

Sports p. 5
TRF boys get section win over PRA

Northland women win ninth straight



NORTHERN WATCH



"NORTHWEST MINNESOTA'S REGIONAL NEWSPAPER"

BORDER BANK

PERSONAL BANKING Solutions

Find the financial fit that's right for you.

www.border.bank
Member FDIC

SAT | JANUARY 11 | 2025

324 Main Ave. N., Thief River Falls, MN 56701 • Vol. 35, No. 2

Two buildings face very different fates

Pennington County considers selling one and demolishing another

by April Scheinoha Reporter

The Pennington County Board is contemplating selling the former Human Services Department building along Knight Avenue. At their meeting Tuesday, Jan. 7, commissioners directed County Auditor-Treasurer Jennifer Herzberg to investigate the procedure the county needs to undertake if commissioners decide to move forward with selling the building and the affiliated parking lot across the street.

In 2024, Knight Avenue staff moved into offices on the third floor of the Government Center. Courtrooms and the Court Administrator's Office were formerly located on that floor. The Child Support Division was already located at the Government Center and has since moved to the third floor of the building.

Commissioners Bruce Lawrence said the county replaced a furnace at the former Human Services Department building two or three years ago. The other furnace needs to be replaced. He said some individuals have asked about leasing the building. However, the county would need to redo the building to their liking. Lawrence noted there would also be some costs if the county wanted to get the building ready for a sale.

County Coordinator Kevin Erickson provided an update on City Auditorium. Once the State Historic Preservation Office learned of the county's plans to potentially demolish City Auditorium, the county learned of several requirements that needed to be met. Last year, SHIP sought documentation pertaining to the rehabilitation of the building. In January 2024, the county commissioned a \$15,000 study from BKV Group for that purpose. In an interview with the Northern Watch, Erickson said the study provided several options, but total remodeling costs for readaptive use ranged from \$8.26 million to \$11.38 million. If the county remodeled the building in line with a 2019 adaptive reuse study, the total was estimated to be roughly \$14 million to \$20 million. Demolition cost estimates ranged from \$590,000 to \$840,000. Those numbers are 2024 estimates. BKV Group noted that the county should add 5% for future years.

County leaders have also learned they need to archive and photograph the building before potentially moving forward. Erickson learned that the county isn't allowed to use a local photographer. Utilizing the SHIP website, he contacted one photographer who provided a quote of

Page 8



(Top) It's been months since Pennington County Human Services Department staff vacated the county-owned building along Knight Avenue. Now, county leaders are investigating the procedure required to potentially move forward with selling the building.



(Right) Pennington County Coordinator Kevin Erickson provided an update on City Auditorium at the County Board meeting Tuesday, Jan. 7. County leaders are waiting on a quote to archive and photograph the building.

CML Champions Fund supporting our past and future

The CML Champions Fund is a managed component fund established in 2021 in the memory of Connie and Merece Lubarski. The fund is committed to supporting educational scholarship and opportunities of Stephen-Argyle Central, the development of the communities of Argyle and Stephen, and strategically supporting the overall development of NW Minnesota.

The CML Champions Fund provides the largest scholarship awarded to a graduating senior at Stephen-Argyle Central - \$5,000. The initial scholarship awarded was to Macy Haugen in 2022. Claire McGlynn earned the scholarship in 2023.

In 2024, the CML Cham-

pions Fund Board determined that they had three worthy recipients of the scholarship. Those individuals are:

- Carsen Safranski - University of North Dakota,
- Jennifer Sargent - Northland Community and Technical College, and
- Regan Swanson - Minnesota State University - Moorhead

Each received a \$3,000 scholarship to support their high educational opportunities. This was the first award since the passing of Connie in September of 2023.

The CML Champions Fund is committed to supporting innovative growth in the communities and improving the quality of life for those residing in our region.

There are two projects that are currently in progress that demonstrate this mission. A grant of \$10,000 has been made to support the purchase and construction of a greenhouse at Stephen-Argyle Central to be used in the Agricultural Sciences and Food Science programs. The funds for the project have been secured and the construction of the project is scheduled to start this fall.

CML Champions continues to seek support for the mission and vision of the fund - honoring our past and fostering the future by championing opportunities today. Please visit <http://www.sac.k12.mn.us/connie-merece-lubarski>

Page 8



by David Hill Editor

Health, exercise and diet are often at the top of Americans' list of New Year's resolutions. That should be true for area residents too.

Right now, said Dr. Soheil Souri, family medicine specialist with Sanford Health in Thief River Falls, obesity is now the leading cause of fatty liver disease, also known as nonalcoholic fatty liver disease or NAFLD.

It used to be that fatty liver disease was frequently associated with alcohol consumption, but that's not necessarily true today. Obesity is also associated with an increased risk of fatty liver disease. When the liver does

Ready to leave 2024 behind? Make a resolution you'll actually be able to keep

not process and break down fats as it normally should, too much fat will accumulate.

Dr. Souri said there are three lifestyle adjustments people can make that will produce immediate results. Diet, exercise, and emotional health, he said, go hand in hand.

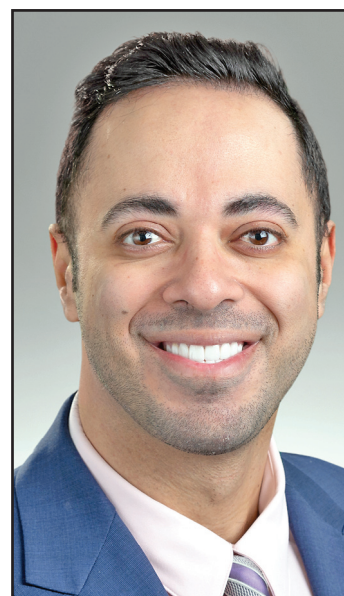
The American Academy of Family Physicians recommend at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week.

Dr. Souri said that's roughly 15 to 20-minutes of regular walking, and it's a great way to start a new year. He added that people should also incorporate muscle-strengthening exercises

in their effort at least twice a week.

Of course, the kitchen should be another focus of their effort to improve their health. Dr. Souri said not to forget to drink water, but their diet should consist of nutrient-dense foods with an emphasis on vegetables, fruits, grains, dairy, protein and oils, while limiting sugar, saturated fats, sodium and alcohol.

Greater emphasis has been placed on mental health in recent years. Dr. Souri said not to neglect one's mental health. In northwest Minnesota, winter typically lasts five to six months, and that can have an impact on one's mental



Dr. Soheil Souri

Page 8

How to get children excited about exercise

Human beings need to engage in physical activity to stay healthy. But too many children are not getting the exercise they need. Only 50% of boys and less than 34% of girls between the ages of 12 and 15 are adequately fit, according to the Centers for Disease Control and Prevention.

Children who are not physically fit are at greater risk for chronic diseases. In addition, children who are overweight or obese are at a higher risk of retaining that extra weight into adulthood. Getting children to exercise regularly can be an uphill battle with so many distractions, such as electronic devices, vying for their attention. But parents can explore the following ways to get children more excited about physical activity.

Choose interactive toys. Select toys for kids that require movement. These can include sporting activities, scooters, bicycles, and even video games that involve physical activity. Kids will be moving while they play, which is a first step.

Set an example. Children may be more likely to embrace physical activity if they see their parents exercising regularly. Adults can share their passions for activities that encourage movement, whether it is hiking, heading to the gym, swimming, or rock scrambling.

Make it a contest. People can be very competitive, especially young children. If kids know there is a prize or reward attached to doing something, they may have more motivation to engage with it. Offer a prize to the person who can log the most minutes of physical activity each week.

Make things social. The

more people involved in an activity, the greater the chance kids will want to be involved. Therefore, invite their friends, cousins, classmates, and other relatives to participate.

Look for new ways to exercise. Plan vacations and day trips around an activity. Perhaps the family can learn how to surf or snorkel on a trip; otherwise, a trip to the zoo or a museum can involve a lot of walking.

Find reasons to walk. Kids and parents can walk

Page 8

FALLS FC CINEMA

MUFASA
The Lion King
Rated: PG
1 h 57 m

HOMESTEAD
Rated: PG-13
1 h 52 m

GET TICKETS:
• ON OUR APP
• FALLSCINEMA.COM
• AT THE CINEMA

Download Our App!

SHOW TIMES
Monday-Friday
3:45 - 6:45
Saturday & Sunday
12:45 - 3:45 - 6:45

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

DigiKey

Find your more here

Visit digikeycareers.com or scan code to see a list of career possibilities



DO YOU SUFFER FROM NEUROPATHY?

Suffer No More!
TRY OUR CLINICALLY PROVEN PROTOCOL

Neuropathy Testimonial: "My feet were so bad that I would be in tears, life was not good. I was in tears at night because the pain was so bad. I had been dealing with this for almost 10 years and I had tried everything else with diereent doctors and it didn't work. Now life is good. I can stand and do stuff, I can walk with my grandkids. My feet are a 110% better!"

DON'T BE A VICTIM OF PERIPHERAL NEUROPATHY

We have the privilege of helping hundreds of people in our community relieve pain WITHOUT the use of drugs or surgery!

Call Today! You don't have to live with pain!

TRUE NORTH CHIROPRACTIC CENTER

205 Brooks Ave N., TRF, MN 56701 / 218.689.5001
www.Truenorthchirocntr.com / TrueNorthChiro@outlook.com



Nathan Weiss
D.C., C.A.C.U.

Talley to present to MCC students


On Wednesday, Jan. 15, Terrence Talley will present three age-appropriate lyceums at Marshall County Central High School in Newfolden. He will speak to grades 2-4 at 10 a.m., grades 5-8 at noon, and grades 9-12 at 1:30 p.m.

Talley is highly acclaimed by school administrators throughout Minnesota as an uplifting communicator to students of all ages.

Accompanied by his band, Talley is known for a high-energy connection with students that has a significant impact on their lives. His goal is strategic, "I want students to know they matter, and because they matter, they can make a difference."

The public is also invited to encouragement and entertainment with Talley and his band on Wednesday, Jan. 15 at 6:30 p.m. at the MCC High School gym in Newfolden. There is no charge for this event as it will be sponsored by the Detour Youth Ministry of the Newfolden Evangelical Free Church.

Find us on Facebook
facebook.com/trftimes



NORTHERN WATCH AROUND THE REGION

April Scheinoha

County sets final budget and levy

Hallock - In its final meeting of 2024, the Kittson County Board approved the 2025 county budget and tax levy, including an increase to their salaries for the year.

When commissioners approved the preliminary 2025 budget and levy in September, they shot high with a 10.5% increase over 2024. Since the Sept. 10 meeting, the Budget Committee trimmed the levy down to \$6,159,517.33, an approximate 5% increase over 2024. The board, with two outgoing members, also approved increasing commissioners' salaries for 2025. Administrator Aimee Sugden said the board hasn't increased its wages for the last couple of years. Each commissioner will receive an annual salary of \$26,378.30 plus benefits, effective Jan. 1. The resolution further stated per diems received for meetings remain at \$60 for meetings other than regular meetings that are under four hours and \$90 for meetings over four hours. - *Kittson County Enterprise, Jan. 8, 2025, by Anna Jauhola*

Severson named to president's list at Dickinson State

Alyssa Severson of Roseau has been named to the president's list at Dickinson State University for fall semester 2024.

At the end of each regular semester, Dickinson State recognizes those students named to the president's list. Eligible students must be enrolled full-time and have a minimum semester grade point average of 3.9 or higher.

DISTRACTED DRIVING KILLS

Because It Only Takes a Second to Change a Life Forever...

Please Don't Text & Drive.

Text messaging while driving increases your risk of a car crash or near-crash by 23 times*, and the five seconds it takes to send or read a text message takes your eyes off the road long enough to cover the distance of a football field when driving at 55 miles per hour.**


Protect your own life and the lives of others by making a pledge to never text or talk on the phone while driving. If you are in the car with a distracted driver, let them know it bothers you and encourage them to drive phone-free.

* Virginia Technical Transportation Institute ** National Highway Traffic Safety Administration (NHTSA)

These community sponsors urge you to drive phone-free and responsibly:

- AmericInn
- Brady Martz
- Diamonds & Designs
- DigiKey
- Falls Liquor
- Falls Towing
- Farmers Union Oil
- Garden Valley Technologies
- KM Transmission
- Les's Sanitation
- MN Greenleaf Senior Living

- Northern Motors
- Northern State Bank
- Oil Boyz
- Old Bostwicks
- Rain Care Co.
- Reed Realty
- Simply Andie's
- Sister Sister Salon
- Styles By Amy
- The Times
- Thief River Glass



218 SECURITY

COMMERCIAL RESIDENTIAL
218-689-1652

218 SECURITY Tom Koop (218) 689-1652
For all your security and surveillance needs. Owner Thief River Falls 218security.com Tom@218security.com

NEW BEGINNINGS

"Your word is a lamp for my feet, a light on my path." Psalm 119:105
The Light Shines in the Darkness

The Aurora Resource Center
formerly the Lifecare Pregnancy Center invites you to our annual
2025 FUNDRAISING BANQUET
February 1 • TRF Legacy Center
4 p.m. - Social Hour w/Meet & Greet
4:30 p.m. - Seating begins

GUEST SPEAKERS: POST-ABORTIVE LADIES PANEL (PALs)
Hear testimony given by brave post-abortive women about the true cost of abortion.
www.aurorarc.org Ticket cost is \$25.00 in advance and \$30.00 at door.

Scan QR code or use below link to purchase tickets.
<https://AuroraRC2025AnnualBanquet.eventbrite.com>
- or Stop In - or Call 218-681-1279 to purchase tickets



Healing TEARS

Thief River Falls, MN

A support group for those who have experienced the loss of a loved one to suicide.

MEETING DETAILS

- Where:** Spark Hub
1412 3rd. St. W
Thief River Falls, MN
- When:** 2nd Thursday of the month
- Time:** 7-8:30pm (Doors open at 6:30pm)
- Who:** Adults 18 and older

Participants have the opportunity to share their experiences and build a supportive network that encourages healing.

For more information:
Cayla 970.372.9018
TEARSGFND@gmail.com

Facility available to non-profit organizations and service groups free of charge.

WEDNESDAY, JANUARY 8
Men's Day SPECIALS BINGO 5 p.m.

THURSDAY, JANUARY 9
THIRSTY THURSDAY SPECIALS • BINGO 5 p.m.

FRIDAY, JANUARY 10
HAPPY HOUR 2-6 p.m. • BINGO 5 p.m.

SATURDAY, JANUARY 11
BINGO 5 p.m. • BUCKET & PIZZA SPECIAL & DRINK SPECIALS

CLOSED SUNDAYS AND MONDAYS

TUESDAY, JANUARY 14
Ladies' Day SPECIALS Open 1 p.m. - 1 a.m.

VFW POST #2793
THIEF RIVER FALLS
Sun. - Closed
Mon. - Closed
Tue. - Fri. - 1 p.m. - 1 a.m.
Sat. - 9 a.m. - 1 a.m.
Gaming License #A-00404-001

VFW CAFE
Breakfast 7-11 a.m. Tue. - Fri.
6-11 a.m. Sat.
Karen Specials Every Day

218-681-1211

DEATH NOTICES

Janice Schwartz, 78
Thief River Falls - Janice Schwartz, 78, of Thief River Falls, passed away on Sunday, Jan. 5, 2025.

Visitation will begin at noon with the service to celebrate Jan's life at 2 p.m. on Saturday, Jan. 11, 2025, at Johnson Funeral Service in Thief River Falls. Burial will follow at the Holt Cemetery in Holt.

Dr. Marlyn Myers, 89
Grand Rapids - Dr. Marlyn C. Myers, 89, of Grand Rapids, passed away Saturday, Jan. 4, 2025.

Per Dr. Myers wishes, no funeral services will be held. Arrangements are with Rowe Funeral Home and Crematory of Grand Rapids. The online guestbook can be found at: www.rowefuneral-homeandcrematory.com.

Wyatt Sauve, 25
Red Lake Falls - Wyatt Sauve, 25, of Red Lake Falls, passed away on Saturday, Jan. 4, 2025, as a result of an automobile accident.

The funeral service will be held at 3 p.m. on Sunday, Jan. 12, 2025, at Bethany Lutheran Church in Red Lake Falls. Visitation will be held one hour prior to the service. Burial will be held at St. Joseph Catholic Cemetery.

Joseph Hagl, 92
Thief River Falls - Joseph Henry Hagl passed away on Wednesday, Jan. 1, 2025.

Mass of Christian Burial will be held at 11 a.m. on Saturday, Jan. 11, 2025, at St. Joseph Catholic Church in Red Lake Falls. Visitation will be held one hour prior to the service at the church.

Just Breathe! Techniques to Calm, Center & Balance class

Breathing in specific ways can have amazing and powerful healing benefits on mind and body. Breath work is the single most powerful thing people can practice for improving energy levels, health, and well-being. In this workshop, participants will learn ancient breathing exercises that will: neutralize stress by reprogramming their nervous system; increase energy and vitality;

Burial will be held at a later date in St. Joseph Catholic Cemetery near Red Lake Falls.

Olive Eckstein, 94
Thief River Falls - Olive H. Eckstein, 94, of Thief River Falls, passed away on Saturday, Jan. 4, 2025.

Visitation will begin at 10 a.m. with the funeral service at 11 a.m. on Monday, Jan. 13, 2025, at Johnson Funeral Service, Thief River Falls, with Rev. Jeffrey Lytle officiating. A time of lunch and fellowship will follow the service.

Burial will be at Immanuel Cemetery, Wylie. Memorials are suggested to St. John Lutheran Church in Red Lake Falls or St. John Lutheran Church in Thief River Falls.

Frieda Kenner
Thief River Falls - Frieda Kenner of Thief River Falls, passed away on Monday, Jan. 6, 2025.

A memorial service for Frieda will be held at 11 a.m. on Sunday, Jan. 19, 2025, at Johnson Funeral Service in Thief River Falls. Visitation will be held one hour prior to the service.

Burial will be held at Landstad Cemetery near Gatzke, later in the spring of 2025.

Marion Sorenson
Thief River Falls - Marion Sorenson, of Thief River Falls, passed away on Monday, Jan. 6, 2025.

A Celebration of Life will be held at 11 a.m. on Thursday, Jan. 16, 2025, at Johnson Funeral Service in Thief River Falls. Visitation one hour prior to the service. Burial will be held at Greenwood Cemetery in Thief River Falls.

This class will be offered March 24, from 6-7:30 p.m. This online class costs \$25. The instructor will be Janice Novak, M.S. Register at www.trf.reg.eleyo.com.

OKLEE LUMBER, INC



Complete Line Of Building Materials

HAYFIELD window & door co
PH: 218-796-5131
877-796-5131
301 Lambert Street,
Oklee, MN 56742
www.okleelumber.com

NO SNOW SALE

\$150 OFF
ON Deluxe up to Platinum & Professional Series ARIENS SNOW BLOWERS



Atlas JSV 3400 SD & 6400 SD



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

Whether it was the comfort of your presence, the touch of your hand, your whispers of love, or the remembrances from times past... Thank You. The Family of Donavon Foss

January 8, 11, 15, 18, 2025

PUBLIC NOTICE
Public Hearing for Skylite Apts.

The Thief River Falls Housing and Redevelopment Authority (HRA) has prepared an Annual Statement of Projected Capital Funds Plan for 2025 as required by the Quality Housing and Work Responsibility Act of 1998. This plan is available to the public for review and comment. The plan can be reviewed at the Thief River Falls Housing and Redevelopment Authority (HRA). Offices are located at 415 Arnold Avenue South in Thief River Falls, MN. Office hours are 8:00 A.M. to 1:00 P.M.

A public hearing will take place on the plan at the Thief River Falls HRA Board of Commissioners Meeting, which will be held on February 10, 2025 at 12:00 Noon at the Skylite Apartments Community Room in Thief River Falls, MN.

CO-OP OIL ASSN.
Middle River, MN
AUTO SERVICE
Experienced Automotive Service Manager now on staff!

- Tire Installation
- Oil Change & Lube
- Diagnostic Testing
- Maintenance & Repair
- A/C Repair & Recharge

CALL NOW (218) 222-3311
OPEN Monday - Friday
8:00 a.m. - 5:00 p.m.
110 McKenzie Ave
Middle River, MN

Co-op Oil Assn.
MIDDLE RIVER MINNESOTA 1935
Established

Phil Seibel
Publisher
pseibel@trftimes.com



Dave Hill
Editor
dhill@trftimes.com



Scott DCamp
Sports Editor
scott@trftimes.com



April Scheinoha
Reporter
april@trftimes.com



Cindy Baldwin
Sales and Marketing
sales@trftimes.com



Eric Charlson
Sales and Marketing
echarlson@trftimes.com



Traci Joppru
Print Shop Mgr.
printshop@trftimes.com



Circulation
218-681-4450
subscribe@trftimes.com

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

SUBSCRIPTION RATES
Price Includes Times & Northern Watch

Pennington, Red Lake, Marshall, Clearwater and East Half Of Polk Counties.....	\$46.00 Per Year
.....	\$32.00 per 6 Mos.
All Other Addresses With 567 Zip Code.....	\$57.00 Per Year
.....	\$40.00 per 6 Mos.
Elsewhere in the U.S.A.....	\$97.00 Per Year
.....	\$48.00 per 6 Mos.

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

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

THIEF RIVER FALLS Times OFFICE HOURS

The Times office hours are:
Monday - Thursday
8 am - 5 pm
Friday
8 am - 3 pm

Enrollment is now open for Serendipity After School Art.

We offer a variety of creative activities perfect for young artists of all ages (grades 1-10) in a variety of art mediums including painting, ceramics, wood crafts, fused glass, and general crafting activities.

(A wait list is available for grades Pre-K, K, 11 and 12.)

Engaging in creative activities fosters fine motor, logic, problem-solving and social skills as they learn a variety of art techniques.

Please follow the QR code for schedules and pricing or feel free to stop in during open hours.

www.serendipityarthub.com
(218) 689-1029

Serendipity Art Hub
A place of creativity, mindfulness and connection. Let the magic in you unfold!

708 Davis Ave. N | Thief River Falls | 218-689-1029

NAPA NEW YEAR SAVINGS
Jan 1 - Feb 28, 2025

SCOTT'S SHOP TOWELS Original™
NPP75130 Roll 55 Sheets \$3.99
NPP75190 Rags in a Box™ 200 Sheets \$14.39

NAPA Antifreeze
STARTING AT \$9.99

Tub O' Towels Heavy-Duty Cleaning Wines
90 Count Dispenser NCB TW90 \$14.99

NAF RTU1EXT	Extended Life 50/50 PreDiluted Universal Antifreeze & Coolant	\$9.99
NAF RTU1GAL	NAPA Green 50/50 PreDiluted Antifreeze & Coolant	\$9.99
NAF 1EXT	Extended Life Antifreeze & Coolant Concentrate	\$12.99
NAF 1GAL	Green Antifreeze & Coolant Concentrate	\$12.99
NAF HDRTU1GAL	Heavy-Duty Antifreeze & Coolant Ready-to-Use	\$13.29
NAF RTU1DEX	Orange Dex-Cool™ Compatible 50/50 PreDiluted Antifreeze & Coolant	\$13.49
NAF HD1GAL	Heavy-Duty Antifreeze & Coolant Concentrate	\$16.09
NAF 1DEX	Orange Antifreeze & Coolant Dex-Cool™ Concentrate	\$16.99

NAPA AUTO & TRUCK PARTS
1004 3rd Street West, Thief River Falls • 218-681-2623
Across from the Fairgrounds

RALPH ENGELSTAD ARENA THIEF RIVER FALLS

HAIRBALL WITH RIVAL 5

RALPH ENGELSTAD ARENA
WWW.THERALPHTRF.COM

1/24 | 7PM

DOORS OPEN AT 6 PM

SCAN TO PURCHASE TICKETS

Meet & Greet with Mayor Mike Lorenson!

Join me for coffee and conversation at
The 517 Diner
Saturday, January 11th
1:00-4:00 p.m.



This is a great opportunity to meet your new Thief River Falls Mayor, share your thoughts, and sign up for a door prize. Whether you have questions, ideas, or just want to say hello, I'd love to hear from you!

#TRF #meetthemayor

Paid for by private party.

10¢ OFF

Per Gallon Of Gas - Cash & Credit Cards

Farmers Union Oil Company

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

*Coupon Required for all Credit/Debit Transactions

Find us on
Facebook
facebook.com/trftimes



EDITORIAL OPINIONS

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

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

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

A seed of doubt

One of my brothers has been picking on me. Mom is no longer here for me to complain to, so you get to read about it.

Just after Christmas, my brother and his family flew to some Bahamian resort. I'm not sure of the exact location. I really didn't want to know. I just know they went a vacation because ... well because Texas, where they live, wasn't warm enough. The crux of my complaint is that my brother sent me several pictures of sunny beaches, palm trees, and relaxing cabanas ... and it was -13 in Thief River Falls. "No snow here," he wrote. "Mom!"

This is typically a quiet time in northwestern Minnesota. There are no stories of insurrections at City Hall. There are no self-driving car accidents. And, there are no out-of-control wildfires to report on.

Instead, we're being told to get off our butts and get some exercise, wash our hands because a norovirus, which is characterized by vomiting and diarrhea, is going around, and now someone is telling us to limit our coffee intake. Cheese and sprinkles!

Of course, there are serious issues. There are a lot of people worried about the impact the impending shut-down of Arctic Cat will have on its employees and the community. I do know that several people in the community as

well as state officials and legislators are working behind the scenes. Some day they'll let us know what's happening. I'm hoping for the best.

Another group of individuals are working on a festival. Frost Fest has been scheduled for January 24-26. Plans at this point in time include a parade, and a performance by Hairball, a rock tribute band that has performed in Thief River Falls before. That's sure to heat things up a bit. Not sure where the parade route will be - on river ice? Could be interesting.

I also know that several groups of individuals are working hard to keep our community safe, and running smoothly - even if it is running on ice. That's one of the nice things about living in northwestern Minnesota - where there are no palm trees - a lot of people are working together, sharing their knowledge and experience, and supporting our way of life.

Just so, I responded to my brother that I heard an ice storm, just like the one that caused the pipes in his house to freeze in 2021, had put Texas in its crosshairs, and that the governor said everything was "under control."

There's nothing like planting a seed of doubt in someone's head to bring them to their knees! And to those snowbirds out there who are crowing - are you sure your house in northwestern Minnesota is keeping up with the cold?

POLICIES

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

Letters Must Be Signed: All letters must be signed and contain an address or phone number of the writer so authenticity can be verified. **Signatures must appear on letters published.** The staff believes that there is greater credibility in

letters signed in print and will not withhold names of writers from publication.

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

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

U of M Agritourism workshops offered

University of Minnesota Extension will present a roadshow of agritourism business workshops, both online and in-person across the state January through February. Writing a business plan can dramatically increase the success of implementing your business ideas and goals.

In these workshops, participants will learn what an agritourism business is - the intersection of farming and tourism. Participants will learn the steps to writing a useful and effective business plan and will learn how using AgPlan, an online business planning software

that can give tips and examples to make the writing process easier.

"Sustained business success doesn't come from chance, fate or good luck", said Susanne Hinrichs, Extension educator with the Agricultural Business Management team at University of Minnesota Extension. "To run a successful and profitable business, it is critical that a person understand, implement and value the process of effective business planning and this workshop will get you started or jump start your existing plan."

These workshops are free and will guide individuals in

creating a business plan to bring an agritourism vision to life.

- Jan. 14: In-person at Cambridge, 9-11 a.m.
- Jan. 15: In-person at Virginia, 2:30-5:30 p.m.
- Jan. 22: In-person at Pelican Rapids, 4-6 p.m.
- Jan. 27: In-person at St. Joseph, 4-6 p.m.
- Jan. 28: Webinar, 6-7:30 p.m.
- Jan. 28: In-person watch party at Cologne, 6-8 p.m.

To register or find out more about these 2-hour workshops, go to z.umn.edu/agritourism.

Rural Reflections ...

A letter to my brother Dave

by
Grant Nelson



Dear Dave,

I was thinking as we begin 2025 how the year seemed an impossible period to reach at one time; it was just too far into the future. What I mean is George Jetson is now near retirement and the icons of that futuristic cartoon (smart watches, personal assistants and video calls) are now common. People like to joke that they are waiting for a flying car as used by the Jetson family; however, what they should say is that they are waiting for a commercially viable flying car. Even if you don't have a car in your personal garage that flies, that does not mean they don't exist; they've existed in small batches for decades. The future is now and it is 2025.

Other than being a milestone for gazing forward, 2025 looks similar to other years for me, Dave. The month of January used to

mean frost-frozen windows and the start of the grayest part of winter when I was growing up. Today, the month is the heart of the meeting season, especially in the ag sector. Farmers sometimes use this time of year to haul their crops in for sale, but there is typically time for important meetings. Various crop associations and the University of Minnesota Extension Service will hold informational meetings to prepare farmers for another season of herbicide-resistant weeds, high-stakes marketing and crop or tillage practices that may help them feed the world. All of these gatherings are fueled by 30 cup coffee makers, cake donuts and bear claws.

We took a big move this week, Dave. Twenty-two years of cleaning litter boxes ended when the litter-robot arrived at our house, at least it should end soon. The automatic cat litter box is now programmed and ready for its first customer. The technology keeps detailed records of usage, and I suspect we will have a very good idea of the health of our cats. I hope the technology is dependable or else it will be back to me with my little slotted beach shovel clean-

ing up those old boxes. The litter-bot comes with an app that notifies us when a cat uses the new commode, so now we wait.

Project Feederwatch has broadened its horizons, at least at our place, Dave. The project is meant to give valuable data to the Cornell School of Ornithology about bird interactions. We've had a nice group of birds; however, the word of free food got out and we have now become a gathering spot for squirrels, rabbits, deer and one raccoon who didn't know he was supposed to be hibernating. I waved the flag of surrender to the deer. After failed attempts to raise the bird feeder high enough to prevent the deer from eating, we just bought them some hay and a little cracked corn. (We're not in the deer feeding ban.) It seems to have worked out as they have left the bird feeders alone.

I hope Carrington is good right now as you prepare for another farming season, Dave. I checked and we are only seven weeks away from the start of the boys basketball post-season, which means spring is not too far off.

Tell everyone hello, your little bro

WORLD LEADER in COMPLEX SPINE CARE

Specializing in minimally invasive spine surgery



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



RENEWAL by ANDERSEN

FULL-SERVICE WINDOW & DOOR REPLACEMENT

We have the experience to help you with new windows. We have installed over 15,000 Renewal by Andersen windows since 2004.

Call for a FREE Estimate
701-775-0980
www.anlsiding.com

Like us on Facebook!
1505 - 11th Ave. North, Grand Forks
1-800-618-0980

SAVE
20% off 4 or more units & \$50 off each window or door with this end of the Year Sale. Financing available OAC. Offer expires 12/31/24

Not valid with any other offers or prior estimates.

Free In-Home Consultation



SIDING & HOME IMPROVEMENT CENTER

WHY SETTLE FOR LESS? Since 1981

TRF girls use second-half surge to beat Park Rapids



Thief River Falls senior Avah Waldal shoots over the outstretched arms of Park Rapids Area junior post player Allie Michaelson. Waldal scored 22 points in the Prowlers' 77-69 win over the Panthers.

Northland women win ninth straight

Jade Reese and Tiyan Schwinghammer combined for 31 points to lead the Northland women's basketball team to a 77-46 win over Minnesota North College - Itasca Wednesday night in Grand Rapids.

The win was Northland's 12th overall and ninth straight during the 2024-25 season. The Pioneers have made fast starts a habit this year and Wednesday night was no exception. The Pioneers never trailed Wednesday

night, leading by two scores a minute into the game and 26-11 at the end of the first quarter.

The Pioneers added to their lead throughout the night, taking a 45-26 lead into the halftime break, before building a 65-37 lead through three quarters of play.

The Pioneers outrebounded the Vikings 41-26 and held a decisive edge in field goal percentage with 49.2 (32-for-65) to 33.3 (16-

for-48). Reese, 16, Schwinghammer, 15, and Rylie Klopp, 11, finished in double figures for the Pioneers. Reese added a dozen rebounds to team-leading 16 points for a double-double.

The Vikings were led by Lilia Pemberton with 13 points.

The Pioneers are back in action at home Monday night (Jan. 13) with a make-up game against MState-Fergus. Tip-off is set for 5:30

Girls Hockey

Crookston girls avenge loss to TRF

The Crookston Girls Hockey Team avenged a 2-1 season-opening loss to Thief River Falls with a 7-1 road win Monday night at the Ralph Engelstad Arena.

Monday night's game was close early. The Pirates got on the board with the first of two goals by Parker Strand with 7:03 left in the opening period.

The Prowlers answered with a power play goal by Lila Dalager, her 18th of the season, with assists by Marley Anderson and Kali Knutson 4:41 into the second period.

The Pirates added two more goals in the second off the sticks of Jensen Stinar

and Ashlyn Bailey, at 5:17 and 11:02, respectively, to take a 3-1 lead into the second intermission.

The third period belonged to the Pirates, with goals by Adley Vigness, Emma LaPlante, Addison Fee and a second goal by Strand to make it 7-1.

Picking up assists for the Pirates were Emma LaPlante, Logan Brekken, Jocelyn Field (3), Fee (2), Hadley Verwest, Jensen Stinar and Ava Martin.

Kambelle Freije allowed just one goal while facing 22 shots from the Prowlers. Thief River Falls goaltender McKenna Carr faced 31 shots and finished the night

with 24 saves.

	1	2	3	T
Thief River Falls.....	0	1	0	0
Crookston.....	1	2	4	7
First period - C, Parker Strand (Emma LaPlante) 9:57; Second period - TRF, Lila Dalager (power play) (Marley Anderson, Kali Knutson) 4:41; C, Jensen Stinar (Logan Brekken) 5:17; C, Ashlyn Bailey (Jocelyn Field) 11:02. Third period - C, Adley Vigness (Jocelyn Field) 3:49; C, Emma LaPlante (power play) (Jocelyn Field, Addison Fee) 6:29; C, Addison Fee (Jocelyn Field, Hadley Verwest) 7:42; C, Parker Strand (Jensen Stinar, Ava Martin) 15:58. Shots - Crookston 9-8-14 - 31; TRF 10-7-6 - 23. Power plays - Crookston 1/2; TRF 1/3. Penalties - Crookston 3 (6 minutes); TRF 2 (4 minutes). Goalie saves - Crookston, Kam-				

Boys Hockey

Prowlers sweep season series over Pirates

Thief River Falls rallied from a 2-0 deficit to defeat Crookston 6-3 in a boys hockey game played at the Crookston Sports Center.

Garret Fischer's first-period goal gave the host Pirates a 1-0 with 4:55 left to play in the first period.

Brandon Colborn added to the Pirate lead with his

fourth goal of the season on a power play 29 seconds into the second period.

The Prowlers scored four unanswered goals to take control of the game. The rally began with Joe Kelly scoring his fifth goal of the season 1:23 into the second period.

Paul Anderson scored a power play goal at the 3:10

mark of the second period to even the score at 2-2.

Goals by Andrew Rogalla and Kelly at 4:56 and 5:27 of the third period gave the Prowlers a 4-2 lead.

The Pirates battled back with Fischer scoring his second goal of the night and 13th of the season to cut the deficit to one goal.



Thief River Falls junior power forward Aniyah Fields looks to pass the ball during this first-half possession by the Prowlers during their home game against the Park Rapids Area Panthers Tuesday night. Fields scored five points in the Prowlers' 77-69 win.

Thief River Falls took control in the second half of Tuesday night's girls basketball game against Park Rapids Area to secure a 77-69 win in the opening game of Box Out Cancer night at the Lincoln High School Brickhouse.

The Panthers and Prowlers traded scores early in the first half. The Prowlers took their first lead of the night with just under seven minutes remaining in the opening half and, after runs by both teams, they took 34-32 lead into the locker room.

The Prowlers added to their advantage in the second half, outscoring the Panthers 43-37 down the stretch to secure win number nine on the season.

The Prowlers got a combined 43 points from seniors Avah Waldal and Josie Peter-

son, with Waldal scoring 22 and Peterson 21 points. Piper Greene, 12, and Jerlyn Lunsetter, 10, also finished in double figures.

The Prowlers improved to 9-2 overall and 4-1 against Section 8AA opponents with Tuesday night's win. The Panthers fell to 3-8 overall and 0-7 in the conference.

Next up for the Prowlers is a trip to Lancaster on Monday, Jan. 13 to face Kittson County Central. The Bearcats are 8-1 overall and 6-0 against Section 8A teams.

Scoring

	1	2	T
Park Rapids Area.....	32	37	69
Thief River Falls.....	34	43	77
Park Rapids Area - Molly Cederstrom 8, Nora Cederstrom 4, Allie Michaelson 3, Anna Yliniemi 17, Vivian Shepersky 4, Halle Eischens 35. TRF - Braylee Wiene 2, Aniyah Fields 5, Piper Greene 12, Avah Waldal 22, Taylor Berg 5, Josie Peterson 21, Livia Harbott 10.			

Prowlers beat Panthers behind big night from Wilcox

Bridger Wilcox scored 23 points to lead Thief River Falls to an 82-68 win over Park Rapids Area Tuesday night during Box Out Cancer Night at the Lincoln High School Brickhouse.

The Prowlers raced to a 43-32 halftime advantage and held off the Panthers' second half rally to claim win number five of the season.

Joining Wilcox in double-digit scoring for the Prowlers were Gannon Zutz, 15 points, Everett Nelson, 13 points and Wyatt Nelson with 12 points.

The Prowlers improved to 5-2 overall and 3-2 against Section 8AA opponents. The

Panthers fell to 0-5 in the section and 3-5 overall.

The Prowlers were back in action Thursday night on the road against section-leading Pelican Rapids (9-1, 5-1). Results from that game will appear in next week's edition of The Times.

Scoring

	1	2	T
Park Rapids.....	32	36	68
Thief River Falls.....	43	39	82
Park Rapids - Parker Hunter 3, Kaden Gardner 6, Parker Larson 7, Ryan Carrol 20, Landon Strasburg 16, Carter Hint 14, Thomas Lopez 2. TRF - Bridger Wilcox 23, Wyatt Nelson 12, Everett Nelson 13, Gannon Zutz 15, Lucas Rantanen 7, Dylan Osowski 3, Caden Rose 8.			

TRF SPORTS

Saturday, Jan. 11
■ Basketball - NCTC Men at MNC-Rainy River 1 p.m.

■ Wrestling - NCTC Men at Minnesota West Triangular 2 p.m.

Monday, Jan. 13
■ Basketball - NCTC Women vs. MState-Fergus Falls 5:30 p.m.; LHS Girls at Kittson County Central 7:30 p.m.; LHS Boys vs. Grafton 7:30 p.m.

Tuesday, Jan. 14
■ Hockey - LHS Boys vs. Kittson County Central 7 p.m.; LHS Girls vs. Warroad 7:30 p.m.
■ Wrestling - LHS Boys and

Girls at Mahanomen Triangular 5 p.m.

Thursday, Jan. 16
■ Basketball - LHS Girls at Crookston 7:30 p.m.

Friday, Jan. 17
■ Basketball - NCTC Women at MNC-Mesabi Range 5:30 p.m.; NCTC Men at MNC-Mesabi Range 7:30 p.m.; LHS Girls vs. Roseau 7:30 p.m.

■ Hockey - LHS Boys at Little Falls 7:30 p.m.
■ Wrestling - NCTC Men at MNC-Itasca Duals 10 a.m.; TRF Girls host Prowler Invite 3 p.m.

Men's Basketball

Second half cold stretch haunts Pioneers in loss to Vikings

Northland Community & Technical College fell 65-59 to Minnesota North College - Itasca in an MCAC North men's basketball game Wednesday night in Grand Rapids.

The host Vikings opened the game on a 7-0 run, but the Pioneers regrouped and finished the first half by outscoring the Vikings 27-18 over the final 16 minutes to take a 27-25 lead into the locker room.

The Pioneers led 46-42 with 10:57 remaining, but failed to score over the next 5:33 as the Vikings used a 13-0 run in the second half to take control of the game.

The Pioneers broke the scoreless streak with a Daymon Ware layup to make it 55-48 with 5:14 remaining. From there, the Pioneers would get to within four points of the Vikings on three occasions, including a 63-59 deficit with 15 seconds remaining, but they were un-

able to draw any closer as the Vikings hung on for the win.

Zeke Aime and Tre Jones both scored 14 points while coming off the bench for the Pioneers. Lewis Jones also reached double digits in scoring for the Pioneers with 11 points.

Nderius Walker had a big night for the Vikings, scoring 20 points while collecting 10 rebounds in 40 minutes of work.

The Pioneers are back in action Saturday against Minnesota North College - Rainy River in International Falls. Game time is 1 p.m.

Scoring

	1	2	T
Northland.....	27	32	59
MNC-Itasca.....	25	40	65
Northland - Aaron Wilson 8, Lewis Jones 11, Daveon Turner 2, Javien Johnson 6, Etienne Aime 2, Tre Jones 14, Zeke Aime 14, Daymon Ware 2. MNC-Itasca - Dmearon Manning 8, Nderius Walker 20, Gohan Sawyer 5, Luka Goshadze 14, Victor Esteveao 7, Clayton Cook 10, Jerrek Evans 1.			

BUSINESS CARDS

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

- Branding and logo design
- Fast turnaround
- No minimum orders

Contact Us Today!



Our Goal: To deliver exacting detail. The first time. Every time.

218-681-4450
printshop@trftimes.com

NOW HIRING

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

Flexible Schedules & Competitive Pay

Northdale

Oil Inc.

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

HELP WANTED!!

NOW OPEN... DAY SHIFTS

GREAT PAY
Work 1 Day or 5 You Choose!

- Fun Staff
- Great Hours
- No Weekends!!

Call About Hourly Rate!
or Fill Out Application
at **Cenex Travel Plaza - A&W**
Hwy 59 S in Thief River Falls

*Speak with
Riley or Justice*
218-681-7441

THIBERT CHEVROLET is looking for a FULL-TIME OFFICE ASSISTANT

We are willing to be flexible with the right candidate and would consider part-time to start.

As an Office Assistant, you will be responsible for providing professional, courteous, and exceptional service to our loyal clientele.

What you will be doing?

- Greet and assist customers who enter the showroom
- Answer and direct incoming calls and inquiries
- Assist the Parts, Service, Autobody, and Sales Departments with various clerical duties, as needed
- Assist the Office Manager and the General Manager with various clerical duties, as needed
- Daily banking deposits and bookkeeping duties, as needed
- Training to eventually learn all of the Office Manager's duties

Who are we looking for?

- A team player who is focused on providing exceptional customer service
- Excellent communication skills, both written and verbal
- Ability to multi-task in a fast-paced work environment
- Previous accounting or bookkeeping skills are a plus, but not required

To apply please contact Gary or Derek Thibert at 218-253-2171, or stop in to Thibert Chevrolet Inc. in Red Lake Falls.

Night Shift Machinist/ Mill Setup Person

40 hr. work week
Must be able to lift 50 lbs. occasionally
Willing to train

This position is full time with major medical Insurance, vacation, 401(k) plan and profit sharing. Salary based on experience. Candidate would be responsible for working from blueprints, specifications and/or instructions to setup and operate mills, including reviewing CNC programs and blueprints, varies speeds and feeds for tooling and operate mills to produce quality parts. Must be able to create and edit simple programs at the control. A 2-year Technical School Degree plus 1-2 years field experience preferred but not required. Must be reliable and a self-starter.

Machinewell, Inc.
Grygla, MN
218-294-6101 (Ask for Jared)
jhaack@machinewell.com

Roseau County Employment Opportunity

ADMINISTRATIVE SUPPORT SPECIALIST

Roseau County is accepting applications for a **regular full-time Administrative Support Specialist**. This is a benefited non-exempt position with a wage range of \$24.12 to \$31.77, depending on qualifications.

This position is in the Roseau County Sheriff's Office and performs a variety of clerical duties including processing gun permits, civil process, criminal citations, preparing case reports for prosecution, reporting crime data, transcribing law enforcement statements, and acts as the records custodian.

Qualifications include a Paralegal Certificate or Associate Degree, and/or 3-4 years of legal experience. Other requirements include excellent typing skills, accuracy in computer entry, knowledge of various computer operations, the ability to multi-task and work independently in a high stress environment, and also possess excellent communication skills. The successful candidate will need to effectively meet and work with the public and fulfill the duties of the office manager/civil process supervisor in their absence.

Applications may be obtained from the County Coordinator's office by email at joleen.kezar@co.roseau.mn.us, online at the Roseau County web site at <https://www.co.roseau.mn.us> or by calling 218-463-4248. Completed applications, along with a cover letter and resume, may be submitted to:

Roseau County Coordinator's Office, 606 5th Ave SW,
Room 131, Roseau, MN 56751.

Closing date is Friday, January 24, 2025 at 12:00 pm.

For a detailed job description and/or specific job-related questions, please contact the Roseau County Sheriff Office Manager at 218-463-4124.

ROSEAU COUNTY IS AN EQUAL OPPORTUNITY EMPLOYER

NMF announces Omdahl Conservation Fund grant recipients

The Eldor and Stella Omdahl Environment and Conservation Fund has approved four grant applications totaling more than \$60,000 to support conservation efforts throughout northwest Minnesota.

The Eldor and Stella Omdahl Environment and Conservation Fund is a fund in the family of funds at Northwest Minnesota Foundation. Its mission is to provide financial support for charitable, educational and scientific programs, projects, and activities that support or benefit environmental and conservation causes. The projects and programs approved for funding through the 2024 fall grant round are:

- Programming support, Agassiz Audubon Society
- Nielsen Center, Mississippi Headwaters Audubon Society
- Conserving the Tall-grass Aspen Parklands, The Nature Conservancy
- Pollinator Habitat, White Earth Land Recovery

"The Eldor and Stella Omdahl Fund generously supports the conservation of the northwest Minnesota natural habitat," said Dawn Ganje, senior vice president of philanthropy at NMF. "We look forward to the work these programs will complete as they support our natural places."

PENNINGTON HEALTH SERVICES

DBA Thief River Care Center

WE ARE HIRING:

- Director of Nursing
- NARs FT/PT – All shifts
- RNs FT Block – Days & NOC shift

All positions are bonus eligible.
See our employment listing at
www.phs.sfhs.org E/O/E

DIVERSE ABILITIES CORPORATION

Great Work Environment!
Rewarding Job! Competitive Pay!

Falls DAC is seeking a reliable and caring person(s) to become part of the Direct Support Professionals team that provides support for individuals with disabilities. Support is provided both at our facility and at community locations.

Applicant must • possess a HS diploma/equivalent • pass a mandatory DHS background study • be an insurable driver • possess good communication skills and the ability to develop and maintain positive relationships with participants and their families/team members, co-workers and outside agency staff. First aid, CPR and med administration training provided. Work Hours: M-F, 8AM-4PM. Competitive wage and benefits and enjoyable work!

205 13th St W, TRF
Call 681-5951 for more info or send resume to dawn@fallsdac.com

Please apply ASAP. Positions open until filled. Will consider PT hours.

REGISTERED NURSE

McIntosh Senior Living (MSL) is currently accepting applications for a Registered Nurse.

Job duties are administering medication, providing medical treatments/dressing changes, monitoring patient conditions, required to work every 4th weekend as the Charge Nurse. Must have great communication skills and be able to supervise the LPNs and CNAs. MSL offers a great benefit package. Credit is given for experience.

Interested people should send their resume to McIntosh Senior Living
600 Riverside Ave NE, McIntosh, MN 56556, attention Tricia Brua,
Director of Nursing or call Tricia at 218-563-2715.

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

MAINTENANCE – EVENING SHIFT

Location: Franklin Middle School
Effective: Immediately

Hours: 8 hours/day (Currently 2:00 p.m. – 10:30 p.m. Specific shift time subject to change at the discretion of the Building and Grounds Manager based upon need)

Duties: Training and supervision of cleaners. Set up and tear down for school activities per building schedule. Maintain school buildings and grounds. Performs maintenance/repairs including, but not limited to, heating, plumbing and electrical assignments. Specific assignments to be determined at the discretion of the Manager of Building and Grounds and may vary based upon need.

Requirements: Must have (or be able to obtain within 6 months) boilers license and pool operator license; knowledge and ability to safely operate maintenance equipment; good background in floor maintenance, carpentry, electrical, heating and general maintenance. Preference given to candidate with demonstrated successful supervision experience.

Application Deadline: Open until filled
Pay and Benefits: Per terms and conditions

Online Application available on the School District Website:
<http://www.trfschools.org> > Employment

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

FULL-TIME ASSISTANT COUNTY ATTORNEY

We are seeking applicants for the position of Assistant Pennington County Attorney. The Assistant County Attorney serves at the pleasure of the County Attorney and is required to administer and enforce the laws of the State of Minnesota and its political subdivisions. The Assistant County Attorney will be responsible for handling criminal cases ranging from felony, gross misdemeanor and misdemeanor criminal prosecutions, child protection, juvenile law, child support enforcement, general civil practice and other duties statutorily imposed upon the Pennington County Attorney's Office. Applicants must be admitted to the practice of law in the State of Minnesota with a minimum of 3 years of experience and have solid research and writing skills together with prior advocacy experience.

Pennington County offers excellent benefits including competitive salary, paid holidays, vacation and sick leave, and a retirement pension. Job applications are available in the Pennington County Auditor's Office, 101 Main Ave N, PO Box 616, Thief River Falls, MN 56701, on our website at <http://co.pennington.mn.us>, or can be emailed upon request. Applications along with resumes and supportive documents can be mailed to the address above or may be emailed to: kwerickson@co.pennington.mn.us.

Application deadline: Position open until filled.
Pennington County is an Equal Opportunity Employer.



Highway cameras caught this scene on Highway 11 near Karlstad Thursday morning. Find more information about road conditions in the area at www.511mn.org.

2025 health insurance deadline approaching

Minnesotans who need health insurance for 2025 have one week remaining to sign up for a private health plan at MNsure.org. The deadline to enroll is 11:59 p.m. on Wednesday, Jan. 15, for coverage that starts Feb. 1.

MNsure is the only place Minnesotans can save money on their monthly premiums. This year, eligible households will save \$560 per month, on average, when they sign up through MNsure and take advantage of all the financial help they qualify for.

"Don't miss your chance to get the protection of comprehensive health insurance and access to discounts that could save your family thousands of dollars this year," said MNsure Chief Executive Officer Libby Caulum. "After Jan. 15, most Minnesotans will need a major life change like moving, getting married or having a baby to enroll in health insurance through MNsure." All plans sold through

MNsure are guaranteed to cover a list of essential health benefits that includes prescription drugs, emergency services and preventive care like flu shots and cancer screenings. Plans that don't provide comprehensive coverage can leave you at risk for high, unexpected medical costs when you get sick or need to go to a hospital.

Extended hours ahead of Jan. 15 deadline

To better serve Minnesotans, the MNsure Contact Center will be open extended hours leading up to the enrollment deadline:

- 9 a.m. – 1 p.m., Saturday, Jan. 11
- 8 a.m. – 8 p.m., Monday – Wednesday, Jan. 13 – 15

The Jan. 15 deadline does not apply to Minnesotans who qualify for Medical Assistance and MinnesotaCare or members of federally recognized tribes, who can sign up through MNsure any time of year.

LCCMR seeks project proposals

The Legislative-Citizen Commission on Minnesota Resources has issued its 2026 Request for Proposal for funding from Minnesota's Environment and Natural Resources Trust Fund. Approximately \$103 million from the lottery-generated fund is available for projects that aim to protect, conserve, preserve, and enhance Minnesota's air, water, land, fish, wildlife, and other natural resources.

The LCCMR is requesting proposals to address updated funding priorities that were established in 2024 following adoption of a new strategic plan. Anyone with a project idea consistent with these priorities may submit a proposal. Priorities fall within the following categories:

- Resiliency
- Water
- Education and Outdoor Recreation
- Fish and Wildlife
- Energy
- Land
- Small Projects

The 2026 RFP contains an explanation of the LCCMR's proposal and funding process and instructions for submitting a proposal online. Applicants must submit proposals through the LCCMR's online proposal and grant management system. Early submissions are encouraged.

The release of this RFP begins the competitive process through which the LCCMR selects projects to recommend to the Minnesota Legislature for funding from the ENRTF. Proposals responding to the 2026 RFP are due by Wednesday, March 19, 2025, at 4:30 p.m. From April

Help Wanted

Hawkes Manufacturing, Inc. in East Grand Forks Is Looking To Hire A Buyer/Purchaser; \$20-\$25/Hour DOE; Medical, HSA, 401K And PTO; M-F, 40 Hours/Week, No Weekends; Looking For Someone With Prior Experience As A Buyer To Use ERP Software To Manage Vendor Information Order And Receive Materials, And Track Inventory; Attention To Detail And Experience With Microsoft Office Required. **Send Resume To sales@Dakota-peat.com Or Call Suzanne At 701-746-4300.** P4t6p

HIRING: LABORERS OR FINISHERS

Call Robert at
218-686-9308

THIBERT CHEVROLET is looking for a LIGHT DUTY TECHNICIAN

whose responsibilities will include detailing new and used vehicles, maintaining buildings and grounds, including the new and used vehicle parking lots, and other various maintenance duties, as needed. This person will work closely with our Service and Sales Teams in assisting our customers and making sure that their experience is a positive one. Applicants should be motivated, self-sufficient, and dependable.

To apply please contact Gary or Derek Thibert at 218-253-2171, or stop in to Thibert Chevrolet Inc. in Red Lake Falls.

FARM LABORER

Full-Time or Seasonal position for farm located near Warren, MN. Pay and benefits DOE. Previous experience preferred but willing to train.

Call Derek at 218-201-0164
or email:
southlinefarms@outlook.com

Custom Services
Drywall & Sheetrock: Tape & Finish or Repair! Call or Text 218-232-1927 2P8T10

FALLS TOWING

Troy Ellingson - Owner/Operator
218.684.5100
Towing, Jump Starts, Lockouts, Recovery, Winch-Outs, AC & Tire Change Services, Mechanic & General Repairs Now Performing Alignments
Over 26 Years of Service to the Community

B & K Stumpgrinding LLC
and Other Tree Services
Locally Owned, Operated and Insured
SERVICES INCLUDE:
• Tree Trimming
• Stump Removal • Skid Steer Service
• Full or Partial Tree Removal • Dirt Work
• Bucket Boom Truck • Snow Removal
Thief River Falls, MN
(218) 686-1853
Call Brian for Free Estimates

Concrete Designs LLC
Thief River Falls, MN
Epoxy Floor Coatings
25 Years Experience
Darrin Momerak
218-684-5637
Email: concretedesigntf@gmail.com

Hay, Feed & Seed
WANT TO BUY: Good Quality Hay For Beef Cattle, Will Pick Up. Call Or Text 218-689-2696 4P167p

Automotive
2004 Chevy Ext. Cab 4x4 - Red - 159k \$3,995
2002 Chevy Suburban 4x4 - Black - 270k \$4,795
BIG JOHN'S MUFFLER & AUTO SALES
218-681-7292
Hwy. 32 N. • Thief River Falls

Public Notices
NOTICE OF MEETINGS FOR EXCEL TOWNSHIP - 2025: All Meetings Are Second Tuesday Of The Month At 7:30 p.m. February Meeting Is Board Of Review. March Meeting Is Annual Meeting. May, June, August, October And December. All Meetings Will Be Held At 12653 280th St. NE, Newfolden, MN 56738. 215c

Miscellaneous
ALUMINUM SHEETS
23x32.5", 0.008" Thick, \$1.00 Each. Available At The Times, 324 Main Avenue North, TRF. (Call Ahead To Check Availability And For Large Quantities.) Call 218-681-4450.
TICKET ROLLS! 2,000 Per Roll, Single And Double Rolls. The Times, 324 Main Ave. N., TRF, 681-4450.

Local Meat/Produce
Premium All Natural Frozen Beef Quarters & Cuts; No Red Dyes, Antibiotic, or Steroids; Ground Beef, Steaks, Roasts & More. Call: 218-686-9317 or Shop Online at benke-farms.store F2P10t4c

OPEN HOUSE
614 McLEAN AVENUE NE | RED LAKE FALLS

• 3 bedrooms
• 1.5 bath
• New Updates
• 1104 sqft.
• Large Corner Lot
• 2+ Car Garage
• Great Location
\$175,000
Saturday, January 18 • 1-4 p.m.
REED REALTY
www.reedrealtymn.com
Samantha Lindgren Realtor
218-686-5645

Farmers National Company L-2500113

LAND FOR SALE
460.93± Acres • Roseau County, Minnesota
Highly productive pattern tiled farmland!
-- Excellent surface drainage --
-- Highly quality soils for production of soybeans, wheat, canola, corn, and perennial ryegrass --
For more information on property details, please contact:
Hugh Hunt, Agent
Phone: (218) 843-1139
HHunt@FarmersNational.com
www.FNCRealEstate.com

Real Estate
Business and Land For Sale
CARPENTER'S CORNER BAR
with Barn and 12 acres of land.
Asking \$199,000
40 acres Hunting Land
4 miles south of Strandquist along Hwy 59
Nice building site on the west side of the road and balance is Hunting Land on the east side. In West Valley Twp. Section 12.
80 acres productive Hunting Land
in Marsh Grove Twp. Sec. 15
326 acres CRP
in Section 6 New Maine Twp.
120 acres CRP
in New Maine & West Valley Twps.
See details at:
www.harvestlandsales.com
CALL OR TEXT Lane Loeslie 218-201-0832

For Rent
Three-Bedroom, One-Bath Apartment: No Smoking/Pets, Lease Required. 218-689-6857 2P8T7p
Quiet Two-Bedroom Apartment On Edgewood Dr., TRF: One-Bah, Garage, \$700/Month, One-Year Lease. Call Jade At 218-683-7368
HOUSE FOR RENT: 309 St. Paul Ave S. 5-Bdrm. Available February 1, Rent \$900/Month. 218-681-5413

SEARCHING FOR AN APARTMENT IN STEPHEN, MN?
Tamarac Apartments Multi-Family
Is accepting applications for immediate occupancy!
NOW Leasing
1 bed-1 bath
& 2 bed-1 bath
Apartments are available and ready to go!
12 month & 6 month leases are available.
Sit back and relax. Your new home awaits with Tamarac Apartments, formerly known as Tamarac 55+.
Call Peter at 218-280-9851 for more information.
Or visit and apply online at:
www.gmmco.org
Greater Minnesota Property

Riverside Terrace Apartments
is accepting applications for 1-bedroom apartments located at
225 South Labree Ave, Thief River Falls, MN.
Our community features affordable housing for persons 62 years of age and older, or those with a disability and within income guidelines.
Call 218-681-7657 for more information

BINGO HELP NEEDED

EAGLES AERIE #2368
305 Red Lake Blvd. • Thief River Falls (218) 681-2406
• 2-3 Days a Week
• 3-4 Hours / Shift
• Some Friday evenings & Saturday afternoons expected
Fun atmosphere with great patrons & staff!
STOP BY THE EAGLES FOR AN APPLICATION OR TEXT NATE AT: 218-688-3031 FOR MORE INFO. Lic 00092

PART-TIME OFFICE SUPPORT
person needed in our busy office
Must have excellent phone and customer service skills, attention to detail, be knowledgeable in grammar, spelling and punctuation. Computer knowledge required. Position requires a multi-tasker with a willingness to learn. Other duties may be assigned as needed.
Send resume to pseibel@trftimes.com or call Phil @ 218-681-4450

ONLINE CONSIGNMENT AUCTION
Feb. 11 Deadline to Consign ~ Feb. 27 Sale Closing Date
CONSIGN YOUR ITEMS NOW!
Recreational Items, Sporting Goods, ATVs, Trailers, Vehicles, Equipment, Tractors, Guns, Ammo, Tools, Collectibles & Other Items of Interest
Take Advantage of the Good Market
We Can Sell One Item Or A Whole Line At Your Place Or Ours
Over 2 Million Registered Bidders World Wide
We Have Registered Bidders from 50 States
AuctionTime HiBid
www.mcmullensales.com • 218-681-3960
McMULLEN Auctioneers & Realtors

Farmers National Company L-2500129

LAND FOR SALE
1,024± Acres • Kittson County, Minnesota
Large Offering of Productive Farmland All in Close Proximity!
-- Individual tracts are available for purchase --
-- Natural slope across tracts provides excellent surface drainage --
-- Productive loam soils for a variety of crops --
-- Listing L-2400541 has 195 drain tiled acres, also in same Township --
For more information on property details, please contact:
Hugh Hunt, AFM, Agent
Phone: (218) 843-1139
HHunt@FarmersNational.com
www.FNCRealEstate.com

Nordin Realty Inc.
Diedre Nordin Broker 218-689-2870
Kate Anderson Sales Agent 218-688-1997
Cory Anderson Sales Agent 218-688-1996
216 Pennington Ave. S • Thief River Falls
Office 218-681-7789 • www.nordinrealtytrf.com

1121 1st St E – Thief River Falls
\$154,900! This 1930s charmer has 2 bedrooms – 1 bath, a great corner lot, many updates – and is move-in-ready! Don't wait, call today!

Multiple Mobile Homes – Thief River Falls
\$625,000! Don't miss out on this opportunity to start or expand your corner of the rental market. Own a block of 29 mobile homes in 2 courts of Thief River Falls – call for details!

1119 Wendt Dr – Thief River Falls
\$274,900! Welcome – to this 5 bedroom home with 2 baths and a great location close to major employers. The back yard is perfect for kids and pets – plus there's a double attached garage!

417 Lambert St – Oklee
\$74,900! Sweet 3 bedroom, 1 bath home on a corner lot in Oklee. Well-kept and in need of a new owner. Call today and let's take a look!

18154 US Hwy 59 NE – Thief River Falls
\$259,900! Terrific rambler offers 3 bedrooms, 1½ baths, in excellent condition – and a new basement water-control system with lifetime warranty! Attached double garage plus a detached workshop – all on about 2 acres!

623 Dewey Ave N – Thief River Falls
\$69,900! Charm to spare in this 2 bedroom, 1 bath home on the north end of Thief River Falls. A great starter or investment property and it's a quick walk to NCTC and the fishing dock!

1214 Arnold Ave N – Thief River Falls
214,900! Built in 2023, this new home has 3 bedrooms, 2 baths, an open concept design, Stainless steel appliances, and it has everything on one level. Call today for your appointment!

12424 126th Ave NE – Thief River Falls
\$649,900! Gorgeous river home built in 2022, has 5 bedrooms, 4 baths, gourmet kitchen, fireplaces, over 5500 square feet and all on nearly 4 acres overlooking the Red Lake River!

www.nordinrealtytrf.com
We'll walk you home.

Advanced Computer Solutions & Repair

✓ On/Off Site Service ✓ Virus Removal ✓ New & Used Computers
✓ Tune-ups ✓ Data Recovery ✓ Installations
Have Us Find Your Solution Today!
Give Us a Call for a Free Quote! 218-686-0334
Mark J Paulson, BS Computer Science, 612 LaBree Ave N, TRF

RAIN CARE Company
MICHAEL LOVLY
JOHN P. LOVLY
• Licensed
• Bonded
• Insured
Seamless Aluminum Guttering Heating, Air Conditioning
218-378-4641
20041 St HWY 219 NE • Goodridge, MN 56725
Amana YORK

Leader Well Drilling
Jon Leader, Owner
Well Sealing Newfolden MN, 56738
Pump Service & Repair
New Well Construction
218-686-8436
218-874-2112
leader_873@hotmail.com

Tri-Valley Opportunity Council, Inc. Transportation Programs
FOR SALE ON BIDS
Bid Notice:
2009 Ford EIDorado National E-450 Gas Bus
Approximately 224,790 miles
2012 Ford Glaval E-450 Gas Bus
Approximately 212,282 miles
2013 Ford Glaval E-450 Gas Bus
Approximately 223,395
All buses can be viewed at:
1345 Fairfax Ave. • Crookston
Monday-Friday • 7:00 a.m.–3:30 p.m.
Sealed bids will be accepted until 2:00 p.m. on January 24th, 2025.
Tri-Valley has the right to accept or deny any bids.
Winners of the bids will be notified on January 28th, 2025. Winners will be required to pickup the bus by February 7th, 2025. All buses are sold as is.
Any bus questions can be directed to spencer.larson@tvoc.org or 218-281-9095.

302 Sherwood Ave. N., Thief River Falls

2 bedroom, 2 bath, 2 car garage. Large deck with partial pergola, .48-acre lot with fenced garden. 2 finished rooms in the basement.
302sherwoodaven@gmail.com
715-944-4242
www.302sherwoodaven.com
Buyers' agent % negotiable
Open to assumed mortgage @ 2.375%

ENJOYABLE AND COMFORTABLE PLACE TO CALL HOME!
FIRST STREET ESTATES
1611 1st St. W. | Thief River Falls
First Month Rent FREE with a 13-mo Lease for a 1-Bedroom Apartment!
FREE Heat, Water, Sewer, Trash
• Elevator
• Community Room
• Fitness Room
• Detached Garages Available
CALL FOR AVAILABILITY!
More information available at prairielakesmanagement.com 218-683-5201

ONLINE LAND AUCTION
Bidding Starts Thursday, Feb. 6
CLOSING BEGINS THURSDAY, FEB. 13, 2025
TOTAL OF 226± ACRES SELLING IN 4 PARCELS
110TH ST. NE, THIEF RIVER FALLS, MN
This is the perfect opportunity to own land! These parcels would be great for a building site, agricultural & hunting! Parcels are located 6 miles south of Thief River Falls. 3 of the Parcels are along Hwy 59.

Parcel A: 114.45± Acres
Parcel B: 40± Acres
Parcel C: 14± Acres
Parcel D: 28± Acres
Parcel A: M.L.S.# 6643108
Address: 19122 110th St. NE, Thief River Falls, MN
Legal Description: SECT 33 TWP 153 RANGE 04E 114.45 AC SW1/4 SW1/4 GOVY LOT 3 LESS THAT PART LYING EASTERLY OF THE CENTERLINE OF US HWY 59 AND THE SE1/4 SW1/4 SEC 29 T33 R4E
Parcel A has 114± Acres, which includes a building site with mature trees. Surrounding the building site is 90± Titled Acres & 18± Wooded Acres. There is a sealed well and abandoned septic located on building site. Productivity index is 61.5.
Parcel B: M.L.S.# 6643110
Address: TBD 110th St. NE, Thief River Falls, MN
Legal Description: SECT 33 TWP 153 RANGE 04E 40.00 AC NW1/4 NW1/4 Parcel B has 40± Acres which includes 3± Wooded Acres & 34± Titled Acres. Productivity index is 56.7.
Parcel C: M.L.S.# 6643112
Address: TBD 110th St. NE, Thief River Falls, MN
Legal Description: SECT 33 TWP 153 RANGE 04E 32.32 AC LOT 1 LESS HWY Parcel C has 32.32± Acres which includes 14± Titled Acres & 18± Wooded Acres. Productivity index is 52.3.
Parcel D: M.L.S.# 6643111
Address: TBD 110th St. NE, Thief River Falls, MN
Legal Description: SECT 33 TWP 153 RANGE 04E 30.24 AC NE1/4 NW1/4 Parcel D has 29.24± Acres which includes 28± Wooded Acres & 11± Titled Acres. Productivity index is 55.1.
All lines and boundaries are approximate
www.MCMULLENREALTY.COM
CALL ON US – "The Auction Team That Goes To Work For You"
McMULLEN REALTY, LLC
McMULLEN Auctioneers
www.mcmullenrealty.com
218-681-3960
Jennifer Vogel Realtor/Owner 218-686-4025
Joe McMullen Realtor/Owner 218-688-7700



A grant of \$10,000 has been made by CML Champions to support the purchase and construction of a greenhouse at Stephen-Argyle Central to be used in the Agricultural Sciences and Food Science programs. (Submitted)

CML Champions Fund/Continued

(Continued from Page 1) champions-fund.html for information on how to contribute to the fund or develop a project proposal. It can also be found on Facebook at www.facebook.com/profile.php?id=61551617875295. The fund's current financial status includes \$348,931 in net assets. The overall goal continues to be \$500,000 in net assets by

Meet Your Neighbor Day 2026.

To contribute to the CML Champions Fund, send donations to: Northwest Minnesota Foundation, Attn: CML Champions Fund, 201 3rd Street NW, Bemidji, MN 56601. Or, donate online by following the these directions: www.nwmf.com, Give Now, Choose Connie and Merece Lubarski Champi-

ons Education Fund from the "Please direct my donation to" drop down menu. Follow the prompts for submitting your donation.

For more information regarding the fund, please contact a CML Champions Fund board member.

Two county buildings/Continued

(Continued from Page 1) \$35,000. He has since found another photographer and believed that quote may be around \$7,000; however, that photographer wouldn't be available until the spring. Erickson thought the photographer would be able to complete the work in the winter, but the quote would be higher.

County leaders also need to obtain an updated quote for asbestos abatement. Such abatement would be needed even if the county moved forward with demolition.

It costs the county about \$30,000 per year to main-

tain the building. City Auditorium needs a new heating system. The electric boiler is reaching the end of its life and there are no more parts available for it.

The county obtained City Auditorium and the Old Arena in 2008 as part of a swap with the City of Thief River Falls. The city received ownership of Oakland Park. The property swap was negotiated with the future expansion of county facilities in mind. Commissioners have discussed the future of City Auditorium ever since that time.

City Auditorium is lo-

cated next door to the Government Center, and commissioners are contemplating the demolition of the building to clear the way for additional parking.

Previously, in 2019, County Board approved a study to consider improvements to the building. The work was covered by grants and private donations. Besides ADA improvements, the proposal featured various options for the building. Since that time, it seems that public interest has waned in the building and its future.

MDA accepts applications for Beginning Farmer Tax Credit

The Minnesota Department of Agriculture's (MDA) Rural Finance Authority (RFA) is now accepting applications for the 2025 Beginning Farmer Tax Credit, an annual program available to landlords and sellers (asset owners) who rent or sell farmland, equipment, livestock, and other agricultural assets to beginning farmers.

Total funding available for the 2025 Beginning Farmer Tax Credit program is \$4 million. The credits are funded in a first-come, first-served manner, so applicants are highly encouraged to apply early in the year before the stated deadlines. Both the asset owners and beginning farmers must submit applications with lease and/or sale documents to be eligible for funding and to hold their place in line. They may apply before sales close, if needed.

Qualifying asset owners can include individuals, trusts, or qualified pass-through entities renting or selling land, livestock, facilities, buildings, or machinery used for farming in Minnesota to a beginning farmer. Through changes made to the program during

	Tax Credit Amount	Maximum Tax Credit	Application Due Date
Cash Rentals	10% of annual rental income	\$7,000	July 17, 2025
Share Crop Rentals	15% of annual rental income	\$10,000	July 17, 2025
Sales	8% of sale price (12% if the buyer is an emerging farmer)	\$50,000	November 1, 2025
Beginning Farmer Farm Business Management Tuition Reimbursement	Equal to tuition paid out of pocket	\$1,500 for 3 years	November 1, 2025

Asset owners can claim credits in one of the following categories in a given tax year for each beginning farmer they lease/sell to the above. (Submitted)

the 2023 legislative session, parents, grandparents, and siblings are now eligible for the tax credit if they sell farmland to a direct family member. However, this does not apply to leases or non-land sales (e.g., livestock, equipment).

A beginning farmer is defined as a Minnesota resident with the desire to start farming or who began farming within the past 10 years. They must provide positive projected earnings statements, have a net worth less than \$1,013,000, and enroll in or have completed an ap-

proved Farm Business Management (FBM) program.

Beginning farmers are also eligible for a nonrefundable Minnesota tax credit equal to the amount paid for FBM tuition, up to a maximum of \$1,500. This tax credit is available for up to three years.

Full eligibility requirements and application materials can be found on the Beginning Farmer Tax Credit webpage. Questions may be directed to Jenny Heck at Jenny.Heck@state.mn.us or 651-201-6316.

New Year's resolutions/Continued

(Continued from Page 1) health. Dr. Souri said Sanford Health provides a variety of mental health services.

Nearly half of all Americans make New Year's resolutions, but only about 25% of people actually stay committed to their resolutions after just 30 days.

Dr. Souri said people should start with small, well-defined goals. Instead of walking 15 to 20 minutes per day, start with 10. Instead of three chocolate bars a day, consume only one. And, to help oneself stay true to a goal - keep a diary, create a weekly goal, and at the end of the week, give yourself a little reward. And then each week, increase your goals.

Failure is a part of success, said Dr. Souri. Missing a goal shouldn't be an excuse for giving up on a resolution. "We learn from failure," said Dr. Souri. "Stay consistent," he said, "persevere, and start again. Every step you take counts."

At Sanford, there's a team waiting to help. Dr. Souri said nutritionists, dietitians, doctors, therapists and nurses all work together to help patients reach their health goals. Take advantage of it. Sanford Health in Thief River Falls has a lot of resources for a small community. Take advantage of those resources.

Weight-loss medications are another option. Today, there are several approved weight-loss prescriptions.

Dr. Souri encourages individuals to come in for a consult to see if they qualify. He added that individuals who also have good lifestyle habits can have amazing results.

When considering New Year's resolutions for health, Dr. Souri said not to forget to schedule and complete recommended preventative health screenings - mammograms for breast cancer, colonoscopies for colorectal cancer, blood pressure checks, cholesterol level tests, and pap smears. These

screenings can be particularly effective because they can detect diseases early when treatment is most likely to be successful.

Kids and exercise

(Continued from Page 1) to or from school each day to get exercise. Parking further away from stores ensures some extra steps as well. Take the stairs in malls instead of elevators or escalators.

Encourage participation in team sports. After-school athletics often involve multiple days of practices and games or meets, which can be all the exercise a kid needs to be healthy. Athletics also present a fun way to exercise with friends.

Kids need physical activity to stay healthy, and there are various ways to make them more inclined to be active.

Applications open for Century and Sesquicentennial Farm recognition

Applications are now open for the Minnesota Farm Bureau Sesquicentennial Farm program, honoring Minnesota families that have owned their farms for at least 150 years. The deadline to apply is March 3, 2025.

To qualify, the farm must:

- Be at least 150 years old this year (2025) according to the abstract of title, land patent, original deed, county land records, court file in registration proceedings or other authentic land records. Please do not send originals or copies of records.
- Demonstrate ownership by the applying family

for 150 years or more. "Family" is defined as parents, grandparents, aunts, uncles, brothers, sisters, sons, daughters, first cousins and direct in-laws (father, mother, brother, sister, daughter, son-in-law).

- Have continuous ownership. Continuous residence on farm is not required.
- Consist of 50 or more acres and currently be involved in agricultural production.

A commemorative certificate signed by the governor of Minnesota, commissioner of the Minnesota Department of Agriculture and the

president of the Minnesota Farm Bureau Federation will be awarded to qualifying families, along with an outdoor sign. Recipients will be announced in April.

Applications are available at www.fbmn.org. For more information, contact Pam Debele at pam.debele@fbmn.org or 651-768-2111.

Century Farm program applications are also open. Information is available online at mnstatefair.org or by calling 651-288-4417. Applications are due by March 3, 2025. Recipients will be announced in the spring. Previously recognized families should not reapply.

CUTTING YOUR ADVERTISING BUDGET WHEN BUSINESS IS SLOW IS LIKE SAYING "I'll throw some logs on that fire when it warms up here!"

Contact DeDe or Tom at 218-681-4450 or sales@trftimes.com

Thief River Falls Times and Northern Watch
324 Main Ave N • P.O. Box 100, Thief River Falls
www.trftimes.com

MESABI RADIATOR, Inc.
a Wabtec company

JOIN OUR TEAM

- ✓ growth opportunities
- ✓ day ONE benefits

Expand the Possible

www.mesabi.com

TRUCKS	
2022 Chevy 3500 HD Crew Cab LTZ Maroon, 32k	\$54,500
2020 Chevy 3500 HD Duramax Crew Red, 65k	\$53,500
2024 Chevy Trail Boss LT Pearl White, 11k	\$52,000
2023 Chevy Crew Cab LTZ Cajun Red, 42k	\$46,500
2023 Chevy Crew Cab LTZ Dark Ash, 43k	\$46,000
2022 Chevy Crew Cab RST Red, 35k	\$42,500
2024 Chevy Crew Cab LT Gray, 29k	\$41,500
2022 Chevy Crew Cab LT Silver, 34k	\$37,500
2021 Chevy Trail Boss Custom Red, 42k	\$36,000
2021 Chevy Crew Cab RST Duramax Satin Steel, 102k	\$31,000
2017 Chevy Crew Cab LT Black, 142k	\$19,500
2010 GMC Crew Cab SLE Red, 156k	\$9,000
2003 Chevy Crew Cab 2500 HD Pewter, 246k	\$7,500

CARS	
2021 Chevy Malibu LT Black, 19k	\$21,000

SUVS / VANS	
2023 Chevy Tahoe LT Black, 53k	\$49,000
2023 Buick Enclave AWD Essence White, 24k	\$41,000
2021 Cadillac XT6 Premium Luxury Black, 44k	\$36,000
2022 Chevy Traverse AWD 3LT White, 34k	\$35,000
2022 Chevy Traverse AWD LT Black, 35k	\$33,000
2021 Buick Enclave AWD Essence Silver, 35k	\$31,000
2021 Chevy Traverse AWD LT Gray, 35k	\$30,000
2021 Chevy Blazer AWD LT Cajun Red, 27k	\$28,500
2019 Chevy Traverse AWD Premier Cajun Red, 74k	\$27,750
2024 Chevy Equinox AWD LT Pearl White, 16k	\$27,500
2024 Chevy Equinox AWD LT Black, 14k	\$27,000
2024 Chevy Equinox AWD LT Black, 16k	\$27,000
2020 Jeep Cherokee High Altitude Gray, 38k	\$24,500
2022 Chevy Trailblazer AWD LT Maroon, 10k	\$24,000
2018 GMC Acadia AWD Denali Pearl White, 78k	\$22,000
2021 Chevy Equinox AWD LT Black, 43k	\$21,000
2022 Chevy Trail Blazer FWD LT Blue, 43k	\$20,500
2019 Buick Encore Essence AWD White, 59k	\$17,000
2019 Chevy Equinox AWD Premier White, 98k	\$17,000
2017 Buick Envision FWD Essence White, 50k	\$17,500
2017 Chevy Equinox AWD LT Blue, 95k	\$13,000

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

NORTHERN motors, Inc.
THIEF RIVER FALLS

(800) 955-6053 • (218) 681-4820
HWY. 1 & 59 W. • THIEF RIVER FALLS, MN
Check out our new website updated daily at
NORTHERNMOTORSINC.COM