

Wrestling takes center stage



The Prowler Invitational Wrestling Tournament attracted 15 teams and hundreds of fans, families and spectators from Minnesota and North Dakota to Thief River Falls. The tournament was held inside the Ralph Engelstad Arena. The ad-

dition of girls' teams this year meant that the size of the tournament exceeded the size of all previous Prowler Invitational tournaments. See results in the Sports Section of this newspaper.

Mayor Holmer proclaims Feb. 7 as Walk to School Day

City committee appointments are approved

by April Scheinoha Reporter

Challenger Elementary School students are invited to gather Wednesday, Feb. 7 to participate in Walk to School Day. Mayor Brian Holmer has proclaimed Feb. 6 as Walk to School Day in Thief River Falls. He signed the proclamation at the Thief River Falls City Council meeting Tuesday, Jan. 16. As part of the festivities, CES students are invited to be dropped off at Abundant Life Lutheran Church at 7:30 a.m. and then walk to CES. The last walking group will leave at 8:10 a.m. Adult leaders will walk with the groups. Participating students will be greeted on campus by school and Safe Kids staff as well as community members with hot cocoa and some reflective gear. Community members, including the sheriff's office, police department, Minnesota State Patrol and Thief River Falls School Board, will be on hand. The proclamation noted that "a lack of physical activity plays a leading role in health problems among children, and being able to walk or bike to school offers an opportunity to build physical activity into daily routines."

Physical activity also impacts academics. "Studies have shown that after 20 minutes of physical activity, students tested better in reading, spelling and math, and were more likely to read above their grade level," according to the proclamation. Thief River Falls has been awarded Safe Routes to Schools funding in the past for various projects, and the proclamation noted that "Safe Routes to School interventions have been shown to reduce the rate of pedestrian injury by 44%."

The council approved

paying \$13,000 to Marshall County for the purchase of a 2013 Ford pickup truck. Police Chief Marissa Adam noted that the Marshall County Sheriff's Office previously used the pickup truck, which is outfitted with a radio, emergency lights and siren. The pickup truck, which has 65,000 miles, will be used by Deputy Police Chief Mike Roff. Roff's vehicle was at the end of its life. City Council approved community board and commission appointments. Council member Mike Lorenson abstained from voting since his father,

Merle, was among the appointees. Council member Anthony Bolduc was absent from the meeting. Merle Lorenson was appointed to fill the remainder of the late Mike Parker's term on the Planning Commission and Board of Appeals & Adjustments. That term ends Jan. 31, 2025. Other appointees to those boards were Emery Lee, Ron Lindberg and Economic/Community Development Director Richard Baker. Other appointments included: • Housing & Redevelopment Authority: Trisha

Bundle Up: Walking to school in February can be challenging

Challenger Elementary School students may be gearing up to walk to school as part of the Winter Walk to School Day on Wednesday, Feb. 7. The event is planned in partnership with Safe Kids Grand Forks, Minnesota Toward Zero Deaths and Minnesota Safe Routes to School. For more information, read the Thief River Falls City Council article about Walk to School Day. "Bundling up and playing in the snow is a cherished activity for students, so we are celebrating Winter Walk to School Day," said Carma Hanson, Safe Kids Grand Forks coordinator. "After all, this is Minnesota, the land of ice fishing, hockey, cross-country skiing, snow shoe-

ing, and sledding – why wouldn't we throw a Walk to School Day party in the middle of the winter?" Wintertime doesn't need to mean staying inside. With the right preparation, walking to school in the winter can be fun and enjoyable. Follow these six helpful tips to encourage students to continue walking to school all winter long: 1. Check the forecast and avoid days that are too cold, windy, or snowy. 2. Dress in layers to help regulate your body's temperature. 3. Keep your toes warm by wearing winter boots and warm socks. 4. Take your time and enjoy a leisurely pace.

5. Wear hats and mittens to keep your head and hands warm. 6. Stay hydrated by drinking water before and after your walk to school. Drivers should always look out for pedestrians, but they have some added responsibilities when driving in winter conditions as walkers may be moving slowly and might slip and fall on ice. There may be large snowbanks which can make visibility difficult. Drivers should look out for people walking and begin braking earlier when approaching crosswalks or areas where pedestrians may be crossing. Homeowners can support pedestrians as well, by (Continued on Page 4)

Thief River Falls: School District announces plan and staff cuts

Up to 12 staff cut and reductions in programs are announced

by David Hill Editor

At least 12 positions are among the cuts approved by the Board of Education for School District 564. Cuts became necessary after the operating levy referendum failed last fall. The target goal for cuts next year is \$1.2 million. That comes on top of \$1.2 million for the 2022-23 school year, and \$550,000 for the 2021-22 school year. Above all else, even inflation, the biggest factor is the enrollment decline. The amount of aid a District receives is based on enrollment. Superintendent Chris Mills noted that between 1920 and 2023 there are over 200 fewer students. It's a slow trend officials believe will continue. Officials are projecting 110 students will enroll in kindergarten next year.

Reduction plan Approved

Monday night, the Board of Education approved a resolution to eliminate the following positions, effective for the 2024-25 school year: • Reductions in the Activities and Athletics Department • Reductions in the Technology Dept. • Reduction in routes in the Transportation Department • Four (4) elementary classroom teachers at Challenger Elementary School • One (1) reading intervention teacher at Challenger Elementary School • One (1) communications teacher at Franklin Middle School • One (1) math/media teacher at Franklin Middle School • One (1) math teacher at Lincoln High School • One (1) social studies teacher at Lincoln High School • Two (2) student success coordinator positions

• One (1) music teacher district-wide (through shifts, all programs will continue to be offered); and a • Reduction of support staff in the Area Learning Center/special education departments. Mills said this will give the District a balanced budget, while allowing student learning to remain their overall focus. These cuts are not final. The final decision to terminate positions won't be made until the February 12 meeting of the Board of Education. Mills said he visited with the staff last week. He said there was a good discussion and a lot of questions. Throughout this process, Mills said they've been open and transparent, but they held back on announcing the cuts to the public until they had time to share it with the staff who would be directly impacted by the cuts. Mills said it was his perception that staff are working hard, but are frustrated and feel somewhat unappreciated.

Questions and Misperceptions

Michelle Westerman, treasurer of the Board of Education, noted there are misperceptions and questions about the cuts. One of the misperceptions is that the levies on tax statements are used for general operating costs. The levies on tax statements pay for the 2011 bond referendum, which won't be paid off until 2033. "Other" local levies on tax statements refers to restricted use levies, such as for the cost of using the ice arena. They cannot be used for general education purposes. Another misperception is that the District gets money from the city or county. Actually, the District pays property taxes. It does not receive any funding from the city or county. Mills said he plans to visit with the County Board and City Council. He said he believes the District needs to corroborate more with them. Numerous questions were (Continued on Page 4)

Goodridge/Grygla I500 is cancelled

Cor PowerSports has announced that the Goodridge/Grygla I500 has been cancelled. In a news release issued Tuesday, CorPowerSports stated, "Decisions that we have to make do not come easily, but at the end of the day we need to do what is best for all the parties involved so as the clubs met tonight the vote was to cancel the 2024 Goodridge – Grygla I-500 due to conditions. The news released noted that weather across the entire Midwest has been above average and just not working in their favor. Currently

there is barely enough snow in the Goodridge – Grygla area to cover the grass. "Some ditches are drifted in but many fields and ditches are bare, the snowmobile clubs have not been able to get out and groom yet so there is no base in the snow and many hazards are barely covered." "The entire Cor PowerSports staff, sponsors, and manufacturers want to express our gratitude for the Goodridge, and Grygla, snowmobile club members for all their work and dedication to keep the I-500 tradition alive."



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Don't ignore the warning signs of cold stress

by the University of Nebraska Medical Center, Central States Center for Agricultural Safety and Health

Cold temperatures, high winds and wet conditions are commonplace on the farm in winter. While working outside is often inescapable, understanding how these conditions affect our bodies and our health are key to working safely.

Begin by dressing appropriately for weather conditions. According to the Occupational Safety and Health Administration, dressing properly is essential to preventing cold stress. These guidelines can help ensure clothing helps protect from cold temperatures:

- Wear at least three layers of loose-fitting clothing as layering provides better insulation. Tight clothing reduces blood circulation, which is necessary for extremities.

- An inner layer of wool, silk, or synthetic (polypropylene) helps keep moisture away from the body. Thermal wear, wool, silk, or polypropylene, inner layers of clothing hold more body heat than cotton.
 - A middle layer of wool or synthetic provides insulation even when wet.
 - An outer wind and rain protection layer allows some ventilation to prevent overheating.
 - A knit mask can be used to cover the face and mouth when necessary.
 - A hat that covers the ears will help keep the whole body warmer as they reduce the amount of heat that escapes from the head.
 - When necessary, insulated gloves (water resistant if necessary) protect hands.
 - Insulated and waterproof boots protect the feet.
- Among the consequences of cold stress in winter temperatures are hypothermia, chilblains, frostbite, trench foot and immersion hypothermia.

Hypothermia occurs when prolonged exposure to cold causes the body to lose heat faster than it can be replaced. Low body temperatures will affect a person's ability to think clearly or move well. Early symptoms of hypothermia include shivering, fatigue, loss of coordination, confusion and disorientation. As the condition progresses, shivering will stop, skin will become blue, pupils will dilate, pulse and breathing will slow and the person will lose consciousness.

Chilblains are caused by damage to skin blood vessels from repeated exposure to cold temperatures. The damage can be permanent, evidenced by redness and itching of the skin when exposure to cold temperature recurs. Redness and itching can occur on cheeks, ears, fingers, and toes accompanied by possible blistering and inflammation.

Frostbite occurs when skin and tissues freeze while exposed to cold temperatures and low-wind chill factors. Permanent frostbite damage to body tissues and severe frostbite cases can lead to amputation. Frostbite symptoms include reduced blood flow to hands and feet as fingers

or toes can freeze. Numbness, tingling, or stinging are accompanied by aching and bluish or pale, waxy skin.

Trench foot is caused by damage of tissues in the feet due to cold and wetness. These conditions can lead to damaged skin on the feet, loss of circulation to the feet, and toxin buildup. Trench foot symptoms include reddening of the skin, numbness, tingling, or swelling. These are accompanied by leg cramps, blisters or bleeding under the skin, and gangrene.

Immersion hypothermia is the result of prolonged exposure to chilling from rain, sweat, or cold water. These conditions cause the body to lose heat faster than it can be replaced. This condition may occur at cooler temperatures (above 40 degrees Fahrenheit). Low body temperatures affect a person's ability to think clearly or move well. Early symptoms of immersion hypothermia include shivering, fatigue, loss of coordination and confusion and disorientation. As symptoms progress, the person will stop shivering, their skin will become blue, pupils will dilate, and pulse and breathing will slow. Eventually, they lose consciousness.

Anyone who works outdoors in frigid temperatures should have the ability to recognize conditions that can lead to these types of cold stress. Understanding cold stress symptoms, how to prevent cold stress, and what to do to help when someone is affected by cold stress should be part of training and/or education programs. Outdoor workers should have good understanding of proper clothing necessary for working in cold, wet, and windy conditions.

- Anyone who shows signs of cold stress should receive prompt medical attention. Cold-weather survival equipment should include:
- Emergency communications (satellite phone, cell phone and personal locator beacon)
 - Medical and environmental thermometer, hot packs, first-aid kit
 - Areas to warm up and a place to change wet clothing.
 - Appropriate cold-

weather gear such as hats, gloves, and boots for work in cold environments

- Warm water

Agricultural worker employers should:

- Create a plan for acting on sudden weather changes, such as dropping temperatures or increasing wind speed
- Schedule normal maintenance and repairs during warmer months when possible
- Schedule frequent short breaks in warm, dry areas
- Minimize work requiring manual dexterity in cold rooms
- Provide glove alternatives for workers inside cold rooms (glove liners or fingerless gloves to wear under plastic gloves)
- Monitor workers' physical and cold conditions

Part of preparing for cold stress conditions includes knowing winter weather terms.

Blizzard warning: Issued for sustained or gusty winds of 35 mph or more, and falling or blowing snow creating visibilities at or below ¼ mile, these conditions should persist for at least three hours.

Wind Chill Advisory: Issued when wind chill temperatures are expected to be a significant inconvenience to life with prolonged exposure, and, if caution is not exercised, could lead to hazardous exposure.

Winter Storm Warning: Issued when wind chill temperatures are expected to be hazardous to life within several minutes of exposure.

Winter Storm Watch: Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm watches are usually issued 12 to 48 hours before the beginning of a winter storm.

Winter Weather Advisories: Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life threatening situations.

Learn more about cold stress at www.unmc.edu/publichealth/cscash/resources/index.html.

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Spotlight Grant January: Ender 3D Printers

"The Ender 3D printers donated by the Education Foundation are our most used technology resources in Challenger Connect Tech by our 4th and 5th graders. They are great learning printers. 3D printing is a very beneficial skill because it incorporates math with creativity. Students can either choose an artistic, engineering or a blended approach to their designs. One unforeseen benefit to designing and 3D printing that we quickly realized for kids is how it has created an avenue for them to give. Most of the designs that students print are to give to other people. Our machines ran 24/7 before Christmas making gifts for family members, teachers, and friends. We really appreciate the donation of our 3D printers and all other donations from the TRF Ed Foundation. Our kids have put them to good use!" -Courtney Skjerven

January Award Winner:
Marley Nelson - Technology Education Teacher - Lincoln High School

The person who nominated Ms. Nelson wrote this....
"I would like to nominate Marley Nelson, Technology Education at Lincoln High School. I have appreciated her efforts to work with students on several video projects recently including a farewell video for Mr. Brekke, referendum video, and a marketing message for the school district at the movie theater. She brings a positive attitude to her students each day. Thank you for being great!"

Teacher of the MONTH

Sponsored by: Northern Motors, The Dondelinger Foundation and The TRF Education Foundation.

Johnson announces candidacy for District 1B



Travis "Bull" Johnson, former candidate for US Congress in Minnesota's Seventh Congressional District, has announced that he is running to succeed Deb Kiel to represent District 1B in the

Minnesota House of Representatives. On Wednesday, Jan. 17, it was also announced that Johnson decided to participate in the candidate subsidy program and that his agreement had been accepted by the state Candidate Finance Board.

Johnson announced a "soft launch" in December but had waited for Kiel to make her announcement before issuing a formal statement. As part of his Facebook announcement, he said, "I have been talking to Deb for a while and I felt this (her retirement) was the direction she was heading in, but it is now official. I want to thank Deb for her faithful service to this district; while we did not agree on everything, I felt she did a great job as our representative."

He went on to state, "I had not yet decided on party affiliation or if I will run independent, that will be dependent upon ongoing conversations with my team as well as with the GOP."

Johnson released his two signature issues on reforming the Minnesota Foster Care System and on Unchaining Small Agriculture on his Facebook page (www.facebook.com/BullJohnsonHomestead) last week and expected his campaign website to launch in the coming week at www.raisecattlenottaxes.com

Any questions may be directed to Travis "Bull" Johnson at 218-280-4854 or RaiseCattleNotTaxes@gmail.com.

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Burkel announces reelection bid



Rep. John Burkel, R-

Badger, has officially announced he will run for a third term as state representative for District 1A. Burkel, a farmer and small business owner, has served the people of northwest Minnesota since 2020, and is committed to continuing that work for his constituents.

As a member of the Agriculture Finance and Policy committee, Environment and Natural Resources Finance and Policy, and the Property Tax Division, Burkel has worked tirelessly to improve the lives of the people in northwest Minnesota

in his first two terms.

"I am honored to have the opportunity to continue serving the people of Northwest Minnesota," said Burkel. "We have a lot of work ahead of us, with a possible deficit on the horizon because of the out-of-control government spending and overregulation passed last session. I am committed to working hard to represent the people of District 1A and to continue to fight for the issues that matter most to them."

For more information, visit Burkel's website at www.burkelforhouse.com/meetburkel.

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TRF man charged with possessing child porn

A Thief River Falls man has been charged in Pennington County District Court after allegedly possessing 10 photos of child pornography.

Michael Robert Schake, 70, has been charged with 10 felony counts of possession of pornographic work involving minors under 14. Schake was arrested on a warrant. The complaint was filed Thursday, Jan. 18. A mug shot wasn't available as of presstime Tuesday morning.

The charges stemmed from a cyber tip reported to the Internet Crimes Against Children on Sept. 10. The Thief River Falls police

investigator was assigned the possible child pornography case on Dec. 21. According to the complaint, a photo had been uploaded, apparently depicting a naked girl and naked man about to engage in sex. The Internet Protocol address for the computer came back to Sjoberg's Cable in Thief River Falls. The company received a subpoena and indicated the IP address was registered to Schake, who lives at 804 LaBree Ave. N. in Thief River Falls.

Later that day, the police investigator conducted a search warrant at Schake's home. A laptop computer was open, and Schake

planned to utilize the computer until the investigator informed him to not touch the electronics. The investigator then turned the laptop, finding it was open to a photo of a female and a naked male. It was unclear if the female, who apparently wasn't wearing any underwear, or the naked male were underage. The laptop computer also featured other tabs of images underneath the open image.

As the police investigator took a photo of the image on the computer screen, Schake allegedly asked about the legality of looking at "these things" if they weren't downloaded. After

the investigator said it depended on what the person was viewing, Schake said "underage kids."

During a statement, Schake allegedly admitted viewing child pornography a couple times a week, but he said he doesn't download the images. He said he's the only person who has access to the computer. He denied trying to upload images and said a forensic investigator shouldn't find any downloads unless the downloads were made without his knowledge.

Schake allegedly possessed 10 photos. Most appeared to depict oral sex involving girls and males.

Other photos depicted intercourse or anal sex. One photo was a collage of three photos featuring the same provocatively dressed girl who is later engaged in intercourse and oral sex. The ages of the girls ranged from infant to "well under the age of 13."

While executing the search warrant, the investigator saw a large amount of children's toys ranging from infant to toddler toys at the home. Schake said he has grandkids, but most of the toys were from his wife's daycare. He said she had closed her daycare after she became ill about a year ago.

Plummer woman faces charges after traffic stop

Felony third degree controlled substance crime – possession of methamphetamine in a park zone and third degree driving while impaired – one aggravating factor: On Jan. 14 at 11:29 p.m., police performed a traffic stop in the 200 block of Tindolph Ave. N. Janella Rose Rude, 43, Plummer, has been charged with felony third degree controlled substance crime – possession of methamphetamine in a park zone and third degree driving while impaired – one aggravating factor. She was arrested. According to the complaint, the officer allegedly initially observed Rude's vehicle with a broken taillight near the intersection of Davis Avenue and Third Street. Rude then drove within 300 feet of Boy Scout Park. After being stopped by the officer Rude's hands were trembling, a possible sign of impairment. She failed field sobriety tests, and she suffered from heat bumps on the back of her tongue, which can be caused by the consumption of a controlled substance. Rude said she had last used drugs three months earlier. At the time of her arrest, Rude allegedly possessed a micro baggie containing meth. The complaint didn't list the amount of the meth. She agreed to a preliminary breath test, which had a result of 0.00 blood alcohol content. A search warrant was granted to collect a biological specimen from her. Police searched Rude's vehicle, finding Narcan, used and unused hypodermic needles, and a cased Mossberg 12-gauge shotgun. The needles were found inside two backpacks. The shotgun

was found in the rear passenger seating area. The complaint indicated that Rude had a prior DWI conviction within the past 10 years.

Theft by swindle: After an investigation into thefts at Walmart, a man has been charged. Joshua Blake Weatherford, 39, has been charged with theft by swindle. The charge stemmed from the Oct. 19 report of a theft. According to the complaint, an employee reported that Weatherford, who stocked the shelves with player cards at the store, was allegedly changing the barcodes on expensive packs of cards to barcodes for cheaper packs. He then purchased the cards at the lower price 14 times between Aug. 24 and Sept. 28. The thefts totalled \$898.23 and were captured on surveillance video. When asked, Weatherford said a Walmart employee had stopped him regarding an item being scanned wrong. He told the officer he returned and paid for the item. When told it had been occurring more often than that one time, Weatherford allegedly denied knowing how it happened and said he didn't try to do it. Later, he called the officer back, saying he was sick to stomach thinking about it and wanted to know how to fix it. Weatherford said he would pay any needed restitution.

Theft: After an investigation of a theft at Station 59, an individual has been cited. Jason Lee Bushee, 48, East Grand Forks, has been cited for theft. According to the citation, Bushee and another unidentified suspect allegedly stole a trailer/wheelbarrow at the gas station using a truck regis-

tered to Bushee. It was unclear from the citation whether the theft occurred Christmas Day or Dec. 26.

Accident and failure to yield: On Jan. 12 at 3:35 p.m., police received a report of an accident at the intersection of Ninth Street and Duluth Avenue. At the time of the accident, Bjorn Carlson of Thief River Falls was driving a 2008 Honda Accord and entered the intersection. His car then struck a 2010 Dodge driven by Daniel Mendez Baltazar of Thief River Falls. Mendez Baltazar was southbound on Duluth at the time. It was unknown if there were any injuries. Carlson has been cited for failure to yield.

Accident: On Jan. 12 at 3:57 p.m., police received a report of an accident near the intersection of Ninth Street and Knight Avenue. At the time of the accident, Nicholas Trudeau of Thief River Falls was driving a 2022 Chevy Silverado. According to the report, he backed into a 1999 Honda Civic driven by Keary Petschl of Thief River Falls. No injuries were reported.

Domestic assault: On Jan. 13 at 12:45 a.m., police received a report of a domestic assault at a home along 130th Avenue Northwest. David Michael Hagen, 39, Thief River Falls, has been cited for domestic assault. He was arrested. Hagen allegedly assaulted a woman. The report didn't list whether the woman sought medical attention.

Accident: On Jan. 13 at 12:16 p.m., police received a report of an accident in the Walmart parking lot. At the time of the accident, Jacob Reiter of Thief River Falls was driving a 2003 Dodge

Ram 1500 east toward the automotive area. According to the report, he attempted to cross a through road in front of the store and struck a northbound 2005 Ford Escape driven by Mary Jenkins of Texas. Jenkins suffered minor injuries and was treated at the scene.

Accident: On Dec. 13 at 6:29 p.m., the sheriff's office received a report of an accident at the intersection of 150th Avenue Northeast and 140th Street Northeast. At the time of the accident, Shane Crandall of Thief River Falls was driving a 2014 Dodge Ram northbound on 150th Avenue Northeast. According to the report, his pickup truck slid on the ice and collided with a 2006 Ford F-150 driven by Timothy Granum of Thief River Falls. Granum was driving westbound on 140th Street Northeast at the time. No injuries were reported.

Third degree driving while impaired: On Jan. 14 at 12:36 p.m., police received a report that a vehicle was "all over the road" near the intersection of Greenwood Street East and Spruce Avenue South. John Closner, 23, Thief River Falls, has been charged with third degree DWI. He was arrested.

Accident: On Jan. 14 at 2:18 p.m., police received a report of an accident at the intersection of Fifth Street and Duluth Avenue. At the time of the accident, Addison Bryan of Thief River Falls was driving a 2020 Dodge Ram 1500 eastbound on Fifth Street. According to the report, Bryan's pickup truck approached the intersection and then struck a southbound 2008 Pontiac G6 driven by Madison Dahl of

Thief River Falls. The impact of the crash caused Dahl to veer off the road and hit a parked 2013 Ford F-150 owned by Daniel Vandeventer of Thief River Falls. No injuries were reported.

Driving after cancellation – inimical to public safety: On Jan. 16 at 9:05 p.m., police performed a traffic stop near the intersection of Horace Avenue and Third Street. Robert Elgin Loeffler, 76, Thief River Falls, has been charged with driving after cancellation – inimical to public safety. He was arrested.

If readers have any information about the above crimes, they are urged to contact the Law Enforcement Center at 681-6161.

Thief River Falls media receive these reports from law enforcement officials. If these reports appear in online forums other than those owned by Thief River Falls media outlets, the information has been copied.

These reports include names of those charged, arrested or cited with various crimes and offenses. Depending upon the circumstances of a case, charges can be, and sometimes are, changed or dropped by law enforcement or attorneys even before the case reaches court.

Readers should also realize that under the American system of jurisprudence, those charged with crimes are innocent until proven guilty of those crimes in a court of law.

More than 2,400 impaired drivers arrested during holiday season

Troopers, deputies and police officers from 279 agencies statewide arrested 2,432 impaired drivers during the holiday driving-while-impaired campaign from Nov. 22 through New Year's Eve. The numbers compare with 2,228 DWI arrests during last year's holiday campaign.

The Minnesota Department of Public Safety Office of Traffic Safety coordinates the extra enforcement and awareness campaign with funding provided by the National Highway Traffic Safety Administration.

Examples of impaired driving arrests during the campaign

A good Samaritan flagged down a Lakeville police officer who found a woman passed out behind the wheel at a busy intersection. The 51-year-old still had her foot on the brake. When the officer tried to wake her, her vehicle rolled into the squad. The driver had an initial blood alcohol concentration of 0.40.

Chaska police arrested an

intoxicated driver who crossed over the median and hit a vehicle head-on. Several people in the other vehicle were hurt.

Redwood County deputies responded to a fatal crash that was alcohol-related. The unbuckled driver rolled the truck. Alcohol was found in the vehicle.

A Chisago County sheriff's deputy pulled over a driver who had their 2-year-old son in the vehicle. The driver had a 0.18 BAC and was arrested for second-degree DWI.

A Minnesota State Patrol trooper pulled over a vehicle for weaving across lane lines. The driver had a 0.225 BAC. The driver's 10-year-old son was in the backseat.

A Minnesota State Patrol trooper responded to a vehicle that sideswiped an ambulance in north Minneapolis and kept going. The driver had a 0.16 BAC.

Inver Grove Heights police arrested a driver at 12:30 p.m. with a 0.30 BAC. He told officers he was on

his way to the store.

The Olmsted County Sheriff's Office arrested a driver for their seventh DWI. Another driver told Olmsted County deputies she was on her way to pick up her kids. She had a 0.27 BAC.

Spring Lake Park police arrested a driver who was going to a restaurant on Christmas to eat pizza. He had a 0.35 BAC.

"If you're out relaxing with friends over dinner and drinks, that's fine, just make sure you have a sober ride home," said OTS Director Mike Hanson. "If a person thinks they're okay to drive after drinking, that can be a warning sign right there. Don't risk it like we saw with too many drivers during this campaign."

Local results

Five local law enforcement agencies participated in the campaign. The agencies, the number of DWI arrests and the highest BAC are as follows:

- Marshall County Sheriff's Office, one arrest, 0.14 BAC
- Minnesota State Patrol District 3200 (Thief River

Falls), 29 arrests, 0.23 BAC

- Pennington County Sheriff's Office, one arrest, unknown/pending
- Polk County Sheriff's Office, three arrests, 0.12 BAC
- Thief River Falls Police Department, five arrests, 0.13 BAC

Impaired is impaired, regardless of the substance

There's more than one way to be impaired behind the wheel. In addition to alcohol, cannabis can impair driving abilities. Reaction time is slower and understanding of distance and speed is different. Other substances, ranging from hemp-derived THC edibles to prescription medications and sleep aids, can also affect safe driving abilities.

During 2018-22, 50 people died in drunk driving-related crashes, and there were more than 11,000 DWI incidents from the day

before Thanksgiving through Dec. 31.

Drugged driving accounted for 8,069 DWI incidents from 2013-2017 compared with 15,810 from 2018-2022 – that's a 96% increase.

Winter Texans to meet

Winter Texans and former residents of Thief River Falls and the north-west Minnesota area are invited to attend the annual get-together Tuesday, Feb. 20 at Mr. Gatti's Pizza, 4100 N. 2nd St. in McAllen, Texas. The event is set to begin at 1 p.m. For further information, call the Bjornesses at 218-689-4289 or 218-689-2966.

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Thank You

A heartfelt thank you for all the words and gestures of comfort with the loss of Glenn Kalsnes. Special thanks to Father Lambert and Erling Johnson.

God Bless,
Joyce (Kalsnes) Olson & Family



Steve Fields
Minnesota Attorney

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Staff cuts and reductions announced/Continued

(Continued from Page 1) fielded regarding cuts to athletics and activities. The Activities Department has been told to cut \$150,000. This will be accomplished through increasing activity fees, reducing the number of coaches while keeping safety of students in mind, a 20% reduction in events, cutting a part-time administrative support position, eliminating boys swimming (more of a participation issue), gate fee changes and smaller cuts across the board. Activities costs make up about 3.5% of the actual budget.

Chris McLean, activities director, said the plan allows the Activities Department to keep programs. If a program or activity goes to a club or is eliminated it is much harder to bring back, he

explained. Of the plan, McLean said it's not ideal, but it's better than losing a program.

The number of games played by the football team (8), will not be reduced because the schedule is made up by the state, not the District.

Mills said he was approached by Tom Goddard, who was asking whether it would be feasible to fundraise for activities. Mills said he explained that the District is concerned about activities, but there are a lot of concerns for the 12 staff to be cut and students in the classrooms.

Mike Spears, a member of the Board of Education, said they also emphasized to Goddard that any fundraising would support all activities. They couldn't just pick and choose which

activity to support.

Westerman noted that there would also have to be assurances of ongoing support. It's not just a one-year fix.

Mills said that in the history of the District, there have been exceptions for particular programs, but everyone needs to be aware that there are bigger issues at stake.

The two-mile rule, which would require students to walk or find their own transportation to school if they live within two miles of their school, was also discussed. The District has talked about this for several years. Reducing transportation by five routes would help the budget, but it has been discussed because of a lack of drivers. It's estimated that this would affect roughly 200 to 300 student

riders per day.

The District does have Latchkey, a high quality before- and after-school childcare program. The two-mile rule may require changes to the program.

Near the end of the meeting, Mills said the impacts of the budget reduction plan are being examined and plans are being put in place to adapt to those changes and impacts.

Spears said he hopes everyone knows that these were tough decisions, and they are not happy about these cuts. He noted that this is the second time he has had to cut his own daughter (a teacher). He said they've asked a lot of questions and always try to get the best answers.

Walk to School Day and committees/Continued

(Continued from Page 1) Champ

- **Community Development Advisory Board:** Baker, Nathan Haase and Dave Onkka
- **Thief River Falls Public Library Board:** Glenice Johnson, Gabby Yoon, Regina Goodall and Ruth Ann Franke
- **Northwest Regional Library Board:** Ryan Richardson
- **Thief River Falls Regional Airport Authority:** Scott Walldal

With the exception of the Housing and Redevelopment Authority and some of the Thief River Falls Public Library Board appointees, the terms are for three years. Terms for the former group are five years. The terms of Johnson, Yoon and Goodall end Jan. 31, 2025.

Holmer indicated openings remain on the Library Board. Applicants may contact him, or they may call the City Administrator's Office at 218-681-2943.

The council approved purchasing 10 executive chairs for City Council chambers from National Business Furniture for \$469 each. The council's current chairs are 30+ years old. Holmer said the chairs have been in use since the council met at City Auditorium decades ago. The chairs are used on a regular basis by not only council members.

City Council approved the 2024 mileage reimbursement and meal reimbursement. As part of the resolution, the council adopted the Northern Minnesota (Duluth) meal reimbursement schedule, meaning meals for travel outside of Pennington County would be reimbursed at \$18 for breakfast, \$20 for lunch and \$36 for dinner. The schedule doesn't allow reimbursement for alcohol or tips. It also adopted the federal reimbursement rate for mileage, which is 67 cents per mile.

The next council meeting is scheduled Tuesday, Feb. 6 at 5:30 p.m. at City Hall. The council will meet as the Committee of the Whole afterward.



Mayor Brian Holmer has declared Wednesday, Feb. 7 as Walk to School Day in Thief River Falls. He is pictured with Sue Johnson, Northwest Region coordinator for Minnesota Toward Zero Deaths.

Walking outside in February

(Continued from Page 1) keeping their sidewalks cleared and not allowing large piles of snow to accumulate at corners where walkers may cross.

Safe Kids Grand Forks is proud to be a part of this important work and is grateful to the Minnesota Safe Routes to School and

the Minnesota Office of Traffic Safety, as well as AAA for their support of this programming. Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks, whose offices are located in the Altru Clinic in East Grand Forks.



A total of 15 wrestling teams, predominately from Minnesota and a few from northeastern North Dakota, participated in the Prowler Invitational last weekend. The event was held inside the Ralph Engelstad Arena.

Heartland 200 race in Park Rapids postponed

In another sign of how different this winter season is from the last year, Cor PowerSports, an organizer of snowmobile races, postponed the Heartland 200 until sometime in February.

The organization issued the following statement: "The 2024 winter has definitely been one for the record books but for racing as an industry it has been nothing but challenges and hurdles around every corner, as a series we have been busy working with our existing venues and our alternate locations since November on plans as the weather forecasts showed unseasonably warm weather."

"With the weather we also have to work very closely with local law enforcement and DNR agencies to ensure we are doing everything to provide a safe environment not only for our racers but the fans that attend our events. With that we have been working closely with our host venues on ice condi-

tions, last Friday we were onsite in Park Rapids, to work with the Heartland 200 group and check ice conditions in 20 different spots on Fish Hook Lake to record ice thickness for our event permits.

"With the information from Friday's checks the group went out today (Monday) as we were very close to being where we are required to be, per our event insurance and permits a pre-determined thickness and quality of ice is required and unfortunately, we just are not where we need to be yet for the event to move forward as scheduled.

"With looking at the weather for the remainder of this week we will not be losing any ice, but we also will only gain a minimal amount overnight so as a group it has been decided to post-poned the Heartland 200 to a date in February yet to be determined.

"The Park Rapids Chamber has sent out a notification to all the host

hotels and event sponsors that the event is in the process of being moved to a new date and that we plan to have the new date finalized in the next couple of days.

"As an organization we have to put safety as number one and things are just not where they need to be for the series and Heartland 200 committee to move forward with the race as scheduled.

"All race entries will be

Scholarships from American Legion available

Attention Senior Class of 2024, there are several scholarships available through the American Legion Auxiliary. Go to <https://www.legion-aux.org/scholarships>. The deadline for submission is March 1st 2024.

Additionally, there are several scholarships available through the American Legion Auxiliary, Department of Minnesota.

carried over to the new race date, if you would like to cancel your registration and receive a refund in full, please email Todd at Todd@CorPowerSports.com and we will process that immediately.

"We appreciate everyone's support as we work through these logistics for the race schedule, as soon as the new date is secured, we will send out a notification."

Information and applications can be found at <https://www.mnala.org/scholarships/>

Individuals interested in these scholarships, should familiarize themselves with deadlines, requirements and if the Unit President needs to sign the final application. Most scholarship applications need to be submitted by March 1.

School Lunch - Week of January 29 - February 2

Challenger Elementary School

Thief River Falls
Weekly menus are posted on social media. See school website for daily updates. Preferred meal is not always available. Menu subject to change.

Breakfast
Monday: Sausage breakfast pizza or cereal choice, Trix yogurt
Tuesday: Pancakes with syrup or cereal choice, sausage patty

Wednesday: Bacon scramble pizza or cereal choice, string cheese
Thursday: Mini cinnamon waffle with syrup or cereal choice, sausage links
Friday: Cinnamon roll or cereal choice, yogurt bar: vanilla yogurt mixed with either sliced strawberries or blueberries

Lunch
Milk choices available daily. Garden Bar with a rainbow of colors available with all meals daily. Fruit options change daily.
Monday: Zoo crew chicken nuggets, green beans, animal crackers
Tuesday: Hamburger on a bun, sliced cheese, coleslaw, potato smiles
Wednesday: Calzone pizza, steamed broccoli
Thursday: Mini corn dogs, sidewinder fries
Friday: Salisbury steak, brown gravy, mashed potatoes, dinner roll

Franklin Middle School
Thief River Falls
Weekly menus are posted on social media. See school website for daily updates. Preferred meal is not always available. Menu subject to change.

Breakfast
Monday: Bacon scramble pizza or cereal choice, Trix yogurt
Tuesday: Build your own breakfast burrito: scrambled eggs, sausage crumbles, breakfast potatoes, shredded cheese, totilla shell or cereal choice, Ultimate Breakfast round, scrambled eggs
Wednesday: Build your own biscuits and gravy: country gravy, sausage crumbles, biscuit or cereal choice, Trix yogurt
Thursday: unavailable
Friday: unavailable

Lunch Options
WEEKLY ALTERNATE OPTIONS:
Monday: Hamburger patty on a bun, chicken patty on a bun, stuffed crust cheese pizza, turkey sub sandwich, Uncrustable (PB&J sandwich)
Tuesday: Cheeseburger on a bun, corn dog, orange chicken with rice and stir fry veggies, Big Daddy 4 meat pizza, parmesan chicken Caesar wrap, Uncrustable
Wednesday: Chicken patty on a bun, BBQ rib patty on a bun, chicken nuggets, premium cheese pizza slice, ham sub sandwich, Uncrustable
Thursday: Hamburger on a bun, teriyaki dippers with rice and stir fry veggies, The Max pepperoni pizza, Uncrustable
Friday: Spicy chicken patty on a bun, unbreaded chicken patty on a bun, French bread pizza, Uncrustable

Lunch
Monday: Diced chicken with BBQ sauce on a bun, tator tots, California vegetables
Tuesday: Orange chicken, stir fry vegetables, fried rice, fortune cookie
Wednesday: Salisbury steak, mashed potatoes, brown gravy, green beans, dinner roll
Thursday: unavailable
Friday: unavailable

Goodridge Schools
Goodridge
All breakfasts are served with 1%, skim milk and juice. Fruit bar offered daily. All lunches are

bun, French bread pizza, Uncrustable

Lunch
Monday: Hamburger on a bun, lettuce, tomatoes, onion, pickles, sliced cheese, California blend vegetables, sidewinder fries
Tuesday: Super nachos: taco meat, nacho cheese, refried beans, taco fixings, salsa
Wednesday: Chicken strips, country gravy, mashed potatoes, corn, biscuit
Thursday: unavailable
Friday: unavailable

Lincoln High School
Thief River Falls
Weekly menus are posted on social media. See school website for daily updates. Preferred meal is not always available. Menu subject to change.

Breakfast
Monday: Sausage or bacon scramble breakfast pizza or cereal choice, banana bread, yogurt (strawberry banana, vanilla or peach) or Greek yogurt (strawberry or blueberry)
Tuesday: Build your own breakfast burrito: scrambled eggs, sausage crumbles, shredded cheese, totilla shell or cereal choice, Ultimate Breakfast round, hard boiled egg, salsa, taco fixings
Wednesday: Build your own biscuits and gravy: biscuit, sausage crumbles, country gravy or cereal choice, breakfast bar, yogurt (strawberry banana, vanilla, or peach)/Greek yogurt (strawberry or blueberry)
Thursday: unavailable
Friday: unavailable

WEEKLY ALTERNATE OPTIONS:
Monday: Hamburger patty on a bun, chicken patty on a bun, stuffed crust cheese pizza, turkey sub sandwich, Uncrustable (PB&J sandwich)
Tuesday: Cheeseburger on a bun, corn dog, orange chicken with rice and stir fry veggies, Big Daddy 4 meat pizza, parmesan chicken Caesar wrap, Uncrustable
Wednesday: Chicken patty on a bun, BBQ rib patty on a bun, chicken nuggets, premium cheese pizza slice, ham sub sandwich, Uncrustable
Thursday: Hamburger on a bun, teriyaki dippers with rice and stir fry veggies, The Max pepperoni pizza, Uncrustable
Friday: Spicy chicken patty on a bun, unbreaded chicken patty on a bun, French bread pizza, Uncrustable

Lunch
Monday: Sausage or bacon scramble breakfast pizza or cereal choice, banana bread, yogurt (strawberry banana, vanilla or peach) or Greek yogurt (strawberry or blueberry)
Tuesday: Build your own breakfast burrito: scrambled eggs, sausage crumbles, shredded cheese, totilla shell or cereal choice, Ultimate Breakfast round, hard boiled egg, salsa, taco fixings
Wednesday: Build your own biscuits and gravy: biscuit, sausage crumbles, country gravy or cereal choice, breakfast bar, yogurt (strawberry banana, vanilla, or peach)/Greek yogurt (strawberry or blueberry)
Thursday: unavailable
Friday: unavailable

WEEKLY ALTERNATE OPTIONS:
Monday: Hamburger patty on a bun, chicken patty on a bun, stuffed crust cheese pizza, turkey sub sandwich, Uncrustable (PB&J sandwich)
Tuesday: Cheeseburger on a bun, corn dog, orange chicken with rice and stir fry veggies, Big Daddy 4 meat pizza, parmesan chicken Caesar wrap, Uncrustable
Wednesday: Chicken patty on a bun, BBQ rib patty on a bun, chicken nuggets, premium cheese pizza slice, ham sub sandwich, Uncrustable
Thursday: Hamburger on a bun, teriyaki dippers with rice and stir fry veggies, The Max pepperoni pizza, Uncrustable
Friday: Spicy chicken patty on a bun, unbreaded chicken patty on a bun, French bread pizza, Uncrustable

Lunch
Monday: Diced chicken with BBQ sauce on a bun, tator tots, California vegetables
Tuesday: Orange chicken, stir fry vegetables, fried rice, fortune cookie
Wednesday: Salisbury steak, mashed potatoes, brown gravy, green beans, dinner roll
Thursday: unavailable
Friday: unavailable

Goodridge Schools
Goodridge
All breakfasts are served with 1%, skim milk and juice. Fruit bar offered daily. All lunches are

served with 1%, skim and chocolate skim milk. Salad bar offered daily. Menus are subject to change.

Breakfast
Menu unavailable.
Lunch
Menu unavailable.

Marshall County Central School
Newfolden
All breakfasts and lunches served with juice, low fat/fat-free milk and fruit. All bread products served are whole grains. An alternative of cereal is available every breakfast.

Breakfast
Monday: Maple pancake wrap, yogurt cup
Tuesday: Egg and cheese omelet, hashbrowns, sausage links
Wednesday: Breakfast pizza, yogurt cup
Thursday: unavailable
Friday: unavailable

Lunch
Monday: Crispy chicken wrap, cheese, lettuce, tomatoes, onions
Tuesday: Meatballs and gravy, mashed potatoes, dinner roll
Wednesday: Chicken, rice and dumpling soup, crackers
Thursday: unavailable
Friday: unavailable

Viking Elementary School

All breakfasts and lunches served with juice, low fat/fat free milk, and fruit. All bread products served are whole grains. An alternative of cereal is available at every breakfast. Menu is subject to change.

Breakfast
Monday: Toast
Tuesday: Muffins
Wednesday: Bagel
Thursday: Granola bar
Friday: Toast

Lunch
Monday: Italian dunkers, meat sauce, fresh veggies
Tuesday: Chicken patty, fresh veggies
Wednesday: Pizza, corn
Thursday: Tator tot hotdish, green beans
Friday: Hamburgers, French fries

Red Lake County Central Elementary School
Plummer
Milk and fruit are served with all meals. Bread, cereal and juice are served with breakfast.

Breakfast
Monday: Breakfast pizza
Tuesday: Hard boiled egg, sausage
Wednesday: French toast bread
Thursday: Variety
Friday: Cinnamon roll

Lunch
Monday: Sloppy Joes on a bun, baked beans, carrots
Tuesday: Corn dog, macaroni and cheese, peas
Wednesday: Soft shell taco, toppings, corn
Thursday: Chicken wild rice hotdish, carrots, dinner roll

Friday: Calzone, salad

Red Lake County Central High School
Milk and fruit are served with all meals. Bread, cereal and juice are served with breakfast.

Breakfast
Monday: Breakfast burritos
Tuesday: Bagel bites
Wednesday: Yogurt parfait
Thursday: Waffle
Friday: Cinnamon roll

Lunch
Monday: Chicken pot pie, biscuit, vegetable, string cheese
Tuesday: Chicken fajita, Spanish rice, refried beans
Wednesday: Chili, corn chips, corn muffins, fresh vegetable
Thursday: Corn dog, macaroni and cheese, vegetable
Friday: Pizza, lettuce salad, fresh vegetable

Lafayette High School
Red Lake Falls

All meals are served with fruit and milk. All breakfasts are served with fruit and juice. All lunches are served with fresh vegetables and fruit choice. Menu subject to change upon availability of product.

Breakfast
Monday: Cereal, toast with butter, peanut butter, jelly
Tuesday: Pancakes with syrup, sausage
Wednesday: Long John
Thursday: unavailable
Friday: unavailable

Lunch
Monday: Chicken fajita, salsa, sour cream
Tuesday: Hamburger gravy, mashed potatoes, dinner roll
Wednesday: Popcorn chicken, baked beans, dinner roll
Thursday: unavailable
Friday: unavailable

St. Bernard's
Thief River Falls

Milk and fruit are served with all meals. Juice is served with breakfast. Menu subject to change.

Breakfast
Monday: Cereal choice, toast
Tuesday: Cereal choice, toast
Wednesday: Muffin, yogurt
Thursday: French toast, sausage
Friday: Cinnamon roll

Lunch
Monday: Chicken drummies, fries, fresh vegetables, pears
Tuesday: Hamburger/hot dog, beans, chips, grapes, ice cream treat

Wednesday: Pork tidbits, mashed potatoes, corn, dinner roll, dessert
Thursday: Pizza burgers, tator tots, carrots, broccoli, applesauce
Friday: Breadsticks, marinara sauce, lettuce, purple cauliflower, red/yellow peppers, blueberries, swirl dessert

St. John Lutheran School
Thief River Falls

Milk and fruit are served with all meals.

Lunch
Menu unavailable.

Discovery Place

Milk is served with all meals.

Breakfast
Monday: Cheerios, whole wheat toast, apple juice
Tuesday: Kix, whole wheat toast, orange juice
Wednesday: Corn Flakes, whole wheat toast, grape juice
Thursday: Cream of Wheat, whole wheat toast, grape juice
Friday: Chex, whole wheat toast, apple juice

Lunch
Monday: Whole wheat cheese pizza, corn, Mandarin oranges
Tuesday: Beef stew with mixed veggies, bread/butter, cheese slices, pears
Wednesday: Grilled cheese sandwich, tomato soup, cottage cheese, pears
Thursday: Chicken patty on a bun, beans, chips, peaches
Friday: Chicken gravy, mashed potatoes, green beans, bread/butter, mixed fruit

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Answers to last week's puzzles

Level: Advanced

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

CLUES ACROSS

1. Winged nut
7. ___ Humbug!
10. One who sets apart
12. Circle above a saint's head
13. Unpleasantly loud and harsh
14. Expressed pleasure
15. Feminine given name
16. Company of badgers
17. Popular Dodge pickup truck
18. Witty sayings
19. Leader
21. Autonomic nervous system
22. Premolar
27. Atomic #28
28. Holiday decorative item
33. Exclamation of surprise

34. Rusk or cracker
36. Returned material authorization (abbr.)
37. Scottish or Irish Gaelic language
38. Eat
39. Marxist economics theory (abbr.)
40. Ceases to exist
41. Male Arabic name
44. Series of ridges on an organ wall
45. Places where bees are kept
48. One-time Yankees sensation Kevin
49. Church office
50. Single lens reflex
51. Pieces of fibrous tissue

CLUES DOWN

1. Classify
2. Dismounted
3. Produced
4. Consumed
5. Director Howard
6. The products of human creativity
7. Thai monetary units
8. Away from wind
9. Builder's trough
10. Relating to Islam
11. It can sometimes ache
12. Small quantities (Scot.)
14. Poisonous plant
17. Laugh at
18. Vogul
20. C. European river
23. Type of cat

24. Exclamation of disgust
25. Stephen King novel
26. Without armies
29. Expression of sympathy
30. Relative biological effectiveness (abbr.)
31. Previously
32. Illegal drug
35. Kiloelectronvolt
36. Large, flightless birds
38. For smoking
40. Binary
41. Competition
42. Mark resembling an arrow
43. Containers
44. Root mean square (abbr.)
45. Commercials
46. I.M. __, architect
47. 007's creator

Senior Meals

Heritage Center

Thief River Falls
On site meals are served at 11:45 a.m. Meals must be ordered at least one day in advance by calling 218-681-2793.

Suggested donation for over 60 is \$5.00. Under 60 will pay \$8.75. No one over 60 will be denied a meal for inability to donate. Menu is subject to change upon availability of product.

All meals are served with milk and bread.

Monday: Pepper steak, mashed potatoes with gravy, peas and carrots, cinnamon baked apple
Tuesday: Chicken à la orange, rice pilaf, broccoli, pineapple tidbits
Wednesday: Rosemary pork loin, diced potatoes, peas, bar
Thursday: Beef cabbage bake with egg noodles, corn, fruit
Friday: Roast turkey, mashed potatoes with gravy, green beans, dessert

LSS Senior Meals

Viking and Holt
Senior meals are served every weekday. To make a Viking or Holt meal reservation or to receive a menu, please call 218-874-7137. Viking meals available as home delivery only.

Meals on Wheels

Thief River Falls
Meals on Wheels will deliver meals Monday through Friday, including holidays. For more information, call 218-681-6861. Low fat milk served with all meals.

Monday: Tator tot hotdish, seasoned carrots, coleslaw, wheat bread/margarine, dessert
Tuesday: unavailable
Wednesday: Swedish meatballs, mashed potatoes, sliced beets, wheat bread/margarine, applesauce
Thursday: unavailable
Friday: unavailable

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Editor
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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.

The power to affect change

On Jan. 28, 50 years ago, a plane carrying Roy Pederson, 35, Thief River Falls chief of police, Arthur Rambeck, 77, and William Froiland, 71, who had been reelected to third terms on the City Council, and Pilot Marvin Hausman, 22, Eagle Bend, crashed in an open field one mile west of Highway 59 and one mile north of Winger. All four men were killed.

The men were flying to another community to look at a law enforcement center to bring back ideas for the law enforcement center that would eventually be built in Thief River Falls. The purpose of this trip leads me to believe these men believed in Thief River Falls, that the community could do better, and that they were among those who could put words into action to achieve those goals.

I won't say those sentiments are in short supply among our leaders today because I don't

believe it. It's easy to complain and think those sentiments are in short supply. But, I think we're often distracted and lose sight of our goals ... because we're human. It's not right or wrong to complain, but I believe most of our dissatisfaction stems from stress in our lives - management, burdensome work issues, taxes and inflation, poor communication, fear of repercussions from our mistakes, lack of transparency, and a million other issues in our daily lives that serve only to amplify our dissatisfaction. These issues become stones in our shoes we can't dislodge.

Yes, let's remember and memorialize these men. Let's remember that they believed in Thief River Falls, that it could be better, and above all, could serve others by putting words into action.

Each of us has the capacity to affect change.

Our need for gossip

When I moved to Thief River Falls in the 1980s, the newspaper was still printing columns from our social news correspondents. It seemed like we had one or more correspondents in every township. Our correspondents wrote about who was visiting who, births, deaths, meetings, conferences, what restaurants or cities people visited and other occasions in their lives.

Lots of newspapers had social news correspondents. I was visiting a family in North Dakota one year when a columnist called their home. Of course, they had news to report; I was visiting. It seemed weird to me at the time. There had been nothing like that in the town I grew up in and I wondered what was so newsworthy about my visit.

As a young journalist, I actually thought it would be nice to end the practice as it took up a lot of space. I thought it

had little practical use or value. I was young. I think it was sometime in the 1990s or early 2000s when The Times finally printed the last column from a correspondent. I was told Mary Klamar was the last correspondent to write a column for The Times. She wrote for the Gatzke area for over 30 years.

Such columns were called gossip columns in Hollywood or on the East Coast. They often focused on the personal lives or the conduct of celebrities - show business people, politicians, professional sports stars and other public figures. In northwestern Minnesota, I guess everyone is a celebrity.

In recalling those days of the correspondent, a friend asked me a very thought-provoking question: "Isn't that like Facebook today?"

I paused, and said I guess it is. I responded with another question: "What does that say about us as a society?"



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Letter: No vote negatively impacts children

To those that voted NO

Congratulations, and I hope you're happy with yourselves. You are about to see the impact of your negativity and desire to hamstring the Thief River Falls School District.

The school staff are already aware of the changes you forced them to make, and you will soon see the results. If you know a student that is already

struggling in school, you will only see them struggle more. Those struggles will involve increased class size, reduced class choices, reduced extra-curricular options, stressed teachers and staff, and reduced bussing opportunities to name a few. If you do not know a student, you will still see the results just maybe not in your home or around your supper table.

To those of you that are proud of your no vote I think you should take a good long look in the mirror and then into the eyes of the children you impacted. You shoulder the responsibility for what is about to happen. Sadly, you may still think you made the right choice, but that choice negatively impacts everyone that lives in this school district.

I know our school staff

will put forth their best efforts to do what they can to positively impact the students and families in our school district. Luckily, we will all have the opportunity in the future to make a positive choice for our school district and our children; I just hope it is not too late.

Jared Kainz
TRF

Governor reveals administration's 2024 infrastructure investment recommendations

Gov. Tim Walz announced the 2024 Infrastructure Plan - their capital investment recommendation for the upcoming legislative session. The \$982 million plan invests in infrastructure improvements across the state, including funding for water and transportation infrastructure, housing, and public safety.

"The investments in our 2024 Infrastructure Plan are investments in the well-being and future of Minnesota," said Walz. "We have an obligation to ensure every Minnesotan has access to clean water, well-maintained infrastructure, safe communities, and state buildings that are safe and accessible. These projects will support local governments in their work to improve our infrastructure and create good-paying jobs in every corner of the state."

"Infrastructure investments like those laid out in our plan are one critical way we ensure we're making life easier for all Minnesotans," said Lt. Gov. Peggy Flanagan. "In addition to the important infrastructure investments, this plan will help more Minnesotans find a safe, affordable place to call

home and create additional early childhood programs and facilities to continue to put Minnesota on a path to becoming the best state for kids and families."

Water Systems and Transportation

Our state's water and transportation systems protect Minnesotans' health and safety. The 2024 Infrastructure Plan invests more than \$215 million in water and transportation infrastructure, including more than \$119 million to support grants and low-interest loans to keep our water clean and replace lead pipes. The plan includes \$28 million to establish new grant programs to help remove contaminants like PFAS from drinking water. Additionally, \$2 million in invested in developing a continuous nitrate monitoring network.

Public Safety

Everyone in Minnesota deserves to be safe and protected. That's why Walz and Flanagan's 2024 Infrastructure Plan includes more than \$142 million for public safety projects, including expanding laboratory and investigatory capacity for the Bureau of Criminal Apprehension and planning for a Minnesota

State Patrol headquarters. The Infrastructure Plan also includes \$47 million to build the infrastructure needed to provide rehabilitative programming and educational space for incarcerated individuals.

Housing

Every Minnesotan deserves access to a safe and affordable place to call home and a healthy environment. Walz and Flanagan's 2024 Infrastructure Plan includes more than \$97 million for housing and environment, with more than half of that in Housing Infrastructure Bonds to back the development of multifamily housing supporting people facing homelessness, seniors, and families find safe housing. The infrastructure plan also includes more than \$16 million to update the Minneapolis Veterans Home to better meet residents' needs.

Maintain State Infrastructure

Maintaining and renewing state facilities is an important part of a safe, healthy, and fiscally responsible state budget. That's why their 2024 Infrastructure Plan includes more than \$440 million to maintain and

renew the buildings that taxpayers own and rely on every day, including nearly \$206 million for Minnesota State and the University of Minnesota to repair and renovate buildings.

Other Infrastructure

Walz and Flanagan's 2024 Infrastructure Plan includes more than \$85 million for other infrastructure needs across the state, including \$40 million for local government projects and \$5 million in grants to construct and renovate early childhood facilities and help ensure families have access to early childhood programs housed in safe facilities.

POLICIES

Letters To The Editor: The staff of The Times encourages written responses to editorial comment or letters with original thoughts or ideas of general interest. Letters should be intended for publication in The Times 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, promote violence or in poor taste. Letters should not exceed 650 words in length.

If individuals request their letters printed "as is" they will be deemed a paid advertisement and must appear in a box.

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.

Deadline: The deadline for letters to the editor is 10 a.m. on Mondays.

Updated Minnesota Groundwater Protection Rule Map available

The Minnesota Department of Agriculture has issued an updated map that will help farmers across the state comply with the Groundwater Protection Rule. The rule restricts fall application of nitrogen fertilizer in areas vulnerable to groundwater contamination, and it outlines steps to reduce the severity of contamination in areas where nitrate is already elevated in public water supply wells.

The MDA has made changes to the Fall Nitrogen Fertilizer Application Restrictions Map, which is accessible on the MDA website. Three Drinking Water Supply Areas (DWSMAs) were removed from the map, and none were added. Two of the DWSMAs were found to have non-agricultural sources of nitrate, while the third was removed after further sampling data indicated the nitrate levels were

below the threshold for inclusion. Additional information on the fall application restrictions and exceptions to the restrictions can be found on the MDA's website.

The restriction of fall application of nitrogen fertilizer on these acres will begin Sept. 1, 2024.

Farmers are encouraged to check the new map prior to fall 2024 to determine if their fields are subject to these restrictions.

For more information on the Groundwater Protection Rule visit www.mda.state.mn.us/nfr.

On the resolution to avoid a government shutdown

by Congresswoman Michelle Fischbach

This week, the House passed yet another Continuing Resolution to avoid a government shutdown. I could not, in good conscience, vote for this resolution. The bill failed on border security provisions, we failed to make serious cuts to budget, and failed to rein in the overburdensome regulations put on this country's taxpayers. At a time

when the administration is leaving the border wide open, weaponizing federal agencies against political opponents, and prioritizing "woke" policies over the real needs of our citizens, this country needs Congress to take action, rather than stalling for time. I hope that with the new deadlines, we will see a greater sense of urgency to pass appropriations bills that work for the American people.

On the Other Hand ...

Grandma Deb is my angel on earth



by Becca Harbott

On the Other Hand is written by students attending Lincoln High School in Thief River Falls.

As I have gotten older, the more I realize just how special this person is to me. I look up to her, and I admire her so much. She is my grandma, Deb, and she has given me so many things. The first that comes to mind is her love. It might be the biggest trait that she instilled in me. I hope and pray that I can be as strong as her. She has been through everything imaginable, and her strength is still there. She has encouraged me to chase my dreams, be anything I want to be, and has been there for me through thick and thin.

I strive to be like my

grandma Deb one day, and I look up to her. She is one of the reasons I am passionate about helping others. She always told me, "Treat people how you want to be treated." Kindness is not a hard thing to do, for it is almost harder to not be kind.

My grandma and I have always been close. Some of our favorite things to do together are just sitting together and visiting, picking raspberries in her garden, gathering wild flowers from her garden and making bouquets, and baking her homemade sweet treats.

A few things you should know about her is that she loves the summer and being outside, fishing at Lake of the Woods, and being with her family. My grandma loves nothing more than her family, and she would do anything for anyone, just because "It is the right thing to do." She gives unconditional love, support, and care for those she loves.

Her faith is another thing that I am able to learn from and cherish. She has taught me so many life lessons and

always is able to help me with my faith. Another thing about her that I admire is that she always sees the good in people. No matter what a person has said or done, she always forgives.

Our family was also blessed with two new babies. Grandma is very happy because she has two great grandbabies. She has been married to the love of her life, Bob Martell, for 51 years. They love one another more than words can describe and would do anything for each other.

With all of that being said, I am extremely grateful to have a human being like Grandma Deb in my life. I do not know what I would do without her, she has given me a reason to look at life beautifully, to cherish the people around me, and love one another. It is a privilege to have her in my life, and I pray that everyone can have an angel on earth just like Grandma Deb.



Times for Toddlers ...

More tips for dealing with an angry child

Here are some suggestions for dealing with an angry child. Some of them are designed to help the child avoid unnecessarily frustrating situations. Some are on-the-spot actions you can take when you see your child is having a problem.

- Be a good model. Children will follow your example and likely express their feelings and anger as you do.
- Teach your child to express anger and feelings in words. If Susie is free to say, "I don't feel like sharing just now," and if that desire is respected, chances are she isn't going to slug her brother the minute you turn your back and she will probably be ready to share within a few minutes.
- Catch your child being good. Find lots of ways to praise your children's good behavior and give them attention. (Some children seek parent's attention through negative behavior.) *Make it easy for your child to be good. Give him or her plenty of opportunity for physical exercise to use up extra energy. Keep sleep times and meal times regular so that their physical needs are met.
- Use closeness and touching. Sometimes a sudden hug will help an angry child regain control. You can also just move closer to a child to help him/her curb an angry impulse.
- Set clear limits. A child needs a clear idea of what he can and can't do. "You may tell your brother you are angry but you may not hit him!"

(Contributed by the Early Childhood Family Education Department of School District 564.)

SOMETHING TO TALK ABOUT

Encourage your child to talk about frustrating situations. Help him/her to use words to describe feelings.

(Contributed by the Early Childhood Family Education

Department of School District 564.)

ACTIVITIES Feelings

The following poem and song are ways for your child to talk about his or her feelings.

My Feelings
Sometimes I feel happy.
Sometimes I feel sad.
Sometimes I feel silly.
Sometimes I feel mad.
I may not feel like you do
Every minute of the day.
But feelings are a part of me;
I'm glad I'm made that way.

Feelings, Feelings
(Tune: Daisy, Daisy)
Feelings, feelings,
Feelings are part of me.
I feel happy
Climbing my favorite tree.

But if I should skin my elbow
I might feel sad tomorrow.

It isn't strange
When feelings change
That's what feelings are all about.

Feelings, feelings
Feelings are part of me.
I feel mad
When I have to eat my peas.

But if I should find a nickel;
I might feel really tickled.
It isn't strange
When feelings change.
That's what feelings are all about.

SCAVENGER HUNT
For next week's Activities Feature, you will need old spray bottles, water, and food coloring.

(Contributed by Discovery Place Early Learning Center.)

JOKE OF THE WEEK

Q: What belongs to you but others use it more than you do?

A: Your name.

BOOK OF THE WEEK
There are thousands of books written for young children every year and many

are available for you to borrow from a public library or can be purchased from a bookstore or online. Here are a couple of classic children's books that your family might enjoy:

Willems, Mo. **Leonardo the Terrible Monster.** Leonardo is a terrible monster, but he can't seem to frighten anyone. When he discovers the perfect nervous little boy, will he scare the lunch out of him? Or will he think of something better?

Disney's **Hercules.** When Hercules gives up his strength for a day - bad things occur. Read the book to find out what happens.

VIDEO VARIETY

In addition to the books that are available for your family, there are also many movies and documentaries that may make you laugh and inspire you as well. Here is one classic choice: **Mister Rogers' Neighborhood.** What do you do with the mad that you feel? Mister Rogers teaches children how to deal with feelings of anger.

WONDERS OF THE WEB

The internet has long been available to supplement your parenting knowledge and skills. This is one web location that your family might enjoy: Games to play with your young child, to help understand feelings. <http://living.thebump.com/emotion-games-toddlers-17057.html>

Remember that you can also visit the website of your local public library to find out more about local library services. Libraries in much of northwest Minnesota are listed on the Northwest Regional Library website: <http://www.nwrlib.org>.

(With assistance from the Thief River Falls Public Library.)

Positive Thoughts ...

We do live in NW Minnesota



by Dan Bartsch

I hope everyone is doing well after the nice warm winter we have been having. Mother Nature certainly decided to do the ice bucket challenge on us and made us say, "Oh yes, we live in northwestern Minnesota."

I have to say that, yes, those last couple of days living in the freezer were not fun. But, I remember those days when I was younger when we had a heat shield. We could be walking downtown with north winds blowing snow all over us and our winter jacket only zipped up halfway, gladly drinking an ice cold Coca Cola and wearing no gloves. Why? Because we had a heat shield and no cold could hurt us. Now I am 56, and we only had a moderate, repeat moderate, wind chill advisory, and I have to put on more

clothes going to bed than waking up. I mean, of course, we all should protect our ozone layer, but I think we should also try to protect our heat shields as well.

Because this is an El Nino winter, it is a warmer winter. Recent past winters were influenced by La Nina, which meant a lot more snow and cold snaps. During these winters, we could see a lady outside building an ice castle and singing, "Let it go! Let it go!" Or even worse, if you are driving down Steiger road and see a woolly mammoth, a saber tooth tiger, a free and outgoing sloth and a squirrel who can't find a good place to hide one acorn, it means we are having a tough winter.

I have noticed something when it comes to very cold winters. I used to work in the housekeeping department at the old hospital and clinic. There was one really "toasty" winter day where I went to work and the high was -15. The wind was strong, and from the north, so when I was done in the

evening, it was -40. I was an ice cube when I got home. Needless to say, everything was closed for the night because of the weather. It was right around this time, I noticed any hospital employees who were married had a situation of ... it's cold outside and nothing is open, so what shall we do? Well, I noticed that a lot of married couples had decided to play the card game of Hearts. As for myself, I was just counting flowers on the wall because it didn't bother me at all. I played Solitaire until 2 with a deck of 31 (I need a new deck of cards). I also drank Pepsi and watched Mr. Rogers, so don't tell me I had nothing to do. Well, maybe one day I can learn to play Hearts.

Well, we have another weather holiday coming up. That little rodent from Pennsylvania is reminding us to watch Bill Murray having a long day. Have a wonderful day, keep warm, and, as always, God bless.

Social Security News ...

Protect your personal information

Now is the perfect time to protect yourself from scams that can damage your finances and reputation. The Social Security Administration urges you to work with them to protect your personal information.

Stay informed of the latest scam trends

Fraudsters continue to change their tactics. Make sure you understand the latest scam trends at www.ssa.gov/scam. Stay informed by:

- Following reliable news sources.
- Subscribing to scam alert newsletters.
- Staying connected with your local law enforcement agencies.

The more you know, the better prepared you'll be to identify and avoid scams.

Think carefully before sharing personal information

Phishing is one of the main ways that scammers attempt to trick people into providing personal information. Pay close attention to emails or messages asking for your username, password, or other personal information.

Scammers pretend to be from familiar organizations to gain your trust. Stay alert when receiving calls that you did not request claiming to be from banks, government agencies, or other well-known companies.

When in doubt, contact the organization directly through official channels to verify that the request is real before sharing any personal information or making payment.

Use strong passwords

Create strong, unique passwords like a phrase with upper and lowercase letters, numbers, and special characters. Don't use passwords that are easy to guess like birthdays or names.

Consider using a password manager to generate unique passwords and securely store them for each of your online accounts.

Be savvy with QR codes

QR codes are increasing in popularity. They're in restaurants, on parking meters, in emails, and on social media.

Scammers have noticed! They are physically placing fake QR codes on top of official ones or creating fake QR

codes on social media advertisements to get access to your personal information.

Never scan random QR codes. If the QR code looks odd or altered, do not scan it. Protect your social media profiles

Take a moment to review the privacy settings on your social media platforms and limit the amount of personal information you share publicly.

Fraudsters may use your social media posts to personalize scams or get access to your accounts without your permission. Regularly check your friends list and remove any unfamiliar or suspicious accounts.

This month, let's make protecting ourselves against scams a top priority. We can significantly reduce the risk of being scammed by staying informed, being alert and careful, and safeguarding our accounts.

We invite you to watch our video at www.youtube.com/watch?v=cyaUWTFW3c to learn how to identify the red flags. Please share this information with those who may need it – and post it on social media.

Jan. 30 hearing set on closure of Essentia Health-Fosston labor and delivery services

The Minnesota Department of Health (MDH) will hold a public hearing on Tuesday, Jan. 30 at 6 p.m. on Essentia Health-Fosston's closure of its labor and delivery services unit.

According to the submission filed by Essentia Health, labor and delivery services have been diverted to St. Mary's Regional Health Center, an Essentia facility in Detroit Lakes. Essentia Health-Fosston will continue to provide prenatal and postpartum obstetrics services.

The hearing will be hosted by MDH's Health Regulation Division to provide a forum for the greater Fosston community to discuss the change in services.

Those interested in participating can join the public hearing via the Microsoft Teams event: Essentia Health-Fosston Relocation of Services Public Hearing or by calling 651-395-7448 and using the access code 410 817 281#.

More information about the hearing, including accessibility accommodations and

a form to submit public comments or questions is available on the Essentia Health-Fosston Public Hearing webpage.

In June 2021, the Minnesota Legislature passed legislation requiring a public notice and a public hearing before closure of a hospital or hospital campus, relocation of services or cessation in offering certain services. Details regarding the legislation are available at Minnesota Statutes Sec. 31.

Turning Back The Times ...

County spends \$80,000 on highway work

1924 - One Hundred Years Ago

-The City Council has appointed H.O. Chommie as city attorney and N.J. Anderson as assessor.

-Pennington County has spent \$80,000 on highway work in 1923, County Engineer B.F. Umland reports.

-The Woman's Club held a party this week to observe its 10th anniversary.

1974 - Fifty Years Ago

-Roger Worth has been appointed to serve on the Thief River Falls City Council as first ward alderman, filling the vacancy created by the resignation of Robert Carlson, who is the present mayor of the city.

-Randall Noper has been reelected president of the Thief River Falls Foundation, a local scholarship loan association.

-Thief River Falls city officials killed in a light plane crash in an open field one mile west of Highway 59 and one mile north of Winger were Roy Pederson, 35,

Thief River Falls chief of police, Arthur Rambeck, 77, and William Froiland, 71, both recently reelected to their third terms on the city council, along with Marvin Hausman, 22, the pilot from Eagle Bend, who was a student in the aviation mechanics course at the Thief River Falls Area Vocational Technical Institute.

1984 - Forty Years Ago

-Mr. and Mrs. Harry Hanson of rural Trail have been named as Valley Farmer and Homemaker for Pennington County for 1984.

-The Northland Community College theater department will present "The Fitzgeralds" this weekend.

-The Thief River Falls United Way board has announced that the goal of \$60,124 for this year has been exceeded with donations totaling \$60,916.

1994 - Thirty Years Ago

-David Beito has been elected to serve as president of the Northern State Bank in Thief River Falls, the third generation of the Beito family to hold that position since the bank was established by George A. Beito and others in 1935.

-For the 17th successive year, the Goodridge Jaycees will sponsor the Goodridge JC 100 Cross Country snowmobile race Saturday.

-For the first time, two classes at Goodridge tied for Sno-fest 1994 honors, giving crowns to Jamie Berndt, Melanie Nelson, David Jones, and Nicolas Kotrba.

2004 - Twenty Years Ago

-The American Legion Post 427 of Newfolden is making plans to establish a new memorial to local veterans and complete the project before the community's centennial celebration in July.

-The Red Lake Band of Chippewa has received a \$500,000 grant to be used for upgrading and constructing St. Mary's Mission School.

-Jeff Davidson, an electrical technician for the city of Thief River Falls, has received the Bright Idea of the Year award this year, which

is given to a city employee who saves employee time and taxpayers' money.

2014 - Ten Years Ago

-In February, Sanford Thief River Falls will launch "One Chart," an electronic medical record system for the hospital and clinic, which will give patients access to "My Sanford Chart" so that they can view their medical records online.

-Mike Spears will lead the School District 564 board for the 2014 year.

-Andy Mueller, a local biking enthusiast, recommends "fat tire biking" as a way to continue riding a bicycle across snow-covered ground in the winter.

Cumulative exposure

Many of the risk factors for cardiovascular disease are made worse through cumulative effects. According to the University of Maryland School of Medicine, researchers have established that cumulative exposure to risk factors like high blood pressure, obesity and elevated cholesterol can impact a person's chances of having a heart attack or stroke. Cumulative stress also has been implicated in increased risk of atherosclerosis and overall heart disease, according to data presented at the American Heart Association's Scientific Sessions 2023.

Jay Bechard, Jr., 51

Fergus Falls - Jay (James) Aldren Bechard, Jr. passed away Saturday, January 13, 2024 at Lake Region Healthcare Center in Fergus Falls.

Jay was born September 11, 1972 in Fosston, to James and Faye (Anderson) Bechard, Sr. He was born a twin to Robert Bechard. He grew up around the Plummer area and graduated from Goodridge High in 1991.

Jay worked for various farmers through high school and after graduation. He worked many odds and end jobs throughout his life and his final job was for Advanced Docks and Lifts out of Battle Lake.

Jay loved to fish and he

loved to talk. He will be missed by all who knew him.

Jay is survived by his sister, Lisa (Clint) Holsapple of Laporte; brothers, Kelly Bechard of Superior, WI, and Bob (Patti) Bechard of Adrian, ND; nieces and nephews, Matthew (Amanda) Holsapple of Pillager, Tayler (Shane Holmin) Holsapple of Brainerd, Logan (Amber) Holsapple of Williston, ND, Hunter (Dustyne) Robertson of Deerwood, and Tiffany Bechard of Fergus Falls; along with several great-nieces and nephews.

Jay is preceded in death by his parents, James and Faye Bechard, Sr.; his sister, Michelle Jones; and his brother-in-law, AlRay Jones.

Memorial services will be held in the Spring at the Bagley City Cemetery, Bagley.

Condolences may be left at ceasefuneralhome.com.

A00003B2024JA24

Dennis McCauley, 76

Thief River Falls - Dennis McCauley, of Thief River Falls, passed away on Friday, Jan. 19, 2024 at the age of 76.

A Memorial Service will be held at 11 a.m. on Saturday, Jan. 27, 2024 at Johnson Funeral Service in

Thief River Falls.

Inurnment will be held at Calvary Cemetery in Crookston, at a later date.

Visitation will be held one hour prior to the memorial service on Saturday at Johnson Funeral Service.

A00003B2024JA24

John Sherack, 75

Thief River Falls - John Sherack, Thief River Falls, age 75, passed away on Wednesday, January 17, 2024 at Sanford Medical Center in Thief River Falls.

John Paul Sherack was born November 22, 1948 at Crookston, the son of Frank and Marie (Kruse) Sherack.

The family resided in Crookston, Angus, and Warren. In 1958 after Frank passed away, the family moved to Thief River Falls. John attended Cook School, rural Warren; Warren Elementary School; St. Bernard's School; Lincoln High School (Class of '66); Northland State Junior College ('66-'68); and Moorhead State College ('68-'70).

John's career as an accountant began with Nesland Accounting. He also worked as an accountant for Winter & Associates, Onkka Accounting, and Brady Martz.

John was a MN Twins fan since 1961. He was a die-hard Vikings fan. His other

interests included music, movies, and trivia.

John is survived by his siblings, Margaret (Gene) Ueland, Mary (Wally) Sjaasheim, Rose (Rich) Neitz, and Susan Sherack; sister-in-law, Jane Sherack; 39 nieces and nephews; and cousins and friends.

He was preceded in death by his parents, Frank and Marie Sherack; brother, James Sherack; and his aunts, uncles, and several cousins.

Mass of Christian Burial was held at 1:30 p.m. on Monday, January 22, 2024 at St. Bernard's Catholic Church, Thief River Falls, with Father Rick Lambert presiding. Burial followed at St. Bernard's Catholic Cemetery, Thief River Falls.

Visitation was held from 12:30 p.m. until 1:30 p.m., on Monday, January 22, 2024 at St. Bernard's Catholic Church in Thief River Falls. The Knights of Columbus lead a Rosary prior to the visitation, at 12:00 Noon.

In lieu of flowers, memorials preferred to St. Bernard's School, Thief River Falls.

Family condolences may be sent to www.johnsonfuneralservice.com.

A00003B2024JA24

Ordell Solberg, 93

Thief River Falls - Ordell Solberg, 93, of Thief River Falls, passed away peacefully on Sunday, January 14, 2024 at Sanford Medical Center in Thief River Falls, surrounded by her loving family.

Ordell Marion Stenvik was born June 22, 1930 to Harold and Anne (Rindahl) Stenvik at home in Hickory Township. She was baptized into the Christian faith on July 13, 1930 in the Little Oak School, which was used for Church services at the time. She was confirmed at Our Saviors Lutheran Church in Duluth. She attended grade school in Eastern Pennington County, 7th and 8th grade in Duluth, where they lived for a time during World War II. Her family then moved to Thief River Falls where she graduated from Lincoln High School in 1948. She attended teachers training and taught school in District #59 in Eastern Pennington County.

On July 1, 1950, she was united in marriage to Chester R. Solberg at Trinity Lutheran Church in Thief River Falls. They made their home on the Solberg farm in Goodridge. To their union four boys were born: David, Bruce, Brian (twins) and Paul. They attended Ekelund Lutheran Church in rural Goodridge where their boys were all baptized and confirmed.

Ordell taught Sunday School, Vacation Bible School, and Weekday School. She enjoyed reading, crocheting, music, fishing, camping, and going to

Arizona in the winter in her and Chester's later years. She especially enjoyed visiting with neighbors, friends and their families.

She is survived by her children, Bruce (Diane) and Paul (Sue); grandchildren, Joyce (Greg) Geving, Kristian (Kassie) Solberg, Jared Solberg, Emilie (Jason) Thoennes, Holly (Brian) Binger, Katie (Nick) Ables, Nick (Emily) Solberg and Joe (Brook) Solberg; great-grandchildren, Isaac, Raymond, Gunnar, Arden Geving, Chase Kalt, Brooklyn, Paisley Solberg, Caden, Grayson and Charlotte Binger, Norah and Hattie Ables, Lena and Macy Solberg and Jackson and Declan Solberg; and many nieces and nephews.

Ordell was proceeded in death by her husband, Chester; her parents, Harold and Anne Stenvik; in-laws, Hans and Lena Solberg; sons, David, Brian and his wife Monna; sisters and brother-in-laws, Joan and Virgil Sundsahl, Mavis and Carol Clausen, Beverly and Duran Kirschman and Yvonne Hedlund; brother-in-law and sister-in-law, Harry and Edythe Solberg; and infant twin brother.

In lieu of flowers memorials are suggested to Ekelund Lutheran Church general fund.

The funeral service to celebrate Ordell's life was held at 11 a.m. on Saturday, January 20, 2024 at Ekelund Lutheran Church near Goodridge, with Reverend Kris Snyder and Pastor Dawn Hanson officiating. Burial was held at Ekelund Church Cemetery.

Visitation was held one hour prior to the service on Saturday at Ekelund Lutheran Church.

Condolences may be sent at www.johnsonfuneralservice.com.

A00003B2024JA24

Alice Stancyk, 96

Thief River Falls - Alice Stancyk, of Thief River Falls, passed away surrounded by her loving family on Friday, January 12, 2024 at Oakland Park Communities, Thief River Falls.

Alice Angeline Stancyk was born February 2, 1927 at Grafton, ND, daughter of Anton and Victoria (Marynik) Korczak. She was baptized and confirmed in the Catholic faith. She was raised in the Grafton area and attended country school.

Alice was united in marriage to Stanley Stancyk on May 7, 1952 at St. Stanislaus Catholic Church in Warsaw, ND. To this union, four children were born: Jeanette, Marcelle, Stanley Jr. and Lucille. The couple made their home near Strandquist where they farmed and raised livestock. In her later years, she was employed at Northern Pride in Thief River Falls for 20 years.

She enjoyed canning, baking, cooking, and making her famous homemade "bread," and was always over the top with food at holidays. She also had a huge garden and many varieties of flowers around the house. She enjoyed playing the piano and accordion, and she played for many wedding dances. She played cards and always had a pot of coffee and a "snack" for people. Family was everything to her. During her stay at Oakland Park her favorite snack was coffee, Milky Way and Circus Peanuts.

Alice's family would like to thank Oakland Park staff for their kindness and caring attitude.

Alice was a member of the

Assumption Catholic Church and guild, and later years was a member of the St. Bernard's Catholic Church. Her faith was very important to her; she prayed the Rosary everyday and prayed for family.

Alice is survived by her daughters, Jeanette (Curtis) Forfang of Hallock, Marcelle Franson of Thief River Falls, and Lucille (Tom) Scholin of Thief River Falls; five grandchildren, Jeremy (Jami) Seng, Justin Seng (special friend Laura), Jordan Forfang, Jeffrey (Heather) Franson and Kayden Scholin; great-grandchildren, Anabelle Seng, Peter Qualey, Emma, Amelia, Kiera and Grace Seng, Chloe, and Aliya Franson; brothers, Henry (Janice) Korczak, and Gregory (Genny) Korczak; along with many nieces and nephews.

Alice is preceded in death by her husband, Stanley Sr.; son, Stanley Jr.; parents, Anton and Victoria Korczak; brother, Sylvester Korczak; sisters, Helen (Ambrose) Osowski, Mary Jean (Leo) Altendorf; nephew, Kenneth Osowski; and niece, Rosemary Ann (Larry) Eng; and son-in-law, Derald Franson.

Mass of Christian Burial for Alice was held at 1:30 p.m. on Friday, January 19, 2024 at St. Bernard's Catholic Church in Thief River Falls, with Father Rick Lambert officiating. Burial was held at Assumption Catholic Church Cemetery, Florian.

Visitation was held on Thursday, from 5-7 p.m. with a prayer service and Rosary that followed at 7 p.m. at St. Bernard's Catholic Church in Thief River Falls. Visitation was also held one hour prior to the service on Friday.

Condolences may be sent to www.johnsonfuneralservice.com.

A00003B2024JA24

Justin Disterhaupt, 43

Mandan, ND - Justin Douglas Disterhaupt passed away on January 16, 2024, at his home in Mandan, ND, from a pulmonary embolism.

Justin is the son of Doug and Jodi Disterhaupt who was born in Thief River Falls, on December 27, 1980. He was baptized and confirmed at Redeemer Lutheran Church in Thief River Falls. Justin graduated from Lincoln High School in 1999 and graduated from Concordia College in 2003.

While at Concordia, he met the love of his life, Jennifer. After college Justin moved to Minneapolis and worked for US Bank. Justin and Jennifer married in Minneapolis on September 12, 2009 in an apple orchard. Nine years ago, Jennifer and Justin moved to Mandan, ND.

Justin is survived by his wife, Jenn; parents, Jodi and Doug; his sister, Sara Lunke and her husband, Brad; and nephews, Wyatt, Izeck, Ty and Tucker (Brooklyn Melcher); many aunts, uncles, cousins and friends; and godparents, Stan and Jennifer Springsteen.

He was preceded in death by maternal grandparents, Raymond and Grace Orloff; and paternal grandparents, Frank and JoAnn Disterhaupt.

A00003B2024JA24

Court cases include a DWI

A driving-while-impaired offense was included in the latest edition of the Pennington County Citation Disposition Bulletin. The Times pays for copies of this public information. If it appears in an online forum other than The Times' website (www.trftimes.com), it has been copied.

Minnesota State Patrol

cases: Shane Michael Drury, 43, Red Lake Falls, fourth degree DWI, \$585, 30 days in jail stayed for one year, probation to the court for one year, comprehensive assessment within 60 days of sentencing, complete level of treatment and aftercare recommended, charge of driving after revocation dismissed; Kristyne Larie Duray, 43, Karlstad, charge of expired reg-

istration dismissed; Drew Edward-Luther Farrington, 22, Thief River Falls, 70/60, \$125; Sebastian Nebo, 31, Thief River Falls, charge of no proof of insurance dismissed; Christopher James Smith, 42, Bradenton, Fla., charge of trespassing dismissed; Justin Ray Konickson, 43, Rothsay, 70/60, \$125; Mason Bradley Laidley, 20, Thief River Falls, no seat belt worn, \$110.

Thief River Falls Police Department cases: Quinn Hibbert, 44, Thief River Falls, driving after suspension, \$285, no insurance - owner, \$200, no insurance - driver, \$285; Logan Kurt Puchalski, 27, Thief River Falls, expired registration, \$115; Chelsey Rae Stanley, 34, Thief River Falls, disorderly conduct - brawling or fighting, \$185, 30 days in jail stayed for one year, unsupervised probation for one year, charge of fifth degree assault dismissed; Mark Douglas Stenberg, 33, Oklee, charge of obstruction of the legal process dismissed.

Pennington County Sheriff's Office cases: Beth Marie Haman, 38, Devils Lake, N.D., 65/55, \$125; Raelyn Marie Mada, 23, Dilworth, 80/60, \$225; Brady Lane Erickson, 29, Red Lake Falls, 65/60, \$125; Sebastian Nebo, 31, Thief River Falls, stay of adjudication for a charge of cannabis open package - possession in a motor vehicle - not compliant packaging or container and continued, \$50, unsupervised probation for three months, charge of obstruction of the legal process dismissed; Scott Allen Solberg, 63, Goodridge, 70/60, \$125; Cassandra Rose Torkelson, 41, Thief River Falls, 60/55, \$125.

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The Thief River Falls Times

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The Largest Show In Northwest Minnesota

Farmland rental rate meetings to be presented

Farmland rental rates are the largest input cost the farmer has. Landlords, farmers, and agri-business professionals should make plans to attend one of the informative meetings presented online by the University of Minnesota Extension Service.

Extension farmland rental workshops can help all parties determine a fair farmland rental rate as presenters review historical rental rates throughout Minnesota and use data-driven decisions to help determine a fair value for land.

The online land rental workshops will be held Jan. 24 and 31, and then again on the Feb. 7. These online

workshops cover local historic and projected farmland rental rate trends and current farmland values and sales. Extension staff will also walk through a worksheet to help participants create a fair rental agreement.

To register for online farmland rental workshops through the U of M Extension Service, either go to <https://extension.umn.edu/courses-and-events/farmland-rental-workshop> or search "minnesota land rental workshops." Although these workshops are located outside of northwest Minnesota, they are set-up to benefit residents statewide.

ENVELOPES

THE TIMES PRINTSHOP

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A trip down memory lane ~ 1984

TOP AWARDS in the form of sfar ratings were received by a baritone duet and woodwind ensemble from Lincoln High School at the state-region music competition held recently. Pictured in the photo above are, from left to right, Jacki Kramer, miscellaneous woodwind; Kevin Anderson, baritone; Penny Jorde, baritone; and Evonne Anderson, miscellaneous woodwind. Nine area schools competed in the region SAA event.

Ava Yuska on dean's list at Iowa State Univ.

Ava Yuska of Thief River Falls was named to the 2023 fall semester dean's list at Iowa State University. Students named to the dean's list must earn a grade point average of at least 3.50 on a 4.00 scale while carrying a minimum of 12 credit hours of graded course work. Yuska is studying interior design.

Gerrit Bjornstad on dean's list at Mayville State

Gerrit Bjornstad of Thief River Falls has been named to the dean's list for the fall semester of 2023 at Mayville State University. To be named to the dean's list, a student must attain a grade point average of 3.50 or higher and successfully complete a minimum of 12 graded credit hours of regular academic credit from Mayville State.

Worship With Us

ALMA FREE LUTHERAN CHURCH
Dennis Gray, Pastor
28098 300th Street NW, Argyle
Phone: (218) 874-2101
Web: www.almaafc.org

Sunday sermons recorded on www.facebook.com/almaafc. In case of a need, call Pastor Dennis Gray at 218-874-2101.

Sunday, January 28: 9:30 a.m. Worship followed by Coffee, Sunday School, Confirmation Instruction, Annual Congregation Meeting, and Potluck Dinner

ABUNDANT LIFE LUTHERAN CHURCH
LeRoy Flickinger, Pastor
1602 Pennington Ave., P.O. Box 522, Thief River Falls
Phone: (218) 681-2300
Web: abundantlifetrif.com

Sundays: Service at 9:30 a.m.; Coffee & Fellowship at 10:30 a.m.; Sunday School at 10:45 a.m.

BETHLEHEM AND NAZARETH LUTHERAN PARISH – ELCA
202 Marshall Avenue, Holt Box 39, Newfolden
Bethlehem Office: (218) 874-7115
Nazareth Office: (218) 449-3856
Office Hours: Bethlehem - 10 a.m. to 12 p.m. Wednesdays; Nazareth 10 a.m. to 11:30 a.m. Thursdays.
web: <https://www.bethlehem-nazareth.org>
www.facebook.com/BethlehemNazareth-Lutheran-Churches-194233180617551
YouTube: Bethlehem and Nazareth Lutheran Church

Sundays: Bethlehem Worship at 9 a.m., No Sunday School in January for Bethlehem Students; Nazareth Worship at 11 a.m., Sunday School at 9:45 a.m.

BLACK RIVER LUTHERAN CHURCH
Frank Ehling, Pastor
Sheila Michaels, Pastor
15952 110th Street SW, Red Lake Falls
Sundays: Worship at 9 a.m.

CALVARY LUTHERAN CHURCH – ELCA
PO Box 8
405 Water Street, St. Hilaire
Phone: (218) 964-5750

Sundays: Worship Services at 10:30 a.m.

CATHOLIC COMMUNITIES OF BLESSED SACRAMENT, ST. EDWARD, ST. JOSEPH
Father George Noel, Pastor
Phone: (218) 289-1735
Email: gnoel@gmail.com

Blessed Sacrament, Greenbush: Saturday Mass at 5 p.m., Sunday Mass at 8 a.m. and live streamed.

St. Joseph, Middle River: Sunday Mass at 11:30 a.m.

St. Edward, Karlstad: Sunday Mass at 9:45 a.m.

COMMUNITY CHURCH INTERNATIONAL
Pastors: Curtis Jacobson, Tom and Jennifer Ramsey
Highway 1 East, Thief River Falls
Phone: (218) 681-2285

Saturdays: Men's Prayer Breakfast 7:30 a.m.

Sundays: Worship at 10 a.m.; Sunday School at 10 a.m.
Fellowship dinner 2nd Sunday of each month.

CLEARWATER LUTHERAN PARISH MT. OLIVE, NAZARETH, OAK PARK, ST. PETRI
Jeff Merseth, Pastor
Rt. 1, Box 156C, Oklee
Phone: (218) 796-5130
<http://clparish.com>

Services and sermons can be found at: www.facebook.com/clearwaterlutheranparish/

Wednesday, January 24: Wednesday School 5–7 p.m.; 6:30 p.m. Vespers

Saturday, January 27: 9 a.m. Mt. Olive Worship with Communion

Sunday, January 28: 8 a.m. St. Petri Worship with Communion; 8:45 a.m. Nazareth Sunday School; 9:45 a.m. Nazareth Worship with Communion; 10 a.m. Oak Park Sunday School, 11 a.m. Oak Park Worship

CORNERSTONE BAPTIST CHURCH
PO Box 816, Thief River Falls
using the facilities of Faith Lutheran Brethren Church at 601 Dewey Avenue N, Thief River Falls
www.cornerstonetrif.org
facebook.com/cornerstonetrif
Sundays: 9 a.m. Worship Service

EPIPHANY STATION
Matty Towse, Lead Pastor
Topanga Brown, Worship Leader
Pete Lee, Sr. Pastor
403 Main Avenue North, Thief River Falls
Web: www.epiphanystation.com
E-Mail: admin@epiphanystation.com

Sundays: Worship at 9:30 a.m. and 11 a.m.

EVANGELICAL COVENANT CHURCH
Bryan Dickson, Pastor
1425 Third Street East, Thief River Falls
Phone: (218) 681-4449
Web: www.trfcovchurch.org
www.facebook.com/trfcovchurch
Office E-Mail: office@trfcovchurch.org

Wednesdays: Prayer and Bible Study at 7 p.m.

Sundays: Worship at 10:30 a.m.; Sunday School and Confirmation Class at 9:30 a.m.; Family Night every other Sunday at 5:30 p.m.

EVANGELICAL FREE CHURCH
Lead Pastor Kevin MacLean, Associate Pastor Kent Hudson
211 Arnold Ave. N., Thief River Falls
Phone: (218) 681-3855
Web: www.trfecf.org
Email: gnoel@gmail.com

Sundays: Sunday School at 9:15 a.m.; Worship Service at 10:30 a.m.

Wednesdays: AWANA at 6:30 p.m.; Youth Group at 6:30 p.m.

FAITH LUTHERAN BRETHREN CHURCH
Tim Carlson, Interim Lay Pastor
601 Dewey Ave. N., Thief River Falls
Sundays: Worship at 10:30 a.m.

FIRST LUTHERAN CHURCH
Kevin Hackney, Pastor
First Lutheran Church
210 Park Ave., Middle River
Gustav Adolph Lutheran Church
Strathcona, MN
Phone: (218) 222-3622

Sundays: Sunday school at 10 a.m., Worship service at 11 a.m. on even months, 9 a.m. on odd months. Service is broadcast on KTRF at 6 p.m.

FIRST PRESBYTERIAN CHURCH
Red Lake Falls, MN
Sundays: Worship service at 10 a.m., Communion on the third Sunday of each month.

GOODRIDGE AREA LUTHERAN PARISH - ELCA FAITH, EKELUND, BETHANY
P.O. Box 157, Goodridge
Phone: (218) 378-4191
glparish@gvtel.com

Wednesday, January 24: Release Time/ Confirmation

Sunday, January 28: 5th & 6th Graders Read the Psalms ~ 8 a.m. Bethany Worship, Annual Meeting following services, 9 a.m. Bethany Sunday School; 9:30 a.m. Ekellund Worship, 10:30 a.m. Ekellund Sunday School; 10 a.m. Faith Sunday School, 11 a.m. Faith Worship, Annual Meeting following services – Potluck to follow - Joy Circle Serving

Monday, January 29: Faith Quilting 9 a.m.–2 p.m.

HEGLAND LUTHERAN CHURCH
Rural Strandquist
Sundays: 9 a.m. Worship Service

IMMANUEL/EBENEZER/BETH ANY LUTHERAN PARISH – ELCA
Jonathan Dodson, Pastor
P.O. Box 98, Plummer
Phone: (218) 465-4525
1315 6th St. NE, Red Lake Falls, MN 56750
Phone: 218-253-2589

Sunday, January 28: 9 a.m. Worship at Ebenezer; 10:30 a.m. Worship at Immanuel (Pr Jonathan); 10:30 a.m. Worship at Bethany (SAM Allen)

IMMANUEL LUTHERAN CHURCH - MISSOURI SYNOD
Rev. Chris Rosebrough, Pastor
Radium
Phone: (218) 681-9992 or 745-5604

Sundays: Worship at 1 p.m., Bible Study at 2:15 p.m.

NEWFOLDEN EVANGELICAL FREE CHURCH
Gary Barrett, Pastor
P.O. Box 86, Newfolden
Phone: (218) 874-8785
Web: newfoldenefc.org
E-mail: necf@wiktel.com

Wednesday, January 24: DETOUR (7-12th) at 6:15 p.m.; AWANA (K-6th) at 6:30 p.m.; Genesis at 6:45 p.m.

Saturday, January 27: Men's Prayer at 7 a.m.

Sunday, January 28: 9:15 a.m. Sunday School (3yr-Adult); 10:30 a.m. Worship Service; Noon: Annual Congregational Meeting
Sunday services continue to be live on YouTube - Newfolden Evangelical Free Church channel.

NEXUS CHURCH
Luke Stavos, Pastor
246 Kendall Ave. N., Thief River Falls
Phone: (218) 681-4716

Sundays: Services at 10:30 a.m. at the church and online at www.nexuschurchmn.com/messages

NEWFOLDEN NEW HOPE LUTHERAN CHURCH - AALC
Ollie Urdahl, Pastor
157 West Iowa Ave., Newfolden
P.O. Box 185, Newfolden
Phone: (218) 523-3932

Sundays: Worship at 9:30 a.m., Sunday School at 10:30 a.m.

OAK RIDGE LUTHERAN CHURCH
Thief River Falls
Phone: (218) 681-1824

Sundays: Worship at 9 a.m.

OPEN ARMS CHRISTIAN FELLOWSHIP
A Ministry of the Seventh-Day Adventist Church
David Jahn, Pastor
218-416-0178
401 St. Paul Ave. S., Thief River Falls
Church Phone: (218) 681-2790
openarmschristianfellowship@gmail.com

Saturdays: Bible Study at 10:20 a.m., Worship at 11:30 a.m.

OUR SAVIOUR'S LUTHERAN CHURCH – AFLC
Alex Amiot, Pastor
2075 Hwy. 59 SE, Thief River Falls
Phone: (218) 681-4643

Sundays: KTRF Radio broadcast at 8 a.m.; Worship at 9:30 a.m.; Sunday School at 10:50 a.m.

Tuesdays: Women's Bible Study at 9 a.m.

Wednesdays: 6:30 p.m. Kids' Klub, Youth, and Adult Bible Study

REINER LUTHERAN FREE CHURCH – AFLC
Highway 1, 7 miles east of Goodridge
(218) 681-4643

Sundays: Worship at 11:30 a.m. Watch video sermons any time at oursavioursaflcfrf.com or on youtube.com/@oslc. To request sermon manuscripts to be mailed to you, call 681-4643 or email oslc@gvtel.com.

REDEEMER LUTHERAN CHURCH – ELCA
Rev. Stephanie White
1300 Nora Street East, Thief River Falls
Phone: (218) 681-3390
E-mail: redeemer@gvtel.com
Website: redeemertf.org
Facebook: Redeemer Lutheran Church!
Office hours: 9 a.m.–2 p.m.

Wednesdays: 6:30 p.m. Worship Service 5:45-6:30 p.m. – BLAST PreK–5th grade and All confirmation

Sundays: Coffee and Fellowship following services; 9:30 a.m. In-person worship service or *Live stream Sunday Service* at redeemertf.org, click on our YouTube link. Bulletins also available online.

REDEEMER LUTHERAN CHURCH
Missouri Synod
Pastor: Jeffrey S. Lytle
Plummer, MN

Sundays: Divine Worship at 12:30 p.m.

ST. JOSEPH'S CATHOLIC CHURCH
Fr. Bob Schreiner, Priest
112 Edward Ave. N., Red Lake Falls
Phone: (218) 253-2685
305 Minnesota Ave, Brooks, MN
Phone: (218) 698-4477

Red Lake Falls: Saturdays at 5:30 p.m., Sundays at 10 a.m.

Brooks: Sundays at 8 a.m.

RINDAL LUTHERAN CHURCH, NALC
Rev. Timothy Lundeen, Pastor
23511 110th Ave. NW, Newfolden
Phone: (218) 689-0042 • (218) 378-4499
E-mail: prtim@gvtel.com

Sundays: In-person services at 10:30 a.m.; Sunday School from 9:30 to 10:30 a.m.

RIVER OF LIFE CHURCH
Timothy Self, Pastor
1563 Highway 59 SE (Next to McDonalds)
Thief River Falls
Phone: (218) 681-1469
www.riveroflifetrifmn.org

Sundays: Worship Service 10 a.m.

SEVENTH-DAY ADVENTIST CHURCH
David Jahn, Pastor
1024 Tindolph Ave. South, Thief River Falls
Phone: (218) 416-0178

Saturdays: Services at 10 a.m.

SILVER CREEK LUTHERAN CHURCH
Pastor Kristin Ostercamp
22379 170th Ave. NE, Thief River Falls
Phone: (218) 681-3571

Sunday, January 28: 11 a.m. Worship

SILVERTON LUTHERAN CHURCH
17982 180th St. NE, Thief River Falls
facebook.com/silvertonlutheranchurch

ST. BERNARD'S CATHOLIC CHURCH
Father Craig Vasek, Pastor
105 Knight Avenue N., Thief River Falls
Phone: (218) 681-3571
www.stbernardscoc.org

Saturdays: Mass at 5 p.m.

Sundays: Mass at 9 a.m.
9 a.m. Sunday Mass is also livestreamed

ST. JOHN LUTHERAN CHURCH
Missouri Synod
Pastor: Thomas L. Puffe
101 Pine Ave. S., Thief River Falls
Phone: (218) 681-4488

Fridays: Bible study at 2 p.m.

Sundays: Worship at 10:45 a.m.

ST. JOHN LUTHERAN CHURCH
Missouri Synod
Pastor: Jeffrey S. Lytle
702 Main Ave. S., Red Lake Falls
Phone: 218-253-2987

Sundays: Sunday School & Bible Study at 9:00 a.m.; Divine Worship at 10:30 a.m.

ST. PAULI LUTHERAN CHURCH ELCA
Kevin Reich, Pulpit Supply
P.O. Box 944, County Road 20 S. Thief River Falls
Web: <http://historicsstpauli.org>

Sunday, January 28: 9:15 a.m. Sunday School; 10:30 a.m.–11:15 a.m. Coffee; 11:30 a.m. Worship Service

THRIVING LIFE CHURCH
Jim Binder, Pastor
22722 350th St. South, Erskine
218-556-1545
www.thrivinglifemn.org

Sundays: Worship service 10 a.m.

VIKING COVENANT CHURCH
Clark Hjelle, Pastor
P.O. Box 96, 111 Third Ave. W., Viking, MN
Cell: (218) 202-1056

Sundays: Worship services at 10 a.m.; Sunday School at 11:15 a.m.

TRINITY LUTHERAN CHURCH – ELCA
Linda Kaushagen, Lay Visitation and Senior Outreach
325 Horace Ave. N., Thief River Falls
Phone: (218) 681-1310
www.trinitylutherantrf.org

Sundays: Worship Service at 9 a.m.; Coffee Fellowship following the service; Sunday School 10 a.m.

Worship Broadcasts: Also broadcasted on Garden Valley Channel 37 at 9 a.m. and Sjoberg's Channel 3 at 10:30 a.m. Listen at 10:30 a.m. on KTRF Radio.

UNITED METHODIST CHURCH
Rev. Dr. Betty Johnson
116 Horace Ave. N., Thief River Falls
Phone: (218) 681-4388
Web: www.thiefriverumc.org
Email: trfumc@gmail.com
Pastor email: trfumpastor@gmail.com
Facebook: Thief River Falls United Methodist Church

Sundays: Worship services at 10 a.m. Service is recorded and posted on Facebook.

Tuesdays: 10 a.m. Video Bible Study; 3 p.m. Bible Study

Thursdays: 10 a.m. Chit Chat

UNITED LUTHERAN, GATZKE OUR SAVIOR'S, THIEF LAKE
Tim Lundeen, Pastor
(218) 425-7878
Our Savior's, Thief Lake
Phone: (218) 222-3711
United Lutheran, Gatzke
(218) 459-3351

Sundays: (KTRF 1230) Morning devotional hour at 8 a.m., Worship service at 8:30 a.m.

VIKING LUTHERAN PARISH ZION LUTHERAN CHURCH
Pulpit Supply: Barb Price, Cindy Ellingson
218-523-4995
P.O. Box 37, Viking

Sundays: Worship at 10:15 a.m.

WESTAKER FREE LUTHERAN CHURCH AFLC
Kevin Hall, Pastor
321 Minnesota Ave. E., Newfolden
Phone: (218) 874-7925
Web: westakerfreelutheran.360unite.com
Facebook: Westaker Free Lutheran Church

Email: westakerfc@wiktel.com

Wednesdays: 6:30 p.m. - Kids' Club, Youth & Colossians Bible Study

Sundays: Sunday School at 9:15 a.m.; Worship at 10:30 a.m.; Trumpet of Truth 7 p.m. on KTRF.

ZION LUTHERAN CHURCH – ELCA
Pastor Kristin Ostercamp
505 Main Ave. N., Thief River Falls
Phone: (218) 681-3296
Web: www.ziontrf.org

Worship Broadcasts: 9 a.m. KTRF Radio; 9 a.m. Cable Channel 3; 12 Noon Cable Channel 37

Wednesday, January 24: 5:15 p.m. Confirmation Supper, 6 p.m. Confirmation; 6 p.m. God's Joy Choir; 7 p.m. Senior Choir

Thursday, January 25: 9 a.m. SAIL Exercise; 12-4 p.m. LLS Respite Care

Friday, January 26: 8 a.m. Men's Breakfast/Biff's

Sunday, January 28: 9 a.m. Zion Worship; 10 a.m. Zion Annual Meeting; 10 a.m. Zion Sunday School/Cornerstone

Monday, January 29: 9 a.m. SAIL Exercise

This Church Directory Is Sponsored By The Following Businesses

SENIOR HOUSING with services

Valley

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Phone: 681-3286

523 Arnold Ave. South

Thief River Falls, MN 56701

JOHNSON

FUNERAL SERVICE, INC.

420 LaBree Ave. N., Thief River Falls, MN 56701

Phone: (218) 681-4331 • Fax: (218) 681-4534

www.johnsonfuneralservice.com

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Prowlers beat Flyers and Otters on road trip

Seventeenth-ranked Thief River Falls won a pair of road games over the weekend, defeating 11th-ranked Little Falls 6-2 Friday night at the Little Falls Exchange Arena and they wrapped up the weekend with a 4-1 win over Fergus Falls.

"I thought it was a nice weekend for us," said Head Coach Tim Bergland. "The boys played hard and it was a very good effort overall. We played as a team and came away with two wins."

Little Falls was last year's Section 5A runner-up behind state consolation champion St. Cloud Cathedral, and the Flyers brought an 11-5 record into Friday night's game.

The Prowlers got off to a fast start against the Flyers, with Jace Erickson scoring 53 seconds into the game.

The Flyers answered with just over 10 minutes left to play in the first period, as Joey Welinski scored on the power play for the Flyers.

The Prowlers answered with 44 seconds left in the first with Erickson scoring his second goal of the night.

The Prowlers added to their lead in the second period with a goal by Braydin Lund to make it 3-1 with 9:32 remaining.

Spencer Anderson scored a pair of goals in the first six minutes of the third period, sandwiched around a goal by Max Arlt, to make the score 6-1.

The Flyers would pick up a goal, as Luke Avery scored on the power play, to make it 6-2 with 5:40 left to play.

Recording assists for the Prowlers were Lund (3), Cooper Anderson, Paul Anderson, Spencer Anderson, Erickson (3) and Rylan Leake (2).

Goaltender Conner Roff faced 26 shots on goal and finished with 24 saves.

"Little Falls I believe we played probably the best game up to this point," Bergland said. "They came on fast and never really took their foot off the gas. Jace Erickson had a very nice game for us."

The Prowlers got off to a fast start again Saturday afternoon against the Flyers.

Erickson, Cooper Anderson and Gabe Winter scored goals in the first 10 minutes of the game to stake the Prowlers to a 3-0 lead. Erickson's goal came on a power play, following a five-minute major penalty for boarding by the Otters' Luke Norgard. The Prowlers would also skate shorthanded in the opening period as Tucker Howe was issued a five-minute major that kept him in the penalty box until the 1:01 mark of the second period.

The Prowlers were back at full strength when the Otters broke the shutout with a goal by Shane Zierden at the 3:04 mark.

The score remained 3-1 in favor of the Prowlers until

Spencer Anderson scored at 1:41 of the third period to put the Prowlers in front by a score of 4-1.

"Fergus Falls was similar to Little Falls, but lots of penalties," Bergland said. "We had to kill off a four minute five-on-three, which we did. Kind of a key point in the game. I thought Spencer Anderson had a very good game. I hope we can build on that for the last part of the season."

Recording assists for the Prowlers were Arlt, Lund, Jameson Hurst, Bennett Borgen, Erickson and Cooper Anderson.

Roff finished with 31 saves and an impressive .969 save percentage.

Next up for the Prowlers is a trip to Warroad to face Waseca Thursday at 5:30 p.m. in day one of the Hockey Day MN event.

Scoring	1	2	3	T
Thief River Falls.....	2	1	3	6
Little Falls.....	1	0	1	2

First period - TRF, Jace Erickson (Braydin Lund) 0:53; LF, Joey Welinski (power play) (Remi Chisholm, Carter Othoudt) 6:54; TRF, Jace Erickson (Cooper Anderson, Paul Anderson) 15:16.

Second period - TRF, Braydin Lund (Spencer Anderson, Jace Erickson) 7:28.

Third period - TRF, Spencer Anderson (power play) (Braydin Lund, Jace Erickson) 1:41; TRF, Max Arlt (Braydin Lund, Rylan Leake) 3:07; TRF, Spencer Anderson (Rylan Leake, Jace Erickson) 6:04; LF, Luke Avery (power play) (Remi Chisholm, Ryan Othoudt) 11:20.

Shots - TRF 14-14-9 - 37; LF 11-10-5 - 26.

Power plays - TRF 1-for-2; LF 2-for-3.

Penalties - TRF 3 (6 minutes); LF 2 (4 minutes).

Goalie saves - TRF, Conner Roff 24; LF, Izaak Kalis 25; LF, Isaac Dezurik 6.

Scoring	1	2	3	T
Thief River Falls.....	3	0	1	4
Fergus Falls.....	0	1	0	1

First period - TRF, Jace Erickson (power play) (Max Arlt, Braydin Lund) 1:08; TRF, Cooper Anderson (Jameson Hurst) 9:14; TRF, Gabe Winter (Bennett Borgen, Jace Erickson) 9:39.

Second period - FF, Shane Zierden (Aiden Schake, Leighton Buckmeier) 3:04.

Third period - TRF, Spencer Anderson (short handed) (Cooper Anderson) 3:04.

Shots - TRF 17-12-14 - 43; FF 13-16-3 - 32.

Power plays - TRF 1-for-3; FF 0-for-3.

Penalties - TRF 3 (9 minutes); FF 4 (11 minutes).

Goalie saves - TRF, Conner Roff 31; FF, Ryan Nelson 39.

Mariucci	Conf.	overall	pts
EGF.....	3-1-1	12-5-0	7
Warroad.....	3-1-0	15-3-0	6
Roseau.....	2-2-1	13-3-1	5
Moorhead.....	2-0-0	6-9-1	4
Bemidji.....	2-3-0	5-9-1	4
Thief River Falls.....	2-4-0	10-6-1	4
Crookston.....	0-3-0	8-7-0	0

Results
■ Tuesday, Jan. 16 - Roseau 4, East Grand Forks 4; Moorhead 7, St. Cloud 1; Thief River Falls 14, Kittson County Central 0.

■ Thursday, Jan. 18 - Deroit Lakes 1, Bemidji 1; Crookston 7, Bagley/Fosston 0.

■ Friday, Jan. 19 - Thief River Falls 6, Little Falls 2; Warroad 5, Duluth Denfeld 2.

■ Saturday, Jan. 20 - East Grand Forks 4, Duluth Denfeld 0; Little Falls 4, Crookston 1; Thief River Falls 4, Fergus Falls 1.



Thief River Falls senior Bryadin Lund scored four points, (one goal and three assists) in the Prowlers' 6-2 win over 11th-ranked Little Falls Friday night. (Photo by Joe Vennewitz)

Girls Hockey

Prowlers shut out Green Wave to even season series

Thief River Falls was a decisive 3-0 winner over East Grand Forks Thursday night in a girls hockey battle between Section 8A rivals at the Ralph Engelstad Arena in Thief River Falls.

The win by the Prowlers evens the season series between the teams. East Grand Forks won the first meeting 4-3 on Dec. 12.

"We played hard," said Thief River Falls Head Coach Brett Johnson. "We wanted it. We knew it was an important game and we went out and took full control. Tuesday night is our rubber

match and that now becomes the most important game of the year."

The Prowlers scored once each period, with Parker Olsonawski supplying the only goal of the first period just 3:39 into the contest. Almost a full period later, Kali Knutson scored to make it 2-0, with an assist by Lila Dalager. Rounding out the scoring for the Prowlers was a short handed goal by Dalager with 3:56 remaining.

The teams were scheduled to meet again in the rubber match Tuesday night, with the number three seed in the

Section 8A tournament on the line. Results of that game will appear in the Jan. 27 edition of The Northern Watch.

Scoring	1	2	3	T
East Grand Forks.....	0	0	0	0
Thief River Falls.....	1	1	1	3

First period - TRF, Parker Olsonawski 3:39.

Second period - TRF, Kali Knutson (Lila Dalager) 3:09.

Third period - TRF, Lila Dalager (short handed) 13:04.

Shots - EGF 5-12-4 - 21; TRF 6-8-9 - 23.

Power plays - EGF 0-for-3; TRF 0-for-2.

Penalties - EGF 2 (4 minutes); TRF 3 (6 minutes).

Goalie saves - EGF, Britlyn Ras-

mussen 20; TRF, Faith Hartmann 21.

Scoring - JV	1	2	3	T
East Grand Forks.....	0	0	0	0
Thief River Falls.....	0	4	2	6

First period - No scoring

Second period - TRF, AJ Brateng (Halle Seeger, Bella Dicken) 0:28; TRF, Ava Niebuhr (power play) (Bella Dicken) 6:54; TRF, Halle Seeger 14:12; TRF, Tegan Pray (Halle Seeger) 15:12.

Third period - TRF, Ava Seeger (AJ Brateng) 1:02; TRF, Halle Seeger 12:56.

Shots - EGF 5-5-6 - 16; TRF 8-18-4 - 30.

Power plays - TRF 1-for-4; EGF 0-for-4.

Penalties - TRF 4 (8 minutes); EGF 4 (8 minutes).

Goalie saves - TRF, McKenna Carr 16; EGF, Londyn Maixner.

Kindra Poissant hired as TRF Softball coach

Thief River Falls Activities Director Chris McLean announced last week that 2005 Lincoln High School graduate Kindra (Trontvet) Poissant has been named the new head coach for the Prowler softball program.

"We are excited to offer Kindra Poissant the opportu-

nity to lead the Prowler softball program," McLean said. "As an alumnus, Kindra has a love for Prowler Athletics and has always been an individual who is willing to help wherever needed."

Poissant replaced Carter Rogalla, who stepped down as head coach in fall 2023

after leading the program since 2012.

"As one of our longest-tenured head coaches, Carter Rogalla has built a program that is built on fundamentals, respect and hard work. Coach Poissant will only build on that tradition. She is a servant leader that will work hard everyday for our kids."

Poissant was a four-year letter winner for the Prowlers, playing for Head Coach Matt Okeson from 2002-05.

"Being an alumnus of the Prowler Softball program, I had the honor of being coached by Coach Okeson throughout high school," Poissant said. "Additionally, I have spent the past three years coaching under the guidance of Coach Rogalla. These two men have dedicated an immense amount of time and energy to the Prowler Softball program, and they have played a sig-

nificant role in shaping the person and coach I am today. As I step into this new role, I am excited to fill their big shoes and continue their legacy.

"As the new head softball coach, I am looking forward to the upcoming spring season. Coaching these young ladies is a privilege, and while winning games is exciting, my main focus is to help them grow both on and off the field. Sports have the power to teach invaluable life lessons, and I want to prepare these girls for the challenges and triumphs they will encounter. My goal is for them to feel proud of themselves and proud to be part of our team, regardless of the outcome."

Poissant has been married to her husband Ben for 15 years. Together, they are the parents of Bree, Kali, and Khloe, aged 12, 11, and 9.



Thief River Falls senior goaltender Conner Roff faced 58 shots on goal and saved 55 in a pair of road wins over Little Falls and Fergus Falls Friday and Saturday. (Photo by Joe Vennewitz)

TRF SPORTS

Wednesday, Jan. 24

■ Basketball - NCTC Men vs. Hibbing 6 p.m.

Thursday, Jan. 25

■ Hockey - LHS Boys vs. Waseca (Hockey Day MN at Warroad) 5:30 p.m.

Friday, Jan. 26

■ Basketball - LHS Boys at Barnesville 7:30 p.m.

■ Hockey - LHS Girls vs. St. Cloud Crush 4 p.m.; LHS Boys vs. Greenway 6 p.m.

■ Wrestling - LHS hosts Quad 4 p.m.

Saturday, Jan. 27

■ Basketball - NCTC Women at

Central Lakes 1 p.m.; LHS Girls vs. Menahga 1:30 p.m.; NCTC Men at Central Lakes 3 p.m.

■ Hockey - LHS Girls vs. Sartell noon; LHS Boys vs. Hibbing 2:30 p.m.

■ Wrestling - NCTC Men at Dickinson State Open 9 a.m.

Monday, Jan. 29

■ Basketball - NCTC Women vs. Concorida College JV 5:30 p.m.

Tuesday, Jan. 30

■ Basketball - LHS Girls vs. Dilworth-Glyndon-Felton 7:30 p.m.; LHS Boys at Crookston 7:30 p.m.

■ Hockey - LHS Girls vs. Prairie Center 7:30 p.m.

TRF Boys Hockey Fan of the Night



At each home game during the 2023-24 season, a Thief River Falls boys varsity hockey player donates a stick that is signed by the entire team and given away in a drawing. The stick is sponsored by the Prowler player presenting it to the winner and the entry for it is free for anyone 12 and under at all our home games. Pictured from left to right are: top row senior Captain Max Arlt and Ryan, senior defenseman Tucker Howe and Brynlee L., senior captain Jace Erickson and Maeve H.; left - senior captain Conner Roff and Samuel P.; right - senior defenseman Evan Paschke and Oliver M.; bottom row - junior forward AJ Rogalla and Lexi J., and senior forward Kennett Kezar and Averie W. (Submitted photos)



TRF YOUTH HOCKEY

10U
■ Sunday, Jan. 21 (Old Arena) - EGF 9, TRF 3. TRF goals - Evelyn Lemm, Rylie Reiersen (2). TRF assists - Kenzie Miller (2), Evelyn Lemm, Quinn Westerman, Tatum Fay; TRF goalie saves - Taelyn Pray 28.
■ Saturday, Jan. 20 (EGF) - EGF 5, TRF 1. TRF goal - Charleigh Hamre; TRF assist - Rowan Kennett; TRF goalie saves - Claire Munter 10.
■ Saturday, Jan. 20 (EGF) - EGF 5, TRF 3. TRF goals - Kaitlyn Jahn, Kiptyn Anderson, Rowan Kennett; TRF goalie saves - Claire Munter 20.
■ Sunday, Jan. 21 (TRF) - TRF 6, Moorhead 5. TRF goals - Haylie Jahn, Addison Bienek, Maizey Ziegler, Kaitlyn Jahn, Rowan Kennett, Kiptyn Anderson; TRF assists - Charleigh Hamre (2), Rowan Kennett, Chloe Barrett; TRF goalie saves - Claire Munter 21.
n Record 12-11-1.

12UB
■ Thursday, Jan. 11 - Warroad 3, TRF 2. TRF goals - Alexandra Jablinske, Samantha Kieffer; TRF assists - Averie Walseth, Kendall Tanner; TRF goalie saves - Gabrielle Schneider 35.
■ Sunday, Jan. 14 - Crookston 2, TRF 1. TRF goal - Mary Lancot; TRF assists - N/A; TRF goalie saves - Gabrielle Schneider N/A.
■ Friday, Jan. 19 - TRF 1, Detroit Lakes 1. TRF goals - Kennedy Svendsgaard; TRF assists - Ella De-

Frang, Alexandra Jablinske; TRF goalie saves - Gabrielle Schneider 32.
■ Sunday, Jan. 21 - Bemidji 10, TRF 0. TRF goalie saves - Gabrielle Schneider 39.
■ Sunday, Jan. 21 - Proctor/Hermantown 2, TRF 1. TRF goals - N/A; TRF goalie saves - Gabrielle Schneider 38.
Pee Wee A
■ Tuesday, Jan. 16 - TRF 5, Roseau 4. TRF goals - Beckem Johnson (2), Jaden Bienek, Easton Gonsorowski, Kyler Peralta, Beckem Johnson; TRF assists - Kyler Peralta, Jackson Sorvig, Easton Gonsorowski (2); TRF goalie saves - Teagan Marsden 21.
■ Sunday, Jan. 21 - TRF 5, Bemidji AA 4. TRF goals - Luke Kelly (2), Kyler Peralta (2), Easton Gonsorowski; TRF assists - Jaden Bienek (2), Corbin Hruby, Jackson Sorvig, Beckem Johnson; TRF goalie saves - Teagan Marsden 32.
Pee Wee B
■ Saturday, Jan. 20 - TRF 4, Bagley 4. TRF goals - Baylen Srnsky, Landon Brown, Owen Ranum, Levi Wilde; TRF assists Joseph Michalke, Baylen Srnsky, Odin Anderson, Owen Ranum, Lucas Erickson; TRF goalie saves - Landon Snoozy 36.
■ Sunday, Jan. 21 - Warroad 5, TRF 4. TRF goals - Joseph Michalke (2), Lucas Erickson, Hayden Esala; TRF assists - Hayden Esala, Baylen Srnsky, Levin Wilde, Landon Brown; TRF goalie saves - Landon Snoozy 34.

Prowlers fall on road to state-ranked teams

The Thief River Falls girls hockey team has been tested on a regular basis this season, and those tests continued Friday and Saturday as the team made a trip to the Twin Cities to face top-ranked Holy Angels and seventh-ranked Mound Westonka/Southwest Christian.

On Friday night, the Prowlers dropped a 7-0 deci-

sion to Holy Angels at the Richfield Ice Arena. On Saturday, the Prowlers were blanked again by a 3-0 score.

"I thought our girls battled extremely hard and gave both teams a run for their money," said Thief River Falls Head Coach Brett Johnson. "We forced a lot of shots from the outside and didn't allow them very many second chance opportunities

at rebounds. A lot of the little things we have been talking about all year long we are starting to see happen. The unfortunate part is we need to be able to put the puck in the net."

Scoring	1	2	3	T
Thief River Falls	-	-	0	0
Holy Angels	-	-	7	7

No statistics available as of presstime.

Scoring	1	2	3	T
Thief River Falls	0	0	0	0
Mound Westonka	2	0	1	3

First period - MWSWC - Camryn Hargreaves (power play) Natalie Miner, Gisella Harder) 7:44; MWSWC - Gisella Harder (Brellynn Koehler, El-lison Lundquist) 10:03.

Second period - No Score

Third period - MWSWC - Sage Finck (Claire Bolen, Brooke Garlock) 15:15.

Shots - TRF 1-3-3 - 7; MWSWC - 22-16-17 - 55.

Power plays - TRF 0-for-2; MWSWC 1-for-4

Penalties - TRF 4 (8 minutes); MWSWC 2 (4 minutes)

Goalie saves - TRF, McKenna Carr 52; MWSWC, Ashlyn Roth 7.

Chargers fall to Patriots, get back in win-column against Knights

The Goodridge/Grygla boys basketball team saw its nine-game winning streak snapped with a 76-66 loss at Win-E-Mac Thursday night, before bouncing back with a dominant 86-46 win over Climax/Fisher Friday night in Climax.

"We came out playing as good of basketball as we have this year," Goodridge/Grygla Head Coach Andrew Sundberg said of Thursday night's game against Win-E-Mac.

Three Chargers reached double figures in the contest, led by 23 points from Lewis Jones, and 16-point efforts from Blake Rychlock and Carson Rubischko.

"Carson was on fire to start the game, and we were getting good shots and play-

ing good defense to get a 11-point lead," Sundberg said. "However, the Patriots withstood our run and were able to get it down to a four-point game at the half."

The Patriots led the Chargers 43-39 at the break. They took the lead in the second half and pulled away down the stretch to pick up their 10th win of the season.

"In the second half, the Patriots played extremely well, especially defensively," Sundberg said. "I didn't think we played poorly, we just lost to a really good team that played very well. On the bright side, Owen [Chervestad] and Carson had very good games - we'll need them to continue these kinds of contributions."

While it is both frustrating and disappointing, a competitive loss can be a great motivator. That appeared to be the case for the Chargers, who built a 55-33 lead over the Climax/Fisher Knights, before cruising to a 40-point win.

"Playing back-to-back road games can be a challenge, but the Chargers came ready to play against the Knights," Sundberg said. "I was especially pleased with our defensive intensity after the first couple of minutes of the game. Chase [Manderud] had an outstanding overall game to complement Lewis and Blake's great shooting nights. It was a good response after a tough loss the prior night."

Scoring	1	2	T
Goodridge/Grygla	43	23	66
Win-E-Mac	39	37	76

Goodridge/Grygla - Blake Rychlock(16 pts, 7 reb), Spencer Coan (3 reb, 4 asst), Owen Larson (11 pts, 11 reb), Carson Rubischko(16 pts, 6 reb, 3 steals), Lewis Jones (23 pts, 6 reb, 5 asst).

WEM - (leaders) - Justin Courneya 34, Ryan Kangas 16.

Scoring	1	2	T
Goodridge/Grygla	55	34	89
Climax/Fisher	33	12	45

Goodridge/Grygla - Blake Rychlock(26 pts, 8 reb), Sawyer Jacobson (4 reb, 3 asst), Spencer Coan (6 pts, 3 reb), Owen Larson (4 pts, 4 reb), Chase Manderud(2 pts, 8 reb, 5 asst), Carson Rubischko(10 pts, 5 reb, 7 asst, 3 steals), Lewis Jones (31 pts, 9 reb, 4 asst), Rease Stratton (2 pts), Russell Rian(8 pts, 4 reb).

Climax/Fisher - (leaders) - Ryan Morris 12, Tyler Evitts 11.

Section 8A Boys East	Overall	W	L	QRF
Win-E-Mac	10	4	55.9	
Red Lake	11	3	54.1	
Cass Lake-Bena	7	6	53.2	
Mahnomen/Waubun	10	10	31.4	
Fosston	6	8	31.3	
Bagley	6	6	24.8	
Clearbrook-Gonvick	2	10	21.7	
Blackduck	3	9	21.4	
Northome/Kelliher	3	9	20.1	
Lake of the Woods	0	12	13.1	

Section 8A Boys West	Overall	W	L	QRF
Red Lake County	13	0	78.6	
Fertile-Beltrami	12	1	69.9	
Goodridge/Grygla	10	3	59.2	
Sacred Heart	11	5	54.8	
Northern Freeze	10	6	52.8	
KCC	7	6	50.3	
WAO	7	8	40.1	
Stephen-Argyle	4	10	26.4	
BGMR	1	12	19.0	
Climax/Fisher	1	14	16.3	

Greater Minnesota	Overall	W	L	pts
Moorhead	6-0-0	18-2-1	12	
Roseau	6-3-0	12-10-0	12	
Crookston	5-3-0	14-7-1	10	
Bemidji	5-4-0	12-9-0	10	
Warroad	4-4-0	15-6-0	8	
EGF	1-6-0	7-11-0	2	
Thief River Falls	1-8-0	5-13-0	2	

Results

■ Tuesday, Jan. 16 - Roseau 6, Crookston 3; Warroad 8, Thief River Falls 0.

■ Thursday, Jan. 18 - Moorhead 3, Roseau 2, Bemidji 3, Grand Rapids/Greenway 1; Thief River Falls 3, East Grand Forks 0.

■ Friday, Jan. 19 - Duluth Marshall 5, Crookston 1; Holy Angels 7, Thief River Falls 0; Fergus Falls 4, East Grand Forks 1.

■ Saturday, Jan. 20 - Mound Westonka/SWC 3, Thief River Falls 0; Roseau 2, Brainerd/Little Falls 1; Moorhead 3, Warroad 1.

Prowlers fall to Rebels in section championship rematch

Prowlers get back in win column with win over Hornets

Thief River Falls dropped a 62-56 decision to Dilworth-Glyndon-Felton in a rematch of the the 2023

TRF wins Prowler Invite for first time since 2018/Continued

[Continued from page 16]
decision over Ian Jacobson (Thief River Falls) 13-20 (MD 10-0); 5th Place Match - Vince Perucho (Walker-Hack-Akeley-Nevis) 20-13 won by fall over Ian Jacobson (Thief River Falls) 13-20 (Fall 3:29).

133 - Malakai Simoneau (0-4) place is unknown and scored 0.0 team points. Champ. Round 1 - Miles Larson (Grand Forks Red River) 9-10 won by fall over Malakai Simoneau (Thief River Falls) 0-4 (Fall 3:12); Cons. Round 1 - James Seelhammer (Wadena-Deer Creek) 10-15 won by fall over Malakai Simoneau (Thief River Falls) 0-4 (Fall 2:16).

139 - Elias Motta (7-11) placed 2nd and scored 16.0 team points. Champ. Round 1 - Elias Motta (Thief River Falls) 7-11 received a bye; Quarterfinal - Elias Motta (Thief River Falls) 7-11 won by decision over Gage Vold-Vedbratden (Fertile-Beltrami) 16-9 (Dec 7-3); Semifinal - Elias Motta (Thief River Falls) 7-11 won by decision over Rhett Anderson (United North Central Warriors) 6-15 (Dec 9-6); 1st Place Match - Evan Jares (Bertha-Hewitt-Verndale-Parkers Prairie) 20-4 won by decision over Elias Motta (Thief River Falls) 7-11 (Dec 5-1).

145 - Landen Larson (24-13) placed 1st and scored 22.0 team points. Quarterfinal - Landen Larson (Thief River Falls) 24-13 received a bye; Semifinal - Landen Larson (Thief River Falls) 24-13 won by fall over Aaron Rolf (Hibbing) 7-12 (Fall 3:24); 1st Place Match - Landen Larson (Thief River Falls) 24-13 won by decision over Fordyce Johnson (United North

Section 8AA boys basketball championship game Thursday night in Glyndon, before bouncing back with a 59-51 road win over Frazee Saturday afternoon.

"I thought in both games we had a lot of fight in us," said Thief River Falls Head

Coach Jon Hams. "This is a great group of guys that keeps working hard and relying on each other, especially when it would have been easy to say it was our fourt and fifth game in 8 days."

Both the Prowlers and

Central Warriors) 5-1 (Dec 1-0). 152 - Ethan Lane (28-11) placed 3rd and scored 14.5 team points. Quarterfinal - Zach Davidson (United North Central Warriors) 10-7 won by decision over Ethan Lane (Thief River Falls) 28-11 (Dec 9-4); Cons. Round 1 - Ethan Lane (Thief River Falls) 28-11 received a bye; Cons. Round 2 - Ethan Lane (Thief River Falls) 28-11 won by tech fall over Tanner Littler (Bemidji) 1-3 (TF-1.5 3:44, 15-0); Cons. Semi - Ethan Lane (Thief River Falls) 28-11 won by fall over John Duffy (Nash-Kee-Greenway) 27-9 (Fall 3:45); 3rd Place Match - Ethan Lane (Thief River Falls) 28-11 won by decision over Seth Cossentine (Roseau) 24-5 (Dec 4-1).

160 - Griffin Lundeen (37-1) placed 1st and scored 25.0 team points. Quarterfinal - Griffin Lundeen (Thief River Falls) 37-1 won by fall over Riley Livingston (United North Central Warriors) 10-15 (Fall 5:13); Semifinal - Griffin Lundeen (Thief River Falls) 37-1 won by fall over Jayce Kovarik (Minnewaska Area) 8-5 (Fall 1:04); 1st Place Match - Griffin Lundeen (Thief River Falls) 37-1 won by major decision over David Revering (Bertha-Hewitt-Verndale-Parkers Prairie) 26-4 (MD 19-6).

160 - Brennen Johnson (11-10) placed 7th. Champ. Round 1 - Brennen Johnson (Thief River Falls) 11-10 won by major decision over Preston Thronson (Hibbing) 10-19 (MD 10-2); Quarterfinal - David Revering (Bertha-Hewitt-Verndale-Parkers Prairie) 26-4 won by fall over Brennen Johnson (Thief River Falls) 11-10 (Fall 2:51); Cons. Round 1 - Brennen Johnson

(Thief River Falls) 11-10 won by decision over Eli Benning (Wadena-Deer Creek) 7-13 (Dec 4-2); Cons. Round 2 - Talen Fairbanks (Bemidji) 10-17 won by fall over Brennen Johnson (Thief River Falls) 11-10 (Fall 3:36); 7th Place Match - Brennen Johnson (Thief River Falls) 11-10 won by decision over Riley Livingston (United North Central Warriors) 10-15 (Dec 4-1).

189 - Riley Poissant (18-19) placed 1st and scored 24.0 team points. Champ. Round 1 - Riley Poissant (Thief River Falls) 18-19 received a bye; Quarterfinal - Riley Poissant (Thief River Falls) 18-19 won by fall over Grant Seelhammer (Wadena-Deer Creek) 8-7 (Fall 1:40) Semifinal - Riley Poissant (Thief River Falls) 18-19 won by fall over Derek Nason (Blackduck-Cass Lake Bena Bears) 20-12 (Fall 1:14); 1st Place Match - Riley Poissant (Thief River Falls) 18-19 won by decision over Kohen Donat (Bemidji) 13-13 (Dec 9-7).

215 - Jaydin Lee (2-15) placed 7th and scored 4.0 team points. Quarterfinal - Braden Shamp (Bertha-Hewitt-Verndale-Parkers Prairie) 19-10 won by fall over Jaydin Lee (Thief River Falls) 2-15 (Fall 1:48); Cons. Round 1 - Eric Bowen (Minnewaska Area) 6-9 won by fall over Jaydin Lee (Thief River Falls) 2-15 (Fall 1:00); 7th Place Match - Jaydin Lee (Thief River Falls) 2-15 won by forfeit over Jayden Perry-Mattson (Hibbing) 6-22 (For.)

TRF wins Prowler Invite boys JV division

Tristan Hruby won an individual championship, and Thomas Eidsmoe, Ian Lundeen, Aiden Eidelbes, Kayden Chute and Hunter Miller added runner-up finishes to lead the Thief River Falls junior varsity wrestling team to a first-place team finish at the Prowler Invite Saturday at the Ralph Engelstad Arena.

Also placing for the Prowlers were Kaiden Nelson, Ethan Peralta and Joey Bruggeman with third place finishes; Rhymers Hernandez, fourth; and James Engelstad and Chandler Pream with seventh place finishes.

Prowler Invite JV
1. Thief River Falls 174.5; 2. Bert-ha-Hewitt/Verndale/Parkers Prairie 170.5; 3. Roseau 146.0; 4. Minnewaska Area 132.0; 5. Wadena/Deer Creek 129.5; 6. Bemidji 81.0; 7. Walker-Hack-Akeley-Nevis 59.5; 8. Park Rapids Area 57.0; 9. Grand Forks Red River 52.0; 10. Crookston 47.0; 11. United North Central Warriors 47.0; 12. Badger-GB-MR 40.0; 13. Hibbing 36.0; 14. Nash-Kee-Greenway 34.0; 15. Fertile-Beltrami 13.0.

TRF results
JV 89-97 - Kaiden Nelson's place is 3rd and has scored 13.5 team points. Quarterfinal - Kaiden Nelson (Thief River Falls) won by decision over Jeremiah Barta (Grand Forks Red River) (Dec 11-4) Semifinal - Alex Adams (Minnewaska Area) won by fall over Kaiden Nelson (Thief River Falls) (Fall 1:46); Cons. Semi - Kaiden Nelson (Thief River Falls) won by decision over Kaiden Dykhoff (Park Rapids Area) (Dec 13-10); 3rd Place Match - Kaiden Nelson (Thief River Falls) won by tech fall over Emmett Skoog (United North Central Warriors) (TF 17-2).

JV 99-109 - Thomas Eidsmoe's place is 2nd and has scored 18.0 team points. Quarterfinal - Thomas Eidsmoe (Thief River Falls) won by fall over Braeden Kilpela (United North Central Warriors) (Fall 2:56) Semifinal - Thomas Eidsmoe (Thief River Falls) won by decision over Noah Stroeing (Wadena-Deer Creek) (Dec 6-0); 1st Place Match - Merrick Hoffman (Bertha-Hewitt-Verndale-Parkers Prairie) won by major decision over Thomas Eidsmoe (Thief River Falls) (May 10-2).

JV 110-114 - Rhymers Hernandez's place is 4th and has scored 14.0 team points. Quarterfinal - Rhymers Hernandez (Thief River Falls) won by fall over Robbie Henry (Badger-GB-MR) (Fall 2:48); Semifinal - Logan Seelhammer (Wadena-Deer Creek) won by major decision over

Rhymers Hernandez (Thief River Falls) (Maj 12-0); Cons. Semi - Rhymers Hernandez (Thief River Falls) won by fall over Gabriel Perala (Crookston) (Fall 3:50); 3rd Place Match - Hosea Huyck (Nash-Kee-Greenway) won by decision over Rhymers Hernandez (Thief River Falls) (Dec 1-0).

JV 112-120 - James Engelstad's place is 7th and has scored 4.0 team points. Quarterfinal - Tashaun Anderson (Wadena-Deer Creek) won by fall over James Engelstad (Thief River Falls) (Fall 1:22); Cons. Round 1 - Austin Schuler (Minnewaska Area) won by fall over James Engelstad (Thief River Falls) (Fall 2:51); 7th Place Match - James Engelstad (Thief River Falls) won by fall over Matthew Cullen (Nash-Kee-Greenway) (Fall 4:14).

JV 120-130 - Ian Lundeen's place is 2nd and has scored 16.0 team points. Quarterfinal - Ian Lundeen (Thief River Falls) won by decision over Brandon Shields (Badger-GB-MR) (Dec 7-0); Semifinal - Ian Lundeen (Thief River Falls) won in sudden victory - 1 over Hayden Picard (Roseau) (SV- 1 6-4); 1st Place Match - Cash Bullock (Walker-Hack-Akeley-Nevis) won by decision over Ian Lundeen (Thief River Falls) (Dec 6-4).

JV 130-136 - Tristan Hruby's place is 1st and has scored 23.0 team points. Quarterfinal - Tristan Hruby (Thief River Falls) won by fall over Riley Spindler (Minnewaska Area) (Fall 1:13); Semifinal - Tristan Hruby (Thief River Falls) won by major decision over Gage Barthel (Bertha-Hewitt-Verndale-Parkers Prairie) (Maj 15-2); 1st Place Match - Tristan Hruby (Thief River Falls) won by decision over Jaron Knutson (Crookston) (Dec 9-3).

JV 135-147 - Aiden Eidelbes's place is 2nd and has scored 18.0 team points. Quarterfinal - Aiden Eidelbes (Thief River Falls) won by fall over Evan Armstrong (Minnewaska Area) (Fall 2:23); Semifinal - Aiden Eidelbes (Thief River Falls) won by decision over Danny Holt (Walker-Hack-Akeley-Nevis) (Dec 2-0); 1st Place Match - Cooper Ackerman (Park Rapids Area) won by fall over Aiden Eidelbes (Thief River Falls) (Fall 0:23).

JV 138-151 - Ethan Peralta's place is 3rd and has scored 16.0 team points. Quarterfinal - Ethan Peralta (Thief River Falls) won by fall over Evan Saylor (Grand Forks Red River) (Fall 4:04); Semifinal - Preston Captain (Bertha-Hewitt-Verndale-Parkers Prairie) won by major decision over Ethan Peralta (Thief River Falls) (Maj 15-3); Cons. Semi - Ethan Peralta (Thief River Falls) won by fall over Tate Anderson (Minnewaska Area) (Fall 2:35); 3rd Place Match - Ethan Peralta (Thief River Falls) won in sudden victory - 1 over Rhylund Olson (Bemidji) (SV-1 4-2).

JV 152-164 - Kayden Chute's place is 2nd and has scored 16.0 team points. Quarterfinal - Kayden

Chute (Thief River Falls) won by decision over Dayton Putnam (Wadena-Deer Creek) (Dec 11-8); Semifinal - Kayden Chute (Thief River Falls) won by decision over Kylan Benning (Wadena-Deer Creek) (Dec 4-2); 1st Place Match - Jack Payne (Minnewaska Area) won by decision over Kayden Chute (Thief River Falls) (Dec 6-0).

JV 157-168 - Hunter Miller's place is 2nd and has scored 18.0 team points. Quarterfinal - Hunter Miller (Thief River Falls) won by fall over Moritz Mo Hieke (Wadena-Deer Creek) (Fall 1:59); Semifinal - Hunter Miller (Thief River Falls) won by decision over Lucky Benz (Hibbing) (Dec 5-0); 1st Place Match - Isaac Olson (Badger-GB-MR) won by decision over Hunter Miller (Thief River Falls) (Dec 8-2).

JV 188-206 - Joey Bruggeman's place is 3rd and has scored 14.0 team points. Quarterfinal - Avery Eidsmoe (Roseau) won by decision over Joey Bruggeman (Thief River Falls) (Dec 1-0); Cons. Round 1 - Joey Bruggeman (Thief River Falls) won by fall over Ike Spychalla (Minnewaska Area) (Fall 1:00); Cons. Semi - Joey Bruggeman (Thief River Falls) won by major decision over Samuel Bjerke (Grand Forks Red River) (Maj 10-0); 3rd Place Match - Joey Bruggeman (Thief River Falls) won by decision over Walter Taus (Badger-GB-MR) (Dec 8-2).

JV 188-206 - Chandler Pream's place is 7th and has scored 4.0 team points. Quarterfinal - Samuel Bjerke (Grand Forks Red River) won by fall over Chandler Pream (Thief River Falls) (Fall 3:39); Cons. Round 1 - Dinico Polan (Wadena-Deer Creek) won by fall over Chandler Pream (Thief River Falls) (Fall 1:22); 7th Place Match - Chandler Pream (Thief River Falls) won by fall over Ike Spychalla (Minnewaska Area) (Fall 2:12).

Prowler Invite Middle School results

Twelve Thief River Falls wrestlers competed in the middle school division at the Prowler Invite Saturday at Ralph Engelstad Arena in Thief River Falls.

TRF results
First place - Rowan Mossestad, Grayson Metcalf.
Second place - Lillian Lane, Eli Nelson, Levi Potucek.
Third place - Dylan Lane, Jaxen Larson, Ayden Yoder, Anthony Larson, Conner Jensen, Storm DCamp.
Fourth place - Harley Bernier.

Rebels are finding life a little more difficult after each lost its top scorer – Jack Manning for the Prowlers and Owen Leach to graduation following last year's section championship meeting. The Rebels entered Friday's game at 6-6, while the Prowlers began the weekend at 2-8.

Caleb Rosendahl and Gannon Zutz were the top scorers for the Prowlers, with Rosendahl scoring 24 points with nine rebounds and a pair of assists; and Zutz scoring 14 points. Also reaching double figures for the Prowlers was Tucker Kjos with 11 points.

The Prowlers were back in action Saturday against the 3-9 Hornets of Frazee.

The Prowlers led throughout the first half and took a 33-22 lead into the locker room.

The Hornets rallied in the second half and led briefly before the Prowlers pulled away for the 59-51 win.

Rosendahl recorded a double-double with 22 points and 10 assists to go along with eight rebounds. Zutz also reached double figures in scoring with 17 points.

Scoring			
	1	2	T
Thief River Falls	20	36	56
Dilowrth-Glydon-Felton.....	34	28	62
TRF - Caleb Rosendahl 22,			
Gannon Zutz 14, Tucker Kjos 11,			
Maxton Peterson 3, Lucas Rantanen			
2, Caden Rose 2.			
DGF - Quincy Cox 3, Peyton			
Aas 12, Makhi Leedahl 3, Austin			
Anderson 4, Brody Friend 18, Mason			
Bjerken 8, Cayson Bergee 3.			

Girls basketball Chargers fall to Bearcats on road

Brooklynn Kriel with 12, and Chesney Salo with 11.

The Bearcats improved to 10-3 with the win, while the Chargers fell to 5-8.

Scoring			
	1	2	T
Goodridge/Grygla	29	31	60
Kittson County Central.....	41	34	75
Goodridge/Grygla - Ashlyn			
Nelson 4, Brooklynn Kriel 12,			
Morgan Underdahl 19, Chesney			
Salo11, Nevaeh Kotbra 3, Mylee			
Sjulestad 4, Anna Sundberg 7.			
Kittson County Central -			
Hannah Warnke 2, Aliyah Vig 2, Lily			
Peterson 2, Berlyn Strege 14,			
Morgan Turn 22, Kadence White 23,			
McKinley Folland 5, Greta Kuznia 7.			

Section 8A Girls East			
	Overall	W	L
Fosston	14	1	72.0
Cass Lake-Bena.....	10	3	67.5

Scoring			
	1	2	T
Thief River Falls	33	26	59
Frazee	22	29	51
Thief River Falls - Caleb			
Rosendahl 22, Gannon Zutz 17,			
Maxton Peterson 5, Lucas Rantanen			
7, Caden Rose 2, Tucker Kjos.			
Frazee - Asher Blaine 15, Adam			
Vigen 8, Cael Pausch 3, Drew			
Mekalson 11, Alex Helmers 2,			
Nathan Longfors 3, Carter			
Sonnenberg 19.			

Section 8AA Boys			
	Overall	W	L
Pelican Rapids	12	2	76.5
Park Rapids Area	10	4	75.5
Barnesville	10	4	71.5
Wadena-Deer Creek 9	3	59.6	
DGF	7	6	57.6
Roseau	10	3	50.1
Hawley	7	7	49.9
East Grand Forks	5	8	43.9
Perham	4	10	39.8
Warroad	8	7	36.8
Thief River Falls	3	9	31.9
Crookston	3	10	29.9
Menahga	4	10	29.2

Section 8A Girls West			
	Overall	W	L
Sacred Heart	15	1	73.7
Northern Freeze	12	2	59.5
Kittson County C	9	3	59.5
BGMR	9	4	52.6
Stephen-Argyle	5	5	50.1
WAO	10	7	45.1
Climax/Fisher	7	8	43.6
Fertile-Beltrmi	7	8	39.4
Goodridge/Grygla	4	7	33.9
RLCC	1	15	20.7
Red Lake Falls	1	13	19.4

Section 8A Girls East			
	Overall	W	L
Fosston	14	1	72.0
Cass Lake-Bena.....	10	3	67.5

Prowlers go 1-1 vs. section opponents

Thief River Falls avenged an early season home loss to Roseau with a 73-64 road win over the Rams Thursday night to halt a six-game losing streak.

The Prowlers got a huge night from senior Breanna Myers, who drained seven three-point buckets en route to a 28-point night. Junior Avah Waldal and sophomore Piper Greene each added 14 points.

Countering Myers' hot shoot was Anya Severson, who 9-for-12 in two-point field goal attemptps and 10-for-15 overall for 24 points. Anna Ulvin also reached double figures for the Rams with 14 points.

The 73-64 win for the Prowlers avenged a 67-56 loss by the Prowlers at the LHS Brickhouse.

The Prowlers were back in action Saturday at Frazee with a chance to win consecutive games for the first time this season.

The Prowlers trailed 29-21 at the half but surged in the second half behind Myers, who scored 17 of her team high 19 points in the final 18 minutes. The Prowlers closed the gap to within four points but couldn't get any closer as the Hornets held on for the 57-53 win.

Scoring			
	1	2	T
Thief River Falls	44	20	64
Roseau	44	29	73
Thief River Falls - Sophia			
Kraemer 8, Kendra Mehrkens 2, Ali			
Yuska 3, Aniyah Fields 4, Piper			
Greene 14, Avah Waldal 14,			
Breanna Myers 28.			
Roseau - Reagan Kvien 8,			
Sophia Olson 2, Brooklyn Hulst 3,			
Anya Severson 24, Anna Ulvin 14,			
Casey Kendrick 5, Kara Ulvin 4,			
Megan Mooney 4.			

Scoring			
	1	2	T
Thief River Falls	21	32	53
Frazee	29	28	57
Thief River Falls - Sophia			
Kraemer 6, Aniyah Fields 2, Piper			
Greene 3, Avah Waldal 18, Josie			
Peterson 5, Breanna Myers 19,			
Frazee - Hailee Selly 2, Katie			
Courneya 8, Analise Olson 3, Brynn			

TRF girls wrestling team finishes second at Prowler Invite/Continued

[Continued from page 16]
place is 4th and has scored 4.0 team points. Round 1 - Gracie Boen (Badger-GB-MR) won by forfeit over Charlie Casavan (Thief River Falls) (PF); Round 2 - Natasha Severson (Bemidji) won by injury default over Charlie Casavan (Thief River Falls) (Inj. 0:00); Round 3 - Giovanna Lima (Grand Forks) won by forfeit over Charlie Casavan (Thief River Falls) (FF).

Girls 147-153 - Daphne Lundberg-Cameron's place is 3rd and has scored 9.0 team points. Round 1 - Jade LaFontaine (Grand Forks) won by fall over Daphne Lundberg-Cameron (Thief River Falls) (Fall 2:15); Round 2 - Hattie Hanninen (United North Central Warriors) won by fall over Daphne Lundberg-Cameron (Thief River Falls) (Fall 0:49); Round 3 - Daphne Lundberg-Cameron (Thief River Falls) won by fall over Alivia Haagensen (Walker-Hack-Akeley-Nevis) (Fall 0:42).

Girls 145-148 - Bethany Larson's place is 2nd and has scored 12.0 team points. Round 1 - Brooke Kritzeck (Park Rapids Area) won by fall over Bethany Larson (Thief River Falls) (Fall 0:56); Round 2 - Bethany Larson (Thief River Falls) won by fall over Ashia Schulke (Bertha-Hewitt-Verndale-Parkers Prairie) (Fall 0:32); Round 3 - Bethany Larson (Thief River Falls) won by decision over Victoria Kalunga (Roseau) (Dec 8-5).

Girls 148-157 - Natalia Zoller's place is 3rd and has scored 9.0 team points. Round 1 - Sarah Pulk (Badger-GB-MR) won by tech fall over Natalia Zoller (Thief River Falls) (TF 19-4); Round 2 - Natalia Zoller (Thief River Falls) won by fall over Tarike Daudt (Walker-Hack-Akeley-Nevis) (Fall 1:59); Round 3 - Emily Novak (Grand Forks) won by fall over Natalia Zoller (Thief River Falls) (Fall 3:43).

Girls 153-167 - Samantha Zoller's place is 1st and has scored 20.0 team points. Round 1 - Samantha Zoller (Thief River Falls) won by fall over Chloe Hammes (Wadena-Deer Creek) (Fall 1:10); Round 2 - Samantha Zoller (Thief River Falls) won by fall over Beth Olson (Grand Forks) (Fall 0:17); Round 3 - Samantha Zoller (Thief River Falls) won by fall over La'Meyah Williams (Roseau) (Fall 1:57).

Girls 139-143 - Brianna Berg's place is 2nd and has scored 14.0 team points. Round 1 - Brianna Berg (Thief River Falls) won by fall over Madilyn Pulk (Badger-GB-MR) (Fall 4:50); Round 2 - Brianna Berg (Thief River Falls) won by fall over Aracely Gutierrez (Park Rapids Area) (Fall 0:56); Round 3 - Kaylee Kurz (Grand Forks) won by fall over Brianna Berg (Thief River Falls) (Fall 4:58).

Girls 145-148 - Bethany Larson's place is 2nd and has scored 12.0 team points. Round 1 - Brooke Kritzeck (Park Rapids Area) won by fall over Bethany Larson (Thief River Falls) (Fall 0:56); Round 2 - Bethany Larson (Thief River Falls) won by fall over Ashia Schulke (Bertha-Hewitt-Verndale-Parkers Prairie) (Fall 0:32); Round 3 - Bethany Larson (Thief River Falls) won by decision over Victoria Kalunga (Roseau) (Dec 8-5).

Girls 148-157 - Natalia Zoller's place is 3rd and has scored 9.0 team points. Round 1 - Sarah Pulk (Badger-GB-MR) won by tech fall over Natalia Zoller (Thief River Falls) (TF 19-4); Round 2 - Natalia Zoller (Thief River Falls) won by fall over Tarike Daudt (Walker-Hack-Akeley-Nevis) (Fall 1:59); Round 3 - Emily Novak (Grand Forks) won by fall over Natalia Zoller (Thief River Falls) (Fall 3:43).

Girls 153-167 - Samantha Zoller's place is 1st and has scored 20.0 team points. Round 1 - Samantha Zoller (Thief River Falls) won by fall over Chloe Hammes (Wadena-Deer Creek) (Fall 1:10); Round 2 - Samantha Zoller (Thief River Falls) won by fall over Beth Olson (Grand Forks) (Fall 0:17); Round 3 - Samantha Zoller (Thief River Falls) won by fall over La'Meyah Williams (Roseau) (Fall 1:57).

Girls 139-143 - Brianna Berg's place is 2nd and has scored 14.0 team points. Round 1 - Brianna Berg (Thief River Falls) won by fall over Madilyn Pulk (Badger-GB-MR) (Fall 4:50); Round 2 - Brianna Berg (Thief River Falls) won by fall over Aracely Gutierrez (Park Rapids Area) (Fall 0:56); Round 3 - Kaylee Kurz (Grand Forks) won by fall over Brianna Berg (Thief River Falls) (Fall 4:58).

Pioneers trailed by as many as 12 in the first half, but rallied to get within four points of the Samsons on multiple occasions in the second half, but they couldn't draw any closer as the Samsons held on for the win.

Scoring			
	1	2	T
Northland	22	28	50
MNC-Mesabi Range	26	33	59
Northland - Tavon Petteway 11,			
Randy Harris 9, Malic Osei-Tutu 7,			
Shawn Greene 8, Jason Jack 11,			
Carey Davis 4.			
MNC-Mesabi Range - Amari			
George 11, Kaelab Roberts 10,			
Andre Carter Jr. 7, Vance Alexander			

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Program Director's duties include budgeting, fundraising, grant writing, basic bookkeeping skills, computer and phone use.

If interested, submit a resume with references to Middle River - Thief Lake Living at Home Program, P.O. Box 94, Middle River, MN 56737, or email to mrtllahbnp@wiktel.com

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Applicants must be a U.S. citizen, a Veteran as defined by MN Statute, a resident of Minnesota (upon appointment), and minimum of a high school diploma or GED (bachelor's degree in a related field and experience in a related field is preferred).

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Applications and a complete job description are available in the County Auditor-Treasurer's office, 101 Main Avenue N., Thief River Falls, MN 56701 or online at: <http://co.pennington.mn.us>, click on 'Employment'.

Application deadline: February 6th, 2024, 4:30 p.m.

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THIS IS A FULL TIME POSITION AND INCLUDES A FLEXIBLE, FAMILY FRIENDLY WORK ENVIRONMENT ALONG WITH A COMPETITIVE BENEFIT PACKAGE INCLUDING: HEALTH, DENTAL AND LIFE INSURANCE, 401K WITH PROFIT SHARING, PAID HOLIDAYS AND PTO. PREVIOUS BANKING EXPERIENCE IS PREFERRED, BUT NOT REQUIRED. FOR MORE INFORMATION, CONTACT FRANCESCA WOJCIECHOWSKI AT 218-681-4020.

APPLICATIONS CAN BE MAILED OR EMAILED TO: EMPLOYMENT@NSBTRF.COM


NORTHERN STATE BANK

Po Box 639, THIEF RIVER FALLS, MN 56701

 **NORTHERN STATE BANK**

EOE

201 Third Street East
Thief River Falls, MN 56701



FAMILY BASED SERVICES PROVIDER

\$25.77 – \$33.96

Pennington County Human Services is hiring one, full-time (37.5 hours/week) Family Based Services Provider. This position will be performing a variety of paraprofessional social service activities to support the professional and supervisory staff of the agency. This position will assist professional staff in the prevention and treatment of child abuse and neglect, provide in-home support to reduce the incidences of abuse and neglect, and prevent or shorten out of home placement and work toward reunification of families.

Minimum qualifications of education and experience are 1) two years of home management experience, which includes childcare experience, or 2) two years of college coursework with emphasis in home economics, child development, health, social work, sociology, psychology, or a related behavioral science. Candidates must indicate the total number of years of home management and childcare experience on an attachment to the application.

This union position features a wage range of \$25.77 to \$33.96/hour, health and life insurance, 13 paid holidays, longevity pay, and a retirement pension!

Applicants must apply to and be determined eligible for employment as a Family Based Services Provider by the Minnesota Merit System. Applicants may complete a Minnesota Merit System online 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 12:00 p.m. on January 26, 2024.

Pennington County is an Equal Opportunity Employer.

SOCIAL WORKER

\$29.73 – \$38.79

Pennington County Human Services is hiring for one, full-time (37.5 hour/week) Social Worker. This position will serve as a Disability Waiver Case Manager, and responsibilities include completing assessments, serving adults and children with disabilities, and providing waiver program case management. This position will include direct client contact, participation in the development of individualized service plans, and arrange and monitor services.

Minimum qualifications of education and experience are (1) a bachelor's degree from an accredited four-year college or university with a major in social work, psychology, sociology, or closely related field, or (2) a bachelor's degree from an accredited four-year college or university with a major in any field and one year of experience as a Social Worker in a public or private social service agency.

Pennington County offers excellent benefits including health and life insurance, vacation and sick leave, 13 paid holidays, longevity pay, and a retirement pension!

Applicants must apply to and be determined eligible for employment as a Social Worker by the Minnesota Merit System. Applicants must complete an online 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.

Applications for this position will be accepted by the Minnesota Merit System until January 31, 2024, at 12:00 p.m.

Pennington County is an Equal Opportunity Employer.

Adult Protection Planning Support

Grant funded temporary position 1 FTE. Position open until filled.

Dancing Sky Area Agency on Aging are looking for a self-motivated, innovative person that enjoys working on new projects. This position is time limited, ARPA grant-funded.

We would be looking at supporting care planning work for older adults that need care support to reduce their risk and support safe independent living. Strong skills in planning, organization and follow through in a high paced environment. Strong computer skills. Travel and overnight stays required within 21-county service area.

Specific responsibilities:

- Tracking of project and persons served
- Outreach and relationship building to launch project
- Support planning skills for individuals and families
- Strong understanding of aging services
- County coordination and support in building referrals
- Other duties as needed to complete the pilot project

Experience Required:

Preferred bachelor's degree from an accredited college or university in nursing, social work, gerontology, or related human services field. Experience in care coordination and case management OR a minimum of three years of work experience is preferred.

Other requirements:

- Successful completion of criminal background check

BIPOC candidates encouraged to apply

We are an Equal Opportunity Employer M/F/ Disabled/ Veterans

Please submit cover letter, resume, and references to:


Northwest Regional Development Commission


Attn: Heather Pender

109 South Minnesota Street

Warren, MN 56762

heather@nwrdc.org

 **NORTHWEST REGIONAL DEVELOPMENT COMMISSION**





Northern Woodwork, Inc.
A regional cabinet and woodwork manufacturer

Hiring MACHINE OPERATOR

- \$17.00 Per Hour
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**WILL TRAIN
RIGHT TEAM
MEMBERS**

Apply in person at Northern Woodwork, Inc.
1581 Hwy 59 SE, Thief River Falls, MN

BUSINESS MANAGER TRI-COUNTY PUBLIC SCHOOLS

Tri-County Schools is a PreK-12 public school in northwestern Minnesota that proudly provides an exemplary education to students in the communities of Halma, Karlstad, Lake Bronson, and Strandquist. We are a small school with big school opportunities that strives to enhance each student to their fullest potential! Select this link to learn more about Tri-County Schools: <https://tricity.k12.mn.us/>

DATE CLOSING: February 1, 2024

START DATE: February 19, 2024 (exact date to be discussed)

POSITION: School Business Manager

This position will work closely with the superintendent to manage accounts, budgets and all financial acquisitions.

QUALIFICATIONS: 2 or 4 year college degree preferred, related experience in finance management needed.

Submit application, 3 letters of recommendation, resume and any credentials to address below.

APPLICATION PROCESS:

Obtain application form: <https://tricity.k12.mn.us/>

Submit completed application, letter of interest, 3 letters of reference, resume, copy of transcripts and licensure to:

Ms. Tara Larson, Human Resources tlarar@tricity.k12.mn.us
Tri-County Public Schools
303 Pembina Trail S.P.O. Box 178
Karlstad, MN 56732

SOCIAL WORKER

\$29.73 – \$38.79

Pennington County Human Services, Thief River Falls, MN is seeking applicants for one full-time (37.5 hrs/week) Social Worker position providing child protection and children/family services. Responsibilities include conducting child maltreatment assessments/investigations, protective services, and early intervention/prevention/placement/reunification case management.

Hourly wage is \$29.73 to \$38.79/hr., 13 paid holidays, health & life insurance, longevity pay, and a retirement pension!

Minimum qualification of education and experience are (1) a bachelor's degree from an accredited four-year college or university with a major in social work, psychology, sociology or closely related field, or (2) a bachelor's degree from an accredited four-year college or university with a major in any field and one year experience as a social worker in a public or private social service agency.

Applicants for this position must apply with the Minnesota Merit System. Merit System applications may be completed online 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.

Applications for this position will be accepted by the Minnesota Merit System until 12:00 p.m. (noon) on January 31, 2024.

Pennington County is an Equal Opportunity Employer.

14 ~ Thief River Falls Times

Livestock

Ryden Farms 26th Annual Simmental/SimAngus Sale Saturday, February 10, 2024 Clearbrook, MN 65 Black & Red Yearling Bulls 20 Aged (18 mo) Bulls 40 Bred Females 10 Open Females Online bidding available through DVAuction Catalog. Videos available at www.rydeenfarms.com, FB 218-280-1916, 218-280-2032 ryleen@gvtel.com 2p8t12p

Notices

RIVER FALLS TOWNSHIP Will Hold Its Board Of Audit Meeting, With Regular Meeting To Follow, On Tuesday, January 23 At 6:00 p.m. At The St. Hilaire Council Room. T117c

Machinery

Wanted: Hydra-Mac 12C or 14C skid-steer, Isuzu 3-cylinder diesel, running or not, and parts. Also Hydra-Mac sales, bulletins, manuals, signs or memorabilia for my garage. 218-744-3229 deanrd557334@gmail.com 2P8t13p

Hay, Feed & Seed

Small Square Bales Of Alfalfa Grass Mix Hay, 3rd Cut. \$6.00 Per Bale. 218-424-7171, Kean Kompelien. 2P8t9p

Custom Services

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SOCIAL WORKER

\$29.73 – \$38.79

Pennington County Human Services is hiring for a Social Worker. This full-time (37.5 hours/week) position will serve as a MSHO/MSC-/ Elderly Waiver Case Manager. This position will include conducting MnChoices assessment, serving age 65 and older, in which Pennington County is the County of Location, direct client contact, 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 an hourly wage range of \$29.73 to \$38.79/hour, health and life insurance, 13 paid holidays, 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 12:00 p.m. on January 31, 2024.

Pennington County is an Equal Opportunity Employer.

COURT OPERATIONS ASSOCIATE

STATE OF MINNESOTA, NINTH JUDICIAL DISTRICT

Pennington County – Thief River Falls, MN

The Ninth Judicial District seeks candidates for a full-time Court Operations Associate position in the Pennington County Court Administration office in Thief River Falls, MN to provide advanced court clerical work in District Court. Duties may involve responsibility for a specific area of court case processing or for performing a variety of advanced clerical functions in multiple case types and will require the application of independent judgment and interpretation of policies and procedures.

Qualifications include graduation from an approved high school or vocational school and experience as a court clerk or in the legal field, or experience in a customer service focused field.

TO APPLY or for a further description of the position and required qualifications, go to www.mncourts.gov (Career Opportunities). Applications will be accepted until 11:59 PM January 28, 2024. The salary range for this position is \$19.83 to \$33.41 per hour depending on experience and includes a full State of Minnesota benefits package. Questions may be directed to deborah.williams@courts.state.mn.us or call 218-759-4370.

Successful candidates will be required to pass a Criminal Background Check prior to appointment.

Equal Opportunity Employer

CLASSIFIEDS

Wednesday, January 24, 2024

Help Wanted

Looking to Hire

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Full & Part-Time Servers 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)

THIEF RIVER FALLS REGIONAL AIRPORT AIRPORT MAINTENANCE

The Thief River Falls Regional Airport Authority is currently seeking qualified applicants for the full-time position of Airport Maintenance/Operations. Duties include general maintenance of buildings and grounds, heavy equipment maintenance and repair, mowing, snow removal, custodial activities, and Aircraft Rescue Firefighting (ARFF). This is a 40 hour per week, evening shift position (typical 2 p.m. – 11 p.m.) Operation of heavy equipment is required. Holiday and weekend work occasionally required. Individual must be able to obtain ARFF certification (provided by Airport) within 6 months of employment and have demonstrated experience in the activities described above. An equivalent combination of education and experience will also be considered. Individual must have a valid driver's license and meet the physical requirements of the position. Mechanical experience preferred. Residence in close proximity to the airport preferred. Applications must be submitted by 4:30 p.m., February 23, 2024. Applications are available upon request. If interested, please contact or send resumes to:

JOE HEDRICK
AIRPORT MANAGER
P.O. BOX 672
Thief River Falls, MN 56701
218-681-7680 ext. 7
trfairport@mncable.net

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FULL-TIME COOK

Experience preferred, but willing to train.
Must be dependable and hard working.
Wages depending on experience.

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For Rent

WELCOME! One- Or Two-Bedroom Apartment: Great Location, Move In Today! 218-689-6444 2P8t14c

Two-Bedroom, One-Bath Apartment In TRF: Available Immediately, Heat Paid, Storage Unit Included, Background Check Required. 218-688-3091 P4t10c

SUMMERFIELD PLACE of Thief River Falls: One-Bedroom Apartments Available. Central Air, Washer/Dryer, Dishwasher, Microwave, Heated Parking, Elevator, Guest Suite, Community Room. Heat And Water Paid. Multi-Family In Newfolden: Two-Bedroom Apartment Available. Very spacious, Includes Heat/Water/Trash. Detached Garage Available. Call 218-681-5194. 101ffc

One-Bedroom, One Bath Apartment: Newly Remodeled, Lots Of Updates! \$875/Month. No Pets/Smoking. 218-688-3202 P4t7p

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 90ffc

Real Estate

80 Acres Of Land For Sale: Sleeman, Ontario, Canada. \$35,000. Call Robert At 218-686-9308. 90ffc

TRUCKS

2022 Chevy Crew Cab High Country LTD Maroon, 19k	\$50,000
2022 Chevy Crew Cab LTZ LTD Blue, 39k	\$46,000
2023 Chevy Crew Cab LT Black, 19k	\$46,000
2020 Chevy Crew Cab Trail Boss White, 26k.....	\$45,500
2020 GMC Sierra Crew Cab SLE 1500 Elevation Red, 24k.....	\$43,500
2021 Chevy Crew Cab LTZ Black, 55k	\$43,000
2020 Chevy 2500 HD Crew Cab LT White 67k	\$43,000
2022 Chevy Crew Cab LTD Silver, 39k	\$41,500
2020 Chevy Crew Cab RST White, 38k.....	\$41,000
2018 GMC 2500 HD Crew Cab Denali Duramax, Black, 140k	\$40,500
2019 Chevy Crew Cab LTZ Oakwood, 49k	\$40,000
2021 Chevy Crew Cab LT Silver, 36k	\$39,500
2020 Chevy Crew Cab LT Black, 46k	\$38,500
2018 Ram 1500 Crew Cab Night Red, 72k	\$32,000
2015 Ram 2500 HD Crew Cab Big Horn Black, 107k.....	\$25,000
2012 Ram 1500 Crew Cab Big Horn Silver, 136k	\$13,900
2013 Ford F150 Crew Cab XLT White, 195k.....	\$8,500
2006 Ford F150 Crew Cab XLT White, 195k.....	\$5,500

SUVS / VANS

2021 Chevy Tahoe Z71 Black, 58k	\$52,500
2021 Chevy Tahoe LT Black, 68k	\$48,000
2019 GMC Yukon XL Denali Silver, 60k	\$47,000
2022 Chevy Traverse AWD LT Silver, 42k	\$35,000
2021 Chevy Traverse AWD 3LT White 43k.....	\$33,500
2021 Chevy Blazer AWD 2LT Redline White, 35k	\$31,500
2020 Dodge Durango AWD Citadel White, 58k	\$31,500
2020 Chevy Traverse AWD LT Black, 43k	\$30,000
2020 GMC Acadia AWD SLE Black, 52k.....	\$27,500
2019 Chevy Equinox AWD Premier White, 36k	\$25,000
2018 Chevy Traverse AWD LT White, 72k.....	\$25,000
2021 Chevy Equinox AWD LT Gray 29k.....	\$23,500
2019 Chevy Equinox AWD 2LT Pepperdust, 42k	\$22,500
2018 Chevy Equinox AWD Premier Maroon, 47k	\$21,000
2018 Chevy Equinox AWD LT Blue, 48k	\$19,500
2020 Chevy Trax AWD LT White 68k	\$17,500
2017 Chevy Equinox FWD LT Blue, 42k.....	\$16,500
2018 Dodge Grand Caravan SXT Silver, 100k	\$13,000
2015 Chevy Equinox AWD LT Maroon, 138k	\$9,000
2014 Dodge Grand Caravan Gold, 137k.....	\$9,000

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



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Check out our new website updated daily at
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Come join our team at Warnert Logistics, we will have 2 FT driving positions available March 1st, We offer Full Time Benefits (Health Insurance, 401k, PTO) Home weekends and some evenings, Late Model trucks and Dry Van trailers, excellent maintenance program and onsite mechanic, percentage based pay program.



Requirements:
• Class A- Clean Driving Record
• 2 Years minimum experience

Contact Jesse at 320-257-9100 or recruiting@warnert.com

Earn up to \$21.00 per hour!

Join our order fulfillment team
and earn \$18.00 per hour with
a shift differential of \$3.00 per hour
for evening and overnight shifts!

That's \$21.00 per hour!

Other benefits include:

- \$2000 sign on bonus for full-time hires
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- 401(k) match & annual profit sharing
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- Consistent schedules
- Paid training
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- Relocation assistance up to \$3000
- Referral bonus of \$500 for current employees

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*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. ©2024 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.

January 17, 24, 31, 2024
ADVERTISEMENT FOR BIDS
Sealed Bids for the construction of the City of Newfolden Flood Prevention Project will be received by the **Middle-Snake-Tamarac Rivers Watershed District at 453 N. McKinley St. P.O. Box 154 Warren, MN 56762** until **9:00 AM** local time on **February 20, 2024**. The Bids received will be publicly opened and read at **10:00 AM** at the **Middle-Snake-Tamarac Rivers Watershed District**. The City of Newfolden Flood Prevention Project is located approximately 1.5 miles north of the City of Newfolden, Mn and consists of clearing and grubbing, construction of an earthen embankment, common excavation of an inlet channel and exterior ditches, ditch centerline culverts, a reinforced concrete box culvert through a highway, concrete outlet control structure, riprap, erosion control, and seeding.
The bid will be received for a single prime Contract. Bids will be on a lump sum and unit price basis.
The Issuing Office for the Bidding Documents is:
**Middle-Snake-Tamarac Rivers Watershed District
453 N. McKinley St.
P.O. Box 154
Warren, Minnesota 56762**
Prospective Bidders may examine the Bidding Documents at the Issuing Office on Mondays through Fridays between the hours of 8:00 AM – 4:00 PM.
Each bidder shall accompany the Bid Form with Bid Security and a responsible Contractor's Affidavit as described in the instructions to Bidders.
The successful bidder(s) must be a "responsible contractor." The term "responsible contractor" means a contractor as defined in Minnesota Statutes, section 16C.285, subdivision 3. Any prime contractor, subcontractor, or motor carrier that does not meet the minimum criteria or fails to comply with the verification requirements is not a responsible contractor and is not eligible to be awarded a construction contract for the project or to perform work on the project. A prime contractor, subcontractor, or motor carrier that makes a false statement under oath verifying compliance with the minimum criteria will be ineligible to be awarded a construction contract on the project, and the submission of a false statement may result in termination of a contract awarded to a prime contractor, subcontractor, or motor carrier that submits the false statement. A prime contractor shall include in its verification of compliance a list of all of its first-tier subcontractors that it intends to retain for work on the project. Before execution of a construction contract, a prime contractor shall submit a supplemental verification under oath confirming that all subcontractors and motor carriers that the prime contractor intends to use to perform project work have verified to the prime contractor, through a signed statement under oath by an owner or officer, that they meet the minimum criteria for a responsible contractor.
It is the Bidder's responsibility to inquire as to addenda issued.
Prevailing wage rates for Marshall County apply to this project. Contractors must take affirmative action to ensure that employees and applicants for employment are not discriminated against because of race, color, creed, religion, national origin, sex, marital status, age, sexual orientation, disability, familial status or status with regard to public assistance.
The Middle-Snake-Tamarac Rivers Watershed District Board of Managers reserves the right to reject any and all Bids and to waive any irregularities.
For all further requirements regarding bid submission, qualifications, procedures, and contract award, refer to the Instructions to Bidders that are included in the Bidding Documents.
Bidding Documents may be viewed and obtained online through the Quest Construction Data Network

(QuestCDN.com) with the QuestCDN eBidDoc number **8797229**. Complete sets of Bidding Documents may be downloaded from the QuestCDN website portable document format (PDF) files.
The Owner reserves the right to reject any or all Proposals or to waive any informality or technicality in any Proposal in the interest of the Owner. The Owner reserves the right to hold all bids for a period of ninety (90) days after the date of opening thereof. The right to adjourn the letting of the contract to a time and place other than noted herein, or to reject any and all bids, is reserved.
Representatives from HDR are available to address questions concerning the project design. They can be reached at (218) 681-6100 (213 LaBree Ave N, Suite 203, Thief River Falls, MN).
Bid security shall be furnished in accordance with the Instructions to Bidders.
Owner: **Middle-Snake-Tamarac Rivers Watershed District**
By: **Morteza Maher**
Title: **Administrator**
Date: **January 16, 2024**
January 17, 24, 2024
**OFFICE OF THE MINNESOTA SECRETARY OF STATE
CERTIFICATE OF ASSUMED NAME
MINNESOTA STATUTES
CHAPTER 333**
The filing of an assumed name does not provide a user with exclusive rights to that name. The filing is required for consumer protection in order to enable customers to be able to identify the true owner of a business.
ASSUMED NAME: That's A Wrap
PRINCIPAL PLACE OF BUSINESS: 1017 1st Street West, Thief River Falls, MN 56701-1706 United States
NAMEHOLDER(S): Name: Rebecca C. Johnson
ADDRESS: 1017 1st Street West, Thief River Falls, MN 56701-1706 United States
CERTIFICATE OF ASSUMED NAME FILE NUMBER: 1447024100026
FILING DATE: 1/9/2024
RENEWAL DUE DATE: 12/31/2025
Home Jurisdiction: Minnesota
Status: Active/In Good Standing
January 17, 24, 2024
ORDER AND NOTICE OF HEARING ON PETITION FOR PROBATE OF WILL AND APPOINTMENT OF PERSONAL REPRESENTATIVE AND NOTICE TO CREDITORS
**STATE OF MINNESOTA
COUNTY OF PENNINGTON
NINTH JUDICIAL DISTRICT
DISTRICT COURT
PROBATE DIVISION,
Court File No.: 57-PR-
In Re Estate of:
Eloda Knutson,
Decedent.**
TO ALL INTERESTED PERSONS AND CREDITORS:
IT IS ORDERED and notice is hereby given that on February 20, 2024, at 9:30 a.m., a hearing will be held in this Court at Pennington County Justice Center by Zoom, Thief River Falls, Minnesota, for the formal probate of an instrument purporting to be the Will of the Decedent, dated 08/22/2019, and codicil(s) to the Will dated N/A, and separate writing(s) under Minnesota Statutes section 524.2-513 ("Will"), and for the appointment of Brian K. Rokke, whose address is 505 E. 1st Street, Newfolden, MN 56738 as Personal Representative of the Estate of the Decedent in an UNSUPERVISED administration.
Any objections to the petition must be filed with the Court prior to or raised at the hearing. If proper, and no objections are filed or raised, the Personal Representative will be appointed with full power to administer the Estate including the power to collect all assets, to pay all legal debts, claims, taxes and expenses,

to sell real and personal property, and do all necessary acts for the Estate.
Notice is also given that (subject to Minnesota Statutes section 524.3-801) all creditors having claims against the Estate are required to present the claims to the Personal Representative or to the Court Administrator within four months after the date of this Notice or the claims will be barred.
A charitable beneficiary may request notice of the probate proceedings be given to the Attorney General pursuant to Minnesota Statutes section 501B.41, subdivision 5.
BY THE COURT
/s/ Tamara L. Yon
Judge of District Court
/s/ Kathy Narlock
Court Administrator
Dated: January 12, 2024
/s/ Audra Olson
Deputy
Attorney for: Personal Representative
Name: Christopher M. Rokke
Firm: Rokke, Aandal & Associates, PLLC
Street: 423 North Main Street,
PO Box 159
City, State, ZIP: Warren, MN 56762
Attorney License No: 0403193
Telephone: 218-745-4321
Fax: 218-745-4320
Email: crokke@ralawoffice.com

January 24, 2024
**Regular Board Meeting
Independent School District No 561
December 19, 2023
Community Center**
The school board Independent School District #561 met in regular session on Tuesday, December 19th at 7:00 p.m. in the community center. The following members were present: John Lovly, Tim Hruby, Neil Jensen, Rozlynn Johnson and Leah Bothum The following members were absent: Joey Rubischko. Also present: Superintendent Loberg, Principal Carlson, Business Manager Kelsie Steiger-Krein, GEA members Mrs. Mariah Kirkeide and Mrs. Alyssa Nelson A motion was made by Jensen, seconded by Hruby, to approve the December 19th, 2023, meeting agenda as presented. Motion carried unanimously.
A motion was made by Johnsrud, seconded by Hruby, to approve the minutes of the November 21st, 2023, regular meeting as presented. Motion carried unanimously.
A motion was made by Hruby, seconded by Johnsrud, to approve the payment of checks #45728-45834 and wire payments are list in report #3.1 A & B, and the student activities payments as listed in report 3.1.1. Motion carried unanimously.
Financial reports were reviewed. Superintendent Loberg reported the district shows an investment balance of \$1,421,215.11 on November 30, 2023. (See reports #3.0 attached to the official board minutes).
Patron Concerns: None
Student Council Reports: Principal Carlson reported the Blood Drive on November 29th went very good. Principal Carlson reported the Student Council is also starting to plan Snofest.
Goodridge Education Association Report:
Mrs. Alyssa Nelson provided an update on the CEM Benchmarks they have implemented in her pre primary classes. Mrs. Alyssa Nelson and Mrs. Mariah Kirkeide reported the Elementary Holiday Program went very well and that preschoolers were in the program this year and did a great job.
Classified Staff Report: None
Instructional Reports: Principal Carlson provided an update on Read Act implementation.
Old Business: None
New Business:
A motion was made by Jensen, seconded by Bothum, to direct administration to evaluate all programs in terms of possible reductions for the 2023-2024 school year. Motion carried unanimously.
A motion was made by Hruby, seconded by Lovly, to set the 2023 payable 2024 levy at \$2,308,850.18. Motion was carried unanimously.
A motion was made by Johnsrud, seconded by Jensen, to approve World's Best Workforce Summary as presented in Report #8.3. Motion carried unanimously.
A motion was made by Jensen, seconded by Johnsrud, to approve December Safety Committee meeting minutes as presented in Report #8.4. Motion carried unanimously.
A motion was made by Jensen, seconded by Johnsrud, to approve the 23-24 Winter Paired Sports Meeting Minutes as presented in Report #8.5. Motion carried unanimously.
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You can't be too careful when you work around electrical power

by the University of Nebraska Medical Center, Central States Center for Agricultural Safety and Health

Every year in the United States, electrical incidents result in nearly 300 deaths and more than 3,500 injuries. That's according to the Electrical Safety Foundation International. ESFI reports that, of the electrical fatalities that occurred between 2011 and 2021 outside the workplace, 69% of those victims worked in non-electrical occupations. Of those fatalities, the greatest number, 582, were due to contact with overhead power lines. In the workplace, 40% of all electrically related fatalities are caused by overhead power lines. Being aware of your surroundings when working on the farm is essential. Studies have shown that little or no electrical safety training is an element of most of these incidents. Power lines may be a safety hazard that's easily overlooked. However, you don't have to touch a power line to be in danger of high voltage. Electricity can jump to anyone who gets too close, so staying at least 10 feet away from power lines and their connections is critical. If digging in a site is necessary, ensure there are no underground power lines in that area by contacting the power company before digging. The National Ag Safety Database reports that the most common causes of overhead power line electrocutions involve portable grain augers, oversized wagons, large combines, irrigation pipes, and other tall equipment that comes into contact with power lines. Farm equipment involved in these incidents

includes tractors with front-end loaders and fold-up cultivators. To avoid potential electrocution:
1. Be aware of the location of overhead power lines in your work area.
2. Always look up in all directions to ensure you know where nearby power lines are located.
3. Travel in areas with no overhead power lines as much as possible. If that isn't feasible/possible, always lower a portable grain auger before anyone moves it even a few feet.
4. Store irrigation pipe at least 100 feet away from overhead power lines.
5. Never turn an irrigation pipe vertically or upright if it is within 100 feet of overhead power lines.
6. Keep all irrigation equipment and water streams at least 10 feet from high-voltage power lines.
7. Always treat any overhead power line as if it will threaten your life. Additional safety tips for working around power lines include:
• Locate all overhead power lines in the work area.
• Keep yourself and your equipment 10 feet away from all overhead power lines in all directions.
• Carry ladders and other equipment horizontally to avoid accidental contact.
• Lower equipment apparatus before moving it.
• Be aware of fencing near power lines.
• Never spray water near power lines.
• Stay at least 35 feet away from fallen power lines. If conditions are wet, you need to stay even further away.

When working around overhead power lines, Ohio State University Extension recommends observing these guidelines:
• Use a spotter when operating large machinery near power lines.
• Use care when moving equipment, such as extending augers or raising the bed of grain trucks around power lines or poles.
• Inspect the height of farm equipment to determine clearance.
• Ask your power company to determine transport and clearance of power lines whenever it's necessary to work around them. If a vehicle or piece of equipment comes into contact with a power line, take these steps to remain safe:
• Stay calm, disengage gently and back away if possible, and immediately call 911.
• Have someone immediately contact the local utility company to shut off the power.
• Stay in/on the vehicle unless there is a fire.
• If there is an emergency, such as an electrical fire, and you must leave the vehicle/equipment, jump as far away from it as possible.
• Don't allow any part of your body to touch the equipment and the ground simultaneously. DO NOT step down from the vehicle/equipment.
• Never make contact between an electrically energized vehicle or piece of equipment and the ground.
• Shuffle away from the spot where you jumped. To do this, do not completely lift either foot off the ground. Keep both feet in contact with the ground at all times. Shuffling reduces current flow through your body from the ground. Slowly shuffle away from the equipment until you are

at least 100 feet away.
• Be aware that electrical current from high voltage lines can flow through vehicles/equipment and energize the surrounding area for up to 100 feet.
• Once you leave the vehicle/equipment, never attempt to get back on or even touch it. It's better to assume it's energized than

lose your life.
Ensure that everyone who may be potentially exposed to electrocution while working on the farm is aware of the hazards and knows how to stay safe. All seasonal workers should be well-trained by supervisors regarding the hazards related to any specific task/site. Safety decals should be

attached to all equipment that may pose electrical hazards. Explain the decals to all workers who use the equipment. Keep in mind that, as NASD noted, "Electrocution is quick and deadly and one of the most overlooked hazards of farm work."

Social Security News ...

Need a new Social Security card or need to replace one?

If you need a new or replacement Social Security card, you may be able to complete, or at least start, your application on the Social Security Administration website – and, if necessary, use the online scheduling tool to book an appointment at a local office.
Start your application
Visit www.ssa.gov/number-card to begin the process. You'll answer a series of questions to determine whether you can:
• Complete the application process online.
• Start the application process online, then bring any required documents to your local Social Security office to complete the application, typically in less time.
• Complete the application process at your local office.
If you can't complete the application online, you must visit a Social Security office. To learn more, please review our publication, Your Social Security Number and Card, at www.ssa.gov/pubs/EN-05-10002.pdf.
Replace your Social

Security card
Want to replace your card? The Card Replacement Screener on our Replace Social Security card webpage at www.ssa.gov/number-card/replace-card helps you determine the best way to do so. Depending on your situation, you may be able to request a replacement card without visiting a local office. Choose "Answer a few questions" on the Replacement Card webpage at www.ssa.gov/number-card/replace-card to get started. Even if you can't complete the process online and must visit an office, you can still save yourself time by starting the application online. Were you asked to come into an office? Here's what you should know
If you start the application online and we determine you need to come into an office, you can use our new Online Self-Scheduling option. This option allows you to:
• Select your language preference.
• Select the most convenient office to receive

service.
• Choose to receive communications and appointment reminders through email or text.
• Conveniently use your mobile device to check-in for your appointment.
You can also reschedule, modify, or cancel your appointment online without having to call or visit the office. Please note that this service is not available in Guam, Northern Mariana Islands, or American Samoa. We hope to make it available soon. It's never been easier to do business with us! Please share this information with your friends and family—and post it on social media.



TRF wins Prowler Invite for first time since 2018

Thief River Falls got individual championships from Landen Larson, Griffin Lundeen and Riley Poissatn, and runner-up finishes from Lincoln Davis, Nick Svir and Elias Motta to edge 12th-ranked (Class A) Bertha-Hewitt/Verndale/Parer's Prairie for the team championship, 163.5 to 162.5 at the 17th Annual Prowler Invite.

"The boys did a nice job of fighting in every match," said Head Coach Kenny Geiser. "They are in good shape and that makes a difference too at this point in the season."

Larson and Fordyce Johnson were scoreless after one period of wrestling in the 145-pound championship match. Larson chose to start on bottom in the second period. He failed to get away from Johnson but scored a point when Johnson was called for using an illegal figure four ride. That point would end up being the difference as Larson rode Johnson for the entire third period to secure the win.

"Landen has been having a great season for a freshman. He does a lot of things well and works hard in the room; he has certainly earned the success he is having."

The championship match at 160 pounds pitted Lundeen, currently ranked number one in Class AA, against David Revering of BHVPP, the number two-ranked wrestler in Class A. The match was close early but Lundeen eventually broke the match open with a 19-6 major decision.

"Griffin's finals match was against a state placewinner from BHVPP, and Griffin broke him by the 3rd period," Geiser said. "He has been fun to watch and coach this year ... so dominant from every position right now."

At 189, Poissant has endured an up and down sea-



Thief River Falls senior Nick Svir drops to a knee while battling for an underhook against Bertha-Hewitt/Vernale/Parkers Prairie's Isaac Grabow. Grabown won the match by fall to briefly give BHVPP the lead in the team standings. Thief River Falls would later regain the lead with championship wins by Landen Larson, Griffin Lundeen and Riley Poissant, and win the Prowler Invite for the first time since 2018.

son. One of his goals coming into the year was to win his final Prowler Invite and on Saturday, Poissant accomplished that goal with a 9-7 win over Kohen Donat of Bemidji.

Davis, Svir and Motta added runner-up finishes. Davis dropped a 4-2 overtime decision to Mason Hoffman of BHVPP; Svir lost by fall to Isaac Grabow of BHVPP; and Motta lost by 5-1 decision to Evan Jares of BHVPP.

"Lincoln [Davis] battled all day, no easy matches, and dang near came away with a title," Geiser said. "Nick [Svir] has really been looking

good down at 121, he is putting together complete matches. Elias [Motta] keeps grinding and finding ways to win. He battled very well in the finals and sure gave great effort.

2024 Prowler Invite
1. Thief River Falls 163.5; 2. Bertha-Hewitt/Verndale/Parkers Prairie 162.5; 3. United North Central 157.5; 4. Minnewaska Area 112.5; 5. Bemidji 92.5; 6. Hibbing 72.5; 7. Fertile-Beltrami 60.0; 8. Badger-GB-MR 48.0; 9. Grand Forks Red River 45.0; 10. Crookston 41.0; 10. Wadena-Deer Creek 41.0; 12. Walker-Hack-Akeley-Nevis 39.0; 13. Blackduck-Cass Lake Bena Bears 33.5; 14. Nash-Kee- Greenway 18.0; 15. Roseau 13.5.
107 - Lincoln Davis (24-13) placed 2nd and scored 16.0 team

points. Quarterfinal - Lincoln Davis (Thief River Falls) 24-13 won in sudden victory - 1 over Mauricio Arriaga (Crookston) 11-13 (SV-1 16-12); Semifinal - Lincoln Davis (Thief River Falls) 24-13 won in tie breaker - 1 over Cooper Rife (United North Central Warriors) 11-14 (TB-1 12-10); 1st Place Match - Mason Hoffman (Bertha-Hewitt-Verndale-Parkers Prairie) 25-4 won in sudden victory - 1 over Lincoln Davis (Thief River Falls) 24-13 (SV-1 4-2).
114 - Keaton Tillett (3-9) place is unknown. Champ. Round 1 - Casey Sisneros (Bemidji) 18-15 won by fall over Keaton Tillett (Thief River Falls) 3-9 (Fall 3:09); Cons. Round 1 - Brian Berg (Thief River Falls) 12-11 won by fall over Keaton Tillett (Thief River Falls) 3-9 (Fall 1:00).
114 - Brian Berg (12-11) placed 5th and scored 14.0 team points. Champ. Round 1 - Brian Berg (Thief River Falls) 12-11 won by fall over

Nick Stahlboerger (Hibbing) 7-14 (Fall 1:33); Quarterfinal - Miles Wildman (Minnewaska Area) 18-2 won by fall over Brian Berg (Thief River Falls) 12-11 (Fall 1:25); Cons. Round 1 - Brian Berg (Thief River Falls) 12-11 won by fall over Keaton Tillett (Thief River Falls) 3-9 (Fall 1:00); Cons. Round 2 - Brian Berg

(Thief River Falls) 12-11 won by fall over Carter Ahrendt (United North Central Warriors) 12-7 (Fall 1:00); Cons. Semi - Casey Sisneros (Bemidji) 18-15 won by fall over Brian Berg (Thief River Falls) 12-11 (Fall 2:22); 5th Place Match - Brian Berg (Thief River Falls) 12-11 won by fall over Max Ramberg (Fertile-Beltrami) 21-12 (Fall 1:11).

121 - Nick Svir (18-14) placed 2nd and scored 20.0 team points. Quarterfinal - Nick Svir (Thief River Falls) 18-14 won by fall over Henry Bonn (Grand Forks Red River) 1-2 (Fall 4:34); Semifinal - Nick Svir (Thief River Falls) 18-14 won by fall over Fynn Bakke (United North Central Warriors) 11-7 (Fall 1:00); 1st Place Match - Isaac Grabow (Bertha-Hewitt-Verndale-Parkers Prairie) 24-5 won by fall over Nick Svir (Thief River Falls) 18-14 (Fall 3:52).

121 - Damian Kazmierczak (10-20) placed 4th. Quarterfinal - Damian Kazmierczak (Thief River Falls) 10-20 won by fall over Lennon Nelson (Hibbing) 3-19 (Fall 1:58); Semifinal - Isaac Grabow (Bertha-Hewitt-Verndale-Parkers Prairie) 24-5 won by major decision over Damian Kazmierczak (Thief River Falls) 10-20 (MD 11-3); Cons. Semi - Damian Kazmierczak (Thief River Falls) 10-20 won by fall over Henry Bonn (Grand Forks Red River) 1-2 (Fall 4:20); 3rd Place Match - Fynn Bakke (United North Central Warriors) 11-7 won by decision over Damian Kazmierczak (Thief River Falls) 10-20 (Dec 12-6).

127 - Ian Jacobson (13-20) placed 6th and scored 8.0 team points. Champ. Round 1 - Ian Jacobson (Thief River Falls) 13-20 received a bye; Quarterfinal - Drew Rasch (Fertile-Beltrami) 21-7 won by decision over Ian Jacobson (Thief River Falls) 13-20 (Dec 6-2); Cons. Round 1 - Ian Jacobson (Thief River Falls) 13-20 won by fall over Hudson Schultz (Wadena-Deer Creek) 7-13 (Fall 3:39); Cons. Round 2 - Ian Jacobson (Thief River Falls) 13-20 won by fall over Nehimia Figueroa (Hibbing) 10-17 (Fall 2:32); Cons. Semi - Orran Hart (Bertha-Hewitt-Verndale-Parkers Prairie) 21-8 won by major

[Continued on page 12]

TRF girls wrestling team finishes second at Prowler Invite

Maddie Poissant and Samantha Zoller won individual championships, and Bethany Larson and Brianna Berg added runner-up finishes to lead the Thief River Falls girls wrestling team to a runner-up team finish at the 2024 Prowler Invite.

The Grand Forks Knight Riders won the team title with 187.0 points. The Prowlers were second with 123.0 points and Wadena-Deer Creek finished third in the 14-team event.

Also placing for the Prowlers were Ellie Nelson, Alora Green, Kayla Peterson, Daphne Lundberg-Cameron and Natalia Zoller with third place finishes; and Molly Ferguson, Gabrielle Zoller, and Carlie Casavan with fourth place finishes.

Prowler Invite Girls Varsity
1. Grand Forks 187.0; 2. Thief River Falls 123.0; 3. Wadena-Deer Creek 72.0; 4. Badger/Greenbush-Middle River 45.5; 5. Roseau 42.0; 6. Bemidji 41.0; 7. Nashwauck-Keewatin- Greenway 40.0; 8. United North Central 40.0; 9. Park Rapids Area 33.0; 10. Crookston 20.0; 11. Hibbing 20.0; 12. Barnesville 14.0; 13. Bertha-Hewitt/Verndale/Parkers Prairie 13.0; 14. Walker-Hack-Akeley-Nevis 8.0.
Girls 102-112 - Ellie Nelson's place is 3rd and has scored 9.0 team points. Round 1 - Sophie Johnson (United North Central Warriors) won by fall over Ellie Nelson (Thief River Falls) (Fall 1:09); Round 2 - Mateya Mistic (Bemidji) won by fall over Ellie Nelson (Thief River Falls) (Fall 1:58); Round 3 - Ellie Nelson (Thief River Falls) won by fall over Brynn Bruggeman (Grand Forks) (Fall 1:04).
Girls 113-119 - Alora Green's place is 3rd and has scored 9.0 team points. Round 1 - Alora Green (Thief

River Falls) won by fall over Shia LaFontaine (Grand Forks) (Fall 0:00); Round 2 - Ava Ness (Barnesville) won by fall over Alora Green (Thief River Falls) (Fall 0:38); Round 3 - Mikayla Labarge (Hibbing) won by fall over Alora Green (Thief River Falls) (Fall 0:40)
Girls 119-126.

Girls 119-126 - Molly Ferguson's place is 4th and has scored 4.0 team points. Round 1 - Breah Przekwas (Roseau) won by fall over Molly Ferguson (Thief River Falls) (Fall 1:45); Round 2 - Coral Heyd (Grand Forks) won in tie breaker - 1 over Molly Ferguson (Thief River Falls) (TB-1 5-4); Round 3 - Charli Snyder (Wadena-Deer Creek) won by fall over Molly Ferguson (Thief River Falls) (Fall 3:08).

Girls 124-129 - Maddie Poissant's place is 1st and has scored 20.0 team points. Round 1 - Maddie Poissant (Thief River Falls) won by fall over Mylee Vacura (Roseau) (Fall 1:35); Round 2 - Maddie Poissant (Thief River Falls) won by fall over Naveya McManigle (Wadena-Deer Creek) (Fall 1:39); Round 3 - Maddie Poissant (Thief River Falls) won by fall over Callysta Hagen (Grand Forks) (Fall 1:27).

Girls 124-132 - Gabrielle Zoller's place is 4th and has scored 4.0 team points. Round 1 - Kaylee Endres (Wadena-Deer Creek) won by fall over Gabrielle Zoller (Thief River Falls) (Fall 0:59); Round 2 - Kayla Peterson (Thief River Falls) won by fall over Gabrielle Zoller (Thief River Falls) (Fall 1:36); Round 3 - Jovanna Volker (Nash-Kee- Greenway) won by fall over Gabrielle Zoller (Thief River Falls) (Fall 2:19).

Girls 124-132 - Kayla Peterson's place is 3rd and has scored 9.0 team points. Round 1 - Jovanna Volker (Nash-Kee- Greenway) won by fall over Kayla Peterson (Thief River Falls) (Fall 3:15); Round 2 - Kayla Peterson (Thief River Falls) won by fall over Gabrielle Zoller (Thief River Falls) (Fall 1:36); Round 3 - Kaylee Endres (Wadena-Deer Creek) won by decision over Kayla Peterson (Thief River Falls) (Dec 8-7).

Girls 141-150 - Carlie Casavan's [Continued on page 12]



Thief River Falls seventh grader Elias Motta attempts a kelly dump against Bertha-Hewitt/Verndale/Parkers Prairie's Evan Jares during their championship bout at 139 pounds. Jares won the match 4-1 over Motta in his first varsity championship match appearance.

No. 5 Pioneers win road games at MNC-Mesabi Range, Gogebic

Fifth-ranked Northland Community & Technical College improved to 3-0 against MCAC North teams with a 79-49 win over Minnesota North College - Mesabie Range Friday night in Virginia (Minn.) and an 80-45 non-conference win over Gogebic Community College Saturday in Ironwood, Mich.

The Pioneers started Friday night, leading by 17 after one quarter of play was in the books and 29 at the half. Freshman Josie Iverson led all scorers with 20 points. Fellow freshman Tiwana Schwinghammer and sophomore Riley Mooney also reached double figures with 13 points apiece.

The Pioneers had a similar showing Saturday at Gogebic, with a 12-point lead through one quarter of play. They led 38-21 at the half and 59-35 through three quarters of play. Iverson again led the Pioneers in scoring and she nearly pulled off a rare triple-double with 14 points, 12 rebounds and seven assists. Schwing-

hammer, 14, and Emma Osborn, 13, also finished in double figures for the Pioneers.

The Pioneers face Central Lakes College in Brainerd at 1 p.m. Saturday, Jan. 27, before returning home Monday, Jan. 29 to face Concordia College JV at 5:30 p.m.

Scoring
1 2 3 4 T
Northland.....29 20 14 16 79
Mesabi Range12 8 22 7 49
Northland - Josie Iverson 20, Emma Osborn 7, Tiwana Schwinghammer 13, Shavonda Bender 3, Riley Mooney 13, Lynelle Charnoski 9, Hannah Halvorson 6, Sunny Edin 4, Ashley Gereau 4.
MNC-Mesabi Range - Elizabeth Hey 2, Madeline Kallberg 8, Deetra Davis 10, Nakaiyah Nimene 16, Kattaja Young 2, Kylie Anderson 4, Katie Peck 3, Janie Potts 4.

Scoring
1 2 3 4 T
Northland.....18 20 21 21 80
Gogebic.....6 15 14 10 45
Northland - Josie Iverson 14, Emma Osborn 13, Tiwana Schwinghammer 14, Shavonda Bender 2, Riley Mooney 8, Lynelle Charnoski 7, Hannah Halvorson 8, Sunny Edin 5, Ashley Gereau 9.
Gogebic - Hanna Hoskin 8, Kate Borseth 16, Lilly Johnson 5, Kylee Hewitt 13, Annabelle Besonen 3.



Thief River Falls freshman Landen Larson used a third-period rideout to defeat United North Central's Fordyce Johnson 1-0 in the championship match at 152 pounds.