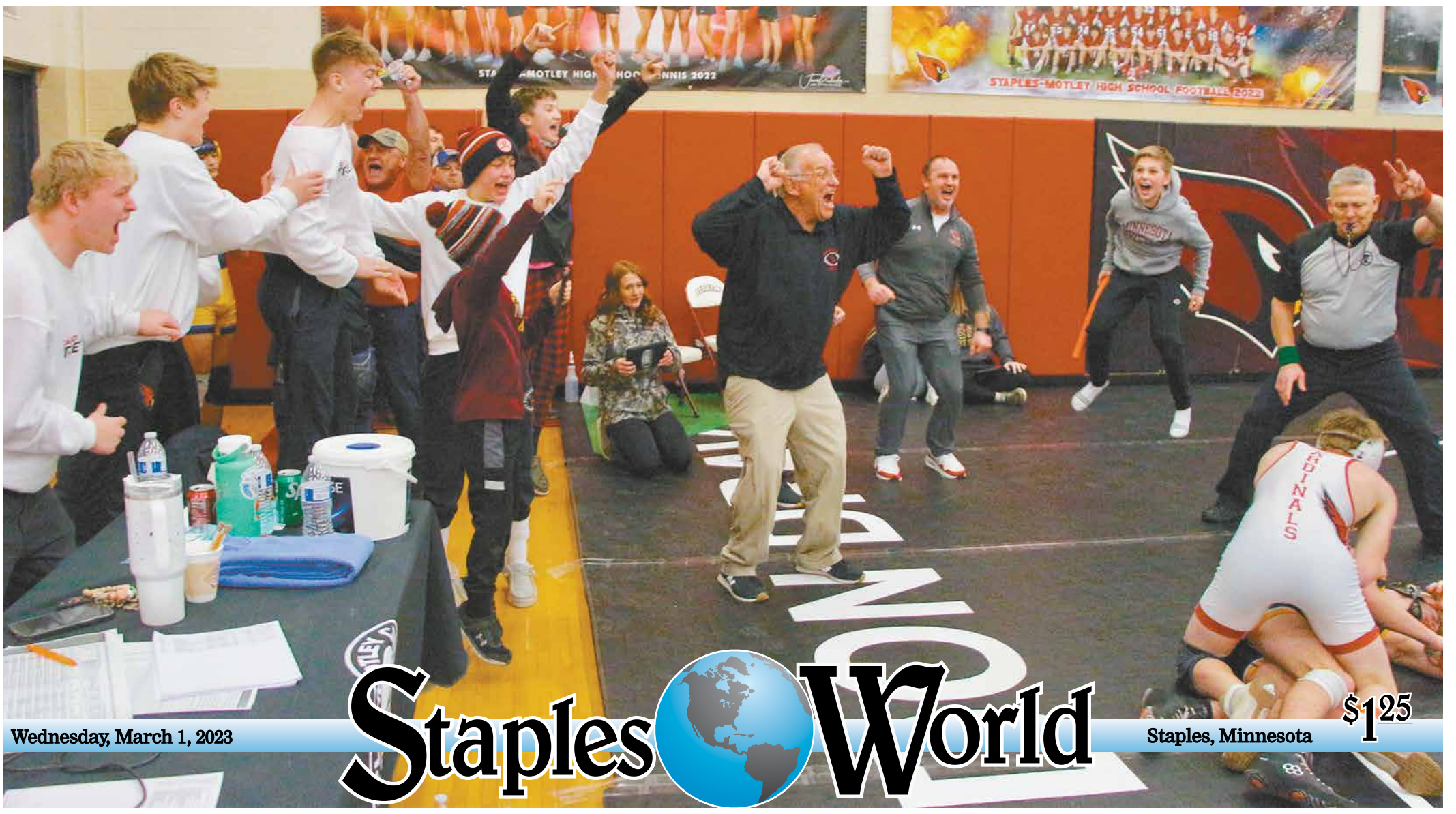
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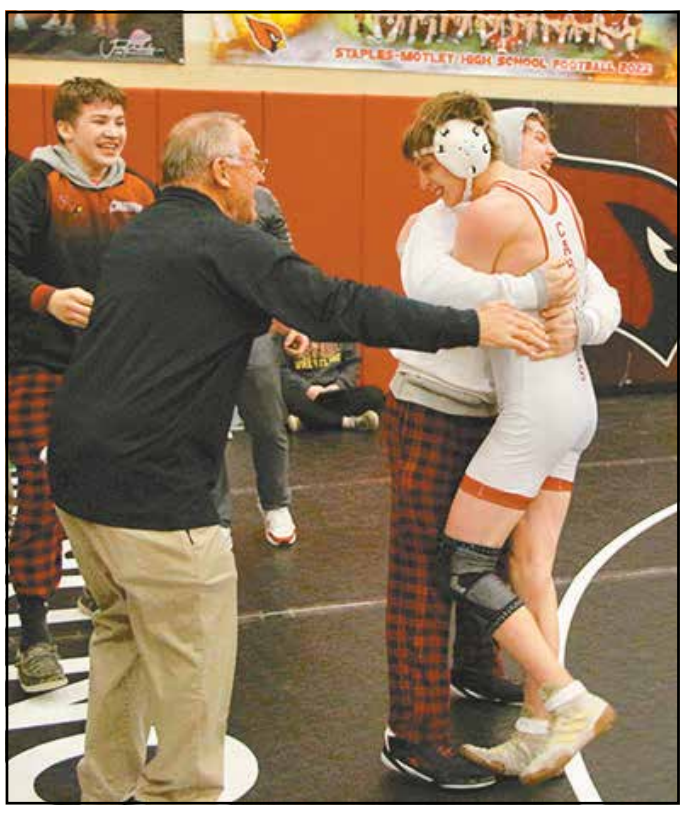
Food Share Month
Deep Portage 50 years
Gunowners bill
Girls basketball win
Wildlife tracks

8 10499 02493 3



Wednesday, March 1, 2023 Staples World Staples, Minnesota $1.25

Celebration on the mat The Staples-Motley wrestling team goes wild as the referee signals two points for Jason Trantina, earning him a trip to the state tournament just moments before time ran out in overtime. See story, page 7a. Below, Trantina gets a hug from teammate Colbe Tappe as the rest of the team gets ready to congratulate him as he steps off the mat. (Photos by Mark Anderson)



Speech team wins Lucky Lindy

The Staples Motley Cardinals Speech Team had another successful tournament on Feb. 18, with double the points of the next team at the Lucky Lindy Tournament at Little Falls.

The Cardinals had two double champions: Luke Bates in Duo and Prose; Caden Mrazek in Duo and Storytelling; plus three additional champions: Micah Larson in Creative Expression, Cy Johnson in Drama and Brynn Bestland in Great Speeches.

Other placements were as follows: Top novice: Arabella Moore in Ext Reading; Discussion: 5th Hailey Richardt; Drama: 2nd Brynn Bestland, Honorable Mention ribbon: Sarah Kroll; Duo: 2nd AJ Nienow & Micah Larson, 4th Cy Johnson & Keegan Harvey; Extemp Reading: 7th Walker Johnson; Great Speeches: 4th Gabriel Kroll; Humor: 2nd Caden Mrazek, 4th Laken Hines, 6th AJ Nienow; Inform: 3rd Olivia Opheim; Original Oratory: 3rd Riley Dabbs; Poetry: 2nd Grace Allen, 4th Riley Dabbs; Prose: 5th Grace Allen, 6th Walker Johnson, 7th Olivia Opheim; Storytelling: 2nd Laken Hines, 6th Lily Davis.

Team results were Staples-Motley 120, Little Falls 60, New London Spicer 34, Annandale 23



Lucky Lindy champions

Champions: Front Row: Cy Johnson (Drama), Brynn Bestland (Great Speeches), Micah Larson (Creative Expression) Back Row: Luke Bates (Duo & Prose), Caden Mrazek (Duo & Storytelling)



Staples-Motley speech team champions

At the Lucky Lindy speech tournament in Little Falls, the Staples-Motley team champoins, front row from left, Brynn Bestland, Walker Johnson, Arabella Moore, Olivia Opheim, Naila Mikhael, Lexi Fishman, Sarah Kroll, Coach Heather Sams, AJ Nienow and Micah Larson.

Middle row, Jaden Johnson, Keegan Harvey, Cy Johnson, Luke Bates, Caden Mrazek, Grace Allen, Maria Halvorson and Gabriel Kroll.

Back row, Addy Toepper, Laken Hines, Maddock Harvey, Hailey Richardt, Riley Dabbs, Lily Davis.

Weather

This Week's Forecast

	High	Low	Cond.
Mar. 1	23	2	Snow
Mar. 2	26	11	M. Sunny
Mar. 3	33	17	P. Cloudy
Mar. 4	36	13	P. Cloudy
Mar. 5	37	24	Cloudy
Mar. 6	36	19	Cloudy
Mar. 7	31	8	Snow

Last Year, 2022

	High	Low	Cond.
Mar. 1	30°	22	Cloudy
Mar. 2	28	24	Cloudy
Mar. 3	17	6	P. Sunny
Mar. 4	27	17	Cloudy
Mar. 5	30	21	Cloudy
Mar. 6	24	20	Cloudy
Mar. 7	24	6	Sunny

Average Temps: H = 34° Low = 16°

Compiled by Dale Hausmann, WCCO's Staples area Weatherwatcher

Public Notices

Township elections: **9A**
ISD #2170: **9A**
City of Staples: **9A**

Obituaries

Terri Anderson
Fae Bostrom
Robert Cheney
Isaac Dahlvang
Delores Flansburg
Deanna Holst
Dale Holub
Charles Larson
Michael Lynch
Marian Thompson

Energage names Lakewood Health System a 2023 Top Workplace

Lakewood Health System, Staples, has earned the 2023 Top Workplaces USA award, issued by Energage, a purpose-driven organization that develops solutions to build and brand Top Workplaces. This is the inaugural year for Top Workplaces USA, built on the program's 15-year history surveying more than 20 million employees across 60 markets for the regional Top Workplaces awards.

"Lakewood employees take a great deal of pride in the exceptional care they deliver to our patients and residents, as well as the strong reputation this creates within the community," said Lisa Bjerga, Lakewood President and CEO. "This award is a testament to our employees' commitment and engagement around not only our patients, but their teams and the community as a whole. We are honored to receive this award and are committed to continuing to build on our culture of excellence."

Top Workplaces USA celebrates organizations with 150 or more employees that have built great cultures. Over 42,000 organizations were invited to participate in the Top Workplaces USA survey. Winners of the Top Workplaces USA list are chosen based solely on employee feedback gathered through an employee engagement survey, issued by Energage.

Results are calculated by comparing the survey's research-based statements, including 15 Culture Drivers that are proven to predict high performance against industry benchmarks.

"Earning a Top Workplaces award is a badge of honor for companies, especially because it comes authentically from their employees," said Eric Rubino, Energage CEO. "That's something to be proud of. In today's market, leaders must ensure they're allowing employees to have a voice and be heard. That's paramount. Top Workplaces do this, and it pays dividends."



Spreading the word

Sherry Miller Frisk, Director of the Motley Area Food Shelf (MAFS), has been speaking at area churches in recent weeks, sharing information about food insecurity in the Motley area and ways to help combat this very real issue. She hopes people will consider donating food and/or financial gifts to the food shelf during March, Food Share Month in Minnesota. (Staples World photo by Dawn Timbs)

March is Food Share Month

Motley Food Shelf hopes to stock their shelves

Minnesota Food Share Month is a unique opportunity to increase the value of donations that are given in support of the Motley Area Food Shelf (MAFS). The Minneapolis Council of Churches gives to food shelves from an allocation fund, according to the amount of dollars and pounds of food raised during the month of March.

In a letter to friends and supporters of the Motley Area Food Shelf, the MAFS Board shared that, "The impact of COVID 19 has affected us all in one way or another and we are continuing to see that impact on our own finances. With the increase in cost of goods and services, more and more people are needing to stretch their limited budgets, especially around food. The Motley Area Food Shelf in the early years of serving the area, provided two - three days of food for those in need. Today, we provide food for seven days to each family that comes in. Because of the support we now receive through volunteer hours, food donations and financial gifts, we are able to provide the food and basic personal care items that our families need."

"We would also like you to know that our food shelf extends beyond just providing emergency and supplemental food to those that lack sufficient resources to feed themselves," the letter went on. "We provide referral and educational information to our clients an patrons. We have garden space which allows them to grow fresh vegetables, and we offer warm outer clothing in the winter months. If a person has no means to come to the food shelf, we will deliver food to them. The need in our community is real."

The March Campaign was started by the Greater Minneapolis Council of Churches (GMCC) 42 years ago; and GMCC was founded in 1905 as a faith based initiative to serve the community.

Minnesota Food Share was founded in 1981 and is a long standing brand of GMCC's food security and justice work.

What is food insecurity? It is the lack of access, at times, to have enough food for an active, healthy life. Food insecurity is rising in Minnesota, mainly due to the rising cost of food and the cost of living. There has been a 50 percent increase of food shelf usage in the state, a record number for 2022.

Sherry Miller Frisk, MAFS Director, shared that "In 2021, the Motley Food Shelf served 608 families and in 2022, we served 833. We had an increase of 21 percent. In 2021, we gave out over 61,000 pounds of food, in 2022 - roughly 84,000 pounds. Within six weeks of 2023, we are already ahead of the number of cliental served at this time in 2022. With the ending of extra SNAP benefits at the end of March and with food prices expected to rise up to 10 percent in 2023, food shelves in all of Minnesota will see an increase in families using their local food shelf. There are times when families need to make a decision to pay utilities, rent and medicine, and when they do, there isn't much left over for food. This is a common comment we often hear."

Frisk went on to share that the MAFS will continue to use a preprinted shopping list, which contains everything they have to offer. Clients pick up a form outside of the front door, fill it out and food shelf volunteers will fill the order and take it out to the client's car. "We feel this is a way of keeping everyone safe...every cart, clipboards and pens are disinfected before being used again," Frisk said.

Frisk went on to share that the MAFS has received food shipment of food ordered from Second Harvest on the fourth Friday of each month. "Recently, we have had to receive an additional order on the second Friday of the month to meet our needs."

In their letter, the MAFS Board shared that, "Minnesota Food Share envisions a Minnesota where all residents have access to healthy food, with no struggles with insecurity. With your help, we can achieve this for our area families."

The Motley Area Food Shelf is located at 697 3rd Ave. So., in Motley. It is open each Thursday from 9 a.m. - noon; and the evening of the third Thursday of every month from 5 - 7 p.m. For more information, call 218-352-6344.

Staples Area Food Shelf - March is Food Share Month

The Staples Area Food Shelf will again be participating in Minnesota's March Food Share Month.

During March, Minnesota food shelves conduct their major campaign for funds and food shelf items. The funds and foods collected in March help determine our budget for the coming year. Funds and food items, collected in March, help determine the grant amounts available through Hunger Solutions of Minnesota.

While March is a major event, we greatly appreciate the support we receive throughout the year. Donations can be made through our area churches, or to the Staples Area Food Shelf, PO Box 82, Staples, MN, 56479. Without your help and support, we could not possibly survive.

We are open Mondays and Tuesdays from 2 - 4 p.m. We are staffed totally by volunteers and we are so grateful for their service and commitment to helping everyone needing assistance.

We are grateful to the community for their support in the past and respectfully ask for your continued generosity and support. With your assistance and generosity, the Staples Area Food Shelf will be able to continue providing for those needing assistance. Thank you.

Staples Area Food Shelf Board

Motley area law enforcement report

Recent reports from the Motley Police Department (MPD) and Morrison County Sheriff's Office (MCSO) included the following:

Feb. 15 - 21

Feb. 21 - The MPD received a report from the Holiday gas station in Motley of an intentional gas drive-off in the amount of $73. Subsequently, Brent Johnson, 39, was issued a citation.

Feb. 18 - The MPD assisted a motorist who had a flat tire and needed a tow at the intersection of Hwy 10 and Ash Street in Motley. The MPD also provided lights for safety.

Feb. 18 - The MPD assisted a motorist who had broken down at the intersection of Hwy 10 and Hwy 210 in Motley, providing lights until the tow truck was able to remove the vehicle.

Feb. 18 - The MPD issued speeding citations to Kassandra Solien, 25; Jesus Escobar-Marquez, 50; Danielle Olson, 43; Christina Johnson, 42.

Feb. 18 - The MPD arrested Daryl Duane Breden, 52, for out of county warrants.

Feb. 21 - The MCSO received a report of an animal welfare concern at the 24000 block of Hwy 10, Cushing.

Feb. 19 - The MCSO received a call from a Cushing resident who stated her camper is fully engulfed in flames, as well as the generator. She stated it was getting close to a propane tank. The incident took place at the 5000 block of Marble Dr., Cushing.

Feb. 19 - The MCSO responded to a report of an unattended death at the 1000 block of 3rd Ave. S., Motley.

Feb. 18 - The MCSO assisted with funeral traffic at 33 Wellwood St. E., Motley.

Feb. 18 - The MCSO assisted state patrol with locating a wrong way driver on Hwy 10. Upon arrival, state patrol handled the rest of the call.

Feb. 16 - The MCSO responded to a report of a suicidal subject at Bugle Rd. and Birch Rd., Motley.

Feb. 16 - The MCSO responded to a report of a vehicle parked at the 34000 block of Aztec Rd., Motley. Upon arrival, the deputy observed it was a listed subject who has been living in his vehicle for the last few months. No criminal activity. The reporting party was notified.

Feb. 15 - The MCSO responded to a request from a subject in Motley that law enforcement take possession of his firearms and store them for safe keeping.

Celebrate 50 years with Deep Portage April 22

Deep Portage Learning Center in Hackensack is turning 50.

The public is invited to celebrate this milestone at the Deep Portage campus on Saturday, April 22, with outdoor activities for all ages, food, raffle prizes and live music featuring upbeat tunes by The Soul Shack.

Activity stations will be open from 11 a.m. - 2:30 p.m. These include rock climbing, orienteering, archery, birding, renewable energy tours and more. Following the planned activities, a short program celebrating Deep Portage's 50 years will take place, after which The Soul Shack will take the stage until approximately 6 p.m.

This event is open to all ages and there is no admission fee. To help staff accurately plan, people are asked to RSVP online at www.deep-portage.org/public-programs. Free will donations will be accepted.

Deep Portage Learning Center is located at 2197 Nature Center Drive NW, Hackensack. For more information, call 218-682-2325. Businesses and organizations interested in becoming a sponsor are welcome to email lindsay@deepportage.org.

According to their press release, "Through the exploration of woods, water and wildlife, Deep Portage Learning Center prepares and inspires learners of all ages to sustain and celebrate our natural world. Each year, Deep Portage offers a variety of programs including school field trips and summer camps. Our eleven miles of hiking trails are open year-round."



Cass County treasure

A special event to celebrate the 50th anniversary of Deep Portage Learning Center in Hackensack will be held Saturday, April 22. The public is welcome to attend this free event. Deep Portage is a place to explore woods, water and wildlife; and it's 11 miles of hiking trails are open year 'round. (Submitted photos)



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Thanks for reading the Staples World!

Deadline
for classified ads, display ads, garage sale ads, letters to the editor and news items for the **Staples World is Friday noon.**

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Without public notices, the government wouldn't have to say anything else.

Public notices are a community's window into the government. From zoning regulations to local budgets, governments have used local newspapers to inform citizens of its actions as an essential part of your right to know. You know where to look, when to look and what to look for to be involved as a citizen. Local newspapers provide you with the information you need to get involved.

Notices are meant to be noticed.
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Looking back

75 Years Ago - 1948

∘ Feb. 26, 1948 - GHQ Special News Service, Tokyo. - Almost at the moment when most Allied personnel at Occupation Headquarters Japan are locking their offices at the end of the day, a diminutive WAC sergeant from Minneapolis is marshalling her crew of trained teletypists to begin the flow of words which make the 71st signal Center in Tokyo

- o -
Compiled by
Dawn Timbs
- o -

the nerve center of the far east command.

In this unit is Sgt. Clara M. Deline, of the Leader community. She directs a staff of Nipponese cooks and helpers as they prepare special fare for hospital patients on restricted diets. Many of her staff are men, who are still somewhat amazed to find themselves being "bossed" by a woman. "They are all copying our ways," stated Sgt. Deline, "and believe me, they watch every move I make." Her father is F. W. Deline and resides in Leader.

∘ Feb. 26, 1948 - According to a report issued by Maude Gutches, clerk of court of Todd county, births in the county for 1947 were almost twice as many as the combined report of the marriages and deaths in the county.

A total of 705 births were recorded in the county for the year, as against 228 deaths and 237 marriages. These listings were as of Jan. 1, 1948.

∘ Feb. 26, 1948 - Climaxing a successful basketball season, the Staples Cards completely baffled the Wadena Indians on the Staples court Monday evening of this week to romp away with their last home game to the tune of 48 to 16, or a three to one advantage over the scrappy band of Indians.

Coach John Rengel used 15 men during the contest, keeping his eye on all men during the contest, as he is to make his final selection for the ten men who will be in the district tournament in Staples March 3.

∘ Feb. 26, 1948 - The members of the Boys Octette of Staples high school, which won the first place in the Staples theatre Search for Talent program, were in Minneapolis Tuesday of this week, where they had an audition at radio station WCCO.

The octette, which is composed of seniors in the Staples high school, were ineligible for the Stairway to Stardom program put on by Cedric Adams, due to their age, as they must be 18 years or older to compete on this program. But, their audition was of such high calibre that they were chosen to appear on the Builders program on March 13.

Cars taking the octette to Minneapolis were driven by James Randgaard, owner of the Staples theatre, and James Ewing, a member of the octette. Carl Holt accompanied them on the trip. While in Minneapolis the octette members were guests of Mr. Randgaard and Mr. Holt, and were entertained in the Sky Room of the Dayton store at a dinner and were also their guests at other entertainment.

50 Years Ago - 1973

∘ March 1, 1973 - The Board of Directors of the United District Hospital, Staples, took a stand on abortion and also elected officers at recent meetings.

Gary Kenner, hospital administrator, said that the Board of Directors at their meeting Feb. 20, voted unanimously to adopt the recommendation of the Staples Ministerial Association on the topic of performing abortions in our community.

The recommendation stated in part, "that the hospital will not allow abortions on demand to be performed in the United District Hospital except, perhaps, in extreme situations."

∘ March 1, 1973 - dj's Men's store in Staples advertises Brushed Cords, $5.99; Baggies, $8.99; and Long-Sleeve Dress & Sport Shirts, $5.99 - 8.99. "dj's...Where you look for quality...and you find it!"

∘ March 1, 1973 - Warren Mertens, the 6-4 senior forward for the Staples Cardinals, poured in 38 points and led the way for the men of Coach Tom Wolhowe to chalk up a convincing 83 to 69 victory over the visiting Mahnomen cagers last Friday evening.

Mertens scored his career high of 38 points on 15 field goals as he burned the nets from all angles and then tossed in 8 out of 11 free throw attempts. He made 15 out of 19 shots from the field. Mertens is the leading scorer on the Cardinal team with 266 for the 19 games. He is followed closely by Joe Neznik with 243 and center Bob Rego is third with 207.

∘ March 1, 1973 - Mark Bendson, Bill Bendson and Charlie Sowers captured championship in the Region Six Wrestling Tournament last Saturday in Alexandria and will represent Staples High School in the Minnesota State High School Wrestling meet at Williams Arena, Minneapolis, this weekend.

25 Years Ago - 1998

∘ Feb. 26, 1998 - The annual Staples Motley National Honor Society induction ceremony was held Feb. 19, with 23 new members inducted into the high school scholastic honors group.

The new members included juniors Mark Carlson, Aubrey Gold, Susan Hansen, Jason Motl, Lara Neidhardt, Katie Odden and Kelly Weber. New seniors inducted were Thomas Bergs, Bobbi Dolezal, Stephanie Foote, Jennifer Gaugert, Melissa Good, Jesse Jennissen, Jessica Johnson, Maryann Ludovissie, Leala Parkos, Lisa Reed, Trish Reese, Cynthia Reis, Jessica Schock, Scott Smith, Dennis Strassburg and Heidi Swenson.

∘ Feb. 26, 1998 - Dale Maureen Grove of Staples was chosen Mrs. Todd County by the Mrs. Minnesota International Pageant in July 1997. She will be competing in the Mrs. Minnesota International Pageant in St. Cloud on March 21 -22.

Dale Grove is a graduate of Staples Motley High School (1989) and is the wife of Jeff Grove. Jeff and Dale own and operate Wire Worx in Staples. Dale will be graduating this spring with an Associate of Arts Degree from Central Lakes College.

∘ Feb. 26, 1998 - A full page ad, including a team picture, reads, "Congratulations Staples Motley Wrestling Team Section 7AA Champs, Second Year in a Row! Good Luck at State!"

∘ Feb. 26, 1998 - Celebrating Parents Night and the last game of the regular season, the Staples Motley Cardinal girls basketball team Friday night cruised to a 67 - 27 victory over Crosby-Ironton. This week the girls begin the Section 8AA tournament on Thursday night.

10 Years Ago - 2013

∘ Feb. 28, 2013 - Sarah Paskewitz, daughter of Bruce and Sandy Paskewitz of Browerville, and Deandra Lunemann, daughter of Pat and Jodi Lunemann, Çlarissa, were crowned as Todd County Dairy Princesses at the 2013 banquet and coronation Feb. 23 at the Browerville Community Center.

∘ Feb. 28, 2013 - The Staples Motley District 2170 Spelling Bee was held Feb. 20, at Centennial. Auditorium in Staples. The top three spellers were all eighth graders at Staples Motley Middle School. They included Cade Bestland, 1st place; Anna Noreen, 2nd place; and Noah Han, 3rd place.

∘ Feb. 28, 2013 - U.S. Senator Amy Klobuchar toured the robotics program at Central Lakes College in Staples Feb. 21. "This is exactly what we need for the future," she said during the tour.



Mystery photo

Hello readers. This week's archive photo is from our Feb. 21, 1985 edition. 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.



Mystery solved

Last week's mystery photo published in the Sept. 9, 1976 edition of the Staples World featured Ed Perry, at his Ben Franklin store in Staples following a Rotary Club meeting.

Judy Wolak, Linda Kopp and Marlys Prindle, all of Staples, correctly identified Ed Perry, each recalling the store he owned, "Perry's Ben Franklin." Wolak went on to share that "at one time it was called, 'Perry's Variety.' I loved to shop there. The store holds a special place in the history of Staples and so does Ed." Bill Skeesick of Motley thought that the gentleman in the photo might be Kent Heyda, whom he worked with years ago at Benson Optical.

Ed Perry, a fixture in the Staples area for decades, passed away Jan. 15, 2023. He was 84. In addition to graduating from Staples High School in 1957 and later running the downtown Ben Franklin store for years, the community remembers Ed for his involvement in a number of civic organizations. He was a member of the Staples Rotary Club for 47 years, serving as Rotary president two times; was a Staples Jaycee member and president, and served on the Staples Chamber of Commerce. In 1976, Ed was elected to the Staples City Council and proceeded to serve on the council for 26 years. Ed was also a longtime member at the Staples United Methodist Church, and in later years, the Lincoln Evangelical Free Church.

Thanks for participating in our mystery photo.

Staples Police report

Recent reports taken by the Staples Police Dept.

Feb. 13, Staples Police responded to Ernie's Food Market for a report of a subject who was kicked off the bus and was looking for assistance to get to Fargo. Police called a taxi for the subject. Cleared without incident.

Feb. 14, At approximately 5 a.m., Staples Police responded to Central Lakes College for a report of multiple 911 calls. Police checked the area and didn't locate anyone or any vehicles around.

Feb. 14, Staples Police responded to the 6th St railroad crossing for a report of a fire. Upon arrival police, found that a gas heater, used by railroad employees, started some of the track ties on fire. Staples Fire Dept. extinguished the fire, while police assisted in directing vehicles to the overpass.

Feb. 14, At 10:50 p.m., Staples Police responded to the Mill Townhomes for an unknown 911 call. Dispatch reported that a female caller had called, requesting an officer to come to the residence. A male subject had hung up the phone. When dispatch called back, a male party answered and stated that everything was fine. When police arrived they spoke with the reporting party, who wanted to give police some roses, since it Valentines Day. All individuals at the apartment were found to be fine. It was determined there hadn't been any crimes committed. The subject was advised that police can not accept gifts and she was also advised on the proper use of 911.

Feb. 15, Staples Police received a report about an incident on a school bus where a juvenile struck another juvenile. Officers spoke with the parents of the child, made sure the school and bus garage where aware of the incident.

Feb. 15, Staples Police assisted the Todd County Sherrif's Office with a dog bite call at the Lakewood Health System emergency room. Officers took a picture of the injuries and sent them to a Todd County Deputy.

Feb. 15, At approximately 5:15 p.m., a three car accident was reported at the intersection of Highways 10 and 210. No injuries were reported. Officers gave insurance info to all drivers and will make a report

Feb. 15, Staples Police were called to a residence on Wisconsin Ave. SE for a domestic between two juveniles who are brothers. Upon investigation a probation agent was notified of the incident as one of the brothers is on probation.

Feb. 15, Staples Police were requested to assist Wadena County Sheriff's Office with a vehicle in the ditch east of town on Warner Road. The unoccupied vehicle was located and it was observed that the vehicle had struck a mailbox and went into the ditch. Wadena County was notified and a deputy arrived to investigate the incident.

Feb. 16, at 9:30 p.m., Staples Police responded to Casey's for a noise complaint of two vehicles revving their engines. Officers spoke with the drivers of the vehicles, informed them that if they weren't buying anything the store asks that they leave the property. The individuals left without incident.

Feb. 18, at 9:20 a.m., Staples Police responded to the 100 block of 2nd Ave. NW for a report of a young juvenile who was lost. Police spoke to the complainant and the child and determined his identity. The child had gotten locked out of school during an event and was scared. Police contacted the child's parents by phone, and the parents said they knew he was missing and were actively searching for him. The parents came to the scene and picked up the child without incident.

Feb. 18, Staples Police assisted an individual getting back into their residence after their electric wheelchair battery had lost power.

Knosalla makes Edina Realty Diamond Circle

Edina Realty announced that Sanda Knosalla from the Staples office is recognized for outstanding sales performance, market knowledge and customer service as a member of Edina Realty's Diamond Circle. Membership in the Diamond Circle places Knosalla in the top 12 percent of Edina Realty agents.


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Call or visit us at www.claytoneyecaremn.com

Heart disease can happen at any age

From Todd County Health and Human Services

Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

You could be at risk. Many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages:

∘ High blood pressure. Millions of Americans of all ages have high blood pressure, including millions of people in their 40s and 50s. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke.

∘ High blood cholesterol. High cholesterol can increase the risk for heart disease. Having diabetes and obesity, smoking, eating unhealthy foods, and not getting enough physical activity can all contribute to unhealthy cholesterol levels.

∘ Smoking. More than 37 million U.S. adults are current smokers, and thousands of young people start smoking each day. Smoking damages the blood vessels and can cause heart disease.

Source: Centers for Disease Control & Prevention

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Friday noon


Why are many rural towns green but unhealthy?

By Chelsea Davis
Iowa State University
bluezones.com

Vulnerable populations in small towns face significantly more public health risks than statewide averages, finds new research in Iowa.

Study leader Benjamin Shirtcliff focused on three Iowa towns—Marshalltown, Ottumwa, and Perry—as a proxy for studying shifting populations in rural small towns, in particular how the built environment (where people live and work) and environmental risks affect vulnerable populations there.

Shirtcliff, associate professor of landscape architecture at Iowa State University, wants to understand how small towns can prioritize investment into their built environment for vulnerable populations on the heels of declining economic resources due to population change.

The study found the three towns have significantly higher environmental exposures than state averages, including more exposure to diesel, air toxins, lead paint in older homes, and proximity to potential chemical accidents.

These risks are exacerbated for and increase physical and mental stress on populations with social vulnerability (minority status, low-income, linguistic isolation, below high school education, and populations under age 5 and over 64), which are also significantly higher in the three small towns than state averages.

With the growth of industrialized agriculture over the past few decades, small towns' populations have shifted: "…what environmental justice advocates describe as a 'double jeopardy' of injustice where people with the fewest resources reside in low-income communities with high level of environmental risk and unable to defend against social threats like racism," write Shirtcliff and coauthors in the study in PLOS ONE.

Urban areas benefit from more green space, which would make it seem as if small towns surrounded by green landscapes would have greater benefits. That's not always the case, Shirtcliff says, due to the routine application of pesticides, fertilizers, and other organic and inorganic toxins.

"There is a rural health paradox: These small towns may appear on the outside that they're healthier and safer, but the reality is that the metrics cities use are not really compatible," he says.

This exposes a knowledge gap in current research: Measures of environmental risk and design on vulnerable populations in urban areas are not comparable to those in small towns.

Shirtcliff describes these small towns as having "parallel communities," or populations that rarely interact due to their opposing work and personal schedules, geography, and language barriers.

"When we think about public health these days, we think about viruses and epidemics," he says. "What's increasingly being supported through research is that the neighborhoods we live in have huge impacts on our mental and physical health."

As some Iowans move to more urban areas from small towns, the built environment they leave behind is sometimes neglected.

Now, there are new barriers that people in these towns face to report and seek care for poor health effects from their built environment. There is also sometimes an information barrier; for example, rural populations may not correlate higher rates of asthma with the landscape.

"Although the influx of foreign-born workers and their families to small towns has enabled economic growth in the hands of a local few, the stability of small towns is fragile," write the researchers. "A decline in local investment coupled with aging infrastructure is likely to impact the built environments in small towns, potentially compounding deleterious effects as vulnerable populations bring families and become established."

Shirtcliff puts a call out to the landscape architecture profession, which can sometimes focus on broad-reaching issues such as major parks and environmental remediation, to also focus their efforts on "the banal, everyday 'human environment' where a sidewalk, street tree, and crosswalk make a fundamental difference." Low-cost interventions such as these can counteract "a mounting public health crisis in small towns," he says.

Originally Published on Futurity,
Iowa State University

Quote of the week

"The Constitution of the United States was made not merely for the generation that then existed, but for posterity- unlimited, undefined, endless, perpetual posterity."
— Henry Clay
(8th speaker of the House of Representatives, 1811-1825)

Legal gunowners should not be treated like criminals

By Michael D. Carr
Wadena County Sheriff
Letter to Minnesota State House of Representatives

I have concerns with the proposed language in House File 396 regarding firearm and ammunition storage requirements. The bill, as proposed, does nothing to penalize criminals and puts further liability on lawful firearms owners. There is already a statute in law that criminalize negligent storage of a firearm. Statute 609.666 outlines reasonable steps that need to be taken to keep children safe in homes that posses firearms. Repealing this statute only makes criminals out of responsible gun owners and is quite honestly not enforceable as written.

In my 28 year law enforcement career, I have unfortunately seen a multitude of violent crimes. One thing I cannot recall over my career, however, is a person who is legally possessing a firearm committing a violent crime. Many of the times, it comes down to that person having a mental illness, or being under the influence of drugs or alcohol.

Responsible gun owners know that being under the influence of alcohol carries its own laws and consequences when it comes to being in possession of a firearm. Similarly, statute 624.713 outlines the disqualifiers for being an unlawful user of a controlled substance, and after judicial determination of a mental illness. Rather than make new laws, we need to hold people accountable to the laws we already have that are seeing lighter and lighter consequences imposed.

As a rural sheriff, I know some citizens may have to wait an extended period of time for law enforcement response, by no fault of their own. If a criminal is breaking into their home, I feel they as law-abiding have the constitutional right to protect themselves and their families. This proposed bill does nothing but give the advantage to the criminal and further handcuffs the homeowner by not letting them make proper determinations of the safety in their home.

I made a commitment to my constituents that I would continue to protect their 2nd Amendment rights as their sheriff. I cannot support this bill as an elected official and I urge you to vote no if and when it comes to that time. Making criminals out of responsible gun owners does not help curb the gun violence in Minnesota and across the country, and shifts the burden further off criminals and onto responsible gun owners.

Senate bills give pass for breaking the law

By Senator Paul Utke

Senate Democrats made their public safety priorities very clear. They want to give convicted felons the right to vote and non-citizens the right to driver's licenses. Instead of providing tax relief to Minnesotans, they instead want to reward those breaking the law, regardless of how it undermines our state security and election systems. In a budget year, they've chosen to adopt a social justice agenda that ignores the needs of Minnesotans.

Democrats pushed through two extreme bills, but the first one I want to touch on is their "Driver's License for All" bill. For the most part, folks across the state want to keep our roads safe, and though the bill's author claims that's the focus of this legislation, it truly goes far beyond public safety needs. This bill gives standard driver's licenses to those who have come here illegally. At its core, a driver's license is meant to be proof of someone's identity, but the non-citizens that will be able to apply for these do not even have to show proof that they live in Minnesota. Licenses are tickets to more than just driving—they are used for boarding planes, entering federal buildings, accessing state benefits, same-day voter registration… The list goes on. By allowing those who are here illegally to have access to this documentation, we are undermining federal security, state security, and commerce. This bill doesn't make any sense.

Despite how bad this bill was, Senate Republicans made good faith efforts to make it better and more workable. We put forward multiple amendments: denoting the license is for driving privileges only and cannot be used for voting, addressing a national security loophole that would allow illegal immigrants access to federal buildings and flights with a Minnesota driver's license before the REAL ID standards are enforced, ensuring traffic safety, and requiring data sharing for the purposes of helping victims of crime. Unsurprisingly, Democrats had no interest in what we had to say.

The second bill they passed this week was a felon voting bill that restores voting rights for convicted felons before they have completed their sentences. As we know, Minnesota is a low incarceration state. Our laws have typically focused on rehabilitation over incarceration, which has led to shorter jail time, but longer probation periods. That means most probation time is part of the sentencing process. This bill gives felons access to voting while they're still serving probation time—they haven't completed their sentence, and they haven't served their time for crimes committed, but we are allowing them to affect our political process. If we were really concerned about folks being denied the right to vote, we'd put forward bills that focus on crime prevention. The solution isn't just doing away with penalties of crimes committed. By allowing felons to vote when their sentence is still in progress, we are denying justice to the victims of crime.

We offered amendments to this bill as well: requirement of a two-year waiting period for voting rights to be restored, and prevention of violent criminals and those convicted of a felon for voter fraud from regaining their right to vote until their full sentence. Again, Democrats refused to accept a single amendment.

Senate Republicans raised numerous concerns with these bills, but they fell on deaf ears. Senate Democrats have made it clear that they have no interest in bipartisan work this year. They have forced through multiple bills that are extreme and hyper-partisan in their focus. Republicans still represent half of the state, and Democrats are unwilling to even address the concerns of greater Minnesota. Our state expects and deserves better.

Quote of the week

"America will never be destroyed from the outside. If we falter and lose our f reedoms, it will be because we destroyed ourselves."
— Abraham Lincoln

Sheriff activity getting back to pre-pandemic levels

By Bryan Welk
Cass County Sheriff

As we begin the New Year and work to complete our year end statistics and annual report that will be presented in the coming month to the Cass County Board of Commissioners and published on our website, I would like to share a recap of Sheriff's Office activity during 2022.

In 2022, we handled 19,568 Initial Complainant Reports (ICRs), down 1,100 from 2021, but average compared to pre-pandemic totals. This is a signal of a return to pre-pandemic levels. Detention Center bookings and daily housing numbers are starting to trend back to normal levels as restrictions were lifted. Daily average booking numbers are trending higher and our STS crews were back to steady daily participant numbers.

Trending down from 2021, we processed 41,589 calls to 911 from cellular phones in 2022 and 1,965 calls from landlines. We received 95 percent of our 911 calls from cellular phones. Saturday was our busiest day for 911 calls received and Wednesday had the least amount of daily 911 calls.

We continue to receive and process a large number of Gun Permit to Purchase and Permit to Carry Applications. Permit to Carry Applications continue to show an increase in 2022, processing 366 Permit to Purchase Applications and 1,077 Permit to Carry Applications.

Traffic Crashes with Injuries, both statewide and within Cass County, continue to trend much higher than average. In 2022, we responded to and investigated 86 crashes with injuries and 202 without injuries. The State of Minnesota continues to report that statewide crashes and high speeds remain. Four motor vehicle fatality crashes were investigated within Cass County.

A serious increase in overdose related medical calls and deaths are being observed region wide, most due to the use of fentanyl. We responded to 113 medical related overdose calls, with four resulting in death. Narcan (Naloxone is a medicine that rapidly reverses an opioid overdose) was noted to be used/administered on 117 calls in 2022. We are currently working with our regional and tribal partners to develop and implement strategies to respond to this epidemic.

An increase in ATV traffic and complaints was observed year round throughout the county, consistent with MN DNR OHV/ATV registration and use data. The rise in traffic on our trails, roadways, and public property has created a variety of new issues and need for additional education and enforcement. Several highly visible OHV enforcement and educational saturations were conducted in high traffic and complaint areas in 2022 yielding successful results. Four fatal OHV crashes were investigated in Cass County in 2022, three of which resulted from speed and alcohol, and at least three where riders were operating alone.

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Mark Your Calendar

March 1, 2

Free Tax-Aide Wednesdays, 1-4 p.m. and Thursdays, 10 a.m.- 4 p.m., through April 13, Staples City Hall. Must call for an appointment at 218-296-6616. For low to moderate income taxpayers.

March 2

Ruby's Pantry is held on the first Tuesday of each month at the parking lot of Central Lakes College in Staples beginning at 6 p.m.

Old Time Dance is held the first Tuesday of every month at the Wadena VFW. For information, call 218-639-0132.

'WalkWith 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

March 3

Women's OPEN AA Recovery Meeting Every Friday in person, 10:30 a.m., Motley Free Methodist Church (lower level), 33 Wellwood St. E. Motley. All women welcome.

March 6

AA group Mtgs In Motley are held at the United Methodist Church, 847 3rd Ave. S., on Mondays at 8 p.m.

March 7

'GriefShare' Grief Support Group is held on Tuesdays from 6 - 8 p.m., at Motley Free Methodist Church, through May 30. For more information, call 218-352-6888.

Experience Strength And Hope AA group Mtgs In Staples are held at the Staples Congregational Church, 204 5th St. NE, Tuesdays at 6:30 p.m.

Cardinal Calendar

Staples-Motley School events

March

- **MS Choir/Band/Orchestra Concert** March 7, 6 p.m.
- **HS Music Tour** March 8 - 12
- **MS Dance** March 9, 3:45 - 5:45
- **MS Play** March 17, 7 p.m.; March 18, 2 p.m.
- **Polar Plunge for Special Olympics** March 22, time to be announced

All Staples-Motley Upcoming Events are subject to change. Go to www.isd2170.k12.mn.us for up to the minute information.

Artists invited to show work in Hawley

The 54th Annual Hawley Art Show will be held April 20 - 23 at the Hawley Community Center in Hawley.

All artists are welcome to enter their artwork to be displayed and judged. Entries will be judged in four classes: professional, amateur, student (grades 7 - 12) and student (grades pre-K - 6).

Entries are limited to original artwork only: paintings, drawings, printmaking and collages. Entry days are April 15 and 16 from 1 - 5 p.m.

For more information, call or text Sandy Maydole, 218-329-9166; Jill Swanson, 218-790-1403; or Kat Glad, 701-388-0510.

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Credit Analyst - *Clara City, Howard Lake*
Loan Administrator Clerk - *Clara City*
Correspondent Banker - *All Locations*
Seasonal Banking Assistant - *All Locations*
Operations Lead - *Clara City*
Loan Portfolio Officer - *Clara City*
Compliance Manager - *Clara City*
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citizensalliancebank.com/careers

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Food Shelf CONCERT
Sat., Mar. 4
4 to 6 p.m.
Motley Free Methodist Church
33 Wellwood St. E, Motley
The praise team willl hold the annual Food Shelf fundraising concert. This will be an evening to come together, sing songs of praise to the Lord and take an offering to raise money for the Motley Area Food Shelf.
w10p

You are Invited to Sacred Heart Area School's Preschool & Kindergarten Round Up

Thursday, March 23, 2023 @6:00pm

Let your light shine before others, that they may see your good deeds and glorify your Father in Heaven.

Matthew 5:16



Pizza will be served at 6:00pm during a small presentation.

Tour the school at 6:00 and meet the teachers.

Questions: call 218-894-2077 or

Email: secretary@sacredheartareaschool.org

Openings in all grade levels Preschool-6th grade currently available.

w10-12c

Congratulations
Rick and Dawn Adamietz
on their
50th Wedding Anniversary!



Please join us in celebrating
Sat., March 4,
noon-4 p.m.
at ***Holst Acres, Staples***
Rick and Dawn were married March 3, 1973 in Staples.
w9-10p

Staples Area Church Directory

Staples

Staples Alliance
1512 8th St. NE, Staples 218-894-2891
Pastor Zach Jones
Sunday Worship.....9:30 a.m.
Sunday School .....11:00 a.m.
WEDNESDAY
AWANA.....6:00 p.m.

Assembly of God
914 3rd Ave. NE, Staples 218-894-1081
Pastor Roy Miles
Small Groups (Bible classes for all ages) .....9:30 a.m.
Morning Worship Service.....10:30 a.m.
Children's Church (Kids start in main worship service) ..... 11 a.m.
Prayer Meeting.....5 p.m.
WEDNESDAY
Sonlight (kids ages 4 yrs.-6th grade) .....After school to 5:30 p.m.
Youth Group (Teens, 7th-12th grade) .....After school to 5:30 p.m.

Church of Christ
27343 490th St., Staples.....218-894-2609
Pastor Barry Klein
Facebook Live
Bible School (youth and adult).....9:30 a.m.
Sunday Worship.....10:30 a.m.
WEDNESDAY:
Teen Youth/Adults Bible Study.....7-8 p.m.

First Congregational Church, UCC
firstcongouccstaples@gmail.com
204 5th St. NE, Staples 218-894-2571
Worship.....9:30 a.m.
Fellowship, refreshments following service

Faith Lutheran
430 12th Street. NE., Staples.....218-894-1546
Pastor Carl Larson
Pastor Chris Mathiason
Sunday Worship Service .....9:00 a.m.
Sunday School and Coffee Fellowship.....10:05 a.m.

Sacred Heart Church
310 4th St. NE, Staples
Church.....218-894-2296
Pastor Fr. Aaron Kuhn
Parochial Vicar, Fr. Gabriel Walz
MASS:
Thursday and Friday.....8:30 a.m..
Sunday.....8:30 a.m.

Seventh Day Adventist
421 Dakota Ave. SE, Staples
218-894-0033
Saturday Worship .....9:30 am.
Sabbath School.....10:45 a.m.

Thomastown Covenant
15940 251st Ave., Staples.....218-894-3923
Pastor Scott Jorgenson
Sunday Worship.....10:30 a.m.
WEDNESDAY NIGHT YOUTH .....6:30 p.m.

Trinity Lutheran
1000 4th St., NE, Staples 218-894-2372
Rev. Robin Collins
Sunday Divine Service .....9:00 a.m.
Sunday School and Bible Class ...10:30 a.m.

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

Aldrich

Balsamlund Lutheran
19550 490th Street, Aldrich
Eric Clapp.....701-261-2394 (cell)
Sunday Worship.....8:15 a.m.
Sunday School .....8:30 a.m.

Cushing

Bethany Lutheran
25430 Bison Rd.Cushing, MN
320-749-2140
Pastor Carl Larson
Pastor Chris Mathiason
www.bethanylutherancushing.org
Sunday Worship.....9:00 a.m.
Communion .....1st and 2nd Sunday of each month

Lincoln Evangelical Free
1354 320th Street, Cushing, MN 56443
Phone: 218- 575-2449
www.lincolnefree.org
Facebook Lincoln E Free
Office Hours: Tues. - Thurs., 9 a.m. - 12 p.m.
Senior Pastor: Don Reigstad
Community Life Pastor: Jim Brown
Associate Pastor: Joe Reigstad
SUNDAY
Church Worship Gathering.....10:00 a.m.
YouTube Channel .....10:00 a.m.
WEDNESDAY
Community Meal.....5:30 p.m.
Family Night.....6:00 p.m.

Cushing Baptist
26298 Bear Rd., Cushing
Pastor Dan Holmes.....320-749-2583
Sunday School .....9:30 a.m.
Worship.....10:30 a.m.
WEDNESDAY
Bible study .....7:30 p.m.

Leader

Swan Valley Lutheran
Leader 218-397-2470
Sandy Knight, Synodically Authorized Minister of Word and Sacrament
Sunday Worship
January - July .....9 a.m.
July - January.....11 a.m.

Maple Hill Lutheran
Sandy Knight, Synodically Authorized Minister of Word and Sacrament
Leader .....218-397-2470 (Rural Pine River)
Worship and Sunday School .....9:00 a.m.

Motley

Motley Free Methodist
33 Wellwood St. E
Motley 56466.....218-352-6888
Jim Johnson, Senior Pastor
Casey Reynolds, Assistant Pastor
Sunday Worship..... 9:00 and 10:30 a.m.
facebook live.....9 a.m.
WEDNESDAY
AWANA.....4:00-5:30 p.m.
Youth Group .....6:00-8:00 p.m.

St. John's Lutheran
497 3rd Ave. S, Motley.....218-352-6399
Pastor Vicar Paul Koehler
Sunday School and Bible Class .....8:30 a.m.
Sunday Worship.....9:30 a.m.

St. Michael
1st St. and Birch, Motley.....218-894-2296
Pastor Fr. Aaron Kuhn
Parochial Vicar, Fr. Gabriel Walz
MASS:
Tuesday.....6:30 p.m,
Saturday .....4:00 p.m.

United Methodist
847 3rd Ave. S. Lane, Motley.....218-352-6466
Pastor Greg Leslie
www.motleyumc.net
Sunday Worship Service.....10:00 a.m.
Monday AA meeting.....8:00 p.m.

Oylen

Oylen Alliance
Cty. Rds, 7 and 9, Oylen
218-472-3440 or 218-472-3316
Pastor Neal Malcore
Sunday School .....10:00 a.m.
Sunday Worship.....11:00 a.m

Pillager

First Lutheran Church
Pastor Mathew Sundquist
717 River Street S, Pillager, MN
218-746-3775
Sunday Worship.....9:30 a.m.
Sunday School .....8:30 a.m.

Casino Assembly of God
Pastor Dan Johnson
N. of Motley, Hwy. 64, E. on Cty 34 to Cty. 104.
Phone 218-746-3839
Sunday School .....9:30 a.m.
Worship.....10:30 a.m.
Sunday Worship.....7:00 p.m.
WEDNESDAY .....7:00 p.m.

First Baptist
903 River Street South, Pillager
Pastor Jake Anderson
218-746-3768
curious@fbcpillager.com
Worship Gathering .....10:00 a.m.
Connection Point.....9:30 a.m.

Hewitt

Church of the Nazarene
114 Front Street, P.O. Box 146 Hewitt, MN
218-924-2028
Jim and Linda McGaffey, Pastor
Sunday School .....9:30 a.m
Sunday Worship.....10:45 a.m.
WEDNESDAY PRAYER .....7:00 p.m.

Trinity Lutheran Church (LCMS)
524 Front Street, PO Box 116, Hewitt, MN
Pastor Robin Fish
Sunday Worship.....10:30 a.m.

United Methodist Church
Hwy. 210, Hewitt, MN
Pastor Kenneth Uhren
Sunday Services .....10:30 a.m.
Sunday School .....9:30 a.m.

Verndale

Verndale Alliance
109 NW Brown Street, Verndale, MN 56481
218-445-5619
Senior Pastor Tony Stanley
Heath Belknap, Pastor of Student Ministries
Sunday Worship.....9:30 a.m.
Sunday Bible Fellowship Classses .....11-11:45 a.m.

Family Life Church
402 NE Clark Drive, Verndale 218-445-5568
VerndaleFLC@gmail.com
Pastor Amos Self 218-371-7189
Tahna Rurup, Connections & Media Pastor
Tillman Phagan, Kid's & Food Shelf Pastor
Ryan Wolfenden, Youth Pastor
SUNDAY
Youth Prayer.....9:20 a.m.
Worship Service .....10:00 a.m.
Prayer Meeting.....5 p.m.
WEDNESDAY
Life Groups .....6:30 p.m.

Hope Chapel Alliance
18126 County Road 7, Verndale
218-445-5643 or 218-472-3316
Pastor Neal Malcore
Sunday Worship.....9:00 a.m.
Sunday School .....10:30 a.m.
WEDNESDAY
Family Night.....5:30 p.m.

Immanuel Lutheran Church of Bartlett Township (LCMS)
17097 460th St., PO Box 37, Verndale
Pastor Robin Fish
Sunday Worship.....9:00 a.m.
WEDNESDAY
Bible Study.....6:30 p.m.

Verndale United Methodist
10 3rd Ave. SW, Verndale
218-445-5108
Pastor Jill Pawlowski
Sunday Worship.....9:00 a.m.

Central United Methodist
5 miles N on Cty Rd 26 (Nimrod tar)
Pastor James Middendorf, 320-260-4950
Sunday Service .....9:00 a.m.
Bible Study .....10:30 a.m.
WEDNESDAY
Seeds of Hope.....7:00 p.m.

Leaf River Township

The Old Country Church
Leaf River Twp., Wadena County Rd. 6
Info. 218-837-5690
Sunday Service .....10 a.m.

w10c

"Preparing for Easter"

By Pastor Chris Mathiason, Faith Lutheran Church, Staples

Lent is the Christian season that begins with Ash Wednesday. It's 40 days of preparing for Easter. Easter being the day Christians celebrate the Resurrection of Jesus. If you look on the store shelves, you will see a lot of things for Easter...candy, stuffed animals and more. What you will not find is a lot of Lenten things for sale.

Lent is a counter cultural time of the year. Most of the year, we look for things to celebrate. We look forward to good things to eat. Fun, exciting things to do. Traditionally, Lent is a time to simplify. Some give up eating meat, some give up dessert and some pick another treat to give up. Why? We think about Jesus fasting in the desert for 40 days before he begins his earthly ministry. When we give up things during Lent, we can both appreciate them more the rest of the year and give thanks for what we have.

Lent is a time for us to slow down in a world that always wants us to speed up. But to slow down, we can return to those things that bring life. Daily prayer. Worship each week. Giving of our time and money. How do we make important things a habit? We start each day and try to do our best to look to Jesus.

For that next 40 days or so, may you find ways to slow down and look to where God might be leading you. For at all times, we give thanks that God is with us.

In Joy and in Sadness, we give thanks for our God.

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Staples Veterinary Clinic
"Complete Animal Care"
Staples, MN 218-894-1775

Staples True Value
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Staples, MN 218-894-3263

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Hwy. 10 West, Staples, MN
218-894-3794

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Staples, MN 218-894-3299

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Obituaries



Terri Anderson

Terri Anderson, 55, of Motley, passed away February 12, 2023, after a four-year fight with cancer. She passed away in the comfort of her home with her husband, daughter and son-in law by her side.

Memorial services were held February 18, at Faith Lutheran Church in Staples.

Burial will take place at a later date.

Terri Ellen Nelson was born September 18, 1967, to parents Lloyd and Ellen (Thorp) Nelson of Staples. Upon graduation from Staples High School, Terri attended Anoka Community College, where she obtained her nursing degree and became a registered nurse in the state of Minnesota. She would spend the rest of her working career caring and being an advocate for others in various healthcare settings.

Terri was married, a marriage that later dissolved but blessed her with two wonderful daughters, Holly and Kaylee. In 2011, Terri met the love of her life, Jason Anderson. The two were united in marriage in 2013, and this union provided them both with bonus children. Terri gained four children - Noah, Hannah, Jonah and Micah; and Jason gained two daughters, Holly and Kaylee.

Terri was known to be fun, caring and loving. She had a passion for playing her grand piano, spending time with friends and family and being outdoors. In the summers, you could see Terri floating down the river, spending time on a sandy beach or walking the trails behind her home with Jason and their three dogs. She also enjoyed traveling, golfing, visiting the casino, shopping, getting some Chinese food or admiring the beauty of her flower beds and the wildlife that roamed near her home. She especially enjoyed hearing owls in the yard and seeing the deer out her windows. Terri had a beautiful soul and a big heart. She was strong-willed and stood tall, even when faced with hardship. Diagnosed with Acute Lymphoblastic Leukemia in 2019, she never complained and neve asked why. Instead, she accepted what life brought her and trusted God's will.

Terri is survived by her husband, Jason; mother, Ellen Nelson; children, Holly (Jude) Atkinson, Kaylee (Logan) Swendsrud, Noah, Hannah, Jonah and Micah Anderson; two brothers, Scott (Doreen) Nelson and Kevin (Julie) Nelson; three grandchildren, Jace, Hayden and Ethan; many nieces, nephews and friends.

She was preceded in death by her father, Lloyd Nelson; grandparents and her best friend, Beth Woolridge.

Arrangements were by the Iten Funeral Home of Browerville.

w10c A00006B2023MR01

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Michael Lynch

Memorial services will be held for Michael Lynch, 52, of Alexandria (formerly of Wadena) on Saturday, March 11 at 2:00 p.m. at the Karvonen Funeral Home in Wadena. Visitation will be held one hour prior to the memorial service at the funeral home.

Visit www.karvonenfuneralhome.com to send Michael's family a message of comfort and support.

Arrangements are provided by Karvonen Funeral and Cremation Services.

w10c A00006B2023MR01

Robert Cheney



Robert Cheney, 77, of Motley, passed away February 11, 2023.

Funeral services were held February 21 at the Motley Free Methodist Church in Motley.

Burial was held at St. Isidore's Catholic Cemetery in Moran Township.

Robert Lee Cheney was born October 5, 1945, one of four children of Grant and Mary (Covert) Cheney in Minneapolis. As most know him, Bob grew up in the country helping to raise various animals on the farm. He was active in the 4-H and FFA. His family remembers when he showed his big hog at the state fair, with everyone stopping to admire its grandeur. By the age of 13, Bob mastered the gears of a semi and started hauling for his dad. Bob graduated from high school in 1964, enlisted in the US Army, serving our country during the Vietnam Era. When Bob returned from war, he worked maintenance for the city of Minnetonka, obtained his CDL to officially start driving for his dad, Cheney's Inc., drove for Roadway Global and completed his career with 24 years at Morey's, retiring in 2016 at the age of 70. During his driving career, he took time off to go to auctioneer school. He worked for the New York Mills car auction for three years while still driving for Morey's. He had found his new love for all auctions during this process and rarely missed a weekly auction and has a farm full of treasures to show.

While stationed in Colorado, you could find Bob on his weekends off bucking broncs at a dude ranch. Bob was married in his younger years, and although the marriage did not last, he became a father to four amazing children, Robert, Jr., Brad, Ben and Kristine. Bob was a fan of all holidays, Halloween being his favorite to decorate for the children. He worked tirelessly on his bountiful garden, flower gardens and flower beds. Watching NASCAR got his heart revving with excitement.

One night while out with friends at his parent's former bar the Ten-Hi in Motley, Bob helped save a young lady, by asking her to dance. He found his dancing partner for life that night. Bob and Marge Tepley were united in marriage on July 10, 1999, at the St, Isidore's Catholic Church. The couple made their own "funny farm" in rural Motley. Their Scottish Highland cattle, sheep, draft horses, dogs, you name it, they were welcome. The couple enjoyed their labor of love. In the evenings if they were'nt out dancing, they would settle up to a table of puzzle pieces. For 24 years, their weekends in the summers were filled with CT Pedal Pulls, making it happen all around the state for various fairs and community events. On February 17, 2020, Bob broke his back while cutting trees. His life drastically changed from that day forward. He slowly regained his abilities with the help of nursing aides and Marge taking care of him.

He leaves behind his loving wife, Marge; children, Brad (Danielle) Cheney, Ben Cheney, Kristine (Chad) Bohl; daughter-in-law, Veronique Cheney; eight grandchildren; three siblings, Judy (Skip) Lisle, Les (Trish) Cheney and Jeff Cheney; in-laws, Rick (Dawn) Adamietz, Jan (Tim) Shea, Rita (Tom) Esterl, Bonnie (Donn) Milbrandt, Carol (Ron Peterson) Adamietz, Ron (Michelle) Adamietz, Cathie Prescott Adamietz; many nieces, nephews, relatives and friends he met along the way. He is joined in heaven with his son, Robert "Bobby" Jr.; parents and brother-in-law, Jim Adamietz.

Pray for the people who struggle with mental illness and the surviving families of suicide. If you're having suicidal thoughts or ideas, you can call the suicide hotline, 988.

Arrangements were by the Iten Funeral Home of Browerville.

w10c A00006B2023MR01

Fae Bostrom



Fae Bostrom, 91, passed away January 31, 2023, at her home in Blaine.

Funeral services were held February 9 at the Church of Christ in Staples.

Burial was at Evergreen Cemetery in Browerville.

Fae Ann was born August 15, 1931 on a hot day. She was one of two children of Lester and Agnes (Hlatke) Kastonek of Browerville. She attended grade school and then stayed home to help care for the family. She later met a young man named Harold Bostrom. He caught her heart and the two were united in marriage on July 2, 1952. Their union was blessed with two children, Betty and Brian. Fae stayed home with her little ones until they were older. She later took a job working at a local nursing home.

Family was everything to Fae. When she was not working, she was making memories with them. She loved to attend the Great Minnesota Get Together - the state fair. A meal out was often joined with a conversation, listening and enjoying time with family and friends. She was caring, a good listener and role model for others. A lover of animals, typically having a dog or cat as a companion. She was as precious as a delicate rose and will be deeply missed by her family, friends and four-legged animals that sat by her side.

She leaves behind one daughter, Betty Bostrom; one son, Brian (Shelly) Bostrom; two grandchildren, Scott (Katie) Bostrom and Jennifer Bostrom; three great-grandchildren, Nathan, Savanah and Isabella and one sister, Phyllis Paskewitz.

She was joined in Heaven by her husband, Harold; parents; one brother, Gene Kastonek; her beloved dogs, Penny and Cocoa and Mitzi, the long living cat.

Arrangements for Fae were with the Iten Funeral Home of Browerville.

w10c A00006B2023MR01



Marian Thompson

Marian Agatha Thompson, 86, of Motley, passed away peacefully February 17, 2023, with her family at her side.

Services were held February 25 at Faith Lutheran Church in Staples.

A native of Churches Ferry, ND, Marian was born May 10, 1936 to George and Mary Schmaltz, one of 10 children. Marian attended school in Minnewauken, ND where she was crowned Dairy Princess of her high school. Marian then moved to Grand Forks, ND upon graduation and began working in retail sales. In 1955 she met Wally Thompson and shortly after they began dating.

Marian married Wally December 12, 1956 in Grand Forks. They were married 34 years and together had five children, Audrey (Scott) Nelson, Grand Forks, Linda (Dean) Shearer, Fargo, ND, Glenn Thompson Princeton, Roger (Sandy) Thompson, Bismark, ND, Dawn Anderson, Crookston.

Marian adored her eight grandchildren, Justin (Karyn) Nelson, Emily (Nick) Abentroth, Ashley (David) Reuter, Jordan (Grace) Shearer, Jesse Shearer, Alexander (Madison) Boone, Parker Boone and Sawyer Anderson. Marian also loved her five great-grandchildren, Hunter, Bella, Casey, Grady and Oliver Nelson.

In addition to Grand Forks, Wally and Marian lived in Willmar and Superior, WI before settling in Staples in 1972. Gardening, making unique treats and baking were things she enjoyed while being a homemaker as they raised their five children.

Marian loved creativity and it showed in all of her passions. She enjoyed sewing clothing, quilting and knitting early in her marriage but discovered a new talent, cake decorating. For many years Marian had a successful home cake decorating business for all occasions, including beautifully designed wedding cakes. In addition to her cake business, she was president of the Garden Club in Staples and Red Hats, as well as active in the Eagles Club and Hospital Auxiliary.

After retiring in Motley, Marian found a new creative interest, scrapbooking. She loved creating a story through photos and documenting each one with dates and special memories. Chronicling her and her family's life through creative memories was important to her, she cherished all of the memory books she completed.

Marian's vibrant energy did not let her stay home very long before she was out doing her favorite activity, dancing. For many years several days each week, she waltzed and two stepped on the dance floors of Motley and surrounding towns with friends, as well as dancing polka's and the chottische. Along with dancing, Marian also loved relaxing at home reading and doing crossword puzzles. Her warm smile, humor, spunk, laughter and charm made her a pleasure to be around and she was adored by those who knew and loved her.

Marian is survived by four of her children, her grandchildren, great-grandchildren and four siblings.

She was preceded in death by her parents; one daughter and five siblings.

Arrangements were by the Brenny Family Funeral Chapel, Staples.

w10c A00006B2023MR01

Deanna Holst



Deanna (Dee) Marie Holst, 59, of Box Elder, South Dakota passed away February 13, 2023, at Monument, Health, Rapid City Hospital, Rapid City, South Dakota after a brief battle with cancer.

Funeral services were held February 18, at the Motley Free Methodist Church in Motley with Rev. Jim Johnson officiating.

Burial was at Evergreen Hill Cemetery in Staples

Deanna was born May 1, 1963 in Waterloo, Iowa, to Marlyn (Casey) Clark and Darlius Reiner Clark. She married Sergeant Daniel L. Holst, US Air Force on August 10, 1985 in Waterloo.

Mountain Home Air Force Base, Idaho was their first home from 1985-1988, They moved to Royal Air Force Base Greenham Common in England, staying there three years. While in England they welcomed their first son, Andrew Daniel Holst. Minot Air Force Base, ND was home from 1991 to 2007 where they welcomed their second son, David Rae Holst in 1993. They moved to Box Elder, SD in 2007. Deanna worked mostly in childcare; she also worked jobs in food service, but always found her way back to the little ones. Dee ran a home daycare in Minot from 1993 till 2007. In 2008 she was employed at the Child Development Center on Ellsworth Air Force Base. She retired in 2016 due to her disabilities.

She loved life to the fullest and was always busy. Her love of children was radiant as all friends of her children became her adopted children and their children were more grandchildren for her to love. She loved being outdoors working in her flower beds and whatever else she could do. Dee and Dan led a very active life while in Minot. They had a cabin on the Souris River where they spent most weekends if they were not involved with the Boy Scouts of America Troop 425. Both sons obtained the rank of Eagle Scout.

Almost every summer weekend they could be found in a local campground or in North Dakota, Minnesota, or Iowa. Dee loved to travel, and had seen many beautiful places with Dan. Their vacations were always documented on Facebook. She was a member of the B-1 Afterburner Broads Red Hat Society Group in Box Elder, American Legion Auxiliary #315 and held many offices including President. Dee and Dan prepared many meals for the Cornerstone Rescue Mission over the past years.

Dee and Dan were active members at Bethany Lutheran Church in Minot from 1991 to 2007, Canyon Lake Lutheran Church from 2007-2012 and Black Hawk Community from 2012-2022.

She is survived by her husband of 37-1/2 years, Dan; two sons, Andrew (Khrystyna) Holst of Vancouver Washington and David (Kendall) Holst of Box Elder; one brother, Sam "Sumo" (Donna) Clark of Waterloo; two sisters, Shawn Craft and Leanne Inman of Waterloo; seven grandchildren, Tessah, Kyler, Hunter, Kaydance, Alexis, Weston and Mila; many adopted children and grandchildren; four brothers-in-law, Mike Holst, Cross Lake, David Holst, Big Lake, Huck (Marilyn) Holst and Chuck (Carol) Holst, both of Staples; two sisters-in-law, Doreen (Bob) Hewitt, Mora and Kathie Judd, Staples; several aunts, uncles, cousins and many special friends.

She was preceded in death by her parents; two sisters-in-law, Jackie and Kitty Holst; two brothers-in-law, Ken Holst and Gaylord Judd; one nephew, Jim Holst; many uncles, aunts and cousins.

Arrangements were by the Taylor Funeral Home in Staples.

w10c A00006B2023MR01



Dale Holub

Dale (Papa) Holub, 56, of Motley, passed away February 19, 2023, at his home.

A celebration of life will be held Sunday, March 5 at 3:00 p.m. at the Motley Free Methodist Church with Pastor Jim Johnson officiating. A gathering of family and friends will be held one hour prior to services at the church.

Interment with Military Honors will be held in the spring at the Motley Cemetery.

Dale was born December 7, 1966, to Larry and Sharon M. (Schave) Holub in Wadena. Dale was a Retired Navy Veteran who enjoyed the outdoors and had a true passion for hunting.

Dale is survived by one son, Jake (Britini) Holub; one daughter, Whitney Sellers; five grandchildren, Lilyrose, Gracelynn and Isabella Holub, Cambria and Camila Sellers; parents; one brother, Jim (Kathy) Holub; one sister, Susan (Mike) Horstmann and extended family and friends.

He is preceded in death by one son-in-law, Brylon Sellers.

Arrangements are by Taylor Funeral Home, Staples.

w10c A00006B2023MR01



Delores Flansburg

It is with deep sadness that we say goodbye to our mother, Delores J. (Mohler) Flansburg, age 93, of San Marcos, California and formerly of Staples.

She passed away peacefully in her sleep at home on February 19, 2023, under hospice care and was welcomed into Heaven.

She is survived by Victor W. Flansburg, father of two daughters, Linda Winters, Jill Flansburg and one son, Gary Flansburg; six grandchildren, Keli (Andrew) Romine, Kurtis Flansburg, Cameron (Rachael) Winters, Gavin Mencel, Brock Mencel and Chase Mencel and five great-grandchildren Hunter, Jayce, Rylan, Adelyn and Bethany.

She was preceded in death by her parents and four brothers.

w10p A00006B2023MR01

See **OBITUARIES** on page 9a

Trantina wins thriller, Greenwaldt and Tappe also headed to state

By Mark Anderson
Managing Editor



Winning move

Jason Trantina reaches back to turn his opponent in the final seconds of overtime, as the referee's time clock assistant Garrett Bjerga counts down the seconds and is ready to tap his back to indicate the end of the period.

Jason Trantina had a thrilling overtime win in the true second match to earn a trip to the state wrestling tournament. Eli Greenwaldt and Colbe Tappe were nearly flawless as they controlled every match to win their weight. All three Staples-Motley wrestlers qualified for the state tournament on March 3, each of them for the first time.

The Section 7A wrestling match was held at Staples-Motley High School on Feb. 24.

As the top seed at 106 pounds, Greenwaldt reached the final with a pin and a 6-1 win. In the championship match, he scored takedowns early in each period and rode out the period without giving his opponent a chance to get out, giving him a 6-0 win.

Tappe reached the 138 pound final with a pin and a 7-1 win. In the championship match, he scored a takedown in the first period and a reversal in the second to take a 4-0 lead. The third period was a struggle as Tappe had chances to score but kept getting blocked every time he came close. The period ended with no scoring and Tappe earned a hard fought 4-0 win and a trip to the state tournament.

Trantina entered the tournament as the fourth seed at 132 pounds. After an early win, he lost to the eventual champion in the semifinal but worked his way back to the third place match with a 17-7 win. He dominated that match with a quick pin to set up a true second match against the number two seed with a trip to state on the line for both wrestlers.

In a close match, Trantina found himself behind 4-2 late in the third period. He earned a takedown to tie the score and nearly tipped his opponent to earn back points, but it wasn't quite enough and the match headed to overtime. In the first overtime period, neither wrestler scored so the next two overtime periods gave each wrestler a chance to escape in 30 seconds. From the top position, Trantina was solid and covered every escape attempt by his opponent. He nearly escaped when it was his turn on the bottom, but the clock ran out just as he was about to get away. For the final overtime period, Trantina's opponent chose the upper position, meaning Trantina had to escape in 30 seconds or he would lose the match. Again, he came close early on but was denied. He kept working until he trapped his opponents arm, then rolled backwards to put him on his back. With just a second or two left, the referee called the reversal for a 6-4 win as the Staples-Motley fans exploded with cheers.

Trantina's win was a testament to perseverence, not only in this match but also throughout his career. As a senior, he has been a steady member of the team every year. He has achieved several comebacks in matches this year, putting in the hard work to overcome deficits. That scenario played out again when he needed it most, in his final chance to make it to the state tournament. He was ready for the moment and turned it into an incredible last-second win.

The Cardinals also had two third place finishers, Jack Carlson at 113 pounds and Blake Neelan at 152. But neither one qualified for a true second match, because they had already lost to the second place finisher. Carlson swept through the rest of his bracket, earning three pins. Neelan had a 4-0 win and 12-2 win, with one loss in between. He ended up winning the third place match in overtime on a penalty point for stalling, as his opponent kept backing away.

Three Staples-Motley wrestlers made it to the third place match, but lost to finish fourth. Turner Beachy at 120 pounds, Luke Bjerga at 170 and Steven Petrich at 285 all had big wins to reach the third place match. Petrich was impressive in the top position as he kept his opponent down for the entire 2nd period in a 5-0 win. Bjerga had one pin and wrestled well to get a 6-5 win to reach the third place match. Beachy won 8-1 and had a technical fall against a good wrestler to reach the third place match.

Riley Reese may have had the toughest bracket in the tournament at 126 pounds, with three 40-win wrestlers and another 30-win opponent. After an early loss, he came back with a pin and nearly made the third place match with a 6-5 loss. He won the fifth place match 8-0.

At 145 pounds, Owen Winter had an unlucky draw, as his only two matches were against the 2nd and 3rd place finishers. He wrestled well but had two losses by decision and did not place.

At 160 pounds, Dustin Converse earned two pins on his way to a sixth place finish.

At 182 pounds, Jacob Becker had two close decision losses to finish sixth.

At 195 pounds, Kevin Miller placed fifth with a pin in the fifth place match.

At 220 pounds, Adrian Gomez earned one pin on the way to finishing sixth.

State wrestling

The Minnesota State Individual Wrestling tournament will start Friday, March 3, at the Xcel Energy Center in St. Paul.

Greenwaldt, 36-6 this season, will open the tournament against Connor Carlson of Kimball (18-19).

Trantina, 31-12 this season, will face Bolton Thesing of Dover-Eyota (43-5).

Tappe will bring his 40-3 record against Tony Baumann of Howard Lake-Waverly-Winsted (33-12).



Dustin Converse works on an arm bar.



Riley Reese comes around to bring an opponent to the mat.



Colbe Tappe tips his opponent and comes through to score in the title match.



Eli Greenwaldt earns a takedown in his championship match.



Blake Neelan bears down to keep an opponent on the mat.



Section wrestling action

Above, Luke Bjerga flies in to tackle an opponent to complete a reversal and score points. Right, Jack Carlson nears a pin in a section match. (Staples World photos by Mark Anderson)



Close loss for boys basketball team

The Staples-Motley boys basketball team turned up the defense to nearly upset one of the top teams in the conference, but ended up with a 44-39 loss at Pequot Lakes on Feb. 23.

The Cardinals led 19-17 at halftime of the low-scoring game, but were outscored in the second half. The difference in the second half is that Pequot Lakes got to the free throw line 12 times, while Staples-Motley only shot two in the half.

The Cardinals close their regular season with home games against Crosby-Ironton on Tuesday, Feb. 28 and Aitkin on Friday, March 3. Both of those games will be important for conference standings and for section playoff seeding.

Team results

Staples-Motley 39, Pequot Lakes 44

Scoring: Isaiah Schultz 17, Avandre Brandt 11, Dakota Hennagir 5, Eli Rutten 3, Alex Schultz 2, Hunter Miller 1

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Contact Katherine Langer, Director, at 320-732-6165 or kathy.langer@co.todd.mn.us for an application packet.
Submit cover letter, resumé and completed application to Katherine Langer, Director, Todd-Wadena Community Corrections, 221 First Avenue South, Suite 200, Long Prairie, MN 56347.
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First round of application reviews scheduled for March 15, 2023.
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Freshwater Education District
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OBITUARIES continued from page 6a

Obituaries

Isaac Dahlvang



Isaac Dahlvang, 31, of Seattle, Washington, passed away February 11, 2023.

A memorial service will be held at a later date.

The world became brighter, sweeter and a little more quirky after Isaac Kane Dahlvang entered into it on February 13, 1992.

Isaac grew up in Central Minnesota, and accepted the Lord as his Savior at a young age. Marlys, his grandmother who raised him, made sure he got to AWANA every week where he became a "rock star" earning all of the books and awards.

It was apparent Isaac was a gifted musician from an early age. He could be seen sweeping his fingers across the piano keys, pounding out heart throbbing tunes with no need of sheet music in front of him. He was also an outstanding drummer.

Isaac was an intelligent young man. He went on to become a Reality Test Engineer VR/AR at Microsoft in Seattle. When asking him about his job, one needed to get ready for a discourse that was above the heads of average intelligence.

Isaac was a people person. Yes, he was intelligent, artsy and quirky, but that didn't take away from his people skills. He was engaging, funny, cheerful and made people feel like they were someone special.

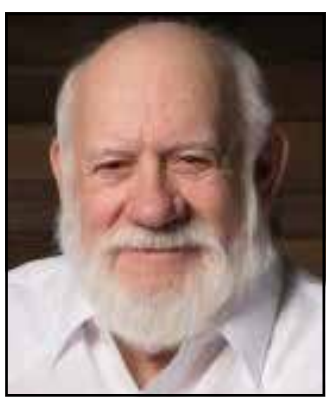
He was one of a kind. What he brought into the world will never be forgotten.

He is survived by his grandmother, Marlys Dahlvang, who he affectionately called "Mom"; his father, Eric Dahlvang; bonus mom, Christina Dahlvang; grandfather, Dennis Dahlvang; brother, Alex Lamphere-Dahlvang; sister, Gloriamae Karkiainen-Dahlvang; brother, Romen Hill-Dahlvang; birth mother, Jean Johnston; uncles Pete Dahlvang and Ben (Anna) Dahlvang; aunt, Linda Dahlvang; cousin/brother, Levi (Diana) Dahlvang; cousins Taylor, Owen, Clara and many other cousins, aunts and uncles.

Preceding him in death were his uncle Everett Dahlvang; paternal great-grandparents, Elmer and Millie Dahlvang and maternal great-grandparents, Archie and Anne McGregor.

w10c A00006B2023MR01

Charles Larson



Charles T. Larson, Sr., 80, passed away February 19, 2023, at Lakewood Health System in Staples.

Memorial services were held February 24 at the Brenny Funeral Home in Staples.

Charles was born February 6, 1943, in Enfield to Carl and Gladys Larson, the eighth child of 13 born on an 80-acre farm.

Arrangements were by Brenny Funeral Home, Staples. w10c A00006B2023MR01

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A-Z Seamless Gutters
PRINCIPAL PLACE OF BUSINESS:
101 Dakota Avenue Southeast, Staples, MN 56479 United States
NAMEHOLDER(S):
Name:
A-Z Seamless Gutters LLC
Address:
101 Dakota Avenue Southeast, Staples, MN 56479 United States

By typing my name, I, the undersigned, certify that I am signing this document as the person whose signature is required, or as agent of the person(s) whose signature would be required who has authorized me to sign this document on his/her behalf, or in both capacities. I further certify that I have completed all required fields, and that the information in this document is true and correct and in compliance with the applicable chapter of Minnesota Statutes. I understand that by signing this document I am subject to the penalties of perjury as set forth in Section 609.48 as if I had signed this document under oath.

SIGNED BY: **Adam Mccoy**
MAILING ADDRESS:
None Provided
EMAIL FOR OFFICIAL NOTICES: **adamcmc642@gmail.com**

STATE OF MINNESOTA
OFFICE OF THE SECRETARY OF STATE
FILED
01/20/2023
10-11pnc

NOTICE OF HEARING THOMASTOWN TOWNSHIP WADENA COUNTY

NOTICE IS HEREBY GIVEN that the Thomastown Town Board will conduct a public hearing on Monday, March 6, 2023, at 6:30 p.m. at the Thomastown Town Hall, to consider disclaiming and extinguishing the town's interest in the following described road(s):

All that portion of Thomastown Township Road T-170, from its point of beginning at or near the south line of the South-East Quarter of Section 15, Township 134, Range 33, to its point of intersection with the northerly line of the said Section 15, the centerline of which is described as attached: *(full property description will be provided at the meeting)*.

Interested people may attend and be heard regarding this matter.

Stacy Dukowitz, Clerk
Thomastown Township
10pnc

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ASSUMED NAME:
Joan B. Bussert
PRINCIPAL PLACE OF BUSINESS:
40255 Paradise Drive Browerville, MN 56438 U.S.A.
NAMEHOLDER(S):
Name:
Joan B. Bussert
Address:
40255 Paradise Drive Browerville, MN 56438 U.S.A.

By typing my name, I, the undersigned, certify that I am signing this document as the person whose signature is required, or as agent of the person(s) whose signature would be required who has authorized me to sign this document on his/her behalf, or in both capacities. I further certify that I have completed all required fields, and that the information in this document is true and correct and in compliance with the applicable chapter of Minnesota Statutes. I understand that by signing this document I am subject to the penalties of perjury as set forth in Section 609.48 as if I had signed this document under oath.

SIGNED BY:
Joan B. Bussert
MAILING ADDRESS:
None Provided
EMAIL FOR OFFICIAL NOTICES: **jbbussert@gmail.com**

STATE OF MINNESOTA
OFFICE OF THE SECRETARY OF STATE
FILED
02/22/2023
10-11pnc

NOTICE MORAN TOWNSHIP ANNUAL MEETING AND ELECTION OF OFFICERS AND BOARD OF CANVASS MEETINGS

Notice is hereby given to the qualified voters of Moran Township, County of Todd, State of Minnesota, that the Annual Election of Town Officers and Annual Town Meeting will be held on Tuesday, March 14, 2023.

The Annual Meeting will commence at 3:00 p.m. to conduct all necessary business prescribed by law.

The election poll hours will be open from 5:00 p.m. to 8:00 p.m., at which time the voters will elect: one (1) supervisor, for a three (3) year term, and one (1) Clerk, for a two (2) year term.

The Board of Canvas will be held at 8:05 p.m. on March 14, 2023.

In case of inclement weather, the meeting and election may be postponed until the third Tuesday in March.

Diane Mack, Clerk
Moran Township
10pnc

CITY OF STAPLES FACILITY PLAN PUBLIC HEARING NOTICE

TO WHOM IT MAY CONCERN: Notice is hereby given that the city council of Staples will meet in the council chambers located at 122 6th St NE, Staples, MN 56479, at 7:00 p.m. on March 14, 2023, to consider potential improvements to the municipal wastewater system. Improvement options that are being considered include reconstruction of the sanitary sewer collection system on 2nd St NE, Roosevelt St SW, McKinley ST SW, 4th St SW, 3rd St SW, 2nd ST SW, and 4th St NE (Todd County CSAH 43). Such persons as desire to be heard with reference to the proposed improvement(s) will be heard at this meeting.

Tara Greer, City Clerk
9-10pnc

NOTICE FAWN LAKE TOWNSHIP ELECTION AND ANNUAL MEETING

Fawn Lake Township will hold its township election for the following offices:

One (1) Supervisor for a three (3) year term;

One (1) Treasurer for a two (2) year term.

Polls will be open from 5 p.m. until 8 p.m. on Tuesday, March 14, 2023 at the town hall.

The Board of Canvass will be held after the polls are closed, followed by the annual meeting.

In case of inclement weather the election and annual meeting will be held the following Tuesday, March 21, 2023 at the same times.

All are welcome. Call the clerk with any questions, 218-531-0287.

Kelly Miller, Clerk
Fawn Lake Township
10-11pnc

NOTICE MAY TOWNSHIP ANNUAL MEETING

May Township will hold its annual meeting on Tuesday, March 14, 2023 at 7:00 p.m. at the May Township Hall.

In case of bad weather, the annual meeting will be held the following Tuesday, March 21 2023, same time and place.

Biannca Wyffels, Clerk
May Township
10-11pnc

NOTICE MOOSE LAKE TOWNSHIP 2023 ANNUAL MEETING

Moose Lake Township will hold its annual meeting on Tuesday, March 14, 2023 at 5:00 p.m. at the Leader Community Hall.

The township is now accepting bids for road maintenance and cemetery maintenance. Send bids to: Moose Lake Township Clerk, 5335 51st Ave. SW, Pine River MN 56474

In case of inclement weather, the alternate meeting date will be Tuesday, March 21, 2023 at 5:00 p.m. at the Leader Community Hall.

Karen Roubal, Clerk
Moose Lake Township
9-10pnc

NOTICE MOTLEY TOWNSHIP ELECTION AND MEETINGS

The annual Motley Township meeting and Election will be held at the Motley Township town hall Tuesday, March 14, 2023. Polling hours are from 5 to 8 p.m.

Election will be for:

-One (1) Supervisor for a three (3) year term and

-One (1) Treasurer for a two (2) year term.

The Board of Canvass will be held following the election. The Annual meeting will follow, then the regular monthly meeting.

In case of inclement weather it will be held the following Tuesday, March 21, 2023.

Ken Swecker, Clerk
Motley Township
10-11pnc

NOTICE STAPLES TOWNSHIP ELECTION AND ANNUAL MEETING

The Staples Township Election and Annual Meeting will be held Tuesday, March 14, 2023 at the Staples Town Hall located at 25750 490th St., Staples, MN.

The Polling Hours are 4:00 p.m. to 7:00 p.m.

Positions to be filled are:

-One (1) supervisor, three (3) year term;

-One (1) Treasurer, two (2) year term.

The Board of Canvass will follow the election with the Annual meeting immediately after.

In case of inclement weather, the Election and Annual meeting will be held one week later on Tuesday, March 21, 2023.

Bonnie Thoele, Clerk
Staples Township
10-11pnc

NOTICE STAPLES-MOTLEY PUBLIC SCHOOLS ISD #2170 BIDS FOR ASBESTOS REMOVAL

Staples-Motley Public Schools is seeking bids for asbestos removal within Staples-Motley High School in 2023 and 2024.

Interested parties may download electronic files of construction bidding documents for a non-refundable charge of $22 on the website: http:**www.questcdn.com**, then search for Project Number 8400940.

Documents are only available through QuestCDN.

Those with questions may call Grant Chapa with IEA at 320-248-1374.

Trisha Larson
Administrative Assistant
9-10pnc

NOTICE MEADOWBROOK TOWNSHIP 2023 ANNUAL MEETING

Meadowbrook Township will hold its annual meeting on Tuesday, March 14, 2023 at 6:30 p.m. at the Leader Community Hall.

In case of inclement weather the annual meeting will be held the following Tuesday, March 21, 2023, same time and place.

Ty W. Peterson, Clerk
Meadowbrook Township
10pnc

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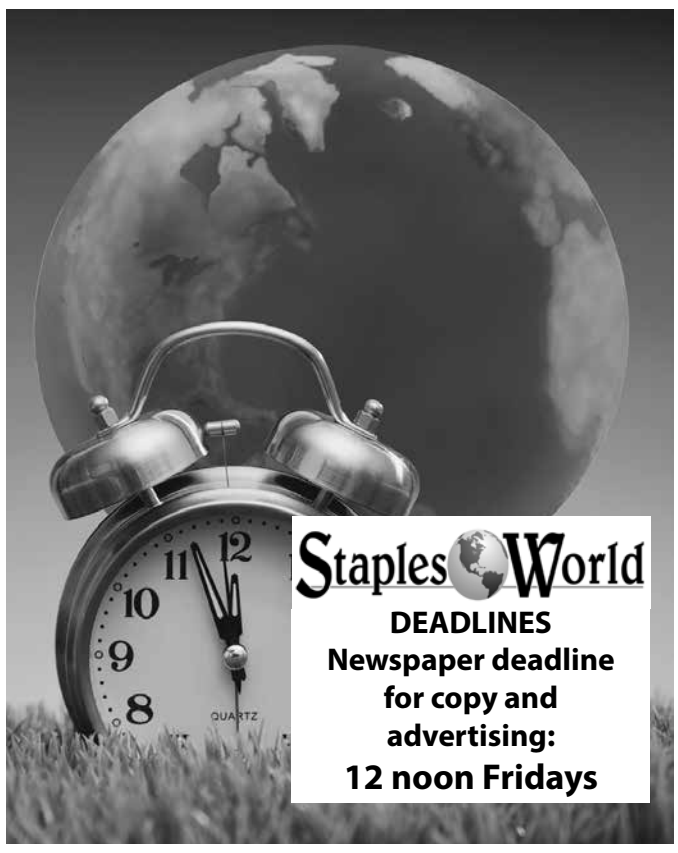
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Girls basketball earns win in final week

The Staples-Motley girls basketball team had a close win and a close loss, plus another loss during the last week of the regular season.

The Cardinals beat Parkers Prairie 43-41 on Feb. 20, then continued to play well in a 71-54 loss against Crosby-Ironton on Feb. 21. They completed the regular season with a 55-54 loss at Aitkin on Feb. 24.

Staples-Motley will start the Section 7AA playoffs on Thursday, March 2 at Crosby-Ironton, with the game scheduled for 6 p.m.

The Cardinals finished the regular season with a 6-20 record.

Against Parkers Prairie, the Cardinals surged ahead in the first half after a close start. They capped a 6-0 run with a basket by Miranda Schotzko at the halftime buzzer, to go up 27-18.

Staples-Motley expanded the lead to 13 points at the start of the second half, as Lauren Rutten and Cami Anderson scored baskets, then Izzy Olander scored a two point basket and made a three point shot.

Parkers Prairie started making a comeback when the Cardinals committed turnovers in the second half, only scoring two more baskets after going up by 13. Rutten made a big three point play to put the team up by six late in the game. The lead was cut to two with just a few seconds left. The Cardinals still had two fouls to give, so that helped them run out the clock while playing defense. They forced a tough shot with less than a second left to preserve the win.

Against Crosby-Ironton, Staples-Motley played well against one of the top teams in the conference. Rutten and Livi Lorber scored in double figures while the defense played much better than the first meeting between the two teams.

Team results

Staples-Motley 43, Parkers Prairie 41

Scoring: Lauren Rutten 16, Cami Anderson 8, Livi Lorber 6, Miranda Schotzko 6, Izzy Olander 5, Ashley Robben 2

Staples-Motley 54, Crosby-Ironton 71

Scoring: Rutten 19, Lorber 16, Olander 7, Robben 6, Schotzko 4, Anderson 2

24-34 at halftime



Basketball action

Above, Ashley Robben throws a bounce pass through traffic. Right, Cami Anderson gets to the basket. (Staples World photos by Mark Anderson)





Baseline drive

Lauren Rutten looks to score.



Staples World

DEADLINES

Newspaper deadline for copy and advertising: 12 noon Fridays

Wildlife travels and dramas revealed on canvas of fresh snow

As our calendar rolls over to March, as days lengthen, and daydreams turn toward themes of spring, late winter snows remind us that the transition is a process, not an event. One of Minnesota's seasonal legends is the "tournament blizzard," snow-bearing storms that over the decades have seemed to regularly coincide with our high school winter sports tournaments. As if to prove the premise, Minnesota was hit with one of the biggest snowstorms of the winter—historic, in some places—as the girls high school hockey tournament got underway last week in St. Paul. Not all parts of the state received snow in the same amount, but snow was sufficiently abundant and widespread that plows and snow blowers and shovels came out of garages almost everywhere for late winter exercise.

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Inside the Outdoors



Mike Rahn

- o -

Beyond the obvious recreational bonus for snowmobilers, skiers, fat bikers, and snowshoers—pursuits now on borrowed time—the new snow left a blank white surface, reminiscent of an artist's canvas prepped with a fresh coat of gesso. In the hours and days after such an event, we're given an opportunity to spy on the creatures that stay with us and are active throughout the winter. The clues, the evidence, are revealed in the tracks they leave on that fresh crystalline canvas. Sometimes the revelations are startling.

At times the evidence can be seen without even setting a foot outdoors. In the rural area where my wife and I live, wildlife neighbors are as much a part of the landscape as our gardens and ornamental plantings. You learn quickly that anything beyond the four walls of your home and your outbuildings may be considered communal property, at least as far as the local wildlife is concerned.

Whitetail deer easily become acclimated to the humans that live in their midst. They learn that, except during the hunting seasons, they have little to fear from us. In fact, they soon discover that we have some tasty things in common; tasty to the deer anyway. After the recent two-day snow event ended, deer were among the first to punctuate the unbroken whiteness here with their tracks.

In deep snow, a deer's characteristic heart-shaped hoof prints—which can be seen in soft earth, or where snow has been shoveled—are not visible. But you can also detect a deer's track by the length of its strides, and by the short, two-pronged drag marks that a deer leaves in the snow as it lifts a split hoof to take the next step.

One such path was made across our deck, not more than five feet from our sliding glass doors. The deer laying down these tracks had clearly stopped at both east and west ends of the deck, where at each location an arbor vitae grows. The common name for this shrub is northern white cedar, and it is one of the most favored winter foods of whitetails, growing in the wild as well as being a commonly cultivated landscape species. Unfortunately for this deer, both of these cedars were wrapped securely in burlap from base to tip-top, denying it a meal.

It was a different story last winter, when—after all the protective fencing and covering I did elsewhere—I neglected to wrap these two, and by spring both had been stripped of their nutritious evergreen vegetation, from their bases to within six inches of their tops. Both were replaced, a lesson learned the hard and expensive way.

A second series of tracks crossed the deck. These were made by a lightweight animal, one that—unlike the deer—could be supported by the snow. Its trail was a series of impressions in quartet groupings. Two larger oblong impressions in front, with two smaller oblong impressions behind, repeated at a southwesterly angle across the deck. One might have guessed that this animal had front feet larger than its hind feet. But just the opposite is true of rabbits—this being one of the neighborhood's abundant cottontails—and hares. In their bounding strides, the larger hind feet come down ahead of the smaller front feet, a telltale identifier.

Often the most interesting snow tracking detective work requires that you become a winter traveler yourself. In a winter with shallower snow depths, a pair of tall hiking boots might suffice. But this winter a pair of snowshoes is called for.

Both ruffed grouse and wild turkeys inhabit the woodlands near where I live. Both have footprints that are similar in shape, with three toes that point generally forward—two of these angled outward—and one toe pointing to the rear. The foot of a wild turkey is about twice as long, however, at 4-5 inches long compared to a ruffed grouse's 2-plus inch impression.

If you follow a grouse track backward—in the direction of its rear-pointing toe—you might find a hole or depression in the snow where the bird had lain beneath the insulating surface, a place where a grouse can remain concealed and much warmer than in the surrounding air. If you follow its track to where the grouse is going—in the direction of its three forward-pointing toes—you might just flush the bird, perhaps out of its snow burrow.

Occasionally you may find yourself an after-the-fact witness to one of Nature's life-and-death dramas. You might encounter a scattering of feathers or fur, flanked by wingtip impressions on either side, and perhaps the suggestion of a snow-disturbing struggle. It might very well be the site where a grouse or a rabbit became the next meal for a hawk or owl. Predation and survival of the fittest are hard facts of life in winter, too.

(For some basics of wildlife track identification, Google "wildlife tracks in the snow," where you'll find a number of images and information, some of it provided by the U.S. Fish & Wildlife Service.)

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