



## Night to Unite slated for Aug. 5 in Crookston

Night to Unite’s annual celebration of communities and law enforcement will be held Tuesday, Aug. 5 on the University of Minnesota Crookston campus. The event kicks off with Bingo at 2:30 p.m. in the Sargeant Student Center and action begins at 4:30 p.m. This year’s National Night Out, Night to Unite, is in its 42nd year nationally

and 22nd in Crookston. Nationwide over 40 million people in over 15,000 communities attend the event every year. Schedule of events

- 2:30 to 4:00 p.m. – 12th Annual Walt Keller Memorial Bingo
- 4:30 to 4:50 p.m. – Welcome from Crookston Police Chief Darin Selzler and Fire Chief Shane Heldstab

- 4:30 to 7:30 p.m. – First prize give-a-way (every 15 minutes after that – via announcement)
- 5:30 to 6 p.m. – Watermelon Eating Contest and prize giveaway
- 6 p.m. – Prize registration concludes
- 6 to 6:15 p.m. – Polk County Sheriff’s Office K-9 bite demonstration
- 6:30 to 6:40 p.m. – Helicopter arrives
- 7:30 p.m. – Golf ball drop; prize winners announced and awarded their prizes; and end of event

For more information about Night to Unite, to request a booth for your organization or for more information on food vendors, contact Crookston police officer Cody Bannert at 218-281-3111, or you can also follow Crookston Night to Unite on Facebook. Bannert, along with Con-

nie Wilkens, Heldstab, Selzler, Kacie Forness, Trey Christopherson, Patty Dill-  
abough, Elizabeth Murphy, Chandra Selzler, Madison Hanson, Keenan Devier, Michelle Christopherson, Nell Deboer and Carrie Bergquist, comprise the Night to Unite planning committee.



The Higher Learning Commission has reaffirmed its accreditation of the University of Minnesota Crookston through 2034-35. (Crookston Watch file photo)

## Higher Learning Commission reaffirms accreditation for UMC

The Higher Learning Commission has formally announced its reaffirmation of accreditation for the University of Minnesota Crookston for the next 10 years through 2034-35. The Institutional Actions Council of the Higher Learning Commission considered materials from its most recent evaluation, for which the U of M Crookston had prepared for nearly two years. The reaffirmed accreditation by the HLC serves as a form of quality assurance as the U of M Crookston underwent a rigorous review process to meet specific criteria related to curriculum, faculty, resources, and student support. According to the U.S. Department of Education, the goal of accreditation is to ensure that education provided by institutions of higher education meets acceptable levels of quality. As a leading accreditor of 130 years, HLC has been working closely with

colleges and universities around the country to achieve the shared goal of quality higher education for all. “Attaining unreserved approval through the HLC process took a sustained cross-campus effort and the U of M Crookston community did a stellar job,” said Senior Vice Chancellor Rosemary Johnsen, Ph.D. The HLC’s comprehensive review process included a site visit to campus in April 2025, during which a team of peer reviewers held forums open to students, faculty, and staff based on the evaluation criteria including topics such as teaching and learning, resources and planning, and mission and integrity. The forums were led by members of the site visit team allowing them to ask questions, confirm what they’ve read in the university’s assurance filing, and elicit examples from those groups. Separate drop-in

sessions were also held for faculty, staff, and students encouraging discussion about roles and history on campus, and community engagement with a broad cross-section of voices sharing their experiences. Additionally, community leaders and partners were invited to a special gathering to discuss their relationship with U of M Crookston. “Meeting the criteria for accreditation required by HLC is an affirmation to the quality of education and learning environment we provide all of our students,” said Sue Erickson, director of institutional effectiveness. Chancellor Mary Holz-Clause, Ph.D., said, “I’m grateful for the hard work and commitment from everyone on campus who worked on this effort, especially the team dedicated to completing everything for the HLC process.”

## Yellow garbage bag and blue recycling bin services no longer available

Yellow garbage bag and blue recycling bin services are no longer available in the City of Crookston. On Monday, July 14, city crews noticed that there are yellow garbage bags placed outside. The city has fully transitioned to Waste Management for its garbage and recycling pickup with the last day for the yellow

garbage bag and blue recycling bin services Friday, July 11. Yellow garbage bags and blue recycling bins will no longer be picked up by the Public Works Department. Residents’ options for disposing of garbage and recycling are to use the new service through Waste Management, or bring their

trash and recyclables to the transfer station. Point of clarification: Clear City of Crookston bags will still be used for yard debris pickup on the second and fourth Monday of the month through October. For any direct questions you may have, contact Public Works at 218-281-1232 or cgetzman@crookston.mn.us.

## When it comes to solar in Polk County, what’s important to you?

Through the Clean Energy Resource Teams (CERTs), the University of Minnesota Extension is looking for residents of Polk County to participate in a focus group about large-scale solar. The focus group will be held Wednesday, July 23,

from 10 to 11:30 a.m., at Valley Technology Park, 510 County Road 71, Crookston. The information from the focus group will provide information for PV-SUCCESS, a research project working to develop informational tools for communities to do planning related to solar development.

Larn more about CERTS at [www.cleanenergyresourceteams.org/about](http://www.cleanenergyresourceteams.org/about) and about the PV-SUCCESS project at <https://pv-success.betterenergy.org/>. You can also reach out directly to Melissa at CERTs: mbirch@umn.edu.

## TRF native confronts her epilepsy in “Racing Uphill”

by April Scheinoha  
Editor

As a reporter, Stacia Kalinoski found herself telling other people’s stories. What she didn’t realize is that she would soon be telling her own story. The 2003 Lincoln High School graduate recently published “Racing Uphill: Confronting a Life with Epilepsy.” The book delves into her journey with epilepsy and the toll it took on her and her family. “Racing Uphill” also includes insight from prominent epileptologists, who provided information about how seizures can spread, steal memories, and create strange behaviors and mood disorders. It was a story that Kalinoski initially didn’t want to write. “At first, I said, ‘No, I can’t write a book,’” she recalled. With prodding from others and using various resources, Kalinoski began writing the book during the COVID-19 pandemic. She began writing what she remembered. Epilepsy had robbed her of many memories, but her family and friends, especially fellow LHS graduate Kara Worker, helped fill in the blanks. Eventually, the chapters poured out of her. According to the Epilepsy Foundation of Minnesota,

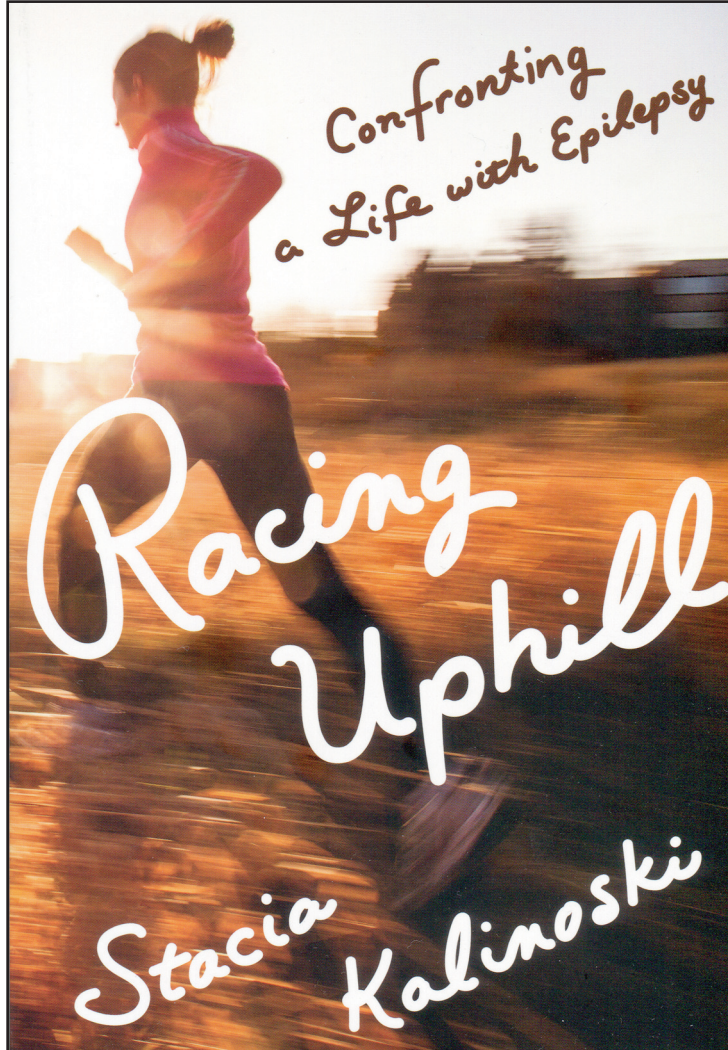


Stacia Kalinoski

“epilepsy is a neurological (brain) condition that causes people to have recurring seizures and is typically diagnosed after two or more unprovoked seizures. Epilepsy is sometimes referred to as a seizure disorder.” More than 55,000 Minnesotans have epilepsy. That fact may be a surprise since people don’t talk about it, according to Kalinoski. Many adults diagnosed with epilepsy are in denial. Kalinoski said they don’t know anyone else with epilepsy and haven’t seen someone having a seizure. They may think no one will want to be their friend or want to hire them if others learn they suffer from epilepsy. The Edina resident’s battle with epilepsy began at age 20. At the time, she was

sleeping in her apartment and suffered her first known seizure. Another seizure happened two weeks later. The seizures stopped just as mysteriously as they appeared. Doctors had no idea what triggered the seizures. Kalinoski was prescribed anti-seizure medication. After Kalinoski competed in the Rock ‘n’ Roll Seattle Marathon about four years later, the seizures returned. “I couldn’t seem to get a hold on them,” Kalinoski recalled. She was soon diagnosed with epilepsy and learned she was probably suffering from seizures much longer than anyone had realized. It is difficult to diagnose epilepsy since seizures are unpredictable and there isn’t a blood test for it. At the time, Kalinoski was working as a broadcast journalist in Oregon. She later moved to Michigan, where she accepted a similar job and the seizures continued. It was also where a seizure led to the end of her broadcast career in 2014. Taking a gamble, Kalinoski soon underwent a series of tests to see if she were a candidate for brain surgery to potentially end the seizures dominating her life. In 2015, Kalinoski underwent resective surgery in which a section of her brain was removed after it was discovered her seizures started in her right temporal

lobe. She said she was really lucky to be a candidate for such surgery. Kalinoski continues to take medication for seizures and continues to suffer from focal aware seizures. However, those seizures are not as intense as those from which she suffered in the past. Someone is conscious and aware of their surroundings during a focal aware seizure. In Kalinoski’s case, she will have a metallic taste in her mouth prior to suffering such a seizure. Others may notice a weird smell or a flash of light. While getting ready for the surgery, Kalinoski was already working on her next project – “Brainstorm,” a documentary detailing her battle with epilepsy as well as the battles faced by former University of Minnesota Head Football Coach Jerry Kill and a child who both suffer from epilepsy. “Brainstorm” debuted in 2016 on Twin Cities PBS and has since aired on public television stations nationwide. Kalinoski now serves as an inspirational speaker. The cause of Kalinoski’s epilepsy has never been determined, and no one else in her family has epilepsy. According to the Epilepsy Foundation of Minnesota, “common causes of epilepsy include brain tumor, stroke, head trauma, infections and maternal injuries, but in



Thief River Falls native Stacia Kalinoski recently published “Racing Uphill” Confronting a Life with Epilepsy.” The book delves into her struggle with epilepsy and its impact on her and her family. 70% of cases, the cause of a person’s epilepsy is unknown.” Kalinoski encouraged those suffering from epilepsy, as well as their family members and friends, to utilize the Epilepsy Foundation of Minnesota as a re-

source. “Racing Uphill: Confronting a Life with Epilepsy” is available at Barnes & Noble and independent bookstores.



# Man sentenced for possessing meth in a prohibited zone

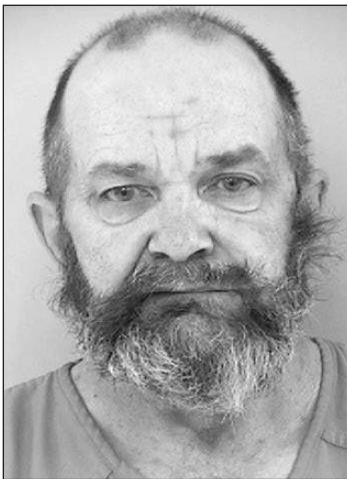
by April Scheinoha  
Editor

A Crookston man was sentenced Thursday, July 10 in Polk County District Court for possessing one or more mixtures of methamphetamine in a prohibited zone in 2023. A charge of felony third degree – sale controlled substance crime was dismissed against Gary Herbert Sundquist, 65.

For the felony charge of third degree controlled substance crime – possession in a prohibited zone, Sundquist was sentenced to 71 months in prison. According to on-line court documents, he was given credit for 612 days served. Sundquist was ordered to not use or possess firearms, ammunition or explosives for his lifetime. He

was ordered to provide a DNA sample. Sundquist was also ordered to pay \$210 in fees and fines.

The charges stemmed from surveillance conducted by a Crookston police detective on Nov. 6, 2023. According to the complaint, he was conducting surveillance in preparation for a probation search at 105 S. Main St., Apt. 11. Avis Ann Studer, 68, lived at that apartment, which is within a block of Mainstreet Courtyard Park. At about 1:50 p.m., the detective observed Sundquist in the parking lot of the apartment complex and enter a car occupied by Wayne Robert Abrahamson, 67. The detective knew Sundquist was on supervised release at the time. The detective followed the



Gary Herbert Sundquist

car, which failed to come to a complete stop at the intersection of North Front Street and Sixth Street. He then contacted another Crookston

police officer, who stopped the car. The detective arrived to assist and spoke with Sundquist, who appeared to be under the influence of a controlled substance. Sundquist said he had just left Studer's apartment, where he stayed three times a week. He said he would test positive for marijuana and agreed to a urine test. The urine sample was later found to be positive for the presence of meth, amphetamine and THC (marijuana).

Abrahamson also appeared to be under the influence of a controlled substance. He said he had last used meth two days earlier. Abrahamson told the detective that Sundquist was with him at the time and had provided him with

the meth. He was then arrested. A search warrant was later issued for a blood or urine sample from Abrahamson. It was positive for the presence of meth, amphetamine and THC. He has since been sentenced.

The detective and other officers then went to Studer's apartment. They searched the apartment, finding a broken pen tube in a small storage tote in a bedroom and a white crystal-like substance on an end table in the living room. The substance inside the broken pen tube and the substance on the end table both tested positive for the presence of meth. While searching the apartment, officers found male clothing and items containing Sundquist's name.

Studer told an officer that

she had last used meth a day or two days earlier in her apartment. She said she found the meth in her sock drawer a couple of days after she met with probation in October. Studer provided a urine sample, which tested positive for the presence of meth and amphetamine. She has since been sentenced.

The complaint indicated that Sundquist has a lengthy criminal history dating back to 1978. Those convictions include over a dozen crimes ranging from misdemeanors to felonies and involving marijuana, cocaine and/or meth.

## Libraries' state park pass program expands

Lake Agassiz Regional Library System has announced an expansion of its popular State Park Pass program, which is offered in partnership with the Minnesota Department of Natural Resources and which offers free access to the state's parks and recreation areas.

The Minnesota State Parks Library Program offers community members the opportunity to visit any state park or recreation area in Minnesota without paying an entrance fee. The pass provides access to parks around the state for seven days, and is now available at all 13 of Lake Agassiz Regional Library's branch libraries.

More information about Lake Agassiz Regional Library's participation in the State Parks Library Program can be found at [larl.org/parkpasses](http://larl.org/parkpasses). A list of state parks and recreation areas can be found at [dnr.state.mn.us](http://dnr.state.mn.us).

# NMF launches “Retain” Loan Program to support existing child care providers

Child care providers who have been in business for more than two years are eligible to apply for a forgivable loan to fund facility upgrades and improvements.

The Northwest Minnesota Foundation is now offering the Retain program as an expansion of its Child Care Finance Program to support existing child care

providers and child care centers.

Loans are available up to \$10,000 for family child care providers and up to \$20,000 for child care centers. Loans are forgivable after five years, but repayment will be required for anyone who closes their business before the end of the loan term.

NMF anticipates demand will exceed funding avail-

able. Applications will be accepted now through Sunday, Sept. 14. Once submissions close, each will be scored for program alignment and impact. Successful applicants will be notified by the end of October; those not selected will be placed on a waiting list should additional resources become available. Successful applicants will need to meet underwriting

requirements.

Eligible applicants are child care providers who operate in the Red Lake Nation, White Earth Nation, or in the counties of Beltrami, Clearwater, Hubbard, Kittson, Lake of the Woods, Mahnomen, Marshall, Norman, Pennington, Polk, Red Lake and Roseau.

Funding for this program has been provided by the

Minnesota Department of Employment and Economic Development's Child Care Economic Development program. For more details or to apply, visit <https://nwmf.org/business-support-loans/loans/childcare-finance>.

## Library to round out the summer with fun events for kids

Wildlife and Oceanarium events set for July 23 and 30, respectively

The Crookston Public Library will offer two more weekly Summer Reading Program events, all on this year's theme of “Go Wild About Reading.” All programs will be held at the Crookston Public Library, 110 N. Ash St.

On Wednesday, July 23, Matt Morin of the Minnesota Department of Natural Resources will give youth an overview of Minnesota wildlife, including wolves, coyotes, beavers and more, with “Explore Minnesota Wildlife.” The program will

be held at 2 p.m.

Finally, youth will go under the sea with staff from the Minnesota State University Moorhead Oceanarium, learning all about fiddler crabs, including how they interact, compare the size of their claws, race and

even arm wrestle. The Oceanarium program will be held Wednesday, July 30 at 2 p.m.

Now through July 31, participants can read to win prizes as well as attend educational and entertaining programs at their local li-

brary or library LINK Site. Those interested in participating are encouraged to stop by their local library or LINK Site to pick up a reading log. Information about the program and event lists are available at [larl.org/explore](http://larl.org/explore).

# Crookston Area Ministries

**BIBLE BAPTIST CHURCH**  
23928 265th St SW - Crookston  
(East of Highland School)  
Church: 281-5629  
Preston Hoiseth, Pastor  
Web: [www.biblebaptistcrookston.org](http://www.biblebaptistcrookston.org)  
Email: [biblebaptist@midco.net](mailto:biblebaptist@midco.net)  
**Sundays:** 7:45 a.m. & 10:05 a.m., Heavenly Sonlight radio program on KROX, 10 a.m. Bible Classes for all ages including adults, 11 a.m. Morning Worship, 6 p.m. Evening Worship  
**Wednesdays:** 7 p.m. Bible Study & Prayer Service

**BYGLAND LUTHERAN CHURCH (ELCA)**  
40976 235th Street SW - Fisher, MN  
[www.fisherbygland.org](http://www.fisherbygland.org)  
Pastor Gretchen Enoch  
Phone: 218-893-4243  
**Sundays:** Worship times alternate, please visit our website or call for information.

**CATHEDRAL OF THE IMMACULATE CONCEPTION - CROOKSTON & ST. PETER'S - GENTILLY**  
702 Summit Avenue - Crookston  
218-281-1735, Parish,  
218-281-1835, School & RE Offices  
The Most Reverend Bishop Cozzens  
The Very Reverend  
Msgr. David Baumgartner  
**Saturdays:** 5 p.m. Mass at Cathedral  
**Sundays:** 9 a.m. Mass at Cathedral, 10:30 a.m. Mass at Gentilly  
**Daily Mass:** 7:45 a.m. Tuesday–Friday (Monday Communion Service 7:45 a.m.)  
Please visit our website:  
[www.crookstoncathedral.com](http://www.crookstoncathedral.com)  
for more information.

**CHURCH OF CHRIST**  
321 5th Avenue South - Crookston  
218-281-5402  
Pastor David Johnson  
**Sundays:** 10:30 a.m. Worship

**CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS**  
2814 Cherry Street - Grand Forks, ND  
Bishop Derek Pruitt  
435-979-4491  
**Sundays:** 10 a.m. Worship

**CLIMAX LUTHERAN CHURCH SAND HILL LUTHERAN CHURCH**  
P.O. Box 49 - Climax, MN 56523  
Pastor Matt Williams  
218-857-2215 • 218-857-3362  
**Sundays:** 9:30 a.m. Worship

**CONCORDIA LUTHERAN**  
100 Jefferson Ave SW - Fertile  
Pr. Dan Morton  
**Sundays:** 9:30 a.m. Worship with Holy Communion  
Check out website for further information  
[www.unitedinchristlutheranparish.org](http://www.unitedinchristlutheranparish.org)

**ENCOUNTER CHURCH**  
209 North Main - Crookston  
Pastor Mathew McWaters - 218-281-4017  
**Sundays:** 10 a.m. Worship, 10:30 a.m. Children's Church (ages 4-12)  
Find us on Facebook

**FAABERG LUTHERAN AT RINDAL, MN**  
4391 340th Ave - Fertile  
Pr. Dan Morto  
**Sundays:** 8:15 a.m. Worship Service  
Check out website for further information  
[www.unitedinchristlutheranparish.org](http://www.unitedinchristlutheranparish.org)

**FAITH LUTHERAN CHURCH, MENTOR**  
105 Harrison Ave N - Mentor  
Pastor Rev. Michael Sletto  
218-637-8263  
**Sundays:** 9 a.m. Worship

**FIRST ENGLISH LUTHERAN CHURCH - LUTHERAN CHURCH, MISSOURI SYNOD**  
33276 339th Ave. SW - Eldred, MN  
c/o Our Savior's Lutheran Church, Crookston, MN - 218-281-1239  
Pastor: Steven Bohler  
**Sundays:** 9:30 a.m. Service

**FIRST PRESBYTERIAN CHURCH**  
510 North Broadway - Crookston  
218-281-4853  
[crookstonfirstpres.org](http://crookstonfirstpres.org)  
Rev Michael Ozaki, pastor  
**Sundays:** 10:45 a.m. Worship (live-streaming at [crookstonfirstpres.org](http://crookstonfirstpres.org) or on our Facebook page) Communion 1st Sunday  
**Thursdays:** 1 p.m. - Book study

**FISHER LUTHERAN CHURCH (ELCA)**  
209 2nd Street S - Fisher, MN  
[www.fisherbygland.org](http://www.fisherbygland.org)  
Pastor Gretchen Enoch  
218-891-4632  
**Sundays:** Worship times alternate, please visit our website or call for information.

**FREEDOM CHURCH**  
Pastor Joel Schwartz  
218-275-2350  
101 W 2nd St Crookston  
[helllofreedomchurch.com](http://helllofreedomchurch.com)  
**Sundays:** 10 a.m. Worship

**GOSEN CHURCH, INDEPENDENT**  
Gary Johnson, Pastor  
<http://www.gosen-church.com>  
Facebook: Gosen Church  
**Sundays:** 9:30 a.m. Sunday School, 11:00 a.m. Worship Service (also on Facebook and [gosen-church.com](http://gosen-church.com))

**GRACE LUTHERAN CHURCH**  
Evangelical Lutheran Synod  
Pastor Noah Thompson  
Pastor John Merseith  
1221 Barrette St #2605 - Crookston  
Phone: 218-281-4342  
**Sundays:** 1:30 p.m. Worship

**GRACE LUTHERAN CHURCH, ERSKINE (NALC)**  
Church Office: 218-687-4035  
332 Vance Avenue - Erskine, MN 56535  
Rev. Pamela Thorson, Pastor  
**Sundays:** 9 a.m. Worship  
Worship also on GVTel TV, Facebook and Youtube

**HARVEST CHURCH**  
520 Fisher Avenue - Crookston  
218-281-2264  
Pastor Dave Finsaas  
[www.harvestchurchcrookston.com](http://www.harvestchurchcrookston.com)  
**Sundays:** Worship Service online or in-person at 10:30 a.m. *Livestream can be found on our Facebook and YouTube channel.* Facebook: Harvest Church Crookston YouTube: Harvest Church Crookston, MN Instagram: @harvestchurchcrookston

**HOPE EVANGELICAL FREE CHURCH**  
11330 435th St SW - Fertile - 218-945-3677  
[www.hope4fertile.org](http://www.hope4fertile.org)  
email: [hope4fertile.worship@gmail.com](mailto:hope4fertile.worship@gmail.com)  
**Sundays:** 9 a.m. Sunday School, 10:30 a.m. Worship

**KINGDOM HALL OF JEHOVAH'S WITNESSES**  
1727 Widman Lane - Crookston  
For information call: 218-281-6252  
**Sundays:** 10 a.m. Public Talk, Watchtower Study  
**Thursdays:** 7 p.m. Christian Life, Ministry Meeting

**LITTLE NORWAY LUTHERAN**  
10802 423rd St SE - Fertile  
Pr. Dan Morton  
**Sundays:** 11 a.m. Worship Service  
Check out website for further information  
[www.unitedinchristlutheranparish.org](http://www.unitedinchristlutheranparish.org)

**LIVING WATER FELLOWSHIP CHURCH**  
Nielsville, MN  
Monty & Amanda Brown  
For information call: 218-946-2675  
**Sundays:** 9 a.m. Sunday School, 10:30 a.m. Worship  
**Wednesdays:** 7 p.m. Evening Service

**MAPLE BAY FREE LUTHERAN CHURCH**  
Pastor David Jore  
Parsonage: 218-574-2222  
**Sundays:** 9 a.m. Sunday School, 10:30 a.m. Worship Service

**NEXUS CHURCH**  
605 3rd Ave NE - Crookston  
Lead Pastor, Danny Holwerda, Jr.  
**Sundays:** 10:30 a.m. Worship

**OUR LADY OF SORROWS' CHAPEL - Society of St. Pius X**  
600 E Robert St - U.S. Hwy 2 E - Crookston  
218-281-6880, 218-773-8020  
**Sundays:** 2 p.m. Holy Mass

**OUR SAVIOR'S LUTHERAN - LUTHERAN CHURCH, MISSOURI SYNOD**  
Crookston  
Pastor Steven Bohler  
**Sundays:** 8 a.m. and 11 a.m. Services, 9:30 a.m. Sunday School and Adult Bible Study

**PRAIRIE COMMUNITY BAPTIST CHURCH**  
27897 170th Ave. SW - Crookston  
218-281-3506 or 218-280-2084  
Pastor Pat Baranski  
**Sundays:** 10 a.m. Church Service, 11 a.m. Sunday School - Adult Sunday School

**RESURRECTION FREE LUTHERAN CHURCH, AFLC**  
415 West 6th St. - Beltrami  
Pastor Joel Kangas  
Church email: [resurrect@gvtel.com](mailto:resurrect@gvtel.com)  
Church website: [www.resurrectionfree.org](http://www.resurrectionfree.org)  
**Sundays:** 9 a.m. Worship

**RODNES LUTHERAN**  
35473 180th Ave SE - Erskine  
South of Hwy 2 on Cty 210  
Office: 218-687-4345  
Pastor Joel Smeby  
[www.facebook.com/RodnesLutheran](http://www.facebook.com/RodnesLutheran)  
**Sundays:** 7 a.m. Radio Broadcast on KRJB (106.5FM), 10 a.m. Worship (live on Facebook and in person)

**SEVENTH-DAY ADVENTIST CHURCH**  
707 4th Ave. NE - Crookston  
Phone: 218-456-2568  
Pastor David Jahn  
**Saturdays:** 10 a.m. Sabbath School, 11:30 a.m. Worship

**ST. JOSEPH CHURCH - FERTILE**  
10480 438th St SW  
Fertile  
218-945-6649  
Fr. Larry Delaney  
**Sundays:** 8:30 a.m. Mass

**ST. LAWRENCE CHURCH - MENTOR**  
Fr. Larry Delaney  
**Sundays:** 10:30 a.m. Mass

**ST. MARY'S CATHOLIC CHURCH - EUCLID**  
**Sundays:** For the months of July, August and September, weekend Mass on Sundays at 8:30 a.m.  
**Tuesdays:** Mass at 8:30 a.m.

**ST. PAUL'S LUTHERAN (ELCA)**  
1214 University Avenue - Crookston  
Email: [stpauls@midconetwork.com](mailto:stpauls@midconetwork.com)  
Website: [stpaulscrookstonmn.com](http://stpaulscrookstonmn.com)  
Phone: 218-281-3638  
Pastor Curt Peterson  
**Sundays:** 10 a.m. Worship  
You may worship via Facebook Live: [facebook.com/stpaulscrookstonmn](https://facebook.com/stpaulscrookstonmn)

**THRIVING LIFE CHURCH**  
22722 350th St. Erskine, MN 56535  
Pastor Jim Binder  
218-556-1545  
<https://thrivinglifemn.org>  
**Sundays:** 10 a.m. Worship

**TRINITY LUTHERAN**  
402 6th St E - Beltrami  
Pr. Dan Morton  
**Sundays:** 11 a.m. Worship  
Check out website for further information  
[www.unitedinchristlutheranparish.org](http://www.unitedinchristlutheranparish.org)

**MAPLE LAKE LUTHERAN**  
13960 380th St SE - Fertile  
Pr. Dan Morton  
**Sundays:** 9 a.m. Worship Service  
Check out website for further information  
[www.unitedinchristlutheranparish.org](http://www.unitedinchristlutheranparish.org)

**TRINITY LUTHERAN CHURCH (ELCA)**  
205 S Broadway - Crookston  
Rev. Gregory Isaacson, Senior Pastor  
Rev. Michael Ozaki, Associate Pastor  
218-281-4276  
9 a.m. Broadcast Worship live over Crookston Cable TV Channel #3, KROX Radio 1260AM, KROX 105.7FM and streaming live on Facebook: Trinity Lutheran Church, Crookston, MN.  
For additional information and calendar updates, please check out our website at [www.trinitycrookston.org](http://www.trinitycrookston.org).

**Sundays:** 9 a.m. - Worship at Trinity Lutheran Church, 10:45 a.m. - Worship at First Presbyterian Church  
**Thursdays:** 1 p.m. - Book Study at First Presbyterian Church

**TRINITY LUTHERAN CHURCH, FISHER (LCMS)**  
Church Office: 218-891-4581  
Pastor Doug Thompson  
Website: [tlcstpaul.org](http://tlcstpaul.org)  
Email: [trinity.st.paulparishes@gmail.com](mailto:trinity.st.paulparishes@gmail.com)  
**Sundays:** 10 a.m. Bible Study, 10 a.m. Sunday School, 11 a.m. Worship Service - Communion celebrated on the second and last Sunday of the month.

**WESLEY UNITED METHODIST CHURCH**  
701 Eickhof Blvd - Crookston  
218-281-3393  
[website:crookstonmethodist.com - view services here](http://website:crookstonmethodist.com-view-services-here)  
email: [wesleyumcrox@gmail.com](mailto:wesleyumcrox@gmail.com)  
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**Friday**  
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DEATH NOTICES

**Dwight Tahrhan, 80**  
Dwight Fredrich William Tahrhan, 80, of Crookston, Minnesota, passed away peacefully on July 8, 2025.  
A funeral service was held on Monday, July 14, 2025, at Stenshoel-Houske Funeral Home. Dwight's burial will be at the Sunset Memorial Gardens in Jamestown, ND at a later date.

**Ruth Ann Gackstetter, 96**  
Ruth Ann Gackstetter, 96, passed away on July 11, 2025.  
Funeral service will be Sunday, July 20 at 2 p.m. with visitation one hour before at the First Presbyterian Church, Red Lake Falls. Burial will be held at Oak Grove Cemetery, Red Lake Falls.

Adventure through Beltrami Island to be held

The Beltrami Historical Restoration Society presents Adventure through Beltrami Island State Forest on Saturday, July 26 from 10 a.m. to 3 p.m. This self-guided tour enables participants to begin and end where they want.  
Volunteers will have snacks and information at the sites, which include:  
• Norris Camp south of Roosevelt  
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• Bemis Hill Campground south of Warroad and Salol  
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• Hayes Lake State Park southeast of Wannaska  
• Penturen Church on Summer Forest Road

Goodridge to host Freedom Fest next week

Freedom Festival will be three days this year, July 25-27 at Goodridge Veterans Memorial Park. The festival is fun and free for all ages.  
Festivities include the Freedom Run 5K, a parade, a program honoring veterans and a church service. Music, food and kids' games are also available.

**Mary Jane Gaalswyk, 91**  
Mary Jane Gaalswyk, 91, of McIntosh and formally of Erskine, passed away on July 12, 2025.  
Funeral services will be held at 2 p.m. on Saturday, July 26, at Grace Lutheran Church in Erskine. Interment will be in Sorum Cemetery, rural Erskine. Visitation will be held for one hour prior to the service on Saturday at the church.

Walz announces \$33 million for small businesses

Gov. Tim Walz has announced \$33 million for 225 new and developing small businesses as part of the State Small Business Credit Initiative. This is the second of three rounds of funding

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Interested individuals may obtain applications at Crookston City Hall (124 N Broadway), by emailing [hr@crookston.mn.us](mailto:hr@crookston.mn.us), or calling (218) 281-1232, Monday - Friday between 8:00 a.m. and 4:30 p.m. Submit Resume and completed Employment Application to Human Resources:

- Email: [hr@crookston.mn.us](mailto:hr@crookston.mn.us),
- Mail or Drop Off: City of Crookston, Attn: HR, 124 N Broadway, Crookston, MN 56716, or
- Fax: (218) 281-5609
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# Rural Reflections ...

## Active listening on the Nelson off-ramp

Most farm implements are attached to the tractor drawbar with a pin; to “pull the pin” is to simply drop what you are doing and relax. My act was not so dramatic, either; no great decisions made, no life-changing commitment or oath taken up. I just went outside early and had coffee.

I believe in active listening, although not always. Sometimes people listen only in tolerance until it is their turn to talk. This isn't really a conversation; it's more like two separate monologues with no real transfer of information. When I listen, I try to imagine a story in my mind to match the narration that is spoken from the other person involved in the conversation. I thought I would do the same during coffee that morning.

I just sat there with my coffee and my phone. I also was joined by a small pride of cats consisting of Clyde Lizzie and Clifford although boredom soon bid them out for adventure. I have an app on my phone called “Merlin Bird ID.” The birds that morning were talking and, although I don't understand bird, I did want to know who was talking. I turned on the app and let the understanding flow. With each chirp and twitter, the feathered world around me unveiled itself.

I don't find bird books that helpful. They are well-organized and have great pictures; however, you have to have at least some clue of

what you are looking for to use them. For the last year or so, I have been using the Merlin Bird app to reverse engineer the resident or visiting birds around here. The app uses the iPhone's microphone to then identify the bird through its call or chirp, even when I can't see it. I can then go to a bird book or search the internet for a picture of the bird. I then have a good idea of what I am looking for the next time.

Back to that Saturday morning coffee, it was so dark and good. It was humid that morning, but the forecast said some of the humidity would lift and that the temperature would remain cool. I would typically just suffer through the humidity until it got a bit more arid. The forecast promise of relief was so accurate and I enjoyed being present to feel it happen.

At first, the birds, the cats and I all sat in dripping 99% humidity. No wind or other cue foretold the change in weather, it just happened; the humidity lifted and it felt light and cool. It felt so good to be there for something that I wait for but typically occurs without my attention.

Active listening and active living seem to be two heads of the same coin. To ignore the weather until it says something you like is not listening; it is only tolerance. To hear the birds as a chorus instead of individual conversations is to lack understanding. To actively listen and understand is living.

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7 PM Kenny & the Classics ..... Vonasek Free Stage

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# UMC Men's Basketball adds six versatile players to recruiting class

The University of Minnesota Crookston Men's Basketball Program announced the signings of six newcomers for the 2025-26 season. The Golden Eagles added Donez Lindsey (Fr., G, Stockton, Calif.), Owen Chervestad (Fr., 6-1, G, Oklee), Kazadi Mukoma, Jr. (6-8, Jr., F, Grand Island, Neb.), J.D. Roberts (6-8, R-So., F, Parkville, Mo.), Alijah Washington (6-3, Jr., G, San Jose, Calif.) and Quincy Everson (6-2, Fr., Tacoma, Wash.).

The six signees join two November signees in Spencer Swenson (F, St. Cloud) and Brady Westphal (G, West Fargo, N.D.). The Golden Eagle roster is currently at 15.

The Golden Eagles finished the season with five wins on the year, including

four in the ultra-competitive NSIC. The Golden Eagles saw Reid Grant named to the All-NSIC Second team, the first time in program history they have had two different players named to an all-conference team in back-to-back years.

The Golden Eagles defeated nationally-ranked Minot State, their first win over a ranked opponent in a decade.

The Golden Eagles also are scheduled to return a number of impact players back in the fold next season. Sophomores Caiden Swenby (So., G, Fertile), Landon Dimler (So., G, Mankato), Hunter Lorenson (So., G, Lake City) and Brayden Carlson (So., C, Woodbury) are all back after each playing big roles. Chandler

Meeks (R-Jr., G, Omaha, Neb.) is also back and will look to comeback from a season ending injury sustained in early January. GD Deng (Sr., G, Des Moines, Iowa) also returns to the Golden Eagles and brings a defensive mentality.

Heading into his fourth season at the helm of the Golden Eagles, head coach Bryan Beamish is excited about this class, including Swenson and Westphal, and what they can add to the maroon and gold.

"We are very excited to add this group of players to our program," mentioned Beamish, who heads into his fourth season at the helm of the maroon and gold.

"My staff was able to identify a group of young men that fit our standards and will push our program forward. We have been able to fill multiple positions and add versatility that will allow us to play multiple lineups."

The signees who are reported in this release either signed an Athletic Aid Agreement or an Institutional Declaration of Intent (IDI). All signees released by the University of Minnesota Crookston have been verified by the compliance office that all documents have been properly signed and dated, and have been authorized for release.

cousin, Wayman Tisdale, played basketball in the Big 12 at the University of Oklahoma.

Coach Beamish on Lindsey: "Donez comes in from a very successful high school program and is a winner. His speed and quickness will impact our style of play on both sides of the ball. He plays with an edge and a toughness which will translate to the NSIC."

**Owen Chervestad (6'1, Fr., G, Oklee/Red Lake County Central High School)**

The local product will join former rival Caiden Swenby as former Section 8 stars who know don the maroon and gold jersey. He was a four-year starter at Red Lake County High School, as well as a four year all-conference performer. Chervestad has four school records and finished with 1,682 points and 865 assists. He was a two-year captain for the Rebels, who went to the Minnesota State Tournament for the first time in their co-op. Chervestad also played a big part on the Rebel baseball team, who just won their first state championship in baseball.

Chervestad is the son of Jill and Aaron Chervestad of Oklee...Plans to major in Ag Business while at Minnesota Crookston.

Coach Beamish on Chervestad: "We are very happy to add Owen to our roster. He led his high school team to the state tournament and had a very good career. Keeping Owen in this area was huge for our program and we can't wait to get him in maroon and gold."

**Kazadi Mukoma Jr. (6'8, Jr., F, Grand Island, Neb.,/Central Community College)**

In his sophomore season at Central Community College, Mukoma played in 29 games, averaging 17 points per game on 51.1 percent shooting from the floor and 38.1 percent from long range. Mukoma scored in double-digits in all but two games on the season, including nine games with 20 or more points. He shot 158 free throws on the year.

Mukoma is the son of Judy

Sheeks and Kazadi Mukoma Sr., both of Grand Island, Neb. Kazadi plans to major in business with an emphasis on entrepreneurship.

Coach Beamish on Mukoma: "Kazadi provides us with size and physicality on the interior but his skill set will allow him to play multiple positions. We graduated a few big men in our program so he fills a direct need for us. He had a very good season this past year and we are excited to get him in our system."

**J.D. Roberts (6-8, R-So., F, Parkville, Mo.,/ University of Central Arkansas)**

Roberts comes to the University of Minnesota Crookston after spending a pair of seasons at the University of Central Arkansas. He played in seven total games in two seasons for the Bears, including six as a sophomore. Roberts scored two points on the road at NCAA Tournament team Oklahoma...In high school at Park Hill South, he was named to the All-Conference first team twice and was named to the All-District team twice, as well. He averaged 14 points per game in high school...Is the second Division I transfer in the Beamish era, joining Reid Grant.

Roberts is the son of Sarah and Jason Roberts of Parkville, Mo. He is currently undecided on his major while a student-athlete at Minnesota Crookston.

Coach Beamish on Roberts: "We are very pleased to add J.D. to our program. We recruited him out of high school and to finally get him in maroon and gold is exciting. He is a high IQ player and another versatile player who will fill multiple spots for us. He is able to stretch the floor with his shooting ability which is something my staff was looking to identify when finishing our recruiting class."

**Alijah Washington (6-3, Jr., G, San Jose, Calif. / Cal State-San Bernardino)**

The second Californian in this class, Washington will join the Golden Eagles after a year at Cal State-San Bernardino...Prior to

CSUSB, Washington was a standout at Foothill College, averaging 15 points per game in back-to-back seasons...He was named to the all-conference team twice and earned academic honors at Foothill College.

Washington is the son of Dana Torrales and Lynn Washington and is planning to major in Psychology while being a student-athlete at the University of Minnesota Crookston...His dad, played for legendary head coach Bob Knight at the University of Indiana...He lived in Japan for a few years while his dad was playing professionally overseas.

Coach Beamish on Washington: "Alijah comes to our program as a proven scorer. He is a physical guard that can score it but also be a playmaker. He fits our standards and is a competitor that will help our program."

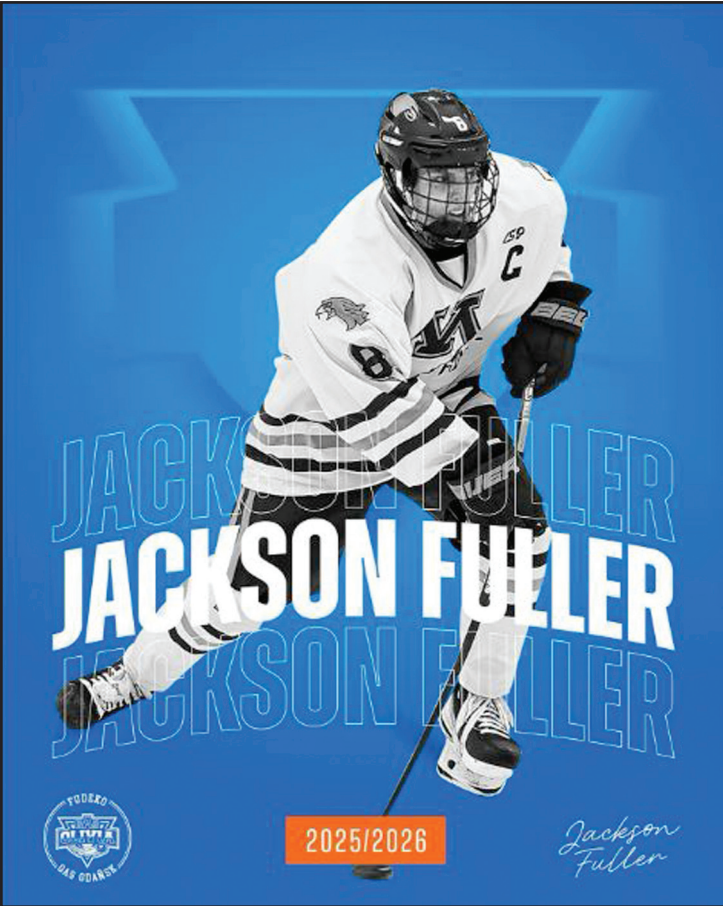
**Quincy Everson (6-2, Fr., Tacoma, Wash.)**

Everson is originally from the great Northwest, Tacoma, Wash., but finished his prep career in Tempe, Ariz., and Millennium High School. Everson brings a number of accolades to Minnesota Crookston, including being named to the Varsity Freshman Honorable Mention back in 2022. Everson was named to the All-Conference First Team in back-to-back years. He helped his team to a Section 7 Championship in Arizona. Everson helped Millennium High School to 89 regular season wins over his four-year career...Everson was also a part of the Honor Roll in high school.

Everson is the son of Katy and Jerrell Everson of Tacoma, Wash. He plans to major in business administration. His dad played basketball at Central Washington.

Coach Beamish on Everson: "Quincy is another player that comes to us after finishing a very successful high school career. He is a combo guard that can really shoot it from 3 and be another playmaker for us. He is a relentless worker and an elite competitor."

# Jackson Fuller signs to play hockey in Poland with GAS Olivia Gdansk



Jackson Fuller

Former University of Minnesota Crookston hockey player Jackson Fuller has signed to play for GAS Olivia Gdansk of Poland2. Fuller is the first Golden Eagle during the ACHA Division II era to sign to play at a professional or semi-professional level.

Fuller was one of the premier players for the Golden Eagles during their ACHA Division II era, which began in 2020. He helped Minnesota Crookston to three ACHA Division II regionals, and earned All-WCHA accolades during his career.

Fuller scored 58 goals, and tallied 99 assists in his four years. He is second all-time in scoring in the ACHA Division II era with 157 points. Fuller served as team

captain, and was a leader on and off the ice. Fuller was a stand-out during his time at the U of M Crookston earning back-to-back Scholar-Athlete of the Year honors and was named the Male Athlete of the Year as a senior. Additionally, he was a three-time recipient of the Super Eagle Award, honoring his efforts in the classroom, in the community, and as a leader.

Fuller has plans to go to medical school after playing hockey internationally. He received his degree from Minnesota Crookston in May 2025 in biology and health sciences, graduating with high distinction.

GAS Olivia Gdansk competes in Gdansk, Poland.

# Apply for special youth deer hunts through Aug. 15

Youth can hunt deer with adult accompaniment in several state parks during application-only special youth deer hunts that happen each fall.

Special youth deer hunts are meant for youth to have positive experiences and also help state parks manage their deer populations. Hunters can apply for special youth deer hunt permits through Friday, Aug. 15. The number of permits for each hunt is limited. The firearms hunts are for youth who are ages 12-15 at the time of the hunt and are accompanied by an adult.

Special youth deer hunts are different from the statewide youth deer season that will take place Oct. 16-19 and does not require an application. Check out more information on special hunts, including nontoxic ammunition requirements, at <https://www.dnr.state.mn.us/hunting/deer/special-deer-hunts.html>.

# CHS soccer alumni match set for Aug. 16

All Crookston boys soccer alumni are cordially invited to participate in a CHS alumni soccer match at the new KROX Stadium on Sat-

urday, Aug. 16 at 10 a.m. Contact Coach Boike at [lonboike@isd593.org](mailto:lonboike@isd593.org) with any inquires.

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