

Family Restoration Project offers hope

By Dawn Timbs
Staples World reporter

Dr. Jonathan (Jon) and Amy Claussen of rural Browerville are passionate about family, its role in the world and about helping others discover the joy and power of family in their own lives.

With eight children ranging in age from three - 19 years, family is definitely a priority for Jon and Amy. "We both came from strong family units and we've been blessed to see that continue in our marriage. It's a gift from God," Amy said during a recent interview.

The Claussens, who are Christians, believe the definition of family is based on biblical principles which lay the groundwork for all relationships in life.

Much of the turmoil in the world, they believe, stems from the breakdown of the family unit. Jon and Amy are hoping to be a catalyst for change in that area.

In 2012, the Claussens founded the "Family Restoration Project," a ministry they lead by way of speaking, worship and writing.

As posted on their website, www.familyrestorationproject.com, "The project is about restoring family to what it was originally intended to be and releasing family as the means to bring restoration to the world."

According to one of Jon's online postings, "We have to get back to the



Dr. Jon & Amy, plus eight

Dr. Jonathan and Amy Claussen of rural Browerville are passionate about family and committed to making it a priority in their lives, as well as helping other families through their ministry, "Family Restoration Project." They are pictured at their home with seven of their eight children. Back row, from left, are Lydia, 13; Sadie, three; Amy and Jon; Benjamin, 15; Emma, 17. Front row, Maggie, 11; Silas, seven; and Elijah, nine. The Claussens' son Jacob, 19, is currently in Argentina on a missions trip. (Staples World photo by Dawn Timbs)

basics and study how God intended us to be. If you don't know what something looks like originally, how can you restore it?" he asked.

In today's busy world, taking time for family needs to be intentional, something the Claussens understand all too well.

Jon is a family medicine

physician at Lakewood Health System Hospital in Staples, a position he has held since 2001. "That was my first job after completing my residency," he said.

Amy also has a background in medicine (she has a degree in nursing), but her full-time work has been as a mother and teacher to their eight chil-

dren. "When Jacob, our oldest son, was small he had to have a liver transplant and I could not imagine sending him to kindergarten at that time," Amy said, adding that she and Jon decided that home-schooling would be best for Jacob. "It was such a great experience that we just decided to home-school all

of the kids."

In addition to their respective jobs, the Claussens kept busy helping at church...first at Staples Assembly of God, then later at a revival center (based at their home) called the Glory Barn. Most recently, they have been helping plant Eden Encounter Church in

Pillager, led by Steve and Penny Statema.

Although the 'Glory Barn years' were meaningful, there came a time when Jon and Amy were both compelled to take a step back. "We were very busy...doing a lot of stuff at that time," Jon shared. "I went to the Lord and asked Him what He wanted me to do."

The answer, Jon went on, was clear as a bell. "He told me to play board games with my kids."

Amy had had a similar revelation and thus began "a beautiful season of just *being*," she said, adding that their youngest, Sadie, was a baby at the time.

"We hunkered down and said 'no' to a lot of other things," Jon said. "It was a time just for family. God was showing us His heart for family and what that means."

They did indeed play a lot of board games during that season (Catan, Pandemic and Stratego are some favorites); and Sunday afternoons would often find the Claussens gathered in the family room cheering on the Vikings.

However, Dec. 7, 2012, would mark a change for the Claussens.

"It was the day after Lydia's birthday," Amy recalled, adding that she had been writing out her prayers in a journal when she sensed a shift in focus. "The season of change has

See **CLAUSSENS** on page 8a

Drugs, alcohol, involved in majority of city crime

By Mark Anderson
News Editor

Wadena County Attorney Kyra Ladd asked the Staples City Council for support in changing sentencing guidelines for drug offenders so that they reflect the difference between drug sellers and drug users.

Ladd is the city's attorney for cases in the Wadena County portion of Staples. At the Jan. 12 Staples City Council meeting she said

most dealers are trying to make money on the backs of people who are addicts.

Ladd said addicts need treatment and dealers need harsher jail sentences, but Minnesota state laws are treating both crimes the same. She said that is a problem because there are limited treatment beds, many of which are taken

up by dealers who don't need it. "Jails are full because people are waiting to get into treatment," Ladd said.

Attorney Joe Krueger, who handles the Todd County cases for the City of Staples, agreed with

See **STAPLES COUNCIL** on page 2a

Lakewood plans to expand into more community health programs

By Mark Anderson
News Editor

Not only is Lakewood Health System (LHS) planning to expand their clinic building, they are also attempting to expand their reach into the health of the surrounding community.

At a community update event held Jan. 19, Lakewood officials tied the past and present with the future of healthcare. One of the themes talked about was helping community members stay healthy so they don't have to visit the hospital as often. Lakewood is working on that goal through several programs, including Choose Health to get fresh foods to patients, and programs with more home health visits.

"We are working towards greater partnerships with the community," said Lakewood CEO Tim Rice.

Chief Medical Officer Dr. John Halfen said Lakewood intends to remain independent, which gives them many advantages. "We have become known for innovation, we are able to try things a big corporation can't, we have established a reputation as a leader in change, even to the extent of how much the hospital board is active in

the system."

80 years in Staples

Rice said the Staples City Hospital began in 1936, so we are celebrating 80 years of service, the last 10 in our current location east of Staples.

Dr. Ted Lelwica spoke about how far LHS has come since he started in 1965, in a small downtown office clinic. He said he had basic equipment, no supplies, one RN for the entire hospital and the ambulance was also a hearsie.

As LHS grew, one of their greatest accomplishments was keeping their mission of placing the patient first, said Lelwica. He said they have kept up with the latest technologies and skills and have brought specialists in-house, saving time and money for patients. He said the new facility has retained that friendly atmosphere that's been created.

Latest updates

Dr. Sarah Israelson and Dr. Christine Albrecht spoke about some of the recent changes at LHS.

Israelson said some of the new equipment coming in March includes 3-D mam-

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Chamber of Commerce board

New and retiring members of the Staples Motley Area Chamber of Commerce board of directors gathered Jan. 19 to finalize plans for the annual meeting on Feb. 4 and to discuss directions for the future. Seated, from left, are Jayme Carlson, Jodi Reeck, Dan Orth, Megan Haber and Sarah Gregerson. Standing, from left, are Melissa Radermacher, Barb Cline, Dawn Hagenson, Seth Dokken, Bruce Brotherton and Steve Gertken. Tasha Olds and Sandy Knosalla were unavailable for the photo. Carlson, Reeck, Radermacher and Brotherton are new on the board. Gregerson, Dokken and Olds are retiring from the board. Gertken is the new president, replacing Orth. Cline is the executive director. (Staples World photo by Brenda Halvorson)

Chamber annual meeting features rural economics 'Rewriting the Rural Narrative'

"Rewriting the Rural Narrative" is the speaker's topic at the Staples Motley Area Chamber of Commerce annual meeting Thursday, Feb. 4, at Ted and Gen's, Aldrich.

The speaker, Merritt Bussiere, is a community economic educator with University of Minnesota Extension's Center for Community Vitality. Here is his summary of his talk:

"It seems the rural story has already been told - Small towns keep getting smaller. Churches, schools, clinics, businesses and now post offices, have closed their doors as the lucky few migrate out to the big cities. This deficit framework dominates how we discuss and envision our rural communities.

"However, the story of rural America since 1970 is rich and diverse, with positive trends occurring under the radar. Learn how these important positive changes have been occurring across the rural landscape that requires us to rewrite the narrative of rural community change."

The social will begin at 5:30 p.m. with the dinner and speaker at 6:30 p.m. The meeting is open to non-members as well as current members. New chamber board members will be introduced.

The ticket price includes a four-meat buffet, tax, gratuity, program and prizes. Tickets are available at the chamber office, by calling 218-894-3974 or by emailing Barb Cline at smchamber@arvig.net. Advance

registration is encouraged.

Tickets are also available from board members and at Unity Bank, First International Bank & Trust, Jemma's Salon and Staples World.

Merritt Bussiere is based in Brainerd and serves the Central Minnesota counties of Aitkin, Benton, Cass, Crow Wing, Hubbard, Morrison, Todd and Wadena.

He began his work for the Center for Community Vitality in April 2013. His background includes an extended affiliation with the University of Wisconsin Extension's Community, Natural Resource and Economic Development Program. He served as a county-based community development educator and as a campus-based, state land use education specialist. Bussiere has also worked as a city community development director, business counselor, community planning and development consultant, loan fund manager, economic development director and zoning administrator. He has led public policy research programs for nonprofit and labor organizations.

His areas of specialization include community and economic development, business feasibility planning and finance, household and user surveys, downtown revitalization, organizational development and group process, land use policy, planning and regulation, and public policy analysis and strategy development.

Hello, Readers,
The next CARE Ministries meal will be Tuesday, Jan. 26, at the Church of Christ, 27343 490th St. Staples. These are free community meals that everyone is welcome to attend.
* * * * *

Patsy Cline, one of the most important figures in country music history, first gains national attention with her winning appearance on Arthur Godfrey's Talent Scouts on Jan. 21, 1957.

Where in the World?
Crow Wing Currents: 3B

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Wadena County gets ballpark estimates of remodeling costs

By Rin Porter
Wadena County reporter

At the request of the Wadena County Board of Commissioners, two representatives from Vercon, the county's construction manager, appeared at the Jan. 12 board meeting to deliver detailed but still "ballpark" estimates on the potential costs of the board's next two possible remodeling projects:

- Turning the Wensman Building into a county government services center;
- Turning the courthouse into a law and justice center.

Justin Monenga and Nick Ylitalo provided figures for three phases of remodeling for the two projects representing Vercon's best estimates of the projects' costs for all the various scopes of work, e.g., electrical, plumbing, demolition, doors, windows, etc.

The estimates were \$1,630,873 for Phase I to remodel the Wensman Building, and \$1,072,733 for Phases II and III to remodel the courthouse. Included in the estimates were "value engineering" options that reduced the possible costs by about \$350,000. Without the value engineering options, the total cost would be \$3 million.

"Value engineering" refers to the practice of "analyzing designed building features, systems, equipment and materials selections to achieve essential functions at the lowest life cycle cost."

These remodeling cost estimates were considerably higher than the board expected, and all five commissioners seemed shocked. Board Chair Jim Hofer pointed out that the estimate for remodeling the Wensman Building calculated just last summer was about \$1.1 million, rather than \$1.6 million.

Monenga and Ylitalo said that their new estimate included demolishing and removing the entire concrete slab under the Wensman Building, to allow for plumbing runs, electrical connections and other aspects of construction.

tion. They said it was a better idea to remove the whole slab than to tear it up in many locations and then patch it. It's old concrete, they said.

In addition, the \$1.6 million did not include as much work by sentence to serve crews and county employee crews as the commissioners anticipated. If more work were done by these two crews, the labor costs would go down.

In the silence that followed after Monenga and Ylitalo completed their presentation, Seventh Judicial District Judge Sally Robertson said, "What if there was a pause between finishing Phase I and starting Phase II, like a year?" That pause or break would allow the county to build up some additional funds before doing the remodeling of the courthouse at a cost of another \$1 million.

Hofer said, "We wanted to do as much as we could with STS and our maintenance staff.... We thought that we could cover \$1.1 million with (existing) fund balances, but I don't think we can cover \$3 million."

Commissioner Bill Stearns reminded the group that during the last mild winter, the workers at the highway department remodeled the highway building, since there was no snow to plow and no road maintenance to do. "If we used them to demo the concrete floor, it could be done quickly. We have to pay their salaries anyway."

Not wanting to let the projects die, Hofer asked the county's budget committee to meet during this same week and recommend fund balances that could be used, along with other resources, to accomplish the remodeling of the Wensman Building. "Right now, we're only looking at Phase I," Hofer said, "with the master plan including the other two phases."

Commissioner Rodney Bounds asked several questions, including what the operating cost of the remodeled building would be, where the parking lot would be expanded, whether additional custodial staff would have to be

hired to care for an additional county building and where the maintenance department would go if it were to be moved out of the Wensman Building according to the current proposed floor plan.

Hofer asked County Engineer Ryan Odden and Maintenance Supervisor Sean Uselman to work up estimates of operating costs for the remodeled building, and a realistic plan for custodial staff and cleaners to handle the additional county office space, while commissioners would come up with recommendations for financing scenarios. This committee work is to be brought before the board at the Jan. 19 meeting.

In other business, the board

- Approved a county garbage hauler license with Waste Management for 2016.
- Heard an update on the expanded service times for the Friendly Rider buses from 6 a.m. to 6 p.m., and on the new bus route from Wadena to Staples and Motley, running twice per day, Monday through Friday.

- Approved a Memorandum of Understanding between the county and the 49ers bargaining unit to bring the 49ers contract in line with the Teamsters' contract on an accounting issue.
- Approved a one-year contract between the county and the West Central Economic Development Alliance, Mark Hanson, Executive Director, for WCEDA to provide economic development services to Wadena County.

- Took no action on a request from Emergency Management Services director Luke Mander-schied to approve a printing quote for the county's proposed new employee security guidebook.
- Held a closed meeting for labor negotiations discussion with the county's labor attorney.
- Approved a new policy restricting access to security camera footage and email archives held by the county.

short time later at a residence near the intersection of Wadena Cty Rd 2 and Wadena Cty Rd 26. Also responding to assist were Todd County Sheriff's Dept, Wadena County Sheriff's Dept, MN State Patrol and Staples Fire Department.

Jan. 11., Staples Police responded to 4th St NE of a report of an ATV that ran a stop sign and almost hit the complainant's vehicle. Police were unable to locate the ATV.

Jan. 12, Staples Police received a report of suspicious activity on the 100 block of 7th St. NE where a vehicle owner has found screws in his tires on three separate occasions.



Talking shop

Talking business after the Lunch & Learn, from left, Dick Jordan of SCORE, Rick Utech of the Todd County Development Corporation, Peter Nelson of the Small Business Development Center and Julie Nelson of Mayer, Porter & Nelson, Ltd., certified public accountants.

SCORE and the SBDC are both free business mentoring services centered at Central Lakes College in Brainerd. (Staples World photo by Mark Anderson)

Businesses urged to plan transitions

By Mark Anderson, News Editor

It takes several years to prepare to sell a business, said Peter Nelson and Dick Jordan at a Lunch & Learn symposium held Jan. 14, at NJPA, Staples, sponsored by the Todd County Development Corporation, Staples Economic Development Administration and Staples Motley Chamber of Commerce.

Nelson, of the Small Business Development Center at Central Lakes College in Brainerd, said banks want three years of tax records before financing a buyer for your business, so he suggested businesses change the accounting to make it obvious to the buyer where the value of the business is.

He said when business owners are operating a business, they are focused on growth and minimizing taxes. When they switch to wanting to sell the business, they should look to maximize the sale price by showing how profitable the business can be.

Jordan said it may take five years for some people to prepare. He said there are many other considerations besides getting the best sale price, including a desire to keep the business in the same community.

Jordan said there is an emotional value

to a business and sellers have to consider family, management team, key employees, shareholders and partners. He said to ask questions like: is the family more important than the business?

He said the biggest problem for many sellers is the lack of a written agreement. While communication is the key, written agreements are needed so both parties can refer to the same deal.

Nelson said both the SBDC and SCORE services are free to clients, as they are funded by the Small Business Administration and Minnesota Department of Employment and Economic Development.

SBDC and SCORE can help business owners build a support team. Nelson said they are not a replacement for attorneys, accountants, brokers, families, bankers, financial advisors or insurance agents, but they can help line up those needed services.

SCORE is a nonprofit association dedicated to helping small businesses get off the ground, grow and achieve their goals through education and mentorship. Jordan said the former business people who give advice are emphatic, having been in the same position as business owners wanting to sell, and will be impartial with no emotional ties to the transaction.

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Electricity provider contract with rate changes to be reviewed; offpeak electric option sought

Ladd's assessment.

Council members said they would support the changes Ladd suggested.

Both attorneys provided statistics on crimes prosecuted in 2015. Ladd estimated that 90 percent of criminal activity has a tie-in with drug and alcohol activities. Her 2015 stats showed that 40 percent of cases were for alcohol, either DWI or underage drinking, with another 36 percent assault, which includes domestic abuse, harassment and disorderly conduct.

Krueger said there has been an increase in traffic on highways 10 and 210 through Staples, so the number of traffic offenses is going up. He estimated that 40 percent of his work for Staples is traffic related, 25 percent assaults and 25 percent DWI related.

Electrical changes

Joni Livingston of Missouri River Energy said they would like to approve a new contract for the city to purchase power from their company. She said the company has fundamentally changed the way they provide power to cities, selling and buying it on the market instead of

charging for transmission from the power plant.

Livingston said the change would result in cost savings for 2016. The board will review the rate changes at their next meeting on Jan. 26.

Off-peak electric

Staples resident Jim Hoemberg asked the council why he was unable to sign up for off-peak electric rate service. Public Works Director Doug Bendorf said the old system hasn't been working and they will be operating with a new system by September.

Hoemberg wondered why it wasn't made possible after the new substation was put in. "You should be able to put in off-peak in this day and age," said Hoemberg.

In other news, the board

- Designated Staples World as official newspaper.
- Designated official depositories: First International, Mid-Central, Mid-Minnesota, Unity, Wells Fargo; for securities, United Bankers Bank of Bloomington and Bank of North Dakota.
- Approved pawnbroker's license for Like-Nu Gun & Pawn.

- Approved resolution identifying slum and blighting conditions in the Small Cities Development Program grant target area.

Committees appointments

The council also approved the following board appointments:

Public Works - Stan Carlson, Bruce Nelsen, Jeff Spandl, Mary Theurer; Roy Miles

Airport Board - Ken Peterson, Kent Nordell, Jeff Weittemier, Chris Etzler; Bruce Nelsen

Planning and Zoning - Joann Schornack, Jim Dregney, Mike Isenberg, Doug Case, Janet Kiley, Tom Kajer; Bruce Drone

Parks and Rec Advisory Board - John Gorton, Libby Isenberg, Roy Miles, Sheila Young, Ron Murray, Mary-Ann Petersen, Melissa Daniels

Board of Adjustment - Roy Miles, Bruce Drone, Brian Niemann

Community Corrections - Ron Murray

Airport Zoning Board - Kevin Jenkins, Chris Etzler

Housing and Redevelopment Authority - Frank Leidenfrost, Rose Hoemberg, Bruce Nelsen, Ellen Nelson, Bruce Hayenga

Staples Police check on people in cold weather

The Staples Police Department responded to cold weather concerns during the recent cold snap. The following are from the police report:

Jan. 14, at 2 a.m., Staples Police assisted the Wadena County Sheriff's Dept. with transporting a subject who had been walking on Hwy 210 to their residence in rural Motley.

Jan. 17, at 4:39 a.m., Staples Police observed a female subject walking

on the 1000 block of 4th St NE. Due to the extremely cold temperatures, Police assisted the subject by giving her a ride to work.

Jan. 17, at 5:42 a.m., Staples Police received a report of a male subject who was reported to be walking in, or near, the City of Staples. The reporting party was concerned that the subject was believed to be intoxicated. The male subject was located by the reporting party a

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Who is making Music?

The Staples World and the Staples Motley Schools Music Department are looking for graduates of Staples High School, Motley High School and Staples Motley High School who are currently working in the music education profession or studying to do so.

Email information to shoemberg@isd2170.k12.mn.us or call Dawn Timbs, Staples World, 218-894-1112.

Information should include name (maiden name, too), year and school graduated and what you are doing now in the profession.

Please submit by Jan. 25.

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Sue Simons, Administrative Assistant

IRS and Free File Alliance launch Free-File

The Internal Revenue Service and Free File Alliance announced the launch of Free File with many changes and updates for 2016, including more free state tax return options and easier Form W-2 imports.

For 2016, there are 13 brand-name tax software providers making their federal tax return products available for free. Taxpayers whose adjusted gross income was \$62,000 or less during 2015 are eligible for at least one, if not more, of the 13 tax software products. The income limitation is \$2,000 higher than last year. People can use Free File software immediately. E-filed returns began transmitting to the IRS Jan. 19.

For taxpayers who earned more than \$62,000, there's Free File Fillable Forms, the electronic version of IRS paper forms. Free File Fillable Forms available on Jan. 19.

"You don't have to be an expert on taxes. Free File software can help walk you through the steps and help you get it right," said John A. Koskinen, IRS Commissioner. "For 13 years, this partnership between the IRS and the Free File Alliance has helped taxpayers. The real winner in this partnership has been the nation's taxpayers."

Tim Hugo, executive director of the Free File Alliance, said, "We are proud to once again offer the industry's most innovative and secure tax software at no cost to 70 percent of American taxpayers. Tax time can be stressful, but Free File makes step-by-step help accessible to everyone making \$62,000 or less. Free File is only available at IRS.gov/FreeFile. It is the one place where taxpayers can choose from a variety of industry-leading tax software options in order to prepare and e-file their federal tax returns at absolutely no cost."

Since 2003, more than 46 million people have used Free File, saving nearly \$1.4 billion based on a conservative \$30-fee estimate.

The Free File Alliance and its members also are active participants in the Security Summit Initiative to provide additional identity theft safeguards for tax filing and for the Security Awareness campaign – Taxes. Security. Together. – that encourages taxpayers to take steps to better protect their data.

For 2016, more Free File software providers are offering both free federal and free state tax return preparation for states with income tax requirements. Some providers also are offering state tax return preparation for a fee. State tax return offers are at the discretion of the providers.

Additionally, new for

this year, several software providers also are offering the easy importation of Form W-2 information which can help reduce errors.

More than 70 percent of all taxpayers — 100 million people — are eligible for the software products. Each of the 13 companies has its own special offers, generally based on age, income or state residency. Taxpayers can review each company offer or they can use a "Help Me" tool that will find the software for which they are eligible, including which companies offer a free state return.

Free File also helps taxpayers with the new health care requirements. Just as last filing season, almost everyone will need to do something when filing a tax return this year. For each month in 2015, taxpayers and everyone on their return must select one:

- Report health care coverage
- Claim an exemption from coverage, or
- Make a shared responsibility payment with their tax return.

Most people will simply have to check a box to report health care coverage for the entire year.

If a taxpayer, or anyone on their return, purchased coverage from the Health Insurance Marketplace, they may be eligible for the premium tax credit. If they opted for any advance payments of the premium tax credit to help with their monthly insurance premium payments, they must file a tax return, even if they were not required to file. Taxpayers must reconcile their advance payments with the amount they were due. Learn more at IRS.gov/aca.

Taxpayers have the option to prepare their return at any time and schedule a tax payment as late as the tax deadline, which, for 2016, is April 18. Taxpayers who cannot meet the April 18 tax filing deadline can also use Free File to file a six-month extension.

Remember, the fastest way to get your refund is through e-file and direct deposit. Direct deposit is fast, safe and easy. Just have your routing number and account number handy. Nine out of ten taxpayers will receive their refunds within 21 days.

For 2016, Free File can also help taxpayers with myRA a new, free, retirement savings account from the U.S. Treasury Department. Taxpayers who have a myRA account may use Free File to deposit their tax refund or a portion of their refund into their myRA account. Just use Form 8888 or follow your software product's instructions.



Dr. Sarah Israelson



Teresa Fisher and Dr. John Halfen



Dr. Christine Albrecht

LAKEWOOD UPDATE continued from page 1a

Insurance is driving initiatives

mograms and an in-house MRI machine, replacing the trailer MRI. Albrecht spoke about tele-medicine, which allows patients to talk with specialists from other hospitals.

Albrecht said LHS surveys have indicated that patients want more access to providers. She said the building project will allow them to add more providers. She said care coordination will help people navigate the system and the addition of dietary and physical therapy help will keep patients out of the hospital.

Albrecht said they are looking at adding home-based services such as a community paramedic who would travel to patients' homes to make sure they are taking medications and helping them stay healthy.

Israelson spoke about the new electronic medical records service and the new leadership model at LHS. She said they appreciate

the Rural Physician Associate Program which allows medical students to intern at Lakewood.

Future

Lakewood Chief Operating Officer Teresa Fisher and Dr. Halfen talked about where they see LHS going in the future.

Halfen said the community health initiatives are driven by changes in the way the insurance companies compensate hospitals. "The healthier the population is, the more physicians will benefit from it," said Halfen. "The old way, the sicker the population was, the more money we would make."

Fisher talked about how the Choose Health program allows patients to access locally grown produce through farmers markets. She said they received a Bush Award grant for Choose Health. "We are working on the next phase, to grow the program and bring more locally grown

foods to area families," said Fisher.

Fisher said they will continue partnerships with many local, regional and state-wide organizations. She announced their latest partnership with Big Stone Therapies.

She said with the coming clinic additions in Staples and Pillager, they have developed a new marketing tag line: "Your choice. For a lifetime of care."

Politics in healthcare

Halfen said LHS has to try and predict what will happen politically so they can stay on top of health care laws. He said the upcoming presidential election might change some of the specifics of healthcare reform, but it won't revert back to the old system.

"Change is going to have to happen," said Halfen. "We know it is a very inefficient system ... We have the most expensive health



Dr. Ted Lehwica

care in the world and not the most effective."

He said Obamacare is a version of a former Republican plan and the proposal of exchanges won't change it a lot.

Halfen was in favor of reforms that allow more people to access health care. "We have quality care here but we don't necessarily give it to everyone," he said.

Fisher said LHS has analyzed costs and are finding ways to lower costs while maintaining high quality of care. She said they have lowered lab and imaging costs because people are shopping around for the best deals in health care.

Tax refund fraud continues to be a serious problem, according to BBB

With another tax season coming up, Better Business Bureau of Minnesota and North Dakota ® (BBB) warns taxpayers about tax-related identity theft, which occurs when someone uses your stolen Social Security number (SSN) to file a fraudulent tax return and claim your refund. Though this type of fraud is tough to prevent – beyond taking steps to safeguard your personal information – BBB offers some tips to help consumers recognize when it's occurred and steps they can take to mitigate the situation.

According to CNBC, tax-refund fraud is expected to total \$21 billion in 2016. This type of fraud often occurs without the victim knowing it, until they file their tax return and discover that a return has already been filed using their Social Security number. Another way people learn they've been victimized is when the IRS sends them a letter saying they have identified a suspicious return using their SSN.

"Various criminal operations have begun focusing their resources on tax refund fraud, which has become a lucrative illicit enterprise," said Dana Badgerow, president and CEO of BBB of MN and ND. "The IRS is taking increased steps to prevent this type of fraud, but this is an issue that will remain front and center going forward."

BBB seeks to make people aware

of this growing problem and one they need to prepare for. Some ways to decrease your risk of becoming a victim of tax-related identity theft include: safeguarding your Social Security number and other sensitive personal information and filing your tax return as promptly as possible. This year, the IRS has announced they began accepting tax returns on January 19. The filing deadline to submit 2015 tax returns is Monday, April 18, 2016, rather than the traditional April 15 date.

The IRS offers some additional identity protection tips for taxpayers:

- Always use security software with firewall and anti-virus protections. Make sure the security software is always turned on and will automatically update. Encrypt sensitive files such as tax records you store on your computer. Use strong passwords.
- Learn to recognize and avoid phishing emails, threatening calls and texts from thieves posing as legitimate organizations such as your bank, credit card provider or even the IRS. Do not click on links or download attachments from unknown or suspicious emails.
- Guard your personal data. Don't routinely carry your Social Security card, and make sure your tax records are secure. Treat your personal information like you do your cash; don't leave it lying around.

- Be alert to possible tax-related identity theft if you are contacted by the IRS or your tax professional/provider about: More than one tax return being filed using your SSN; owing additional tax; your refund being offset; or if you've had collection actions taken against you for a year you did not file a tax return; IRS records indicate you received wages or other income from an employer for whom you did not work.

If your SSN has been compromised or you know – or suspect – that you are a victim of tax-related identity theft, the IRS recommends that you:

- Respond immediately to any IRS notice; call the number provided or, if instructed to do so, visit IDVerify.irs.gov.
- Complete IRS Form 14039, Identity Theft Affidavit, if your e-filed return is rejected because of a duplicate filing under your SSN or if you are instructed to do so. Use a fillable form at IRS.gov, print, then attach the form to your return and mail according to instructions.
- Continue to pay your taxes and file your tax return, even if you must do so by paper.
- Visit bbb.org or click here for BBB tips on how to find a qualified tax preparer.

Contact BBB at bbb.org or 651-699-1111, toll-free at 1-800-646-6222.

Sponsored by Staples Area Women's Chorus

with Participating High School Choirs:
Albany, Bertha-Hewitt, Brainerd, Browerville, Eagle Valley, Henning, New York Mills, Long Prairie, Menahga, Pequot Lakes, Pine River Backus, Pillager, Sauk Centre, Sebeka, Staples Motley, Verndale, Wadena, and The Staples Area Women's Chorus

Presenting

Her Voice, Her Song

A Choral Festival
for Young Women

Saturday,
January 30, 2016

Staples Motley
High School,
Staples, Minnesota

7:00pm
Doors open at 6:30pm

w3-ss4c

\$8 Adults, \$4 Students; at the door \$10 & \$5; Family price \$25

Tickets may be purchased from Women's Chorus members, at Staples World, Nelson Insurance Agency of Staples and Markus Hair Design in Motley.

For more information Call Barb Cline at 218 894-1253 or 218 330-3830

DON'T FORGET!!!!
The deadline for classified ads, display ads, garage sale ads, letters to the editor and news items for the Staples World is.....
5 p.m. MONDAY'S
Staples Square Shooter shopper
deadline is Wednesday at 5 p.m.

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‘Together, we can create great readers’

This is such a great time of the year in school. Kids are back from Christmas Break and we hit the ground running. There are so many things to accomplish and the days are filled with a lot of activity. And, of course, February - I LOVE to READ month - is fast approaching.

Many fun ideas are being planned for students all February long. Our theme this year is “The S’more you Read the S’more you Know.” So you know what that means. After a month filled with challenges to encourage reading, fun dress up days, and as many community readers as we can invite to our school, we will be hosting a Camping Party at Staples Elementary. There will definitely be plenty of s’mores for treats that day.

Reading is a skill that can open doors for our students. As teachers, we want to build a love for reading. We show students what possibilities lie before them as they read to learn. Kindergarten through second grade is focused

on learning to read. In third grade, we switch to reading for meaning.

It is so fun to walk into our classrooms at Staples Elementary. Kids are scattered around the room with their noses deep in books. Student partners read with each other and discuss interesting things about the books they are reading. Teachers work every day with small groups, building their skills and taking them to new levels. During small group time, teachers identify student reading levels and provide books for student to take home and share with their families.

Take some time each day and listen to your child read. It helps reinforce the skills they are practicing in school. Reading 20 minutes a night - either to your child or them reading to you - will greatly increase your child’s reading levels. Together, we can create great readers with a passion for learning.

Thank you for supporting our young eager-to-learn readers.

— o —
Staples
Motley
Schools



By Kathy Johnson
Staples Elementary
Principal
— o —

What’s next for U.S. after Paris Climate Agreement?

By Richard Eidlin

Well before the final negotiations of the COP21 climate talks in Paris, business was already making a big difference on the ground. For the first time, superstar entrepreneurs showed up with plans to fund major initiatives. Giant companies sent CEOs to showcase their results in reducing carbon in their own operations. And entire industries, such as financial services, agriculture and manufacturing, made new commitments to address climate change.

Attending the talks as a business leader, I could tell that positive pressure from the business sector was going to lead to success. The overwhelming message to government leaders was, “we, the international business community, will support you if you make a strong deal.”

But of course talk is cheap and easy. Now comes the difficult part: turning the agreement into actions that will actually save the planet.

Luckily, business excels at innovating and turning plans – no matter how vague – into practical, achievable results. And American businesses are arguably the best in the world at that.

First, and easiest, is for companies to make or extend individual commitments to reduce carbon. Whether by increasing their usage of renewable energy or energy efficiency, streamlining supply chains – or even steps as small as offering mass transit incentives to employees – companies large and small can take their own steps to cut carbon emissions.

Over and over in Paris, we heard how these ef-

forts actually strengthen the bottom line. We saw many businesses that are committed to doing their part on climate change, like Patagonia, which has installed nearly 500 solar panels at its headquarters.

But as great as the voluntary efforts are, no one believes they will be enough to reach the necessary targets. For significant progress, business needs government to nudge things in the right direction.

For example, take the Clean Power Plan, the EPA’s rules to reduce carbon emissions from power plants. These rules will significantly cut our greenhouse gases, which is a major benefit for every industry. The rules provide states with unprecedented leeway in crafting their own plans, which will result in technological innovation and job creation.

Unfortunately some

in Congress are trying to block the rules as being bad for business. That’s why during the Paris summit, our business group joined with Environmental Entrepreneurs (E2) to announce letters calling on Congress not to derail the talks and get serious about strengthening America’s economy.

Most small business owners agree with us. National, scientific polling found that 64 percent of small business owners support government regulation to cut carbon pollution from power plants.

In fact, many business people want even stronger climate policies, such as carbon pricing.

Major U.S. brands like Ben & Jerry’s and Seventh Generation support putting a market price on carbon. Many more U.S. companies are signing a business letter to Congress

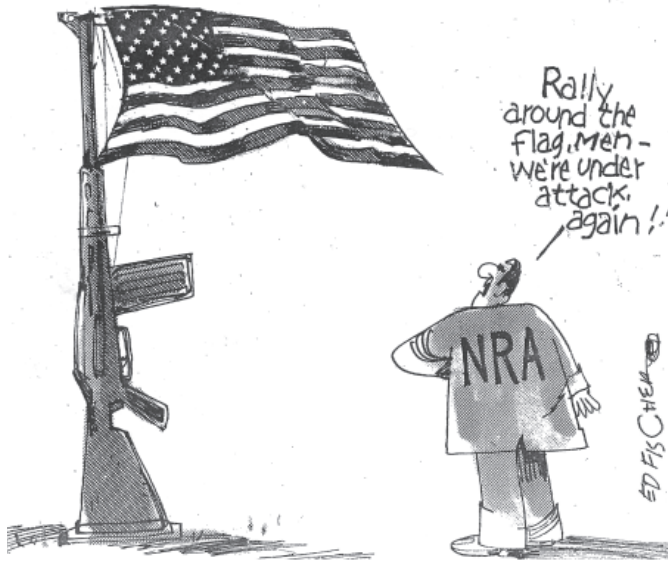
showing support for a carbon tax. Internationally, even oil companies are getting behind the idea.

When I was in Paris, I spoke with an executive of a giant European oil company. As she explained, a carbon tax “provides us with a clearer path for making mid-term investment decisions. Whether we invest in another oil field, or move toward more wind depends in large part on what the price of CO2 will be.” This is using the power of the market to determine how to power the economy going forward.

The Paris climate talks resulted in a breakthrough agreement. But it is really

just the beginning. Now we all - individuals, government and businesses - need to do everything we can to turn that talk into action. For business leaders, that means not only doing what we can in our business, but it means pushing our elected officials to do what they need to. Paris proved that business support can help in making a deal. To turn that deal into reality, business support will be essential.

Richard Eidlin is Vice President of Policy and Campaigns at the American Sustainable Business Council. This was submitted by American Forum.



StaplesWorld

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The deadline is 5 p.m. Monday. Opinions expressed on this page do not necessarily represent the views of this newspaper.

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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.

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Touring the Staples World

Students from Freshwater Education's ALC (Area Learning Center) in Staples toured the Staples World Jan. 14. During the tour, led by manager Brenda Halvorson, students learned about the various facets of the newspaper business and were introduced to the Staples World staff. Pictured above, from left, are John Fox, teacher; Clayton Thieschafer, Sam Robben, Sam Esler, Gaeb Bartle, Adam Brown, students; and Halvorson. (Staples World photo by Dawn Timbs)

ness and were introduced to the Staples World staff. Pictured above, from left, are John Fox, teacher; Clayton Thieschafer, Sam Robben, Sam Esler, Gaeb Bartle, Adam Brown, students; and Halvorson. (Staples World photo by Dawn Timbs)

Annual Tri-Care Festival of Health is in Wadena

The 26th annual Tri-Care's February Festival of Health is a community-wide health fair to be held Saturday, Feb. 6 from 10 a.m.- 2 p.m. at M-State's Wadena campus on Hwy 29. This free event offers more than 70 exhibits by local businesses and organizations, including booths like Glucose and DNA swab testing. Each booth provides hands-on learning and an opportunity to become familiar with the many resources available for health, well-being and safety. Wadena County representatives will be available to discuss Elderly Prevention Services, Healthy

Homes, Family Health, Reproductive Health and Emergency Management. One of the featured events is the Community Baby Shower booth, sponsored by Tri-County Health Care's Obstetrics Department. Moms who are currently pregnant or have had a baby within the last year are eligible to win more than \$400 in prizes in a special drawing. Free health screenings available will include: blood pressure and blood glucose tests. The Wadena County Soil and Water Conservation District will conduct free water testing, so bring a sample.

Friendly Rider is providing FREE rides all day. Festival of Health attendees who would like a free ride to or from the event should call 218-631-5730 to register. Lunch is available between 11 a.m. and 1 p.m. in the cafeteria for a nominal fee. Free entertainment and demonstrations will take place, including dance performances, face painting and free caricatures. The health fair is sponsored by Tri-County Health Care Foundation, Tri-County Health Care and M-State, Wadena campus.

Mark Your Calendar

January 20

STAPLES ALL VETERANS AND COMMUNITY PARK ASSOCIATION'S ANNUAL MTG Wed., Jan. 20, 5:30 p.m., lower level of Twisted Sisters Bar & Grill, Staples. Regular mtg to follow.

January 25

THE BOSOM BUDDIES BREAST CANCER SUPPORT GROUP MTG Mon., Jan. 25, Lakewood Health System Care Center, Staples. Dinner at 4:30 p.m., in the cafeteria; mtg and program to follow at 5 p.m. in the activities rm.

All breast cancer survivors welcome. For info., 218-894-2627.

January 26

CARE COMMUNITY MEAL Tues., Jan. 26, 4:30 - 6 p.m., Church of Christ, 27343 490th St., Staples. Free. For info, 218-894-2609.

January 28

WADENA WHIRLAWAYS SQUARE DANCE Thurs., Jan. 28, 7:30 - 10 p.m., Wadena VFW. Tom Jacobs, caller. For info., 218-894-1542.

School board agenda

The Staples Motley School Board will meet Monday, Jan. 25, at 7 p.m. at the Staples Motley High School media center. Tentative agenda items include:

- School/community forum, if presenter contacted board chair or superintendent by noon the day of the meeting.
- Presentation on the strategic planning process and outcome.
- Other items include reports from the principals, superintendent, SMEA and school board committees.

Staples City Council agenda

The Staples City Council will meet Tuesday, January 26, at 7 p.m. at the Staples City Hall, 122 6th ST NE, Staples. Preliminary agenda items include:

- Consider resolution approving amendments to the Missouri River Energy Services S-1 Power Sale Agreement and Associated Transmission Agreements
- Consider approval of 2016 and 2017 labor agreements: IBEW Local Union No. 31; Teamsters Local Union No. 320; AFSCME Local Union NO. 3628; Non-Union;
- Committee Reports:
- Parks and Recreation Advisory Board
- Open Forum
- City Administrator's Report.

CWRBFC annual workshop Feb. 11

Cattle producers won't want to miss the 16th annual Winter Workshop 2016, presented by the Crow Wing River Basin Forage Council (CWRBFC), February 11, at Central Lakes College, 1830 Airport Rd, Staples, beginning at 8:30 a.m. This is an opportunity to get in on a real "Bull Session" with discussions ranging from bull selection, cow efficiencies to best calving practices. Dr. Kris Ringwall, Director of North Dakota State University's Dickinson Research Extension Center, is the featured speaker. Participants will find Ringwall's workshop, "Making sound choices in today's cattle industry," timely. The sessions will equip producers with sound tools to use while evaluating their decisions around bull selection and herd management. Ringwall's sessions will include: selecting the right sires for your operation – assessing both the EPDs and genetics best suited for your cows and production goals; research you can use to help decide what is the ideal cow size for your operation; and real-world research that weighs the pros and cons of calving early or late. (Participants are asked to bring a sales catalog of bulls you intend to buy or breed to or the registration numbers of past and present bulls you own). Along with the speakers, there will be a Q&A session and vendors and sponsors will be on hand with displays and handouts. Cost for the day-long workshop which includes morning and afternoon refreshments, full lunch and speaker.

The CWRBFC is a networking group of the Sustainable Farming Association. Information about the Forage Council can be found at www.sfa-mn.org. For workshop registration information and a downloadable flyer and form you can go to www.sfa-mn.org, or contact Kent Solberg, 844-922-5573 – Ext. 701, email kent@sfa-mn.org or Charles Horsager, 218-639-4225, email chor-sager@unitybanking.com.

USDA Conservation Reserve enrollment ends Feb. 26

Farmers and ranchers are reminded that the next general enrollment period for the Conservation Reserve Program (CRP) ends Feb. 26. December 2015 also marked the 30th anniversary of CRP, a federally funded program that assists ag producers with the cost of restoring, enhancing and protecting certain grasses, shrubs and trees to improve water quality, prevent soil erosion and reduce loss of wildlife habitat. Participants in CRP establish long-term, resource-conserving plant species, approved grasses or trees (known as "covers") to control soil erosion, improve water quality and develop wildlife habitat on marginally productive agricultural lands. In return, FSA provides participants

with rental payments and cost-share assistance. At times when commodity prices are low, enrolling sensitive lands in CRP can be especially attractive to farmers and ranchers, as it softens the economic hardship for landowners at the same time providing ecological benefits. Contract duration is between 10 and 15 years. The long-term goal of the program is to re-establish native plant species on marginal agricultural lands for the primary purpose of preventing soil erosion and improving water quality and related benefits of reducing loss of wildlife habitat. For more information about FSA conservation programs, visit a local FSA office or www.fsa.usda.gov/conservation.

Value Added Grants available to ag producers and processors

The Minnesota Department of Agriculture (MDA) is accepting applications for funding through the state's Value Added Grant program. The grants are designed to help farmers, producers and processors add value to their operations and the state's agricultural economy. Governor Mark Dayton and the Legislature first established the grant program in 2013, to advance the Minnesota's agricultural and renewable energy industries. "Minnesota's Value Added Grant program is a great way for farmers, producers, and processors to grow their businesses," said Lt. Governor Tina Smith. "In 2015, the Value Added Grant Program helped leverage \$7 million in private investment and supported the creation of 119 jobs. I encourage Minnesota ag producers looking to grow their businesses to apply for funding before the March 8 deadline." Applicants have several options to boost their businesses with a portion of the \$1 million available through the Value Added grants:

- Start, expand or update livestock product processing.
- Purchase equipment to start, upgrade or modernize a business.
- Increase on-farm food safety.

- Increase processing and aggregating capacity to sell to schools, hospitals or others.
- Increase the use and processing of Minnesota agricultural products

Eligible applicants must be involved in production, processing or marketing Minnesota agricultural products. Farmers, businesses, agricultural cooperatives or local government entities operating farmers markets or food hubs are eligible. "As a result of this grant, we look forward to many years to come of successful maple sap processing and increased maple syrup sales," said Kristin Van Den Berg of Sawtooth Mountain Maple Syrup Company, a past grant recipient. The grant reimburses up to 25 percent of the total project cost with a maximum award of \$150,000 and a minimum of \$1,000. Equipment purchases and facility improvements are eligible. Applications must be received no later than 4:00 p.m. Tuesday, March 8, 2016. Apply online, www.mda.state.mn.us/valueadded.aspx or submit an application by e-mail, mail, or in-person. Another application round is scheduled for later summer/fall 2016.

Lamplighter Community Theatre annual meeting

The members and board of the Lamplighter Community Theatre will hold their annual meeting Thursday, Feb. 4, at 5:30 p.m. in the lobby of Centennial Auditorium at 401 Centennial Lane, Staples. Agenda items include a review of 2015 activities and finances, discuss plans for 2016, renewing memberships and election to the board of directors. Anyone interested in community theater is welcome to attend.

Staples Library events

Book Club

Teens and adults are invited to join the Book Club at the Staples Public Library, Thursday, Jan. 28, 6:00 to 7:00 p.m. Contact the library for book title information. Meet with the group to enjoy discussion.

Reading Adventures

Preschool children are invited to Reading Adventures at the Staples Public Library, Wednesday, Feb. 3, 9:00 to 10:00 a.m. Discover the adventures in every book at the library

Workforce Center

A Minnesota Workforce Center staff person will be available to assist job seekers at the Staples Public Library, Thursday, Feb. 4, 2:00 to 4:00 p.m. Individuals can get assistance with resumes, accessing online job sites and other individualized questions. For more information contact the library at 218-894-1401. Staples Public Library • Hours: Mon. 10 a.m.-6 p.m., Tue. 2-8 p.m., Wed. 10 a.m.-6 p.m., Thurs. 2-8 p.m., Fri. 1-5 p.m., Sat. 10 a.m.-1 p.m.

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Screen 1
Fri. thru Thurs. Jan. 22 - Feb. 4
Fri. & Sat. 2 Shows at 7:15 & 9:30
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MATINEES SAT. & SUN. JAN. 23 & 24 AT 1:15 PM

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Fri. thru Thurs. Jan. 22 - 28
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Saturday, January 23
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NO MINORS AFTER 8:00 P.M.

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Don't miss the News from Home!
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Convert your print subscription to an online subscription for the winter and read the news every Thursday morning . . . or whenever, wherever, you wish. It's easy! Call Kathy at 218-894-1112 to find out how.
Staples World



January birthday celebrations

Fourteen members attended the monthly birthday party held January 12 in the Staples Senior Citizen's Room at the Community Center with six members celebrating January birthdays. They were, front row: Annette Crocker and Clara Motl; back: Carol Olsen, Rita Stone, Del Lindgren and Rose Hoemberg. Each received a small decorated cake, personalized birthday card and the Happy Birthday song was sung. There was a short program and drawings held for door prizes.

The February birthday/anniversary party will be held February 9 at 11:30 a.m. A Valentine's party will be held on February 10 at 11:45 a.m. with free bingo, prizes and more. Reservations are required by calling 218-894-2556 by noon the day before.

The heat is on - apply for energy assistance

With the return of bitterly cold winter weather, the Minnesota Department of Commerce wants low-income Minnesotans to know about the opportunity to apply for the state's Energy Assistance Program (EAP) to get help paying their heating bills.

"We want Minnesotans to know that help is available if they are struggling to pay their heating bills," said Commerce Commissioner Mike Rothman. "Heating your home is a necessity in this cold weather, and we do not want any Minnesotan's health or safety put at risk. Energy assistance funds can help households avoid the choice between buying food and medicine or paying their heating bill."

Energy assistance applications have been down slightly this heating season, possibly due to warmer than normal temperatures in November and December, said Rothman.

"We encourage anyone who may have difficulty paying their heating bills to apply for energy as-

sistance," he said. "Low-income households with children under the age of six, people with disabilities, veterans and seniors are especially encouraged to apply."

In October 2015, Minnesota received nearly \$102 million in federal Low-Income Home Energy Assistance Program (LIHEAP) funds for this year's Energy Assistance Program.

The funds help low-income homeowners and renters pay for heating bills through grant money paid directly to utility companies and heating fuel vendors on behalf of eligible households. The funding also helps some homeowners repair or replace malfunctioning heating systems.

The Energy Assistance Program helps homeowners and renters who earn less than 50 percent of the state's median income (\$46,056 for a family of four) obtain grant money to help pay their heating bills.

Last year, Minnesota served nearly 139,000

households. The average basic grant per household was just over \$500.

Commerce administers the Energy Assistance Program in partnership with 31 local service providers throughout the state. The service providers may also help advocate for consumers in situations such as utility disconnections and energy supply issues. Service providers can also educate clients about efficient and safe use of home heating systems.

How to apply for energy assistance:

While new applications are accepted until May 31, 2016, funding is limited and administered on a first-come, first-served basis.

Qualifying households must apply for assistance through the local service provider in their area. To find your local service provider, call 800-657-3710 or visit the Energy Assistance Program section at the Commerce Department website mn.gov/commerce.

Hello World

BIRTHS REPORTED AT LAKEWOOD HEALTH SYSTEM HOSPITAL INCLUDED:

Born to Brent and Anna Muhonen of Menahga, a baby girl, Cali Aspen weighing eight pounds, six and one-half ounces on January 8, 2016.

Born to Rob and Ashlee Novotny of Motley, a baby boy, Ryker Hayes weighing five pounds, 12 ounces on January 9, 2016.

Born to Zach and Megan Martin of Staples, a baby boy, Callan Richard weighing seven pounds, 10 ounces on January 10, 2016.

Born to Kelly Mielke and Josh Roberts of St. Cloud, a baby boy, Gabriel John, weighing seven pounds, 12 ounces, on January 10, 2016.

Born to Devin and Samantha Horn of Henning, a baby boy, Emmett Fredrick weighing seven pounds, 12 ounces, on January 10, 2016.

Born to Alexis Brush and William Newman of Motley, a baby girl, Shade Isabella weighing seven pounds, six ounces on January 14, 2016.

Born to Emily Hansen and Tyler Kohlmeier of Brainerd, a baby boy, Jourdan Richard weighing eight pounds, one ounce on January 14, 2016.

Born to Kathleen and Roger Weitalla of Little Falls, a baby girl, Emery Faith weighing seven pounds, eight ounces on January 15, 2016.

Student Achievements

NORTH DAKOTA STATE UNIVERSITY, FARGO has announced its Fall 2015 Dean's List. To qualify, students must earn a 3.50 grade point average or higher and be enrolled in at least nine credits. Local students named include:

- Cushing - Jonathan Nypan, Mechanical Engineering; Joshua Warren, Computer Engineering.
- Motley - Dawn Swartz, Microbiology.
- Pillager - Luke Unger, Microbiology.
- Staples - Jaelin Beachy, Biological Sciences; Kathryn DeGeest, Manufacturing Engineering; Elisabeth Dukowitz, Sociology; Brent Hepokoski, Mathematics; Timothy Hepokoski, Computer Science; Logan Swendsrud, Psychology.

MINNESOTA STATE COMMUNITY AND TECHNICAL COLLEGE has announced its President's List for the 2015 Fall Semester. To qualify, students must complete 12 or more college-level credits for the semester with a grade point average of 3.5 or higher. Local students named include:

- Motley - Tiffany Wierenga
- Pillager - Courtney Dumpprope, Torri Thompson
- Staples - Kayla Benson,

Brittney Kylander, Sharon Long, Nathan Schimpp, Robbyn Watland, BethAnn Wolters Daly.

MINNESOTA STATE UNIVERSITY MOORHEAD has announced its Dean's List for the 2015 Fall Semester. To qualify, students must maintain a 3.25 or higher grade point average and carry 12 graded credits. Local students named include:

- Motley - Kali Klimek, Theatre Arts, Advertising and Public Relations; Carly Leavell, East Asian Studies, Teaching English as a Second Language; Sarah Neururer, Psychology.
- Pillager - Carly Bell, Elementary Inclusive Ed.; Tonya Ehlers, Health Services Admin.; Jesslyn Johnson, Elementary Inclusive Ed.; Sarah Martin, BFA Studio Art.

- Staples - Josie Nanik, Communication Studies; Andrew Nelson, Music Industry, Jazz Studies; Zachary Schmitz, Health Services Administration.

BENJAMIN THOELE Pillager, has been named to the Dean's List for Fall Semester 2015 at the University of Minnesota Duluth. To qualify, students must achieve a grade point average of 3.5 or higher.

Veteran's Services Q/A's: Military service and S.S.

By David A. Anderson
Wadena County Veteran's Service Officer

Here are some Q/A's about military service and Social Security.

Q: Can I receive both Social Security and military retirement?

A: Yes. Active duty military service has been Social Security covered employment since 1957. Generally, there is no reduction of your Social Security benefits because of your military retirement. More about this is in the SSA Retirement Planner section.

Q: Do I need Medicare if I have VA medical coverage?

A: The choice is yours. Medicare Hospital Insurance (Part A) does not have a monthly premium and nearly everyone eligible enrolls. Medicare Medical Insurance (Part B) does have a premium so people who choose to enroll and pay a monthly premium.

Keep in mind at least two items when making your decision. First, you might not always be near a VA medical facility when services are needed. Second, how does your other medical coverage work with Medicare? For example, according to the TRICARE website, a retiree or family member of a retiree must enroll in Medicare Part B when eligible to remain eligible for TRICARE. Do your research. The Medicare website is www.medicare.gov.

Q: Am I automatically eligible for Social Security disability if receiving VA compensation?

A: No. These are separate programs with different rules. For Social Security disability, you must meet work and medical requirements as outlined in the SSA Disability Planner section.

Military service members can receive expedited processing of their SSA disability claim.

The Wounded Warriors expedited pro-

cess is for service members if disabled while on active military service on or after October 1, 2001, regardless of where the disability occurs. You can apply for Social Security disability benefits at any time while in military status or after discharge, whether you are still hospitalized, in a rehabilitation program or undergoing outpatient treatment in a military or civilian medical facility. SSA disability applications of veterans with a VA Compensation rating of 100 percent Permanent and Total (P&T) impairment also receive expedited review.

Q: Is it true that veterans get a special increase to their Social Security benefit amount?

A: No, but this is a very popular myth. I often get emails referring to this "secret" SSA benefit for veterans.

In summary, for service before 1957, when Social Security coverage began for military service, veterans received a special credit adding to their overall lifetime earnings record. This was not a direct increase to a benefit amount but it could increase that amount. Small sums were involved. Doing this was routine and automatic. Requesting it was not needed.

Now ended, from 1957 to 2001 these additions to overall lifetime earnings continued in different ways with a maximum annual amount of \$1,200 added to earnings. Again, this was not a direct benefit increase, just an increase to the persons overall earnings record. Details are in the factsheet Military Service and Social Security. (Source: Howard I. Kossover Public Affairs Specialist for ND & Western Minnesota Social Security Administration)

As always see your local County Veterans Service Officer if you have any questions. You can contact your local VSO at 218-631-7617 or by email at david.anderson@co.wadena.mn.us.

ESTATE SALE - 2nd Release

AMERICAN LOG HOMES IS ASSISTING IN THE LIQUIDATION OF
NEWLY RELEASED ESTATE & ACCOUNT SETTLEMENT ON HOUSES.

3 Log Home kits selling for **BALANCE OWED, FREE DELIVERY**

1) Model # 303 Little Rock \$38,525...**BALANCE OWED \$15,900**

2) Model # 403 Augusta \$42,450...**BALANCE OWED \$16,500**

3) Model # 502 Santa Fe \$44,950...**BALANCE OWED \$17,500**

NEW - HOMES HAVE NOT BEEN MANUFACTURED

- Make any design changes you desire!
- Comes with Complete Building Blueprints & Construction Manual
- Windows, Doors, and Roofing not included
- NO TIME LIMIT FOR DELIVERY!

VIEW at www.loghomedream.com - Click on House Plans
SERIOUS ONLY REPLY. Call (704) 602-3035 ask for Accounting Dept.

Life Currents Policy

To request that an obituary, anniversary, or other event be placed word for word, personalized, contain more than one photo, or to run for more than one week, consult our advertising department for display advertising options (rate is \$9.60 /col. inch, Staples World only). The item will be placed in our newspaper with a border around it and paid for at the time of placement. Deadline for advertising copy is 5 p.m. Monday.

The Staples World publishes wedding and engagement notices as a courtesy. Submissions are edited and published for one week at no charge. A one column photograph may be included (word for word or personalized copy are ads). The deadline for copy is 5 p.m. Monday. The Life Currents section can also include, Student Achievements, births, obituaries etc. edited to our format at no charge.

The Staples World offers a Special Occasion Display ad, 1 col. X 3" for \$25 (must be paid for at the time of placement, reg. \$28.80). Regular ad rate is \$9.60 per column inch for any size ad. **Benefit events are considered advertisements.**

An obituary (with photo) is \$60. Obituary forms are available.

mcan

Minnesota Classified Advertising Network



EMPLOYMENT RAILROAD VEHICLE CONTROL: Full-time traveling opportunity, 60-80 hours/week, \$12-15/hour starting, meal allowance, paid lodging & benefit package. RAW, Inc. in Cooperstown, ND 888/700-0292 www.rawapplicators.com info@rawapplicators.com	EVENTS HOME SHOWS - HEALTH SHOWS Have a product or service you want to showcase to consumers? Exhibit in a MediaMAX Expo - 11 shows in 2016. www.ExpoGuys.com or 952/238-1700	MISCELLANEOUS XARELTO USERS Have you had complications due to internal bleeding (after January 2012)? If so, you may be due financial compensation. If you don't have an attorney, call InjuryFone today! 800/591-7054
HELP WANTED - DRIVERS CDL A DRIVERS \$7,500 sign-on-bonus. Medical benefits on day 1 & \$65k+ in your first year!!! Guaranteed pay. Profit sharing. 401K with company match & more! Email resume: mnhr@mclaneco.com or call Hollie now! 507/664-3038	FARMS & LAND LOOKING TO INVEST in farmland or sell farmland and rent back? I work with farmers/investors. Lindsey Brown, Pifer's Auction & Realty 701/371-5538 - lbrown@pifers.com www.pifers.com	GOT KNEE PAIN? Back Pain? Shoulder Pain? Get a pain-relieving brace - little or no cost to you. Medicare patients call health hotline now! 800/755-6807
NOW HIRING Company OTR drivers. \$2,000 sign on bonus, flexible home time, extensive benefits. Call now! Hibb's & Co. 763/389-0610	LAND FOR SALE YELLOWSTONE AND MISSOURI river properties offered for sale. Easily accessible. A nature enthusiast's heaven on Earth. Visit www.montanalandauctions.com to view details. Contact Jason Dunham 406/366-5588	DONATE YOUR CAR truck or boat to Heritage For The Blind. Free 3 day vacation, tax deductible, free towing, all paperwork taken care of 800/439-1735
BUSINESS OPPORTUNITY CONTRACT SALESPERSON selling aerial photography of farms on commission basis. \$4,225.00 first month guarantee. \$1,500-\$3,000 weekly proven earnings. Travel required. More info mphotosd.com or 877/882-3566	MISCELLANEOUS STOP OVERPAYING FOR YOUR PRESCRIPTIONS! Save up to 93%! Call our licensed Canadian and International pharmacy service to compare prices and get \$15.00 off your first prescription and free shipping. Call 800/259-1096	DISH NETWORK Get more for less! Starting \$19.99/month (for 12 months), plus bundle & save (Fast Internet for \$15 more/month.) Call now 800/297-8706
YOUR AD HERE! One phone call & only \$279 to reach a statewide audience of 3 million readers!!! 1-800-279-2979		

Deadline for all classified ads, including garage sale ads, is **5 p.m. Monday** to be published in Thursday's Staples World and **5 p.m. Wednesday** for publication in Sunday's Square Shooter.

STAPLES NOW HAS A CHOICE NOW OPEN

**Taylor Funeral & Cremation Care**

Real People, Real Compassion
No Gimmicks, No Hidden Charges!

Tim Taylor and Casey Swantek, Owner/Funeral Directors
218-895-9009
102 6th St., Staples www.taylorfunerals.com



NOTICE
STAPLES TOWNSHIP
BOARD OF AUDIT
MEETING

Staples Township will hold their Board of Audit meeting immediately following the regular monthly meeting on Monday, February 8, 2016 at the Town Hall.

Bonnie Thoele, Clerk
Staples Township
3pnc

NOTICE
TODD COUNTY
PLANNING
COMMISSION
215 1st Ave. South,
Suite 103
Long Prairie,
Minnesota 56347
320-732-4420

Notice is hereby given that on **Thursday, February 4, 2016 at 7:00 p.m.** the Todd County Planning Commission will hold a public hearing in the Commissioners Meeting Room, 215 First Ave. South, Long Prairie to consider the following applications.

•Blair Maas: E 272ft of N 400ft of E2 NW4, Section 5 of Kandota Township. Address: 18571 150th St. PIN: 14-0004401. Conditional Use Permit request for a boat and ATV service center (Service Business) in AF-1 zoning.

•Steven and Debra Thill: Part of SE4 of the SE4, Section 1 of Kandota Township. PIN: 14-000601. Subdivision request for the creation of a 4 lot plat named "Hillside Run" containing 9.77 acres in Shoreland (NE).

•Marvin Drayna: S32 Rds of SW4 of NW4 E of River, Section 09, Hartford Township. PIN: 12-0012500. Review of existing conditional use permit C#20030624459, garage/commercial farm machinery repair (Service Business). Commercial/Shoreland zoning.

All persons interested are invited to attend said hearing and be heard on these matters.

Todd County Planning Commission
Rin Porter, Chairperson
3pnc

NOTICE
MEADOWBROOK
TOWNSHIP
MEETING

The February 2016 meeting of Meadowbrook Township will be held on Tuesday, February 2, 2016, at 7:30 p.m. at the Leader Town Hall. In addition to the regular meeting the Board of Audit will be held. All residents are welcome and encouraged to attend the regular meetings.

Darlene Rollins, Clerk
Meadowbrook Township
3-4pnc

REQUEST FOR
PROPOSAL
CENTRAL LAKES
COLLEGE
MENTAL HEALTH
SERVICES

Central Lakes College is requesting proposals from qualified organizations to provide Mental Health Services at Central Lakes College. A copy of the request for proposal may be obtained by calling Debbie Sterriker at Central Lakes College, 1830 Airport Road, Staples MN 56479, (218) 894-5103 or 1-800-247-6836.

Proposals must be submitted no later than 11:30 a.m. on Tuesday, March 1, 2016. All proposals must be sealed and marked "RFP for Mental Health Services". Submit proposals to:

Central Lakes College
Attn: Kari Christiansen
501 West College Drive
Brainerd, MN 56401

The college reserves the right to reject any or all proposals, to waive any information or irregularities in the bidding and to make the award serving the best interest of the college.

Central Lakes College is an Affirmative Action/Equal Opportunity Employer and Educator. These materials are available in alternative formats to individuals with disabilities upon request. If you use a TTY, call the Minnesota Relay Service at 800-627-3529 and request to contact Central Lakes College.

2-3pnc

PUBLIC NOTICE
THOMASTOWN
TOWNSHIP
ANNUAL AUDIT
MEETING

The regular monthly meeting of Thomastown Township will be held on Monday, February 1, at 7:00 p.m. at the town hall. The meeting will include the Annual Audit of the books.

Joy Weyer, Clerk
Thomastown Township
3pnc

"Trust Us!"

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

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

Notices are meant to be noticed.
Read your public notices and get involved!

LEGAL NOTICE
TODD COUNTY BUDGET SUMMARY STATEMENT
FOR BUDGET YEAR 2016

The Todd County Budget Summary Statement is Published in accordance with Minnesota Statute 375.169. The complete budget is available for public inspection at the Todd County Auditor/Treasurer's Office during normal business hours.

REVENUES	2015	2016
Property tax	13,232,781	14,339,799
State General Purpose Aid	1,323,059	1,362,877
Other taxes	621,000	600,000
Licenses & Permits	133,540	130,965
Federal Grants	2,869,346	3,848,707
State Aids	6,200,094	8,088,005
Local Grants	-	0
Charges for Service	2,299,731	2,430,461
Misc Revenue	1,221,234	1,170,218
Interest on Investments	65,200	46,300
Other Financing Sources	224,026	5,200
Transfers	30,000	240,000
Total Revenue & Other Source	28,220,011	32,262,532

EXPENDITURES

General Government	4,680,912	5,084,740
Public safety	3,513,069	3,799,443
Highway/Construction	3,654,732	6,487,880
Streets & Highways (excluding Constr.)	2,969,122	3,026,848
Human Services	7,521,205	7,798,201
Health	2,782,092	2,773,449
Culture and Recreation	337,497	437,474
Conservation of Nat Resources	946,744	935,235
Economic Development	79,790	76,000
Gen Debt Service	592,624	598,194
Capital Outlay	840,384	1,377,260
Transfers	301,840	530,869
Other Fiscal Charges	-	0
Total Expenditures & other uses:	28,220,011	32,925,593

Budget Balance

0 663,061

Todd County Auditor/Treasurer
Denise Gaida

3pnc

Staples Area Church Directory

Staples

Staples Alliance
1512 8th St. NE, Staples.....218-894-2891
Pastor Bob Hapokoski, Paul Johnson
Sunday Worship.....9:30 a.m.
Sunday School.....11:00 a.m.
WEDNESDAY
AWANA.....6:15 p.m.

Assembly of God
914 3rd Ave. NE, Staples.....218-894-1081
Pastor Roy Miles
Youth Pastor Julie Boone
Discipleship Class.....9:15 a.m.
Sunday Worship.....10:30 a.m.
Evening Prayer.....6:00 p.m.
WEDNESDAY
Sonlight & Youth.....6:30 p.m.

Church of Christ
27343 490th St., Staples.....218-894-2609
Pastor Barry Klein
Associate Pastor Justin Domogalla
Website: www.stapleschurchofchrist.org
Bible School (youth and adult).....9:30 a.m.
Sunday Worship.....10:30 a.m.
WEDNESDAY:
Teen Youth/Adults Bible Study.....6:30 p.m.

Congregational Church, UCC
204 5th St. NE, Staples.....218-894-2571
Pastor Tony Romaine
Worship.....9:30 a.m.
Fellowship, refreshments following service

Faith Lutheran
430 12th Street. NE, Staples
218-894-1546
Pastor Stephen Sveom
Sunday Worship
First Service.....8:30 a.m.
Second Service.....10:45 a.m.
Sunday School.....9:35 a.m.
Coffee fellowship.....9:35 a.m.

Sacred Heart Church
310 4th St. NE, Staples
Church.....218-894-2296
Pastor Fr. Joe Korf
Youth and Young Adult Ministry
Coordinator:
Monica J. Simmons.....218-414-0081 cell/text
MASS:
Thursday and Friday.....8:30 a.m..
Saturday.....5:00 p.m..
Sunday.....8:30 a.m.

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

Thomastown Covenant
15940 251st Ave., Staples.....218-894-3923
Pastor Nathan Hillman
Sunday School.....9:45 a.m.
Sunday Worship.....11:00 a.m.
WEDNESDAY.....7:00 p.m.

Trinity Lutheran
1000 4th St., NE, Staples.....218-894-2372
Rev. Robin Collins
Sunday Divine Service.....9:00 a.m.
Sunday School & Bible Class.....10:15 a.m.

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

Aldrich

Congregational, UCC
One block S. of Hwy. 10, Aldrich
Pastor Dave Seaton.....218-445-5831
Sunday Worship.....9:30 a.m.
Communion.....1st Sunday of Month

Balsamlund Lutheran
19550 490th Street, Aldrich
Pastor Rachel Stout.....218-640-5587
Sunday Worship.....8:15 a.m.
Sunday School.....8:30 a.m.

Cushing

Bethany Lutheran
25430 Bison Rd. Cushing, MN
320-749-2140
www.bethanylutherancushing.com.
Rev. Jean M. Megorden
Lay Pastor Bob Mueller
Sunday Worship.....9:00 a.m.

Lincoln Evangelical Free
1354 320th St., Cushing.....218-575-2449
www.lincolnefree.org Facebook Lincoln E Free
Senior Pastor: Pastor Dan Crocker
Youth Coordinator: Stacey Minion
Sunday School for all Ages.....9:30 a.m.
Sunday Worship.....10:45 a.m.
WEDNESDAY
Kids' Club.....6:00 p.m.
Jr./Sr. Forge Youth Group.....6:30 p.m.
Men's Bible Study.....6:00 p.m.
Praise & Prayer.....4:30 p.m.

Cushing Baptist
26402 40th Ave., Cushing
www.cushingbaptistchurch.org
Pastor Dan Holmes.....320-749-2583
Sunday School.....9:30 a.m.
Worship.....10:30 a.m.
WEDNESDAY
Bible study.....7:00 p.m.

Leaf River Township
The Old Country Church
Leaf River Twp., Wadena County Rd. 6
Info. #.....218-837-5690
Open by arrangement

Leader

Swan Valley Lutheran
Leader.....218-397-2470
Pastor Steve Ellerbusch
Sunday Worship.....11:00 a.m.

Maple Hill Lutheran
Pastor Steve Ellerbusch
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
Pastor Jim Johnson
Assistant Pastor Richard Broberg
Sunday Worship.....9:00 & 10:30 a.m.
Sunday School.....10:30 a.m.
Sunday Bible Study.....6:00 p.m.
WEDNESDAY
AWANA.....6:00 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. Joe Korf
MASS:
Tuesday.....6:30 p.m.
Wednesday.....8:30 a.m..
Saturday.....7:00 p.m..
Sunday.....10:30 a.m.

United Methodist
847 3rd Ave. S. Lane, Motley.....218-352-6466
Rev. Greg Ciesluk
www.motleyumc.org
Monday AA meeting.....8:00 p.m.
Sunday Worship Service.....9:00 a.m.

Oylen

Oylen Alliance
City. 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
717 River Street S, Pillager, MN
218-746-3775
Pastor Hector Merced
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 Paul Johnson
218-746-3768
Sunday School.....9:00 a.m.
Sunday Worship.....10:30 a.m.
TUESDAY
Bible Study/Prayer.....11:00 a.m.
WEDNESDAY
AWANA 2yrs-5th grade.....6:15 p.m.
Adult Classes.....6:15 p.m.

Hewitt

Church of the Nazarene
114 Front Street, P.O. Box 146
Hewitt, MN 56453
218-924-2028
Pastor Wayne Hoffer
Sunday School.....9:30 a.m.
Sunday Worship.....10:45 a.m./6 p.m.
WEDNESDAY
Prayer.....7:00 p.m.

Verndale

Verndale Alliance
109 NW Brown Street, Verndale.
218-445-5619
Senior Pastor Tony Stanley
Associate Pastor Fred Hartley IV
Sunday Worship.....9:30 a.m.
Sunday Bible Fellowship Classes
.....11-11:45 a.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.

Family Life Church
402 NE Clark Drive, Verndale
Church.....218-445-5568
VerndaleFLC@gmail.com
Pastor Amos Self.....218-371-7189
Childrens' Pastor Kenneth Kjeldergaard
Sunday School - Worship.....10:30 a.m.
Coffee Fellowship.....10:00 a.m.
Prayer & Praise.....6:00 p.m.
WEDNESDAY
6:15 - 7:30 p.m.....Boys and Girls Ministry
7:15 - 7:30 p.m.....C.R.E.W. Youth Ministry
6:15 - 7:30 p.m.....Adult Bible Studies

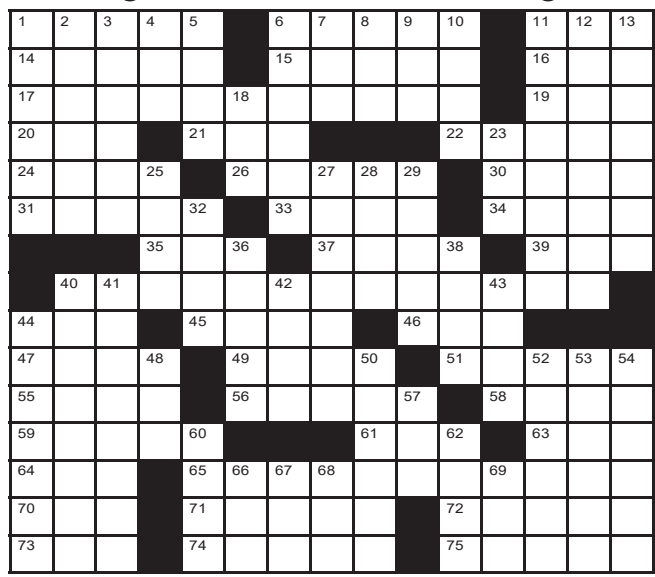
Verndale United Methodist
103rd Ave. SW, Verndale
218-455-5108
Pastor Jill Pawlowski
Sunday Worship.....9:00 a.m.

Central United Methodist
5 miles N on Cty Rd 26 (Nimrod tar)
Pastor Chuck Horsager
218-639-4225
Sunday Worship.....9:00 a.m.
Sunday School.....10:30 a.m.

Crossword Puzzle

Provided by American Profile

Week 3



- "Sight Unseen"

Across

1 Pale with fright

6 English distance

11 Sleazy paper

14 Country, in Britain

15 Nabisco cookies

16 Get on

17 Stealthy gift giver

19 Roof material

20 Antlered critter

21 Period

22 Fuse

24 Neatnik's opposite

26 Baseball card brand

30 Off yonder

31 Comedian Wanda

33 Handle for a poodle

34 Hummus scooper

35 Singer Rawls

37 Change one's ____

39 Wiggler

40 Newspaper feature

44 Rebel Guevara

45 ____ Romeo

46 Director Wenders

47 Oil of ____

49 Barber's supply

51 Pavarotti, notably
- 55 Single

56 Rand McNally product

58 Director Ephron

59 Sch. in Madison, N.J.

61 Yuletide beverage

63 Comic Conway

64 Grant-in-____

65 Detectives for hire

70 Wedding words

71 Leg part

72 Justice Kagan

73 Stimpy pal

74 Pope's "An Essay ____"

75 Little cat

Down

1 Size up

2 Like mollusk-laden beaches

3 Wild Bill of the Wild West

4 Be off base

5 Requisite

6 Make the ____ (profit from)

7 Slice of history

8 Gymnast's goal

9 Twaddle
- 10 Jacob's twin

11 Like constitutional amendments

12 Disturbs

13 Across-the-board

18 Trike rider

23 Forty winks

25 Actor Lugosi

27 Hidden hazard

28 "Bah, humbug!"

29 Toughness

32 Slammin' Sammy

36 Court org.

38 Cut, maybe

40 Salt, for one

41 Used for support

42 "____ first you don't succeed..."

43 "You got that right!"

44 Arctic blast

48 Evergreen shrub

50 Palestine, in the Bible

52 Procrastinator's reply

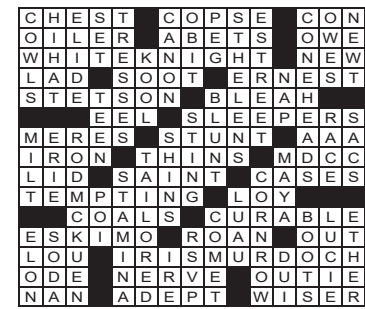
53 Set straight

54 Chef Gordon

57 Drunk

60 ____ snuff

62 Nerd



Last Week's Answers
"THE EYES HAVE IT"

CLAUSSENS continued from page 1a

They share the message of ‘Restoring the Power of Family’

come. The time of *being* is transitioning to a time of *doing*,” she recorded in her journal.

That same day as Jon was returning from work, he felt that God was giving him a message.

“He came through the door and said, ‘We have to talk,’” Amy shared. “I said, ‘I know, God talked to me, too.’”

The Claussens were compelled to take everything they had learned during their ‘season of being’ and share it with the world.

Thus, the Family Restoration Project was launched and since that time the Claussens have brought their message

of ‘Restoring the Power of Family’ to camps, conferences and churches throughout the United States. At the end of January, Jon and Amy will be traveling to Holland...their first time to minister at a church overseas.

Since beginning their ministry, Jon has transitioned from working full-time at the LHS clinic, to working part-time in the emergency room. “It allows me the flexibility needed for our family to do ministry,” he said.

In addition to their immediate family, Jon’s and Amy’s parents also are a part of the ministry. Don and Heather Claussen are from Prior Lake; and Larry

and Wilma Rich are from Oakdale. They speak at various events (Don Claussen is a retired pastor) and write literature as well. “It’s been so powerful to be able to show people three generations of family that love each other. They see that it is possible.”

As their ministry schedule began to increase, it became clear that they would need to invest in a larger vehicle. “We got a phone call last fall from a pastor who said he believed we were supposed to get a motorhome,” Amy said.

It wasn’t what she had in mind. “I said, ‘Lord, you’re asking a girl who loves to be home to get out on the road and travel?’”



Home away from home

The Claussen family of Browerville travels by way of their motorhome when they are on tour with their ministry, “The Family Restoration Project.” Last year they logged over 12,000 miles, traveling to a variety of destinations, including Ida-

ho, Montana, Ohio and Wisconsin. The graphics on the bus were made possible through the financial support of Lakewood Health System in Staples. (Staples World photo by Dawn Timbs)



Game time

Playing board games is a popular pastime for the entire Claussen family of rural Browerville. Pictured above play-

ing Stratego are, from left, Elijah, Maggie, Benjamin and Silas. (Staples World photo by Dawn Timbs)

The answer was ‘Yes.’ Shortly after, the Claussens did indeed purchase a motorhome which has become their “home away from home.”

“We love it,” 13-year-old Lydia said on behalf of her siblings. “We’ve gotten to travel to a lot of different states and see a lot of the country. I like meeting new people, too. I like to talk,” she laughed.

“My dad is 80 years old and he had never seen Yellowstone (National Park) until last summer,” Jon said. “We’re making a lot

of memories as a family. That is priceless.”

Lakewood Health System has been incredibly supportive of the Family Restoration Project, Jon said. Thanks to them, funding was provided for the ministry’s graphics to be painted on the motorhome.

The Claussens have also been allowed to park their motorhome at the LHS Hospital parking lot in Staples during the farmers markets. “We are there to share with people about healthy families,” Jon said. “We don’t talk about anything

religious, but we offer suggestions for strengthening families, such as playing board games and eating meals together.”

Yes, there is a lot of pain in the world regarding families, Amy said, adding that she believes it’s worth fighting for. “Do I think there is hope for restoring the family to what it was meant to be? Absolutely.”

For more information about the Family Restoration Project, visit www.familyrestorationproject.com.

Governor Dayton proposes poaching laws reform

Governor Mark Dayton, a life-long hunter and angler, recently proposed significant reforms to Minnesota’s poaching laws this session. At the Minnesota Department of Natural Resources’ (DNR) Annual Roundtable, Governor Dayton reiterated his push to enact more stringent penalties for those who intentionally violate the state’s hunting and fishing laws.

The Governor’s push for tougher poaching penalties comes in the wake of numerous high-profile instances of illegal poaching activity in Minnesota. By enacting more severe consequences for these crimes, Governor Dayton and the DNR hope

to deter illegal poaching and ensure these criminal acts are properly and thoroughly punished.

“The recently reported instances of wanton and wasteful poaching in Minnesota should offend the sensibilities of all ethical and law-abiding hunters and anglers,” said Governor Dayton. “They are shameful criminal acts, and they should be treated as serious offenses by Minnesota laws. I ask our state’s sportsmen and sportswomen to join me in urging the legislature to increase the penalties for these disgusting abuses.”

Governor Dayton’s poaching reform proposal would enact stiffer criminal penalties and longer

license revocations for anyone who unlawfully takes and possesses significant numbers of wild animals. The Governor’s proposal would establish a new felony-level penalty for poaching, and revoke game and fish licenses and privileges for a period of up to ten years. Current law only includes up to a gross misdemeanor penalty for poaching and license revocations of up to only five years.

“Gross over-limit violations are not accidental,” said DNR Commissioner Tom Landwehr. “The reforms being championed by Governor Dayton reflect the values of responsible Minnesota hunters and anglers. This proposal would enact strong and appropriate penalties for those who intentionally disregard the ethical and legal boundaries of hunting and fishing in Minnesota.”

Minnesota’s game and fish laws are intended to balance and maintain healthy populations of wild animals, recreational hunting and fishing opportunities, and sustainable commercial uses – now and for future generations. Under the Governor’s proposal, the felony penalty for poaching would apply to individuals who unlawfully take animals above a

restitution value of \$2,000. Gross over-limit penalty thresholds are based on the wildlife restitution values set in law, which include:

Four or more deer; two or more trophy deer; five or more bears or turkeys; forty or more ducks, geese, pheasant, grouse, or salmon; sixty-seven or more walleye or Northern pike.

Several egregious instances of illegal poaching have surfaced in the last several months, highlighting the need to enact stricter penalties to deter this criminal activity and safeguard wild game in Minnesota.

Recent Instances of Criminal Poaching in Minnesota

• In May 2015, a DNR Conservation Officer checked three individuals fishing on a lake in Wright County. One person admitted to having their limit of 30 crappies while a second individual attempted to hide a bucket from the officer. The officer inspected the bucket and found one crappie. This put the suspects one crappie over the limit, but they admitted to having more crappies in a freezer at home. A thorough investigation was completed and two individuals were found to have a combined 449 crappies over

their limit. The fish were seized and two suspects were charged with taking an over limit of crappies. The restitution value for a crappie is \$5, bringing the total restitution value to \$2,245.

• In January 2014, the DNR seized 28 sets of antlers in a deer poaching investigation in Dawson. The antlers included 11 shoulder mounts, most of which were trophy class animals. Also seized were four sets of elk antlers and a set of mule deer antlers. In a freezer, officers also discovered a fully intact piebald deer, which was untaged and had been killed with a high-powered rifle. DNR officers also seized a freshly-killed eight-point whitetail buck, which investigators determined had been killed with a high-powered rifle. Suspects in the poaching case were charged with gross misdemeanors for transporting illegally taken big game, use of an artificial light to take deer, hunting during prohibited times, trespassing and failure to register deer. Complaints from the public through the Turn In Poachers (TIP) hotline helped DNR officers uncover the scheme and press charges.

• In November 2014, a DNR Conservation Officer observed two people entering a Wildlife Refuge with a two wheeled deer cart. After questioning, it was discovered an untaged buck was moved illegally from the kill site. The suspect was in possession of

multiple deer tags, none of the tags actually belonging to the suspect. After a thorough investigation, the suspect admitted to harvesting and transporting 13 deer illegally from the Wildlife Refuge and the Sand Dunes State Forest. The suspect pled guilty to two counts of transporting illegally taken big game and two counts of soliciting/borrowing the big game license of another person.

• In 2013, two bull elk were illegally shot and killed near Grygla. The elk were killed by poachers in an area that holds Minnesota’s smallest elk herd – an area that has been closed to hunting since 2012. According to the DNR, these bulls represented approximately ten percent of the known Grygla elk herd. Anyone with information about the illegal shooting of the two bulls in the fall 2013, is urged to call the 24-hour, toll-free Turn In Poachers (TIP) hotline. The DNR is offering a \$2,000 restitution value for each elk.

Turn In Poachers

Minnesota’s “Turn In Poachers” (TIP) program was formed in 1981 by concerned citizens who wanted to stop the illegal harvest of game and fish in Minnesota. TIP operates a 24-hour, toll-free hotline, 800-652-9093 that Minnesotans can call to lodge complaints against suspected poachers. Cell phone users can also dial #TIP to file a complaint. The information and the person reporting poaching activity can be kept confidential. Those reporting violations are asked to obtain as much information as possible, and to report all violations as soon as possible. If an arrest is initiated, the person reporting the violation may be eligible for a reward of up to \$1,000, depending upon the seriousness of the crime.

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Cardinals take down Barnesville wrestlers

By Mark Anderson
News Editor

The Staples Motley wrestling team took a big step in getting a high section seed with a win over Barnesville 39-33 in the first round of the Don Dravis Duals Jan. 16. The Cardinals lost their next two matches, 42-27 to Quad County and 39-34 to Sartell. The Cardinals also beat Wadena-Deer Creek 40-25 on Jan. 12.

Staples Motley has one more big section match-up on Thursday, Jan. 21, against Bertha-Hewitt and Pelican Rapids. If they win those two, they should get the second seed going into the section tournament in February.

"We did what we needed to do," said Coach Dave Anglin.

Against Barnesville, the Cardinals swept the first four weights, including a pin by Owen Bjerga, before running into a state ranked wrestler. After a forfeit win and a pin by Alex Erpelding, the damage was done and another forfeit win gave Staples Motley some breathing room.

The lower weights of Spencer Miller, Bjerga, Blayne Dumpprope and Eric Lisson continued to do well the rest of the tournament, despite going up against quality wrestlers. The only loss was Bjerga's 5-4 match against a Sartell wrestler ranked in the top ten in Class AAA. "In the third period, Owen realized 'I can wrestle with him,'" said Anglin.

Due to injuries, the Cardinals had some young and inexperienced wrestlers in the lineup. Although they didn't produce wins, Anglin praised them for improving every day. "If they keep working hard, good things will happen," he said.

Anglin also praised several Cardinals who are wrestling above their ideal weights to fill the lineup, including Shawn Trantina, Jonathan Lisson and Braden Tyrell. Anglin said Trantina is a good example, "he wrestles with heart, he is a true team player."

Team results

Staples Motley 40, Wadena-Deer Creek 25

106 Spencer Miller W fall; 113 Owen Bjerga W 5-1, 120 Logen Weite W injury default; 126 Eric Lisson W 13-2; 132 Jasiah Paskewitz W ff; 138 Matt Miller W 4-2; 145 Shawn Trantina W ff; 152 Isaac Swensrud L 4-0; 160 Jonathan Lisson L 16-4; 170 Alex Erpelding W ff; 182 Shaine Guggenberger L fall; 195 Braden Tyrell L fall; 220 Nathaniel Rodrigues L fall;



Lift and dump

Jasiah Paskewitz gets good leverage for a take-down in his win against Quad County. (Staples World photo by Mark Anderson)



Controlling the match

Blayne Dumpprope was smart and steady in his 6-4 win over Barnesville. (Staples World photo by Mark Anderson)

285 double ff

Don Dravis Duals

Aitkin - 1st place
Quad County - 2nd place
Sartell - 3rd place
Staples Motley - 4th place
Barnesville - 5th place
Crosby-Ironton - 6th place
106 - S. Miller 3-0
113 - Bjerga 2-1
120 - Dumpprope 3-0

126 - E. Lisson 3-0
126 - Mason Nyhus 0-1
132 - Paskewitz 1-2
138 - M. Miller 2-0
145 - Dalton Holmberg 2-1
152 - Shawn Trantina 0-3
160 - Alex Erpelding 3-0
170 - J. Lisson 0-3
182 - Guggenberger 0-3
195 - Tyrell 2-1
285 - Kyle Serich 1-1



Working the arm

In a pivotal match against Barnesville, Dalton Holmberg controlled the action the whole way and ended up winning 5-4. (Staples World photo by Mark Anderson)

Boys hoops team splits to conference games

The Staples Motley boys basketball team suffered a letdown in a conference game on Jan. 12, falling to Pequot Lakes 70-53, but they bounced back with a strong showing in a 66-43 win over Park Rapids on Jan. 14.

Andrew Israelson scored the first seven points against Park Rapids. The team's leading three point shooter, Israelson did all his work driving to the basket in this game, scoring twice and getting fouled on his first three drives and then finishing a fast break for a 7-2 lead.

The team never trailed in the game. Park Rapids cut the lead to four late in the first half but Israelson made four free throws and Gavin Smith made two driving baskets for an 8-0 run to end the half.

Team results

Staples Motley 53, Pequot Lakes 70

Scoring: Gavin Smith 21, John Lund 10, Andrew Israelson 10, Trey Skeesick 7, Connor Schmitz 4, Jack Fietek 1

Staples Motley 66, Park



Cardinal ball hawk

Gavin Smith steals the ball away from a Park Rapids player. (Staples World photo by Mark Anderson)

Rapids 43

Scoring: Israelson 20, Smith 20, Lund 7, Schmitz 7,

Fietek 4, Mason Rychner 4,

Josh Lombard 4

Low scores in girls basketball games

The Staples Motley girls basketball team entered into a five game losing streak to start the second half of the season, dropping games to Detroit Lakes 46-34 on Jan. 14 and to Minnewaska 51-36 on Jan. 18.

Both games were against quality opponents, but they were also the two lowest scoring games for the Cardinals this season.

Team results

Staples Motley 34, Detroit Lakes 46

Scoring: Claire Wolhowe 12, Kelsie Weite 11, Amber Robben 3, Quinn Uhlman 2, Sam Schimpp 2, Chelsea Nanik 2, Kaitlin Longworth 2

Staples Motley 36, Minnewaska 51

Scoring: Uhlman 11, Weite 8, Robben 7, Schimpp 4, Wolhowe 4, Longworth 2

Winter showcases nature's cold-coping strategies

"These are the times that try men's souls," wrote American Revolutionary War era patriot and author Thomas Paine, in offering encouragement to the Continental Army and colonial militias to persevere in the struggle for American independence. On a much different level of seriousness, Minnesotans were in need of a little encouragement as we recently faced the trying time of this winter's first assault of extreme cold. Lulled into complacent comfort by one of the warmest Decembers on record, it was a shock to experience the plunge down to air temperatures of 20 degrees and more below zero and wind chills that approached 50 degrees below zero.

This recent event should not be a great surprise to anyone who has spent even a few winters in Minnesota, a place that has become famous for testing new car designs and automotive batteries for their winter-worthiness. But, just like the Peanuts comic strip character Charlie Brown, who every season forgets that Lucy will jerk the football away as he tries to kick it, some of us con-

veniently forget until we have to deal with this climatic extreme each year.

Somehow, we manage to cope. Some migrate to warmer climates, like the ducks and geese, the warblers, the wrens and the hummingbirds. The rest get out the long underwear, snowmobile suits, chopper mittens, stocking caps and down jackets. We create little micro-climates around our bodies that help keep us from frostbite, or worse. Or we stay indoors and turn up the thermostat.

For wild creatures that don't migrate as many bird species do, it's a time when the margin between life and death is greatly narrowed. But Nature has equipped these hardy wild Minnesotans with mechanisms to survive, and the odds may not be as long as we who can hide in climate-controlled conditions might think.

When I opened the back door for a quick trip to the garage Sunday at midday, I was struck by the confident nonchalance of a squirrel perched statue-like in one of our crabapple trees. I had to look twice to realize that it wasn't a gray squirrel, but instead, its smaller red squirrel cousin. It required a second look because its fur was so fluffed out that seemed almost the size of its larger relative. It had probably been attempting to raid one of the bird feeders and was either satisfied or frustrated; just which, only he knew.

Birds and furred animals often in winter will be seen with their feathers or fur greatly puffed out or fluffed up, their feet barely visible, their apparent size noticeably larger than they typically appear when they're moving about. This expansion of their body covering traps air in the same way that a goose down garment worn by a human traps air to create an insulating layer to hold in our body heat. Survival in winter's cold depends on a delicate balance between the caloric value of food consumed, and the loss of body heat to the environment. Reducing that loss of body heat by fluffing when not active gives the squirrel or the songbird a little extra survival margin.

Humans and animals both respond to extreme cold by shivering. We're likely to think of it as undesirable, but it actually is just the opposite. Shivering is an involuntary movement of muscles which, in and of itself, generates body heat. We know from experience that being active, as in snowshoeing or cross-country skiing, generates enough heat that we need less clothing to keep warm. Shivering is a more economical way of generating body heat in extreme cold and is especially common to those songbirds that stay with us throughout the winter.

There is in biology a principle called "Bergmann's rule." This principle states that among closely-related creatures, the farther north one travels the greater

the probability that relative will be larger. Bergmann's rule is thought to explain, for example, why a whitetail deer in Minnesota will average a greater weight than a whitetail in Texas. The heavier Minnesota deer will have less body surface area per pound of body weight, which enhances its retention of body heat. It is the same principle that explains why the polar bear is much larger and heavier than bears of southern climates. The polar bear actually has less surface area per pound of body weight, and therefore retains heat more efficiently, an efficiency that is relatively unimportant to southern bear subspecies.

There are a number of other defense mechanisms against winter's extreme temperatures. Ruffed grouse will roost under an insulating layer of snow, if it's deep enough, during the long intervals when they're not out feeding. Both grouse and deer experience a "shift" in digestive enzymes that allows them to digest woody stems and buds, rather than the warm seasons' greens. This is one reason why winter feeding of deer with such agricultural staples as corn is not a good idea.

Muskkrats and beavers build shelters that offer substantial protection. The pelts of such furbearers as otter and mink grow denser and more protective, as any trapper knows. They also, like many wild creatures, accumulate a layer of fat that supple-

ments their energy intake during the winter months.

An animal's appendages, such as their ears, tend to be smaller in similar species the farther north they are found. The smaller the ears, to continue the example, the less they contribute to the loss of vital body heat. The ears of snowshoe hares found in our climate are far smaller proportionately than the ears of jackrabbits, which are found in more southerly climes.

Ducks and geese, some of which remain near open water through our northern winters, have a special arrangement of adjacent arteries and veins in their legs and feet. In Latin it is called rete mirabile, which translates roughly as "miracle net." Warmth from the blood in outgoing arteries is absorbed by adjacent veins sending blood back to the heart, thereby economizing on body heat that could otherwise be lost in legs and feet paddling in very cold water, or standing on ice or frozen ground.

These and other adaptations enhance the ability of many wild creatures to survive our northern winters. Humans have learned to alter our environments, ether on a grand scale in the buildings we inhabit, or by the garments we put on or take off, as needed. Wild creatures, which are not so equipped, have been endowed by Nature with some similarly amazing survival gifts.

Inside the Outdoors



Mike Rahn



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107 Notices	306 Sporting Goods	604 Commercial for Rent
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Please contact **218-632-8780** for more information. Applications available on-line at TCHC.org



Tri-County Health Care
 415 Jefferson St. North, Wadena, MN
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Staples World



Cardinals take down Barnesville wrestlers

By Mark Anderson
News Editor

The Staples Motley wrestling team took a big step in getting a high section seed with a win over Barnesville 39-33 in the first round of the Don Dravis Duals Jan. 16. The Cardinals lost their next two matches, 42-27 to Quad County and 39-34 to Sartell. The Cardinals also beat Wadena-Deer Creek 40-25 on Jan. 12.

Staples Motley has one more big section match-up on Thursday, Jan. 21, against Bertha-Hewitt and Pelican Rapids. If they win those two, they should get the second seed going into the section tournament in February.

“We did what we needed to do,” said Coach Dave Anglin.

Against Barnesville, the Cardinals swept the first four weights, including a pin by Owen Bjerga, before running into a state ranked wrestler. After a forfeit win and a pin by Alex Erpelding, the damage was done and another forfeit win gave Staples Motley some breathing room.

The lower weights of Spencer Miller, Bjerga, Blayne Dumpprope and Eric Lisson continued to do well the rest of the tournament, despite going up against quality wrestlers. The only loss was Bjerga’s 5-4 match against a Sartell wrestler ranked in the top ten in Class AAA. “In the third period, Owen realized ‘I can wrestle with him,’” said Anglin.

Due to injuries, the Cardinals had some young and inexperienced wrestlers in the lineup. Although they didn’t produce wins, Anglin praised them for improving every day. “If they keep working hard, good things will happen,” he said.

Anglin also praised several Cardinals who are wrestling above their ideal weights to fill the lineup, including Shawn Trantina, Jonathan Lisson and Braden Tyrell. Anglin said Trantina is a good example, “he wrestles with heart, he is a true team player.”

Team results
Staples Motley 40, Wadena-Deer Creek 25
106 Spencer Miller W fall;
113 Owen Bjerga W 5-1, 120 Logen Weite W injury default;
126 Eric Lisson W 13-2; 132 Jasiah Paskewitz W ff; 138 Matt Miller W 4-2; 145 Shawn Trantina W ff; 152 Isaac Swensrud L 4-0; 160 Jonathan Lisson L 16-4; 170 Alex Erpelding W ff; 182 Shaine Guggenberger L fall; 195 Braden Tyrell L fall; 220 Nathaniel Rodrigues L fall;



Lift and dump

Jasiah Paskewitz gets good leverage for a take-down in his win against Quad County. (Staples World photo by Mark Anderson)



Controlling the match

Blayne Dumpprope was smart and steady in his 6-4 win over Barnesville. (Staples World photo by Mark Anderson)

285 double ff
Don Dravis Duals
Aitkin – 1st place
Quad County – 2nd place
Sartell – 3rd place
Staples Motley – 4th place
Barnesville – 5th place
Crosby-Ironton – 6th place
106 – S. Miller 3-0
113 – Bjerga 2-1
120 – Dumpprope 3-0

126 – E. Lisson 3-0
126 – Mason Nyhus 0-1
132 – Paskewitz 1-2
138 – M. Miller 2-0
145 – Dalton Holmberg 2-1
152 – Shawn Trantina 0-3
160 – Alex Erpelding 3-0
170 – J. Lisson 0-3
182 – Guggenberger 0-3
195 – Tyrell 2-1
285 – Kyle Serich 1-1



Working the arm

In a pivotal match against Barnesville, Dalton Holmberg controlled the action the whole way and ended up winning 5-4. (Staples World photo by Mark Anderson)

Boys hoops team splits to conference games

The Staples Motley boys basketball team suffered a letdown in a conference game on Jan. 12, falling to Pequot Lakes 70-53, but they bounced back with a strong showing in a 66-43 win over Park Rapids on Jan. 14.

Andrew Israelson scored the first seven points against Park Rapids. The team’s leading three point shooter, Israelson did all his work driving to the basket in this game, scoring twice and getting fouled on his first three drives and then finishing a fast break for a 7-2 lead.

The team never trailed in the game. Park Rapids cut the lead to four late in the first half but Israelson made four free throws and Gavin Smith made two driving baskets for an 8-0 run to end the half.

Team results
Staples Motley 53, Pequot Lakes 70
Scoring: Gavin Smith 21, John Lund 10, Andrew Israelson 10, Trey Skeesick 7, Connor Schmitz 4, Jack Fietek 1
Staples Motley 66, Park Rapids 43
Scoring: Israelson 20, Smith 20, Lund 7, Schmitz 7,



Cardinal ball hawk

Gavin Smith steals the ball away from a Park Rapids player. (Staples World photo by Mark Anderson)

Low scores in girls basketball games

The Staples Motley girls basketball team entered into a five game losing streak to start the second half of the season, dropping games to Detroit Lakes 46-34 on Jan. 14 and to Minnewaska 51-36 on Jan. 18.

Both games were against quality opponents, but they were also the two lowest scoring games for the Cardinals this season.

Team results
Staples Motley 34, Detroit Lakes 46
Scoring: Claire Wolhowe 12, Kelsie Weite 11, Amber Robben 3, Quinn Uhlman 2, Sam Schimpp 2, Chelsea Nanik 2, Kaitlin Longworth 2
Staples Motley 36, Minnewaska 51
Scoring: Uhlman 11, Weite 8, Robben 7, Schimpp 4, Wolhowe 4, Longworth 2

Winter showcases nature’s cold-coping strategies

“These are the times that try men’s souls,” wrote American Revolutionary War era patriot and author Thomas Paine, in offering encouragement to the Continental Army and colonial militias to persevere in the struggle for American independence. On a much different level of seriousness, Minnesotans were in need of a little encouragement as we recently faced the trying time of this winter’s first assault of extreme cold. Lulled into complacent comfort by one of the warmest Decembers on record, it was a shock to experience the plunge down to air temperatures of 20 degrees and more below zero and wind chills that approached 50 degrees below zero.

This recent event should not be a great surprise to anyone who has spent even a few winters in Minnesota, a place that has become famous for testing new car designs and automotive batteries for their winter-worthiness. But, just like the Peanuts comic strip character Charlie Brown, who every season forgets that Lucy will jerk the football away as he tries to kick it, some of us con-

veniently forget until we have to deal with this climatic extreme each year.

Somehow, we manage to cope. Some migrate to warmer climates, like the ducks and geese, the warblers, the wrens and the hummingbirds. The rest get out the long underwear, snowmobile suits, chopper mittens, stocking caps and down jackets. We create little micro-climates around our bodies that help keep us from frostbite, or worse. Or we stay indoors and turn up the thermostat.

For wild creatures that don’t migrate as many bird species do, it’s a time when the margin between life and death is greatly narrowed. But Nature has equipped these hardy wild Minnesotans with mechanisms to survive, and the odds may not be as long as we who can hide in climate-controlled conditions might think.

When I opened the back door for a quick trip to the garage Sunday at midday, I was struck by the confident nonchalance of a squirrel craned statue-like in one of our crabapple trees. I had to look twice to realize that it wasn’t a gray squirrel, but instead, its smaller red squirrel cousin. It required a second look because its fur was so fluffed out that seemed almost the size of its larger relative. It had probably been attempting to raid one of the bird feeders and was either satisfied or frustrated; just which, only he knew.

Birds and furred animals often in winter will be seen with their feathers or fur greatly puffed out or fluffed up, their feet barely visible, their apparent size noticeably larger than they typically appear when they’re moving about. This expansion of their body covering traps air in the same way that a goose down garment worn by a human traps air to create an insulating layer to hold in our body heat. Survival in winter’s cold depends on a delicate balance between the caloric value of food consumed, and the loss of body heat to the environment. Reducing that loss of body heat by fluffing when not active gives the squirrel or the songbird a little extra survival margin.

Humans and animals both respond to extreme cold by shivering. We’re likely to think of it as undesirable, but it actually is just the opposite. Shivering is an involuntary movement of muscles which, in and of itself, generates body heat. We know from experience that being active, as in snowshoeing or cross-country skiing, generates enough heat that we need less clothing to keep warm. Shivering is a more economical way of generating body heat in extreme cold and is especially common to those songbirds that stay with us throughout the winter.

There is in biology a principle called “Bergmann’s rule.” This principle states that among closely-related creatures, the farther north one travels the greater

the probability that relative will be larger. Bergmann’s rule is thought to explain, for example, why a whitetail deer in Minnesota will average a greater weight than a whitetail in Texas. The heavier Minnesota deer will have less body surface area per pound of body weight, which enhances its retention of body heat. It is the same principle that explains why the polar bear is much larger and heavier than bears of southern climates. The polar bear actually has less surface area per pound of body weight, and therefore retains heat more efficiently, an efficiency that is relatively unimportant to southern bear subspecies.

There are a number of other defense mechanisms against winter’s extreme temperatures. Ruffed grouse will roost under an insulating layer of snow, if it’s deep enough, during the long intervals when they’re not out feeding. Both grouse and deer experience a “shift” in digestive enzymes that allows them to digest woody stems and buds, rather than the warm seasons’ greens. This is one reason why winter feeding of deer with such agricultural staples as corn is not a good idea.

Muskrats and beavers build shelters that offer substantial protection. The pelts of such furbearers as Otter and mink grow denser and more protective, as any trapper knows. They also, like many wild creatures, accumulate a layer of fat that supple-

ments their energy intake during the winter months.

An animal’s appendages, such as their ears, tend to be smaller in similar species the farther north they are found. The smaller the ears, to continue the example, the less they contribute to the loss of vital body heat. The ears of snowshoe hares found in our climate are far smaller proportionately than the ears of jackrabbits, which are found in more southerly climes.

Ducks and geese, some of which remain near open water through our northern winters, have a special arrangement of adjacent arteries and veins in their legs and feet. In Latin it is called rete mirabile, which translates roughly as “miracle net.” Warmth from the blood in outgoing arteries is absorbed by adjacent veins sending blood back to the heart, thereby economizing on body heat that could otherwise be lost in legs and feet paddling in very cold water, or standing on ice or frozen ground.

These and other adaptations enhance the ability of many wild creatures to survive our northern winters. Humans have learned to alter our environments, either on a grand scale in the buildings we inhabit, or by the garments we put on or take off, as needed. Wild creatures, which are not so equipped, have been endowed by Nature with some similarly amazing survival gifts.

Inside the Outdoors



Mike Rahn