

Inside this issue:

Memorial Day Observances
Baseball playoff win
Cardinal Chronicle
Track and Field state qualifiers



StaplesWorld
Staples, Minnesota

Wednesday, June 7, 2023 \$1²⁵

Memorial Day flower frolic As the Memorial Day ceremony was going on at the Motley Cemetery, one of the younger attendees enjoyed jumping through the flowers growing in the grass. Many Americans mark the day by wearing a red poppy flower, so this is an all-American way to remember our soldiers. (Photo by Mark Anderson)

Meat processing moving forward with regulations

By Mark Anderson
Managing Editor

Changes to the proposed Minnesota Farmers Union meat processing facility were suggested at the Staples Planning and Zoning Commission meeting held May 16.

The Staples City Council heard more about the project from Farmers Union President Gary Wertish at their May 23 meeting. He said moving the harvest trailer on site would make the project more feasible and economical. He also said it would result in better quality meat to have it all on site. Their plan is to build a building around the mobile unit in order to keep the animals indoors and in humane conditions.

The Staples Planning and Zoning Commission recommended approving a Conditional Use Permit with the

- following conditions:
1. Hours of operation: will be 6 a.m.-6 p.m., Monday-Friday except for emergencies.
 2. Hours for livestock drop-off: 6 a.m.-8 p.m., with product pickup allowed on Saturdays from 8 a.m.-12 p.m.
 3. Screening from residential properties if sound and noise become an issue.
 4. Limit the number of animal units to fifteen head to be processed in one day.
 5. No outdoor pens or fencing of animals.
 6. Trimmings and any offal shall be stored in a refrigerated enclosure and removed from site in a timely manner.
- Wertish said they were agreeable to the stipulations provided by the commission.
- Wertish said the project came together with the help of Region Five Develop-

ment Commission, Central Lakes College in Staples and Ridgewater College in Willmar. He said that Dave Endicott, Dean of Staples Campus, is retiring from CLC and will start working for the Farmers Union.

Council member Doug Case asked about controversial issues that can arise from meat processing facilities. A representative from Central Bi-Products in Long Prairie told the board that one requirement for a facility is that there's a paper trail on every animal that comes in. He said the city would have access to those records if a controversy ever arose.

The council also approved a Conditional Use Permit for Brian Reese to expand a storage building, with a stipulation that the building be fully enclosed.

See **COUNCIL** on page 3a

High graduation rate for Staples-Motley

By Mark Anderson
Managing Editor

At the May 22 Staples-Motley School Board meeting, Superintendent Shane Tappe told the board

that this year's graduation rate of 95.5 percent is the second highest in the region only behind Brainerd.

"We've grown so much in our graduation rate, the board should be very proud

of our students, staff and community who work hard to recognize the impact of a student's education in preparing them for life," said

See **SCHOOL** on page 3a



It's reality

Staples-Motley High School senior Vittorio Centrone, a foreign exchange student from Italy, looks at his diploma for the first time at the Commencement Ceremony May 26. (Staples World photo by Dawn Timbs)



One door closes, another's about to open

Staples-Motley High School seniors from the Class of 2023, exited the doors of the main gymnasium May 26, following the Commencement Ceremony. Along with smiles and laughter, students shared a few tears, as they

said 'goodbye' to friends and classmates, and readied themselves to embark on the next chapter of their lives. (Staples World photo by Dawn Timbs)

Weather

This Week's Forecast

	High	Low	Cond.
June 7	79	53	M. Cloudy
June 8	83	61	Sunny
June 9	84	58	P. Cloudy
June 10	80	51	Sunny
June 11	79	54	Sunny
June 12	83	58	Sunny
June 13	86	61	M. Sunny

Last Year, 2022

	High	Low	Cond.
June 7	73°	54	Cloudy
June 8	72	50	M. Sunny
June 9	74	56	M. Sunny
June 10	79	60	P. Cloudy
June 11	77	58	M. Sunny
June 12	81	60	Sunny
June 13	82	70	Cloudy

Average Temps:

H = 75° Low = 54°

Compiled by

Dale Hausmann,

WCCO's Staples area

Weatherwatcher

Public Notices

Todd Special General Election:

9A

Villard:

9A

ISD #2170 bids:

9A

Obituaries

Helen Jensen

Dennis Peterson

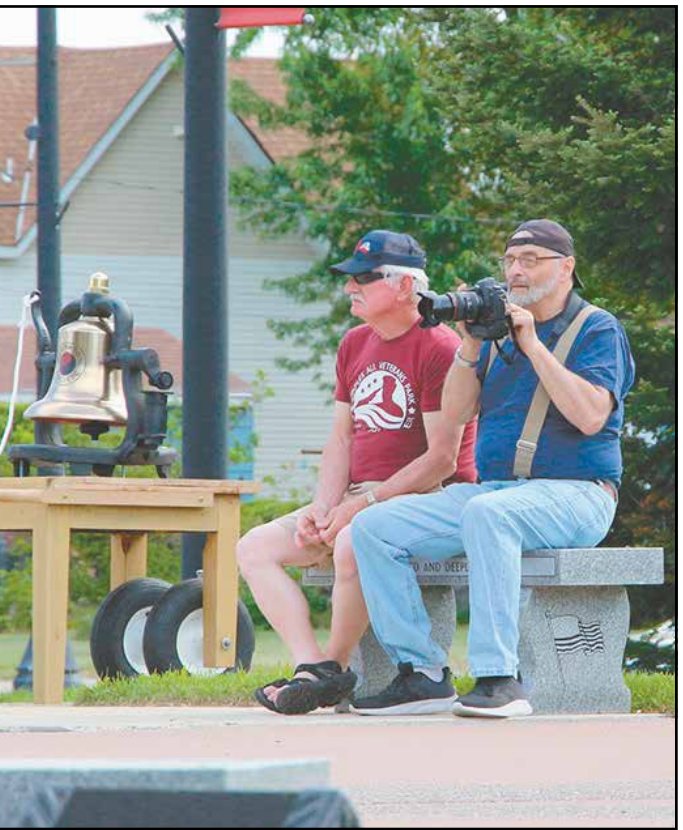
Ramona Randgaard



Motley



Staples



THIS PAGE SPONSORED BY THESE FINE AREA BUSINESSES

Staples Dairy Queen Albie Electric Giza Plumbing & Heating Japke Decorating, Carpet & Gift Lake Country Insurance Inc., Motley Unity Bank	Central Building Supply Orth Insurance Agency Sourcewell State Farm, Daniel Douts Mayer, Porter & Nelson, Ltd., CPA's Motley Dairy Queen	Longbella Drug Ernie's Food Market First International Bank & Trust Prudential, Bob Mueller Lakewood Health System Staples World
--	---	---

Looking back

75 YEARS Ago - 1948

• June 3, 1948 - Doug Johnson, son of Mr. and Mrs. A. V. Johnson of Mound, Minn., who were former residents of Staples, has been signed up to pitch baseball for the village of Mound team this summer. He assumed his new position the first of this week.

Doug was prominent in athletics while attending Staples high school and has been a student at St. Olaf college the past year.

Compiled by Dawn Timbs

• June 3, 1948 - Kenny Johnson, a member of the Staples high school track team, came in first in the low hurdles at the regional track meet held in New York Mills Saturday of last week.

Johnson broke the previous regional record by nipping off one-tenth of a point. His time was 23.8 seconds.

Darrell Hirschey took the mile run for the Staples team, and coming in ahead of his opponents, in 4:53.2, but did not break the regional record.

Doug Grossman took second place in the 880-yard run, but his time was not learned.

All three of these athletes will take part in the state track meet June 1.

• June 3, 1948 - Commemorating one of the most stirring episodes of World War II, a postage stamp is being issued by the Post Office Department on May 28, 1948, to honor the four chaplains - Protestant, Catholic and Jewish - who gave up their lives on the USS Dorchester in 1943.

When a German torpedo hit the troopship, these clergymen of the three great faiths - John P. Washington, Catholic priest; Alexander D. Goode, Jewish rabbi; George L. Fox and Clarke V. Poling, Protestant minis-

ters - gave their life belts to stranded soldiers and, linking arms, prayed in unison as the vessel sank in the North Atlantic.

• June 3, 1948 - Members of the Future Farmers of America, under the supervision of J. V. Raine, head of the agricultural department of the Staples high school, were out at the Willard Miller farm, near Staples Tuesday and planted a plot of corn for experimental purposes.

Fifty-six varieties of corn were plated in the plot under the direction of Roy Stutzman, corn breeder for the Jacques Hybrid Seed Company of Prescott, Wisc.

• June 3, 1948 - Earl Lorber, 36, living near Motley, narrowly escaped fatal injuries Monday evening when he was gored by his herd bull which he attempted to lead out of the barn to water.

When the animal was out of the barn he turned on Mr. Lorber, tossed him in the air three times, and finally Mr. Lorber got ahold of the ring in the animal's nose, and lead him back to the barn.

He then went to the house, and was rushed to the Staples Municipal hospital where he still remains up to Thursday morning of this week.

50 YEARS Ago - 1973

• June 7, 1973 - Two Motley Rocket thinclads have qualified for the State Track meet, which will be held in St. Cloud June 8 and 9.

Randy Frisk qualified in the high hurdles and Brad Macheel in the mile run.

Frisk also took third place in the shot put and low hurdles and was fourth in the discus.

Both boys have done well for Coach Bill Finn's Rockets. Frisk has set many records in the hurdles and weights and Macheel has many records to his credit in the mile.

• June 7, 1973 - A limit of ten brook trout, weigh-

ing exactly 20 pounds, was caught by Ernie Converse of Motley last Saturday in Stoney Brook. The trout ranged in weight from 13 3/4 to 2 1/4 pounds.

• June 7, 1973 - The Cardinal baseball team of Staples High school captured the championship of District 24 play last week and then had to settle for the runner-up honors of the Region Six tournament held June 4. They are coached by Jerry Riewer.

• June 7, 1973 - This Week's Special at Miller-Holst Gulf Store of Staples - Cooper Push Mower for \$69.95. The 3 1/2 horsepower mower regularly sells for \$89.95.

• June 7, 1973 - Mrs. Tom Danculovich, Welcome Wagon hostess, called on the following people during May. They were Mr. and Mrs. Richard Donat and Mr. and Mrs. Miles Chaffee, both parents of new babies.

Others that she welcomed to the community were Mr. and Mrs. Dave Burnham, Mr. and Mrs. James Soule, Mr. and Mrs. Don Stern and Mr. and Mrs. Ken Everson.

25 YEARS Ago - 1998

• June 4, 1998 - An authentic replica of an ox cart, like ones used on the Red River Ox Cart trail along the Crow Wing River in the mid-1800s, was presented last Thursday to Wadena County officials. Staples Motley Seniors Eric Tichy, Travis Edwards, Jace Carlson and Jesse Grenenwaldt, who made the ox cart as their Senior Seminar project, presented it to Greg Kempf, Wadena County parks administrator; and Ralph Lorentz, Wadena County commissioner and county board chairman. It will be on display at Old Wadena in the summer and stored at the Wadena County Historical Society Museum in the rest of the year.

• June 4, 1998 - Come to Scotty's Street Dance,

at Scotty's Pub in Staples, June 5 and 6. Music by Flash Back on Friday; and Wayne Renn on Saturday.

• June 4, 1998 - A new store, Video Volume, was welcomed to Staples last week by the Staples Motley Area Chamber of Commerce. The new store, located in the north half of the Brothers III Furniture store, is owned by Veronica and Armon Poeschel.

• June 4, 1998 - The Cardinal girls golfers, coached by Glen Hasselberg, are the 1998 state champions.

Staples Motley-Pillager rode the winds of the St. Cloud Country Club Monday to a first round, two stroke lead and came back even stronger Tuesday, shaving 18 strokes off their score and taking the state title by a 20 stroke margin.

Golfers on the champion team included Dana Hasselberg, Mary Hasselberg, Tiffany Peterson, Becky Schornack, Rachael Hofer, Melanie Wilson,

10 YEARS Ago - 2013

• June 6, 2013 - Emily Israelson advanced to the state golf tournament for the third year in a row, shooting a score of 78 on day one of the Section 6AA tournament on June 3, and followed that up with a rain shortened nine hole score of 38 on June 4.

Her total of 116 placed her fourth overall in the section. Israelson finished ninth and fifth at the last two state tournaments.

• June 6, 2013 - Motley Staples Middle School will be saying goodbye to Elena Thiede and Susan Adams, two long-time teachers at the school who are retiring at the end of this school year.

Adams, an art teacher, is retiring after 34 years of teaching...30 of which have been with the Staples Motley and Motley School districts.

Thiede, who has taught both English and math at MSMS, is retiring after 18 years.



Mystery photo

Hello readers. This week's archive photo is from 1980. Do you know who this person is 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 June 4, 1992 edition of the Staples World featured members of the Staples Cardinal baseball team. From left are Drew Bestland and Dereck Van Norman, selected as co-captains for the 1993 team; and John Blom, chosen as the 1992 team's Most Valuable Player. Blom was also named to the All Mid-State Conference team and to the All Sub Section team.

Donna Bestland of Staples (mother of Drew Bestland) recognized all, adding that the photo is "so cute." Shannon Badger of Staples (and 1997 graduate of Staples-Motley High School) recognized all, as did Pat Held of Motley. Held mentioned that he was the coach of the '92 SMHS baseball team. "Good group of guys," Held said.

Kathy Odden and Judy Wolak, both of Staples, recognized Blom and Van Norman. Wolak thought Drew Bestland was Kevin Shequen. Thanks for participating in our mystery photo.

DEADLINES

Newspaper deadline for copy and advertising: 12 noon Fridays

NO INSURANCE, NO PROBLEM! Call to hear about our **Lakeland Dental Savings Plan**

www.lakelanddental.com
Email: info@lakelanddental.com

Staples Office: (218) 894-2201
Clarissa Office: (218) 756-2234
Long Prairie Office: (320) 732-6141

HEALTHY MOUTHS.... One smile at a time



Parent Aware offers free tools and resources to help families find the quality child care programs their children need to succeed in school and life.

ParentAware.org | 888.291.9811

SCHOOL continued from page 1a

New law allows operating levy to be renewed by board

Tappe. He mentioned many of the programs the school uses to help students, such as the REACH program (See below).

Tappe said this is the fourth year in a row of the graduation rate improvement for the district, which Board member Ryan Wright called "A consistent trend."

"This is a proud moment, a lot of hard work has gone into this," said Tappe.

Operating levy option

Tappe gave a legislative update at the board meeting.

The school board learned that new laws from the Minnesota legislative session may give them an option to renew an existing operating levy. The board is currently planning to put their existing operating levy up for a vote to renew in November. The new law would allow a board-approved renewal to follow the same terms as the original levy, it could not add an increase for inflation or could not be for a longer term than the original levy.

Tappe said they will learn more as the details of the session come out later, but it looks like the school will have a funding formula increase of four percent for

this year and two percent for the next two years. The formula determines how much money the schools receive from the state per student enrolled in the district.

Tappe said a new unemployment law could hinder the district.

REACH

The board heard an update from REACH program coordinator Val Turner, about the growth of the program and the students they're helping.

The program started out for students who were struggling with their grades. Turner said it's become a program for students who don't qualify for special needs or extra help, but still struggle with school. This year they had 78 students in the first semester and 73 in the second semester, including 29 in grades 7-8.

Turner said students set weekly goals and semester goals. They have a curriculum to help students with social and emotional learning, such as how to overcome apathy, develop coping skills and resiliency.

"Our main goal is every student is spoken to every day," said Turner.

Data is showing that grades are improving, as

they have fewer students with F grades and students in the program are getting more A grades. They've also expanded to volunteering in the community and taking field trips.

In other news, the board

• Approved the following resignations: Jaysa Saumer, elementary music; Cy Bestland, boys basketball; Ray Borg, custodian, Courtney Lisson School Readiness; Jordan Walz, Director of Nutrition Services Amanda Notch, paraprofessional; Joy Rippentrop, teacher; Isaac Novak, teacher; Jeff Sterriker, bus driver.

• Approved hiring of: BobbyJo Johnson, special education; Christine Mayer, paraprofessional; Robert Watson, middle/high school English teacher; Melissa Wright, School Readiness; Toni Burton, Adventures

• Accepted retirement of Mark Michel, custodial, after 25 years at the district.

• Approved extending probationary period for John Holman, special education teacher

• Approved non-renewal contracts of Jorie Ihme, Tier 1 teacher, Jocelyn Anderson, Tier 1 teacher; Staci Schultz, teacher; Alina Robinson, teacher.

emergency. City Administrator Jerel Nelsen said the Staples Community Center has served as the storm shelter sight for the properties in the past.

In other news, the council

• Approved liquor licenses for Boxcar and Costa Azul

• Approved grant for airport maintenance and operation with the Minnesota

Dept. of Transportation

• Heard from Nelsen about the Minnesota Legislative session's impact on the city. He said it isn't confirmed, but it looks like an increase in LGA funds that could be around \$190,000 and a public safety package of about \$129,000.

• Approved participation with Todd County Community Concern for Youth program for 2024, contributing \$4,213 to the program.

COUNCIL continued from page 1a

Manufactured homes to have garages, landscaped yards

Housing presentation

Mary Ives gave the council a presentation of the planned Prairie View neighborhood, the housing project that will be replacing the trailers that were removed from the area between Airport Rd and 4th Ave. NW.

Ives said her family's business manages homes for 1,200 families, including some similar to the double section manufactured

homes they're planning on bringing in. Ives said the homes will have garages and landscaped yards. "We will build a neighborhood you will be very proud of," said Ives. "It's workforce housing: decent, safe, affordable housing."

Since the homes won't have basements, Ives said they will have an emergency preparedness plan so the residents will know where to go in case of an

A dark day for our wetlands, water and wildlife

On May 25, just days before the nation's citizens celebrated Memorial Day—the first big holiday of summer—the U.S. Supreme Court handed down a decision that has the potential to gut the protection of America's wetlands. At stake in the U.S. are an estimated 90 million acres of ponds, marshes, bogs, wet meadows, and small shallow lakes that provide homes for a myriad of wildlife species, provide a buffer from flood events, and purify the ground water that will eventually be pumped from wells for our consumption and to irrigate much of America's croplands.

There are said to be some 900 species of plants, mammals, birds, reptiles, amphibians, fishes, and insects that reside in U.S. wetlands. Since settlement days, Minnesota is estimated to have lost—mainly by drainage for agricultural and other development—roughly 50 percent of its original wetland acreage, according to the Minnesota Department of Natural Resources.

This Supreme Court decision strips the U.S. Environmental Protection Agency (EPA) of its authority to enforce an important provision of the Clean Water Act of 1973, authority to protect wetlands from drainage or

pollution, and to punish those who do so. Specifically, by a narrow one-vote majority, the Court ruled 5-4 that isolated wetlands that are not connected to a larger body of water by a stream or surface channel, are beyond the enforcement reach of the EPA and the provisions of the Clean Water Act.

This reverses the long-held interpretation—and an earlier Supreme Court ruling that dates back to 2006—that such isolated wetlands and small, shallow lakes should, in fact, be subject to such regulation and enforcement, including prevention of drainage—or mitigation of drainage if drainage is unavoidable—and fines for violations. The Court's ruling is likely to be cheered by property rights advocacy groups, some politicians, industrial, commercial, and residential developers, and agricultural interests, many of whom would like a freer hand in land development without wetlands regulations getting in the way.

Wetlands protection law and regulation in Minnesota are robust, and knowledgeable folks in the environmental community here have some confidence that the Supreme Court's ruling will not have as negative an impact here as elsewhere. But more than 20 states have statutes declaring that their environmental laws cannot be more restrictive than federal law. In those places, it is expected that wetland protection will be an uphill fight, requiring changes to their state laws—if that is possible—to replace the federal protections now lost.

Much of the wildlife that directly benefit from wetlands are migratory. This includes ducks, geese, swans, shorebirds, raptors, and songbirds. Their survival depends not only on having a satisfactory place to breed and to raise their young here in Minnesota. They also need suitable places to rest and feed and have their life's needs met as they pass through multiple states on the way to their migratory destinations, including a lengthy period while they're on those wintering grounds.

This Supreme Court decision mirrors some others in recent months in breaking along what have become predictable conservative/liberal ideological lines. Notably, however, Justice Brett Kavanaugh—one of the three justices nominated by President Trump—broke with the conservative bloc and joined three other justices in support of continued EPA enforcement authority over the wetlands that are now in jeopardy.

Justice Kavanaugh noted that since 1977—the year the Clean Water Act was amended to include wetlands, not just lakes and rivers—eight presidential administrations, Republican and Democrat, have interpreted the Act to cover the very wetlands that have now been stripped of protection. Justice Kavanaugh further warned of this decision's negative consequences for the nation's water quality and flood control efforts.

Some find it doubly troubling and ironic that this Supreme Court has now stripped the Environmental Protection Agency of au-

thority to regulate not only under the Clean Water Act, but also—in a 2022 ruling—to regulate air pollution under the Clean Air Act. Accusations of “legislating from the bench”—the making of law by courts, instead of legislatures—which liberals have long been accused of, now seems to have dramatic examples in conservative-leaning rulings.

A number of recent Supreme Court rulings on various issues appears to have contributed to a historic low in public confidence in this institution. Less than 50 percent of Americans polled by the respected Gallup organization reported having “a great deal” or “a fair amount” of confidence, a drop of 20 percent in just the last two years.

It is understandable, given our long traditions of land and property ownership, for individuals to claim that “It's my property, to do with as I choose.” But we already recognize limitations on this kind of thinking, notably when our actions have the potential for harming our neighbors. Consequences of bad land use practices—whether pollution, drainage, or other harmful activity—do not stop at property lines, or recognize legal boundaries.

Those who come after us will inherit the consequences of our land use decisions, good or bad. An expression often attributed to Chief Seattle of the Duwamish tribe in the Pacific Northwest puts it well: “We don't inherit the land from our ancestors. We borrow it from our children.”

Quote of the week

“Whenever you find yourself on the side of the majority, it is time to pause and reflect.”
— Mark Twain

Environmental gains in Minnesota

From the Minnesota Environmental Partnership

The Minnesota Environmental Partnership (MEP) heralded the end of the 2023 Minnesota Legislative Session as the most productive in decades for environment, climate, and public health. MEP is an umbrella coalition for more than 70 environment and conservation groups - and other allied partner groups across the state - that advocate together for clean air and water, clean energy and a healthy environment for all Minnesotans.

“We are ecstatic about the results of this session,” said MEP Executive Director Steve Morse. “After years of wandering the wilderness, Minnesota has again found its way to truly move toward a just transition for our climate and people and step up protection and restoration of our Great Outdoors. Some of these policy and state investment ideas have been decades in the making, and this is the year they finally bore fruit at the Capitol.”

Among the significant victories identified by MEP are the following:

- 100% clean electricity - MEP regards the law mandating Minnesota's electricity be carbon-free by 2050 as the most significant climate law in state history. The law, passed and signed earlier in the Legislative Session, will help fight climate change, improve air quality, and create jobs across the state.
- Lead service lines replacement - Governor Walz signed a bill on May 16 that sets us on a path to remove and replace every lead drinking water service line by 2033. More than 100,000 Minnesota households will benefit from safer drinking water due to this law, which uses both state and federal infrastructure funds.
- Environment and Climate Omnibus Bill - This bill contains the largest investments in environment, climate and equity in Minnesota history, investments that will restore habitat, build clean energy, and save lives for years to come. It also contains the following highly significant policies:
- PFAS - The Omnibus bill contains landmark protections for Minnesotans from “forever chemicals” known as PFAS, which contribute to cancer, pre-eclampsia, and other health risks. With the new restrictions, Minnesota - where PFAS chemicals were invented - becomes a leading state in

the fight to eliminate these harmful substances from consumer goods.

- Next Generation Climate Act - This provision of the omnibus bill has set a target in law to reduce Minnesota's economy-wide greenhouse gas emissions by 50% of 2005 levels by 2030 and 100% by 2050, which will help chart a course for necessary state climate action over the next decades.
- Cumulative Impacts - The cumulative impacts analysis policy, also in the Environment and Climate Omnibus, will help protect diverse and low-income communities - among the most historically overburdened by pollution in the state - from further unwanted pollution.
- Pollinator Protections - Several provisions to protect Minnesota's vital pollinating species are included in the bill: a requirement to set standards for the use, storage, and disposal of pesticide treated seed, new powers for cities of the first-class to ban pollinator-lethal pesticides, and a ban on neonicotinoid and chloropyrifos pesticides on state-owned lands managed by the DNR.
- Lottery reauthorization - The Legislature has passed legislation to give Minnesota voters the chance to once again reauthorize the dedication of some lottery proceeds to the Environment and Natural Resources Trust Fund. The Trust Fund is a powerful and popular tool for investing in our Great Outdoors, and this bill further enhances it by creating a community grants program, allowing historically underrepresented groups a better chance to have their community based projects supported.
- Capital Investment - MEP applauds all caucuses in the Legislature for reaching agreement on a bonding bill that will invest in water infrastructure, natural resources, and many other worthy projects across the state. This deal will invest more than \$500 million just in water infrastructure.

“Minnesotans have made it clear that they care about the land, air, and waters that we all depend on,” said Morse. “We're thrilled that the Legislature has listened. These laws show the strength of grassroots environmental and community leaders across the state who successfully fought for these historic victories. The story of the 2023 session belongs to them.”

Housing gains in legislative session

From Minnesota Housing Partnership

As the Minnesota legislative session comes to a close, MHP is excited to join in celebrating a historic more than \$2 billion housing and homelessness investment that creates new opportunities for thousands of Minnesota families to have access to safe, stable homes they can afford. “This landmark legislation is about so much more than housing,” says Anne Mavity, MHP Executive Director, “it will truly transform lives and communities.”

MHP has advocated for life-changing housing solutions for decades; we are gratified this legislature has prioritized housing as a top issue. “We convened housing advocates in January 2022 to set a higher bar for the legislature at \$2 billion, a level which more closely reflects the real

housing needs for Minnesotans, and are thrilled that this goal has been met this biennium,” says Libby Murphy, MHP Director of Policy. “We are beyond grateful to the multitudes of advocates and legislators who worked tirelessly to make this vision a reality.”

The more than \$2 billion housing investment will impact Minnesotans at every level of the housing continuum from renters to first-time homebuyers and beyond, and includes \$1 billion in appropriations, funds from a metro-wide sales tax, investments in the bonding bill, and health and human services for homelessness prevention and services.

MHP is looking forward to keeping this powerful momentum going, to ensure that ongoing, stable funding for housing will provide a place to call home for Minnesotans in every corner of our state for years to come.

Remember our soldiers

By Amy Klobuchar
U.S. Senator

It's been said that a nation that forgets its defenders will itself be forgotten. We tell the world who we are as a country by how we come together to remember and honor our fallen heroes on Memorial Day — and every day.

So many Americans have put themselves in harm's way for our nation. One example is Charles Frances Shepherd, a veteran who fought in World War I as part of the Meuse Argonne Offensive in France. On November 5th, 1918, Charles' squadron was spotted by the German Army, and bombs began to fall. One got too close, injuring the corporal of his squadron.

Refusing to let a fellow service member die alone, Private Shepherd and two others put the corporal on a stretcher and sought out a first aid station to help him get treatment. It cost them. Their group was spotted and shot at by the German Army. Private Shepherd was hit by rifle fire, and he took a bullet to the forearm.

The next day, Private Shepherd was taken to a field hospital near Beaumont, France for treatment, and five days later, at the eleventh hour of the eleventh day of the eleventh month, an armistice was signed. The war was won.

Charles Frances Shepherd made it home, but his corporal did not. As we reflect on his story, we are moved by the self-sacrifice: his squadron refused to abandon their corporal, even when they knew he most likely wasn't going to make it. Fighting on the frontlines, they understood the weight of his sacrifice and felt a responsibility to honor it.

Memorial Day tasks each and every one of us with doing the same.

We take this responsibility seriously in Minnesota. We have so many examples of neighbors lifting up the memories of those who made the ultimate sacrifice in defense of our country.

In 2019, Sergeant Kort Plantenberg, Chief Warrant Officer Charles Nord, and Chief Warrant Officer James Rogers Jr. of the Minnesota Army National Guard tragically lost their lives in a helicopter crash. Without hesitation, the couple whose property they crashed on took it upon themselves to raise a flag and show the families of the fallen that they were thinking of them. What began as a single flagpole is now a beautiful, permanent memorial which will forever honor their legacy.

Last year, I worked with Senator Tina Smith, Representative Tom Emmer, and Representative Michelle Fischbach to rename the Avon, Perham, and Winsted Post Offices in honor of Sergeant Plantenberg, Chief Warrant Officer Nord, and Chief Warrant Officer Rogers so that their bravery and courage will continue to inspire their hometowns for generations to come.

Another way we can continue to

honor the sacrifice and memories of these brave men and women is by better caring for the veterans and service members who follow in their footsteps. When our veterans signed up to serve, there wasn't a waiting line, and when they come home to the United States of America and need either a job, or education, or help in their later years—there shouldn't be a waiting line.

Over the past years I got to know Brian Muller, the husband of Amie Muller. Amie was a courageous Minnesota soldier who served in the National Guard and was stationed right next to one of the most notorious burn pits in Iraq. Amie tragically passed away in 2017 at age 36, leaving Brian and their three children behind, nine months after being diagnosed with Stage III pancreatic cancer. After she died, Brian devoted himself to passing legislation to make sure other soldiers didn't suffer the same fate. We now honor Amie's memory with the PACT Act, legislation recently signed into law that is providing support for veterans who fought in Vietnam and the Gulf War as well as the wars in Afghanistan and Iraq.

So on Memorial Day, we remember and honor the legacies and sacrifices of our fallen heroes by recommitting ourselves to ensuring those still with us receive the gratitude and care they deserve. Not just on Memorial Day, but every day.

StaplesWorld

Established in 1890. USPS 518-760
©2023 RMM Publications
Published Wednesdays by RMM Publications
Office located at 224 4th Street NE
Periodicals postage paid at Staples, Minnesota 56479.

Mailing Address: P.O. Box 100
Telephone: 218-894-1112 - Fax: 218-894-3570
Toll Free: 1-888-894-1112
www.staplesworld.com - E Mail: editor@staplesworld.com
Deadline: 12 noon, Friday

Official Newspaper for:
City of Staples, Todd County,
Staples-Motley School District, Freshwater Ed. District
and area townships.

Letters: Readers are encouraged to express their views by writing letters to the editor. Letters are verified for authenticity, so please include a name, address and phone number. Only the author's name and city will be published. Letters may be edited for spelling and grammar errors, libel, length and other factors. Private thanks, solicitations and libelous letters will not be published. Letters are printed on a space available basis. The editor reserves the right to reject letters.
The deadline is 12 noon, Friday. Opinions expressed on this page do not necessarily represent the views of this newspaper.

Fairness: The Staples World tries conscientiously to report fairly and accurately. If you feel we fall short of this objective at any time, please direct your complaint to the manager whose name appears on this page.
Note to Advertisers: Advertisers should check their ad following first publication. This newspaper shall not be liable for failure to publish an ad or for the typographic error or errors in publication except to the extent of the cost of the ad for the first day's insertion. Adjustment for errors is limited to the cost of that portion of the ad wherein the error occurred. The publisher reserves the right to cancel any advertisement at any time.

Publisher RMM Publications LLC
Owners Rick Gail, Mike Kremer, Mark Anderson
Managing Editor..... Mark Anderson editor@staplesworld.com
Advertising Rep..... editor@staplesworld.com
Photo Tech/production..... Janice Winter jwinter@staplesworld.com
Bookkeeping/Circulation/..... Kathy Odden kodden@staplesworld.com
Reporter..... Dawn Timbs dtimbs@staplesworld.com
Front Office..... office@staplesworld.com

Subscription Rates:
Local: (Todd, Wadena, Morrison, Cass Counties) \$53 per year
Website: \$50 per year
Minnesota: \$58 per year - Out of State: \$63 per year
Foreign: on-line only - Student Rate: (Sept. through Apr./in-state) \$43
There is a \$5 charge for address change from local to out-of-state.

Member: Minnesota Newspaper Association, MCAN Advertising



Motley Free Methodist Church's VBS June 19-23

Stellar Vacation Bible School will be held at Motley Free Methodist Church Monday, June 19 - Friday, June 23, 4:30 - 7:30 p.m. each day.

Join us for Bible stories, games, supper, music,

snacks, craft and more. For more information or to register, call Jess at 218-296-2441 or visit the church's website at www.motleyfreemethodist-church.com/vbs.html

Mark Your Calendar

June 8

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

June 9

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.

June 12

AA GROUP MTGS IN MOTLEY are held at the United Methodist Church, 847 3rd Ave. S., on Mondays at 8 p.m.

June 13

EXPERIENCE STRENGTH AND HOPE AA GROUP MTGS IN STAPLES are held at the Staples Congregational Church, 204 5th St. NE, Tuesdays at 7 p.m. For info., call Dan at 218-640-7228.

Free 'Intro to Square Dancing' class June 22

An 'Intro to Square Dancing' for beginners class will be held Thursday, June 22, 7 - 9 p.m., at the Wadena County Fairgrounds, Family Fun Center, 400 Ash Ave. NW, Wadena.

The free class offers fun,

fitness and fellowship for ages eight - 98. Partners will be provided and the dress code is casual. Larry Johansen will be the caller for the evening.

For more information, call Audrey and 612-791-0552.

SHS Class of 1983 to hold 40th reunion

The Staples High School Class of 1983 will hold its 40 year reunion Friday Aug. 18, at Becks Burger Co. in Staples, beginning at 6 p.m.

For more information and to RSVP, email classeof83staplesmn@gmail.com. Becks Burger Co. is located at 119 3rd St. NE, Staples.



Two houses on 6th St. NE in Staples, located behind Lakewood Manor on 5th St. NE, were recently demolished. The lots were purchased by Lakewood Health System in Staples. Lisa Bjerga, CEO/President of LHS, said that, "We don't have any immediate or exact plans for the property other than this does allow us the potential to expand in the future if needed." She noted that the expansion could be additional assisted living space to augment the manor offerings, or simply offer additional parking or green space. Ideal Construction of Staples did the demolition work. One of the houses (pictured at right) was once owned by Ken Klose of Staples. (Staples World photos by Dawn Timbs)



Serve your community and learn new skills while improving Minnesota's environment

48 positions starting this fall, apply May-June 15

pca.state.mn.us/mngreencorps

The Minnesota Quilt Show!

June 15 - 17, 2023

River's Edge Convention Center, St. Cloud

Thursday & Friday, 9 - 6, Saturday, 9 - 4

Quilts, Classes, Shopping, Social Events!

www.mnquilt.org/mq2023

Breana Dell Clayton, OD
Independent Optometrist at Costco, Baxter, MN

218-855-5756

- Comprehensive Eye Exam...\$80
- Contact Lens Exams *starting at...*\$115

Membership not required for eye exams, but is needed to purchase glasses or contact lenses.

Call or visit us at www.claytoneyecaremn.com

WE'RE HIRING!

Citizens Alliance Bank seeks applicants for the following positions:

- VP Loan Officer - Clara City
- Credit Analyst Supervisor - Clara City
- Vendor Management Coordinator - Clara City
- Seasonal Maintenance Assistant - Clara City
- Operations Lead - Howard Lake
- Accounts Payable Clerk - Howard Lake
- Part-Time Teller - Watertown
- Human Resource Associate - All MN Locations
- Credit Analyst Lead - All Locations
- Correspondent Banker - All Locations
- Compliance Manager - All Locations
- Risk Manager - All Locations
- Seasonal Banking Assistant - All Locations

To view our job postings or **Apply Online** please visit: citizensalliancebank.com/careers

Member FDIC

Customer Driven. Community Focused.

Citizens Alliance Bank is an EEO Employer

Montessori is different because it works.

Discover the transformative power of Montessori education in person and in community.

montessoricentermn.org

Now Enrolling

- ✓ 3-6 Diploma Course
- ✓ 6-12 Diploma Course

Learn More!

Get a FREE copy of The Absorbent Mind when you complete an application and mention this ad. Email kate@mtcm.org for details.

Steve's Auto Salvage & G&L Service

- Tires (New & Used)
- Tubes •Belts
- AG Tires •Bulbs •Oil •Antifreeze
- Used Auto Parts

218-445-6885 • Located in Verndale at Steve's Auto

Partnering with Staples, Motley, Verndale, Wadena-Deer Creek Schools

FREE Summer Rec Transportation

218-631-5730

1. Call our Dispatch (ask for Mandy) the week before with your child's schedule;
2. Call in every week with the following week's schedule
3. Any cancellations or changes, contact our Dispatch

218-631-5730

WWW.FRIENDLYRIDER.COM

McAn

Minnesota Classified Advertising Network

EMPLOYMENT

8TH GRADE ENGLISH/LANGUAGE ARTS

New London-Spicer Schools. Minnesota 7-12 and/or 5-8 Language Arts licensure required. Open Until Filled. Start: August 2023. For more info: nls.k12.mn.us/employment

WANTED TO BUY

WANTED: ALL 1970S MOTORCYCLES

Running or not. Titled or not. Will pick up. Cash in exchange. Sell now before prices fall. Call Dan at 612/720-2142

Classified Advertising that is Easy!

THE MINNESOTA CLASSIFIED AD NETWORK

Make an impact with your advertising dollar with classified advertising that reaches over 1 million readers!

SAVING JUST GOT EASIER

with EarthLink Internet. Get up to \$30 off your monthly bill and unlimited data with the Affordable Connectivity Program. Apply without credit checks. Call 844/431-6862 now.

MISCELLANEOUS

CARING FOR AN AGING LOVED ONE?

Wondering about options like senior-living communities and in-home care? Caring.com's Family Advisors are here to help take the guesswork out of senior care for you and your family. Call for your free, no-obligation consultation: 866/924-8422

SAFE STEP

North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 833/966-3882

ADVERTISE HERE STATEWIDE IN 200+ NEWSPAPERS FOR ONLY \$279 PER WEEK! Call 800-279-2979

MISCELLANEOUS

FREE HIGH-SPEED INTERNET

for those that qualify. Government program for recipients of select programs include Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet service. Bonus offer: Android tablet FREE with one-time \$20 copay. Free shipping & handling. Call Maxsip Telecom today! 866/433-5324

DONATING YOUR VEHICLE?

Get more! Free towing. Tax deductible. Plus, a \$200 restaurant voucher and a 2-night/3-day hotel stay at one of 50 locations. Call Heritage for the Blind to donate your vehicle today 844/220-9501

INJURED AT WORK? DISABILITY DENIED?

Contact Us Today For Free Advice

Workers' Compensation
Long-Term Disability
Social Security Disability

320-257-0231

www.GetFields.com

Hello World

ONLINE BIRTHS REMOVED AT THE REQUEST OF LAKEWOOD HEALTH SYSTEM.

Student Achievements

MINNESOTA STATE COMMUNITY AND TECHNICAL COLLEGE recently announced it's Spring 2023 graduates. M-State has campuses in Detroit Lakes, Fergus Falls, Moorhead and Wadena. Local students named include:

- Conner Dobson, Motley, Electrical Line Worker Technology-AAS
- Logen Weite, Motley, Electrical Line Worker Technology-AAS
- Rachel Connell, Staples, Digital Marketing-AAS
- Alexander Giza, Staples, Electrical Line Worker Technology-AAS
- Damon Halverson, Staples, Electrical Technology:

Electrician-Diploma

- Cal Olsson, Staples, Heating, Ventilation, AC & Refriger-Diploma
- Samuel Opheim, Staples, Electrical Line Worker-Diploma

NORTH DAKOTA STATE UNIVERSITY recently announced it's Spring 2023 Dean's List. To qualify, students must earn a 3.50 grade point average or higher and be enrolled in at least nine class credits. Local students named include:

- Lane Kjeldergaard, Cushing
- Beck Erholtz, Motley
- Rachel Wilson, Pillager
- Jessica Paklonsky, Staples

Obituaries

Helen Jensen

Helen Marie Jensen, 90, of Staples, passed away May 26, 2023, at Lakewood Health System, Staples.

Services will be held Saturday, June 10 at 11 a.m. at Taylor Funeral Home in Staples. Visitation will be one hour prior to the service.

Burial will be at Moran Cemetery.

Helen was born December 6, 1932, in Hource, Nebraska to Burt and Doris (Pouge) Johnson. She married Kenneth Jensen on February 19, 1949.

Helen was blessed with an incredible sense of humor. Her family was her whole world and she loved all the babies and little ones.

Left to cherish her memory are six children, Kenneth Jensen, Jr., Deanna (Dennis) Page, Robert Jensen, Sr., Keith (Jane) Jensen, Lisa (Garry) Poynter and Missy (William) Bartkowicz; 14 grandchildren; many



great-grandchildren; many great-great-grandchildren; one sister, Myrtle (Ron) Skolil and one brother, Pete Johnson.

Helen is preceded in death by her parents; beloved husband, Ken; two sisters, Betty Jensen and Patty Jensen; one brother, Bill Johnson; one grandson, Douglas Jensen; one great-grandson, Tristen and one great-great-granddaughter, Jolee.

w24c A00006B2023JU07



Ramona Randgaard

CORRECTION: In the obituary for Ramona Mae Randgaard in the May 24 issue of the Staples World, her marriage date to James D. Rangaard should have read July 4, 1954. The World apologizes for the error.

Ramona passed away May 12, 2023. Services were held May 19 at Faith Lutheran Church in Staples.

w24x A00006B2023JU07



Dennis Peterson

A memorial service will be held for Dennis E. Peterson on Friday, June 9, 2023 at the Lincoln Evangelical Free Church in Cushing. Visitation will be held at 10:00 a.m. with services to follow at 11:00 a.m.

Burial will be held at the Minnesota State Veterans Cemetery of Little Falls.

w24x A00006B2023JU07

Area dairy farms on SCC list

Each year the Minnesota Department of Agriculture (MDA) recognizes the top Minnesota dairy herds with low somatic cell counts (SCC). Since 2003, MDA and University of Minnesota dairy experts have worked with the state's dairy farmers to lower somatic cell counts. Somatic cell count is a key indicator of milk quality - a lower SCC is better for cheese production and shelf life of bottled milk. Somatic cells occur naturally and are not a food safety concern. Dairy farmers monitor SCC because it can be used as a way of measuring the health of their cows.

The dairy producers on this list have achieved the goal of having an average SCC of 100,000 or lower in the previous year. The names appear in the order of lowest to highest average SCC.

Morrison County:

Kent Happke, Dennis and Wayne Wolters, Chad Waltman, Fussy Farm, Robin Winscher, Mark Flicker, New Heights Dairy, Kaylie and Bob Gruber

Todd County:

Keith and Jennifer Middendorf; Jerome, Beverly, and Aaron Pohlmann; Paul, Bonnie, Jeremy and Hope Middendorf; Tim and Julie Bruder.

Needing/Wanting a Granite Memorial FOR YOUR FAMILY?

I can help!
Diane M. Hahn
29 years serving our area!
Rep. for Fergus Falls Monument Co.
Call 218-445-5685 or 218-640-2341

DEADLINE
for all classified ads and copy is 12 noon Friday

For the Staples World

Donate Your Vehicle
Call (833) 937-2593 to donate your car, truck, boat, RV, and more today!

- Support Veteran Nonprofits.
- Free Pickup & Towing.
- Top Tax Deduction.

Donate Your Vehicle Today
833-937-2593

While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or recreational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (833) 937-2593.

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
Sunlight (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.....218-894-2296
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 a.m.
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.
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.....9 a.m.
January - July.....11 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@fbpillager.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 Classes.....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.

Being a Person of Truth

Father Aaron Kuhn, Pastor of the Catholic Churches in the Staples area.

Often in conversation today, it can feel as though there are competing truths expressed by both persons: "You believe what you want, and I will believe what I want." And, in small matters of opinion, where the truth allows for discretion or discernment, both people can be right, partly right, or wrong, and the damage to society is minimal.

However, some matters are above opinion. Some matters can significantly affect the good of society, such that to hold them is to cling to a truth when others believe a lie. Furthermore, for those that know the truth to acquiesce to the lies, to allow those lies to have the same ground as the truth, whether in an attempt to make others feel comfortable or even to keep them from experiencing the pain of acknowledging the truth in their personal life, is to add to the damage of the lie in the world.

We do not owe anyone any favors by lying to them or avoiding telling the truth because we fear the conflict. Later, after they learn the truth, they will feel betrayed by us for not having spoken the truth. "How come you didn't say something to me? Why didn't you tell me what I needed to hear, even if it meant wounding or losing the relationship for a time? Now, I do not know if I can trust you in the future!"

The truth is the truth, even if only a few believe it. People deserve the truth, whether they know it or not. Jesus is "the way, the truth, and the life" (John 14:6), which means that no truth in the universe exists apart from God. We are withholding God from them when we lie to them or withhold the truth. God tells us not to be afraid several hundred times in the Bible. Remaining in the truth sets us free (John 8:31-32). Be a person of truth for the sake of God and others.

The Staples area Church Directory is sponsored by these businesses:

Longbella Drug Store
"The Prescription Store"
2nd Ave., Staples • 218-894-2242
Motley and Pillager

Ernie's Food Market
Groceries - Gas - Convenience - more
Staples, MN 218-894-1072

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

Staples True Value
"Just Ask Rental"
Open 7 days a week.
Staples, MN 218-894-3263

Central Building Supply
Hwy. 10 West, Staples, MN
218-894-3794

Staples World
Your community newspaper since 1890
224 4th St. NE, Staples, MN
218-894-1112

Tower Pizza
Pizza, Pasta, Salads, Sandwiches
Staples, MN 218-894-3299

The Church Directory is supported by the advertisers listed above and the Ministerial Association.

***To update your church information or to advertise on the Church Directory, call 218-894-1112 or email:

jwinter@staplesworld.com. As always, continue to email your Ministerial pastoral message or advertisement to: jwinter@staplesworld.com



Track and field team sending nine to state

The Staples-Motley track and field teams performed at their top level at the section meet, setting a school record and sending nine athletes to the state meet. The boys finished second in the team score.

“The girls and boys were awesome,” said Coach Bruce Fuhrman.

Staples-Motley boys athletes headed to state are Remington Converse in three events, Austin Weite in two events, Hunter Miller in two events, Avandre Brandt and Sawyer Ferdon.

Girls state qualifiers are the 4x800 relay of Aften Robinson, Ashley Robben, Kyanna Burton and Audrey Brownell. Burton and Brownell also qualified in the 3,200 meter run by finishing in first and second.

The boys 4x100 relay set a new school record, finishing in second place in 43.99 seconds to earn a trip to state. The team was Weite, Brandt, Miller and Converse. The previous record was 44.42, set in 2015 by Matt Miller, Tyler Johnson, Hunter Berggren and Zack Hofmann.

Converse and Weite qualified for state in the 100 meter dash, finishing first and second. Converse was the top seed but is coming off an injury. Weite had to beat three other competitors who were close to his times during the season.

Converse won a close 200, giving him three first place medals.

Miller placed first in the high jump as the only competitor to clear 6'4" and will be going to state.

Ferdon was the seventh seed in the triple jump, based on his sub-section mark. He started out by setting a PR of 41'5" on his first jump, then followed that up with a monster

42'7", two feet farther than his personal best coming in. That jump put him in first place for the preliminary round. The top nine got three more jumps in the finals. Ferdon went over 40 feet again, but wasn't able to improve on his top jump. One other competitor had a big jump in the finals to take first place away, so Ferdon watched while the remaining jumpers failed to come within a foot of his mark and he earned a trip to the state meet.

The hot weather and swirling wind made it a hard day for individuals to set records, but most of the Cardinal athletes moved up in the rankings from their seeded times.

The boys 4x800 relay blasted way up to place third, one spot away from going to state. Odin Trif, Dillan Robben, Issiah Tabatt and Logan Robben all had great legs to emerge ahead of the chase group. Logan Robben had a personal best in the open 800 and Tabatt had a season best in the 3,200.

Steven Petrich was the 15th seed in discus and improved to ninth place. Drake Dukowitz was the 15th seeded in discus and improved to 12th. in girls shot put, Cami Anderson was the 15th seed and improved to 12th.

In the girls meet, Sophie Schlosser in the 400 and Ashley Robben in the 800 placed sixth to earn medals.

State track is Thursday and Friday, June 8-9, at St. Michael-Albertville High School. Class A events start at 3:30 p.m. each day.

Boys results

Perham 112, Staples-Motley 81, Pelican Rapids 78, Osakis 73, Bertha-Hewitt/Verndale 53, Parkers Prairie 42, Browerville 34, Wadena-Deer Creek 28, Barnesville 27, Border West 25, Ottertail Central 23, Frazee 23,

West Central Area 23, Pillager 19, Long Prairie-Grey Eagle 19, Rothsay 15, Breckenridge 10, United North Central 10, Ashby-Brandon-Evansville 8, Hillcrest Lutheran Academy 8, Pine River-Backus 3

100 - 1. Remington Converse 11.43, 2. Austin Weite 11.58

200 - 1. Converse 22.84, 4.

Weite 23.56

800 - 5. Logan Robben 2:04

3,200 - 6. Issiah Tabatt 10:37,

10. Dillan Robben 11:40

110 - 7. Noah Larson 17.83

4x100 - 2. (Weite, Avandre

Brandt, Hunter Miller, Con-

verse) 43.99

4x800 - 3. (Odin Trif, D.

Robben, Tabatt, L. Robben) 8:46

High jump - 1. Miller 6'4", 8.

Brandt 5'10"

Long jump - 14. Josiah Crit-

ten 17'7", 16. Benet Robinson

17'1"

Triple jump - 2. Sawyer

Ferdon 42'7", 12. Brandt 38'0"

Pole vault - 4. Turner Beachy

11'11", 10. Connor Kuhns 9'5"

Discus - 9. Steven Petrich

103'2", 16. Drake Dukowitz 78'3"

Shot put - 10. Petrich 38'7",

12. Dukowitz 37'5"

Girls results

Perham 120, Frazee 64,

Pelican Rapids 59, Osakis

56, Pillager 56, Barnesville

50, Ottertail Central 44,

Wadena-Deer Creek 42, Sta-

ples-Motley 40, Border West

32, Ashby-Brandon-Evansville

26, Bertha-Hewitt/Verndale

22, Long Prairie-Grey Eagle 21,

Browerville 16, New York Mills

16, Breckenridge 13, United

North Central 12, West Central

Area 11, Pine River-Backus 6,

Hillcrest Lutheran Academy 5,

Rothsay 3

400 - 6. Sophie Schlosser 1:03

800 - 6. Ashley Robben 2:27

3,200 - 1. Audrey Brownell

11:25, 2. Kyanna Burton 11:27, 7.

Bella Hines 12:42

100 hurdles - 8. Jayce Kob-

liska 17.80

300 hurdles - 13. Kobliska

52.62

4x400 - 6. (Schlosser, Robben,

Kobliska, Robinson) 4:18

4x800 - 1. (Robinson, Robben,

Burton, Brownell) 9:54

Pole vault - 12. Jorja Kob-

liska 7'2"

Shot put - 11. Camden Ander-

son 30'6"



Remington Converse and Austin Weite, 1st and 2nd in the 100 meter dash.



Turner Beachy



Odin Trif



Dillan Robben



Audrey Brownell and Kyanna Burton



Noah Larson



Cami Anderson



Jayce Kobliska (left), Aften Robinson



Sawyer Ferdon



Ashley Robben



Hunter Miller (front) and Avandre Brandt



Logan Robben



Jayce Kobliska (front) and Sophie Schlosser

SERVICES & EMPLOYMENT
205
Help Wanted
LONGBELLA DRUG is looking to hire a full time person for the clerk posi-

tion at our Longbella Drug Clinic pharmacy. Apply at Longbella Drug downtown or online at Indeed.com. 12tfc
FRONT DESK/ HOUSE-KEEPING: Eastwood Inn, Motley. Apply in person. Hwy. 10 S, Motley. 23-24c

PRIVATE HOME CAREGIVER for elderly woman in Baxter. \$25/HR + perks. Call Stacy, 218-270-2565. 24-26c
TODD COUNTY HHS EMPLOYMENT OPPORTUNITY: Todd County HHS is looking for a reliable, service oriented individual to serve the citizens of Todd County in the following positions: ****Eligibility Worker (full-time).** ****Office Support Specialist II (seasonal, part-time).** To learn more about this opening and how to apply, visit the official Todd County website at <https://www.co.todd.mn.us/>. Questions can be directed to Todd County Administration 320-732-6155. EOE 24c

208
Storage

FOR RENT
Japke's North 8th Street Mini Storage, 894-1551
6x20, 10x12, 10x20, 10x24

209
Business Services
Your major appliance parts source. Parts for all major brands. One day service, Staples True Value, Staples. 218-894-3263. 26tfc

FOR SALE
307
Household
2 LIFT CHAIRS: Excellent condition. Can be seen June 10, 8 a.m.-3 p.m. or call 218-251-5773 @ Lock-N-Go Mini Storage., 46825 Cty 21, Staples. 24p

WANTED TO BUY
501

****Farmers****
Buying field stone boulders
320-630-4570
Chris

Miscellaneous APPLIANCE/METAL DROP-OFF: FREE appliance and any metal drop-off. All appliances, lawn mowers, weed whips, lawn furniture, microwaves, chainsaws, ice augers, any type of tin or metals. Land clean-up and appliance pick up. 285th Ave., Staples. Watch for signs. 701-595-6710. 22-30p

REAL ESTATE
602
Apartments for Rent

STAPLES: Downtown, 1 - 2 bdrm., recently remodeled, NO pets, non smoking, 218-894-3108. 6tfc

611
Wanted to Buy
40+ ACRES between Wadena/Pillager, with or without house, 218-831-3521. 24-26p

GARAGE SALES
701

“ONCE WAS NEW SALE” at FAITH LUTHERAN CHURCH: 430 12th St. NE, Staples. Thurs., June 8, 8 a.m.-5 p.m. Bake Sale 9 a.m. and Grilled Brats 11 a.m.; Fri., June 9, \$3 Bag Sale, 9 a.m.-11 a.m. All proceeds go to the Pastor's Discretionary Fund to help people in need. 24p

Looking for a good deal? Check out the **Staples World Classifieds**

CLC CENTRAL LAKES COLLEGE
Director of Business & Auxiliary Services
Salary: \$63,642-92,143

This position exists to support student learning and success by providing management and supervision of the Central Lakes College Business Office and Bookstore staff. Responsibilities include but are not limited to: financial reporting, accounting activities, banking services/cash flow management, internal and external audit activities, financial aid disbursement process, ISRS security management, and accounts receivable and accounts payable management. This position supports financial responsibility by developing policies and establishing procedures for all accounting functions to ensure adequate internal controls and compliance with State and Federal laws and regulations.
Minimum Qualifications:
• Bachelor's Degree in Accounting, Business Management or Business Administration.
• Three years of accounting experience in a complex environment that requires thorough knowledge of appropriation, budgetary and accounting systems, preferably in a public sector setting.
• Two years of supervisory experience in an accounting or business office, or similar setting.
• Extensive knowledge of Generally Accepted Accounting Principles (GAAP) sufficient to analyze, interpret, and prepare financial information, records and reports, locate errors and implement solutions to procedural or other fiscal problems.
• Proficiency in Microsoft Word, Excel and Access or similar programs sufficient to prepare correspondence and ad hoc reports that meet the needs of the institution and its constituents.
Apply online at <https://mn.gov/mmb/careers/search-for-jobs/> - Job ID 66029.
An Affirmative Action/Equal Opportunity Educator/Employer.
A member of the Minnesota State Colleges and Universities System.

Central Todd County Care Center
•Certified Nursing Assistants (CNAs)•
Central Todd County Care Center is seeking personable and friendly Certified Nursing Assistants to help our residents with their Activities of Daily Living as described in each resident's individualized plan of care. We have both **part-time** and **full-time** positions available. For those interested, but not currently certified, we offer financial assistance and reimbursement for the certification classes. Additionally, we offer nursing scholarships that cover most of the cost for obtaining your LPN or RN licensure. Wages may be adjusted based on years' experience. The individual must pass a background study.
•NURSES (RN and LPN)•
We are in search of a RN or LPN who is looking for a rewarding career in the Nursing field, has a care giving personality, and wants to make a difference in our older adult population. Various shifts are currently available (including every other weekend and holiday). Must be a TEAM player and possess a special interest in working with Long Term Care residents, families and visitors.
CTCCC offers a wide variety of benefits and is an Equal Opportunity Employer.
Contact Tyler Kliniske at tkliniske@ctcccinc.com or call 218-756-3636 ext. 12
Pick up an application in the Business Office, Mon.-Fri., 8 a.m.-4:30 p.m. or after hours at the Nurse's Station.
CENTRAL TODD COUNTY CARE CENTER IS LOCATED IN CLARISSA, MN.

HELP WANTED
Staples Fire Depart.
is hiring paid, on-call firefighters.
Applications can be picked up at Staples City Hall or online at staples.govoffice.com/job_openings. Must be 18 years old, have a valid driver's license, pass a physical and background check. We will be holding an informational meeting at the Staples Fire Hall, 831 4th St. NE on: **Tuesday, June 13, 6:30 p.m.** For questions contact Chief Cole Yungbauer cyoungbauer@ci.staples.mn.us
The City of Staples is an EOE Applications must be returned to City Hall by 4 p.m. June 30, 2023 to be considered.

WADENA COUNTY EMPLOYMENT OPPORTUNITY
Network Technician II
POSITION SUMMARY: The Network Technician II position is responsible to provide support to end users on a variety of computer hardware and software related tasks including identifying, researching and resolving technical problems; responding to telephone calls and e-mail requests for technical support; and providing guidance to users on function, usage, and operation of products.
EDUCATION AND EXPERIENCE:
• 2 Year Associate Degree in technology and 4 years directly related experience demonstrating an understanding of the principles and best practices required to support and maintain technology systems; or equivalent combination of experience and education.
• Network, Computer, and Server Experience
• CISCO, EXTREME, HP, NETWORK SWITCH EXPERIENCE
SCHEDULE: Monday through Friday - 8:00 a.m. to 4:30 p.m. (Assist with On-Call Rotation)
SALARY: 2021 Wage Range: \$16.20 to \$22.07 per hour (starting wage dependent on qualifications).
BENEFITS: Health (County contributes between \$1013.00 and \$1927.00 per month depending on plan type), vision, dental, short and long term disability, life, PERA retirement with at least 7.5% employer contribution, generous paid vacation and sick leave, 11 paid holidays.
HOW TO APPLY:
The online application and complete job descriptions are available at: www.co.wadena.mn.us, or at the Human Resources office in the Wadena County Courthouse, 415 Jefferson Street S, Wadena, MN 56482. Posting will close June 20, 2023.
WADENA COUNTY IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER.

FRONTIER TOWNHOMES
FOR RENTAL INFO CALL 218-296-5031
Under new ownership
We are accepting applications for 2 and 3 bedroom townhomes in Staples, a community you can get attached to. Rent based on income. Now professionally managed by **BRUTGER EQUITIES, INC.** Income guidelines apply.

HELP WANTED
Water/Wastewater Operator
The City of Staples is seeking an energetic and motivated individual to work within our utility departments.
The successful candidate will perform skilled work in the operation and maintenance of our water and wastewater systems; and will assist our electric department in construction projects, meter reading, utility locating, and other duties.
The City of Staples offers a great opportunity to work in a modern Class C lime softening water plant and a brand-new Class B extended aeration wastewater treatment plant. Staples has a great benefits package, including an HSA, and a pay range of \$22.42-\$31.39, depending on qualifications stated in our union contract. Staples has an excellent safety program and offers many training opportunities that will allow you to grow in your career. Preferred qualifications are Class C or higher water and wastewater licenses, a Type IV biosolids license, or electrical experience. Minimum qualifications are a Class D water and wastewater license - or the ability to obtain one within one (1) year, and a Minnesota Class B Commercial Driver's License - or the ability to obtain one within six (6) months.
A cover letter, resumé, and application forms must be submitted to: Scott Grabe, Public Works Director, 122 6th St NE, Staples, MN 56479, by June 28, 2023. Anticipated start date is July 31, 2023.
You can call or email Scott with any questions at 218-541-5006 or sgrabe@ci.staples.mn.us.
Application materials can be obtained at the City of Staples website www.staples.govoffice.com, or by telephoning Staples City Hall at 218-894-2550.
EOE

SERVICE DIRECTORY

GIZA
EST 1934
PLUMBING & HEATING
• PLUMBING
• HEATING
• AIR CONDITIONING
• GEOTHERMAL
• NEW CONSTRUCTION
• REMODEL
• SERVICE
MN LIC. #PC644417
218-894-2284
WWW.CALLGIZA.COM

Mixed Firewood
By the bundle or by the truckload.
8 foot lengths or processed
Enberg Logging
218-352-6175

H&R
Electric of Staples
Electrical Services for
• Residential
• Commercial
• Industrial
218-296-2461
hrelectricofstaples@yahoo.com
Licensed, Bonded & Insured • Over 30 years experience

LPS
Long Prairie Sanitation
Long Prairie, MN
218-631-3101 888-878-5578

Altrichter
Excavation & Septic Service
218-575-2222
•Septic System Installation
•Camera Inspection, Tank Pumping and Cleaning
MN State Certified
6685 330th St., Cushing, MN. 56443

SERVICING ALL BRANDS
Sharpen Mower Blades
Sharpen Saw Chains,
Small Engine Repair + more
SERVICE HOURS Staples True Value
Mon - Fri, 8am to 4pm
205 Warner Rd • 218.894.3263

PAUL DRAKE TREE SERVICE
•General •Lot Clearing
•Storm Damage Clean Up
•Stump Grinding •Brushing
•55 ft. Bucket Truck
218-894-2871

Sellnow Law Office, P.A.
Thomas H. Sellnow*
sellnowt@sellnowlaw.com
Jason R. Sellnow
sellnowj@sellnowlaw.com
218-894-4618 • 133 4th St. NE, Staples
229 Central Ave., Long Prairie
320-732-1919 • Toll free: 877-297-1125
*Thomas Sellnow is a Real Property Law Specialist certified by Real Property Section of Minnesota State Bar Association.
• Probate and Trusts
• Estate Planning • Family Law
• Real Estate • Business Law
• Title Insurance • Elder Law
• Personal Injury • Auto Accidents
www.sellnowlaw.com

SERVICE DIRECTORY

PROFESSIONAL

SERVICE DIRECTORY

CONSTRUCTION

Statema Backhoe Service, LLC
MPCA CERTIFIED SEPTIC SYSTEMS
•FREE ESTIMATE FROM DESIGN TO INSTALLATION
•COMPLIANCE INSPECTIONS
Site Prep • Basements • Waterlines • Driveways • Landscaping • Black Dirt • Gravel • Construction & Abandonment of Manure Pits • Fill Dirt Clearing & Grading • Ditch Cleaning • Snow Plowing: Commercial & Residential
Andy Statema • 320-594-2912 • 320-594-6347
LICENSED BONDED INSURED

IDEAL CONSTRUCTION LLC
PAYING THE WAY FOR YOU!
Staples, MN 56479
218-894-3105
Asphalt Paving • Seal Coating • Excavating • Driveways
Roads • Parking Lots • Site Prep • Gravel • Rock • Black Dirt
Fill • Peat • Ponds • Demolition • Hauling • Landscaping
Recycled Concrete and Asphalt

PHB Excavating Inc.
Phil Bjerga
218-639-5007
Licensed / Bonded / Insured
Septics • Waterlines • Trenching • Basements • Retaining Walls
Landscaping & Site Preparation • Backhoe & Skid Loader Work
Sewer Pipe Cleaning and Steaming • Custom Pressure Washing
Equipment, Buildings, Driveways, etc. • Snow Plowing & Removal



**STATE OF MINNESOTA
COUNTY OF TODD
DISTRICT COURT
SEVENTH JUDICIAL
DISTRICT
PROBATE DIVISION
Court File No.
77-PR-23-419**

**ESTATE OF
JOHN JAY RENGEL,
Decedent**

**NOTICE OF AND
ORDER FOR HEARING
ON PETITION FOR
FORMAL PROBATE
OF WILL AND
APPOINTMENT
OF PERSONAL
REPRESENTATIVE
AND NOTICE TO
CREDITORS**

It is Ordered and Notice is given that on June 26, 2023 at 10:15 a.m. a hearing will be held in this Court at Todd County Courthouse, Long Prairie, Minnesota, on a petition for the formal probate of an instrument purporting to be the Decedent's Will dated May 7, 2008, and for the appointment of Joel Rengel, whose address is 18508 100th Avenue North, Maple Grove, Minnesota 55311 as personal representative of the Decedent's estate in an unsupervised administration.

This Hearing will be held: ViaZoom; to attend contact Court Administration for hearing information prior to the hearing.

Any objections to the petition must be raised at the hearing or filed with the Court prior to the hearing. If the petition is proper and no objections are filed or raised, the personal representative will be appointed with the full power to administer the Decedent's estate, including the power to collect all assets; pay all legal debts, claims, taxes, and expenses; sell real and personal property; and do all necessary acts for the Decedent's estate.

Notice is further given that, subject to Minn. Stat. 524.3-801, all creditors having claims against the Decedent's estate are required to present the claims to the personal representative or to the Court within four (4) months after the date of this notice or the claims will be barred.

**** This is an administrative hearing and your appearance is not required. If there is an objection to this petition, you will be notified of another date and time**.**

Dated: May 25, 2023

Jay D. Carlson
Judge of District Court

Kim Peterson
Court Administrator/Deputy
Court Administrator
23-24pnc

**NOTICE
STAPLES-MOTLEY
ISD #2170
BID REQUEST FOR
DAIRY PRODUCTS**

Sealed bids for the 2023-2024 school year for Milk and related Dairy products will be accepted until 3:00 p.m. on June 15, 2023, in the district office of Independent School District #2170 located at 905 4th ST NE Staples, MN 56479 at which time bids will be opened in said office.

Proposals must be submitted in sealed envelopes with "Bid for Dairy Products" clearly marked in the lower left-hand corner of the envelope. Bids should be sent to Independent School District #2170, District Office, 905 NE Fourth ST, Staples, MN 56479.

Bid specifications may be obtained by contacting the district office at the above address or by calling (218) 894-5400, ext. 3164 or ext. 3009.

On June 19, at 6:00 o'clock pm. the School Board will meet to evaluate all bids and act thereon. Independent School District #2170 reserves the right to accept or reject, in whole or part, any bid received, and to waive all technicalities.

Lisa Anderson, Clerk
School Board
Staples-Motley School
District, ISD #2170
23-24pnc

**STATE OF MINNESOTA
COUNTY OF TODD
DISTRICT COURT
PROBATE DIVISION
SEVENTH JUDICIAL
DISTRICT
Court File No.
77-PR-23-432**

**ESTATE OF
Carolyn R. Nystrom
DECEDENT**

**NOTICE AND ORDER
FOR HEARING
ON PETITION
FOR FORMAL
ADJUDICATION
WITHOUT WILL,
DETERMINATION
OF HEIRSHIP, AND
APPOINTMENT
OF PERSONAL
REPRESENTATIVE
AND NOTICE TO
CREDITORS**

TO ALL INTERESTED PERSONS AND CREDITORS:

It is Ordered and Notice is given that on July 10, 2023 at 10:30 a.m. a hearing will be held in this Court via zoom, 221 1st Ave. S, Ste 100, Long Prairie, Minnesota 56347, for the adjudication of intestacy and determination of heirship of the Decedent, and for the appointment of: Alternative Personal Representatives Gary Nystrom whose address is: 26090 490th St., Staples, MN 56479 or Alan C Nystrom, PO Box 354, Remer, MN 56672

as personal representative of the Estate of the Decedent in an UNSUPERVISED administration.

Any objections to the petition must be filed with the Court prior to or raised at the hearing. If proper and if no objections are filed or raised, the personal representative will be appointed with full power to administer the Estate including the power to collect all assets, to pay all legal debts, claims, taxes and expenses, to sell real and personal property, and to do all necessary acts for the Estate.

Notice is also given that (subject to Minn. Stat. 524.3-801) all creditors having claims against the Estate are required to present the claims to the personal representative or to the Court Administrator within four months after the date of this Notice or the claims will be barred.

Dated: May 26, 2023

Jay D. Carlson
Judge

Kim Peterson,
Court Administrator/
Deputy Court Administrator

Scott A. Becker Esq.,
for Gary Nystrom
Benefits & Business Law
Advisors,
PLLC 4660 Slater Road,
Ste. 146
Eagan, MN 55122

Alan C. Nystrom, Pro Se
24-25pnc

**NOTICE
TOWN OF VILLARD
COUNTY OF TODD
STATE OF MINNESOTA
BID REQUEST**

Villard Township will be accepting quotes for blowing, sealing, patching all existing cracks (including edge cracks) on approximately 6,200 feet of township roads.

We are asking for a quote using MN/DOT Spec. #3723 rubberized asphalt. Cracks will need to be routed 3/4 inch in width and 3/4 in depth.

All quotes must include equipment, labor, and materials. Work is to begin as soon as weather permits. The Villard Town Board requests that all work be done by October 1, 2023. The Board would recommend filling while the cracks are open.

Please contact Chairman Shawn Jordahl at 218-270-0137 with any questions. All quotes must be brought to the Town Hall on June 13, 2023, no later than 7 p.m. or mailed to the Town Clerk to be received no later than 5 p.m. on Tuesday, June 13, 2023. Quotes can be faxed to 218-352-6736 by 5 p.m. on Tuesday, June 13, 2023. The Villard Town Board reserves the

right to reject any or all quotes in the best interest of the township.

Mary Trantina Koenig,
Clerk
Villard Township
31836 Timberlane Road
Staples, MN 56479
218.640.6115
Fax #218.352.6736
22-25pnc

**NOTICE
TOWN OF VILLARD
COUNTY OF TODD
STATE OF MINNESOTA
DITCH MOWING BID**

To Whom It May Concern:

The Town of Villard, Todd County, MN is now accepting quotes for ditch mowing. The ditch mowing will take place once before July 1, 2023, and once before August 31, 2023. Any other time will be as needed and instructed by the Town Board.

This contract will be for one season of 2023 and is to mow approximately 38 miles of Township ditch in Villard Township. One swath of 6 feet on both sides of the road is recommended.

If you are selected for the job, you will need to provide a copy of your insurance and sign the contract before starting.

Please mail or email your quote to the clerk at the address shown below.

Description:
Quote to mow on township roads per time
Quote Amount:

Your quote will need to be received by the Clerk no later than 5 p.m. on Tuesday June 13, 2023. Quotes can be emailed to the address listed below.

**FRESHWATER ED.
DISTRICT #6004
April 26, 2023**

**Wadena, MN
MINUTES**

Called to Order by Chair Howard at 5 p.m.

Board Present: K. Howard - Menahga; L. Anderson - Staples-Motley; C. Funk - Sebeka; C. Wolf - Long Prairie - Grey Eagle; S. Veronen - Verndale; R. VanDenheuvel - Bertha - Hewitt; R. Thalmann - Henning. Supt. L. Westrum - Wadena-Deer Creek. FED: E. Weber, Ex. Director; L. Murdock, SPED Director; J. Wothe, Director of Prog. & Eval; J. Anderson, Bus. Mang.; S. Thiel, Recorder.

Agenda
MOTIONED BY VanDenheuvel and seconded by Veronen to approve the agenda as presented. VOTE- U/C

Old Business
MOTIONED BY Funk and seconded by Thalmann to approve the 1/25/23 minutes as presented. VOTE- U/C

MOTIONED BY Thalmann and seconded by VanDenheuvel to acknowledge receipt and review of the 2.7.23, 3.15.23, and 4.12.23, Supt. Advisory minutes as presented. VOTE- U/C

New Business
MOTIONED BY Thalmann and seconded by VanDenheuvel to approve payments and mileage claims as presented. VOTE- U/C with S. Veronen abstaining.

The following resolution is hereby MOVED BY Funk and seconded by Thalmann: to recognize that the Board of FED, #6004, gratefully accepts the following donations as identified: *Reading for the Future: \$500 ~ Lakewood Health System, Community Funding, Staples, MN; \$1,000 ~ Lions Club of Motley, MN; \$50 ~ VFW Auxiliary No. 3922, Wadena, MN; \$500 ~ Lincoln Area Business Association, Cushing, MN; Student Needs: \$400 ~ Anonymous Donation.* VOTE on adoptions of this Resolution was as follows; Abstentions: None; AYE: VanDenheuvel, Veronen, Funk, Anderson, Howard and Thalmann. Nay:

If you should have any questions, please contact the Villard Township Chairman at 218-270-0137. Thank you for your time.

Your Name:

Company Name:

Signature:

Mary Trantina Koenig,
Clerk
Villard Township
31836 Timberlane Road
Staples, MN 56479
marykoenig169@gmail.com
23-24pnc

**NOTICE OF FILING
FOR THE
2023 TODD COUNTY
SPECIAL GENERAL
ELECTION**

Notice is hereby given that a Special General Election will be held in Commissioner District 3 of Todd County on Tuesday, November 7, 2023 for the purpose of electing a candidate for the office listed below. Alternatively, in the event that two or fewer candidates file for the open seat, a Special General Election shall be held in Commissioner District 3 on August 8, 2023.

Commissioner District 3 includes the municipalities of Long Prairie City, Long Prairie Township and Reynolds Township to which the candidate must maintain residence therein.

The filing period for these offices begins at 8:00 a.m., Tuesday, June 6, 2023, and ends at 5:00 p.m., Tuesday, June 20, 2023.

If necessary, a Special Primary Election will be

held in Commissioner District 3 of Todd County on Tuesday, August 8, 2023 for the purpose of nominating candidates for the office listed below.

The filing place for County Offices is with the County Auditor located in the Todd County Historic Courthouse at 215 1st Avenue S, Suite #201, Long Prairie, MN. Candidates may file in person or by mail.

**COUNTY OFFICES
One County Commissioner for District 3 (for term expiring January 2025).**

Witness my hand and official seal this
24th day of May, 2023

Denise Gaida, Todd
County Auditor/
Treasurer

24pnc

**TODD COUNTY
BOARD OF
ADJUSTMENT
215 1st Ave. South,
Long Prairie, MN 56347
320-732-4420
toddplan.zone@co.todd.mn.us**

PUBLIC NOTICE

Notice is hereby given that on **Thursday, June 22, 2023 at 6:00 p.m.** the Todd County Board of Adjustment will hold a public hearing in the Commissioner's board room, 215 1st Ave. South, Suite 301, Long Prairie, Minnesota.

NOTE: This meeting is again being held in-person and the public is encouraged to attend, but Zoom and phone options are still available for those who are unable to attend in person. If you wish to join via Zoom, please contact our office for the call-in information. Those who do attend

in person can find parking atop the hill on the west side of the Historic Courthouse and enter through the north doors, near the American Flag and monument.

Questions? Call or email 320-732-4420 or toddplan.zone@co.todd.mn.us

AGENDA

- Call to Order
- Introduction of Board of Adjustment Members and process review
- The applicant is introduced
- Staff report
- Applicant confirms if staff report accurately represents the request
- Public comment
- Board review with applicant, staff, and public
- Approval of agenda
- Approval of April 27, 2023, Board of Adjustment meeting minutes

1. Ryan Rengstorf: Section 02 Staples Township
Site Address: 989 2nd Avenue NW, Staples, MN 56479 PID: 22-0052500

1. After-the-Fact Variance request to reduce the road right-of-way setback from 100' to 22' for placement of mini-storage containers in Commercial Zoning.

2. After-the-Fact Variance request to reduce the side yard setback from 50' to 34' for placement of mini-storage containers in Commercial Zoning.

Adjournment.
Next Meeting:
July 27, 2023

All persons interested are invited to attend said hearing or submit a letter to be heard on these matters. **All correspondence must include name, mailing address and be received 48 hours before the date and time of the hearing.**

Todd County Board of
Adjustment
Richard Johnson, Chair
24pnc

Freshwater Education District

None; Absent: Tumberg, Hillmer and Wolf. WHEREUPON said Resolution was declared duly adopted.

MOTIONED BY Veronen and seconded by VanDenheuvel to approve the changes to Policy 400.10L as presented. VOTE- U/C

MOTIONED BY Thalmann and seconded by Funk to approve Revision III Budget modification to the FY-23 financial budget as presented. VOTE- U/C

MOTIONED BY VanDenheuvel and seconded by Veronen to approve the transfer of \$45,000 to the Facility Reserve Fund as presented. VOTE- U/C

The following resolution is hereby MOVED BY Funk and seconded by Thalmann:

WHEREAS, Darla Davis, a TIER 2 teacher in Education District No. 6004. BE IT RESOLVED, by the School Board of Education District No. 6004, that the teaching contract is hereby terminated at the close of the current 2022-2023 school year. BE IT FURTHER RESOLVED that written notice be sent to said teacher regarding the non-renewal for her contract as provided by law. VOTE on adoptions of this Resolution was as follows; ABSTENTIONS: None. AYE: Thalmann, VanDenheuvel, Veronen, Funk, Anderson, and Howard. NAY: None.

ABSENT: Tumberg, Hillmer and Wolf. WHEREUPON said Resolutions was declared duly adopted.

Business Mgr. Report
J. Anderson, reviewed the FY23, 3rd Qtr. Financial Statements;

Ex. Director Report: *E. Weber shared updates on the following: FED Strategic Plan; August Staff Mtg., guest speaker on ChatAI - Artificial Intelligence; Personnel Committee will meet after Board Mtg.; Currently have seven positions advertised, with the possibility of offering a sign on bonus for positions that are difficult to fill; For the 23/24 SY E- Learning Days will be offered: Academies – 2 days and ALC's – 5 days; Facilities; In the process of getting bids for re-seal coating the 2222 Industrial Drive parking lot to be completed the Summer of 2023. ABE; Eight students*

receiving their HS Diplomas; Training of 9 Interpreters; and one student receiving their US Citizenship.

ALC/TS
MOTIONED BY VanDenheuvel and seconded by Thalmann to approve the regular year "Extended Time Service Agreement" with Sebeka School District #820 as presented. VOTE: U/C

MOTIONED BY Funk and seconded by Veronen to approve 7/1/23 – 6/30/27 lease agreement with LPGE ISD# 2753 for the LP ALC site as presented. VOTE: U/C

MOTIONED BY Thalmann and seconded by VanDenheuvel to adopt the FED 23/24 ALC SY Calendar of 181 Teacher Days and 170 Student Days as presented. VOTE: U/C

CTE: *With the assistant of Supt. Koep and Supt. Tappe, interviews were held and offering the position to Mike Kalunza from the Little Falls School District.*

ECFE/SR: *Discussion of FED providing service of Coordination for two additional schools for ECFE/SR Programs.*

Tech: *Reviewed the estimated aid participating districts will receive from State Telecom from the partnership of the Wide Area Network.*

NOTE: Bd. Member C. Wolf joined the meeting at 5:34 PM.

MOTIONED BY Veronen and seconded by Thalmann to approve the 23/24 SY Dark Fiber Contract with Arvig as presented. VOTE: U/C

MOTIONED BY Thalmann and seconded by Funk to approve the 23/24 SY Marco Network Contract as presented. VOTE: U/C

MOTIONED BY VanDenheuvel and seconded by Thalmann to approve the 23/24 SY Consolidated Telephone Company Contract as presented. VOTE: U/C

MOTIONED BY Funk and seconded by Veronen to approve the 23/24 SY, West Central Telephone Association Contract for

Dark Fiber Lease as presented. VOTE: U/C

SPED: MOTIONED BY VanDenheuvel and seconded by Thalmann to adopt the 23/24 Academies SY Calendar of 181 Teacher Days/170 Student Days as presented. VOTE: U/C

MOTIONED BY Thalmann and seconded by Howard to accept the response from Stellher Human Services in the amount of \$183,963.15 for Mental Health Services for the 23/24 SY for the Academies. VOTE: U/C

MOTIONED BY Funk and seconded by Veronen to amend the Academies 22/23 SY Calendar as presented. VOTE: U/C

MOTIONED BY Veronen and seconded by VanDenheuvel to approve the MN Infinites FY24 Agreement as presented. VOTE: U/C

Personnel Consent Agenda
MOTIONED BY Funk and seconded by Thalmann to approve the items as follows: L. Murdock, SpEd Director spoke of D. Williams and L. Perkins and honoring their service to Freshwater Education District.

SPED: Retirement of D. Williams, L. Perkins; Resignation of J. Dryer, B. Church, C. Kempenich; Hiring of K. Spar, K. Bouwman, A. Moxley, M. Thiesen, S. Schwendeman, S. Christenson; Request of Lane Change of N. Schmidt; Voluntary Reduction in Days of K. Keil, A. Wahlin; Voluntary Leave of Absence of T. Brown; ALC: Resignation of J. Line; Hiring of E. Granby; Reassignment of J. Fox.

ECFE/SR: Resignation of L. Reinbold;

ADMIN: Promotion of J. Wothe to SPED Dir., S. McAllister to Dir. of Prog. & Evals. Hiring of M. Kaluza, Carl Perkins Cord.; Resignation of C. Carter, E. Hoyt, W. Irons;

Approving of the 3-Year Agrmt. E. Weber; VOTE-U/C

Adjournment
MOTIONED BY Thalmann and SECONDED BY VanDenheuvel to adjourn the meeting at 5:43 p.m.

Pre-approved Publication Summary
24pnc



Cardinal baseball working together as a team

The Staples-Motley baseball team listens to Coach Shane Tappe between innings in the second round of the Section 6AA playoffs. (Staples World photos by Mark Anderson)

Cardinal Baseball team wins first playoff game in years

The Staples-Motley baseball team pulled off an upset in the first round of the Section 6AA playoffs, with a win over fifth seeded Wadena-Deer Creek 9-5 on May 30. The Cardinals were the 12th seed in the tournament.

In the second round of section play, they faced a tough Pierz team, losing 10-0, in six innings. They came back and played in the consolation bracket, only to lose 9-2, to Holdingford.

Staples-Motley 9, Wadena-Deer Creek 5

The win against WDC was the programs first playoff win in 13 years.

Pitching for the Cardinals was Colbe Tappe who went four innings, striking out eight batters. Tappe also had two RBI's at the plate. Ben Tyrrell came in to pitch on relief of Tappe and held off the Wolverines. Tyrrell had a great day at the plate as well going 3-3, walking four times to get on base. Griffin Bettis, Schultz, Bjerga and Jack Carlson all with a single and an RBI. Hatden Rutherford had two singles and Kris Taylor had a huge double and two RBI's. The Cardinals played great team defense as well. The Cards had zero errors and turned a huge double play to get out of the 5th inning. "This was a team win and a huge win for our kids and program. I'm so proud of how our kids played and the effort and positivity they showed for each other," Tappe shared.

Staples-Motley 0, Pierz 10

The Cards ran into a really solid Pierz team. Walks played a huge factor in Pierz



Griffin Bettis pulls in a throw to get the runner out at first base

scoring eight runs in the first two inings.

The Cardinals had three hits in the game, off the bats of Jack Carlson, Tyrrell, and Justin Phillippi. Each of the hits came with a runner on base, so they had people in scoring position, but couldn't get the next hit to bring them home.

The Cardinals played good defense again in this game but the Pierz team hit the ball really well and their pitcher pitched a complete game shutout.

"We got down early and just couldn't get anything going as far as offense," said Coach Shane Tappe. "The morale was good the kids were positive but we just had an off day."

Staples-Motley 2, Holdingford 9

The Cardinal season ended with their second loss of the tournament on June 1.

Carlson took the mound for the Cardinals to start, Hayden Rutherford and Tyrrell also pitched in the loss. Holdingford hit the ball well early on.

"Our pitchers settled in well and again we played good defensively, having no errors in the field," said Tappe.

The Cardinals had seven hits coming off the bats of Tappe (double), Tyrrell, Phillippi, Alex Schultz, Carlson, Rutherford, and Kris Taylor.

The Cardinals ended the Season with 10 wins and their first playoff win in 13 years.

"This was a great stepping stone year for what is to come," said Tappe. "I'm proud of our team and the way we play with integrity and pride. We have a lot to celebrate and build off of for the future."



Haideen Rychner zeros in on a fly ball

Cardinal golfers playing well as postseason starts

The Staples-Motley golf teams got in their final regular season matches before starting the postseason play. The Cardinals played their section meet June 5-6, after this newspaper went to press.

The girls team played a meet at Wapicada Golf Club in Sauk Rapids on May 30. Mallory Uselman placed third and Walker Johnson, ninth. Uselman was just one stroke away from first place, finishing with six pars and three birdies. Johnson has continued improving throughout the year and finished in the top ten of a big meet with three pars and only three double bogeys.

The boys team once again had five players break 90 on the Legacy course at the Craguns Invite held May 31, showing their incredible depth this season. Carter White scored an eagle on his final hole, with three strokes on a par five hole. He placed first with a 73 on a par 71 course, finishing

with three birdies and nine pars.

Jackson White had nine pars and one birdie. Isaiah Schultz also had nine pars in 18 holes.

Girls results

Wapicada Invitational

Pequot Lakes 339, Albany 379, St. Cloud Cathedral 380, Staples-Motley 400, Milaca 401, Pierz 408, Melrose 418, Kimball 436, Osakis 454, Sauk Centre 468, Paynesville 499, Royalton 547

3. Mallory Uselman 81; 9th. Walker Johnson 92; 40th. Sarah Kroll 113; 43rd. Katelyn Schotzko 114

Boys results

Craguns Invite at Legacy

Pequot Lakes 309, St. Cloud Cathedral 311, Staples-Motley 322, Foley 326, Albany 327, Little Falls 332, Osakis 345, Paynesville 356, Milaca 362, Pillager 363, Pierz 366, Melrose 366, Sauk Centre 367, Wadena-Deer Creek 373, Kimball 386, Royalton 394

1. Carter White 73; 14th. Jackson White 80; 26th. Isaiah Schultz 83; 36th. Peyton Mithun 86; 42nd. Keller Anderson 88; 59th. Thomas Johnson 96; 62nd. Cyril Johnson 98.



Alex Schultz catches a line drive in center field.



Colbe Tappe



Jack Carlson tags out a runner trying to steal second, on a throw from catcher Colbe Tappe.



The Cardinal bench watches as Jack Carlson slams a ball down the line.



--OPINION--

Animal testing

By Ally and Brooke Reisenauer

Animal testing should be illegal. There are more than 50 million animal testings each year. Animals are typically left in steel cages with little to no room to move. Most of animal testing goes to waste as 94 percent don't pass the human testing stage. As a result of this many animals are being hurt for no reason. For-

ty-seven percent of Americans favor animal testing and 52 percent oppose it. Once they are done being tested they are killed to examine their organs. Most animals endure pain while going through the process. Ninety percent of animal testing goes to waste due to it not working. Only three percent of animals live after animal testing. These animals do not deserve to go through

this. They did not ask for this. They usually force feed them things that could have harmful substances in the food. They hardly ever give them real food. It helps develop antibiotics but they could use technology like everything else. There are some good things like it can sometimes prevent an animal from going extinct but it's still mean. Animal testing is cruel and it needs to stop.



The risks and benefits of social media

By Hannah Cole
April 27, 2023

Social media has grown since the 1990s and it has become a huge part of teenagers' lives today. This growth in social media impacted the world so much that a lot of research has gone into whether or not social media is good or bad. In my opinion social media can be good and bad. One reason social media is bad is because cyberbullying can happen when you are on social media. The author Katie Notopoulos writes "59% of teens have experienced some form of cyberbullying"(8). There are very many risks for social media like fake friendships, and depression. This shows that social media can be risky and people will be rude to you online. Social Smarts says, "Social network involves shar-

ing including photos, videos, links, and personal information".(5) This suggests that when teens put so much online people can put too much stuff online and people can find too much information about you that is not good because people will stalk you and watch you and be creepy. One reason that social media is good is that you may find recipes online, make online friends and feel more included. Katie Notopouls says, "71% of people say social media makes people feel more included then excluded"(4). Teenagers feel the need to be included or they feel left out and no one likes the feeling of being left out. This shows that social media is so important for teenagers because they feel included and it makes them feel good about it. My dad makes youtube and social media videos he has had no hate for: It is a lot of fun and

funny, but it can also be very addicting to people and spend too much time on it. This is why in my opinion social media can be beneficial and risky. Another reason that social media is risky is because an average teenager is spending 9 hours a day on social media. According to Allision Pearce Stevens, "Teens sneak a peak on social media whenever they can"(1). This explains why Social media can make teenagers feel depressed and isolated. People get so caught up on what people think online or making videos , being in the drama and commenting on other peoples pictures. This shows that social media can be addicting and take a lot of time away from you doing things and make you feel bad. This is why in my opinion social media can be beneficial and risky. Social media has done a lot to people all

over the world. All of this shows that social media can be beneficial and risky and that you should not care what people think and just have fun with social media. This matters because people overuse social media or feel depressed or not included if they do not have not have social media. This is why this topic is so important so people know that social media can be good and bad. Works Cited Notopoulos, Katie. "Teens Say Social Media Isn't As Bad For Them As You Might Think." 2018. CommonLit, commonlit.org. Accessed 14 Jan. 2021. "Teens Using Social Media for Good Deeds." Smart Social. 2020. CommonLit, commonlit.org. Accessed 14 Jan. 2021.



Mental health

By Jasmyne Hove

In 2007 to 2017 mental health increased 13 percent. Mental health can be caused by trauma, unhealthy diets, not enough sleep, no physical exercise, no fresh air, loneliness, even pressure in school and jobs, maybe even sports. Another big trigger to mental health is social media. In 2018 a British scientist studied how social media causes mental illness. They found that social media is addicting and when it becomes addicting people lose sleep and it also causes

depression. Following that is a loss in academic performance and memory loss. When you are on social media our mind tends to compare ourselves to other people. When our mind does this we wonder "Why can't I look like that?" witch causes a loss of personal confidence. Mental illness is more effective in teens than any other age group. A way to prevent mental illnesses from getting really bad, make sure you're eating and drinking healthy, getting enough exercise and fresh air. Always take some time off of social media. Many teens don't real-

ize their mental health is bad. Even parents don't realize their teenager has a mental illness. Teens with mental illness don't usually talk to adults about it. They usually tend to handle it themselves. So if you are a teenager or have a teenager who doeans't talk about their mental illness or you need to talk to someone, you can call this number: 1-844-739-6369 (Peer Support Connection MN Warmline). You can call from 10::a.m to 4:00 p.m. every day of the week. You may remain anonymous. <https://www.mcleanhospital.org/>.

Benefits of physical activity - eighth grade

Cardinal Productions

Physical activity is an important part of a healthy lifestyle, especially for 8th graders who are going through a lot of changes both physically and mentally. Whether it's playing sports, going for a bike ride, or simply taking a walk, there are many benefits to being active. Physical activity helps 8th graders maintain a healthy weight. With the rise of phones/other technology and calmer lifestyles, it's more important than ever to be active. By doing physical activities

every day, 8th graders can burn calories, build muscle, and improve their health. In addition to helping with weight, physical activity can also improve mental health. Studies have shown that exercise can reduce stress, anxiety, and depression; all common problems for 8th graders. Your body releases chemicals in your brain that make you happy when you are active, which means that physical activity helps boost your mood and improves happiness. Physical activity also helps 8th graders build social skills and improve their courage. When they

participate in team sports or group activities, they learn to work together, communicate effectively, and they make better leadership skills. This can translate into a greater sense of self-confidence and better relationships with other people. Finally, physical activity can help with better work ethic and grades at school. Research has shown that regular exercise can help with faster thinking, memory, and attention span. By taking breaks to move their bodies throughout the day, 8th graders can stay focused and on task in

classrooms Overall, physical activity is an important part of a healthy lifestyle for 8th graders. By engaging in regular exercise, they can maintain a healthy weight, improve mental health, build social skills, and improve academic performance. So, if it's playing sports, or just going for a walk, it's important for 8th graders to get moving and stay active. How can sports help your kids? Hand eye coordination Physical abilities Social life Make new friends

Strengthen bones and muscles - less broken bones Listening to other people Something to distract you from a bad day Better mood Mental toughness Strength Determination Physical activity releases endorphins, which helps with having less stress, anxiety, and depression Remembering things Looking back on memories Improves heart health Being fit Prevent cancer Lower risk of stroke Being outside helps with

Vitamin D Helps you exercise longer Outside - burns more calories Outside - fresher air, less dust and germs New experiences Sharper mind Better sleep More energy Sense of accomplishment Taking out your anger by working hard Can help you be more organized if you start earlier and learn time management Flexibility Lower risk of diseases like diabetes

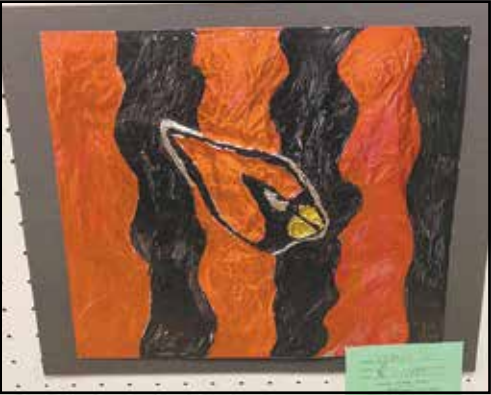
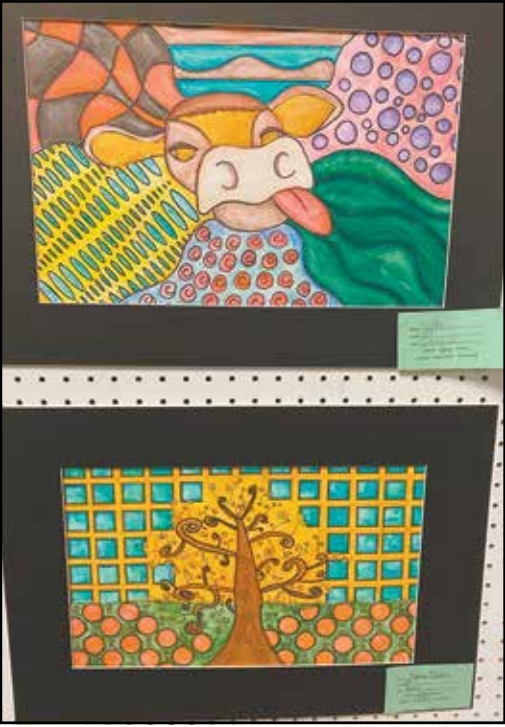
Cats

By Scarlett Stracek

Cats are amazing pets, they are cute, nice, fluffy, and easy to take care of. Cats have a bad reputation of being mean, and that they hate you, but none of that is true for the most part. Cats act mean sometimes because of their owners treating them badly. Sometimes their owners don't realize if they're doing something wrong, like letting them bite you when they're young, not feeding them good food/ not giving them wet food,

not scooping the litter box enough, or not giving them enough attention. I know food can be expensive but giving them a nice nutritious diet can make a big difference in their health. And to stop them from biting, you can not let them do it to you when they're young and cute because it isn't when they're older, and by getting them a buddy to play with can help too. Playing with them at least 15 minutes everyday is good for them too. And also scooping the litter box everyday is some-

thing you should be doing. Cats are also notorious for breaking stuff or scratching stuff, but by getting them a scratching post/board. Stopping stuff at a young age for kittens helps a lot of, or most of the behavioral problems when they're older. You also shouldn't yell, hit, or technically punish them when they're bad, they don't know that what they did was wrong. Distracting them is what you should do instead. There are more things you could do but these are the main ones.



Editor's Note: Names were not provided with some submissions. Name tags are included with the artwork. The Cardinal Chronicle is a cooperative project with ISD #2170, class teacher(s) and the Staples World with support provided by paid advertisers. Editing is minimally limited.

The CARDINAL CHRONICLE is a publication of the Staples World and is supported by such. If you wish to support the Cardinal Chronicle by placing your advertisement, call 218-894-1112. The 2022-2023 school year SPONSORS were:



ERNIE'S

1230 Hwy. 10 East, Staples, MN
218-894-1072
Your friendly hometown store for fresh meat, produce, bakery and much, much more!
Store Hours: 7 a.m.-10 p.m.
7 DAYS A WEEK

Staples
218-894-1522

Motley
218-352-6284
www.firstintnlbank.com



1 FIRST INTERNATIONAL BANK & TRUST
Member FDIC
live first



EQUAL HOUSING LENDER



Staples-Motley High School 2023 graduate Jayce Kobliska receives her diploma from school board member Ryan Wright.

Receiving diplomas

A total of 81 diplomas were awarded to the 2023 graduates at Staples-Motley High School May 26, with the presentation by Superintendent Shane Tappe; and Board of Education members Chandler Trout and Ryan Wright.

Above: Wright awards a diploma to Grant Johnson.
Below: Trout awards a diploma to Josh White. (Staples World photos by Dawn Timbs)



Jayce Kobliska, Seth Larson



Haiden Rychner, Meghan VanAlst



Aften Robinson, Austin Weite.



Remington Converse, Corrine Japke



Grant Johnson, Landon Mertens



Inspiring her classmates

Amanda Carter, top ranked student in her 2023 class at Staples-Motley High School, gave a Commencement Address at the graduation ceremony May 26. She encouraged her classmates to take in the moment, reminding them that this might be the last time they will all be together in the same room. (Staples World photo by Dawn Timbs)



Looking to the future

Topanga Braith, ranked second at Staples-Motley High School for the Class of 2023, gave a Commencement Address at the graduation ceremony May 26. Braith expressed gratitude for her experiences at Staples-Motley, and for how they've helped prepare her for the future. She also reminded her classmates of the importance of "being real," as she paused on stage to take a 'selfie' photo with the crowd in the background. (Staples World photo by Dawn Timbs)



Confetti celebration

After receiving his diploma at the 2023 Commencement Ceremony at Staples-Motley High School, Jason Trantina expressed his excitement by throwing confetti in the air.



Capturing a moment

William Dolezal holds up his camera to take a 'selfie' photo with fellow classmate Meghan VanAlst following their graduation ceremony at Staples-Motley High School May 26. (Staples World photo by Dawn Timbs)



Looking for a higher rate of return on your money?

Term Share Certificates work exactly like a certificate of deposit (CD) earning you a greater yield than a traditional saving account.

TERM SHARE CERTIFICATES	
13-Month Term 5.05%^{APY} \$500 Minimum	7-Month Term 4.50%^{APY} \$500 Minimum



Terri Kobliska, Branch Manager

Open an account online today at mmfcu.org or stop by your local Mid Minnesota Federal Credit Union office.

Staples • 1220 N 4th St • (218) 894-2463 • mmfcu.org

APY=Annual Percentage Yield. 13- and 7-month term share certificate require a minimum deposit of \$500. A penalty may be imposed for early withdrawal. Fees may reduce account earnings. Certain restrictions apply. Each member is federally insured to at least \$250,000 by National Credit Union Administration. Advertised rates as of 5/26/23.