outstanding Conservationist.

CRAZY DAYS SALE

August 5th

25% OFF shorts capris tank tops sandals



You Don't Want To Miss This!!



203 Main Ave N, Thief River Falls • 218-681-7088
www.communityconsignments.com



In 2006, over 3,000 trees were planted on the Mitch Engelstad farm near Thief River Falls. Since then, Engelstad planted another 1,000 trees and created six acres of native grass. Before the tree break, which includes over 17 different species of trees, the farm was very wind swept.

TRF levies/Continued

(Continued from Page 1)

During this November's election, the district will ask voters to consider three ballot questions which, if approved, will authorize new funding to protect the long-term financial stability of the district's operations, recruit and retain talented staff, and invest in technology, small class sizes and new learning opportunities.

- **Question One:** Seeks to authorize a new operating levy of \$740 per-pupil. If approved, the levy would provide \$1,375,000 annually for the district's general fund over a 10-year term and cost a \$150,000 home \$15.06 per month. Passage would create 3 to 4 years of financial stability for the district.
- **Question Two:** Seeks to authorize a capital projects levy (CPL) of \$800,000 per year for a 7-year term and cost a \$150,000 home \$4.66 per month. The CPL would complete funding for the district's 1:1 technology plan, which ensures all students have access to reliable learning technology at school and at home. The CPL would also invest in security and safety improvements in the district's buildings, and help alleviate financial pressure on the district's general fund.
- **Question Three:** Seeks to authorize an additional operating levy of \$460 per-pupil. If approved, the levy would provide \$843,000 for a 10-year term and cost a \$150,000 home \$9.25 per month. This funding would support the same services as Question One by strength-

ening the district's general fund to avoid deficit spending and create an additional 2 to 3 years of financial stability for the district's budget.

Questions two and three are contingent upon question one passing.

Without additional financial support, the district faces a deficit of nearly \$2.4 million heading into the 2025-2026 academic year. The district has already cut nearly \$2.7 million, or approximately 10% of its total budget, over the last six years in response to inadequate state funding for education. Further cuts to the budget would likely include reductions in staffing and student programming.

In the coming weeks, visitors to PlanForOurProwlers.org will find a tax calculator to determine their tax impact on their individual properties as well as answers to frequently asked questions and instructions for how to vote. The website will be updated regularly through Election Day with further information about early voting and answers to additional community questions.

"We're committed to providing residents with the information they need to make an informed vote, and we look forward to engaging our community further about this big step for our schools," said Mills.

Residents with questions or suggestions are encouraged to submit feedback at PlanForOurProwlers.com/connect.

Thief River Falls Times

SUBSCRIPTION SPECIAL DAY

CRAZY SALE

Aug. 3-10, 2023

6-mo Trial • New Subscriber
567 Zip Codes Only

\$28

1 Year • New Subscriber or Renewal
567 Zip Codes Only

\$42

NO PHONE CALLS PLEASE
Mail or Stop In with your cash/ check/credit card payment

☐ 6-Month Trial
☐ 1-Year NEW
☐ 1-Year Renewal

Thief River Falls Times

Name

Address

City State Zip

Phone

Credit Card # Exp. Date

☐ Cash ☐ Charge

☐ MasterCard ☐ VISA ☐ DISCOVER

SEND TO: The Times, P.O. Box 100, Thief River Falls, MN 56701-0100

Nate Dalager, associate vice president at HDR in Thief River Falls, visited with individuals on the Pennington Soil and Water Conservation District 75th Anniversary Project Tour about Phase II of the County Ditch 96 project. This portion of CD 96 is located just south of St. Hilaire. HDR provided a survey and design for the project. Dalager noted that during the process they discovered moisture migrating north to the ditch. The soil type and action of the water led to bank erosion. Sand was put behind riprap, which protects the bank. The design would allow water to flow into the ditch without causing erosion. A number of sources made it possible to fund the project.

Tyler and Jenna Holen of St. Hilaire shared their experience working with the Pennington Soil and Water Conservation District during the SWCD 75th Anniversary Summer Project Tour on July 25. In May 2021, 567 trees were planted on the Holen farmstead. The effort was funded through EQIP-RCPP. The Holens said they were very happy.



SWCD Anniversary Tour



Three RLF school buses damaged

The Red Lake County Sheriff's Office is investigating after three Red Lake Falls School District buses sustained extensive damage this week. At 7:58 a.m. Tuesday, the sheriff's office was dispatched to the bus barn on International Drive in Red Lake Falls. It is believed that one or more people had illegally entered the bus barn sometime between 10 p.m. Monday and the time of the report Tuesday morning. If anyone saw anything suspicious around that time or has any information regarding this incident, they are urged to contact the sheriff's office at 218-253-2996.

COLOR COPIES Available at
Thief River Falls Times
324 Main Avenue North
Thief River Falls
email: trftimes@trftimes.com
681-4450

CRAZY DAYS Saturday, August 5
Roll the D20 for discount UP TO 75% OFF!
Keep the die when you're done (does not include sale items)
CHIMERA HOBBY & GAMES
www.CHIMERAHG.COM
548 Hwy 32 S • Thief River Falls • 218-681-4251

Northern Aroma & BB's Clothing CRAZY DAYS SATURDAY, AUGUST 5
Youth and Adult Clothing (excludes work-out clothes) 40% OFF
Also \$1 and \$2 CLEARANCE ITEMS!
WE HAVE MOVED! OUR NEW ADDRESS IS:
104 2nd Street East, Thief River Falls - 218-791-5354
(in alley behind Post Office across from Wells Fargo parking lot)

BIG GREEN EGG DEMO SATURDAY, AUG. 5 9AM-3PM
CRAZY DAYS
Pelican Coolers On Sale
Speed Queen, Whirlpool, MAYTAG, GE, FRIGIDAIRE
Discounts on Appliances, Coolers, & TVs - LG & Samsung
Deep Discounts on Scratch & Dent Appliances
BUDGET PELICAN Coolers USA Big Green Egg
101 3RD STREET EAST • THIEF RIVER FALLS • 218-681-2309
RYAN J. BAKKEN, OWNER

CRAZY DAYS Saturday, August 5th
* Sale on the street ~ 9 a.m. to 3 p.m.
Many In-Store Specials All Week
OPEN THURSDAY UNTIL 7 P.M.
* Sale Table Up to 50% Off
* Select Showcases Up to 25% Off
* Seiko, Citizen, ESQ, Movado & Brosway Watches ~ 25-50% Off
* Jewelry & Gifts starting at \$10!
* Chamilia & Brosway Jewelry 50% Off
* Kameleon JewelPop Rings & Pendant Mountings 50% Off
* JewelPops - Buy 1 & Get 1 Free
* Select Jewelry Cases of Beautiful Necklaces, Bracelets & Rings on Sale
All Debbie Brooks Purses & Bracelets 25% Off
All Regular Priced Summer Clothing 10% Off
Select Boutique Items Up to 50% Off
White Clothing 25% Off
All Swimsuits 25% Off
All Shorts 25% Off
DIAMONDS & DESIGNS Your Family Jewelry and Diamond Center
207 LaBree Avenue North Thief River Falls, MN 56701
218-681-1490 1-888-834-2436
The Diamond Boutique Your fun fashion & clothing experience!
ON ALL 3 LEVELS of Diamonds & Designs Downtown Thief River Falls

SAVE LIKE CRAZY!
Prices Good All Week!
30% OFF Shorts & Tanks
40% OFF The North Face
Sandals at least 30% off Aetrex • Merrell Keen Spring Step Skechers Clarks Under Armour Vionic *Reg Price
Hey Dude Buy 1/ Get 1 50% Off Shoes as low as \$9.99
All Work Boots 20% off Red Wing Georgia • Keen Wolverine Twisted X Cat • Ariat *Reg Price
Athletic Shoes 20% or MORE off Ryka Skechers New Balance Under Armour Saucony Brooks *Reg Price
Smart Wool Darn Tough Socks BUY 3 GET 1 FREE!
Sale Tables on the Street SATURDAY
At least 20% off Storewide! *Reg Price
209 LaBree Ave N Thief River Falls
218-681-2608 • 1-800-511-5759
purdysshoes.com
Hours Monday - Friday 9 a.m. - 6 p.m. Thursday 9 a.m. - 7 p.m. On the Street SATURDAY 9 A.M. - 3 P.M.
PURDYS SHOE STORE
* In-stock Only

Hospice nurses provide care during some of life's toughest moments

Coping with terminal illness can be challenging, even for those people with immense support systems behind them. At some point in one's care plan, it may be recommended to transition from actively treating or trying to cure a condition to making the person more comfortable. This is when hospice steps in.

Generally speaking, hospice is reserved for people who expect to die from an illness within the next six months. Hospice care can take place in a health care setting or in a person's private home. Hospice nurses are vital parts of a hospice care team. These people care for those who have opted for hospice at the ends of their lives and fulfill the hospice philosophy of comfort and quality based on each person's unique needs.

According to Samaritan

Life-Enhancing Care, a hospice nurse serves many purposes. A hospice nurse discusses and explains the patient's prognosis, and performs assessments and reviews medical histories. The nurse will administer medication for pain and monitor conditions and additional needs. Hospice nurses work to support the family and advocate for care according to the patient's wishes. They also can answer questions and address concerns, serving as sounding boards in difficult situations. Hospice nurses also provide emotional support and can facilitate spiritual support. Nurses also may be present at the time of death if asked. Hospice nurses also may help coordinate counseling for surviving family members who are experiencing grief.

Hospice nurses may be

classified as intake admissions, case managers, visit nurses, and triage nurses. One or more hospice nurses will be involved with patient care over the course of treatment.

Most hospice care providers are Certified Hospice and Palliative Nursing Assistants or Certified Hospice and Palliative Licensed Nurses. It is important for people considering hospice care nursing to determine the certification and coursework necessary for a career in the field. Families seeking hospice care needs should work with certified individuals.

It takes a compassionate person to work in hospice care. These invaluable individuals step in to offer assistance during trying times for individuals and their families.



Tax breaks may be available for aging taxpayers

Growing older comes with many perks for those who are open to exploring the benefits. In addition to senior discounts on movies, meals and more, moving into one's golden years could offer some breaks when it comes to taxes and finances.

It is always best to go over tax- and finance-related plans with an accountant or certified financial planner to figure out what is in your best interest. However, generally speaking, here are some potential age-related tax perks.

Increased retirement savings

Older individuals can contribute more to employer-sponsored retirement accounts and Roth or traditional individual retirement accounts (IRAs), according to AARP. For 2023, the contribution limit for employees who participate in 401(k) and 403(b) programs, most 457 retirement savings plans and Thrift Savings Plan through the U.S. federal government can increase their contributions to \$22,500. Those over age 50 can maximize contributions even more, up to a total of \$30,000.

Larger standard deduction

Balance Money says for tax year 2023, people age 65 or older can add an extra \$1,850 to the standard deduction they're eligible for if they're unmarried and

not a surviving spouse. Those who are married and file joint returns can add \$1,500.

In addition, the standard eligible deductions increased. Most older taxpayers feel the bigger standard deduction plus the

extra standard deduction is more than any itemized deductions they can claim and choose this option when filing their returns.

Reduced taxable income

The ability to contribute more to tax-deferred retirement accounts enables older adults to reduce their taxable incomes. This, in turn, reduces the amount that needs to be spent on income taxes.

Changes in filing threshold

According to The Arbor Company, which oversees senior living communities, the filing threshold is the income that must be made before being required to file a tax return. Typical tax-

payers who are either employees or retired and drawing pensions or Social Security find the threshold increases over age 65. Single filers over age 65 do not need to file returns if their incomes are \$14,050 or under. Married filers over age 65 have a threshold of \$27,400. If primary or sole income comes from Social Security or a pension, those over age 65 may not have to file returns at all.

Elderly or disabled tax credit

Differing from deductions, a credit for taxpayers is available to people age 65 or older or retired persons on permanent and total disability who receive taxable disability income for the tax year, according to the Internal Revenue Service. In addition, this credit is for those who have an adjusted gross income or the total of nontaxable Social Security, pensions, annuities, or disability income under specific limits. The eligibility levels change from year to year. Credits range from \$3,750 to \$7,500.

These are some of the tax breaks American seniors can expect when filing their income tax returns. Speak with an accountant and financial planner about other perks that come with aging. Individuals also can visit www.irs.gov for further information.

Courtesy of Metro Creative

by David Hill
Editor

I haven't played tennis in about 30 years. The other day I came across my tennis racket in the garage.

The last time I played tennis was probably against my mom. In her day, she was a very competitive tennis player, and she never showed any mercy. I remember her smiling as she'd plant herself in the middle of her side of the court and direct the ball to whichever side of the court I wasn't. She was in total control and had me running constantly. Come to think of it, when I played Marv Lundin he did the same thing.

In spite of ... or despite those memories, I decided to knock the spider webs off of my racket, and play a game of tennis.

There's something definitely wrong with my racket. It squeaked and squawked, and groaned. There were sounds coming from my racket that I dare not repeat in print.

It wasn't me! It's definitely the tennis racket. Yes, the racket. Definitely the racket.

I've decided that maybe that's why I see a lot of older, more "dignified citizens," playing pickleball. I say dignified because I am sure none of them make noises like I do ... I mean my tennis racket.

Here's an explanation of pickleball that I came across in a service we subscribe to:

A court sport is sweeping the nation, and it isn't ten-

nis or basketball. According to the Sports & Fitness Industry Association, 4.8 million people played pickleball in 2021, marking a nearly 15 percent growth in the total number of players from the year prior.

Data from the SFIA suggests pickleball is popular among people of all ages. Total participation among players between ages six and 17 (21 percent), 18 and 34 (29 percent) and 35 and 54 (20 percent) is significant, and players 65 and older also are well represented (18 percent).

As the popularity of pickleball grows, now is a great time to explore the basics of this game that's become a go-to pastime for so many people.

What is pickleball?

USA Pickleball™ notes that pickleball combines many elements of tennis, badminton and ping-pong. That game is played with a paddle and a plastic ball with holes and can be played both indoors and outdoors on a badminton-sized court with a slightly modified tennis net. Much like tennis, pickleball can be played in a singles (one-on-one) or doubles (two-on-two) format.

How long has pickleball been played?

Despite a recent and meteoric spike in popularity, pickleball has been around since 1965. The brainchild of three fathers from Bainbridge Island (which is just a brief ferry ride away from Seattle), the game was invented as a means of entertaining bored children. It has since evolved from those roots

and become a wildly popular game across both the United States and Canada, and the game has even begun to spread into Europe and Asia.

How is pickleball played?

An extensive list of the rules of pickleball can be found at <https://usapickleball.org/what-is-pickleball/official-rules/rules-summary/>. A game is typically played to 11 points, and a team must win by two. Tournament games may be played to 15 or 21, and a team must win by two.

Does pickleball utilize referees?

Recreational games of pickleball can rely on the honor system much like pick-up games of other sports do. However, USA Pickleball™ notes that referees and line judges are important components of tournament play. More information about becoming a pickleball referee can be found at <https://usapickleball.org/get-involved/pickleball-officiating/>.

Why should I play pickleball?

Players enjoy the game of pickleball for a multitude of reasons, including the thrill of competition, the chance to socialize, and the opportunity to exercise outside of a gym or home fitness center. But many play the game because they find it fun.

Pickleball has experienced a notable spike in popularity in recent years. More information about the game and how to get involved is available at <https://usapickleball.org>.

Hearing loss: A common problem for older adults

by the National
Institute on Aging

Hearing loss is a common problem caused by loud noise, aging, disease, and genetic variations. About one-third of older adults have hearing loss, and the chance of developing hearing loss increases with age. People with hearing loss may find it hard to have conversations with friends and family. They may also have trouble understanding a doctor's advice, responding to warnings, and hearing doorbells and alarms.

Some people may not want to admit they have trouble hearing. Hearing problems that are ignored or untreated can get worse. If you have a hearing problem, see your doctor. Hearing aids, special training, certain medications, and surgery are some of the treatments that can help.

Signs of hearing loss

Some people have a hearing problem and don't realize it. You should see your doctor if you:

- Have trouble understanding what people are saying over the telephone
- Find it hard to follow



conversations when two or more people are talking

- Often ask people to repeat what they are saying
- Need to turn up the TV volume so loud that others complain
- Have a problem understanding speech because of background noise
- Think that others seem to mumble
- Can't understand what's being said when children and people with higher pitched voices speak to you

Types of hearing loss

Hearing loss comes in many forms. It can range from a mild loss, in which a

person misses certain high-pitched sounds, to a total loss of hearing.

Sudden hearing loss. Sudden deafness, also known as sudden sensorineural hearing loss, is an unexplained rapid loss of hearing. It can happen to a person all at once or over a period of a few days. It should be considered a medical emergency. If you or someone you know experiences sudden hearing loss, visit a doctor immediately.

Age-related hearing loss. Age-related hearing loss, also called presbycusis, comes on gradually as a per-

son grows older. It seems to run in families and may occur because of changes in the inner ear and auditory nerve, which relays signals from the ear to the brain. Presbycusis may make it hard for a person to tolerate loud sounds or to understand what others are saying.

Age-related hearing loss usually occurs in both ears, affecting them equally. Because the loss is gradual, people with presbycusis may not realize they have lost some of their ability to hear.

Tinnitus. Tinnitus is also common in older people. It is typically described as ringing in the ears, but it also can sound like roaring, clicking, hissing, or buzzing. It can come and go. It can be heard in one or both ears, and it may be loud or soft. Tinnitus is sometimes the first sign of hearing loss in older adults. It can accompany any type of hearing loss.

Tinnitus is a symptom, not a disease. Something as simple as a piece of earwax blocking the ear canal can cause tinnitus. It can also be a sign of other health

conditions, such as high blood pressure or allergies. Tinnitus can also occur as a side effect of certain medications.

Causes of hearing loss. Loud noise is one of the most common causes of hearing loss. Noise from lawn mowers, snow blowers, or loud music can damage the inner ear and result in permanent hearing loss. Loud noise also contributes to tinnitus. You can prevent most noise-related hearing loss by turning down the sound on your devices, moving away from loud noise, or using earplugs or other ear protection.

Earwax or fluid buildup can also cause hearing loss by blocking sounds that are carried from the eardrum to the inner ear. If wax blockage is a problem, your doctor may suggest mild treatments to soften earwax.

A ruptured eardrum can also cause hearing loss. The eardrum can be damaged by infection, pressure, or putting objects in the ear, including cotton-tipped swabs. See your doctor if you have ear pain or fluid draining from an ear.

Health conditions

common in older people, such as diabetes or high blood pressure, can contribute to hearing loss. Ear infections caused by viruses and bacteria (also known as otitis media), a heart condition, stroke, brain injury, or a tumor may also affect your hearing.

Hearing loss can also result from taking certain medications that can damage the inner ear, sometimes permanently. These medications may be used to treat serious infections, cancer, or heart disease. They also include some antibiotics, and even aspirin at some dosages. If you notice a problem while taking a medication, check with your doctor.

Genetic variations can cause hearing loss as well. Not all inherited forms of hearing loss are evident at birth. Some forms can show up later in life. For example, otosclerosis, which is thought to be a hereditary disease, involves the abnormal growth of bone that prevents structures within the ear from working properly.

Five common identity theft scams

Consumers can never let their guard down when it comes to identity theft. Personal information is much more accessible in an increasingly digital world. Consequently, instances of identity theft and consumer fraud continue to grow.

The Federal Trade Commission says identity theft is when someone uses your personal or financial information without your consent. Commonly stolen data includes addresses, credit card numbers, bank account information, Social Security numbers, or medical insurance numbers.

Though thieves can gather information by intercepting it through digital channels or simply by stealing mail or going through trash, many times people inadvertently share personal information with scammers themselves. Here's a look at five common scams.

1. Phone scams – Phone

scams may involve telemarketers trying to sell you something in exchange for personal information given over the phone, as well as people impersonating government agencies or credit card companies. "Please confirm account information" or "We'll need your financial information to process" are some of the phrases these scams utilize. Never give out personal information over the phone unless you've confirmed the individual you're speaking to is legitimate.

2. Text links – The Pew Research Center says 81% of adult mobile phone users use text messages regularly. Scammers utilize text messages to try to gain information. The text includes a link to a site that will request personal information. Do not respond to such texts and avoid clicking on the links.

3. Phishing emails –

Phishing emails look like they are coming from legitimate sources, but they often contain malware that can infiltrate computers and other devices to steal identity data.

4. Medicare card verification – Older individuals long have been targets of criminals. Seniors are now being called, emailed or even visited in person by scammers claiming to represent Medicare. Perpetrators of this scam offer new services or new chipped Medicare cards in exchange for verification of Medicare identification numbers. Medicare numbers should be carefully guarded, and seniors should keep in mind it's highly unlikely Medicare representatives will contact them in this way.

5. Data breaches – It's not just a home computer or phone breach you need to worry about. According to

ARAG Legal, security experts indicate many major companies are being breached. By the time it's discovered that data was stolen, your personal information, which usually includes credit card numbers, email addresses and home addresses, has been circulating for some time. While it's impossible for private citizens to prevent this type of data breach, a credit monitoring service can alert consumers if their information shows up where it seemingly doesn't belong.

Identity theft is an ever-present threat and consumers must exercise due diligence to protect their personal information.

(More scam awareness tips can be seen on page 3 of this past week's Times.)

Courtesy of Metro Creative



Jeff's Kitchen

324 Brooks Avenue
Thief River Falls, MN
218-681-7034

OPEN: 5-9:30 P.M.
Monday through Saturday
Every night — not just weekends!



KM TRANSMISSION AND REPAIR

• QUALITY • EXPERIENCE
• DEPENDABILITY • HONESTY
It's all just that simple!

616 Davis Ave. N. • Thief River Falls
218-681-4250 (Keith Moen)

Monday - Friday 8:00 a.m. to 5:00 p.m.
Saturday by Appointment

Nursing home care and the "look-back period"

Health care plans provide access to medical care and other necessities and reduce out-of-pocket health-related expenses. Each plan is different, and depending on where you live, your coverage may vary.

People quickly find that many healthcare plans do not include provisions for long-term health care, such as paying for nursing facilities. Understanding how health plans work and learning about potential financial reviews for nursing home payment qualification is a good idea for anyone concerned about financing their future health care needs.

Health care basics

In the United States, health care is largely privately managed, with most employers offering access to various health coverage plans. Government subsidized plans include

Medicare, which is for retirement-age individuals and younger people with disabilities. Medicaid is a joint state- and federally-run government program that provides health coverage to low-income individuals and families.

Unless an individual meets low-income criteria, nursing home care is paid for by the resident; otherwise, people who qualify for Medicaid can have their nursing home expenditures paid for by that program. To receive Medicaid assistance, applicants should expect a financial review, including a look-back period.

What is the look-back period?

The senior health, finance and lifestyle resource Senior Living advises that Medicaid is a "last resort" method of financing nursing home costs. Individuals are

expected to use other means of payment first and "spend down" their assets. When financial resources dwindle, Medicaid will kick in to provide coverage.

To ensure that individuals simply do not transfer money out of their accounts to avoid paying for nursing home care by their own means, Medicaid requires a look-back period into applicants' finances to determine if there were any violations to rules regarding asset transfers.

Most people engage in some sort of long-term planning to protect a portion of their assets so that they can be used to support spouses or children. According to rules, an applicant is permitted to transfer certain monies to his or her spouse, provided the spouse isn't also applying for long-term care through Medicaid. Most money and tangible

asset transfers (check with your state Medicaid office for the most current rules) must have taken place 60 months (five years) prior to application for Medicaid. Penalties will be instituted when rules are broken, namely gifts or asset transfers that take place within the look-back period. This could delay Medicaid acceptance.

Paying for long-term care can be complicated business with look-back periods and required spend-downs. It is in a person's best interest to seek the guidance of a financial planner who specializes in elder care to navigate these financial waters.

Courtesy of Metro Creative

For all your accounting and income tax services.

Gale E. Schmitz Ltd, CPA

103 East Third Street, P.O. Box 658

Thief River Falls, MN 56701

218-681-6008



Provide freedom and independence for seniors with Medical Alert System from GVT.



Anelto
An Easier Life Today

Anelto Lite offers monitoring & personal safety services that help seniors stay in their homes & maintain independence.

This device provides leading edge technology with GPS & Wi-Fi location services.

Lease options available.

Call today to learn more about the Anelto Lite device.



GARDEN VALLEY TECHNOLOGIES

Innovate > Advance > Connect

800-448-8260 | www.gvtel.com | [f](#) [in](#) [v](#) [a](#)

Restrictions may apply.

Explore resources for caregivers

Caregivers are called on to step in for any number of reasons. Some serve as companions to the elderly, while others assist those with debilitating diseases like cancer. While many caregivers are professionals hired for their services, a good number of caregivers are informal – meaning they are family members or friends assisting loved ones.

Even though they are trying to help others, caregivers often must confront a form of stress known as caregiver burnout. The Cleveland Clinic states this stress is marked physical, emotional and mental exhaustion that occurs in caregivers. This burnout may lead to fatigue, anxiety and depression.

While there may not be a way to completely eliminate

all caregiving stress, there are some ways to prevent burnout. Utilizing various resources can be a start. Here's a look at some available caregiver resources:

- **Trusted friend:** Find someone you trust with whom you can discuss your feelings, including any frustration you may feel. This can be a neighbor or a coworker with whom you feel comfortable sharing personal details.

- **Support groups:** Support groups can provide safe spaces to vent with others who are in the same boat. Houses of worship may host support groups, or you can find out about meetings through hospitals or from personal doctors. The National Family Caregiver Support Program was established in 2000 and

provides grants to states and territories to fund a range of support that assists family and informal caregivers to care for their loved ones at home for as long as possible. Other groups include Caregiver Action Network and Family Caregiver Alliance.

- **Respite care services:** Respite care services provide temporary breaks for caregivers by enabling the sick, elderly or injured to stay in care facilities for anywhere from a couple of hours to a few days. Some respite care services will provide short-term, in-home

care as well.

- **Professional therapist:** Many therapists are trained to counsel individuals who have particular issues. Some may specialize in grief or even caregiver needs. Utilize their services if speaking with a confidante is not enough.

Caregivers often put the needs of others before their own. But they may need a little help along the way, which is where caregiver resources can come into play.

Courtesy of Metro Creative

How to talk to someone who has hearing loss

by David Hill

One of our favorite stories about aging and hearing loss in our home involves a story about Oliver.

The story goes that after a day of hard work one spring, I woke and said, "I hurt all over."

There was a significant pause, and next heard, "You hurt Oliver? Who's Oliver?"

Well, I wanted to know who Oliver was too, and asked "Oliver? What are you talking about? Who's Oliver?"

"You said you hurt Oliver."

I paused trying to put the pieces together, and finally comprehending I said, "I didn't say I hurt Oliver, I said I hurt A-L-L Over."

"Well, you mumble. You need to learn to enunciate."

As we age, we all face certain ... challenges. According to the National Institute on Aging, here's how you talk to someone who has hearing loss. I suppose, I'll get a quote from a national organization that tells one how to talk to someone who mumbles.

Here are some tips you can use when talking with someone who has a hearing problem:

- In a group, make a point to include people with hearing loss in the conversation.

- Find a quiet place to talk to help reduce background noise, especially in restaurants and at social gatherings.

- Stand in good lighting and use facial expressions or gestures to give clues.

- Face the person and speak clearly. Maintain eye contact.

- Speak a little louder than normal, but don't shout.

- Try to speak naturally and at a reasonable speed.

- Do not hide your mouth, eat, or chew gum while speaking.

- Repeat yourself if necessary, using different words.

- Try to make sure only one person talks at a time.

- Be patient. People with hearing loss may also be frustrated by their condition. Stay positive and relaxed.

- Ask how you can help.

14-Month CD* Special

5.10% APY**

LIMITED TIME OFFER • OPEN AN ACCOUNT TODAY



NORTHERN STATE BANK

www.nsbtrf.com • Downtown & Hugo's Market • Thief River Falls • 681-4020

*Certificate of Deposit
**Annual Percentage Yield
Penalty for Early Withdrawal

MEMBER
FDIC



Refrigerators • Ranges
Microwaves • Dishwashers
Washers • Dryers • TVs

Open M-F 9-6; Sat 9-3
RYAN J. BAKKEN, OWNER
101 3RD STREET EAST • THIEF RIVER FALLS • 218-681-2309
Budget has been Serving Thief River Falls Since 1980





For You, For Them, For Us

You might say long-goodbyes are a just part of our midwest culture. It’s who we are, we care for people. And that’s what Hospice of the Red River Valley has been providing since 1981, dedicated to making each moment matter, for you, for them and for us, by providing the compassion and care everyone deserves through their life’s journey.

HRRV.org | (800) 237-4629

thrivent

Retirement planning with purpose.

I'll look at your retirement strategy from every angle. Together, we can explore:

- How your savings strategy supports your priorities and vision for retirement.
- Ways to prepare for market uncertainties.
- Tax-advantaged options to help you maximize and grow your savings.

Contact me today.



Kaylee J St Germain
FIC, RICP®, BFA™
Practice Developer
218-683-5113
connect.thrivent.com/kaylee-stgermain

Advice | Investments | Insurance | Banking | Generosity
Thrivent and its financial advisors and professionals do not provide legal, accounting or tax advice. Consult your attorney or tax professional. Thrivent is the marketing name for Thrivent Financial for Lutherans. Insurance products issued by Thrivent. Not available in all states. Securities and investment advisory services offered through Thrivent Investment Management Inc., a registered investment adviser, member FINRA and SIPC, and a subsidiary of Thrivent. Licensed agent/producer of Thrivent. Registered representative of Thrivent Investment Management Inc. Advisory services available through investment adviser representatives only. Thrivent.com/disclosures. 31197A R4-23

Pain in your foot or ankle? It could be arthritis

(StatePoint) Arthritis in the feet and ankles can produce swelling and pain, deformity, loss of joint function and loss of mobility. Whereas previous generations had to accept this as a normal part of aging, an explosion of new therapies and surgical treatments is offering patients today both hope and relief. For best results, however, foot and ankle surgeons urge early intervention.
“When it comes to arthritis, it’s important not to tough out symptoms or bear the pain,” said Danielle Butto, DPM, FACFAS, a foot and ankle surgeon and Fellow member of the American College of Foot and Ankle Surgeons (ACFAS). “Earlier treatment is not just about alleviating symptoms sooner. In many cases, we can even slow the progression of the symptoms, and use less invasive procedures to treat the condition than we would otherwise.”
Understanding the early warning signs of arthritis, the progression of different forms of the disease and the new treatments available are important for getting the proper treatment and

managing your symptoms.
Osteoarthritis
Osteoarthritis is a degenerative condition characterized by the breakdown and eventual loss of cartilage in the joints.
One common area where osteoarthritis occurs is the big toe. The big toe makes it possible for you to walk and run upright, absorbing forces equal to nearly twice your body weight when walking. With all it endures, it’s no surprise that overuse can erode cartilage, causing serious pain and even physical deformities. Nevertheless, many people confuse big toe arthritis, also known as hallux rigidus, with bunions.
Early signs of hallux rigidus include pain and stiffness during use, or during cold, damp weather, difficulty with activities like running and squatting, and swelling and inflammation around the joint. Additional symptoms may develop over time, including pain during rest, bone spurs, limping, and dull pain in the hip, knee or lower back due to changes in gait.
If you notice any of these symptoms, see a foot and ankle surgeon.

Conservative treatments like shoe modifications, orthotic devices and physical therapy, may prevent or postpone the need for surgery. If you have mid- to end-stage arthritis in your foot or ankle, you may require next steps, such as ground-breaking cartilage regeneration treatment, implant surgery or the surgical removal of damaged cartilage and spurs, all of which have quick recovery periods.
“People with this disorder tend to suffer much longer than they need to,” said Dr. Butto. “They’re often pleasantly surprised when they find out their problem can be fixed.”
Rheumatoid Arthritis
Rheumatoid arthritis (RA) is a disease in which certain cells of the immune system malfunction and attack healthy joints. Foot problems caused by RA commonly occur in the ball of the foot near the toes, although RA can also affect other areas of the foot and ankle. The most common signs and symptoms are pain, swelling, joint stiffness and difficulty walking, as well as a range of deformities, including rheuma-

toid nodules, dislocated toe joints, hammertoes, bunions, heel pain, Achilles tendon pain and flatfoot ankle pain.
As part of a team that includes a primary doctor or rheumatologist, your foot and ankle surgeon will develop a treatment plan aimed at relieving associated pain, which may include orthotic devices, accommodative shoes, aspiration of fluid build-up and steroid injections. When RA produces foot pain and deformities not relieved through other treatments, surgery may be required.
“Listening to your body and seeing a foot and ankle surgeon are so important. With today’s scientific advances, treatment can reduce pain and restore you to your previous mobility, strength and functionality,” said Butto.
For more information on foot and ankle arthritis or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website of the American College of Foot and Ankle Surgeons.

How to use diet to combat age-related bodily changes that can affect your health

The human body is a marvel. How the body transforms over the course of an individual’s life is one of its more remarkable qualities, and those changes never cease, even as individuals near retirement age.
The changes associated with aging include physical transformations but also more subtle shifts the naked eye cannot see. For example, metabolism slows as individuals grow older, and aging also can lead to a decrease in bone density and muscle mass. These changes affect how men and

women at or nearing retirement age should approach their diets in recognition of the various ways their nutritional needs change at this point in their lives. Any modifications to a diet should first be discussed with a physician, but the following are some ways aging adults can use diet to combat age-related changes to their bodies:
• Prioritize protein. The authors of a 2010 study published in the journal Current Opinion in Nutrition and Metabolic Care recommended that older adults consume

between 25 and 30 grams of protein with each meal. The researchers behind the study concluded that such consumption could limit inactivity-mediated losses of muscle mass and function.
• Overcome reduced production of vitamin D. WebMD notes that people over 65 typically experience a decrease in natural production of vitamin D. Vitamin D is not naturally found in many foods, so aging men and women may need to rely on supplementation to ensure their bodies get enough of it. Vitamin D helps with anti-inflammation, immune system support and muscle function, among other benefits. So it’s vital that aging men and women find ways to get sufficient vitamin D.
• Consume ample dietary fiber. The National Resource Center on Nutrition & Aging notes that fiber plays an important role in the health of older adults. Fiber has been linked with heart health, healthy digestion, feeling full, and preventing constipation, which the online medical resource Healthline notes is a common health problem among the elderly. Though the National Resource Center on Nutrition and Aging notes

that older adults need slightly less fiber than their younger counterparts, it’s still a vital component of a nutritious diet. The feeling of fullness that fiber consumption can provide is also significant, as it can ensure adults who aren’t burning as many calories as they used to aren’t overeating in order to feel satisfied. That can make it easier for such adults to maintain a healthy weight.
• Monitor intake of vitamin B12. The NRCNA notes that vitamin B12 is involved in a host of important functions in the body, including nerve function and the formation of red blood cells. Vitamin B12 is most easily found in animal products, which many aging men and women must largely avoid due to other health concerns. In such instances, men and women can discuss supplementation with their physicians as well as alternative food sources of B12, such as fortified cereals, salmon and other items.
Bodily changes related to aging increase the likelihood that men and women will need to alter their diets in order to maintain their overall health.
Courtesy of Metro Creative

All things Summer



• Birdfeeders • Flags • Door Mats • Apparel • Wind Socks
• Gifts • Interior & Exterior Decor • Minnesota Puzzles

find these items & so much more...
River City Gifts
416 N. Atlantic • Thief River Falls • 218.681.2420



Quality Care for a Better Quality of Life

Short-Term Rehabilitation
Long-Term Care
Hospice Care
Assisted Living

When choosing a community that is caring and comfortable for you or your loved one, we realize that the decision may not be an easy one. Please come and visit our community and we would be glad to assist you in making an informed decision.

Nursing Services
• Oxygen/Respiratory Care
• Tube Feedings
• Rehabilitation/Restorative Nursing
• Ostomy and Wound Care
• Plus Many More!
Specialized Therapy Services
• Physical Therapy
• Occupational Therapy
• Speech Therapy
Other Services
• Respite Care
• Transportation to Medical Appointments
• Laundry and Housekeeping
Activities Galore
All of the activities that we are able to offer our residents are designed to meet the individual needs of each resident for entertainment, exercise, relaxation, creativity, psychosocial, and spirituality.





123 Baken St. • Thief River Falls
218-681-1675
www.oaklandparktrf.com

We Care Like Family.

LifeCare Senior Services



Care & Services:

- ✓ Independent Living
- ✓ Assisted Living
- ✓ Long-Term Care
- ✓ Hospice & Home Care

At LifeCare we care for all stages of life.

We place our residents' health and happiness above all else. Our dedicated team of professionally trained staff is available around the clock to provide personalized care and support specifically tailored to meet your individual needs.

Call today for a personal tour!
(218) 463-2500

LifeCare
SENIOR SERVICES

For more info visit our website
<https://lifecaremedicalcenter.org>

Things to know before drafting a living will

During the prime of their lives, people typically don't give much thought to scenarios in which they become ill or are facing the end of life. Sickness and mortality are not easy conversations to have, but it is important for everyone to approach these heavy topics with close family members so that individuals can rest easy knowing their needs will be met if or when their health falters.

An advanced healthcare directive - also known as a living will - is a legal document in which a person lists the specifics of medical care and comfort actions they desire should the individual no longer be able to make decisions for themselves due to illness or incapacity. The legal advice resource Legal Zoom says the living will may list certain things, such as whether life support is desired or if pain medica-

tion should be administered. A living will should not be confused with a traditional will, which is a legal document that explains wishes for financial and personal assets after a person dies. Living wills also differ from living trusts, which address how assets will be managed if a person becomes incapacitated.

A living will is not always a necessity if a person does not have strong feelings about decisions made on his or her behalf while not cognizant. However, for those who do want to have a say in care, a living will is the best method for ensuring choices will be carried out. The following are some other questions people should ask themselves concerning living wills.

· Do I want to remove the burden of tough choices from my loved ones? A living

will relieves grieving loved ones of the responsibility of making challenging decisions of invoking life-saving procedures or not - particularly if they're not sure what you desire.

· Do I have firm feelings about life-saving methods? A living will allows you to spell out preferences on insertion of feeding tubes, if you want specialized hydration, if you want to be hooked up to life support if brain function is minimal, and a host of other scenarios.

· Is cost preventing me from drafting a living will? Cost need not be a factor in setting up a living will. You can download a free template from any number of online legal sources. Local hospitals often have forms as well, which can be notarized for only a few dollars. These forms are generally comprehensive and can help

you answer all the questions and write in specifics. · Have you selected a trusted person to carry out wishes? A health care proxy, according to the American Bar Association, is a person

appointed by you with the authority to make decisions for you if you are unable to express your preferences for medical treatment. Together with the living will, the health care proxy,

also called a durable medical power of attorney, can fulfill your wishes accordingly.

A living will is an important component of medical and estate planning.

Volunteer Opportunities Available		
City of Thief River Falls	Pennington County	TRF Amateur Hockey Assoc.
Falls Delivered Meals	Pennington County 4-H	TRF Area Food Shelf
Heritage Community Center	Pennington County Fair Assoc.	Thief River Care Center
Jobs Incorporated	Sanford Medical Center	TRF Chamber of Commerce
MN Greenleaf Independent and Assisted Living	School District #564	TRF Education Foundation
Oakland Park Communities	St. Bernard's Catholic School	Valley Assisted Living
		Violence Intervention Project

Annual colorectal cancer screenings are recommended for men and women over 50

As the human body ages, screening for various conditions and diseases may need to occur more frequently. Routine doctor visits may not be a part of most people's image of the perfect retirement, but such checkups can save lives and make one's golden years much more enjoyable.

The World Health Organization notes that cancer is the leading cause of death across the globe and that colorectal cancer is the second most common cause of cancer death in the world. A 2017 study published in the journal Cancer Epidemiology, Biomarkers & Prevention concluded that risk factor modification, screening and treatment all have considerable potential to reduce colorectal cancer mortality by 2030.

The U.S. National Library of Medicine recommends that men and women between the ages of 50 and

75 be screened for colorectal cancer every year. Doctors screen for colorectal cancer in various ways, and many of these screenings need not be conducted annually. However, the USNLM recommends that all men and women between the ages of 50 and 75 receive a fecal occult blood, or stool-based, test every year. In addition, men and women should receive a fecal immunochemical, or FIT, test every year. The FIT is a simple test that adults can conduct in the privacy of their own homes.

Doctors may recommend additional screenings for colorectal cancer. Upon making such recommendations, doctors will discuss patients' screening options,

which include an assortment of tests, and then recommend which test might be best for the patient. The USNLM recommends men and women receive stool DNA tests every three years, flexible sigmoidoscopy tests every five years and double contrast barium enemas every five years. Virtual colonoscopies (once every five years) and colonoscopies (once every 10 years) also may be recommended.

Colorectal cancer claims hundreds of thousands of lives across the globe every year. Men and women over 50 can reduce their risk of falling victim to colorectal cancer by scheduling annual screenings.

Shopping for assisted living facilities

As people age, oftentimes their living arrangements need to be adjusted. Needs evolve as children move out or other situations arise. One of the scenarios that may come to pass as a person ages is the need for more specialized help that just isn't possible at home.

When failing physical or mental health affects one's ability to be independent and live safely at home, moving into an assisted living facility may be the next step. The National Center for Assisted Living indicates assisted living offers the little bit of help some people need when they can no longer manage living alone. Typically these facilities provide assistance with bathing or dressing, medication management and other care, while also cater-

ing to people who may not require the around-the-clock medical care most often associated with nursing homes.

Vetting is an important component of finding assisted living facilities. Family caregivers need to educate themselves about services, costs and other resources provided by assisted living facilities.

AARP says assisted living facilities provide residents with a range of services that can include supervision, meals, housekeeping, laundry, and personal care. Residents usually have their own apartments or private rooms. Because they are mostly regulated at state level in the United States, there is a lot of variety among these facilities. That means family care-

givers need to assess their needs and desires in a facility to find the right one that fits. Assisted living facilities offer a home-like environment, and the amenities available vary based on cost.

Paying for assisted living differs from paying for nursing homes. Largely government-subsidized health programs like Medicare and Medicaid pay for nursing home care. Those who would be best serviced by assisted living may find they may not qualify for government support, nor may the facilities accept anything other than private payment or long-term care insurance to cover room and board.

Other considerations in assisted living facilities are size, specialties, atmosphere, location, and the ability to transition to higher forms of care. Assisted living may fill a void currently, but it's often not a permanent situation for all, and eventually certain residents may have to move on to skilled care facilities.

Potential residents and their families should visit various assisted living facilities to get a feel for what they are like. Speak with the staff and residents, request a meal and get a sense of the environment. Apart from cost, how the home feels is one of the most important factors in shopping around for this type of residence.



Routine doctor visits may not be a part of most people's image of the perfect retirement, but such checkups can save lives and make one's golden years much more enjoyable.

Common warning signs of arthritis

Arthritis has name recognition, even among people who are not suffering from it. But despite that recognition, arthritis is not as well understood as one might think.

According to the Arthritis Foundation, arthritis is not a single disease, but rather an informal way of referring to joint pain or joint disease. In fact, the term "arthritis" is so wide-ranging that it actually refers to more than 100 types of conditions.

Despite that complexity, arthritis often produces four important warning signs, regardless of which type of arthritis a person may have.

1. Pain

The Arthritis Foundation notes that arthritis-related pain may be constant or intermittent. One common misconception about arthritis pain is that it only occurs during or shortly after a body is at rest. However, arthritis-related pain can occur while the body is at rest and is not always triggered by an activity that incorporates a part of the body affected by arthritis. In addition, pain from arthritis can be isolated to one area of the body or affect various parts of the body.

2. Swelling

Skin over the joints

affected by arthritis may become red and swollen. This skin also may feel warm to the touch. The Arthritis Foundation advises anyone who experiences this swelling for three days or longer or more than three times per month to contact a physician.

3. Stiffness

This warning sign is, along with pain, the one that is most often associated with arthritis, even by people who don't suffer from the condition. Stiffness when waking up in the morning or after long periods of being sedentary, such as sitting at a desk during the workday or taking a long car ride, can be symptomatic of arthritis, especially if the stiffness lasts an hour or longer.

4. Difficulty moving a joint

The Arthritis Foundation notes that people should not experience difficulty moving, such as when getting out of bed. People who experience such difficulty may have arthritis.

People who recognize any of these warning signs should report them to their physicians immediately. Be as specific as possible when describing these symptoms, as specificity can help physicians design the most effective course of treatment.



Aging Eyes?

Take care of your eyes. Get a baseline comprehensive eye examination at age 40. If you are 65 or older, have your eyes checked every year for signs of age-related eye diseases and disorders such as dry eye, cataracts, age-related macular degeneration and glaucoma.

Regular eye exams are your best protection.



Along with The Times & Northern Watch, we carry a small supply of these area newspapers for sale each week at our office!
324 Main Avenue North

Crookston Daily Times
The Valley Shopper
Erskine Echo
Fosston 13 Towns
Grygla Eagle
Clearbrook/Gonvick
Leader Record
McIntosh Times
Middle River Honker
Oklee Herald
Roseau Times-Region
Warren Sheaf



Bakery • Hugo's Custom-made Cakes • Catering
Floral • Deli • Meat • Produce • Naturally Hugo's
Pharmacy • Caribou Coffee • Northern State Bank branch


HUGO'S

• FAMILY MARKETPLACE •

215 Pennington Ave
Thief River Falls
218.681.8555
Mon-Sat 6a-10p
Sun 8a-8p

ONLINE SHOPPING
Home or Office Delivery
or Convenient Curbside Pickup

 download the Hugo's app
gohugos.com/online shopping



NORTHWEST EYE CENTER

MEDICAL EYE CARE


- Pre- and Post-Operative Cataract Evaluation
- Lasik Surgery Consultation and Co-Management
- Removal Ocular Foreign Body
- Treatment of Glaucoma • Eye Exams
- Treatment of Eye Infections

SURGICAL CARE

- Cataracts • Glaucoma
- Laser for Diabetic and Glaucoma Care
- Lid Repair

OPTICAL

- Optical Dispensary with Fashion Eye Wear
- Certified Opticians for Expert Fitting
- Variety of Contact Lenses:
Astigmatic, Color, Bifocal, Disposable



Dr. Chris Borgen
Optometrist



Dr. Eric Tjelle
Optometrist

We Accept Most Insurance Plans, Including... VSP • Sanford Health
• Superior Vision • Blue Cross Blue Shield • Preferred One
• Eyemed • Medica • Medicare

218-681-3300 • 800-422-0183
901 Hanson Drive, Thief River Falls, MN 56701

Strength training for seniors

A balanced diet and exercise, which includes a combination of aerobic activities and strength training, is necessary to maintain long-term health.

According to the Centers for Disease Control and Prevention, regular physical activity is one of the most important things older adults can do to protect their overall health. Exercise helps to delay or prevent many of the conditions that come with age. Adults ages 65 and older should aim for the recommended 150 minutes a week of moderate-intensity activity, such as brisk walking, and at least two days of activities that strengthen muscles.

When it comes to muscle strengthening, seniors can follow these safety guidelines as they embark on their strength-training journeys.

- Speak with a health-care provider first. Get the green light to proceed with an exercise regimen before beginning by having a discussion with your general practitioner about your fitness goals. Your doctor can recommend strategies that are safe and point out any exercises that may compromise your overall health.

• Master basic exercises first. Anyone new to strength training, which is sometimes known as resistance training, can start out slowly, even using just body weight, to provide resistance.

Resistance exercises can include squats, crunches, modified pushups, planks, and lunges.

- Graduate to resistance bands. When you're ready to move on to something else, consider resistance bands as an alternative to free weights. The bands can help you develop good form before introducing weight. Good form is key to avoiding injury.

- Work with a trainer.

Working with a certified personal trainer can help you learn how to use free weights and strength-training machines correctly. A trainer also can create a routine that includes the right number of sets and repetitions to gradually build and maintain muscle mass. If you decide against hiring a trainer, gym staff members may guide you through equipment and demonstrate proper form.

- Exercise with a friend. Strength training with a friend or family member can provide motivation and keep

you on target to meet your goals.

- Build up gradually. Your first strength session should only last 10 to 15 minutes, according to Tiffany Chag, C.S.C.S., a strength coach at the Hospital for Special Surgery in New York. This enables you to gauge soreness. Wait until soreness abates before beginning your next session if you are new to strength training.

Strength exercises are a vital part of maintaining health as a senior. Such exercises help maintain muscle mass and also improve balance and bone health.



Habits that affect cognitive health

Various changes to appearance and health are associated with aging. Issues such as diminished vision, waning muscle strength and gray hairs are among the more common and noticeable side effects of aging. Cognitive decline is another symptom often associated with aging, even if that needn't be the case.

Certain lifestyle choices can protect against cognitive decline and dementias. While there is no surefire way to prevent dementias, here are some good habits for maintaining cognitive function well into your golden years.

Exercise frequently

Harvard Health reports that exercise, in addition to the many other benefits it provides, may help improve cognitive function in people who have already experienced memory issues. Exercise may be particularly advantageous to people who carry the APOE4 gene variant, which makes people

more susceptible to Alzheimer's. Speak with a doctor about how much exercise is needed and what is safe for your age.

Enjoy video games

Playing a favorite video game may improve long-term cognitive function. Researchers at Cambridge Brain Sciences found study participants who played non-cognitive-training video games were associated with better performance in several cognitive domains, but only for younger (age 18 to 64) participants. Cognitive training games, on the other hand, were not associated with any cognitive improvement.

Stay socially engaged

According to a study published in the journal Experimental Aging Research, seniors who have high levels of social engagement also have better cognitive function. Getting together with friends, participating in a club, attend-

ing religious studies, and any other activity that gets you out with other people can help with cognitive function.

Eat a healthy diet

Eating a diverse array of healthy foods is beneficial. Nutritious diets can help reduce the risk for illnesses that may affect cognitive ability. Eating well also helps keep the brain healthy. A Mediterranean diet appears to lower the risk or slow the progression of dementia in people who have the condition.

Get help for sleep disorders

Lack of sleep can affect memory and learning. By getting help for sleep disorders, you may reduce your risk for cognitive issues.

While it is not possible to prevent or cure cognitive conditions like dementias with lifestyle changes, certain behaviors can lower the risk of developing these illnesses or reduce their severity.

Family caregivers by the numbers

Caregivers come from all walks of life, even if people may be most likely to associate caregiving with the paid professionals who work as home health aides or in nursing care settings.

However, many caregivers are informal, family caregivers who are not paid for their services, but step in to help someone they love. Here's a look at some of the numbers regarding family caregivers, courtesy of the National Alliance for Caregiving, AARP, Gallup-Healthways Well-Being Index, Respect Care Givers,

and the career experts at Zippia.

- 53 million: the number of Americans who are providing unpaid care to a family member or a friend.

- 9.5 million: amount by which caregiver numbers increased between 2015 and 2020.

- 1 in 5: the number of Americans who are caregivers.

- 22: the percentage of caregivers who are middle-aged.

- 46: the average age of an employed caregiver.

- 70: the percentage of

working caregivers who suffer work-related difficulties due to their dual roles.

- 34.7: the number of hours employed caregivers work each week, not including caregiver services.

- 70.7: the percentage of family caregivers who are women (29.3 percent are men).

- 88: the percentage of caregivers residing in urban or suburban areas.

- 69: the percentage of caregivers caring for parents or parents-in-law. Fifty-one percent care for a spouse or partner.

Social Security expands outreach and access for SSI

Social Security has expanded its outreach to people in critical need of financial help who may be eligible for Supplemental Security Income (SSI).

SSI provides monthly payments to adults age 65 and older or to other adults – and children – with a disability or blindness who have limited income and financial resources. SSI helps pay for basic needs like rent, food, clothing, and medicine.

Social Security identified underserved communities in rural and urban areas across the country. It

focused on areas with the greatest decline in SSI applications since the pandemic. Its outreach efforts targeted areas where a majority of people are living at or below the federal poverty threshold.

People who receive SSI may qualify for other financial help, including Supplemental Nutrition Assistance Program or SNAP benefits (formerly known as food stamps), Medicaid, and discounted internet service through the Federal Trade Commission's Affordable Connectivity Program.

Social Security beneficiaries may also be eligible for SSI. People with limited income and financial resources can visit www.ssa.gov/ssi to learn more about SSI eligibility and request an appointment to apply for benefits. People without access to the internet can call Social Security's National 800 Number at 1-800-772-1213 to speak with a representative.

Please share this information with your friends and family to spread the word about SSI.

SCRATCH PADS

Available For Sale

Thief River Falls
Times

324 Main Ave N., Thief River Falls
218-681-4450

We Cut the Price for Seniors!

20% off
all
Hair Products

~ expires 8/18/23 ~

CREATIVE CLIPPERS

306 Main Ave N, Thief River Falls
218-681-3966

REED REALTY

www.reedrealtymn.com 218-683-5263

Are you transitioning to Senior Living?

Looking to sell your home?

Give us a call for a FREE market analysis of your home!

Search ALL listed properties on Zillow, America's #1 Real Estate search engine, or Realtor.com, Trulia and Reedrealtymn.com, then give us a call to schedule your private showings.

Hot Eats • Cool Treats • Eat-In • Drive-Thru

DQ

Hwy. 32 South
THIEF RIVER FALLS
(218) 681-3007

ERL'S FOOD MARKET
THIEF RIVER FALLS, MN

All Your Hunting, Fishing, & Snowmobiling Needs

the Right Bait *one-stop-shopping!*

Pay-At-The-Pump Gas
Homemade Pizzas • Broasted Chicken
Great Deli • Fresh Cut Meat
Lottery Tickets

802 Main Avenue N. Thief River Falls • 218-681-4627

BERGAN TRAVEL

THE ONLY WAY TO GO

218-681-4100

Upcoming Tours

Aug. 26-27, Twins vs. Rangers
Sept. 19-21, Duluth Fall Colors
Sept. 27-30, Hostfest in Minot

Nov. 27-Dec. 2, Branson Christmas
Plus- 3 MN Vikings games!

Ryan Walseth
rwalseth@bergantravel.com

Michaela Myhrer
michaela@bergantravel.com

Al Walseth
awalseth@bergantravel.com

www.bergantravel.com

facebook.com/BerganTravel
downtown Thief River Falls & Crookston

Local care you need. Trusted providers you deserve.

Providing care through all stages of life.

Altru Clinic in Thief River Falls now offers primary care, x-ray, lab, therapy and monthly visiting specialists appointments for the whole family.

Call 218.681.7280 to schedule an appointment today.

1845 Highway 59 S
Thief River Falls, MN
altru.org/trf

Altru

Time to Paint?

Visit Your Local
Paint & Glass Center . . .

- Premium paints & stains
- In-store design help & ideas
- Color samples & swatches
- Full line of painting supplies
- Custom color matching service

PAINT & GLASS INTERIORS
YOUR HOME IMPROVEMENT STORE

PGI INC.

218-681-3012

324 Horace Avenue North
Thief River Falls, MN 56701

Seniors, don't be afraid to ride THE Bus

by David Hill
Editor

During the Pennington County Fair, I stopped to visit with a representative of THE Bus at their booth in the Huck Olson Memorial Civic Center. I just had to share my experience with their service. She thanked me for being so supportive and asked me to remind others, especially seniors, that the service is available.

So here goes ... After years of trying to ignore the pain in my big toe, I finally decided it was time to have a doctor look at it. It was well that I did, and acknowledge, that something had to be done. There was one, however, limiting concern that I had - how would I get to and from work while I was recovering? Although I'm over 60, I still have to work. While recovering, driving myself was out of the question, as a recovery would require an ortho boot on my right foot and leg, which would make braking and accelerating impossible. Nope, driving was out of the question. Could I, or should I rely on friends to get me to and from work? I really didn't want to put that kind of strain on any of my friendships, especially during what was turning out to be a very difficult winter, so I started looking at transportation options.

As a senior, I've become ... concerned about my independence, and more concerned about my personal safety. I don't think that's an uncommon feeling among seniors, is it?

How to stay mentally sharp after retirement

If asked to describe how they envision retirement, many professionals might reference travel, time spent with grandchildren and various recreational pursuits. Few, if any, would mention cognitive decline. However, cognitive decline poses a significant threat to aging men and women, especially during retirement.

Researchers have long since recognized that certain cognitive abilities begin to decline with advanced age, even among elderly individuals who are healthy. However, despite that decline, the Centers for Disease Control and Prevention notes that dementias like Alzheimer's disease are not an inevitable part of aging. In fact, the CDC estimates that as many as 40% of dementia cases may be prevented or delayed. In addition, the CDC reports that it's not uncommon for routine memory, skills and knowledge to stabilize or even improve as the brain ages.

That's good news for retirees who want to spend their post-work life pursuing their passions and hobbies. Individuals also can embrace some strategies to stay mentally sharp in retirement:

- Consider delaying retirement. Even if early retirement is a dream, it might be better to work a little longer than you had planned. A 2021 study published in the journal SSM – Population Health found that postponed retirement is beneficial to cognitive function for all genders, races/ethnicities, educational levels, and professional status. The study reported

Taxis, of course, were available, but so too is THE Bus. Riding THE Bus was probably one of the best decisions I've made. I'd make a call for a reservation the day before. Every morning, I'd then hobble out to the street where I would meet the bus, and ride in comfort and a warm bus to work. It was really nice to climb into a warm bus on a cold day and then let someone else worry about slippery roads. During this time, I had to make trips to Sanford Health on the south end of town, and in weather I wouldn't have wanted to drive in myself. The drivers took me right to the front door and then picked me up when I was done. It was great. At no time did I ever feel unsafe. I might have had to wait a little bit at times for a ride, but riding the bus was really a comfort.

If you're a senior, or someone else in need of a ride, please consider THE Bus. By the way, I feel I have to be fair to other services in our community - there's nothing wrong with our taxi services, either. Thief River Falls residents are lucky, indeed, to not only have THE Bus but also taxi service.

When I first started to consider how I was going to get to and from work, I went to the Tri-Valley Transportation website and read all about what THE Bus could do, how much it cost (\$2 in town) and how to make a reservation for a ride. I know a lot of seniors aren't comfortable with computers, so I've taken the

liberty to copy some of the information available on the website of THE Bus. You'll find it below. You should also know that there are some time limits. Bus service isn't available at all times of the day or night.

Did you know, Tri-Valley Heartland also provides bus services in several other communities? Ride reservations must be scheduled by 3 p.m. the day prior to the trip. Call 1-800-201-3432 for a ride or more information.

In case you're wondering, the bus routes and schedules are listed in The Times every week.

As promised, here's the information I copied from their website:

"Tri-Valley Transportation also known as T.H.E. Bus (Tri-Valley Heartland Express) is a division of Tri-Valley Opportunity Council, Inc. Tri-Valley is a community action agency serving citizens since 1965 and an Affirmative Action/Americans with Disabilities/Equal Opportunity Corporation.

"T.H.E. Bus is a curb to curb service and provides public transportation services to the general public in eight Minnesota counties, Polk, Red Lake, Norman, Marshall, Kittson, Pennington, Mahanomen, and Clearwater. Buses run through these counties on various days with various destinations. Our public transit buses are available with no age limits or income guidelines. Buses have seating available for up to 40 passengers. Each bus is handicap accessible with

two accessible entrances. If passengers are unable to use the door he/she may request the use of the lift. Each driver has been trained to properly use the lift and secure mobility devices within the buses.

"Transportation services are used for a variety of reasons, which include; medical, nutritional, social, recreational, shopping, work, school, and other personal activities. Destinations include, but are not limited to: Grand Forks, Bemidji, Thief River Falls, Fargo/Moorhead, and Crookston. Tri-Valley Transportation provides safe, friendly, and dependable transportation at a reasonable price T.H.E. Bus is funded depending on the service it is provided.

"In-town and rural transportation is funded through the Public Transportation grant from the Minnesota Department of Transportation. The grant provides 80% operating costs with 20% local match (fare box). This grant is used to enhance access of people in non-urbanized areas to health care, shopping, education, employment, public services, and recreation. It is used to assist in the maintenance, development, improvement, and use of public transportation systems in non-urbanized areas.

"For any questions on routes or additional information please call 218-281-0700 / 1-800-201-3432 or email transit@tvoc.org."

Northdale Oil Inc.

Main 220 Main Ave. S. Thief River Falls (218) 681-8888	Square 1st & Pennington Thief River Falls (218) 681-4552	Petro Hwy. 1 & 59 N. Thief River Falls (218) 681-3546
--	--	---

Thief River GLASS Inc.

Serving NW Minnesota

"Quality Service Locally"

- Auto Glass Replacement & Repair
- Windshields • Side Mirrors
- Door Window Glass

218-681-1333
1-800-261-1333
418 Atlantic Ave N.
Thief River Falls, MN 56701



Big or small, we do it all!

Heating & Air Conditioning |
New Bathrooms | Stopped
Drains | Toilet Backups | Leaky
Faucets | Drain Odors | Water
Heaters | Pipe Replacements
Gas Leaks | Code Corrections |
Sump Pumps | Water Softening
& Filtration Systems | & More


1430 Main Avenue N.
Thief River Falls
218-681-1903
Serving NW MN for over 118 years

LEE
Plumbing & Heating
Thief River Falls, MN



UNDERSTANDING ALZHEIMER'S AND DEMENTIA

An education program presented by the Alzheimer's Association®



ALZHEIMER'S IS NOT NORMAL AGING.

It's a disease of the brain that causes problems with memory, thinking and behavior.

Join us to learn about:

- » The impact of Alzheimer's.
- » The difference between Alzheimer's and dementia.
- » Alzheimer's disease stages and risk factors.
- » Current research and treatments available to address some symptoms.
- » Alzheimer's Association resources.

Thursday, August 17
4 p.m. - 6 p.m.


Thief River Falls Care Center
2001 Eastwood Drive
Thief River Falls, MN 56701

Hosted by the TRCC Family Council

Snacks and Refreshments Served.
Everyone Welcome! No cost.

Visit alz.org/CRF to explore additional education programs online and in your area.

ALZHEIMER'S ASSOCIATION
Minnesota - North Dakota Chapter



Take Control of Your Hearing Loss

Book an appointment today for your diagnostic hearing test, and learn more about how to experience Beltone's best speech understanding in noise with the Achieve family of hearing aids.

Risk-Free 60-Day Trial • Free Consultation!

HOMETOWN HEARING SOLUTIONS

(218) 681-1193 • www.trfhearing.com
1305 Dale St, Thief River Falls, MN 56701

WE ♥ SENIORS

Our

And are proud to offer a

10% Senior Discount!

Styles By Amy

"The Most Fun You Can Legally Have With Hair"

311 3rd Street East • Thief River Falls
218-681-3722



CENEX FARMERS UNION OIL CO.

8th and Atlantic, Thief River Falls, MN
(218) 681-1240

3rd and Atlantic, Thief River Falls, MN
(218) 681-3512

1930 Hwy 59 SE, Thief River Falls, MN
(218)-681-7441

Hours: 8AM - 4:30PM (Closed Saturdays)

CABLE TV • DIGITAL CABLE
HIGH SPEED INTERNET • CABLE TELEPHONE

Call Sherri, Crystal, and Hailie Today!

*Cable TV
Digital Cable
Advanced Services
High Speed Internet*

Sjoberg's Inc.

315 Main Ave. N. • Thief River Falls, MN 56701
800-828-8808 • 218-681-3044
office1@mncable.net

BANNERS TROPHIES CUSTOM CLOTHING
LASER ENGRAVING VINYL GRAPHICS

SCREENPRINT UNIVERSAL EMBROIDERY

www.usptrf.com
Highway 59 N., Thief River Falls, MN 56701
(218) 681-5486 • (800) 562-0028

Check the status of Social Security benefits claims online

If you applied for Social Security benefits, or have a pending reconsideration or hearing request, you can check the status online using your free personal my Social Security account. If you don't have an account, you can create one at www.ssa.gov/myaccount to see the following information about your claim:

- Date of filing.
- Current claim location.
- Scheduled hearing date and time.
- Incomplete applications.

- Servicing office location.

- Publications of interest, depending on the claim and current step in the process.

Use your personal my Social Security account to check the status of your application or appeal at www.ssa.gov/myaccount.

If you have questions about retirement, disability, Medicare, or survivors benefits, as well as Supplemental Security Income, visit our webpage at www.ssa.gov/benefits.

Courtesy of Metro Creative

Thief River Falls

Times

and

NORTHERN WATCH

CLASSIFIED ADS

DEADLINES: The Times – Monday, 10:00 A.M.; Northern Watch – Wednesday, 2:00 P.M.

Name _____

Address _____

City _____

State _____ Zip Code _____ Phone _____

If you wish to have your name, address and telephone number in the ad, please write it on the numbered lines provided.

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15 – \$6.00

16

17

18

19

20

21

22

23

24

25 – \$7.25

26

27

28

29

30

31

32

33

34

35 – \$8.50

ATTENTION:

Please Indicate

Where You'd Like

Your Ad To Run

☐ The Times

☐ Northern Watch

☐ Both (Times & Watch)

First 15 Words\$6.00

Per Insertion

Ea. Add'l 10 Words\$1.25

Per Insertion

★ BEST VALUE! ★

PACKAGE DEAL

Advertise 3 Times Get

The 4th Time FREE

Make Check Payable to The Times, P.O. Box 100, Thief River Falls, MN 56701

☐ Check or Money Order Enclosed

☐ Card # _____ Expiration Date _____

Regional Library system seeks funding increase for 2024

by April Scheinoha Reporter

It's past the halfway mark of 2023, and Pennington County leaders and others are thinking of the 2024 county budget. At its meeting Tuesday, July 25, the Pennington County Board heard a budget request from the Northwest Regional Library.

NWRL Director Jim Trojanowski appeared before commissioners, requesting that the county contribute an additional 3% for next year. Currently, the county contributes \$122,977. Commissioners took the request under advisement.

Trojanowski explained that an auditor has advised NWRL to cease deficit budgeting. He indicated that state funding will erase the NWRL's deficit, but its funding balance will remain low. Trojanowski cited staff recruitment and book purchases as other reasons for the increase.

It is expected that Trojanowski will appear before the Thief River Falls City Council to ask for additional funding in the future. Currently, the city provides \$172,499.

Commissioners approved seeking a wage study from Bjorklund Consulting LLC at a cost not to exceed \$5,000. It has been years since the county had a wage study, and union negotiations are expected to begin this fall.

Commissioners appointed members to the county's Noxious Weed Appeal Committee. County Board Chairperson Neil Peterson, Thief River Falls City Forester Louis Brown and Gabe Carlson were appointed.

If an order were issued about noxious weeds on a property and the landowner wishes to appeal, the landowner needs to appeal within two days of receiving the order. The committee will then consider the appeal within five days of receiving it.

The next County Board meeting is scheduled Tuesday, Aug. 8 at 10 a.m. at the Justice Center.



RiverFest performers

PopROCKS will headline RiverFest on Friday, Aug. 4. The band is described as Minnesota's ultimate dance party rock band. It is slated to perform at 10:30 p.m.

BlackHawk will headline RiverFest on Saturday, Aug. 5. The country band is slated to perform at 10:30 p.m.



August 4-5, 2023

Hartz Park ~ Thief River Falls

RiverFest

Presented by the

Thief River Falls

Chamber of Commerce

Admission:

\$25 at the gate;

\$20 online pre-sale

Tickets good for

both days

THIEF RIVER FALLS

CHAMBER OF COMMERCE

125 YEARS

1896-2021

Friday, August 4th

6:00 pm Four Wheel Drive

8:00 pm White Keys

10:00 pm PopROCKS

Saturday, August 5th

4:00 pm Jensen Sisters

6:00 pm Eagle Creek

8:00 pm Tim "Vegas" McGraw/Shania Twin

10:30 pm BlackHawk

Thank you to all of our sponsors!

ARCTIC CAT

BORDER BANK

NORTHERN STATE BIRTH

THIEF RIVER FALLS

David Lee Catering

BUD LIGHT

DigiKey

PIONEER 90.1 RADIO

BRADY MARIZ

H&R BLOCK

ENBRIDGE

THIEF RIVER FALLS Times and NORTHERN WATCH

USA Realty LLC

HUGO'S

SANFORD HEALTH

WIDSETH

ARCHITECTS + ENGINEERS

SCIENTISTS + SURVEYORS

For more information and full list of events go to facebook.com/trfriverfest, www.trfchamber.com or call 218-681-3720

HOLIDAY

Craft & Vendor Fair

Taking Vendor Registrations

Applications available at

www.trftimes.com/home-show-app

Saturday, November 11th

Ralph Engelstad Arena, TRF

Altra Care

CHIROPRACTIC ACUPUNCTURE

Hwy. 32 S. Thief River Falls

Walk-Ins Welcome

(218) 681-2225

July 31st - August 11th

All Athletic Physicals

\$20

(A \$25 savings)

Facebook

@altracare

AltraCareTRF.com

Steven Keogh, DC

Monday - Thursday 7:15 a.m. - 6:00 p.m. • Fridays 7:15 a.m. - 4:30 p.m.

BUSINESS CARDS

Stand out from your competition with your own custom designed business cards from the Times Print Shop

• Branding and logo design

• Fast turnaround

• No minimum orders

Contact Us Today!

INKcredible

printing by The Times

Commercial Printing & Newspaper Publishing

Our Goal:

To deliver exacting detail.

The first time. Every time.

218-681-4450

printshop@trftimes.com

BINDERY & PRODUCTION

HELP WANTED

Wanted reliable person to assist in pressroom and bindery operations as directed to complete company and customer printing requirements. Duties include working with newspaper mailing, finishing print projects, deliveries and other duties as assigned.

REQUIREMENTS: Ability To Lift 60 Lbs. Repetitively; Willingness to Learn. Must Be 18 Yrs. Or Older. Criminal Background Check, Valid Driver's License required.

STOP IN AND FILL OUT AN APPLICATION AT

Thief River Falls

Times and NORTHERN WATCH

and Commercial Print Shop

324 Main Avenue North • Thief River Falls, MN

(218) 681-4450 • kathy@trftimes.com

Help Wanted

NOW HIRING: Home Health Aide To Work 8am-4pm, Four To Five Days A Week, Monday Through Friday. Some Medical Experience Is A Plus And Also Attention To Detail. Must Have A Caring And Positive Attitude. Starting Pay Is \$18.50/Hr With A Background Check And Good Work Experience. Must Like Pets. Send Resume To jkacaringjob@gmail.com. P4160p

**Black Cat**
SPORTS BAR & GRILL

is seeking applicants for

Full or Part-Time Cooks

Evenings and weekends
Experience preferred but willing to train the right person.

Competitive Pay!
Apply in person to Al
at 1080 Hwy 32 South
Thief River Falls
(No phone calls please)

HIRING NOW: Home Health Aide
To Work Saturdays And Sundays 8am-8pm. Must Have A Valid Drivers License And Reliable Vehicle. Must Like Pets. Some Medical Experience Is A Plus. Must Have A Caring And Positive Attitude. Starting Pay Is \$19/Hr With Background Check And Also Good Work Experience. Send Resume To jkacaringjob@gmail.com. Also Looking For Someone To Work Every Other Saturday And Sunday 8pm-8am. This Is A Non-Sleeping Shift With The Same Requirements And A Starting Wage Of \$20/Hr. P4160p

Age 55+ Worker
needed for PY light
custodial/groundskeeping at the
Hayes Lake State Park.
Contact Green View at 651-639-1913.

**NEWFOLDEN CO-OP ELEVATOR ASSN.
Operation Team Member**

Newfolden Co-op is looking for one **full-time Operations Team Member** in Newfolden, MN. This person will be responsible for performing operations functions relating to the Elevator and Agronomy Center. This includes sampling, and electronically documenting samples in the computer system. Employee may also be responsible to assist in performing routine maintenance of equipment.

Responsibilities include, but not limited to, the following:

- Loading /unloading trucks. Move trucks through scale in a timely manner.
- Professionally work with customers and trucks on a day to day basis.
- Operate loaders, forklifts, tractors, augers and other equipment in a safe manner.
- Conduct regular housekeeping duties such as sweeping, shoveling, pressure washing, and cleaning up spills.
- Assist in grounds maintenance, Assist in maintaining equipment and facilities.
- Perform all other assigned duties as required and/or instructed by supervisor.

Other skills and qualifications:

- Must have a valid driver's license, CDL Class A preferred, but not required.
- High School Diploma or its equivalency is required.
- Experience working in grain elevator is preferred.
- Ability to work safely is required.
- Ability to prioritize and manage multiple tasks.
- Must be willing to learn new responsibilities.

Physical Requirements:

- Must be able to lift and move up to 60 lbs.
- Must be willing and able to perform physical tasks, such as climbing and lifting.

Job Type: Full-time

Benefits: 401(k), 401(k) matching, Dental insurance, Health insurance, Life insurance, Paid time off, Vision insurance.

You may apply via Indeed, or stop in to complete an employment application at:
243 Railroad St S., Newfolden, MN 56738
Please contact Cody with any questions at: 218-874-8890.

Join our Great 5-Star Team
★★★★★
\$1,000 Sign-On Bonus

McINTOSH SENIOR LIVING
Is currently hiring for:

- RN MDS Coordinator
- Full-time Medical Record
- Full-/Part-time RN/LPN
- Full-/Part-time Nursing Assistants
- Part-time Activity Assistant
- Full-time Housekeeping/ Laundry Manager

MSL offers Free single health insurance, family health plan, HSA account (\$1,500 yearly facility contribution) 401k, dental, vision, short term disability and life insurance, holiday pay, Scholarship program/loan payments, PTO, Retention bonus & shift differential for nursing staff.

MSL is a great place to work and all employees work together to provide quality care to individuals who need nursing services.

MSL is flexible in scheduling around school schedules.

Interested persons should send a resume to: 600 Riverside Ave. NE, McIntosh, MN 56556. Attn: Tricia Brua, DON for Nursing, Sharlene Knutson for Housekeeping/Laundry or Tina Chaput for Activities. You can download our application by going to our website at: www.mcintoshseniorliving.com You can also stop by for an application or call 218-563-2715.

**MSL**
McIntosh Senior Living
“Dedicated to Quality Care”

Help Wanted

DRIVER/LABORER WANTED. Requirements: Valid Or Eligible For Class B License With Air Brakes. Ability To Lift 50+ Pounds Continuously Throughout The Day, Clean Driving Record And Able To Pass Drug Test. Reliable And Courteous. No Weekends. Most Days Done Before 5 p.m. For More Information, Please Call **218-686-5545**. FP4162c

MAINTENANCE PERSON

FULL- or PART-TIME
with
Mechanical Experience
for working on
Go-Carts
— plus —
Lawn Mowing and
General Maintenance

Pick up an application at:
Falls Stay-n-Play
17141 Hwy 59 NE
Thief River Falls, MN 56701

**Falls Stay-n-Play**

Self-Inking Stamps
Available at The Times

- Address • Dater/Number
- Notary • Signature

Logo Stamps

Call The Times
(218) 681-4450

GENERAL MAINTENANCE WORKER

- Job Title: General Maintenance Worker
- Location: Thief River Falls
- Work Schedule: Days; Monday-Friday or as needed; Temporary Interimittent
- Salary Range: \$16.01 - \$22.65/hourly

For Further Information & Application Procedure:
<http://northlandcollege.peopleadmin.com/postings/1749>

NORTHLAND COMMUNITY & TECHNICAL COLLEGE
An Affirmative Action/ Equal Opportunity Employer. Women, minorities and individuals with disabilities are encouraged to apply. Member of the Minnesota State Colleges and Universities.

Community Relations Manager

North Valley Health Center (NVHC) in Warren, MN is currently accepting applications for a community relations manager to develop strategy and programs designed to promote NVHC and make positive contributions to the community. The community relations manager will help build relationships between NVHC and its employees, community, the media, and our donors. They also support marketing initiatives and act as a representative for the company at corporate or public events. Additionally, he or she will be responsible for developing and assisting in the implementing engagement and fundraising strategies to enhance and grow revenue and annual campaign operations.

Applications can be found on northvalleyhealth.org/careers and should be completed and turned in with a resume and cover letter. All application materials can be emailed (jill.lysford@northvalleyhealth.org) or mailed to Jill Lysford:

North Valley Health Center
Attn: Human Resources
300 West Good Samaritan Drive
Warren, MN 56762

Equal Opportunity Employer

**Thief River Falls Times is seeking a
Printing Press Operator Trainee**

Learn to run our 8 unit Goss Community press.
CAREER OPPORTUNITY!

On the job training - gain a new trade while getting paid!

- DO YOU want to become a tradesperson?
- ARE YOU a fast learner that wants to develop a career right here in Thief River Falls?
- DO YOU like to work with your hands while also using your mind?
- Monday - Friday hours. No nights or weekends.
- Our Company has health care coverage and 401k
- THIS OPPORTUNITY is for YOU.



Applicants should be:

- Mechanically inclined
- Dependable
- Able to lift 60 lbs
- Able to climb ladders
- Able to work well in a team environment
- Able to bend and stand for extended periods

Apply at The Times, 324 Main Ave. N., Thief River Falls, MN

The following position is available in School District #564, Thief River Falls, MN:

LPN (LICENSED PRACTICAL NURSE)

Duties: Work under the direction of the school nurse:
1) Administer first aid to sick or injured;
2) Update student health records, maintain student health logs, medication records, permission slips, or other required forms;
3) Prepare and maintain accident/injury reports;
4) Schedule and participate in student screening;
5) Administers medication with approval and under prescribed procedure of parent, physician or school nurse;
6) Communicates with parents regarding health needs;
7) Perform clerical and other duties as assigned.

Qualifications:

- LPN license and CPR/First Aid training
- Prior experience in a similar setting preferred

Application Deadline: Open until filled

Online Application and other available opportunities can be found on the District Website:
<http://www.trf.k12.mn.us> > **Employment**

Independent School District 564 is an equal opportunity educator and employer.

Finance Director

The Northwest Regional Development Commission is seeking a full-time (40 hours per week) Finance Director. Responsibilities include developing and maintaining the agency budget and internal accounting systems and fiscal agency activities in compliance with federal and state regulations.

Education: A bachelor's degree in accounting, finance, business administration or related field and 3 to 5 years' experience in public accounting preferred. Equivalent experience in the financial management of public funds may be substituted for education. Experience in a Federal and State funded public agency, automated financial systems, auditing procedures, federal and state reporting requirements or budgeting procedures is desirable.

This position will be located in proximity to our office in Warren, MN. Willing to consider a hybrid & flexible work schedule.

Salary range \$84,010 to \$111,250 plus a competitive benefits package. Position will remain open until filled.

We are an Equal Opportunity Employer M/F/D/V

See our website for more details
www.nwrdc.org

**NORTHWEST REGIONAL DEVELOPMENT COMMISSION**

Please submit cover letter, resume, and references to:
Northwest Regional Development Commission
Attn: Darla Waldner
109 South Minnesota Street
Warren, MN 56762
darla@nwrdc.org

**NEWFOLDEN CO-OP ELEVATOR ASSN.
Grain Elevator Manager
and/or Merchandiser**

Newfolden Co-op Elevator and Agronomy has an exciting opportunity in its multi-million bushel grain business. The successful candidate must have excellent people skills, be self-motivated, a team player, and able to make decisions and work independently. Great communication skills are a must, as well as knowledge and experience in the Ag Industry. We are willing to train the right candidate to join our team.

Responsibilities include, but not limited to, the following:

- Buying and selling grain.
- Perform hedging and position accounting duties.
- Develop and maintain relationships with customers, patrons and commercial end users.
- Assist in grain logistics.
- Work with operations to facilitate efficient grain movement, participate in strategic planning discussions.
- Work with auditor to assist in business analysis and audits.
- Assist other team members when needed.

Base salary and performance bonus depending on experience. Includes full benefit and compensation package health/dental/401k/vacation.

Please send cover letter and resume to:
Newfolden Co-op Elevator
Attn: Board of Directors
PO Box 157
Newfolden, MN 56738
Email: agronomy@newfoldencoop.com
Please contact Cody with any questions at: 218-874-8890.

**NOW HIRING
TELLER/BOOKKEEPER**

Marshall County State Bank is looking for a positive, team oriented candidate to join our staff as a full-time Teller/Bookkeeper. Candidate would be responsible for processing financial transactions between the Bank and our customers while providing excellent customer service.

**MARSHALL COUNTY STATE BANK**
SERVING THE HEART OF MARSHALL COUNTY

This is a full-time position and includes a flexible, family friendly work environment and competitive benefit package, including: Health, Dental and Life Insurance, 401k with profit sharing, paid holidays and PTO. For more information, contact Kayla Leader at 218-874-7265 or e-mail kayla.leader@mcsbnnewfolden.com.

Marshall County State Bank
Newfolden, MN

EOE & FDIC

SOCIAL WORKER

\$26.84 to \$34.16
Pennington County Human Services is hiring for a Social Worker. This full-time (37.5 hours/week) position will serve as a mental health case manager working with adults with serious and persistent mental illness. This position will include direct client contact, participate in the development of individualized service plans, and arrange and monitor services.

Minimum qualifications of education and experience are (1) a bachelor's degree in social work, psychology, sociology, or closely related field, or (2) a bachelor's degree with a major in any field and a minimum of one year experience as a Social Worker in a public or private social service agency. This union position features a wage range of \$26.84 to \$34.16/hour, 13 paid holidays, health and life insurance, and a retirement pension.

Applicants must apply to and be determined eligible for employment as a Social Worker by the Minnesota Merit System. Applicants may complete a Minnesota Merit System on-line application at: <http://agency.governmentjobs.com/mnmeritsystem/default.cfm>.

For additional information contact:
Julie Sjostrand, Director,
Pennington County Human Services,
PO Box 340, Thief River Falls, MN 56701,
Telephone: (218) 681-2880 ext. 227
or by email at: jasjostrand@co.pennington.mn.us.
The Minnesota Merit System will accept applications for this position until August 8th, 2023, at 12:00 p.m.

Pennington County is an Equal Opportunity Employer.

JOIN OUR TEAM

FULL-TIME POSITIONS

- **\$18.00 Per Hour Day Shift Entry Level Starting Wage**
- **\$20.00 Per Hour Evening/Overnight Shift Entry Level Starting Wage**
- **Salaried Positions Available**
- **\$2,000 Sign On Bonus**

PART-TIME POSITIONS

- **\$16.15 Per Hour Starting Wage**
- **\$500 Sign On Bonus**

RELOCATION

- **Up to \$3,000 Relocation Bonus***

At DigiKey, employees are more than just a part of a company, they're part of a family. Over the years, team members have benefited from a solid foundation of continued growth, stability, and commitment to innovation and development. Our people make the difference because they are passionate about improvement, recognize the value of excellence over perfection, and take pride in their work knowing results matter for our customers and each other.

Current Openings:

- **Benefits Analyst and Compliance Partner**
- **Director, Personalization and Relationship Marketing**
- **Legal Operations Partner**
- **Manager, Human Resource Business Partner**
- **Manager, Human Resources Service Center**
- **Manager, Information Technology Development**
- **Order Fulfillment Team Member – Mornings or Evenings**
- **PDC Electronics Technician – Evenings**
- **PM Shipping**
- **Production Control Specialist**
- **Receiving Associate – Mornings or Evenings**
- **Resident Maintenance Technician**
- **Senior Supervisor, Inventory & Product Placement**
- **Supervisor, Marketing Production - Photography**
- **Supervisor, Operations Training**
- **Supervisor, Value Added Services**

**The relocation bonus applies to newly hired, full-time employees who are relocating to Thief River Falls, MN, from outside of a 45-mile radius. The list of open positions is dynamic and subject to change. ©2023 DigiKey. DigiKey is an Equal Opportunity Employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, disability, or status as a protected veteran.*

DigiKey

Apply online today:
DIGIKEYCAREERS.COM

WELDER

Must have welding experience. Must be able to weld various metals to meet quality standards and specifications. Willing to rotate between workstations as required. Perform quality testing and documentation as required. Maintain a regular, reliable attendance.

This position is full-time with major medical Insurance, vacation, 401(k) plan and profit sharing. Forty (40) hours a week minimum, four days per week (5:00 am - 5:00 pm), Monday - Wednesday, (5:00 am - 10:30 am) Thursday. Salary based on experience.

Machinewell, Inc.,
Grygla, MN 56727
218-294-6101 (ask for Steve)
sanderson@machinewell.com



Badger Independent School District #676

is seeking candidates for

Paraprofessional Positions

Hours: 7.25 hours per school day from 8 a.m.–3:15 p.m.
Requirements: High School diploma or GED as well as complete a pre-employment criminal history background check.
For full job posting and qualifications, please visit our website at www.badger.k12.mn.us
For questions, please contact Kevin Rieke, 218-528-3201 or kricke@badger.k12.mn.us
Application Deadline: Open until filled.

Badger Independent School District is an equal opportunity employer.

Clinic LPN

North Valley

HEALTH CENTER

North Valley Health Center is currently seeking a LPN to work in our busy clinic flex-time (8–24 hours per week), with the possibility of becoming part-time or full-time.

Clinic family practice experience preferred but will train. Position will work with all clinic providers, including telemed. Position requires a current Minnesota license. Competitive pay and benefits.

Please email cover letter and resume to Jill.Lysford@northvalleyhealth.org or mail to:
North Valley Health Center
Attn: Jill Lysford, Human Resources
300 W. Good Samaritan Drive
Warren, MN 56762

Equal Opportunity Employer



Pennington Health Services (DBA Thief River Care Center) EOE/AA

We are hiring for these positions:

- LPNS FT & PT, PM & NOC shifts, every other weekend/holiday \$5K SIGN-ON BONUS
- Charge RNs FT, 12-hr shifts, every third weekend/holiday \$5K SIGN-ON BONUS
- Restorative Aide FT, Mon–Fri — 3 days/week as RA from 8 a.m.–4:30 p.m. & E/O weekend as NAR (must be certified) \$3K SIGN-ON BONUS
- Nurse Aides FT/PT, All shifts \$3K SIGN-ON BONUS

Come apply at sfhs.org, click Employment, click View Job Postings and look for positions for Pennington Health Services

Please contact Tracy Kriel, Human Resources Director at the Thief River Care Center, tkriel@trcc.sfhs.org or call 218-683-8103



CHS Ag Services is looking for the following full-time position: Operations Manager - Badger, MN.

We offer competitive total compensation package. Benefits include: Health, Dental, Vision, Hearing, Life Insurance, Health & Daycare Savings Pension, Profit Sharing, Long & Short Term Disability, etc.

Contact Ryan or Chris for more information: 218-745-4166 or apply online at jobs.chsinc.com

NOW HIRING

For All Full-Time, Part-Time & Overnight Positions At All 3 Locations

Flexible Schedules & Competitive Pay



Main 220 Main Ave. S. Thief River Falls (218) 681-8888	Square 1st & Pennington Thief River Falls (218) 681-4552	Petro Hwy. 1 & 59 N. Thief River Falls (218) 681-3546
--	--	---

MARSHALL COUNTY CENTRAL SCHOOLS

FULL TIME INDUSTRIAL TECHNOLOGY TEACHER

Marshall County Central Schools is seeking an Industrial Technology Teacher for the 2023-2024 School Year. Preferred applicants would have a teaching license in Industrial Technology, Construction Careers, Manufacturing Careers, or Agriculture Education. Persons with a teaching license in another area, four year degree, persons with a professional certificate, or persons with 5 years relevant work experience in related fields are also welcome to apply.

Marshall County Central is ideally located near Thief River Falls in central Marshall County in Northwest Minnesota. Newfolden and the surrounding communities are a great place to live and raise a family with a short driving distance to Old Mill State Park, Grand Forks, and Lake of the Woods.

Our school district is located near large industrial technology companies including Arctic Cat, DigiKey, Central Boiler, MatTracks, EricCo, Argo, and driving distance from Polaris, American Crystal Sugar, and Marvin Windows. Several local companies support local graduates in construction careers.

Position is open until filled.

Applications are available:
<https://www.newfolden.k12.mn.us/page/job-postings>
Please complete the application, background check form, cover letter, and letter of recommendation.
Application items may be sent to:
High School Principal Brian Longerbone
blongerbone@mcccfreeze.org or by mail to:
PO Box 189, Newfolden, MN 56738.

Marshall County Central Schools is an equal opportunity educator and employer.

AUTO MECHANIC

Health Insurance • Paid Time Off • Retirement Plan

-----If you have the abilities we can train you -----

Come Join Our Team in the Shop

Apply in person or call Tom at 218-681-4820.



HWY. 1 & 59 W. 218-681-4820



Production Workers

Monday – Thursday
8 am - 4 pm
Fridays 7 am - 3 pm

Physically must be able to lift 50lbs, possess good communication skills, reliable and demonstrate good time management skills.

Please call 218-222-3677 for details.

Natural Way Mills is located on Co. Road 6 between Gatzke & Middle River

EMPLOYMENT OPPORTUNITY

DENTAL ASSISTANT

FULL TIME: Monday - Thursday 7:30 a.m. - 4:30 p.m.
License preferred but not required.
Applications available at the office
Send resumes to: halledentistry@wiktel.com
Call 218-463-2553 for more information



Hallie Family
DENTISTRY
Dr. Jon Hallie Dr. Erick Hallie
218-463-2553 • 201 4th Ave NW • Roseau, MN 56751

The following position is available in School District #564, Thief River Falls, Minnesota:

MATH TEACHER-MIDDLE SCHOOL

Thief River Falls Public Schools has an opening for a Math Teacher at Franklin Middle School for the 2023-2024 school year. Come join our team, where you will work with other talented faculty and staff. TRF Schools values educators who display a willingness to grow professionally, to be active members of our learning community, and to build positive relationships with students, parents, and colleagues.

Duties:

- Teach math concepts and lead interventions to students in grades 6-8
- Develop and administer middle school math curriculum consistent with district goals and objectives
- Conduct ongoing assessment of student learning and modify instructional methods appropriately
- Maintain a system for accurate and complete record-keeping, grading and reporting requirements
- Work with all staff in supporting student success

Qualifications:

- Proper MN licensure (as defined by PELSB)
- Successful prior math teaching and small group intervention experience in grades 6-8 preferred

Salary and Benefits: Per Negotiated Contract

Application Deadline: Open until filled

On-Line Application and other available opportunities can be found on the District website:
<http://www.trf.k12.mn.us> > Employment

Providing a community partnership focused on quality learning, Independent School District 564 is an equal opportunity educator and employer.



THE RED LAKE FALLS SCHOOL DISTRICT

is accepting applications for a

Full-Time Special Education Teacher

DATE OF AVAILABILITY: 2023-2024 School Year
DATE CLOSING: Open until filled
JOB SUMMARY: Provide instruction for students who are enrolled in special education programs; deliver direct & indirect special education services to students in a resource room setting; monitor progress on IEP goals & objectives; follow due process and IEP procedures and manage the paperwork; communicate effectively with families & staff; develop and implement Behavior Intervention Plans and Positive Behavior Support Plans. Training for specific needs of the students in the program will be provided by the district.
QUALIFICATIONS: Requires MN licensure in Special Education or ability to obtain. Experience working with a variety of behavioral, emotional, and learning disabilities, and the ability to deliver specialized instruction to meet the individual needs of these students. Ability to perform duties with awareness of all district requirements and Board of Education policies. Ability to develop effective working relationships with students, staff and the school community.
WORKING CONDITIONS: Classroom, office, lifting, pushing, pulling, standing, sitting, keyboarding, etc.

TO APPLY: Please submit resume, transcript, cover letter, MN license, and 3 letters of reference to:
Principal Brad Kennett,
PO Box 399, Red Lake Falls, MN. 56750
or email to: bkennett@redlakefalls.k12.mn.us

ISD #630 is an Equal Opportunity Provider and Employer

CASE AIDE

\$21.29 to \$26.95

Pennington County Human Services is seeking applicants for the position of Case Aide. This full-time (37.5 hours/week) position is under the direction of the Social Services Supervisor and is responsible for performing a variety of paraprofessional Social Services activities to support the professional and supervisory staff of the department. Duties involve such tasks as explaining Social Services, Income Maintenance, and other community programs and services to individuals and groups; and assisting other staff in providing clerical support activities to unit personnel and data entry for all units.

Minimum qualification of education and experience are a High School Diploma or GED. This union position features a wage range of \$21.29 to \$26.95/hour, 13 paid holidays, health and life insurance, and a retirement pension.

Applicants must apply to and be determined eligible for employment as a Case Aide by the Minnesota Merit System. Applicants may complete a Minnesota Merit System on-line application at: <http://agency.governmentjobs.com/mnmeritsystem/default.cfm>.

For additional information contact:
Julie Sjostrand, Director,
Pennington County Human Services,
PO Box 340, Thief River Falls, MN 56701,
Telephone: (218) 681-2880 ext. 227
or by email at: jasjostrand@co.pennington.mn.us.
The Minnesota Merit System will accept applications for this position until August 8th, 2023, at 12:00 p.m.

Pennington County is an Equal Opportunity Employer.

FULL-TIME or PART-TIME

AUCTION HELP NEEDED



for setting up and scheduling auctions. Good pay working with family-owned and run business. For more information call Joe at 218-689-5760

McMULLEN Auctioneers

Safety Coordinator



North Valley Health Center is currently seeking a part-time Safety Coordinator.

This position is responsible for maintenance of safety standards in the facility for employees as well as patients and visitors. The Safety Coordinator will also create and maintain safety policies and procedures, educate and train employees on current safety plans, and document and report all accidents/incidents. Two years of experience is preferred but not required.

To Apply, please email cover letter and resume to: Jill.Lysford@northvalleyhealth.org or mail to:
North Valley Health Center
Attn: Jill Lysford, Human Resources
300 W. Good Samaritan Drive
Warren, MN 56762

Equal Opportunity Employer

ASSISTANT COOK

ISD #2906 Red Lake County Central

Red Lake County Central High School in Oklee, MN has a full-time Assistant Cook position open for the 2023-2024 school year. Applicants must hold, or be eligible to acquire the required Food Protection Manager Certifications.

Applicants interested in the position should submit their completed application and any current food service credentials to:

Mr. Randall Pederson, Principal
Red Lake County Central High School
PO Box 100
Oklee, MN 56742
218-796-5136

Applications will be accepted until the position is filled.
Application forms are available at www.rlcc2906.org

ISD #2906, Red Lake County Central Public School is an Equal Opportunity Provider and Employer.



NOW HIRING

For

Part-Time Help

Flexible Schedules & Competitive Pay



Warren
315 North Main Street
Warren
(218) 745-5104

Oakland Park offers Excellent Wages & Benefits, Flexible Scheduling, Competitive Sign-On Bonus, Generous Referral Bonus, Onsite CNA Training/Certification

Oakland Park Communities is looking to add dedicated, reliable compassionate caregivers to our team! Full-Time, Part-Time, and Casual Positions are available:

- LPN
- CNA
- RN
- Caregiver

Assisted Living Opening Soon!

Please email administrator@oaklandparktrf.com or call 218-681-1675 for more information. Apply via Indeed or in person at 123 Baken St., Thief River Falls, MN



COLOR COPIES

Available at



324 Main Avenue North
Thief River Falls
email: trftimes@trftimes.com
681-4450



Employment Opportunity

POSITION: Deputy Sheriff

Roseau County is accepting applications for the position of a regular part-time Deputy Sheriff. Applicants will be invited for testing and will be placed on an eligibility roster based on test scores. Regular part-time Deputy positions may be filled from this roster. The eligibility roster will remain in effect for one year.

This is a Grade 8 position with a starting wage of \$28.13 per hour with an additional \$2.00 night differential pay.

Applicants must be MN POST licensed or eligible to be licensed at the time of hire, hold a valid Minnesota driver's license, have good verbal and written communication skills, be a U.S. citizen, and have no felony convictions. Successful candidates must pass physical and psychological testing and a background check prior to employment.

Applications may be obtained from the County Coordinator's Office by email at joleen.kezar@co.roseau.mn.us; from the Roseau County website at <http://www.co.roseau.mn.us> or by calling 218-463-4248. Completed applications, along with a cover letter and resume, may be submitted to: Deputy Sheriff Position, Roseau County Coordinator's Office, Room 131, Roseau, MN 56751.

Closing date is: August 4, 2023 at 4:30 p.m.

Roseau County is an Equal Opportunity Employer

DEPENDABLE

HELP WANTED

DUTIES INCLUDE:

Working On The Automatic
Inserter, Bagging, Mailing Newspapers and
Various Other Duties Around Busy Newspaper Shop.
Opportunities for Advancement.

REQUIREMENTS:

Ability To Lift 60 Lbs. Repetitively;
Willingness to Learn. Must Be 18 Yrs. Or Older.
Criminal Background Check, Valid Driver's License required.

STOP IN AND FILL OUT AN APPLICATION AT

Thief River Falls

Times

and

NORTHERN WATCH

324 Main Avenue North • Thief River Falls, MN • (218) 681-4450

TEACHING POSITION AVAILABLE:

Adult Basic Education is seeking a full-time instructor in Thief River Falls to start ASAP.

This position is a part of the Northwest Service Cooperative Adult Basic Education Consortium.

Northwest Service Cooperative

RECRUITING

This is a rewarding, full-time, year-round position working with adults ages 17 and older in the academic areas of GED, Adult Diploma, English as a Second Language and Basic Skills - reading, writing, and math at the ABE classroom located on the NCTC campus. (Summer hours are reduced and the classroom is closed on Fridays.) Looking for applicants with strong background knowledge in math, science, & technology and/or with a strong background in reading and writing. Prep time and training paid. Requires a flexible schedule and an ability to interact effectively with people of diverse backgrounds. Minnesota teaching certificate required. Wages commensurate with the local school district.

For more information, call 763-453-0322.

Please email a letter of application and resume to Kirsten Fuglseth, Adult Education Coordinator at kfuglseth@nwservice.k12.mn.us.

Northwest Service is an Equal Employment Opportunity Employer.

Hometown Realty

Live, Love, Local!

For Appointments Call:

(218) 681-4087

www.trfrealty.com

601 Main Ave. N, Thief River Falls

MLS

We are Hosting OPEN HOUSES IN TRF

Tuesday, August 1 – from 5-7 p.m.



611 Duluth Avenue North - 3 Bedroom, 3 Bath ~ \$245,000



811 Gleason Avenue North - 3 Bedroom, 2 Bath ~ \$189,000



933 Main Avenue North - 3 Bedroom, 2 Bath ~ \$195,000

DIRECTOR OF HUMAN RESOURCES

NORTHLAND COMMUNITY & TECHNICAL COLLEGE

THIEF RIVER FALLS AND EAST GRAND FORKS

The Director of Human Resources provides vision, leadership, and strategic direction for the human resources activities of the college which includes identifying, developing, integrating and coordinating human capital solutions to contribute to the achievement of the College's goals.

This position has overall responsibility for planning, organizing and staffing the areas of HR operations, and employee and labor relations functions for approximately 300 classified and unclassified employees to ensure the organization can execute its organizational strategies equitably and in compliance with all collective bargaining agreements or plans, laws and regulations. Responsibilities also include the recruitment, and onboarding for all positions; employee engagement and performance management; leadership and staff training and development; classification, compensation, and benefits administration; HRIS systems administration; and supervision of the Human Resources/Payroll office. This position serves as the Affirmative Action/Primary investigator/Title IX Officer, 1B1 Designated Officer, 1B3 Designated Officer, Chief Diversity Officer and ADA Officer for the College. Principles of diversity, equity and inclusion, affirmation action, and equal employment opportunity will be applied to all college human resources practices. This position involves significant discretion and substantial involvement in the development, interpretation, and implementation of college policy. This position provides confidential advice to the President and leadership team.

This position serves on the President's Cabinet and reports directly to the College President. As a senior leader of the college and member of the Leadership Team, this position provides critical input to the President on key college issues and opportunities. This requires compatibility and a commitment to shared goals with the College President and with the college's leadership team, as well as the ability to establish and maintain productive collegial and professional working relationships with the internal and external community.

Open until filled. For full consideration, please apply by: August 14, 2023.

How to Apply

Please apply online

<https://northlandcollege.peopleadmin.com/postings/1746>

Online applications must include (please note your application will not be accepted without the following):

Cover letter of interest

Resume

College transcripts

For confidential inquiries or additional information, please contact:

Daniel Kregenow, TriSearch Talent Acquisition Recruiter, (720) 835-1826 (m), dkregenow@trisearch.com

NORTHLAND COMMUNITY & TECHNICAL COLLEGE

Member of the Minnesota State Colleges and Universities.

An Affirmative Action/Equal Opportunity Employer.

Women, minorities and individuals with disabilities are encouraged to apply.

Badger Independent School District #676 is seeking a Math Teacher starting the 2023–2024 academic year.

Qualifications: Valid MN mathematics Teaching License or ability to obtain such license by August 29, 2023. Candidates with training, degrees or licenses in other related content areas are welcome to apply.

Pay: Starting pay is no less than \$44,870 and may be higher based on education and experience.

Application Deadline: Thursday, April 6, 2023 or open until filled. For full job posting and qualifications, please visit our website at www.badger.k12.mn.us

For questions, please contact Kevin Rieke, 218-528-3201 or krieke@badger.k12.mn.us

Badger Independent School District is an equal opportunity employer.

ENJOYABLE AND COMFORTABLE PLACE TO CALL HOME!

FIRST STREET ESTATES

1611 1st St. W.

Thief River Falls

1 & 2-Bedroom Apartments

CALL FOR AVAILABILITY!

218-683-5201

FREE Heat, Water, Sewer, Trash

Elevator • Community Room • Fitness Room

Detached Garages Available



New Building

More information available at prairielakesmanagement.com

HOUSEKEEPING/LAUNDRY MANAGER

McIntosh Senior Living is now looking to hire for Housekeeping/Laundry Manager position.

This position will be expected to work every other weekend. Duties include but are not limited to supervising current employees of the Housekeeping/Laundry department employees, completing the work schedule, must be observant of the facility with odors and cleanliness, orders supplies, Chair of the safety committee, keeping the SDS sheets up to date and on file, need great communication skills and works well with all managers and coworkers of the facility. Must be able to interact positively with the residents. McIntosh Senior Living offers PTO, holiday pay, 401k, free single health insurance, family health insurance, HSA account (\$1,500 facility contribution yearly) dental, vision, life, short term disability, retention/incentive bonus, scholarship funds for schooling or loans and competitive wages.

MSL

McIntosh Senior Living

Dedicated To Quality Care

Interested persons should contact Sharlene Knutson at 218-563-2715 or send resume to Sharlene at 600 Riverside Ave NE, McIntosh, MN 56556.

ONLINE ONLY— LAND AUCTION

BIDDING OPENS: Wed., August 2nd

BIDDING STARTS TO CLOSE: Wed., August 9th – 6 p.m.

Legal Description:

NW4 Sec 30 TWP 152 Range 41

Red Lake County MN

Directions to acreage: From Plummer: Go 2.8 mi north on Hwy 59. Take a right (East) onto Co Road 26. Go approx. 4.5 miles east on County Road 26. Property will be on north side of road.

For Bidding, Registration & Viewing information go to:

WWW.MCMULLENSALES.COM



153 Deeded Acres located approx 8 mi from Plummer. This property consists of approx 143 Tillable Acres and approx 5 wooded acres. This property scores 82% avg. in productivity. The 4 bins located on property are sold and will be removed. This property is leased through 2023 crop year.

McMULLEN REALTY, LLC

www.mcmullensales.com

218-681-3960

MLS#6400238



Jennifer Vogel

Real Estate Agent

218-686-4009

Lic. #40569038



Joe McMullen

Real Estate Broker

218-689-5760

Lic. #40569038

McMULLEN Auctioneers

218-681-3960 or mcmullensales@mncable.net

NOTICE OF SALE OF COUNTY OWNED LAND TERMS AND CONDITIONS

Sealed Bids submitted by eligible bidders must be received at the office of the Roseau County Auditor, 606 5th Avenue SW, Room 160, Roseau, MN 56751, on or before 1:00 p.m. on August 21, 2023, for the purchase of the County owned fee tract listed below.

Said bids will be opened on Monday, August 21, 2023 at 1:00 p.m. in the Roseau County Board Room. The top 5 (five) bidders will be allowed to offer oral amendments to their written bid at the bid opening. Any unsold parcels will be offered for sale to the public at a later date and time.

The North Four Hundred Seventeen feet (417.00') of the South Eight Hundred Sixty Six feet (866.00') of Lot One (1), Auditor's Plat No. Thirty-Five (35) of the Southeast Quarter of the Southeast Quarter (SE1/4SE1/4) of Section Fourteen (14), Township One Hundred Sixty-Two (162) North, Range Forty (40) West of the 5th Principal Meridian, Roseau County, Minnesota.

Together with an easement for ingress and egress over, under and across the North Twenty feet (20.00') of the South Eight Hundred Eighty Six feet (886.00') of said Lot One (1) Auditor's Plat No. Thirty-Five (35), subject to reservations, restrictions and easements of record or in existence. Said parcel contains 3.48 acres, more or less. (Part of parcel # 54.3021700)

TERMS AND CONDITIONS:

The minimum bid price is \$160,000.00 for this parcel. The full purchase price is due at the time of sale by cash or check. All sales are final, and no refunds or exchanges are permitted. In addition to the purchase price, the following fees will be collected at the time of sale:

State deed tax: 0.33% of the purchase price

Deed filing fee: \$46.00

Well certificate (if applicable): \$50.00

All property is sold "as is". A Certificate of Survey has been completed for said land to be sold. Roseau County makes no warranty to the physical condition of the property.

A Quit Claim Deed will be prepared by Roseau County. Roseau County, as Grantor, retains all minerals and mineral rights.

Please contact Martha (Martie) Monsrud, Roseau County Auditor/Recorder/Treasurer 606 5th Ave. SW, Roseau, MN 56751 (218)-463-1282 marlie@co.roseau.mn.us

Real Estate

Large Shelter Belt Property: Eight Acres Of Trees, Six Acres Of Grassland. 1 1/2 Miles From TRF. Has Electricity, Yard Light, Well, New Fountain, Permanent Fence, Corral, Two Storage Buildings, Two Grain Bins. Perfect Place To Build A House And Enough Room For A Couple Of Horses! Call 218-686-3590. P4t63p

Harvest Land Sales

CRP and Hunting Land For Sale

Hunting Land Southwest of Newfolds: 80 deeded acres. S.1/2 NE.1/4 Section 15 of Marsh Grove Twp. Excellent hunting and great location. RE tax '23 = \$806.....\$1,500/acre

CRP Land northeast of Newfolds: 40 deeded acres. SE4 SE4 Sec. 1 West Valley Twp. 39.08 CRP acres @ \$64.99/acre. Annual payment: \$2,539. expires 9/30/27. RE tax '23 = \$256. PI is 74.8 \$2,200/acre.

326.39 deeded acres. Lots 6&7, E2SW4, SE4 Sec.6 New Maine Twp. 317.84 CRP acres @ \$64.99. Annual payment: \$20,656.42. expires 9/30/27. RE tax '23 = \$2,112. PI is 80.4 \$2,700/acre.

The following 2 parcels sell together and would make an excellent hunting destination: 81.89 deeded acres. Lots 1 & 2 Sec. 7 New Maine Twp. 67.80 CRP acres @ \$62.52/acre. Annual payment: \$4,238.86. expires 9/30/26 RE tax '23 = \$512. PI is 67.2 \$1,800/acre 40 deeded acres. SE4 NE4 Sec. 12 West Valley Twp. 18.12 CRP acres @ \$62.52/acre. Annual payment: \$1,132. expires 9/30/26. RE tax '23 = \$266. PI is 41. \$1,800/acre.

Harvest Land Sales

25499 170th St. NW - Warren, MN 56782

Phone/Text: 218-201-0832

Broker Lane Loeslie

www.harvestlandsales.com

Real Estate

FARMLAND WANTED: I have a serious client who wants to buy good farmland. Will pay cash. Call Northland Farm Sales, 218-684-1521. F6tfc

CRP LAND: We have a cash buyer interested in buying land that has been accepted in the CRP program. If you're thinking of selling, please call us now. Northland Farm Sales, 218-684-1521. F6tfc

45 Acres: Hunting/Agriculture On Tar Road Close To Thief River Falls. CRP Ending Sept. 30, 2023. 218-342-2172 Or 218-731-5433. Realtors Welcome. 2P8t64p

40 ACRES: 20 Acres are Wooded With Pond, 20 Acres Are Hay Land, Well Cared For Mobile Home, Storage Buildings, Well, Sewer, Electricity, Access To Rural Water. Great For Hunting Or Hobby Farm. \$182,000. Serious Buyers Only! 218-265-2480 F1t60p

For Rent

1 BEDROOM APARTMENT in Oak Lodge Apartments (Senior Housing), Thief River Falls: All on 1 floor, amenities include large community area with kitchen, planned activities, Meals on Wheels. \$620/Month. Rental assistance available. Please call 218-686-0465 a.m.-6 p.m. for more info. F44tfc

Pet-Friendly Living

CALL FOR MOVE IN SPECIALS

Oakwood Homes

in Karlstad

Immediate openings.

1 bedroom apartments, & 2, 3 bedroom townhomes, Market units available.

Rent is based on 30% of gross monthly income.

Certain restrictions apply

Contact

DW Jones Management

218-547-3307

or our website

www.dwjonesmanagement.com

Equal Housing Opportunity

CREATING BETTER LIVING

LAKE PROPERTIES!



MAPLE LAKE! CUTE & AFFORDABLE! 2 bedroom year around home w/ double garage on a back lot but includes 50' of sandy lake front! \$289,900



MAPLE LAKE MUST SEE HOME! Move in ready home w hardwood floors, 5 bedrooms, 2 baths, vaulted ceiling & fireplace! 75' of lakefront & includes a back lot! \$669,500!



BEAUTIFUL CABLE LAKE HOME with guest house! Don't miss this one! 4 bedrooms, 4 baths & vaulted ceiling, Great lot w/ 175' of lakefront! Includes a 30x75 shed & more! \$625,000



OAK LAKE, ERSKINE! STUNNING custom built home with high end finishes & all the extras! 4 bedrooms + a den, 4 baths, vaulted ceilings & gas fireplace! Heated attached garage + a 30x30 detached garage w/ bonus room. Located on 2.1 acres with 211' of lakefront! \$799,000



MAPLE LAKE! AMAZING property with 2.5 acres 130' of lakefront! Spacious one level living w/ gas fireplace & vaulted ceiling! Wonderful yard w/ paver patio & deck, Detached rec room w/ bar & extra sleeping area. Heated 36x28 garage plus additional storage! \$869,900

For details contact: Call Blake Christianson 218-289-3029 or Donna Christianson at (218) 637-0665 / www.blakelistsings.com

www.greenbergrealty.com

Greenberg Realty

More homes SOLD More dreams delivered.

**** FOR SALE ****

38732 200th Ave SE Erskine

\$189,000

MLS#6402804



This +/- 7 Acre lot includes 20x14 garage and 30x60 pole shed with cement floor! Beautiful views and your very own pond! This listing includes 2 parcels – parcel B will give you access to Beautiful Lake Sarah!

38732 200th Ave SE – Erskine

\$459,000

MLS#6402788



Year-Round Lake Home Sitting on Beautiful Lake Sarah with Over 180 Feet of Lakeshore! This property is sitting on a little less than an acre!

10454 US Highway 59 SE – Thief River Falls

\$194,900

MLS#6387895



Hobby Farm with 9.84 acres just 8 miles south of Thief River Falls! 2 bedrooms with the option of adding more by adding egress windows, 2 Bathrooms. New well spring of 2023! Lots of storage!



Jennifer Vogel

Real Estate Agent

218-686-4009

Lic. #40569038



Joe McMullen

Real Estate Broker

218-689-5760

Lic. #40569038

Call us today

McMULLEN REALTY, LLC

www.mcmullensales.com

218-681-3960

MLS

ENVELOPES

@ THE TIMES PRINTSHOP

218-681-4450 • printshop@trftimes.com

Estate



Robert "Spike" Desautel

Saturday August 5, 2023 • 10:00 AM

Location: 15309 74th St NE - Grafton, ND

Directions: From Grafton, ND – 3-Miles N on Hwy 81 – 4-Miles E on County Rd 9 – 1-Mile N



1975 John Deere 4430; 1986 John Deere 430 garden tractor; 1938 John Deere B; Rem 1026 Grain Vac; Rhino 11' Mower, Wil-Rich 38' cult; Erskine 8' snow blower; Oliver 88 plow; King 12R22 row crop cult; AC 32.5' cult; JD 11.5' 3-Pt. cult; Harriston 12R22 row weeder 6 bean knife; Ashland 4.5-yard scraper; Hart 3-Pl. V-Ditcher; 500-Gal. spray caddy; Summers 66' 3-pt. sprayer; Alloway 36R22 band sprayer; Herman 52' harrow; PTO generator; 1988 Chevrolet Beretta; 1993 Chevrolet 1500 4WD Ext Cab Pickup, 6.2L Diesel; 1994 Chevrolet 1500 2WD Ext Cab Pickup, 5.7L Non Runner; 1948 GMC truck Non Runner; 20' Tandem Axle Tilt Bed Trailer; 21' tri-axle deck-over trailer; 8' Utility trailer; 1972 Arctic Cat Cheater; 1997 Polaris XL7; Evinrude 18-Hp Outboard; 2-man fish house; (2) 1000-Gal. fuel tanks; fuel service tanks; 100-lb. LPG tank; Misc & Collectables; Lawn & Garden Equip; Shop Tools & Equip; Fire Arms;

For Detailed Listing Go To: midwestauctions.com/schuster

Scott Schuster Auctioneer

4338 70th Ave. N. • Grand Forks

701-740-2090

ND Lic. #821 • MN Lic. #60-06-003



For Rent

Nice One-Bedroom Apartment: Non-Smoking, No Pets, On Site Laundry, Includes Heat. \$525/Month. 218-686-8510 P4t61p

For Rent

Two-Bedroom Mobile Home: Washer/Dryer, No Pets.\$650/Month. 218-684-4780 P4t61p

For Rent

SUMMERFIELD PLACE of Thief River Falls +55: One-Bedroom Apartments Available. Central Air, Washer/Dryer, Dishwasher, Microwave, Heated Parking, Elevator, Guest Suite, Community Room. Heat And Water Paid. Multi-Family In TRF: Two-Bedroom Apartment Available. Includes Heat/Water/Trash. Detached Garage Available. Multi-Family In Newfolden: Two-Bedroom Apartment Available. Includes Heat/Water/Trash. Detached Garage Available. Call 218-681-5194. 44tfc

CURRENT OPENINGS: 1-person studio apartments \$400/mo. Pet- and smoke-free, utilities included (excluding cable and internet). Sunrise Apartments: 218-686-7321 • sunriseapartments@outlook.com 43tfc

ONLINE CONSIGNMENT AUCTION

Coming in August

CONSIGN YOUR ITEMS NOW!

Recreational Items, Sporting Goods, ATVs, Snowmobiles, Vehicles, Equipment, Tractors, Guns, Ammo, Tools, Collectibles & Other Items of Interest

Take Advantage of the Good Market

We Can Sell One Item Or A Whole Line At Your Place Or Ours

Over 2 Million Registered Bidders World Wide

AuctionTime

McMullen Auctioneers

We Have Registered Bidders from 50 States

HiBid

www.mcmullensales.com • 218-681-3960

McMullen Auctioneers & Realtors

For Rent

OKLEE COMMUNITY HOMES

in Oklee, MN is accepting applications for a one-bedroom duplex apartment available soon. Criminal background check required. Heat, W/S, trash removal, and part of electricity included in rent. Rental Assistance is available for those who qualify. We also accept Section 8 HUD vouchers. Rural mail delivery available. Call Reinette at 218-465-4411

 Equal Housing Opportunity

AUCTION DIRECTORY

Date	Time	Owner	Auctioneer
Jul 27-Aug 3	Online	Hruby Farms Inc., Goodridge.....	McMullen Auctioneers
Jul 30-Aug 5	Online	Pre-Harvest Auction, St. Hilaire.....	Ron McKercher Auctions
Jul 30-Aug 5	Online	Machinery Sale	Ron McKercher Auctions
July TBA	Online	Patricia Fish Estate, + Fish Construction, Halma.....	McMullen Auctioneers
August 2-9	Online	154.4 Acres/Red Lake County Family of Douglas Maynard, owner	McMullen Auctioneers
August 2-9	Online	Household and Shop Items, Thief River Falls.....	McMullen Auctioneers
August TBA	Online	Consignment, Thief River Falls.....	McMullen Auctioneers
August TBA	Online	Gary Peterson, Thief River Falls.....	McMullen Auctioneers

MACHINERY ONLINE AUCTION

OPENS JULY 30TH - CLOSES AUGUST 5TH

AUCTIONEER'S NOTE: This is a partial abbreviated listing. For complete descriptions, pictures, & to bid go to www.proxibid.com/ronmckercher. Most items are at St. Hilaire & can be viewed anytime. Some owners ph. # are provided

ALL ITEMS MUST BE PAID FOR & PICKED UP IN ONE WEEK (IF THIS DOES NOT WORK FOR YOU DO NOT BID)

AREA FARMERS, DEALERS & ESTATES ~ OWNERS



ST. HILAIRE



ALL ITEMS TO BE REMOVED WITHIN 7 DAYS

TERMS: CASH OR GOOD CHECK. All sales final. All items sold as is, no guarantees or warranties. Nothing to be removed until settled for. Any statements made by the owners, clerks, auctioneers, take precedence over any and all advertising. Not responsible for errors or omissions in the above listings.

TRACTORS & LOADERS

2004 JOHN DEERE 8220 MFWD
1999 JOHN DEERE 8400T; JOHN DEERE 4640
1990 CASE IH 7130 MFWD w/CASE-IH 710 SELF LEVELING LOADER
MASSEY FERGUSON 4840 4WD; IHC 656 GAS WIDE FRONT
JOHN DEERE 4520; OLIVER 1755 DIESEL
ALLIS CHALMER WD & WD 45; CASE 830
2-IHC 300 UTILITY TRACTORS, one w/ loader
1944 JOHN DEERE B WIDE FRONT, bad head gasket
FORD LOADER w/ frt. hyd. pump, (fits 3- / 800 Ford
FORD NEW HOLLAND TC33 MFWD w/ BELLY MOWER
1968 FORD 4400 GAS INDUSTRIAL

BUILDING MATERIAL

200 CEMENT BLOCKS; STEEL SIDING; WINDOWS
2-NEW 36" X 8081 LARSON STORM DOOR
18' WIDE x 125 HIGH OVERHEAD DOOR w/ track
43-ROUGH CUT OAK 2 X 4", 2 X 6", & 2 X 8", various lengths
4-6" X 8" X 15-4" WOOD BEAMS

FARM COLLECTIBLES

JOHN DEERE 6 BLADE ONE WAY DISK PLOW
47" X 94" ARCTIC CAT DISPLAY MAT, slightly used
ARCTIC CAT COLLECTORS EDITION 2000 15 GALLON OIL BARREL
1981 2ND EDITION PENNINGTON COUNTY HISTORY
SEVERAL VINTAGE PLOWS/ CULTIVATORS
STEEL WHEELS FROM 18"-60"; 10' DUMP RAKE
OPERATORS MANUALS; J. D. 593 ONE BOTTOM BREAKING PLOW
2-42" STEEL TRACTOR WHEELS w/ lugs; CAST IRON SEATS
LOUDEN HAY LOFT TROLLEY
ROBBINS CO. WEATHER VANE, SCREW JACKS, RR JACKS
2-BOTTOM JOHN DEERE MECHANICAL TRIP PLOW ON STEEL
CREAM CANS; OIL & GAS CANS
SEARS GRAIN CLEANER w/ bagger

GUNS & AMMO

TAURUS TCP .380; TAURUS PT 99 AFS 9 mm
SIG SAUER HUSQVITO .22; TAURUS PT22 .22
BERSA THUNDER 380; TAURUS .45 / 410 CIRCUIT JUDGE
9 mm MULTI CALIBER JR CARBINE; .308 WINCHESTER SX-AR
WMD BEAST .223; EXCEL ARMS MR 17 .17 HMR
PUMA .92 .45 COLT; 2006 MINNESOTA DEERS HUNTERS
SAVAGE AXIS XP .243 WINCHESTER
CITADEL BOSS 25 3" 12 GAUGE MAGNUM
SHOTGUN, RIFLE & HAND GUN AMMO

GRAIN HANDLING

2012 BALZAR 2000 TRI AXLE GRAIN CART
WECO, JOHN DEERE, KINZE, & FRONTIER GRAIN CARTS
13" X 81" WESTFIELD MECHANICAL SWINGER AUGER
13" X 85" FARM KING MECHANICAL SWINGER AUGER
2-PARKER 4000 GRAVITY WAGONS (474 bus.)
300+ BUSHEL BRADFORD GRAVITY WAGON, roll tarp
MINNESOTA 350 GRAVITY WAGON; DRYER FLOORS
SEVERAL SMALLER GRAVITY WAGONS
4-ROTARY GRAIN CLEANERS; 2-12" X 4" UTILITY AUGERS
8" X 33" MERIDAN w/ 10 H.P. ELECTRIC MOTOR
8" 30 DEGREE POWER HAWK, no motor
2-KWICK KLEEN 5 TUBE GRAIN CLEANERS
10" X 70" WESTFIELD HYD. SWINGER AUGER
8" X 60" WESTFIELD MECH. SWINGER AUGER
8" X 53" BRANDT PTO AUGER; NEURO GRAIN VAC, 1000 PTO
7" X 41" WESTFIELD AUGER, motor mts.
10-SCREW IN FARM AERATORS
12"-24" AERATION FANS & HEATERS
12" AERATION TUBING; 8" X 54" VERSATILE PTO AUGER
2007 JOHN DEERE 9760 RWA; 2000 CASE IH 2388

HARVEST

1997 JOHN DEERE 9600 RWA; 1991 JOHN DEERE 9600
MASSEY FERGUSON 760 COMBINE W/ HELLROE PICKUP HEADER
CASE IH 1680 RWA; IHC 1480; NEW HOLLAND TR 85 COMBINE
21' VERSATILE 4400 SELF PROPELLED SWATH
25' CASE IH 4000 SELF PROPELLED SWATH
18' VERSATILE 400 SELF PROPELLED SWATH
21' JOHN DEERE 800 SELF PROPELLED SWATH
SWATH TRAILER; CANOLA ROLLER
25' WINDWARD (MacDon) PULL TYPE AUTO FOLD SWATH
AB 88 FARM FANS AUTO BATCH GRAIN DRYER, 600 hrs., shedded
GILMORE TAGGE 450 BATCH DRYER
6-SET OF POLY DIVIDERS FOR 900 SERIES FLEX HEADER
JOHN DEERE 9600 STRAW CHOPPER
DOUBLE CHAFF SPREADER FOR J.D. 9600
CANVASES FOR VERSATILE 18' SWATH
MCDON UPPER PEA AUGER FOR DRAPER HEAD
4 NEW MELROE PICK UP BELTS

HAY & FORAGE

NEW HOLLAND 790 FORAGE CHOPPER w/ 2-30 CORN HEAD
NEW HOLLAND BR 780 ROUND BALER
JOHN DEERE 247 SMALL SQUARE BALER
NEW HOLLAND 12 499 SWINGER HAYBINE
14' CASE IH 1590 SWINGER HAYBINE
8' X 18' ALL STEEL DECK HAY RACK
JOHN DEERE 510 ROUND BALER
4 TIE RACK MOUNT BALE FORK
25' TREQ # 25 SELF LOADING ROUND BALE WAGON (can be used as feeder wagon)

HAY & FORAGE

NEW HOLLAND 144 HAY INVERTER, nice
2-NEW HOLLAND SUPER 717 FORAGE CHOPPER w/ HAY HEAD &
2-30" CORN HEAD
12 RICHARDTON FORAGE DUMP BOX, dumps left, 9.00 x 20" tires
APPROX. 300 GALLONS OF BALERS CHOICE HAY PRESERVATIVE,
ph. Tom @ 686-0123
12-SPOOLS OF XTREME HD 4000-600 POLY BALER TWINE
35-AGASSIZ FOR MAX 50# BAGS OF ALFALFA
10-50 # BAGS OF AGASSIZ G-3 PASTURE MIX; GRASS & ALFALFA ROUND BALES

HEADERS & HEADER TRAILERS

2011 JOHN DEERE 635 FLEX HEAD w/ AWS AIR BAR
30' JOHN DEERE 630F FLEX HEAD
3-JOHN DEERE 930F FLEX-1 w/ Crany air reel
2-CASE IH 1020 FLEX HEADS-one w/ air bar
2-JOHN DEERE 930 & M.F. 9024 RIGID
25' JOHN DEERE 925 POLY POINT FLEX
JOHN DEERE 914 6 BELT PICK UP
JOHN DEERE 912 6 BELT PICKUP
JOHN DEERE 212 6 & 5 BELT PICK UP HEADERS
IHC 1015 PICKUP HEAD w/ Rake Up pickup attach.
6-30" GERRINGHOFF 630 CHOPPING CORN HEAD
8-LANCATO STOCK STOMPERS FOR JOHN DEERE CORN HEAD
SEVERAL 20-30" 2 & 4 WHEEL HEADER TRL.

LAWN & GARDEN

40' 15 H.P. ARIENS RIDING LAWN MOWER
54' JOHN DEERE 725 RIDER
JOHN DEERE 930 72" DIESEL FRT. DECK MOWER
CRAFTSMAN LAWN VAC
60' KUNZ ACRE EASE PULL BEHIND FINISHING MOWER
24' ARIENS VII REAR TINE TILLER
HOMELITE XL 14 14" CHAIN SAW
POULAN PRO 46 cc 18" CHAIN SAW
PALLET OF PATIO PAVERS
22' TORO SR4 SELF PROPELLED PUSH MOWER
48' PULL TYPE LAWN AERATOR
THATCHERS; YARDMAN 20" PUSH MOWER
ELECTRIC 110V 20" WOOD SPLITTER
4-LAWN SWEEPS; TROY BILT GAS LEAF BLOWER

LIVESTOCK EQUIPMENT

2020 NEW HOLLAND 195 MANURE SPREADER (UNUSED)
NEW HOLLAND 195 MANURE SPREADERS
1983 22' KIEFER 7' X 22' TANDEM AXLE GOOSENECK STOCK TRAILER
1960 5' X 9' WW TANDEM AXLE BUMPER HITCH HORSE TRAILER
WOOD FENCE POSTS & STEEL T POSTS
BALE RINGS; CATTLE PANEL TRAILER
17', 18', & 20' STEEL FEED BUNKS
SCHAFFER HYD. POST POUNDER
8 & 10' CATTLE PANELS
NEW HOLLAND SIDE SLINGER MANURE SPREADER
ROSKAMP GRAIN ROLLER MILL, 15 H.P., 3 PH.
40 GALLON STOCK TANK; SQUEEZE CHUTE
FARMHAND MANURE FORK w/ GRAPPLE
14-GALLAGER S17 SOLAR ELECTRIC FENCERS

FARM MISCELLANEOUS

3-FORK TYPE ROCK PICKERS; 7" IHC # 80 3 PT. SNOWBLOWER
2-WESTFIELD HYD. BRUSH END GATE DRILL FILLS
3 PT. ARMS & QUICK HITCH FROM 875 VERSATILE
2-CAT. 3 QUICK HITCHES; DOZER SPROCKETS & RAILS
SET OF FORKS FOR ALLIS OR DRESSER PAYLOADER
MANY HYDRAULIC CYLINDERS; TARPES
HYDRAULIC PUMPS & VALVES
3 PT. PALLET FORK ATTACHMENT w/ tilt
SEVERAL SETS REAR TRACTOR WEIGHTS
3 PT. 3RD LINKS; JOHN DEERE # 71 FLEX PLANTER UNIT
25, 30, & 40 H.P. 3 PHASE ELEC. MOTORS, OK
1, 1 1/2, & 2 H.P. S.P. ELECTRIC MOTORS
SEVERAL SPOOLS OF 1/2"-1" CABLE
40' PALLET FORK ATTACHMENT FOR 924 / 930 CAT LOADER

MISCELLANEOUS

8' X 20' X 8.5' LIKE NEW STORAGE CONTAINER
24' x 12' ALUMINUM RAMP; 6.5 H.P. GAS TAMPER
HOPSCO # 928 OUTDOOR FORCED AIR WOOD FURNACE
12" & 16" WOOD STOVES; 16.5 WARM WINCH
3 PT. KUHN HYDRAULIC DRIVEN SPREADER
7 PALLET FORK MOUNT MAIN LIFT
ROCK TAMER MUD & ROCK FLAPS, unused
GO ANYWHERE PORTABLE DRY TOILET, UNUSED
SECRET LAB FULLY ADJUSTABLE GAMING CHAIR
2-NEW 20 GALLON ELEC. WATER HEATERS
EPSON ET-4760 UNUSED PRINTER
TRAILER LOAD & 4-CRATES OF OAK FIREWOOD
FORD 300 6 CYLINDER COMPLETE
ALUMINUM HEADACHE RACK
12" & 16" MINI EXCAVATOR BUCKETS
POTATO WAREHOUSE REFRIGID. UNIT
SCAFFOLDING; 3/4 H.P. GEAR REDUCTION UNIT
18" X 30" CULVERT; STRONG ARM 5,000 # 12V WINCH
20 KW KATO 1 / 3 PHASE GENERATOR, no motor, 750 hrs.
36" X 36" MAAX OLYMPIA CORNER SHOWER KIT, new
ZERO BREEZE PORTABLE AIR CONDITIONER, new
DISCO BED XL DOUBLE DECKER COT, unused

MOWERS

15' BUSH HOG 2315 BATWING ROTARY
5' WOODS 3 PT. ROTARY BRUSH
7' JOHN DEERE 3 PT. ROTARY BRUSH
7' FERGUSON 3 PT. SICKLE MOWER
5' KING KUTTER PULL TYPE ROTARY BRUSH

RECREATIONAL

2018 COACHMAN CATLINA 243 RBS BUMPER HITCH CAMPER
2011 SANPAN 22' PONTOON, 115 H.P. YAMAHA
MATE X CLASS 2 E BIKE 750 W MOTOR, complete w/ charger
24' 1990 MATSON BASS BUSTER PONTOON;
2008 EZGO GAS GOLF CART; 15 H.P. JOHNSON OUT BOARD
2009 ARCTIC CAT 700 PROWLER SIDE BY SIDE, needs axle & hub
18' CHEV. EL DORADO MOTOR HOME; PONTOON TRAILER
1980 16' SEA NYMPH ALUMINUM FISHING BOAT
2005 POLARIS 500 SPORTSMAN 4 X 4
1996 POLARIS EXPLORER 300; PADDLE BOAT w/ cover
YAMAHA BIG BEAR 350 4 X 4; SMOKERS, GRILLS,
DUCKS UNLIMITED & HARLEY COLLECTIBLES
15' COLEMAN FIBER GLASS CANOE
MINN COTA BOW MOUNT TROLLING MOTOR
REVERSE FLOW OFFSET SMOKER
GO KART; JIFFY GAS ICE AUGER
STEP 2 PLAY SET-2 SWINGS & SLIDE
TONKA TOYS; TOY TRACTORS

SCRAPERS & BLADES

8-10 YD. LETOURNEAU CONVERSION SCRAPER
6 YARD CROWN SCRAPER
FIELDMASTER 2 1/2 YD. SCRAPER
7' HOMEMADE 3 PT. BLADE
7' SD 3 PT. SCARIFIER / BOX SCRAPER
7 3 PT. BLADE; 6' CAT 1 3 PT. BLADE

SHOP EQUIPMENT

2018 ALLADIN 14-430SC 3,000 PSI 4 GALLON PORTABLE HOT WATER WASHER
ALLADIN STATIONARY PRESSURE WASHER, natural gas
WIRE WELDERS, ARC WELDERS & WELDING RODS
VULCAN 20" ANVIL
220 & 110V AIR COMPRESSORS; 770 # LIFT TABLE, on casters
STEP & EXTENSION LADDERS; CAR RAMPS
15-LOG CHAINS; 100' HANNAY OXY-ACETYLENE HOSE & REEL
RADIAL ARM, MITER, BAND, & TABLE SAWS
GAS GENERATORS; SMALL HYDRAULIC PRESS
METAL BAND SAWS; NEW BATTERY TESTER
DEWALT OCELLATING MULTI TOOL; PRESSURE WASHERS;
SENCO AUTO FEED DS 312 18 V. SCREW DRIVER
36" COUNTYLINE PORTABLE BARREL FAN
RYOBI CHOP SAW-OK
BOSH HAMMER DRILL, ROUTER, & SANDING CORDED TOOLS

SPRAYERS & APPLICATORS

1998 AG CHEM 854 ROGATOR; 90' SUMMERS 2 PT. SPRAYER
Raven SCS 460 controller; 4-ATV 12 V SPRAYERS;
45' BELLINE 2424 HYD. GRANULAR APPLICATOR
40' LINDSAY 1540 NH3 APPLICATOR; MIXING CONES
1997 DODGE 12 TON EXT. CAB 4WD w/ 70' NYB 400 gal. SPRAYER

SKID LOADER & ACCESSORIES

MELROE BOBCAT 500 PROPANE SKID LOADER
NEW LANDY 8G23 POST HOLE BIGGER,
NEW 6' WOLVERINE TILLER
NEW 6' LANDRY FINISHING MOWER
NEW 6' WOLVERINE ROTARY BRUSH MOWER
NEW 72' GRAPPLE BUCKET; 72' MANURE GRAPPLE
3-PINNACLE HYD. POST/BRUSH PULLERS
PINNACLE 75" ROCK BUCKET
PINNACLE 60", 80", & 84" BRUSH GRAPPLES
5' BRUSH WOLF 6000 HEAVY DUTY ROTARY BRUSH MOWER
NEW ACT 72" SKID MOUNT FINISHING MOWER

TANKS & PUMPS

2-1,000 GALLON FUEL TANKS w/ GAS BOY PUMPS
2-1,000 GALLON PROPANE TANKS, no tag
500 GALLON PROPANE TANK
2-DIESEL POWERED 4" WATER PUMPS (haven't run lately)
10-55 GALLON STEEL BARRELS
UPRIGHT MECHANICAL GAS PUMPS & 110V FUEL PUMPS
3-100# PROPANE TANKS
100 GALLON SERVICE TANK w/ manual pump
120 GALLON PROPANE TANK
2-100 GALLON POLY WATER TANKS
5 H.P. BRIGGS POWERED 2" WATER PUMP
3-20 # PROPANE TANKS
4-265 GALLON PLASTIC TOTES

CHISELS, PLOWS, & RIPPER

35' FLEXICOIL 300B CHISEL PLOW
24' JOHN DEERE 1600 CHISEL PLOW
16' JOHN DEERE 1600 3 PT. CHISEL
13' GRAHAM HOMME CHISEL PLOW
4-14' JOHN DEERE TRIP BACK PULL TYPE PLOW
17' IHC 55 CHISEL PLOW w/ harrow
CASE IH # 14 3 PT. RIPPER
BUSH HOG 9' 3 PT CHISEL PLOW
7-16' IHC 700 AUTO RESET PULL TYPE PLOW
5-18' JOHN DEERE 3200 PLOW
6-16' JOHN DEERE 3200 AUTO RESET PULL TYPE PLOW w/ hitch
to pull 2nd plow (lot 462)
4-16' JOHN DEERE 3100 TRIP BEAM PLOW
5-16' IHC SEMI MOUNT PLOW; 5-16' JOHN DEERE 3200 PLOW

DISKS, CULTIVATORS, HARROWS & SOIL SAVERS

AGRIC AFM70 3 PT. ROTARY TILLER;
42' SUMMERS 3 RANK MULTIWEEDEER
28' JOHN DEERE 331 TANDEM DISK
26 HUTCHMASTER TANDEM DISK
18 1/2' JOHN DEERE 220 TANDEM DISK
48' WILRICH FIELD CULTIVATOR
16' & 14' GLENCOE SOILSAVERS
40' DAKON 3 BAR MOUNTED HARROW
40' SUMMERS 3 BAR MOUNTED HARROWS
13' 3 PT. S TINE CULTIVATOR
9' JOHN DEERE MECH. LIFT FIELD CULTIVATOR
60' 5 BAR SUMMERS HARROW
7' HMDE. JOHN DEERE 3 PT. CULTIVATOR
4-4' 3 RANK SPRUNG TOOTH HARROWS
43-DOUBLE FLUTED DISKS FOR CONVERTING A CHISEL PLOW
TO A VERTICAL TILLAGE IMPLEMENT
20-S TINES, WILRICH, IHC, D-ALLIS CULT. SHANKS, CHISEL &
CULT SWEEPS / SPIKES
36' OF USED SUMMERS 106 CHISEL MOUNT HARROW TEETH

TIRES

2-11R X 24.5" STEERING TIRES ON ALUMINUM PILOTS
3-9.00 X 20" ON OPEN RIMS; 2-300 / 95R / 46"
4- 11R X 22.5" ON STEEL PILOTS; 7.00 X 20"
4-18 X 8.50-8" GOLF CART TIRES & RIMS
2-18" X 28" JOHN DEERE 8 BOLT RIMS; 2- 14.9 x 38" ON STEP UP RIMS
2-ARMSRONG 14L X 16.1" 4 RIB 8 BOLT TRACTOR FRTS.
2- 14.9 x 38" ON STEP UP RIMS; 4-9.00 X 20" ON OPEN RIMS
2- 14.9 x 38" ON STEP UP RIMS; 2- 14.9 x 38" ON STEP UP RIMS
4-7.60 X 15" 6 BOLT IMPLEMENT; 8-9.00 X 20" ON RIMS
2-14.9 X 38" ON OPEN RIMS; 2-16.9 X 28" FIRESTONE
3-TRACKS FROM QUAD 600; 2- 16.9 X 28" 8 BOLT
2-14.9 X 28"; 2- 18.4 38" TIRES ON 9 BOLT JOHN DEERE RIMS
2-11R X 22.5 ON STEEL PILOTS; 4- 11R X 22.5 ON STEEL PILOTS
66 X 43.00-25NHV GOODYEAR FLOATER TIRE

TRAILERS

2-2017 MERRIT 42' GRAIN HOPPERS
40' AMERICAN GRAIN HOPPER TRAILER
41' 1991 TIMPTE GRAIN HOPPER
FINISH LINE 84" X 14' TANDEM AXLE BUMPER HITCH DUMP TRAILER
22' X 84" TANDEM AXLE TILT BED BUMPER HITCH CAR HAULER
2002 FT-10 FELLING LOW PROFILE TANDEM AXLE GOOSENECK TRAILER
9' X 32' SINGLE AXLE GOOSENECK HAY TRAILER, 9.00 X 20" duals, no title
90' X 15' TANDEM AXLE BUMPER HITCH CAR TRAILER w/ flip up ramps
67' X 9 1/2' TANDEM AXLE SKID LOADER TRAILER
1979 HMDE 8' X 20' TANDEM AXLE FLATBED
1980 SCHWEISS 6' X 16' STEEL DECKED FLATBED
10' X 42' 4 AXLE DOUBLE FRAME DONAHUE
1980 82" X 15' HMDE TANDEM AXLE BUMPER HITCH TRAILER
96" X 47' WILSON FLATBED; 3-SMALL S.A. SNOWMOBILE
5-NH3 TRLS.; KASTEN RUNNING GEAR
1,000 GALLON NH3 WAGON CONVERTED TO FUEL TRANSPORT
85" X 42 1/2' TANDEM AXLE TRAILER HOUSE FRAME

TRUCKS

2018 FREIGHTLINER CASCADIA 113 DAY CAB
1985 IHC S-2375 TRIPLE AXLE w/ 22' CANCADE GRAIN BOX
1974 CHEV. C-65 TWIN SCREW w/ 20' POTATO BOX
1969 CHEV. TANDEM TRUCK w/ 18' FRONTIER BOX
1969 CHEV. C-50 TAG TANDEM w/ 15' GRABBER BOX
1966 CHEV. TAG TANDEM GRAIN TRUCK w/ 19' BOX

VEHICLES

FORD 350 1 TON SUPER DUTY REG. CAB LONG BOX 4WD,
2011 FORD F-250 CREW CAB LONG BOX 4WD
1998 CHEV. 1 TON DUALY 2WD w/ 10' FLATBED
1999 FORD F-250 EXT. CAB 4WD; 2015 CHEV. IMPALA LTD.
2004 CHEV. 2500 2WD w/ 8' DUMP BOX

Custom Services

PAINTING, DECK, FENCE, STAIN-ING/SEALING, POWER WASHING: Hundreds of references, free quotes, satisfaction guaranteed. Leave phone number and message if no answer. Probably working, 218-686-2632. 4P16T69p

CHUCK'S PAINTING ♦ Interior And Exterior ♦ 30 years experience ♦ Reasonable rates ♦ Call 218-280-4684 2t60p

Epoxy Floor Coatings

RESIDENTIAL & COMMERCIAL APPLICATIONS
23 Years Experience

Garage • Shop • Retail Basement

Concrete Designs

Darrin Momerak 218-684-5637
Amanda Momerak 218-686-3819
email: concretedesignstrf@gmail.com

FALLS TOWING



Troy Ellingson - Owner/Operator

218.684.5100

Towing, Jump Starts, Lockouts, Recovery, Winch-Outs, AC & Tire Change Services, Mechanic & General Repairs
Now Performing Alignments

Over 26 Years of Service to the Community

WIGHTMAN CONSTRUCTION

Concrete • Decks • Garages
Interior and Exterior Remodeling

30+ Years Experience
Lic. # 725150 and Insured

218-686-6452

Thief River Falls, MN

B & K Stumpgrinding LLC
and Other Tree Services

Locally Owned, Operated and Insured
SERVICES INCLUDE:

• Tree Trimming
• Stump Removal • Skid Steer Service
• Full or Partial Tree Removal • Dirt Work
• Bucket Boom Truck • Snow Removal

Thief River Falls, MN
(218) 686-1853
Call Brian for Free Estimates

GEATZ CONSTRUCTION

218-686-9000

Jim Geatz, owner
Overhead Door Repair & Installation

Windows, Siding or Any Other Home Repair

License# BC-20470478 & Insured
"Geatz Gets The Job Done."

Miscellaneous

TICKET ROLLS! 2,000 Per Roll, Single And Double Rolls. The Times, 324 Main Ave. N., TRF, 681-4450. 36tfe

ALUMINUM SHEETS

23x32.5", 0.008" Thick, \$1.00 Each. Available At The Times, 324 Main Avenue North, TRF. (Call Ahead To Check Availability And For Large Quantities.) Call 218-681-4450.

TOO GOOD TO PASS UP


26544

\$39,900

'17 Toyota Tacoma Limited

with heated leather and power sunroom on this gray colored 4wd with only 19,300 miles!

\$55,800

'20 Chevy Tahoe LT

with heated leather seating, rear DVD player, power sunroof and 22" black wheels with silver accents, and only 23,000 miles on this silver 4wd with 2nd row split bench seat!


26559

Dahlstrom MOTORS

301 Main Street - Oslo, MN
218-695-2721
1-800-446-OSLO
dahlstrommotors@hotmail.com
www.dahlstrommotors.com

Trucks/Semis

1990 Volvo Tri Axle Truck: 22-Ft. Aluminum Box, 9-Speed Cummins Engine, 146,310 Miles. Also, West-field Auger: 8-In.x26-Ft. Long With 16 HP Motor. Call 218-437-8120 P4t60p

Want to Buy

WE BUY HAY! Medium And Large Squares, Alfalfa And Grass, All Qualities. You Haul Or We Haul. Haberer Farms, Lowry, MN, 320-808-4533 P9t36t79p

Machinery

750-Bushel J&M Grain Cart: New Auger, Tarp, Shedded. \$11K. 218-991-2332 FP4t66p

Livestock

Dorset Ewe Lambs And One Dorset Ram. 218-294-6365

Hay, Feed & Seed

2021 Crop Year Grass: Small Square Bales, \$4.00, No Rain, Always Inside. Call 218-689-6964

Advanced Computer Solutions & Repair

On/Off Site Service Virus Removal New & Used Computers Tune-ups Data Recovery Installations

Have Us Find Your Solution Today!

Give Us a Call for a Free Quote! 218-686-0334
Mark J Paulson, BS Computer Science, 401 Maple Ave S TRF

Black River Auto Body

• RESTORATIONS • SANDBLASTING
• CUSTOM PAINT & FABRICATION
• WINDSHIELD REPLACEMENT
• RUST REPAIR

Check out our new website
(218) 964-5452 • www.blackriverautobody.com

BUCKLAND'S PAINTING

Hot Rubber Bin Sealing • Roof Coatings • Exterior Painting

Have a faded building, a rusty roof, a leaky bin, or a bin leaking around the bottom?
We can help!
We carry a variety of paints and sealants to suit any need.
There is no job too far, estimates are always free, and we have references available.

Call or Text
(218) 689 - 9091
www.BucklandsPainting.com

We specialize in painting, coating, and sealing; metal buildings, metal roofs, grain bins, quonsets, and tanks.

MACKSTEEL

HORSE & CATTLE EQUIPMENT

Hay Feeders • Gates • Continuous Fencing
Wind Panels • and More!



Peterson Farms
Newfolden
218-230-0482



Red Lake County Central Buses for Sale by Bid

#1 Old Oklee –2005 IC School Bus, 65 Passenger, 365 IC diesel engine, Automatic Transmission, Air Brakes, 205,443 miles (This bus is not in running condition)

#2 Oklee - 1998 IC School Bus with Thomas Body, 59 Passenger, 444 diesel engine, Automatic Transmission, Air Brakes, 196,449 miles

#7 Oklee – 2003 Freightliner School Bus with Thomas Body, 65 Passenger, Caterpillar diesel engine, Automatic Transmission, Air Brakes, 266,645 miles

Send bid no later than August 4, 2023 to Red Lake County Central ISD 2906 c/o Bus Bid PO Box 100 Oklee, MN 56742

Any questions please call Marlan at 218-796-5196.

Carlson Prairie Seed Farm
Lake Bronson, MN 56734

CRP Mixtures Native Grass Wildflowers

Farm: 218-689-0218
Sales: 218-416-3040
Toll Free: 1-877-733-3087

RAIN CARE Company

JOHN P. LOVLY
• Licensed
• Bonded
• Insured

Seamless Aluminum Guttering Heating, Air Conditioning

218-378-4641
20041 St HWY 219 NE • Goodridge, MN 56725





ONLINE ONLY AUCTION

Over 400 Lots Selling

BIDDING OPENS THURS., JULY 27TH
BIDDING STARTS TO CLOSE THURS., AUG. 3 @ 6 PM

Items located in Goodridge, MN ~ Viewing Monday July 31st 3-6 PM
For Online bidding and registration go to www.mcmullensales.com



VEHICLES

93 Ford F-150 XLT, 5.0L V8, Auto, Reg. Cab, 8ft. Box, 2wd, Toolbox, 218,565 Miles
85 Buick Skylark Custom, 4dr, 2.5L 4 cyl. Auto, 15,314 Miles
03 Suzuki XL-7 4x4, 2.7L V6, Auto, 142,000 Miles
99 Chevy Suburban LT 4x4 5.7L V8, Auto, Autostart, Leather, 268,182 Miles
93 Chevy Suburban Silverado, 5.7L V8, Auto, 4x4, 214,864 Miles
73 Chevy Custom 10 350 V8, Auto, Reg. Cab, 4x4, 8ft. Box, 96,051 Miles
61? Dodge 100 Reg Cab, 8ft. Box, 2wd, 6 Cyl. Manual, Not Running
47? Ford 1/2 Ton, Step Side, V8, Manual, Not Running
TRAILER & SKIDLOADER
04 PJ 618DF, 83in. x 16ft w/2ft. Beaver Tail, Flip up Ramps, Tandem Axle, 8 Haul Wheels
Case 1816C Uni-Loader, Vanguard 16HP V-Twin, w/ Bucket
RECREATIONAL
66 Larson 17ft. Fiberglass Boat Mercruiser 110 HP 4 cyl. In-board Engine, Soft Top, AM/FM/Tape Radio, Impulse
2400 Fish Finder, Snowco Tandem Axle Trailer
95 Arctic Cat EXT 580 3,584 Miles, Hitch, Cover, Hand Warmers
Mobylette Motorized Moped Arctic Cat Cat Cutter

EQUIPMENT

John Deere 11ft. Cultivator, Pull Type, Hyd. Cyl 3ft. Pull Type Cultivator, Tree Rows
3-Section Spike Tooth Harrow w/Hitch
2-IH Breaking Plows 2-9ft. Dump Rakes
11ft. Dump Rake 2pt Bale Carrier
CONCRETE/SHOP ITEMS/OUTDOOR
Concrete Saw w/Honda 8hp GX240 Motor
MBW Power Trowel, Honda GX160 5.5HP Motor
Miller Suitcase 12-RC 24v Wire Feeder Welder w/Leads
Southworth 1000lb Hyd. Lifting Bench on wheels
Siding Cutter
Equalizer Hitch
Hose Reels
Dewalt 18v Radio
ATV Winch 3500lb NIB
Coolers
30lb LP Tank for Forklift
100lb LP Tank
4-Burner Flattop Grill, LP Greasers
HOUSEHOLD & MISC.
Pictures
Elec. Infrared Heater
GE Dryer
TV mt 32-60in. NIB
Wood Bar
6ft. Hanging/Folding Racks
Wooden Buffet w/mirror
Golden Lite Rider 4 wheel Scooter
Bruno Scooter Van Lift
HP Designjet T1100PS Drafting Plotter
4 rolls Drafting Paper
GUNS & HUNTING ITEMS
40+Guns/Firearms
Mossberg Scope
Tasco Telescope
Duck Decoys
Hunting Blind w/Chairs
Pinto Hitch
4in. Vise
Jack Stands
Water Pump 1HP
Bosch 1365 Chop Saw
2-Poly Calf Warmers
Travel Trailer Cover 21-22ft.
Pit Boss Pellet Grill
Misc. Single Cyl. Engines
Waring Pro Waffle Iron
Bi-Fold Doors
13pc Kitchen Knife Set
Wall Mirrors
Hall Trees
Base Radio
Keystone Dehumidifier
Drafting Table
Drafting Plotter
Plus More
Gun Stacks
Bushnell Scope
12,20,410ga Shells & Wads
Hunters Point Game Cart
Fishing Rods, Reels, Tackle

HRUBY FARMS INC., OWNERS

This Auction Conducted, Managed & Clerked By

McMULLEN Auctioneers

THIEF RIVER FALLS, MN • (218) 681-3960

CALL ON US – "The Auction Team That Goes To Work For You"

Joe McMullen
AUCTIONEER
(218) 689-5700
REAL ESTATE BROKER
LIC. #725150

Scott McMullen
AUCTIONEER
(218) 689-5700
REAL ESTATE BROKER
LIC. #725150

Jean McMullen Vogel
AUCTIONEER
(218) 686-4009
REAL ESTATE BROKER
LIC. #725150

www.mcmullensales.com • email: mcmullensales@mncable.net

TRUCKS

2022 Chevy Crew Cab LTZ LTD Blue, 37k\$51,500
2022 Chevy Crew Cab LTD Silver, 38k\$48,500
2019 Chevy Crew Cab RST White, 34k\$46,000
2019 Chevy Crew Cab LTZ Oakwood, 49k\$44,000
2018 Chevy Crew Cab LT Cajun Red, 71k\$34,000
2017 Chevy Crew Cab LTZ Black, 120k\$32,000
2017 Chevy Colorado Crew Cab LT White, 52k\$31,500
2017 Chevy Crew Cab LITZ Black, 105k\$31,000
2017 Chevy Crew Cab LT White, 137k\$27,000
2016 Ford F150 Crew Cab Platinum White, 167k.....\$23,000
2008 Ford HD Crew Cab King RA Brown, 90k\$19,000

CARS

2021 Subaru Outback Limited Green, 36k.....\$32,000

SUVS / VANS

2019 GMC Yukon XL Denali Silver, 60k.....\$51,500
2021 Buick Envision AWD Essence Black, 33k.....\$37,500
2020 Buick Enclave Premium Pearl, 37k\$37,000
2019 Chevy Blazer AWD Premier Oakwood, 43k.....\$36,500
2020 Buick Enclave AWD Essence Gray, 31k\$36,500
2019 Chevy Traverse AWD 3LT Black, 26k\$34,500
2020 Chevy Traverse AWD LT Gray, 39k\$32,500
2020 Chevy Blazer AWD 2LT Black, 36k\$32,500
2019 GMC Acadia AWD SLT Brown, 38k.....\$32,500
2020 GMC Acadia AWD SLE Black, 52k\$30,500
2019 Buick Envision Premium II AWD White, 47k.....\$30,000
2020 Honda CRV AWD EX Silver, 51k\$28,500
2023 Chevy Trailer Blazer RS FWD White, 1k.....\$28,000
2020 Chevy Equinox AWD LT Silver, 31k.....\$27,000
2020 GMC Terrain AWD SLT White, 65k\$26,500
2016 Chevy Suburban LT Black, 137k.....\$25,000
2020 Chevy Equinox AWD LT Pearl, 42k\$25,000
2019 GMC Terrain SLE FWD White, 35k.....\$22,500
2018 Ford Edge AWD SEL Black, 74k\$22,000
2016 Honda Odyssey EX-L Blue, 87k\$22,000
2018 Chevy Equinox AWD LT Blue, 48k\$21,500
2019 Jeep Cherokee Latitude Plus Maroon, 88k\$21,000
2015 GMC Acadia AWD SLE White, 62k.....\$19,000
2016 Buick Envision AWD Premium Silver, 90k.....\$18,500
2017 Chevy Equinox FWD LT Blue, 42k.....\$18,500
2017 Honda CRV AWD LX Black, 156k.....\$18,000
2015 GMC Terrain AWD SLE Maroon, 66k\$17,500
2015 Chevy Equinox AWD LT Leather, Black, 110k.....\$14,000

If you don't see what you're looking for - let us find it for you!

NORTHERN
motors, inc.
THIEF RIVER FALLS

(800) 955-6053 • (218) 681-4820
HWY. 1 & 59 W. • THIEF RIVER FALLS, MN
Check out our new website updated daily at
NORTHERNMOTORSINC.COM



FIND NEW ROADS

Goodridge Forward website revamped

In recent communications with community members, district residents learned that the Goodridge School Board is proposing a \$21.35 million bond referendum to voters Tuesday, Nov. 7.

The district values transparent communications with the community and gathering feedback along the way. To further that goal, the district's dedicated referendum website, GoodridgeForward.org, has been recently updated to include details about the proposed plan, information about the investment, voting information, and more. Goodridge Public School strongly encourages residents to visit the website, engage with the content, and be informed before casting their vote.

The single-question bond referendum addresses two primary needs — critical facility updates that extend beyond the district's annual maintenance budget and improved educational space to best support students both now and into the future. Although the district has done a great job keeping the school maintained, key facility needs cannot be addressed with allocated dollars from the state. The school's building systems are inadequate, outdated, or beyond their useful life. The district lacks enough restrooms, making it difficult for student use during pass times. In addition, the facility lacks a dedicated, secure entrance, and the district office needs to be relocated for adequate supervision.

When it comes to improved educational spaces, the district is currently using areas not originally intended as learning spaces, particularly for Special Education. Seven classrooms are undersized and do not meet the Minnesota Department of Education's recommended guidelines for learning spaces. In addition, both the existing shop area and gymnasiums are also undersized.

If approved, the district would invest \$21.35 million into addressing these critical needs. Residents will have the opportunity to vote on or before Tuesday, Nov. 7. Early voting, either at home or in person, begins Friday, Sept. 22. Those with questions or suggestions should contact Tomas Loberg at tomas.loberg@goodridgeisd561.org or 218-378-4134.

Local students graduate from UND

The University of North Dakota has released its list of spring semester 2023 graduates. Among the graduates were:

From Grygla – Megan Larson, Master of Science degree; **Hallock** – Sydney Montero, M.S. degree; **Karlstad** – McKenzie Thompson, Juris Doctor degree; **Mentor** – Adison McCollum, who graduated summa cum laude with a Bachelor of Business Administration degree; **Roseau** – Jenna Baumgartner, Doctor of Physical Therapy degree, Kacie Borowicz, who graduated summa cum laude with a Bachelor of Arts degree, and Jessica Johnson-Herling, Master of Accountancy degree; **Salol** – Valeri Colson, who graduated cum laude with a B.S. degree in electrical engineering; **Stephen** – Tyler Hebert, Bachelor of Fine Arts degree.

Thief River Falls – Maci Bakken, Bachelor of General Studies degree, Marisa Forshée, B.S. degree in social work, Myles Johnson, who graduated cum laude with a B.S. degree, Lauren Johnson, M.S. degree, Trandon Lehrer, B.A. degree, Kylie Skime, M.S. degree, Olivia Taylor, who graduated summa cum laude with a B.A. degree, and Ashley Loe, M.S. degree; and **Warren** – Rylie Mortimer, Bachelor of Business Administration degree, and Connor Narlock, B.S. degree in criminal justice studies.

MIDWEST ROOFING
You've put it off for too long!
Don't let the damage go further.
We'll help you choose that new look to your home
Repairs, Replacement & More
Licensed & Bonded
(Lic #20574515)
(218) 681-3879
20061 Center St. E. Thief River Falls

Leader Well Drilling
Jon Leader, Owner
Newfolden MN, 56738
Well Sealing
Pump Service & Repair
New Well Construction
218-686-8436
218-874-2112
leader_873@hotmail.com

218 SECURITY
COMMERCIAL RESIDENTIAL
218-689-1652
218 SECURITY
For all your security and surveillance needs.

ACCESS CONTROL
ALARM SYSTEMS
VIDEO SURVEILLANCE

Tom Koop
Owner
Thief River Falls
(218) 689-1652
218security.com
Tom@218security.com

56th Anniversary

S A L E

NEW!
ASHLEY MAHONEY RIGHT CHAISE SECTIONAL
90W 105D 37H
SKU# QK1066113
\$799⁹⁹

ENTER FOR A CHANCE TO WIN A CAR!

Hot BUYS!
CAMDEN 5 PIECE DINING SET
36W 47.75D 30H
SKU# QK1044271
FINAL PRICE.
NO FURTHER DISCOUNTS.
\$499

pewter
VAIL ROCKER RECLINER
32W 36D 40.5H
SKU# 4039073
\$398

special purchase
DESCANO BARN DOOR CONSOLE
72W 16.5D 33H
SKU# QK1081618
\$398

Hot BUYS!
SEALY SPRUCE QUEEN MATTRESS
SKU# QK1034945
FINAL PRICE.
NO FURTHER DISCOUNTS.
\$149

SEALY POSTUREPEDIC SPRING BLOOM FIRM QUEEN MATTRESS
SKU# QK1065115
\$599

FREE DELIVERY TO YOUR DOORSTEP**

\$300
SLUMBERLAND CASH
WITH PURCHASE OF A TEMPUR-PEDIC® MATTRESS
Some restrictions apply. See store for details.

TEMPUR-PEDIC®
ELITE RETAILER

slumberland FURNITURE

Thief River Falls
1875 Hwy 59 South
218-681-3266
M-F: 10-6 Sat: 10-5
Sun: Closed
Prices valid thru 8/5/23

*HOT BUYS, special purchases, closeouts, as is, 'sale' and certain advertised items, some product categories, and some brands, including Ashley Furniture, Tempur-Pedic, Stearns & Foster, Sealy Posturepedic Plus Foam and Hybrids are always at their lowest price and excluded from sale pricing or additional discounts. See Slumberland.com/exclusions for full list of exclusions. Not valid on prior purchases, gift cards, taxes and delivery/warranty charges. Room package savings are based on the combined total of the Slumberland Low Price of each item when purchased separately. Percentage savings on some items are based on the Slumberland list price. The Slumberland list price is the current, future or former offering price of the same or comparable merchandise at Slumberland or another retailer. Actual sales may not have occurred at list price. Prices, merchandise or offers may vary slightly by market. All in-stock products and prices listed are correct to the best of our knowledge. Some merchandise may not be available at all locations. Clearance Outlets feature overstock, clearance and sample bargains; special offers may not apply. Custom orders require a non-refundable down payment and may be at an additional charge. See store for details. In the event of an error, correction notices will be posted in our stores. **Available in all markets we serve (use our online "check delivery" tool to verify your zip code). Some restrictions may apply in areas at the far limits of our service areas. Please contact your local store or chat with us online to learn more.