

Inside this issue:

Region Five earns NADO Impact Award  
Wild game recipes  
Class reunions 1961, '64, '65, '66, '76  
Toenyan named Good Neighbor



Wednesday, September 30, 2026

Staples, Minnesota

\$1<sup>25</sup>

**Cardinal Homecoming** The Staples-Motley Cardinal was a popular character at the Homecoming Pep Fest at Staples-Motley High School. Homecoming week activities are going on at the school this week. (Photo by Dawn Timbs)



Staples-Motley Homecoming royalty candidates

Homecoming royalty candidates participated at the recent Staples-Motley MS/HS Homecoming Pep Fest, held at The NEST. Pictured, front row from left, are queen candidates Izzy Becker, Kyleena Rudlang, Chloe Trantina, Leighton Bettis, Katelyn Schotzko. Back row,

king candidates Reese Headley, Evan Schultz, Kaleb Harman, Justin Olson, Thomas Johnson. Coronation will be held Wednesday, Sept. 30, 9:15 am., at Centennial Auditorium in Staples. (Staples World photo by Dawn Timbs)

Students find support in faith-based connections

Dawn Timbs  
Staples World reporter

Across the nation on Sept. 23, students could be seen gathering around their school's flag pole. They didn't gather to play games, plan for May Day or to recite the Pledge of Allegiance. No, they simply gathered to pray...for each other, their campus and the upcoming school year.

These young people scattered across the United States were part of a student-initiated, student-led annual event called, 'See You at the Pole.' Last year, approximately one million students participated in the event and it was estimated that the same would be true for 2026.

For the third year in a row, the flag pole at Staples-Motley Middle/High School was among those surrounded by a circle of students who offered up early morning prayers, with the final "amen" voiced before the first bell rang.

"It went really well," said Zach Tabatt, a high school senior who helped lead the 'See You at the Flag

Pole' event at Staples-Motley (SM) with fellow senior Katelyn Schotzko. "We had about 25 people who showed up this year, ten more than last year." Tabatt went on to share that the annual event is a bonding opportunity and way to offer support to each other. "It's a really special time," he said.

'See You at the Pole' is organized at SM by the Fellowship of Christian Athletes (FCA) local chapter, and the SM Breakfast Club. In addition, area churches and their youth groups have helped to promote it.

Neither of these student-led organizations is affiliated with the school district. The FCA group uses space to meet before school begins for the day and has a non-school district employee present as a mentor.

Steve Jennissen, who coaches football, wrestling, and track and field at SM, serves as an advisor to the local FCA chapter outside of school time, usually in the evenings or on weekends.

He shared that the group See **FAITH** on page 2a

Hometown Harvest event at NP Park Oct. 3

The Staples Area Chamber of Commerce is hosting their Chili Cook-Off as part of the Hometown Harvest event on Saturday, Oct. 3, with activities from 10 a.m.-4 p.m., and a movie in the park in the evening.

The event will take place at Northern Pacific Park in Staples, on 6th Street NE.

The event is for all ages, with food, kids activities and live music.

Hometown Harvest starts at 10 a.m. with childrens activities. At 11 a.m., magician Nick Sharpe will start the stage performances, to be followed by the Prairie Smoke band.

The Chili Cook-Off starts at noon, with multiple contestants sharing different chili samples. There are also more food trucks for people who don't want chili, and a beer garden for adults.

A pumpkin patch will be set up in the lower part of the park for children to decorate pumpkins and take photos.

The evening event will be an outdoor Halloween movie in the park, hosted by the Staples Motley Women of Today, when it gets dark around 7:30.

School budget still tax-neutral

Mark Anderson  
Publisher

The Staples-Motley School Board took a look at the preliminary budget for the school district at their Sept. 21 meeting. Business Manager Ellie Hill told the board they will plan to set the maximum levy for the general fund. She said the building referendum passed in April will only replace other levies that are ending, so the school portion of property taxes will not rise unless there is a shift in the value assessed by the county for a particular property.

"We had the tax-neutral claim in the levy, we stayed true to that," said Superintendent Shane Tappe.

The total levy for the district rose by \$150,000, from \$5,960,653 to \$6,110,282, or about 2.5 percent. At the same time, the district tax capacity rose a similar percentage, resulting in little or no change for the school portion of property taxes.

The board set their Truth in Taxation meeting for Monday, Dec. 7, at 6 p.m. at the District Office, in which they go through their budget and answer any public questions about the budget and how the school uses their funding.

The school board will also set their final levy in December.

The board received an update on the building referendum from Kyle Walter of ICS. He said school staff have been able to give input on the schematic designs and they are now working on estimates for the construction projects.

"The staff was very happy to be sitting at the table and giving feedback

on their needs," said Walter.

The first project will be adding classrooms for fifth grade at Staples-Motley Elementary School. The plan calls for the rooms to be added surrounding the new gymnasium. The additions will allow more space and restrooms for after hours events at the gym.

The school has chosen contractors through Sourcewell. They are also giving input on what they think will be possible for construction and timelines.

Walter said the project is on track to get bids out in January and start construction in early spring.

New shop space for the school will also be a priority for the first phase of the building project. Updating the football field and track could be done the following year. Tappe said they have been approached by potential sponsors to make financial contributions to the athletic facility since they announced the possibility of putting both track and football at the athletic complex near the elementary school.

Regional CTE Center

Tappe told the board that he visited the Regional CTE (Career and Technical Education) Center in Grand Forks with other area superintendents. He said the school district has been speaking with Sourcewell about building a similar center in this region.

"We all recognize the impact CTE has on our district," said Tappe. "It is one of Sourcewell's priority areas, to grow CTE regionally."

Tappe said the center would add subjects that See **SCHOOL** on page 12a

Weather

2026

This Week's Forecast

|          | High | Low | Cond.     |
|----------|------|-----|-----------|
| Sept. 30 | 75   | 47  | Cloudy    |
| Oct. 1   | 63   | 42  | M. Sunny  |
| Oct. 2   | 63   | 47  | Sunny     |
| Oct. 3   | 64   | 42  | P. Cloudy |
| Oct. 4   | 61   | 34  | Sunny     |
| Oct. 5   | 62   | 44  | P. Cloudy |
| Oct. 6   | 65   | 44  | M. Sunny  |

Last Year, 2025

|          | High | Low | Cond.    |
|----------|------|-----|----------|
| Sept. 30 | 79°  | 60  | M. Sunny |
| Oct. 1   | 80   | 61  | Sunny    |
| Oct. 2   | 81   | 60  | Sunny    |
| Oct. 3   | 84   | 61  | Sunny    |
| Oct. 4   | 82   | 67  | Sunny    |
| Oct. 5   | 70   | 66  | Cloudy   |
| Oct. 6   | 59   | 45  | M. Sunny |

Average Temps:

H = 60° Low = 41°

Compiled by  
Dale Hausmann,  
WCCO's Staples area  
Weatherwatcher

Public Notices

City of Staples

9A

ISD #2170

9A

Obituaries

Philip Jasmer

FAITH continued from page 1a

Newly formed student-based faith group has historical foundation in previous groups at Staples-Motley schools

is available to students in grades six - 12, and despite the word ‘athletes’ in the title, one does not have to be in sports to take part in it. “Any student who’s interested is welcome to attend,” Jennissen said.

History of FCA at SM

Fellowship of Christian Athletes has become a global organization since it was founded in 1954. From Jennissen’s recollection, SM had a chapter dating back to the late 1980s. Prior to his coming on board, the most recent advisors were Paul Anderson and Pastor Mark Schey. After Anderson retired and relocated to the metro area, and Schey accepted a pastoral position in Detroit Lakes, around 2018, the Staples-Motley FCA chapter was inactive until August of 2025.

Jennissen shared that a casual conversation in February of 2025 led to his receiving contact information for the FCA Regional Director Bill Adamson. He met with Adamson a couple of times in person and they had several communications over the following months. “But, I was still unsure of what it would take to get the FCA chapter going again,” Jennissen said. “In July of 2025 I was part of a group of adults and students who attended the LIFE Conference in Indianapolis, Ind.,” he went on about the national youth gathering affiliated with the Alliance Church, sharing that it was during that time that “God really kept nudging me.” Jennissen mentioned the other leaders on that trip, Pastor Jonny Olson, Renee Kroll and Ross Rychner, and their conversations about ways to bring back what the students were learning at the conference and help engage their youth in scripture. “The conversation turned to FCA and all of us were on board with making this

happen,” Jennissen said.

From there, others began to come on board including students who’d attended the LIFE Conference and others in the community. “We worked with Bill (Adamson) to schedule our first ‘Huddle Leader’ training at Staples Alliance church in August of 2025. We had approximately eight - 10 students attend, along with four - six adults who could serve as mentors,” Jennissen said. He went on to stress that because FCA is a student-led organization, the adult mentors serve in a supervisory capacity and can provide some support as needed. “Pastor Carl Larson from Faith Lutheran Church helped in hosting our initial evening ‘Huddles’ during the fall, and Pastor Jonny Olson was able to be a mentor to the group as they moved to the before school Huddles in the Spring of 2026,” Jennissen said.

‘Huddles’ are small group Bible studies, Jennissen explained. He went on to note that from that initial leader training, Tabatt and Schotzko stepped forward to serve as ‘Huddle Leaders.’ This past August they hosted their second ‘Huddle Leaders’ training and had groups from Brainerd, Swanville and Pequot Lakes also take part as they are working to establish their own FCA chapters.

Jennissen went on to note another Christian entity, The SM Breakfast Club, that has recently been established. “In working with Renee Kroll and Holly Tappe, who are the advisors for that group, we agreed that a partnership can really serve the students and their spiritual growth well.” He noted that it’s great for students to have a large group connection each month with the Breakfast Club, and then to have the smaller group discussions each week with FCA.



Early morning prayer at the pole

A number of students gathered outside Staples-Motley Middle/High School to spend about a half hour in prayer prior to the start of school Sept. 23. This was in conjunction with the national “See You at the Pole” event,

an annual student-led prayer gathering at the school flag pole. The event in Staples was organized by the local chapter of Fellowship of Christian Athletes (FCA). (Staples World photo by Dawn Timbs)

As both FCA and the Breakfast Club are relatively new to the SM area, leaders are working to grow awareness of what they are all about. In addition to the regular weekly and monthly gathering times, Jennissen said they’re hoping to host some family fun nights, as well as grow a music ministry program. Most recently, the local FCA chapter worked to bring a group of young people to a David Crowder and Toby Mac concert (contemporary Christian artists) and

received generous support from the community to help make this happen. “It was an amazing show and the kids had a great time. With the support of our faith communities, this is something that we hope to continue to do moving forward.”

Most likely, FCA, the Breakfast Club and having opportunities to share these experiences with others, were among the prayers voiced by students at the recent ‘See You at the Flag Pole’ event in Staples.





# HOMETOWN HARVEST

Saturday, October 3 • 10 am–4 pm



## FESTIVAL AT A GLANCE

ALL DAY 10 am to 4 pm

-  **Beer Garden**
-  **Tractor Display**
-  **Caricature Drawings**
-  **Bounce Houses & Kids’ Games**
-  **Pumpkin Patch:** \$5 to decorate and take home
-  **Food Vendors:** Tommy Z’s & Dion’s Burgers
-  **Kids Duck Hunt** (while ducks last)  
*Find a small duck and turn it in for a prize.*



Live Music by Prairie Smoke



MAGICIAN NICK SHARPE

TWO MAGICAL PERFORMANCES!

11:00 AM STREET PERFORMANCE      3:15 PM STAGE PERFORMANCE

| SCHEDULED ACTIVITIES |                                                         |
|----------------------|---------------------------------------------------------|
| 10 am–1 pm           | Face Painting — Women of Today                          |
| 11 am–1 pm           | Pumpkin Walk (LAPS)                                     |
| 11 am                | Magician Nick Sharpe — Street Performance               |
| 11 am–2 pm           | Live Music by Prairie Smoke                             |
| 12 pm–2 pm           | Chili Cook-Off                                          |
| 1 pm–3 pm            | Photos with Sammi at the Pumpkin Patch                  |
| 3 pm–4 pm            | Kid’s Costume Parade at the stage                       |
| 3:15 pm              | Magician Nick Sharpe — Stage Performance                |
| 7:30 pm              | Movie in the Park — Hotel Transylvania (Women of Today) |



The Staples Area Chamber of Commerce extends its heartfelt thanks to Lakewood Health System for sponsoring the Staples Area Chamber’s tent at this year’s Hometown Harvest and future events. “Lakewood Health System’s sponsorship helps us create a welcoming place for the community to gather,” said Marlo Corona, president of the Staples Area Chamber of Commerce. “We’re grateful that Lakewood continues to invest in the people and events that make this area feel like home.”

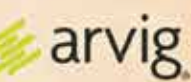


**Take home a little piece of Hometown Harvest!**  
Commemorative coins available for \$10 each at the Chamber tent. Every purchase helps support the Staples Area Chamber of Commerce and the community events and programs we bring to the area throughout the year.



The Staples Area Chamber is thankful for the generosity and community spirit from all our sponsors who help make Hometown Harvest possible.

### COMMUNITY PARTNERS



### HARVEST SPONSORS



### THANK YOU TO OUR COMMUNITY SUPPORTERS



Cassidy Peterson is newest Lakewood OB/GYN

Lakewood Health System, Staples, recently welcomed Dr. Cassidy Peterson to its obstetrics and gynecology provider team.

Originally from Velva, N. D., Dr. Peterson earned her undergraduate degree from the University of Jamestown and received her medical degree from the University of Minnesota School of Medicine. She completed her residency training at Ascension Sacred Heart in Pensacola, Fla. Dr. Peterson is a member of the American College of Obstetrics and Gynecology, the Society of Laparoscopic and Robotic Surgeons, and the Society of Maternal Fetal Medicine.

Dr. Peterson is dedicated to delivering exceptional, patient-centered care through advanced robotic and minimally invasive surgical techniques that help optimize patient safety, improve outcomes and support faster recovery. She is passionate about fostering a safe, positive birth experience for every patient, whether navigating a routine pregnancy or more complex medical needs. Committed to patient education and shared decision-making, Dr. Peterson believes the best care happens when patients and providers explore options together, ensuring every individual feels heard, informed and empowered throughout their health-



Dr. Cassidy Peterson

care journey.

“Returning to Lakewood feels like coming full circle. As a Rural Physician Associate Program (RPAP) student here during medical school, I saw firsthand the team’s dedication to providing exceptional, accessible care. I chose to return to Lakewood so I could collaborate with colleagues who share that commitment to strengthening the health of the community.”

Outside of work, Dr. Peterson’s favorite days start with a great cup of coffee and are spent enjoying quality time with her husband and family. They love life on the lake, outdoor activities, and ending the day with a competitive board game night.

Those interested in scheduling an appointment with Dr. Peterson should call 218-894-8381 to speak with a member of the Women’s Health scheduling team.

Fall harvest, safety and land application

Jessica Moore, Todd SWCD Resource Conservationist, Farm & Feedlot Assistance

Fall harvest is officially here and fields are buzzing with activity. It’s the most rewarding time of the year, but it also means our local rural roads are packed with combines, choppers and manure hauling equipment. Whether you’re behind the wheel of a heavy tractor or pulling over in your pickup truck to let a neighbor pass, keeping patience high and road safety first ensures everyone gets home safely.

Once the crops are off, many folks will transition right into hauling manure. Whether you run a smaller family farm or a larger setup, manure is a massive asset for next spring’s fields. For those managing over 100 animal units, staying on top of your feedlot’s requirements doesn’t have to be a headache. The easiest trick is simply keeping a handy notebook tracker tucked right by your tractor seat.

Whenever you head out to spread, just jot down the basics: the date, which field you’re working, how many loads you hauled and if you disked it under right away. Testing your nutrient levels and keeping your spreading equipment calibrated takes a little extra time, but it pays off big by putting money back in your pocket.

Knowing exactly what you’re putting down lets you cut back on commercial fertilizer costs while maximizing your future yields.

Look out for one another on the roads, take care of our ground and have a safe, successful harvest season. For questions call Todd SWCD office, 320-732-264.

Todd Cty Sheriff’s report

Recent reports from the Todd County Sheriff’s Office (TCSO) included:

September 17, 2026: TCSO responded to a motor vehicle crash at the intersection of Cty Rd 14 and Morrison Line Rd, rural Todd County. A 2024 Ford Expedition, driven by Hannah Weishalla of Browerville, was traveling west on Cty 14. A John Deere tractor pulling a silage trailer, driven by a juvenile male of rural Randall, was turning onto Cty Rd 14 from Morrison Line Rd, to travel west on Cty 14. The two vehicles collided at the intersection, causing serious damage to

both vehicles.

Both drivers were evaluated by medical personnel. TCSO was assisted on scene by the Browerville Ambulance, Browerville Fire Dept and Petrie’s Towing.

August 16, 2026: Approx. 10:53 p.m. a report of a car driving a high rate of speed and then hearing a crash. A 2009 Chevy truck driven by Hailey George had rolled near the intersection of Hwy 210 and Iowa Ave in the City of Hewitt. George was treated at the scene for minor injuries. Alcohol was believed to be a factor in the crash.

Staples Police report

Recent incidents from the Staples Police Department:

Sept. 13, Staples Police investigated a report of three males in their late 40s stealing railroad ties near the intersection of 7th and Front St. SE. Police later located the missing railroad ties near Wright Ave.

Sept. 14, at 4:41 a.m., Staples Police investigated a possible domestic incident at a residence on Wisconsin Ave. SE. Female party would not allow officers to obtain photographs of neck and face. The subject was given a Hands of Hope packet and advised on obtaining an order for protection.

Sept. 14, Staples Police investigated a report of a custody issue where a father was trying to remove a child from the mother’s vehicle near 8th St NE. Police advised him that he needs

a court order showing custody and parental rights or the child has to stay with the mother.

Sept. 15, Staples Police investigated a complaint of junk accumulating at a residence where the owner died and the son is bringing items there.

Sept. 15, Police responded to a complaint of a motorcycle driving at a high rate of speed on 6th St NE. One neighbor wanted to throw a chair at him. Police gave a citation to driver for no motorcycle endorsement on his license.

Sept. 15, Staples Police investigated a hit and run accident on 8th St NE. Parties were in their basement when they heard a loud noise, then found their vehicle had been side swiped. Police canvassed the area for a suspect vehicle.

Sept. 16, Staples Police

75 YEARS Ago - 1951

• Sept. 27, 1951 - Wadena Indians romped all over Staples Railroaders on the Indian gridiron Friday evening of last week to the tune of 13 to 0, before one of the largest crowds in Wadena. It was the spirited rivalry always prevalent between the two towns which possibly prompted this unusually large attendance at the game.

• Sept. 27, 1951 - For Sale a Ernie’s Food Market: Coffee, 3 lbs, \$2.25; Thin Minuet Crackers, 1 lb pkg, 25 cents; Crisco, 3-lb can, 98 cents; Steak (Gov’t. Graded Round or Sirloin, 89 cents/lb; Slab bacon (Elliott’s Top Quality), 53 cents/lb; Apples (U.S. no. 1 Wealthies, \$1.99/bushel.

• Sept. 27, 1951 - The

Compiled by Dawn Timbs

Motley Rockets played the Pine River Tigers at Pine River on Friday, Sept. 21 and still is holding first place in the Crow Wing Valley Conference with 2 wins and no losses after blasting Pequot Lakes 50-12.

A 35-yard run by R. Thomson put Motley out in front and the extra point was made when Ronnie Starke threw a pass to James Allen. Mel Greenwaldt ran 3 yards for a touchdown and J. Allen ran 15 yards after receiving a pass from R. Starke for another touchdown.

• Sept. 27, 1951 - Pfc. Laurence Denny, son of Mr. and Mrs. Ben Denny arrived in Staples last week to spend a nine-day furlough. He came here from Camp McCoy, Wis., where he has been stationed. He expects to be sent to Germany at the conclusion of his furlough.

50 YEARS Ago - 1976

• Sept. 16, 1976 - Five senior girls at Staples High school were honored Monday of this week by being selected by the members of the Class of 1977 as Homecoming Queen candidates.

Vying for the honor are Therese O’Keefe, daughter of Mr. and Mrs. Gerald O’Keefe; Nancy Kern, daughter of Mr. and Mrs. Albert Winkels; Natalie Wise, daughter of Mr. and Mrs. Floyd Wise; Sandy Denning, daughter of Mr. and Mrs. Raymond Denning; Julie Pluth, daughter of Mr. and Mrs. R. M. Pluth. Homecoming at Staples will be observed Friday, Oct. 1, against the Aitkin Gobblers.

• Sept. 16, 1976 - The Rocket gridders, coming back strong after the season’s opening 30-12 loss to Hill City, got two touchdowns apiece from junior Roy Bell, senior Mike Emery and sophomore Alex Griffith as they roared past a depleted Nevis squad to the tune of 60-0.

• Sept. 16, 1976 - The champion and first flight place winners in the Terrace golf club tournament are as follows: Russ Dahl, first flight champion; Tom

Looking back

Girtz, first flight runner-up; Virg Crawford, third place in championship flight; Leo Fahnlander, first flight third place; Gary Weber, runner-up in championship flight; and Glen Hasselberg, the 1976 Terrace Golf Club champion, who shot a 2-under par 70.

• Sept. 16, 1976 - Miller’s Southside Grocery squeaked out an 8-6 win over Bob Thompson Motors to capture the overall title in play in the Terrace Golf Club Men’s league for 1976.

• Sept. 16, 1976 - The Cardinal gridders of Coach Myron Smith struck paydirt early and then contained their opponent’s offensive punch to record their second straight victory of the young season last Friday evening by downing the Perham Yellowjackets 20-8.

The win kept the Harvest Bowl, a trophy between the two schools, in the Staples trophy case for another year.

Mark Redemske’s first quarter touchdown and two by Jim Marden, one in the second period and one in the fourth, enabled the Cardinals to take a 20-0 lead.

• Sept. 16, 1976 - Staples FFA’er Gayle Neal helped manage the Children’s Barnyard at the Minnesota State Fair.

Miss Neal, a past Staples officer and Chapter Sweetheart, spent Sept. 3-6 at the State Fair and is the first girl selected to participate.

She has now resumed her studies at North Dakota State University, where she is majoring in animal science. Gayle is the daughter of Mr. and Mrs. Charles Neal.

• Sept. 16, 1976 - The Junior Class at Staples High school recently elected their class officers for the 1976-77 year.

Todd Hess was chosen president of the class, with Beth Tomsich as the vice-president and Lynn Anglin is secretary-treasurer. Mrs. Sandy Reberg is the advisor for the Class of 1978.

• Sept. 16, 1976 - Now Open - Big Jim’s Pizzeria - Food, games and fun times! Everything at Big Jim’s is groovy. Staples, Minn.

• Sept. 16, 1976 - It’s Coming! The Pop Schoppe -



Mystery photo

Hello readers. This week’s archive photo is from 1976. Do you know who these people are and perhaps the context of the photo? Do you have a memory to share? Email your answers and where you’re from to dtimbs@staplesworld.com by Friday, or call 218-894-1112. The answers will be published in next week’s paper, as well as a new mystery photo.

Opening soon in Staples.

25 YEARS Ago - 2001

• Sept. 27, 2001 - It could have been the difference in the opponent, it could have been the different field, but the Cardinal football team that played last Friday night on the Staples field was a different one than a week earlier appeared at Warroad. The result, a 35-7 win for the Cards (over Park Rapids), was also very different.

This Friday is the Cardinals’ second home game of the season, going up against East Grand Forks in the Homecoming game.

• Sept. 27, 2001 - Elsie Ahlbrecht, 84, a resident of Staples much of her life, daughter of an early mayor and longtime librarian at the Staples Public Library, died Monday, Sept. 17, 2001, at the Greater Staples Care Center.

Elsie Mae Ahlbrecht was born Feb. 9, 1917, daughter of Arthur H. and Mayme (Warner) Ahlbrecht. She grew up here, attended school in Staples and graduated from Staples High School with the class of 1935.

• Sept. 27, 2001 - The Staples Motley Area Chamber of Commerce welcomed new business Andre’ J. Sebasky, Antiques and Books, located

a 121 6th Street N.E., Staples (corner of Highway 10 and 210). The shop is filled to the brim with antiques, including furniture, treasures and bookshelves surrounding the circular staircase.

• Sept. 27, 2001 - Emily Waldahl, daughter of Lyle and Christine Waldahl, and Chris Jennissen, son of Kathy and Mark Jennissen, were crowned the 2001 Staples Motley High School Homecoming king and queen Monday night.

10 YEARS Ago - 2016

• Sept. 22, 2016 - The High 48s Bluegrass Band took the stage at Centennial Auditorium Sept. 17, opening the Staples Motley Area Arts Council’s regular concert series for the new season. During intermission, concert-goers had the opportunity to visit with the band members, and to learn more about the Barn Quilts of Central MN, a new organization which is co-sponsored by the arts council.

• Sept. 22, 2016 - Dale Williams was recognized for 25 years of service with the Freshwater Education District at the fall staff workshop.



Mystery solved

Last week’s mystery photo published in the Sept. 20, 2001 edition of the Staples World featured the Staples-Motley High School Homecoming candidates. Front row, from left, LeAnn Michels, Samantha Johnson, Katie

Palmer, Mary Hasselberg, Emily Waldahl, Jessica Gold. King candidates: Chris Jennissen, Kyle Detloff, Andrew Schock, Cole Buscho, Jace Thompson, Kyle Bendson.

Across from the old Staples Theatre marquee

The Staples World office, moved to 207 4th St. NE

Located two doors south of Stomping Grounds Coffee Shop.

Regular advertising and copy deadline is Friday, noon.

The office closes at noon on Friday.



National Newspaper Week 2026

National Newspaper Week 2026, is October 4 - 10, 2026.

This year marks the 86th celebration of National Newspaper Week. Since 1940, Newspaper Association Managers has sponsored and supported National Newspaper Week, a week-long promotion of the newspaper industry in the United States and Canada.

**Rooted in Community, Committed to Truth**

In small towns, suburbs and cities across America, local newspapers are there for the moments that matter - elections and ballgames, new businesses and school decisions, celebrations and tragedies.

How we deliver the news has changed. Why we do it hasn't.

Newspapers inform their communities, hold government accountable and tell the stories no one else will. That commitment is at the heart of National Newspaper Week 2026 and this year's theme: **"Rooted in Community, Committed to Truth."**

Why Newspapers Matter

Local journalism is just that - local.

It's the city council vote that affects your taxes, the school board decision involving your children, the state championship team and the new business opening on Main Street.

Newspapers put reporters in the room, ask questions and provide accurate, verified information when facts matter most.

They also connect communities. Newspapers celebrate accomplishments, honor veterans, publish obituaries, cover emergencies and record the everyday moments that become a community's history.

A Commitment Worth Supporting

Strong local journalism doesn't happen by accident. Subscriptions, advertising and community support help keep reporters (the people behind them and co-workers) covering the people, institutions and decisions that matter.

National Newspaper Week is also a time to recognize the journalists, publishers, photographers, advertising teams, press operators, production workers, circulation managers, carriers and others who make that work possible every day.

Keeping the Community Informed

Every newspaper serves a different community, but together we share the same purpose: keeping people informed, preserving the public record, preserving our history and protecting the public's right to know.

The platforms will change. Technology will change.

The need for trusted local journalism won't.

-nationalnewspaperweek.com

Rural hospital tech gap

Abby Sears  
The Rural Blog

Many rural hospitals and clinics rely on older electronic health record (EHR) systems to store patient documents and hospital data, but because larger hospitals tend to use more updated systems, the older platforms can't communicate with "modern application programming or advanced data-sharing capabilities," Liz Carey reports for The Daily Yonder.

The inability to securely share medical records between older vs. modern systems is called the "interoperability crisis," and it's stretching rural hospital staff to their thinnest. Only 64% of rural hospitals have adopted newer EHR systems, compared to 74% of urban hospitals.

Rural hospitals typically have only one to two technology workers, they may lack reliable broadband infrastructure, and upkeep of digital systems is expensive. Rural hospi-

itals and communities that have been marginalized also consistently receive less federal funding than their urban counterparts. These disparities can "put rural healthcare facilities at a disadvantage," Carey writes.

Those gaps will cause "fragmented care," or lead to increased costs when physicians have to repeat tests and scans because they can't access prior diagnostic images or results," said Angela Chubb, senior manager of quality and regulatory advisory services at Nordic, a global health and technology consulting company.

The technology gaps also mean rural hospitals must work harder to recoup insurance reimbursement. Newer electronic health record systems allow more efficient data transfer among various state and national organizations for funding review. But data managers in many rural hospitals said providing those reports with smaller staffs.

Spruce up your wild game menu

The start of the 2026 general waterfowl hunting season arrived on a rain-soaked Saturday, Sept. 26, and with that the majority of hunting seasons are now in full swing. Yet to open are the fall turkey season on Oct. 3, pheasant on Oct. 10, and fire-arms deer hunt on Nov. 7th. As a follow-up to last column's thoughts on making the most of game we harvest, here are several recipes that might add variety to a reader's wild game menu.



Mike Rahn

Uncle John's Roast Duck

This recipe comes from my wife's late uncle, an avid waterfowl hunter in the Pacific Flyway. The size of the bird—from tiny teal, to a large mallard or canvasback—will definitely influence cooking time. (Time here is for a large bird.)

*Stuff cavity of a whole, plucked bird with apple, onion, carrot, and celery. Season with salt and pepper*

*Secure bacon strips across breast*

*Pour sherry or red cooking wine inside cavity and over outside of bird, close tightly within aluminum foil enclosure*

*Cook on high heat (500 degrees) for 30 minutes*

*Open foil and baste with juices within the foil enclosure, and cook for an additional 15 minutes*

*Serve with wild rice, or a wild/domestic rice blend*

\*\*\*

In the opinion of many who hunt a variety of game birds, the flesh of a ruffed grouse—the breast, chiefly—is among the least "wild" in taste, appearance, and texture. Some compare the grouse's white breast meat to chicken, and the bird is certainly chicken-like in many respects.

Long-distance migrators, like ducks, geese, sandhill cranes, and woodcock, need a constant supply of oxygen in their breast muscles to sustain flight. They have iron-rich myoglobin protein in their breast muscles to store and release oxygen as needed on their long journeys. Thus, their deep red breast tissue.

Grouse, on the other hand, have no such need. Though they are capable of explosive flight when flushed by a dog or hunter, their flights are often relatively short. In fact, walking is a grouse's preferred means of locomotion within the limited territory it calls home. Thus, there is no need for the high concentration of myoglobin proteins—and thus reddish breast muscle—common to long-distance migrators.

**Grouse l'Orange**

This recipe comes from the book *Cooking Wild Game*, by Zack Hanle, published more than a half century ago.

*Make a basting mixture with a melted stick of butter, grated orange peel, 2 tablespoons orange juice, and 1 teaspoon lemon juice*

*Sprinkle birds inside and out with salt and pepper*

*Cover each breast with an orange slice and a bacon strip; secure these to bird with string*

*Place birds breast side up in roasting pan, roast at 350 degrees for 15 minutes (or until done to preference), basting every 3-5 minutes with basting mixture*

*Strain pan juices and use as a pour-over*

*Sprinkle with chopped parsley and serve with favorite side dishes*

\*\*\*

Don's "Non-Gourmet" Duck

This recipe comes from a family friend who understood that, even with the best intentions, a hunter may occasionally harvest a merganser ("fish duck"), goldeneye, or bufflehead, birds that dine mostly on fish, snails, crayfish, and the like. Stronger tasting, in other words. This recipe is one way to make them more palatable, and be less tempted to waste them. He credited the recipe to a decades-old issue of *The Iowa Conservationist*.

*Fillet breast meat off the breast bone, carefully removing skin and all fat*

*Sprinkle with salt, pepper, and onion salt*

*Wrap fillets in bacon strips*

*Broil for 7 minutes on each side (for smaller ducks, like bufflehead or hooded merganser, perhaps less)*

*As with other ducks, wild rice or rice blends are a good complement*

(See the following woodcock recipe for a more an alternate preparation option.)

\*\*\*

The woodcock is a quail-size, "upland shorebird." It is similar in general struc-

ture to snipe and other shorebirds, but is typically found in moist woodlands, often at the margins where wet or marshy ground meets aspen, alder, and birch. It is often encountered and harvested by grouse hunters.

Woodcock are among the most peculiarly-adapted gamebirds. Though they consume a variety of insects, and small amounts of plant material, woodcock are as much "earthworm-oriented" as robins! Their long, hinged bill is perfectly adapted to probing in moist earth and grasping earthworms. Their digestive system is designed for soft foods. The woodcock has a gizzard, but that organ is small, thin-walled, and not designed to grind up the buds, twigs, and catkins ruffed grouse consume. The woodcock is a stronger-tasting bird than a typical ruffed grouse.

Coykendall's Bourbon-fried Woodcock

This recipe is attributed to Rolf Coykendall, author of the now-ancient, classic volume *Duck Decoys and How to Rig Them*. In addition to being an authority on hunting ducks and geese, he was an avid upland hunter.

*Begin with 2 woodcock breasts, whole or split*

*Melt ¼ pound of butter in skillet*

*Add to skillet and melt 3 teaspoons of red currant jelly (or other flavor you prefer)*

*Add cup of bourbon, and bring to a simmer, or rolling boil*

*Cook 3 minutes, turn, and cook 3 minutes more*

*Serve on your favorite toasted bread*

Bon appetit.

Microplastics and health in Minnesota

University of Minnesota

New research from the University of Minnesota details how microplastic pollution impacts human, animal and environmental health.

Gerald (Jerry) Shurson, a professor in the College of Food, Agricultural and Natural Resource Sciences, and Mary Kosuth, a postdoctoral fellow in the Institute on the Environment, answer questions about microplastics and what experts are doing to make a difference.

**Q: What are microplastics and where are they found?**

Dr. Shurson: Microplastics are tiny plastic pieces that measure less than 5 millimeters (0.2 inches) in length. Even smaller pieces of plastics, called nano plastics, are microscopic plastic fragments that are less than 1,000 nanometers (nm) and often less than 100 nm in diameter. Microplastics and nanoplastics form when larger pieces of plastics break down through weathering processes in the environment. Because of the enormous amounts of numerous types of plastics produced worldwide, they are found everywhere. They are found in oceans,

soil, freshwater and air in all types of landscapes and ecosystems. They are very difficult to break down, which causes them to build up in oceans, soil, air and the food chain.

**Q: How do microplastics impact Minnesota's waters and wildlife?**

Dr. Kosuth: Lake Superior was one of the very first freshwater bodies in the world to be studied for the presence of microplastics. Since then, these particle pollutants have been found in other Minnesota lakes as well as rivers, sediments and fish. They were even discovered in remote parts of the Boundary Waters Canoe Area Wilderness. Microplastics are concerning because their presence in water, soil and air allows them to be taken up by some of the smallest members of the food web, a web that humans live in and depend on. These particles can grab and concentrate chemical pollutants, heavy metals and harmful microorganisms from the environment. Plastics also contain thousands of chemical additives which can move from the particles into the bodies of living things. While we may not yet know the lethal dose of microplastics, there

is evidence that their presence creates an overall drag on ecological health and resilience.

**Q: In what ways do microplastics impact human and animal health?**

Dr. Shurson: Because of their extremely small size, they can cross biological barriers. They can be absorbed by plants, and when consumed by animals and humans, they are absorbed into the blood stream and can accumulate in all organs in the body. As a result, they can contribute to many types of adverse health effects including digestive disturbances, increased risk of cardiovascular problems, hormonal and reproductive disorders, and developmental risks in humans. Similarly, in animals, reduced digestive abilities, tissue inflammation, hormone disruption, and reduced fertility have been associated with microplastic and nanoplastic accumulation.

**Q: What can people do to protect themselves and the environment around them?**

Dr. Kosuth: Raising your own personal awareness is a good first step to protecting yourself and the people and places you care about. Simply pause and notice the plastic products that are part of your everyday life. Once you have taken a little personal inventory, you will start to see ways you can replace plastics, especially single-use plastics, with alternatives. Maybe this means you start bringing your own reusable bag to the grocery store, or you choose a reusable metal water bottle over bottled water, or you say 'no thanks' when a server offers you a plastic straw for your drink. Individual actions matter, and you can power up by talking to friends and family. However, microplastics are a systemic problem which means impacts are greater when industries and governments join in the effort to work at a systems level. Innovations and

policies from the private and public sectors determine the choices that individuals make, so everyone needs to be at the table in order to solve this problem.

**Q: How does your work at the University of Minnesota help address concerns around microplastics?**

Dr. Shurson: Much of the focus of most of my current work is on synthesizing research and providing education to various agri-food sectors and public audiences at the local, national and international levels on the urgent need to find and implement solutions and change our behaviors to overcome numerous challenges that involve sustainability, One Health, and circularity of resources in our global food system. As we transition toward meeting these goals, there are many tradeoffs that need to be considered that involve the production, use, disposal and pollution of plastics in our food production systems.

Dr. Kosuth: Much of my work at the University of Minnesota, during my time at the School of Public Health, involved testing environmental samples that were collected here in our state. I examined raw water, tap water and wastewater samples that were gathered from Minnesota sources. I also studied indoor air from homes in South Minneapolis and ambient (outdoor) air, rain and snow collected from the rooftop of a University of Minnesota, Minneapolis campus building. Finally, I studied a handful of consumer products that many Minnesotans purchase and use. I tested the shedding of microplastics from water filters, tooth brushes, plastic ice cube trays and sports water bottles. I also tested regional beers and internationally sourced table salts that can be purchased here in the state. Through this work I learned that plastic pollution is both a local and global problem.

Staples World

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Owner Mark Anderson ..... editor@staplesworld.com  
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Reporter ..... Dawn Timbs ..... dtimbs@staplesworld.com  
Photo Tech/production..... Janice Winter ..... jwinter@staplesworld.com  
Bookkeeping/Circulation/ ..... Kathy Odden ..... kadden@staplesworld.com  
..... office@staplesworld.com

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Quote of the week

“You only live once, but if you do it right, once is enough.”  
— Mae West



Mark Your Calendar

October 1

**‘WALK WITH A DOC’** Thursdays at 5:15 p.m., at Lakewood Health System’s main campus in Staples. Meet at the main entrance. For more information about this free program, visit <https://walkwithadoc.org/join-a-walk/locations/staples-minnesota>

October 2

**WOMEN’S OPEN AA RECOVERY MEETING** Fridays in person, 10:30 a.m., Motley Free Methodist Church (lower level), 33 Wellwood St. E. Motley. All women welcome.

October 4

**CELEBRATE RECOVERY GROUP MEETINGS** Sundays, 6 p.m.,

at Motley Free Methodist Church, 33 Wellwood St. E., Motley.

October 6

**OLD TIME DANCE** is held the first Tuesday of every month at the Wadena VFW. For information, call 218-639-0132.

**GRIEF SHARE - WEEKLY SEMINAR AND SUPPORT GROUP** Tuesdays, 6 - 8 p.m., at Motley Free Methodist Church, 33 Wellwood Street E., Motley. Through Dec. 15. For info., call 218-352-6888, or visit [www.griefshare.org](http://www.griefshare.org).

**EXPERIENCE STRENGTH AND HOPE AA GROUP MTGS IN STAPLES** Tuesdays, 7 - 8 p.m., at Church of Christ, 27343 490th St., Staples. For info., call Dan at 218-640-7228.



1,000 Books (read) Before Kindergarten program

Annie VanVickle recently completed reading 1,000 Books Before Kindergarten. Reading is one of the most important things a parent can do to ensure their child’s success when they begin school. To help your child prepare for school, stop by the Staples Library and sign up. Above: Library Assttant Tamber Edin with Tonya and Annie VanVickle. Call the library at 218-894-1401 to register or stop by 122 6th St. NE, Staples. The program is sponsored by the Staples Friends of the Library. (Submitted photo)

Cardinal Calendar

SM school events

September

**HOME COMING CORONATION** Wednesday, Sept. 30, 9:15 a.m., Centennial Auditorium.

October

**HOME COMING VOLLEYBALL GAME** Thursday, Oct. 1, at The NEST, Staples; JV, 6 p.m.; Varsity, 7:15 p.m.

**HOME COMING BLOCK PARTY** Friday, Oct. 2, 4 - 6 p.m.

**HOME COMING FOOTBALL GAME** Friday, Oct. 2, 7 p.m.

**HOME COMING DANCE** Saturday, Oct. 3, Grades 9-12

**MEA - No School** Oct. 15-16.

**FALL CONCERTS - BAND/ORCHESTRA/CHOIR** Tuesday, Oct. 27, MS, 6 p.m.; HS, 7:30 p.m.

All Staples-Motley Upcoming Events are subject to change. Go to [www.isd2170.k12.mn.us](http://www.isd2170.k12.mn.us) for up to the minute information.

NOTICE Water Main Flushing

The City of Staples Water Department will be flushing water mains throughout the City as needed, **Oct. 5 - Oct. 16, 2026**. You may experience cloudy water during this time. If this occurs, allow the cold water to run until it clears.

WADENA COUNTY REPUBLICANS Fall Festival - Mon. Oct. 12, 2026

MINNESOTA FRAUD



**GUEST SPEAKER**  
**Rep. Kristin Robbins**  
Committee Chair MN Fraud Prevention & Oversight

Silent Auction - Italian Dinner

**Tickets \$40 – Purchase by Oct 5**

Vickie 218-639-7270 • Elaine 612-437-6838

Location:

**Verndale Family Life Church**

402 Clark Dr, Verndale, MN 56481

**Doors Open 5 PM • Speakers 7 PM**

Prepared & Paid for by Wadena County Republicans  
PO Box 531 - Wadena MN 56482

w41c



Beautiful day for a drive

Residents from Lakewood Manor in Staples enjoyed a drive around downtown Staples Sept. 22, aboard the open air extended golf cart. This service is provided twice a week to residents at Lakewood Manor, Lakewood Pines and Lakewood Care Center in Staples. (Staples World photo by Dawn Timbs)



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| Central Building Supply   | 820 2nd Ave. NW, Staples  |
| Williams Floral & Nursery | 1010 2nd Ave. NE, Staples |
| Motley Hardware           | 117 Highway 10 S., Motley |
| The Great Indoors         | 877 2nd Ave. NW, Staples  |



Groceries & food

|                     |                             |
|---------------------|-----------------------------|
| Ernie's Food Market | 1425 Highway 10 E, Staples  |
| Jon's Family Foods  | 203 Warner Road NE, Staples |

Automobiles & vehicle repair

|                                                                    |                         |
|--------------------------------------------------------------------|-------------------------|
| Nyhus Chevrolet                                                    | 120 2nd Ave NE, Staples |
| Ken's Collision & Glass/Southside Mini-Mart/Soutside Suds Car Wash | 219 6th St SE, Staples  |



Retail, gift and thrift stores

|                            |                            |
|----------------------------|----------------------------|
| Longbella Drug By Lakewood | 1210 Highway 10, Staples   |
| Old 10 Apparel             | 508 2nd Ave NE, Staples    |
| STEP On In                 | 116 5th Street NE, Staples |
| Like-Nu Gun & Pawn         | 214 2nd Ave. NE, Staples   |
| Ray's Tobacco              | 215 2nd Ave. NE, Staples   |

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Restaurants and bars

|                                |                                  |
|--------------------------------|----------------------------------|
| Tower Pizza                    | 414 2nd Ave NE, Staples          |
| Frosty's Spirits & Social Club | 5th Street & 2nd Ave. NE         |
| Spot Cafe                      | 116 2nd Ave NW, Staples          |
| Beck's Burger Co.              | 119 3rd St NE, Staples           |
| The Boxcar                     | 102 4th St NE, Staples           |
| Still Lefty's                  | 423 2nd Ave NE, Staples          |
| DQ Staples and DQ Motley       | Highway 10 in Staples and Motley |
| B&B Sports Bar & Grill         | 115 2nd Ave. NE, Staples         |
| Stomping Grounds               | 213 4th St NE, Staples           |
| Bremer's Booze Bank            | 48 Main Street W, Motley         |



**218-894-3299**

414 2nd Ave NE, Staples

Monday-Thursday: 11:00-7:30  
Friday-Saturday: 11:00-8:30  
Sunday: 4:00-7:30

Staples World

Your Community Newspaper  
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## Obituaries



310 5th St. NE, Staples .....218-894-2248  
Sunday Worship..... 10:30 a.m.  
(Nursery Available for Sunday Worship)

497 3rd Ave. S, Morley.....218-352-6399  
Pastor Vicar Paul Koehler  
Sunday School and Bible Class.....8:30 a.m.  
Sunday Worship.....9:30 a.m.

**Verndale Alliance**  
109 NW Brown Street, Verndale, MN 56481  
218-445-5619  
Senior Pastor Tony Stanley  
Youth Pastor Joe Ward  
Sunday Worship.....9:30 a.m.  
Sunday Bible Fellowship Classes 11-11:45 a.m.

5 miles N on Cty Rd 26 (Nimrod tar)  
Pastor James Middendorf, 320-260-4952  
Sunday Service ..... 9:00 a.m.  
Bible Study..... 10:30 a.m.

Bluegrass.....218-631-1593  
Rev. JC Duncan, 218-632-7314  
Father Greg Sauer, 218-632-7319  
parishsecretary@marysacc.org  
Mass: Saturday..... 5:00 p.m.

**The Old Country Church**  
Leaf River Twp., Wadena County Rd. 6  
Info. 218-837-5690 Call first.

**St. Helen's Episcopal Church**  
22 Dayton Ave. SW, Wadena, MN  
218-631-3928  
Sunday Worship..... 10:00 a.m.

514 1st Street SE, Wadena (218) 631-1593  
Rev. JC Duncan, 218-632-7314  
Father Greg Sauer, 218-632-7319  
parishsecretary@marysacc.org  
Mass: Sunday (livestream)..... 10 a.m.

Please be sure to include the name of the deceased, date of birth, age, city of residence, when and where he or she died and the name and city of the funeral home handling the arrangements.



## Sister power activates in tennis victory

The Staples-Motley girls tennis team threw a sister party in their match against Melrose on Sept. 21, with each of the doubles teams a pair of sisters. All three sets of siblings were victorious, leading the Cardinals to a 5-2 win.

At number one singles, Ronnie and Charlie Noska powered to a 6-2, 6-1 win. Ronnie has been the number one singles player all season and Charlie has played both singles and doubles.

Madison and Kaylee Perius won easily at number

two doubles, blanking their opponents 6-0, 6-0. Madison has been on the number one doubles team this season while Kaylee is mostly the number two singles player.

Twins Alexa and Lauren Dolezal started the season as the number three doubles team, but have played with several other partners during the season. They got back together with a 6-0, 6-4 win against Melrose for the third team point.

That left a bunch of doubles players to play the four singles matches. Lydia Roelofs and Sarah Kroll, a dou-

bles team in their previous match, both won their singles matches against Melrose. Natalie Hanson and Mia Pesta lost at singles, but both in super-tiebreakers after the team win had been secured.

### Team results Staples-Motley 5, Melrose 2

Singles: Natalie Hanson L 7-5, 3-6, (7-10); Lydia Roelofs W 6-4, 6-0; Mia Pesta L 6-4, 0-6, (10-12); Sarah Kroll W 6-0, 6-1

Doubles: Ronnie Noska/Charlie Noska W 6-2, 6-1; Madison Perius/Kaylee Perius W 6-0, 6-0; Alexa Dolezal/Lauren Dolezal W 6-0, 6-4



## Making big plays

The Staples-Motley volleyball team celebrates after a big point in their match against Park Rapids on Sept. 22. (Staples World photo by Mark Anderson)

## Cardinals fight to the limit in conference matches

The Staples-Motley volleyball team played two matches that went to a fifth set against Heart O Lakes Conference opponents Park Rapids and Pelican Rapids.

The Cardinals lost their home match 3-2 against Park Rapids on Sept. 22, but emerged on top in the road match against Pelican Rapids 3-2 on Sept. 24. The team also lost to Wade-Deer Creek on Sept. 21 in a non-conference game.

Against Park Rapids, the Cardinals lost the first set, but then were more consistent in the next two against the hard-hitting Panthers. They closed out the third set at their peak, with Chloe Trantina diving to dig up a hard spike and Hannah Cole getting a decisive kill to win 25-19.

In the next two sets, the Cardinals started out behind and were never able to get back. They were down 7-1 to start the fourth set and 6-1 in the fifth.

In the win against Pelican Rapids, Lucy Maros stepped up as a setter, get-

ting 17 assists, while Katelyn Schotzko had 11 assists. They spread the ball around, with seven different Cardinals scoring at least three kills. Kyleena Rudlang led the team with 10 kills and Addison Potter had 7 kills and two blocks. Cole had three blocks in the game.

Just like the Park Rapids game, the Cardinals won the second and third sets but lost the first and fourth. This time they reversed their fortune with a 15-10 win in the deciding fifth set.

**Team results**  
**Staples-Motley 0, Wade-Deer Creek 3**  
**13-25, 8-25, 18-25**  
Lucy Maros: Assists-7, Digs-3  
Katelyn Schotzko: Aces-1, Assists-9, Digs-1  
Chloe Trantina: Aces-1, Assists-1, Digs-5  
Kylee Chenoweth: Digs-2  
Clara Maros: Aces-1, Kills-3, Blocks-1, Digs-2  
Addison Potter: Kills-5, Block-3  
Hannah Cole: Kills-3, Blocks-1  
Jasmyne Hove: Kills-4, Blocks-1  
Kyleena Rudlang: Kills-4

Jada Ellinson: Digs-1  
Jocelyn Lenk: Digs-2  
**Staples-Motley 2, Park Rapids 3**  
**22-25, 25-22, 25-19, 17-25, 4-15**  
L. Maros: Aces-2, Assists-20, Digs-7  
Schotzko: Assists-16  
Trantina: Aces-3, Assists-1, Kills-1, Digs-10  
Chenoweth: Aces-3, Kills-1, Digs-7  
Rudlang: Kills-5, Digs-11  
C. Maros: Kills-9, Digs-1  
Potter: Kills-10, Blocks-1, Digs-2  
Cole: Kills-11, Blocks-2  
Hove: Assists-1, Kills-4  
Ellingsen: Assists-1, Kills-1  
**Staples-Motley 3, Pelican Rapids 2**  
**14-25, 25-15, 25-19, 16-25, 15-10**  
L. Maros: 17 assists, 8 digs  
Schotzko: 1 ace, 11 assists, 3 kills  
Trantina: 2 aces, 4 assists, 20 digs  
Chenoweth: 1 assist, 18 digs  
Rudlang: 1 ace, 10 kills, 7 digs  
C. Maros: 5 kills  
Potter: 1 ace, 7 kills, 2 blocks  
Cole: 1 assist, 4 kills, 3 blocks  
Hove: 5 kills  
Ellingsen: 3 kills

## Cross country team working through season

The Staples-Motley cross country runners placed solidly at the Bagley Invitational on Sept. 22, despite injuries and illness hampering some of their runners. With a full healthy team, both teams could have been a couple of places higher in the team scores, where the girls were seventh and the boys tenth.

Elise Trif and Anna Warner continued climbing in the standings for the girls team. Reed Leach and Jackson Odden were in the top half of the boys varsity race.

Coach Bruce Fuhrman said the young Cardinal team is on track to continue to improve over the next part of the season.

“The key to the season is being smart in

our training, injury prevention and having our athletes learning to trust the abilities they have been given,” said Fuhrman.

**Boys results**  
Team scores: 10. Staples-Motley 266  
34. Reed Leach 19:33, 45. Jackson Odden 19:51, 54. Spencer Olsen 20:06, 69. Alex Leach 21:03, 83. Andrew Dobson 21:59, 98. Brayden Moore 23:26, 108. Jackson Bitzer 29:21

**Girls results**  
Team scores: 7. Staples-Motley 185  
20. Elise Trif 21:50, 26. Anna Warner 22:14, 35. Suhaila Mikhaeil 23:01, 52. Alexix Odden 24:2763. Elizabeth Kroll 25:01, 95. Cydney McGree-Schmidtbauer 31:31

## Football team plays close until second half

The Staples-Motley football team took an early lead and stayed close in the first half, but were unable to stop drives in the second half and lost 48-15 at Perham on Sept. 25.

Early in the game, Perham drove down to the five yard line, but Ayden Hovland forces a fumble that was recovered by the Cardinals. Cooper Tappe led a long drive on the way back, completing passes to Cayden Niesen and John Schotzko, while Niesen and Oskar Doll chewed

up yards running the ball. Tappe threw a deep pass to Evan Schultz for a 31 yard touchdown. Another pass to Tristan Moore for the extra point gave Staples-Motley an 8-0 lead.

Perham struck back right away with a touchdown pass of their own and the score was tied 8-8.

The Cardinals made another long drive that was highlighted by a diving catch by Niesen and another long run by Niesen. They got down to the five yard line but were stopped

on fourth and one to come away with no points.

Perham made a long drive to take a 14-8 lead at halftime.

The second half started with three straight touchdowns by Perham before Tappe and Neisen combined for two passes on a drive and Niesen ran it in for a touchdown and extrapoint to make the score 15-34.

The Cardinals made one more long drive but were stopped at the six yard line this time, before the game ended with a 48-15 score.

## After the chase, don't waste the harvest

It was not a complete surprise when my five-year-old New York City-dwelling granddaughter expressed displeasure at that the idea of her “poppi”—me, her grandfather—being a hunter. Her mother, my daughter, grew up in Minnesota with hunting as a normal and routine autumn activity. But, unlike genetic traits rooted in our DNA, attitudes are not necessarily passed down to offspring.

I say “not a complete surprise” because—to a great degree—young people are shaped by the “habitat” in which they live. Given that my granddaughter lives in what is probably America’s most urbanized environment, odds are that few—if any—of her preschool and kindergarten classmates and friends have come from homes where hunting is a part of family culture. And, if that is the case, neither would it surprise me if hunting may be characterized in less than a positive way. That seems to be the way of things these days when hunting traditions are absent, or not a part of cultural history.

Whether she will come to accept the fact, or understand why her grandfather is a hunter, only time will tell. But her questioning the practice has prompted me to reflect on both the

“why” and the “how” of my hunting. For me the why is partially answered by the fact that so many creatures—humans, too—are predators, in one way or another. My granddaughter is, as well, as an enthusiastic consumer of steak, sea food, and hamburgers. That’s predation by proxy, though the connection may not be obvious to everyone; especially to a five-year-old.

The how part of hunting matters, too. I may not consciously and ceremonially pay thanks to the grouse or duck I shoot, as we’re told many Native Americans did. But I do owe something to that grouse, duck, or other game I pursue. Beyond observing the letter of the law, it’s my responsibility to acquire the skill to harvest as humanely as possible, as contradictory as that description of taking a life may seem. Equally important is to make every effort to recover game after a shot is made. Judgement and restraint are part of the process, and involve limiting myself to shots within my capabilities. These are ideals that we as hunters may not always fully measure up to. But they’re ideals we should strive for.

I also owe it to the game I harvest not to waste it. If it’s wasted, then harvest begins to look more like mere killing. It starts with expeditious cooling and cleaning of game, within reason. Under common fall hunting conditions, typically in late October or November, cooling is aided by air temperature. In warmer weather it’s a good idea to have a cooler filled with ice to keep birds cool until they’re cleaned.

There are some who believe that game birds should be hung intact for a period of time before they are cleaned. In theory, this can make them more tender due to the breakdown of connective tissue in a bird’s meat. Some also believe that flavor is enhanced. Vital to this practice is maintaining a sufficiently cool temperature, said by some to be between 35 and 50 degrees.

This is not a universally held belief. An older gentleman with whom I hunted grouse many years ago made it a practice to “field dress” each grouse immediately after it had been shot and retrieved by one of his English setters. The bird’s body cavity was emptied of all “innards,” and stuffed loosely with grasses to keep it open and enhance cooling. Those innards were hung from a branch high enough not to be a temptation to the dogs, hopefully to be found and consumed by a scavenger.

The digestive enzymes of a grouse, my friend pointed out, are strong enough to break down even the tough, woody catkins, twigs, and buds these birds consume. If these enzymes escape their normal place in the bird’s digestive tract—as can easily happen when shot pellets penetrate it—the likely outcome is unsavory, or at least poorer, meat. A similar outcome can happen with other game birds, too.

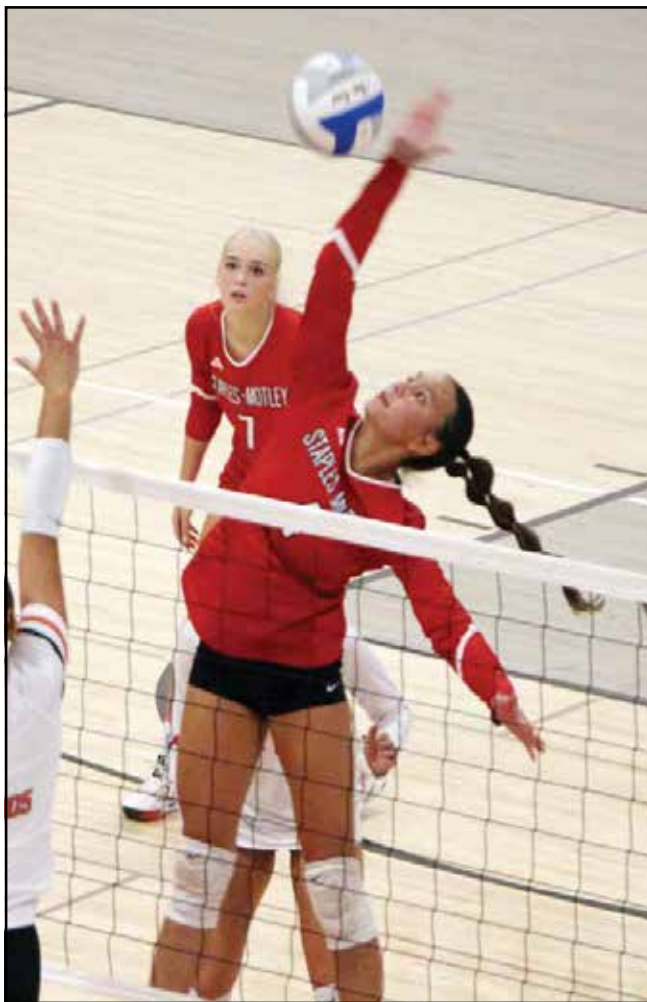
The next step in doing justice to the game you’ve harvested is the one that should be the most pleasurable: consuming it. There is more enthusiasm for wild game on the menu in some households than in others.

Sometimes this leads to wild game spending more time in the freezer than it should. Left there long enough, freezer burn is a probable outcome; dry, toughened meat, with altered texture and taste. I have been guilty of this more than once over the years, and have weakly fallen back on the excuse that no one else in the household cared for wild duck, or venison.

If wild game is going to spend time in the freezer, there are ways to minimize the downsides. Air and moisture are enemies of freezer-stored meat. Meat should feel dry to the touch before packaging. A vacuum sealer that removes nearly all air from heavy duty storage bags is highly recommended. If vacuum sealing is not an option, wrap tightly in plastic wrap, doing your best to force out air. Then wrap in freezer paper or heavy duty aluminum foil.

Better, though, is to use wild game before you have a chance to forget about it, or for it to be buried beneath other freezer fare that comes home in Costco-size quantities. Few of us are likely to put wild game on the menu with a frequency that matches our non-game consumption. But few of us harvest wild creatures in quantities too great to make a dining experience out of them within a reasonable period of time after they’re harvested.

Good rule number one should be to not shoot something you don’t intend to eat. Good rule number two should be to show that creature respect and gratitude by taking nourishment from it when it’s at its best.



Hannah Cole



Kylee Chenoweth

Inside the Outdoors



Mike Rahn

NOTICES

101

Card of Thanks

After 47 years, retirement has arrived and I am feeling incredibly grateful for the many people who have been part of the journey. I have been fortunate to earn the trust of so many customers, past and present, and members of our community. Over the years, we have shared family celebrations, worked through challenges, and built relationships that have meant far more to me than just business. Thank you to everyone who stopped by my open house, shared kind words and sent cards, gifts, flowers and treats. Your thoughtfulness was truly appreciated. Hugs to you all and thank you for making these 47 years so meaningful.

Sharon Bain Richter  
Star Benk, A.V.P./  
Branch operations mgr.  
41p

SERVICES & EMPLOYMENT

205

Help Wanted



Full-time Employment

Todd-Wadena Community Corrections

Todd-Wadena Community Corrections seeks one full-time Office and Administrative Specialist. This position includes providing word processing, data entry and retrieval, receptionist services, maintaining information tracking systems, and utilizing technology to fulfill assigned tasks. Successful applicant must be highly organized and efficient and demonstrate strong written and verbal communication skills. Minimum qualifications include a high school diploma, plus skills in data entry, database management, business English, customer service, word processing, typing/keyboard and experience with Microsoft Office Products.

Preferred qualifications include an associate degree or vocational/technical diploma in relevant field, experience entering data into information tracking systems and experience working in a correctional setting or office setting. Home office for this position is Wadena, MN. Travel between counties and office locations is required as determined by agency needs.

Salary range \$20.84 - \$27.62 per hour. Benefits-eligible positions include: paid time off for earned sick and vacation; paid holidays; excellent insurance plans (health, dental, vision, life, and short and long-term disability); pre-tax accounts for medical, dental, vision and daycare expenses; PERA pension plan; and 457(b) retirement options.

Normal working hours are M-F, 8:00 a.m.-4:30 p.m. Some non-traditional hours may apply. Must have valid MN driver's license and auto insurance, and reliable transportation. Must pass agency background check requirements prior to employment. Convictions, continuances or stays for crimes other than minor traffic offenses may disqualify the applicant from being hired.

Contact Megan Kruse, Administrative Assistant,  
320-732-6165, [megan.kruse@co.todd.mn.us](mailto:megan.kruse@co.todd.mn.us) for an application packet and/or to request a reasonable accommodation. Veteran's preference applies.

Submit cover letter, resume and completed application to Megan Kruse, Administrative Assistant, Todd-Wadena Community Corrections, 221 First Avenue South, Suite 200, Long Prairie, MN 56347.

Position will remain open until filled.

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701

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2, 10 a.m.-5 p.m. 6612 State 210, 1 mi. East of Motley. Marge Tepley. 218-296-0476. 41p

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Staples-Motley School Board Minutes

MEETING #3  
ISD #2170  
SCHOOL BOARD  
August 24, 2026  
6:00 p.m.  
District Office

MINUTES

Call to Order

The meeting was called to order by Chair Wright at 6:00 p.m.

Roll Call was taken, members Wright, Frisk, Trout, Freeman, Reeck and Reese were present, comprising a quorum. Also present were Superintendent Tappe, Finance Director Hill, Principal Ferdon, Principal Koenigs, AD/CE Wood, Recording Clerk Larson, Staples World Editor Anderson, one member of the public and staff members. The Pledge of Allegiance was recited.

Motion by Frisk, seconded by Reese, to approve the addition of items 5f, 5g, 5h and 5i. MC

Motion by Freeman, seconded by Reeck, to adopt the agenda. MC

Chair Wright recognized the public and those in attendance

School/Community Forum

- None

ICS Presentation

- None

Consent Agenda

Approve minutes from the August 3, 2026 Board Meeting

Accept the resignation of:

Keri Bendson, Part-time Food Service  
Melissa Jewison, Media Center Paraprofessional  
Carly Bowman, Kindergarten Teacher

Approve the hire of Bren Salo, JH Football Coach

Approve the hire of Heidi Mintz, Fall Musical Director

Approve the fundraiser request from Basketball Boosters

Approve the PSEO agreement with Alexandria Tech & Community College

Approve the hire of

Ashlee Lucas, Elementary Custodian

Approve the hire of Morgan Ward, Kindergarten Teacher

Approve the change of assignment for elementary paraprofessional, Jennifer Dobson to Media Center Paraprofessional

Motion by Trout, seconded by Frisk, to approve the consent agenda. MC

Donations and In-Kind Contributions

Motion by Reeck, seconded by Freeman, to approve the Resolution to accept Grants and Donations in the amount of \$30,469.95 and in-kind donations in the amount of \$570. MC

Finance Items

Financial Report by Finance Director Hill

Finance Director Hill presented information regarding the Constitutional Amendment - Permanent School Fund

Motion by Frisk, seconded by Trout, to approve the July disbursements. MC

General Fund:

\$1,025,310.88

Food Service: \$6,725.95

Community Service:

\$23,150.98

Construction Fund: 0.00

Debt Service: \$245,615

Fund 21 Student Activities: \$537

Fund 45: 0.00

Motion by Freeman, seconded by Reeck, to approve the July receipts. MC

General Fund:

\$374,205.24

Food Service: \$12,334.59

Community Service:

\$9,903.84

Construction Fund:

\$14,460,032.50

Debt Service: \$465,267.33

Fund 21 Student Activities: 0.00

Fund 45: 0.00

Cabinet Presentation

- by Buildings & Grounds Director Peterson

Personnel

Motion by Freeman, seconded by Frisk to approve the reduction of 2.0 FTE Middle/High School Special Education Paraprofessionals. MC

cial Education Paraprofessionals. MC

Motion by Reeck, seconded by Trout to approve the increase of Middle/High School Special Education Teacher Amanda Keplin, from .5 FTE to 1.0 FTE. MC

Other

Motion by Reeck, seconded by Frisk to approve the sealed bids for miscellaneous items. MC

Motion by Trout, seconded by Reese to approve the revised 2026-2027 Elementary Handbook. MC

Motion by Freeman, seconded by Wright to approve the revised 2026-2027 Middle/High School Handbook. MC

Reports

School Board:

Freshwater

Sourcewell - June 16,

2026 and July 21, 2026 Minutes

Elementary Principal - Report by Principal Koenigs

Middle/High School Principal - Report by Principal Ferdon

Activities/Community Ed Director - CEAC 8-13-

2026 minutes and Report by AD/CE Director Wood

SMEA - None

Superintendent - Report by Superintendent Tappe

Other

Motion by Reeck, seconded by Freeman, to adjourn the meeting at 6:48 p.m. MC

Trisha Larson, Clerk  
ISD #2170

41pnc

Upcoming Meetings/Events:  
Tues., Oct. 5, 2026 - School Board meeting (Work Session) Meeting, District Office, 7:45 a.m., 905 4th St. NE, Staples

Mon., Oct. 19, 2026 - School Board Meeting, District Office, 6 p.m., 905 4th St. NE, Staples

PUBLIC NOTICE AERATION WARNING

NOTICE: An aeration system creating thin ice will be in operation on the southeast shoreline on Lake Shamineau, 33203 and 33211, during ice conditions Fall of 2026 and continuing through Spring 2027. The purpose is to protect the shoreline from ice expansion.

Please be aware of open water and thin ice.  
40-41pnp

NOTICE TODD COUNTY NOTICE OF PUBLIC HEARING 2027 COUNTY FEE SCHEDULE

NOTICE IS HEREBY GIVEN that the Board of County Commissioners (the "Board") of Todd County, Minnesota (the "County"), will hold a public hearing of the Board beginning at 9:15 a.m., on October 6th, 2026, to be held at the Todd County Historic Courthouse, 215 1st Ave. South, Long Prairie, Minnesota, to solicit public input in order to determine the 2027 County Fee Schedules for the County Departments including but not limited to: Administration, Attorney, Assessor, Auditor-Treasurer, Environmental Health, GIS/MIS, Health & Human Services, Planning & Zoning, Public Works, Recorder, Sheriff and Solid Waste (Transfer Station).

The proposed 2027 County Fee Schedule is available on the Todd County website at https://www.toddcountymn.gov and at the Todd County Auditor-Treasurer's Office, located at 215 1st Avenue South, Suite 201 Long Prairie, MN during regular business hours.

All interested persons are invited to attend the hearing in-person or submit written testimony prior to the hearing date.

Written testimony submissions should be directed to the County Auditor-Treasurer's Office, 215 1st Avenue South, Suite 201 Long Prairie, MN 56347 or by email to clerk@co.todd.mn.us. Individuals requiring accommodations should contact the County Auditor-Treasurer's Office prior to the date of the public hearing by calling 320-732-4414.

BY ORDER OF THE BOARD OF COUNTY COMMISSIONERS OF TODD COUNTY, MINNESOTA.

Denise Gaida,  
Todd County Auditor/  
Treasurer  
Clerk to the County Board  
40-41pnc

CITY OF STAPLES NOTICE OF PUBLIC HEARING ON PROPOSED ASSESSMENTS

Notice is hereby given that the Staples City Council will meet at 7 p.m. on Tuesday, October 13, 2026, at 122 6th St NE to consider and possibly adopt assessments for non-payment of charges against property.

The proposed assessment roll is on file for public inspection at the city clerk's office. Written or oral objections will be considered at the meeting.

Published Sept. 30, 2026

Tara Greer, Clerk  
City of Staples

41pnc

NOTICE WADENA COUNTY PLANNING COMMISSION PETITION TO AMEND THE ZONING ORDINANCE #1

Notice is hereby given that on Thursday, the 15th day of October, 2026, at 7:00 p.m. the Planning Commission will hold a public hearing in the Auditorium of the Wadena County Courthouse to consider an amendment to the Zoning

Ordinance #1 Section 17 - Subsurface Sewage Treatment Systems and Section 4 - Definitions.

The nature and effect of the proposed amendments would eliminate the requirement to have a compliance inspection performed on a septic system when: 1) an application for permit is submitted to add onto a dwelling, except when a bedroom addition is proposed 2) when an application for variance, conditional use, or rezoning is received; and 3) when a transfer of ownership is received that does not require a Certificate of Real Estate Value.

All persons interested are invited to attend said hearing and be heard on this matter. Access to the Courthouse will be provided through the entrance accessible from the west parking lot behind the courthouse. An agenda for the meeting and associated materials, including the full context of the proposed amendments, can be found on the County website calendar at www.wadacounty.gov, and clicking on the date of the meeting. Written correspondence must be received by the Wadena County Zoning Office, 415 Jefferson St. S., Room 234, Wadena, MN 56482 before close of business the day of the hearing in order to be accepted and must include the full name and address of the person sending the correspondence in order to be accepted for presentation to the Adjustment Board at the public hearing. The correspondence may be submitted in person, by U.S. Mail, or by e-mail to the Zoning Office but it MUST include the required information.

Date: September 25, 2026

Wadena County  
Planning Commission  
41pnc

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• SOURCE: 2011 Readership Survey by National Newspaper Association.

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- Social media divides people into age and special interest categories. The local newspaper brings all the people together.
- The newspaper is for parents who want their children to learn what is valued in our community so they can participate.
- The newspaper preserves local history and is a timeline of life.



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The local newspaper is the best way to learn about the local community and nothing else comes close. It's a resource that is shared by the entire community, not broken into age groups, interest groups or people having the right app (see below). The newspaper is a platform for everyone in the community.

The newspaper is only interested in local, nothing else. Because you are also local, this means you are a subject, participant and cre-

ator for the newspaper.

The newspaper covers the hopes and dreams of the community, the traditions, the daily and yearly happenings, the successes, failures and changes. It artfully weaves the features of our community into a professional weekly journal.

Feature stories go deep into the reasons why our community members do the things we do. You can't find this comprehensive combination of local information anywhere else, which

makes it invaluable to the community.

For parents

Do you want your child to grow up to participate in music, sports, speech, arts, trap shooting, FFA, hunting, fishing and many other pursuits that this community elevates to a high status? What better way to become familiar with the local scene than reading the Staples World?

As children grow up and look at the local newspaper

week after week, they will become familiar with what we value as a community.

They will eventually meet their role models involved in those activities. They will begin to see themselves as capable of becoming one of those local icons. They can't jump in and expect to excel without becoming familiar with the excellence that this community creates and imagining that they too can become that person who the community can celebrate.

To subscribe, stop in at our office at 207 4th Street NE in Staples, we love to talk to new subscribers. Or call 218-894-1112, or go to staplesworld.com and click on the subscriptions button. Online subscriptions are available.

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Youth are on Instagram and TikTok, young adults use Snapchat and Twitch, parents are on X (Twitter) or Facebook; grandparents are on Facebook or nothing at all. Other options are YouTube, Pinterest, Reddit, LinkedIn, Zigazoo, BeReal and Tumblr.

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platform focused entirely on the one thing we all have in common: our local community.

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# Toenyan named Good Neighbor honoree by Initiative Foundation

The Initiative Foundation

For decades, Verna Toenyan has helped turn community needs into practical solutions, bringing people together, finding resources and keeping projects moving to improve life for older adults and rural communities.

That commitment has earned Toenyan recognition as a 2026 Good Neighbor Honoree. She will receive the honor on Oct. 1, 2026 as part of the Initiative Foundation's yearlong 40th Anniversary celebration at Nature Link Resort in Nisswa.

The Good Neighbor Honor celebrates individuals whose quiet, steadfast service strengthens communities across Central Minnesota.

"Verna has an incredible ability to see what a community needs and then bring people together to make change happen," said Brian Voerding, Initiative Foundation president. "Her passion comes from a deep love for people and place, and it shines through in all that she's accomplished."

Toenyan spent much of her career as director of the Todd County Council on Aging, advocating for older adults and helping communities address challenges ranging from food access and transportation to housing and social con-

nection.

One of the most visible examples of her leadership is Hilltop Regional Kitchen in Eagle Bend. Toenyan helped turn the kitchen from an idea into reality, writing grants, rallying community support and bringing partners together.

Toenyan continues to work on community projects, including a long-running effort to transform additional space in the former Eagle Bend School into 23 units of affordable senior housing. She is also helping explore possibilities for the school's former auditorium as a community gathering space.

Toenyan is one of four Good Neighbor Honorees recognized by the Initiative Foundation in 2026. Others include Ma Elena Gutierrez, whose Fey Justicia nonprofit advocates for stronger, more inclusive communities across Central Minnesota; Tusen Tack volunteers, whose service sustains vital community resources in Braham and Heather Kliwer, whose leadership at Community Aid of Elk River has strengthened food access and support for local families.

As part of their recognition, each honoree directs a \$5,000 grant to a regional nonprofit of their choice.



## Staples-Motley cheerleaders in action

Fall sports cheerleaders at Staples-Motley High School helped lead the school song and performed a

dance routine at the Homecoming Pep Fest Sept. 25. (Staples World photo by Dawn Timbs)



## Tug-of-war fun at the Homecoming pep fest

Students from various classes took on the Homecoming Royalty at the tug-of-war competition at the Homecoming Pep Fest Sept. 25. A group of faculty members

participated in one round as well. (Staples World photos by Dawn Timbs)



# LHS to offer CPR, AED, life support training courses

Lakewood Health System, Staples, is offering a variety of American Heart Association certification courses designed to help community members and healthcare professionals gain lifesaving skills and maintain required certifications.

Available training options include traditional in-person Heartsaver® CPR/AED classes and blended-learning Heartsaver® and HeartCode® courses that combine online education with an in-person skills assessment. All certifications are valid for two years upon successful completion.

### Heartsaver® CPR/AED classes

The Heartsaver CPR/AED course is designed for individuals who do not work in healthcare but want or need CPR training. Participants learn how to recognize cardiac arrest, perform CPR, use an automated external defibrillator (AED), and provide basic first aid until professional help arrives.

This course is ideal for:

- Teachers and school staff
- Coaches and athletic personnel
- Workplace employees
- Childcare providers
- Community members interested in emergency preparedness

The class is taught in person and includes hands-on instruction with guidance from certified instructors. Upon completion, participants receive an American Heart Association certification card valid for two years.

### Heartsaver® and HeartCode® blended learning options

Lakewood also offers

blended-learning certification pathways for individuals who prefer to complete coursework online before attending a brief in-person skills session. Participants complete the required American Heart Association online curriculum on their own schedule, then attend a hands-on skills test-out session at Lakewood Health System.

Blended-learning options include:

- Heartsaver® First Aid CPR/AED Online: Intended for people with little or no medical training
- Heartsaver® Pediatric First Aid CPR AED Online: Designed for those who care for children
- HeartCode® BLS Online: Intended for healthcare professionals and clinical personnel

During the in-person skills classes, participants demonstrate competency in CPR/AED use and other required resuscitation skills under the supervision of an American Heart Association instructor. Certification is awarded after successful completion of both the online and in-person components.

### Register for upcoming classes

Lakewood Health System offers multiple dates for each class type throughout the year. For more information about these opportunities and to register for a class, visit [lakewoodhealthsystem.com/calendar](http://lakewoodhealthsystem.com/calendar).

Upcoming Heartsaver/HeartCode blended classes:

- Oct. 14
- Nov. 11
- Dec. 9

Upcoming Heartsaver CPR/AED in-person classes:

- Oct. 21
- Jan. 26

# SBDC webinar for business owners

The North Central Small Business Development Center (SBDC) at Central Lakes College is offering a new no-cost webinar series designed to help small business owners prepare for the next stage of business growth while also understanding Minnesota Paid Leave and what it means for employers. The series is designed for employers who want to make informed decisions about growth, staffing, financing and long-term business planning. It also gives business owners a trusted place to learn more about Paid Leave and how it may impact their business.

The Next Stage Business Growth + Paid Leave webinar series includes:

- First Time Employers: Oct. 1 from 11 a.m. to 1 p.m.

This webinar helps first-

time Minnesota employers understand the basics of hiring, payroll and workplace responsibilities. Participants will also learn what Paid Leave means for small businesses and how to prepare. It is led by Tyler Wittwer, North Central SBDC Professional Business Consultant.

• Adding New Products and Services: Nov. 12 from 11 a.m. to 1 p.m.

This webinar helps business owners think through when and how to add new products or services. Participants will learn how to evaluate customer demand, pricing, costs and operational capacity before making changes. It is led by Jeff Wig, North Central SBDC Professional Business Consultant.

• Financing Equipment and Expansions: Jan. 28

from 11 a.m. to 1 p.m.

This webinar helps business owners understand financing options for equipment purchases and business expansions. Participants will learn what lenders look for, how to prepare, and how to think through costs, cash flow, and repayment. It is led by Pam Thomsen, North Central SBDC Professional Business Consultant.

• Legacy Planning: February 9 from 11:00 a.m. to 1:00 p.m.

This webinar helps business owners begin thinking about the future of their business and what comes next. Participants will learn the basics of legacy planning, including ownership transition, succession, family considerations, and preparing the business for long-term success. It is

led by Mike Paulus, North Central SBDC Professional Business Consultant.

To register and learn more about the series, visit [www.northcentralsbdc.com/paid-leave](http://www.northcentralsbdc.com/paid-leave). Each session will connect practical business growth strategies with important information about Minnesota Paid Leave. Topics were selected to support business owners at key decision points, whether they are hiring for the first time, expanding their offerings, investing in equipment, or planning for the future of their business. The goal is to make complex topics feel more approachable and useful for busy entrepreneurs. Business owners will leave with practical information they can apply as they plan for what comes next.



## SHS Class of 1964 reunion

The Staples High School Class of 1964 held their reunion Aug. 22, at Holst Acres in Staples. Pictured, from left, Ron Cizek, Wahpeton, N.D.; Harold (Huck) Holst, Motley; Dave Noska, Browerville; George Warner, Hibbing. (Staples World photo by Dawn Timbs)

## Kayla Orbeck is newest OB/GYN at Lakewood Health System

Lakewood Health System, Staples, recently welcomed Dr. Kayla Orbeck to its obstetrics and gynecology provider team.

Originally from Cold Spring, Dr. Orbeck earned her undergraduate degree from the University of St. Thomas in St. Paul and received her medical degree from the Michigan State University College of Human Medicine. She completed her residency training at Central Michigan University. Dr. Orbeck is a member of the American Medical Association and the American College of Obstetrics and Gynecology.

Dr. Orbeck offers a full spectrum of women's health services, from routine gynecologic and obstetric care to the management of complex conditions. Her areas of interest include minimally invasive and robotic gynecologic surgery, pelvic floor disorders, PCOS, abnormal uterine bleeding, and high-risk pregnancy care. She enjoys partnering with patients on reproductive health decisions, helping them understand their options and developing care plans that align with their individual goals and needs.

"I chose to work at Lakewood because, having grown up in a rural community, I've always felt a strong connection to rural medicine and a desire to give



Dr. Kayla Orbeck

back to the communities that shaped me. I'm excited to come home to Minnesota and serve patients in a close-knit community where relationships truly matter. As a physician, one of the things I value most is helping patients understand their health and navigate the complexities of medicine so they feel informed and empowered to make decisions about their care."

In her free time, Dr. Orbeck enjoys working on home projects, camping, kayaking and spending time outdoors. She has two rescue dogs who keep life interesting, with equal parts chaos and love.

Those interested in scheduling an appointment with Dr. Orbeck should call 218-894-8381 to speak with a member of the Women's Health scheduling team.



## Faithful volunteers

A number of volunteers helped make the first CARE Ministry Community Meal for the 2026-27 calendar year a success. Pictured at Faith Lutheran Church in Staples, from left, Vonnice Diehl, Don Flaten, Sue Flaten. The evening's menu included pulled pork sandwiches, baked beans, salad, chips and a variety of desserts. (Staples World photo by Dawn Timbs)



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## SHS Class of 1965 holds reunion

The Staples High School Class of 1965 held its reunion Aug. 22, at Holst Acres in Staples. Pictured, from left: Doug Vukelich, Staples; Marilyn (Miller) Holst, Motley; Frank Williams, Staples; Sandra (Halverson) Becker, Brooklyn Center; Ray Wilson, Clearwater; Stan Bor-

le, Brainerd; Bonita (Kempe) Hansen, Staples; DeEtta (Wicht) Bilek, Aldrich; Sharon (George) Ernster, Walker; Janice (Johnson) Latterell, Rice. (Staples World photo by Dawn Timbs)



## SHS Class of 1966 celebrates 60th reunion

The Staples High School Class of 1966 celebrated its 60th class reunion at Holst Acres in Staples Aug. 22, 2026. Pictured front row, from left: Barbara (Schimpp) Rach, Verndale; Bonnie (Chilberg) Thoele, Staples; Karen (Wert) Hertzog, Greybull, Wyo.; Marge (Adamietz) Tepley, Motley; Janice (Friedli) Joiner, Las Vegas, Nev.; Judy (Herman) Halverson, Staples; Mary (Lubke) Wilson,

Clearwater. Back: Tom Brever, Staples; Dale "Mike" Ringler, Palmer, Alaska; Kathy (Lenk) Carruth, Savage; Stephen Pogreba, Staples; Bill Kennedy, Netherlands; Phil Rengel, Portland, Ore.; Rick Odden, Staples; Linda (Olson) Stier, Belle Plaine. (Staples World photo by Dawn Timbs)



## Staples High School Class of 1961 reunion

The Staples High School Class of 1961 held their reunion Sept. 12, at Beck's Burger Co., Staples. Pictured, from left, Lloyd Foster, Gary Briggs, Dennis Kowalski, LaVyrle (Kulick) Spencer, Roger Randgaard, John Fossum, John Grondahl, Steve Bendson, Byron Hildahl,

Lee Jenkins, Don Scott, Mary (Klose) Peterson, Jerome Nurnberger, Karen (Kalisch) Nurnberger, Don Herman, Julieanne (Wilhelmsen) Herman, Myron Winkelman, Rita (Robben) Stracek. Missing from photo, Helen (Fahlander) Moffitt. (Submitted photo)



## Staples High School Class of 1976 celebrates 50 years

The Staples High School Class of 1976 celebrated its 50th class reunion on August 22, at Holst Acres in Staples. Of the 147 graduates in the class, 66 classmates were able to attend the reunion. The class also remembered 25 classmates who have passed away.

According to those in attendance, the day was filled with laughter, reminiscing and wonderful memories as classmates gathered to reconnect and celebrate 50 years since graduation. It was a special opportunity to catch up with old friends, share stories from their school days and reflect on the years since. They report that, "a good time was had by all," and they're grateful for the memories made together. One classmate, CeCe Huff flew in from Africa to attend the reunion, and several others traveled from out of state, including Mark Leirer, Missouri; Theresa Stilwell, Vicki Ackerson, South Dakota; Sue Britsch, Ann Drake, North Dakota; Bob Sikora, Cheryl Sanderson, Wisconsin; Kathy Lund, Arizona; Jerry Hoemberg, Oregon; Tony VanBuren, Indiana; Lori Swanson, Arkansas; Lorretta Lovelace, Nebraska.

Pictured above from left, kneeling: Don Ziegler, Pat (Huss) Sheveland, Paula Radniecki, Peggy (Finn) Bounds, Kurt Wilson, Jerry Rengel, Mark Matanich.

Middle: Dave Mertens, Bob Sikora, Melaine (Miller)

Swecker, Lori Swanson, Loretta (Lovelace) Ely, Paula (Wilkowski) Huss, CeCe Huff, Dean Schroeder, Karla (Hill) Greenwaldt, Diane (Lambert) Black, Theresa (Stilwell) Roth, Susan (Halbersma) Korfe, Vicki (Ackerson) Prentice, Sue (Britsch) Olson, Ann (Drake) Acord, Connie (Wiederich) Davis, Julie (Mertens) Dahl, Cheryl (Sanderson) Harvey, Judy (Salber) Asmus, Annette (Schimpp) Wright, Judy (Otteson) Hall, Bruce Crocker, Mary Rose (Kirk) Crocker, Susie (Cameron) Nundahl, Kris (Ulring) Geoden, Sharon (Olson) Peterson, Donna (Brown) Nordell, Duane Pogreba, Kent Nordell, Mark Jacobson.

Back: Jim Trantina, Doug Roberts, Jeff Ludovissie (partially hidden), Chuck Gillespie, Steve O'Keefe, Larry Dumpprope (partially hidden), Greg Smith, Craig Williams, Mike Mertens, Brian Bates, Brad Hybl, Stephen Olander (hidden), Tom Backberg, Clark Dahl, Clyde Mertens, Liz (Miller) Grubich, Tony Vanburen, Kathy (Lund) Ingersoll, Randy Snyder (partially hidden), Arnie Mertens, Terry Carlson, Mark Leirer (hidden), Dan Haglin, Jim Johnson, Jerry Hoemberg. Left before the photo was taken: Neil Koppes, Charles Pfeifle, John Reese, Jon Tevlin. (Submitted photo)

# Energy assistance available through Todd County

Todd County Health and Human Services

The Energy Assistance Program (EAP) helps pay home heating costs and furnace repairs for income- qualified households. EAP is federally funded by the Department of Commerce and passed through the Minnesota Department of Health and Human Services. Grants are available for renters or homeowners that reside in Todd County. Services may include payment of energy bills, help with utility disconnections or necessary fuel deliveries, repair or replace-

ment of homeowner’s malfunctioning heating systems and extra assistance for households with a member over 60 to pay their monthly utility bills.

To be eligible for the program, the total gross income for all household members for three months must be less than:

- Household size and 1 month income guideline:
- 1 - \$3205
  - 2 - \$4191
  - 3 - \$5177
  - 4 - \$6164

# Region Five earns Impact Award from NADO

Region Five Development Commission (R5DC) has recently been recognized with a 2026 Aliceann Wohlbruck Impact Award from the National Association of Development Organizations (NADO) for the Train and Retain Meat Cutting Project.

The Train and Retain Meat Cutting Project strengthens Minnesota’s meat processing workforce by recruiting, training and retaining skilled meat cutters for small- and mid-sized processors. R5DC led the project with Minnesota Department of Agriculture grant funding, coordinating partners, resources, and program development. The project awarded 31 scholarships, allowing 24 students to receive meat cutting training at Central Lakes College during the 2025–2026 school year and prepare for immediate employment.

Presented annually, the NADO Impact Awards

honor regional development organizations and their partners for strengthening communities, building regional resilience and enhancing local economies through creative approaches to economic and community development. NADO is a Washington, DC-based membership association of regional development organizations that promotes programs and policies that strengthen local governments, communities and economies.

“Each year, the Impact Awards celebrate the remarkable work being done by regional development organizations to strengthen communities and improve quality of life,” said 2025-2026 NADO President Matthew Dolge, Executive Director of the Piedmont Triad Regional Council in North Carolina. “This year’s honorees demonstrate how strategic leadership, strong partnerships and a shared commit-

ment to progress can create meaningful and lasting benefits across the country.”

“This project is a strong example of how regional collaboration can address real workforce needs while supporting local businesses and rural economies,” said Cheryal Lee Hills, Executive Director of R5DC. “By helping remove financial barriers to training, we are connecting students with meaningful career pathways and ensuring Minnesota’s small- and mid-sized meat processors have access to the skilled workers they need to grow and serve their communities.”

The Impact Awards are presented in memory of Aliceann Wohlbruck, NADO’s first executive director, who was a lifelong advocate for regional solutions and rural economic development.

For information, contact Sr. Regional Planner Staci Headley at 218.831.0137 or sheadley@regionfive.org.

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## CLC students enjoy the community meal

A number of people attended the first CARE Ministry Community Meal Sept. 22, at Faith Lutheran Church in Staples. Pictured, from left, are Central Lakes College (CLC) students Cole Palmi, Hoyt Lakes; Tim Marcus, Monticello; Jack Koenen, Hudson, Wisc.; Jayden Schaefer, Brown-

ton; Trevor Hanson, Swanville; Mikkel Steinert, Osakis; Alden Knudson, Virginia; Landon Dimmer, Wahpeton, N.D.; all second year students in the Heavy Equipment Department. (Staples World photo by Dawn Timbs)

**SCHOOL** continued from page 1a

## Technology advantage possible at regional CTE center

most schools in the region don’t have at the high school level, such as diesel mechanics, forestry, automotive, robotics or nursing specialties. It would help utilize the expertise from instructors at every school in the region.

The other advantage is to have equipment and technology that a single school district won’t be able to obtain. Tappe talked about a large computer screen table at the Grand Forks facility that displayed a projection of a human body for nursing students to learn about every part of the body.

“You could peel back each layer, every blood vessel was labeled and there was a story behind

each item,” said Tappe. “No school district could afford the \$250,000 for that table.”

Roadblocks to the project would include transportation of students to the center, scheduling and staffing.

Tappe said after the visit to Grand Forks, he and the other superintendents “have an appetite to see it through.”

### Bus stop violations

Staples-Motley Transportation Director Norby Klimek gave the board an update on busing at the school. He said they were able to navigate around construction during the first weeks of school. The new routing software is running well.

Klimek said stop arm

violations are still an issue, with drivers ignoring the flashing lights and stop arm when buses are dropping off or picking up students.

Every bus has a camera that shows when the lights begin flashing and when the stop arm comes out. The camera also films any vehicle that passes.

Klimek showed the board a couple of examples of violations that had been filmed and said he could keep going if they wanted to see more.

Klimek said fines begin at \$300 for stop arm violations and go up depending on severity.

“If you see the red lights, that means stop,” said Klimek.

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