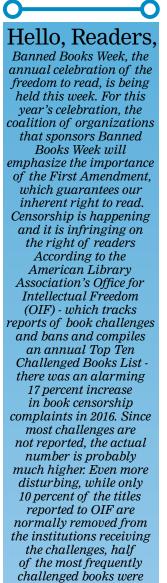




By Mark Anderson News Editor

Staples-Motley schools have several needs, but none bigger than HVAC (heating, ventilation and air conditioning), according to results from the school's facilities study.

"HVAC loomed big throughout this entire process," said Glenn Chiodo, as he and Lynn Dyer of



Foster, Jacobs and John- needs, but that hasn't been son (FJJ) presented their findings from the facilities study they've been conducting for the school. The first public results meeting was Sept. 25 at the Motley school and they held a second meeting Sept. 26 at the Staples school. Other than school staff and board members, only three people attended the Motley session and four attended the Staples meeting.

The results have been presented to the Staples-Motley School Board. Chiodo said FJJ will help the board formulate a facilities plan using the study. He said the board has applied for \$1.5 million from state health and safety dollars to address some of the identified

approved by the state or finalized by the board.

Educational adequacy

As part of the facility study process, FJJ rated the school on 18 categories of educational adequacy set out by the Minnesota Department of Education for school buildings. Chiodo and Dyer presented graphs showing that there are more inadequate and questionable categories at Motley-Staples Middle School and Staples-Motley Elementary School and more adequate categories at Staples-Motley High School.

However, Dyer also showed how the high See SCHOOL on page 3a



Morld

Thursday, September 28, 2017

\$1

Taking flight for science

Grant Woodwick releases a chickadee that his classmates had helped band at Enviro Fest on Sept. 20, held at the Katterhagen farm east of Browerville. At this station, the students learned some of the scientific uses for banding and studying birds. This year was the largest Envirofest yet, with 480 sixth grade students from all Todd County schools and some from outside the county also joining this year. The event is held by the Todd County Soil and Water Conservation District. See more photos on page 2a. (Staples World photos by Mark Anderson)



Cool topography

Sacred Heart Area School students attending Enviro Fest learned about topography by building their own hilly landscape out of sand, then a special light added elevation lines, water features and other topographical features. Students pictured, from left, Sophie Albie, Jade Storry, Joe Zimmerman, Jacob Becker, Lilly Tyrrell, Axel Mertens and Drake Dukowitz.



In touch with the eagles

Motlev-Staples Middle School sixth grade students got a close up look at wildlife in the DNR's TIP (Turn In Poachers) trailer's Wall of Shame, filled with animals that had been illegally taking from the Minnesota landscape. From left, Isabelle Smith, Ashlyn Vogel, Tiana Gonzalez and Cami Anderson inspect the animals.

Coalition (BBWC) is responding with "Our *Right To Read,* "a celebration of the diverse range of ideas found in books. and our right as citizens to make our own intellectual choices. **BBWC** Chair Charles Brownstein says, "Our free society depends on the right to access, evaluate, and voice a wide range of ideas. Book bans chill that right, and increase division in the communities where they occur. This Banned Books Week, we're asking people of all political persuasions to come together and celebrate Our Right to Read.' See page 4a for a list of banned books that shaped America.

actually banned last year. The Banned Books Week

ew events slated for SM Homecoming

There'll be some new events for the 2017 Staples-Motley Homecoming, starting Friday, Sept. 29, continuing through Saturday, Oct. 7.

The homecoming football game will be held Friday, Oct. 6, at 7 p.m. against Ottertail Central.

Homecoming shirts and buttons will be available for purchase starting Monday, Oct. 2, at all three schools. Cardinal stores will be set up at each school.

Community activities

Community members are invited to participate in many of the homecoming activities, starting with the first Cardinal 5k run/walk Saturday, Sept. 30, at the Staples Community Center. Registration is at 8 a.m., with the race at 9 a.m. There'll be a free kids run at 10 a.m.

On Friday, Oct. 6, there'll be two pre-game parties; a tailgate party at the football field and the Brat Fest in the high school cafeteria, hosted by the music dept.

On Saturday, Oct. 7, from 8-11:30 p.m. a Homecoming Gala is planned with a social hour at 7 p.m. The event will be held at Timbers Event Center in Staples. Tickets are available at the high school office or at the Staples and Motley Dairy Queens.

Homecoming royalty

On Friday, Sept. 29, at 2:50 p.m. a general assembly will be held at the high school to announce homecoming royalty.

The homecoming coronation will be part of the school pep fest Friday, Oct. 6, at 11:30 a.m. at the high school gym.

Student activities

On Monday, Oct. 2, at 7:30 p.m. a movie will be shown for high school students in the south gym.

At 3:30 p.m. after school Tuesday, Oct. 3, a tie dye party will be held at the football field. Football under the Lights is at 4 p.m. with the 7th grade football team and 5 p.m. with the 8th grade team. All players grades 5-8 will be introduced starting at 6:15 p.m. The Little Cardinal Cheerleaders will perform at 6:45 p.m., with a youth football exhibition at 7 p.m.

Also on Tuesday there's a home swim meet

Smithley finalist at national guitar contest

at 6 p.m. against Detroit Lakes and a home volleyball game at 7:30 p.m. against Verndale, highschool gym.

On Wednesday, Oct 4, beginning at 8:50 a.m. the homecoming royalty will tour the community, starting at Staples-Motley Elementary, continuing to Sacred Heart Area School, Motley-Staples Middle School, Motley Dairy Queen and Lakewood Health System Care Center, Staples.

On Thursday, Oct. 5, at 4 p.m. in Centennial Auditorium the League of Legends video game team will stage a live tournament. At 7:30 p.m. there is a home volleyball game against Detroit Lakes in the high school gym.

A pep fest and homecoming coronation will be Friday, Oct. 6, at 11:30 a.m. at the high school gym. Following lunch there will be a powderpuff football game.

After the homecoming football game, there'll be two dances. The middle school students, grades 4-7, will be at the community center. The high school students dance, grades 8-12, will be held at the high school.

Public **Notices** Quotes for road maintenance: 7A

Obituaries Leone Brant Dwight Eggert

Staples native Casey Smithley, now of Plymouth, recently placed fourth at the Wilson Center Guitar Festival in Milwaukee, Wis. "It was an amazing expe-

rience," Smithley shared recently, adding that he received "some great, constructive feedback that will help me improve for next year and other competitions."

A total of 76 guitarists from 63 different cities and 19 different countries participated at the event, competing for monetary prizes and a chance to open for jazz legend and former band leader of 'The Tonight Show' Kevin Eubanks.

Smithley competed in the fingerstyle genre, playing a guitar built by Minneapolis luthier Tim Reede. In the first round, he per-

formed, "The Reason," by Andy McKee; and "March West," by Al Petteway. In the semi-finals, he played, "She," by McKee;



Casey Smithley

and "Berkley Springs," by David Essig, arranged by Don Ross. In the finals, he played, "Ebon Coast," by McKee; and "Mulberry Street," by Dylan Ryche.

Some of the festival highlights for Smithley included "meeting and playing with a bunch of my peers...and geeking out about guitars and guitar music with them; meeting two of my guitar heroes (Antoine Dufour and Mike Dawes); meeting and talking with Rob Poland, the founder of Candyrat Records; and having the opportunity to play for and be critiqued by a panel of really incredible judges."

A 2009 graduate of Staples-Motley High School, Smithley said he started playing guitar in 2005, inspired mostly by Dave Mathews' playing. After high school, however, it would be a few years before he played the guitar in earnest.

Smithley went on to

attend the University of St. Thomas in St. Paul, with the intention of becoming a Catholic priest. After two years, he decided not to pursue priesthood, but continued on with his studies and graduated in 2013, with a degree in philosophy. "However, knowing that you cannot do much with a degree in philosophy, I applied and went to law school (St. Thomas School of Law) following graduation," Smithley shared.

Having focused mostly on piano and organ during college, Smithley rediscovered his love of guitar after seeing a youtube video of Andy McKee a couple of years ago. "McKee and other guitarists like Don Ross, Michael Hedges and Antoine Dufour were composing songs that were almost never in standard tuning and, if you were to close your eyes and listen, vou would be certain were

> See SMITHLEY on page 8a

Foreign policy expert to speak about recent news

The Gordon Rosenmeier Center for State and Local Government will present foreign policy expert, Tom Hanson speaking on "Sea change? The U.S. and the World in the Trump Era" Monday, Oct. 23 at 7 p.m. at the Dryden Theater at Central Lakes College.

2a

The early months of the Trump administration have produced a series of sometimes controversial initiatives in U.S. foreign policy. The president has signaled greater emphasis on bilateral rather than multilateral approaches, while military advisers are playing a key role amidst dysfunction at the State Department.

As an immediate crisis looms over North Korea's nuclear program, the U.S. flirts with protectionism even as China assumes a greater role on the world stage. This program will assess the impact of current U.S. policy, whether fleeting or long-lasting, on global flash points and deeper trends.

Thomas Hanson is a former U.S. Foreign Service Officer with the Department of State whose diplomatic postings included East Germany,



Tom Hanson

France, Norway, the Soviet Union, Sweden, and the former Soviet Republic of Georgia. He also participated in the opening of new U.S. embassies in Mongolia and Estonia, worked on the Foreign Relations Committees of the U.S. Senate and House of Representatives, and served as Director for NATO and European Affairs at the Atlantic Council of the United States in Washington, D.C.

Hanson currently serves as Diplomat in Residence at the Alworth Institute for International Affairs at the University of Minnesota -Duluth. He is program secretary of the Committee on Foreign Relations Minnesota and is also a

member of the Great Decisions advisory committee at the Minnesota International Center, where he is a frequent Great Decisions speaker.

News

He contributes to local and international media and is a board member of the Oslo Center for Peace and Human Rights (U.S. Foundation); Partnership for Change, an NGO based in Norway; the International Leadership Program at St. Thomas University; and the Cultural Entrepreneurship Program at the University of Minnesota -Duluth.

Hanson holds a BA degree from the University of Minnesota and graduate degrees from the Fletcher School of Law and Diplomacy; the Institute of Advanced International Studies in Geneva, Switzerland; and the National School of Administration (ENA) in Paris, France.

The Gordon Rosenmeier Center for State and Local Government is a non-partisan organization which strives to educate and encourage participation of citizens in effective government and the political process.



Family outing at the Farmer's Market

Amy Balk of Pillager, along with her children Payson (left) and Camden, enjoyed shopping at the Farmer's Market in Staples Sept. 21. Pictured at right, Deb Erickson of Red Rock Gardens in Verndale, bags up some tomatoes for the Balks. The Staples Farmer's Market is held on Thursdays from 2 - 5:30 p.m. at the parking lot of Lakewood Health System; and on Saturdays, 10 a.m. - 1 p.m. at Veterans Park. (Staples World Farmers Market photos by Dawn Timbs)



Bountiful harvest

Russell Kleinschmidt (right) owner of Kleinschmidt Farms in rural Staples and his assistant, Tony Gomez of Staples, had a variety of vegetables for sale at the recent Farmer's Market in Staples, including peppers, tomatoes, squash and carrots.



Annual family bike trip

Vickie Moenkedick of Bertha, far right, along with two of her daughters



It's apple harvest time

Teresa Fisher (right) Chief Operating Officer at Lakewood Health System, stopped by the Farmer's Market Sept. 21, to purchase Honeycrisp apples harvested at Oasis Orchards in rural Staples. Also pictured is Margaret Albrecht of Pierz, the mother of Christine Albrecht, owner of the orchard. Christine is also a doctor at Lakewood.





and nine grandchildren enjoyed their annual family bike trip through Staples Sept. 21, which included a stop at the Dairy Queen. The trip begins at Living Legacy Gardens in Staples and follows the bike trail into town. Pictured above, from left, are Isaac and Ryan Radniecki, Ethan Mertens, Molly Mertens

holding Owen Mertens, Allis Mertens; Grace, Noah, Victor, Emily and Hazel Radniecki. In lower photo, the family begins their return trip to Living Legacy Gardens. (Staples World photos by Dawn Timbs)

Looking for a rewarding career in healthcare?



Attend our next CNA certification class:

- When: October 9th-20th, 8:00 a.m.-4:30 p.m.
- Where: Lakewood Senior Campus (Empire Room), 401 Prairie Ave NE, Staples, MN

Cost is \$425 to attend and \$160 should you choose to test out at MState in Detroit Lakes To register contact Tamara Mench at tamaramench@lakewoodhealthsystem.com.

* Immunization records to meet CDC guidelines for healthcare workers required. Class space is limited. If hired at Care Center, cost of class and test will be reimbursed after 3 months. Starting wage is \$14.06/hr.

800-525-1033 218-894-1515 lakewoodhealthsystem.com

cl36-39c

Railroad Days photos available to order at: Color: B&W: class re Staples World





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Teamwork pipeline

Learning the importance of teamwork and contiguous habitat in preserving wildlife, Motley-Staples sixth grade students lose a few balls and marbles from their trough run at Enviro Fest. From left are Gabe Koval, Kahner Lynch, Devon Kadus, Gabby Case, Annahka Kovach, Steffany Sullivan and Dahlton Ruikka. (Staples World Enviro Fest photos by Mark Anderson)



Soil scientists

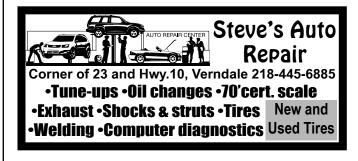
Gen Goetsch, Natalie Sarbaum and Macy Knosalla looked for creatures in samples of dirt, while learning about soil composition and organic matter at Enviro Fest.

Gunshots lead to arrest

by the Staples Police Dept. include:

Sept. 22; Staples Police assisted the Todd County

Recent reports taken Sheriff's Dept. with a report of multiple gunshots near the intersection of Spruce Rd and 313th Ave. near Motley. After investi-





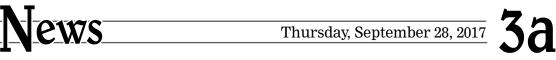
The City of Staples Water Department will be flushing water mains throughout the City as needed, October 3 - 12, 2017. You may experience cloudy water during this time. If this occurs, allow the cold water to run until it clears

gation, two people were arrested, Micah Tanner, 26, and Elizabeth Gabrielson, 25

Sept. 22; Staples Police, along with the Staples Fire Dept. responded to the Lakewood Care Center for a fire alarm. Upon arrival it was determined that an electrical box for the hot water heater had shorted out and caught fire. Maintenance staff at Lakewood had put the fire out prior to the fire department's arrival. The fire department assessed the scene and determined no additional action was needed.

Sept. 24; Staples Police made contact with a subject who is currently on probation. Police confiscated a bottle of alcohol the subject had in possession.

Sept. 24; Staples Police were dispatched to two juveniles fighting. A parent advised police they would like the juveniles spoken to about their behavior.





oing Grounds friends

At the Staples Motley Area Chamber of Commerce ribbon cutting for the new owners of the Stomping Grounds on Staples, owners Joel and Lindsey Hirschey are in the front row with their son Sam and coffee shop worker Fran Kuchera. In the back are customers and chamber members, from left, Dr. Julie Benson, who was the first customer when the new owners opened the shop, Bonnie Johnson, Kylie Fix, Steve Gertken, Bruce Brotherton, Jody Reeck, Megan Haber, Lorna Bendson, Heather Erholtz and Barb Cline. (Staples World photo by Mark Anderson)

Hirscheys take over Stomping Grounds

By Mark Anderson News Editor

When Lindsey Hirschey heard the Stomping Grounds coffee shop was for sale, she jumped at the opportunity.

"I always wanted to own a coffee shop, and this was the perfect time," said Hirschey.

She and her husband Joel checked it out and just three weeks later they were signing the contract to take over the business.

Hirschey said she knows the restaurant business well from working at Giovanni's Pizza for many vears

One of her main reasons for taking over was to keep it open as a gathering place for people in Staples.

"It has been a big part of the community and I want to keep it going," said Hirschey.

She knows first hand how much the coffee shop

means to people. 'I've been coming here since it opened, I have

always liked it," she said. Hirschey is expanding

the hours of the business. It is now open seven days a week, from 6:30 a.m. to 5 p.m. on weekdays and 7 a.m.-1 p.m. on weekends.

The food and drinks menus are also expanding. Hirschey said she is bringing back soup, will keep the panini sandwiches and could add some flat breads and breakfast items. She is also keeping baked goods from the local bakery. They are adding new flavors for lattes, mochas and iced drinks.

Another change already completed is a point of sale machine that can swipe credit cards. Hirschey said it will be more convenient for customers on the go.

They will also continue selling crafts and will get coffee mugs and T-shirts. Hirschey said she is getting used to the routines of the shop and learning about the most popular items from the customers.

"The community has been awesome. I'm thankful for all the support coming in," said Hirschey.

The customers have been thankful and appreciate that she is undertaking the operation. The regular coffee group even sang a "Happy Opening Day" song for Hirschey on her first morning.

The coffee shop will plan on staying open extra hours for certain events and before some sporting events, starting with the Staples-Motley Homecoming game on Friday, Oct. 6. She said to check the Stomping Grounds Facebook page to find out what events they will stay open for.

They also will have a grand opening day on Saturday, Sept. 30.

Area manufacturers gather to celebrate manufacturing

Business leaders are invited to attend the "Good Morning, Manufacturing!' breakfast slated for Thursday, Oct. 5, at Central Lakes College's cafeteria, 501 West College Drive, Brainerd.

Keynote speaker will be Amy Walstien, Executive Director of Minnesota Precision Manufacturing Association, who will be speaking on "New Opportunities in Employment-Based Training.'

The admission includes a continental breakfast. Register and learn more by visiting www.BridgesConnection.org/mfg. Space is limited.

Amy Walstien leads an organization representing over 330 members dedicated to driving success for the manufacturing industry. She has spent over 17 years at the intersection of law and politics as an attorney, government relations professional, policy advisor and legislative staffer.

Previously, Walstien served as the Director of Education & Workforce Development Policy and Elections for the Minnesota Chamber of Commerce. In her advocacy



Amy Walstien

roles, she has played a key part in developing the **PIPELINE** Project, the new Youth Skills Training Program, and other businesseducation initiatives.

Central Lakes College President Hara Charlier will kick off the event. AVANTECH president Tom Innis will introduce Walstien.

Matt Killian, President of the Brainerd Lakes Chamber of Commerce, will moderate a panel of local manufacturing leaders will share insights on building a workforce for today and the future. What are their successes? What's keeping them up at night? How do we meet the chal-

lenges that lie ahead?

This panel includes: Sarah Barrett, VP of Operations & Quality Control, Barrett Petfood Innovation; Tim Walker, Training & Development Specialist, Pequot Tool & Mfg; Mike Dillon, General Manager, Lexington Mfg.; and Matt Sundquist, General Manager, Graphic Packaging Int'l. Sheila Haverkamp, Executive Director of the Brainerd Lakes Area Economic Development Corporation, will then offer closing remarks.

Guided tours of CLC's manufacturing-related education and training facilities will follow this breakfast event.

'Good Morning, Manufacturing!" is one of many activities occurring during Minnesota's annual Manufacturing Week, Oct. 1 - 7. This morning event is sponsored by the Lakes Area Manufacturing Alliance, with support from Dream It. Do It. Minnesota, the Bridges Career Academies & Workplace Connection, the Brainerd Lakes Chamber of Commerce, and the Brainerd Lakes Area Economic Development Corporation.



Wadena County parks tour 2017

Wadena County Commissioners, park board members and staff took a tour of county parks on September 20. Several parks were visited to see improvements that have been made, including the new fishing landing at Stigman's Mound Park in Nimrod (above). A planning session of the park board was held following the tour to discuss plans for additional improvements to the parks system in the next few years. Front row, left to right: Parks Maintenance Operator Glenn Motzko, Commissioner Jim Hofer, Park Board member Dorothy Kennelly, Parks Administrator Deana Malone and Administrative Assistant Linda Youngbauer. Back: Commissioners Bill Stearns, Chuck Horsager, Sheldon Munson, David Hillukka, Park Board members Jerry Mevissen and Bob Swenson. (Submitted photo)

SCHOOL continued from page 1a Different groups identified priorities

school has very old sec- the middle school, so the tions next to newer sections. "Things were just piecemealed together as time went on," he said.

technology portion has been addressed.

The Staples-Motlev School Board identified Besides making obser- gym space in all the buildvations and taking mea- ings as a top need, along surements, they surveyed with cafeteria space in the

Costs

Chiodo said they're not to the point of putting dollar figures on any possible building projects. "We're not there yet, the board doesn't know if this is the path to go along," he

teachers about their perspective on the schools they teach in.

According to teachers at Staples-Motley Elementary School, storage and classroom furnishings were the biggest needs, followed by more classrooms, larger classrooms, HVAC and roofing.

At Motley-Staples Middle School, teachers said HVAC was the top need, followed by bathroom renovation, cafeteria, technology access, classroom storage, gym floor and locker room.

At Staples-Motley High School teachers also put HVAC at the top of the list, followed by classrooms and lack of natural light. Also among the top priorities was questioning the efficiency of maintaining three separate school buildings.

Listening sessions

The results of listening sessions were broken down into graphs showing the top observations from the Motley community session, Staples community session, students, school board and non-certified staff.

Students identified updated bathrooms as a need, noted the small hallways, voiced technology needs, HVAC, classrooms and locker room needs.

Chiodo pointed out that the surveys were taken last year, before every high school student was given a Chromebook computer, and many of the high school devices were sent to

middle and elementary schools. The board also noted they will need community support for any building improvement, and one of their concerns was that the facilities are not competitive with other schools in the region.

Non-certified staff (paraprofessionals, cooks, etc.) cited larger special education rooms as a top need, along with HVAC. They said seating improvement was needed for the Staples gym and the district needs more gym space overall. They also recommended one K-12 building for the district.

At the Motley community meeting, the top needs were finances to fund the school's dreams, loss of students to open enrollment, age of buildings, gym space and athletic complex needs.

At the Staples community meeting, the top need was to upgrade the Staples Community Center for the community and the school district, maintaining a quality fine arts program, retaining quality teachers, HVAC, and larger cafeterias for the elementary and middle schools. They also identified one K-12 building as a high priority.





said. "Hopefully the data helps the board drive the decision."

Staples-Motley School Board member Mary Freeman was one of three board members at the Motley meeting. She said generalized cost estimates have been supplied to the board, but she said it's more important to determine when they'll reach the point of minimum returns, when renovating old buildings is not as cost effective as building new.

> The Energy Assistance Program (EAP) helps pay home heating costs and furnace repairs for income-gualified households.

EAP is federally funded through the U.S. Department of Health and Human Services. Grants are available for renters or homeowners, with household income at or below 50 percent of the state median income, and is based on household size, income, fuel type and energy usage. Services may include payment of energy bills, help with utility disconnections or necessary fuel deliveries, education on efficient and safe use of home heating energy, and repair or replacement of homeowners' malfunctioning heating systems.

The average energy assistance grant in Todd County is \$722 per household. Households with an income less than 50 percent of the state median income (\$48,076 for a family of four) may qualify; those who qualify are served on a first-come, first-served basis while funds last. People have until May 31, 2018 when the program year ends, to apply for EAP.

EAP pays the utility company directly on behalf of eligible households. Qualifying families must apply for assistance at the local service provider in their area. If you are interested in applying for Energy Assistance, please contact Todd County Health and Human Services at 320-732-4516, or toll free at 888-838-4066. If you signed up for the Cold Weather Rule through your energy provider, this protection ends on April 15, 2018

Other forms of assistance may be available through county social service programs, community-based organizations, and nonprofit agencies.

See the Minnesota Department of Commerce webpage at mn.gov/commerce for resources and energy saving tips. w39-ssw40-ss41c

State Patrol seeking information

The Minnesota State Patrol is asking for the public's help in locating a vehicle involved in a hit-and-run crash on Aug. 22 between midnight and 12:30 a.m.

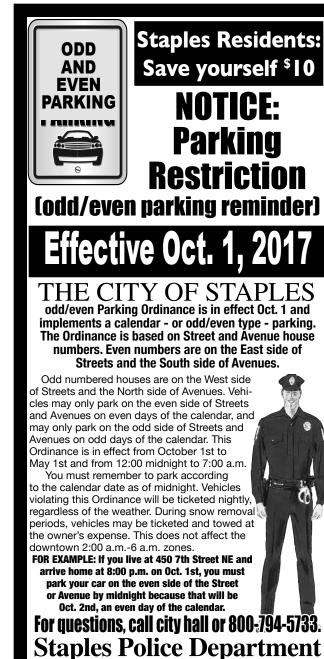
The vehicle was believed to be traveling eastbound on I-94, just west

of the Brandon exit in an active construction zone when it struck a pedestrian believed to have been walking east in the eastbound traffic lane or shoulder.

would have damage to the front passenger side mirror area.

Anyone with information should contact the State Patrol at 651-582-1415.

It's possible the vehicle



Thursday, September 28, 2017



Minnesota Manufacturing Week celebration at CLC

By Tara Karels, Dean of Staples CTE and Grants, Central Lakes College

If you're asked about manufacturing careers, what comes to mind? For many, it's a dark and dirty factory. But in reality, the opposite is true.

Today's world of manufacturing looks a lot different, with clean, well-lit environments that thrive on advanced technology. According to Minnesota Employment and Economic Development, manufacturing is the backbone of Minnesota's economy, citing its strength and versatility.

Let's talk about the money. If you choose a manufacturing career, the average annual wage is \$63,794, which is 17 percent higher than the state's overall average wage. It's a quick turnaround in the classroom, too. You'll be prepared for the workforce in 12-18 months, and you'll gave plenty of internship opportunities through industry partnerships. There's also been a focus on streamlining processes that has increased the safety of these jobs in all settings.

At Central Lakes College we have three manufacturing programs: Machine Tool Technologies, Robotics and Welding. Machine Tool Technologies and Robotics are delivered on our Staples campus, while the Welding program is taught in Brainerd. The three programs carry some combined certificates and degrees. Even better: CLC graduates are finding over 95 percent job placement in their field.

Staples World

Check us out and see what we have to offer to prepare you for a career in manufacturing. We'll be hosting open houses during Minnesota Manufacturing Week, Oct. 1-7. Tuesday, Oct. 3, Staples campus from 2-5 p.m. for tours and refreshments. Friday, Oct. 6, Brainerd campus from 10 a.m.-2 p.m. for tours and refreshments.

If you can't make it to the open house, feel free to stop by another time to learn about the future of manufacturing. We have a great group of faculty, staff and students that would love to share what is happening here.

Look at list of banned books that shaped America

Banned Books Week, Sept. 24-30, celebrates 'Our Right to Read' • How many have you read?

The Library of Congress created an exhibit, "Books that Shaped America," that explores books that "have had a profound effect on American life.' This is a list of books from that exhibit that have been banned/challenged.

The Adventures of Huckleberry Finn, Mark Twain, 1884

The first ban of Mark Twain's American classic in Concord, MA in 1885 called it "trash and suitable only for the slums." Objections to the book have evolved, but only marginally. Twain's book is one of the most-challenged of all time and is frequently challenged even today because of its frequent use of the word "nigger." Otherwise it is alleged the book is "racially insensitive," "oppressive," and "perpetuates racism."

The Autobiography of Malcolm X, Malcolm X and Alex Haley, 1965 (Grove Press)

Objectors have called this seminal work a "howto-manual" for crime and decried because of "antiwhite statements" present in the book. The book presents the life story of Malcolm Little, also known as Malcolm X, who was a human rights activist and who has been called one of the most influential Americans in recent history.

The Call of the Wild, Jack London, 1903

Generally hailed as Jack London's best work, The Call of the Wild is commonly challenged for its dark tone and bloody violence. Because it is seen as a man-and-his-dog story, it is sometimes read by adolescents and subsequently challenged for age-inappropriateness. Not only have objections been raised here, the book was banned in Italy, Yugoslavia and burned in bonfires in Nazi Germany in the late 1920s and early 30s because it was considered "too radical."

Catch-22, Joseph Heller, 1961

A school board in Strongsville, OH refused to allow the book to be taught in high school English classrooms in 1972. It also refused to consider Cat's Cradle as a substitute text and removed both books from the school library. The issue eventually led to a 1976 District Court ruling overturning the ban in Minarcini v. Strongsville.

The Catcher in the Rye, J.D. Salinger. 1951

uted the text. This wasn't Hemingway's only banned book - A Farewell to Arms and Across the River and Into the Trees were also censored domestically and abroad in Ireland. South Africa, Germany and Italy.

Gone With the Wind, Margaret Mitchell, 1936

The Pulitzer-prize winning novel (which three years after its publication became an Academy-Award Winning film) follows the life of the spoiled daughter of a southern plantation owner just before and then after the fall of the Confederacy and decline of the South in the aftermath of the Civil War. Critically praised for its thought-provoking and realistic depiction of anteand postbellum life in the South, it has also been banned for more or less the same reasons. Its realism has come under fire, specifically its realistic portrayal though at times perhaps tending toward optimistic of slavery and use of the words "nigger" and "darkies.'

The Grapes of Wrath, John Steinbeck,

were challenged because of descriptions of homosexual acts.

In Cold Blood, Truman Capote, 1966

The subject of controversy in an AP English class in Savannah, GA after a parent complained about sex, violence and profanity. Banned but brought back.

Invisible Man, Ralph Ellison, 1952

Ellison's book won the 1953 National Book Award for Fiction because it expertly dealt with issues of black nationalism, Marxism and identity in the twentieth century. Considered to be too expert in its ruminations for some high schools, the book was banned from high school reading lists and schools in Pennsylvania, Wisconsin and Washington state.

The Jungle, Upton Sinclair, 1906

For decades, American students have studied muckraking and yellow journalism in social studies lessons about the industrial revolution, with The Jungle headlining the unit. And yet, the dangerous and purportedly socialist views expressed in

poor Black man living on in class, a common school the South Side of Chicago. Bigger is faced with numerous awkward and frustrating situations when he begins working for a rich white family as their chauffer. After he unintentionally kills a member of the family, he flees but is eventually caught, tried and sentenced to death. The book has been challenged or removed in at least eight different states because of objections to "violent and sexually graphic" content.

Our Bodies, Ourselves, Boston Women's Health Book Collective, 1971

Challenges of this book about the female anatomy and sexuality ran from the book's publication into the mid-1980s. One Public Library lodged it "promotes homosexuality and perversion." Not surprising in a country where some legislators want to keep others from saying the word "vagina."

The Red Badge of **Courage, Stephen** Crane, 1895

Restricting access and refusing to allow teachboard response to a challenge.

A Streetcar Named Desire, Tennessee Williams, 1947

The sexual content of this play, which later became a popular and critically acclaimed film, raised eyebrows and led to selfcensorship when the film was being made. The director left a number of scenes on the cutting room floor to get an adequate rating and protect against complaints of the play's immorality.

Their Eyes Were Watching God, Zora Neale Hurston, 1937

Parents of students in Advanced English classes in a Virginia high school objected to language and sexual content in this book, which made TIME magazine's list of top 100 Best **English-Language Novels** from 1923 to 2005.

To Kill a Mockingbird, Harper Lee, 1960

Harper Lee's great American tome stands as proof positive that the censorious impulse is alive and well in our country, even today. For some educators, the Pulitzer-prize winning book is one of the greatest texts teens can study in an American literature class. Others have called it a degrading, profane and racist work that "promotes white supremacy.'

Beloved, Toni Morrison, 1987

Again and again, this Pulitzer-prize winning novel by perhaps the most influential African-American writer of all time is assigned to high school English students. And again and again, parental complaints are lodged against the book because of its violence, sexual content and discussion of bestiality.

Bury My Heart at **Wounded Knee, Dee** Brown, 1970

Subtitled "An Indian History of the American West," this book tells the history of United States growth and expansion into the West from the point of view of Native Americans. This book was banned by a school district official in Wisconsin in 1974 because the book might be polemical and they wanted to avoid controversy at all costs. "If there's a possibility that something might be controversial, then why not eliminate it," the official stated.

Young Holden, favorite child of the censor. Frequently removed from classrooms and school libraries because it is "unacceptable," "obscene," "blasphemous," "negative," "foul," "filthy," and "undermines morality." And to think Holden always thought "people never notice anything."

Fahrenheit 451, Ray Bradbury, 1953

Rather than ban the book about book-banning outright, Venado Middle school in Irvine, CA utilized an expurgated version of the text in which all the "hells" and "damns' were blacked out. Other complaints have said the book went against objectors religious beliefs. The book's author, Ray Bradbury, died this year.

For Whom the **Bell Tolls, Ernest** Hemingway, 1940

Shortly after its publication the U.S. Post Office, which purpose was in part to monitor and censor distribution of media and texts, declared the book nonmailable. In the 1970s, eight Turkish booksellers were tried for "spreading propaganda unfavorable to the state" because they had published and distrib-

1939

Kern County, California has the great honor both of being the setting of Steinbeck's novel and being the first place where it was banned (1939). Objections to profanity - especially goddamn and the like - and sexual references continued from then into the 1990s. It is a work with international banning appeal: the book was barred in Ireland in the 50s and a group of booksellers in Turkey were taken to court for "spreading propaganda" in 1973.

The Great Gatsby, F. Scott Fitzgerald, 1925

Perhaps the first great American novel that comes to the mind of the average person, this book chronicles the booze-infused and decadent lives of East Hampton socialites. It was challenged at the Baptist College in South Carolina because of the book's language and mere references to sex.

Howl, Allen Ginsberg, 1956

Following in the footsteps of other "Shaping America" book Leaves of Grass by Walt Whitman, Allen Ginsberg's boundary-pushing poetic works the book and Sinclair's Oil led to its being banned in Yugoslavia, East Germany, South Korea and Boston.

Leaves of Grass, Walt Whitman, 1855

If they don't understand vou. sometimes they ban you. This was the case when the great American poem Leaves of Grass was first published and the New York Society for the Suppression of Vice found the sensuality of the text disturbing. Caving to pressure, booksellers in New York, Massachusetts and Pennsylvania conceded to advising their patrons not to buy the "filthy" book.

Moby-Dick; or The Whale, Herman Melville, 1851

In a real head-scratcher of a case, a Texas school district banned the book from its Advanced English class lists because it "conflicted with their community values" in 1996. Community values are frequently cited in discussions over challenged books by those who wish to censor them.

Native Son, Richard Wright, 1940

Richard Wright's landmark work of literary naturalism follows the life of young Bigger Thomas, a



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ers to teach books is still a form of censorship in many cases. Crane's book was among many on a list compiled by the Bay District School board in 1986 after parents began lodging informal complaints about books in an English classroom library.

The Scarlet Letter, **Nathaniel Hawthorne,** 1850

According to many critics, Hawthorne should have been less friendly toward his main character, Hester Prynne (in fairness, so should have minister Arthur Dimmesdale). One isn't surprised by the moralist outrage the book caused in 1852. But when, one hundred and forty years later, the book is still being banned because it is sinful and conflicts with community values, you have to raise your eyebrows. Parents in one school district called the book "pornographic and obscene" in 1977. Clearly this was before the days of the World Wide Web.

Sexual Behavior in the Human Male, Alfred C. Kinsey, 1948

How dare Alfred Kinsey ask men and women questions about their sex lives! The groundbreaking study, truly the first of its scope and kind, was banned from publication abroad and highly criticized at home.

Stranger in a Strange Land, Robert A. Heinlein, 1961

The book was actually retained after a 2003 challenge in Mercedes, TX to the book's adult themes. However, parents were subsequently given more control over what their child was assigned to read

Uncle Tom's Cabin, **Harriet Beecher** Stowe, 1852

Like Huck Finn, Of Mice and Men and Gone With the Wind, the contextual, historically and culturally accurate depiction of the treatment of Black slaves in the United States has rankled would-be censors

Where the Wild Things Are, Maurice Sendak, 1963

Sendak's work is beloved by children in the generations since its publication and has captured the collective imagination. Many parents and librarians, however, did much hand-wringing over the dark and disturbing nature of the story. They also wrung their hands over the baby's penis drawn in In the Night Kitchen.

The Words of Cesar Chavez, Cesar Chavez, 2002

The works of Chavez were among the many books banned in the dissolution of the Mexican-American Studies Program in Tucson, Arizona. The Tucson Unified School District disbanded the program so as to accord with a piece of legislation which outlawed Ethnic Studies classes in the state.

For more information and other lists of banned and challenged books, see the American Library Association website at www.ala.org/ advocacy

Public Notices

Eighty percent of people polled believe that governments should be required to publish public notices in newspapers. But for years, government has tried to "hide" public notices by either posting them on government websites only, or by not publishing them at all. Newspapers across the country are fighting for YOUR right to that information. Keep public notices public.

Staples World

Current Lappenings Thursday, September 28, 2017 5a

Mark Your Calendar 0-

Weekly events

ONGOING EVENTS POSTED LAST THURSDAY OF THE MONTH: AA MTGS AT LAKEWOOD HEALTH SYSTEM HOSPITAL MAIN

CAMPUS, STAPLES, CLASSROOM A: Tuesdays, 8 p.m.; Thursdays, 8 p.m.; Saturdays, 7 p.m., For info., 218-371-0573.

AA MTGS AT FIRST LUTHER-AN CHURCH, PILLAGER: TUESdays, 8 p.m.; Thursdays, 7 p.m. For info., 218-839-1804.

AA MTGS AT MOTLEY FREE METHODIST CHURCH: Wednesdays, noon; Fridays, noon. For more info., 218-296-1512.

AA MTG AT MOTLEY UNITED METHODIST CHURCH: Mondays, 8 p.m. For info., 218-639-9743.

AA MTG AT STAPLES COMMU-NITY CENTER: Tuesdays, 7:30 p.m. For info., 218-639-8048.

AA MTGS IN VERNDALE: Tuesdays, 8 p.m.; Fridays, 8 p.m., 106 S. Thompson. For info., 218-640-1365 and 218-640-6644.

AL-ANON MTG Thursdays, 7:30 p.m., Staples United Methodist Church. For info., 218-296-1123.

CHRISTIANS IN RECOVERY - Alcoholics Victorious Mtg Thursdays, 7 p.m., Staples Alliance Church. For info., 218-640-5679.

DUAL RECOVERY ANONYMOUS MEETING Fridays, 4 p.m., Northern Pines, 11 2nd St. SW, Wadena. For info., 218-631-1714

NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS) PEER SUP-PORT GROUP meets Thursdays, 7 p.m., at An Open Book, Jefferson Square Mall, 209 Jefferson St. S., Wadena. For info., call NAMI at 651-645-2948.

TOPS (TAKING OFF POUNDS SENSIBLY) CHAPTER #1077 OF **STAPLES** Tuesdays, Faith Lutheran Church, 430 12th St. NE, Staples. Weigh-in, 5 p.m., meeting follows. For info., 218-639-0544.

WEIGHT WATCHERS MTG Mondays, Lakewood Health System main campus, Staples. Weigh-in, 5 p.m.; Mtg., 5:30 p.m. For info., 218-639-4888.

Monthly events

'Adult Survivors OF Sui-CIDE LOSS' SUPPORT GROUP MTG third Tuesday, 6:30 - 8 p.m., Tri-County Health Care, Wadena. For info., 218-631-5228

ALZHEIMER'S ASSOC. CARE- call 320-632-3923.

MOTLEY AREA HISTORICAL Society Mtg second Tuesday, 1 p.m., Motley City Hall. For more info., 218-352-6137 or 218-352-6699.

MULTIPLE SCLEROSIS SUP-PORT GROUP MTG second Thursday, 3:30 - 5 p.m., Lakewood Health System Senior Campus, Staples. For info., 218-894-8393.

PARENTS WHO HAVE LOST A CHILD' SUPPORT GROUP MTG second Monday, 5:30 - 7 p.m., Wesley Conference Rm. at Tri-County Health Care, Wadena. For info., 218-631-5228.

SENIOR CITIZENS MTG AT **LEADER HALL** third Tuesday. Potluck lunch, 11:30 a.m.; blood pressures, 11:30 a.m.

SENIOR HEALTH CLINIC sponsored by Wadena County Public Health, second Wednesday, 8:30 - 11:30 a.m., at Wadena County Public Health, 22 Dayton Ave. SE, Wadena. Health screenings include blood pressure, foot care, health info. and referrals. For info., 218-631-7629.

STAPLES MOTLEY EARLY CHILDHOOD COALITION MTG second Tuesday, 6:30 p.m., Staples Family Center. For info., 218-894-1897, or smecc@isd2170.k12.mn.us.

TODD COUNTY REPUBLICANS MTG third Thursday, 8 p.m., Church of Christ, Browerville. For info., 320-533-1119.

WADENA COUNTY DEMOCRAT-IC PARTY COMMITTEE MTG third Monday, 6:30 p.m., The Hub 71 in Sebeka. Anyone interested in joining, welcome. For info., email DFLWadenaCoChair@yahoo.com.

WAHOO VALLEY AREA MN **DEER HUNTER'S ASSOCIATION** MTG second Tuesday, 7 p.m., Wahoo Valley. For info, 218-640-5423.

WOMEN OF TODAY MTG first Tuesday, 6:30 p.m., Landmark Inn, Staples.

September 9

THE CENTRAL MN SMALL WOODLAND OWNERS ASSO-CIATION (CMSWOA) hosting their annual Field Day/ Annual Mtg Sat., Sept. 9, 9:15 a.m., 3 p.m. Field trip begins at Crane Meadows Nat'l Wildlife Refuge southeast of Little Falls and continues to the Ivan and Marie Schumann property near Rice. Public welcome. For info, to pre-register,



Bandshell work continues

A dedicated group of skilled workers are continuing repairs on the bandshell used for the annual Music in the Park concert series. Extensive work needs to be done so it can be used safely again. The bandshell is in Earl Mergens yard right next to Bruce Nelsen's shop. Painting is in progress and new siding will go on soon. If the weather cooperates they hope the project will be mostly completed this fall. Above, Nelsen gets one side ready to paint. Below, the bandshell's frame can be seen behind Mergens. Donations for materials are still needed and can be made to LEAP noting bandshell in the memo line. They can be dropped off at the Nelsens or in care of Gretchen Bestland at Lakewood Health System. (Submitted photos)



Public library programs

brary is offering the following programs:

1,000 Books Before **Kindergarten**

Enjoy a fun program encouraging reading and early literacy skills. For ages birth to kindergarten. Sign up any time during open hours. Sponsored by Staples Early Childhood Coalition.

The Staples Public Li- with resumes, accessing online job sites and any other one-on-one assistance.

Reading Roundhouse

storytime - Oct. 11 A fun storytime and ac-

'Voices from Ellis Island' to be staged

will perform her one-woman show about Ellis Island in Wadena on Friday, Oct. 6, at 7 p.m. at the Robertson Theatre.

'Voices from Ellis Island" tells the true stories of American immigrants in the early part of the 20th century. From 1890 to 1930, Ellis Island was the first experience of life in America for millions of immigrants. Their stories are amusing, frightening, inspiring and true.

Pippa White is a professional storyteller whose performances are part theatre, part storytelling, part history and totally captivating. She turned to solo performing in 1994 after an extensive career in theatre

Storyteller Pippa White and television on the West Coast, including five years hosting a daily morning television show on ABC in San Francisco.

To date she has crisscrossed the country many times as a professional storyteller, touring over 30 states, performing at universities and colleges, conferences, performing arts centers, museums, libraries and festivals.

Her performance on Oct. 6 is the second in the Wadena County Historical Society's Fall Legacy series.

The show is free and open to the public. Seats may be reserved by contacting the Wadena County Historical Society at 218-631-9079 or 603wchs@arvig. net.

Flu shots available at Lakewood's clinics

Lakewood Health System will offer flu shots beginning Monday, Oct. 2, during any regularly scheduled clinic appointments or by walk-in during regular clinic hours: 9 a.m. - 4:30 p.m. Monday - Friday, in Staples, Browerville, Eagle Bend, Motley and Pillager.

They will also be available in Staples on Saturday, Oct. 14, 8 a.m. - noon during the Saturday walk-in clinic in Staples; and Tuesday, Oct. 24, from noon - 8 p.m.

According to studies done by the Centers for Disease Control and Prevention (CDC), the nasal spray flu vaccine used in past years was found to be ineffective and the CDC's Advisory Committee on Immunization Practices voted that it will not be used or distributed during the 2017-2018 flu season. Therefore, Lakewood will only be using traditional flu 'shot' and recommends it for everyone six months and older.

Insurance billing for shots is available. Go to www. lakewoodhealthsystem.com for locations, or call 218-894-

Blood donation opportunities

The American Red Cross urges eligible donors of all races and ethnicities to give blood to help ensure a diverse blood supply for patients in need.

Some blood types are unique to certain racial and ethnic groups, so a diverse blood supply is important to meeting the medical needs of an increasingly diverse patient population.

Patients who need repeated transfusions, like 11-year-old Tymia Mc-Cullough who has sickle cell disease, must have blood that is matched very closely Patients are likely to have complications from blood donated by someone with a similar ethnicity

Upcoming blood donations opportunities include:

• Pillager - Wednesday, Oct. 11, 9 a.m. - 3 p.m., Pillager High School, 323 E. 2nd St. S.

• Staples - Thursday, Oct. 5. noon - 6 p.m., Community Center, 425 4th St. NE.

For more information, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767).



GIVER SUPPORT GROUP MTG first and third Thursday, 3:30 - 4:30 p.m., Reflections Intensive Outpatient (IOP) rm., Lakewood Health System's senior campus, Staples. For info, 218-894-8288 or 218-894-8195.

DIABETES SUPPORT GROUP MTG second Monday, 3:30 p.m., Tri-County Health Care, Wadena. For info., 218-631-3510, ext. 5376.

FOOT CARE CLINICS sponsored by Lakewood Health System, first Tuesday, 8 a.m. - 3 p.m., LHS, Staples clinic; third Thursday, 8 a.m. - 3 p.m., Scandia Valley Town Hall. For appt., 218-894-8080.

GRIEF SUPPORT GROUP MTG sponsored by Tri-County Health Care, first Tuesday, 4:30 - 5:30 p.m., TCHC, Wadena. For info., 218-631-5228.

LYME DISEASE SUPPORT **GROUP MTG** second Monday, 6 p.m., Staples Alliance Church. For info., 218-296-2352

MEMORY LOSS SUPPORT **GROUP FOR CAREGIVERS MTG** second Thursday, 2:30 p.m., Tri-County Health Care, Wadena. For info., 218-632-8733.

October 2

RETIRED EDUCATORS ASSO-CIATION OF MN (FOR ALL TRA & PERA PUBLIC SCHOOL RETIR-EES) MTG Mon., Oct. 2, 9:30 a.m., Staples City Hall. Program: barn quilts.

FORMER NEW YORK METS BASEBALL PLAYER DARRYL STRAWBERRY SPEAKING Mon., Oct. 2, 7 p.m., Heritage Church in Baxter. Also on the program is the Minnesota Adult & Teen Challenge Men's Choir. Free will offering. Sponsored by Kids of Valor.

October 9

CELIAC DISEASE SUPPORT GROUP MTG Mon., Oct. 9, 6 p.m., Wadena Alliance Church, 1428 S. Jefferson St., Wadena. For info., 218-631-2170

LCT seeks director

Lamplighter Community Theatre is seeking an artistic director for a December production of "Gift of the Magi."

'Gift of the Magi" is the classic O. Henry holiday story of selfless giving. It features a young married couple and how they deal with the challenge of buying secret Christmas gifts for each other with very little money.

Anyone interested is asked to email lctstaples@gmail. com or call 218-631-6202.



D.I.Y. fun activity: Vegetable Guessing game - October

Stop in each week and guess the vegetable. A winner will be drawn each week from the correct answers for a prize. For ages 3-12, register during open hours. Sponsored by the Staples Friends of the Library.

Minnesota Workforce Center visit – Oct. 4

A workforce center staff person will be available the first Wednesday of the month - Oct. 4; 2-4 p.m. - to assist adult job seekers

tivities for ages Pre K -2nd grade. Wednesday, Oct. 11 from 10:30-11:30 a.m. Registration required. Limit 15. Sponsored by the Staples

Friends of the Library. For more information contact the library at 218-894-1401.

The Staples Public Library is located at 122 6th St. NE, Staples. Hours are: Mon. 10 a.m.-6 p.m., Tue. 2-8 p.m., Weds. 10 a.m.-6 p.m., Thurs. 2-8 p.m., Fri. 1-5 p.m., Sat. 10 a.m.-1 p.m.







Renaissance Festival

 Live Armoured Jousting • 7 Theme Weekends **16 Stages of Live Entertainment** 250 Artisan Booths for shopping Food fit for a King Throne of Swords • Mermaids, Fairies & more!

> **Open Weekends** August 19th - October 1st Plus Labor Day & Festival Friday, Sept. 29th Rain or Shine 9am - 7pm • 952.445.7361 RenaissanceFest.com FREE PARKING

Thursday, September 28, 2017



Shape good reading habits

Levi Mumm, son of Kris and Teneesa Mumm, was recognized for reading 1,000 books before entering Kindergarten. The program is sponsored by the Staples Motley Early Childhood Coalition and the Staples Public Library. From left are Beth Fabian, SMECC representative; Levi; and Melissa Jewison, library staff. Future readers with their parents or guardians can sign up for the program at the Staples Public Library during library hours. (Submitted photo)



BIRTHS REPORTED AT LAKE-WOOD HEALTH SYSTEM HOSPITAL INCLUDED:

Born to Tristan and Seth Warwas of Brainerd, a baby girl, Piper Lorelei weighing seven pounds, three ounces on September 15.2017.

Born to Ashley Nelson and Jamie Carlson of Brainerd, a baby boy, William Allen weighing seven pounds, four ounces on September 15, 2017.

Born to Rachael and Charles Biggar of Pine River, a baby boy, Raymond Michael Edward weighing eight pounds, four ounces on September 16, 2017.

Born to Mary and Jon Hoffman of Baxter, a baby girl, Lottie Lucille weighing six pounds, 12 ounces on September 16, 2017.

Born to Shari and Kyle Nitsch of Willistion, ND, a baby boy, Casen Waxilliam Robert weighing six pounds, 11 ounces on September 17, 2017.

Born to Allyson Ashman and Jason DeGrauwe

of Staples, a baby girl, Lydia Paizley weighing seven pounds, three ounces on September 18, 2017.

Born to Christen Long and Justin Meager of Swanville, a baby boy, Carsyn James weighing nine pounds, 12 ounces on Septeberm 18, 2017.

Born to Tiffany Rosenow and Josh Thomas of Long Prairie, a baby boy, Hudson Roland weighing seven pounds, four ounces on September 19, 2017.

Born to Kylee Payne of Park Rapids, a baby girl, Oaklee Amelia weighing seven pounds, nine ounces on September 19, 2017.

Born to Emily Batiz and Mattsen Vensel-Hein of Staples, a baby boy, Steele Mathias weighing eight pounds, 14 ounces on September 20, 2017.

Born to Stacy and Ben Underhill of Staples, a baby boy, Harrison Theodore weighing seven pounds, eight ounces on September 21, 2017.

Student Achievements

North Dakota State University has announced its list Summer 2017 graduates. Local students named include: Miranda Reed, Cushing, Bachelor of Science degree in Management • Darin Eller, Pillager, MEDUCAT Educational Leadership.

Bunio is newest OB/GYN

Life-Currents

Dr. Jen Bunio is the ric and newest obstetrician/gynecologist (OB/GYN) to join Lakewood Health System's medical staff, Staples.

Originally from Anoka, Bunio completed her undergraduate work at Concordia College in Moorhead and received her medical degree from the University of Minnesota, which is also where she completed her residency. Bunio is a member of the American College of Obstetrics and Gynecology.

As an OB/GYN, Bunio enjoys all aspects of obstet-



pregnan- Dr. Jenny Bunio cv, infertility and minimally-inva-

sive gynecologic surgery. "I am so excited to be coming back to Lakewood, said Bunio. "I was at Lakewood as an RPAP student and have been looking

since. There is something magical about the staff who work here and the patients who get their care here. I can't wait to be part of the Lakewood community again."

Bunio and her husband Nick recently had a daughter named Rosie. They also have a dog named Oberon. In her spare time, Bunio likes to cook, spend time on the water and travel.

Bunio will be seeing patients at Lakewood's Pillager and Staples clinics. To make an appointment with her, call 218-894-1515.

cold can usually keep up

with their normal activi-

ties, but someone with the

flu can't. Flu can result in

serious health problems

like pneumonia, bacterial

infections, and hospitaliza-

the flu vaccine?

Can I get the flu from

No. Some people get a

mild fever or have discom-

fort for a short time after

being vaccinated but this

is a sign that your body is

responding to the vaccine.

It's not the flu. Also, be-

cause there are many vi-

ruses circulating in the fall,

it's possible to get sick with

a different virus around

the same time they get flu

When should I get vac-

For best protection, flu

vaccine is usually given in

early fall before flu season

starts. But you can get it

anytime during flu season

which is typically October

or two doses of flu vac-

Do children need one

It depends on the child's

age and whether they got

flu vaccine in the past. If

your child is six months

through eight years old, he

or she may need two doses

at least four weeks apart.

Flu vaccine and aller-

People with an egg al-

lergy can safely get a flu

vaccine. Life-threatening

allergic reactions to flu

vaccine are very rare. Talk to your health care pro-

vider if you've had a life-

Ask your doctor or clinic.

tion.

vaccine.

cinated?

through April.

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Ю **Obituaries** Ю

Staples World



Leone Brani

Leone Beatrice (Howe) Brant, 94, a former Cass County resident, passed away August 20, 2017 at her home in Waterloo, Iowa.

Burial will be held September 30, 2017 at 11:00 a.m. at the Poplar Cemetery. Lunch will follow at the Bear's Den in Leader.

Leone was born March 27, 1923, in Poplar Township to Harley and Bertha (Johnson) Howe. She grew up in rural Backus where she graduated from high school in 1942. She attended business college in Minneapolis. She married Kenneth Brant from Poplar. They purchased a farm in Poplar Township and later moved to Montana for a brief time. They moved to Waterloo where Kenneth worked for Rath Packing Plant for many years, and they resided there until they passed.

Leone is survived by one son, Duane of Waterloo; four daughters, Lorraine (Tom) Gibbons of Elk Run Heights, Iowa, Kathy (Brian) McBride, Mary (Rick) Wersinger and Helen Cochran (Bret Wittmayer), all of Waterloo; one brother, Maurice Howe and one sister, Lucille Coleman, both of Crystal; 15 grandchildren; 37 great-grandchildren and 26 great-great-grandchildren.

Leone was preceded in death by her husband; parents; one son, Kenneth Larue Brant; one daughter, Juanita Louise Brant and two brothers, Howard and Robert Howe.

w39p A00006B2017SP28



forward to returning ever 2017-2018 influenza season info.

Submitted by Todd County Health and Human Services

Getting the flu feels miserable, and can sometimes make you dangerously sick. Find out how to protect yourself and those around vou, as well as how to identify the flu and what you should do if you get sick. Call Todd County Health & Human Services for clinic schedule or questions at 320-732-4500.

What is influenza (flu)?

The flu is a respiratory disease caused by a virus that attacks the nose, throat and lungs. Illness is usually mild or moderate, not requiring hospitalization. However, at times flu can be severe, even leading to death. It's not the same as the "stomach flu."

What are the symptoms?

Flu symptoms include fever, dry cough, sore throat, headache, extreme tiredness and body aches. These symptoms usually begin suddenly and might be severe enough to stop your daily activities.

Should I get a flu vac- tiredness. A person with a cine?

Yes. Everyone six months of age and older should get a flu vaccine every year. Getting a flu vaccine helps protect you from getting the flu and prevents you from passing it to people who could get very sick.

Who is most at risk for getting very sick from flu?

• People age 65 and older Young children, es-

pecially those under two years old

Pregnant women

• People with chronic health conditions such as asthma, diabetes and heart disease

• American Indian and Alaska Natives

Although these groups are at highest risk, anyone can become very sick with flu.

How is the flu different from a cold?

Colds are generally less serious than the flu. With a cold, you're more likely to have a runny or stuffy nose, while the flu causes body aches, fever and extreme







Left to right: Kayla Miller, Stacy Grossman, Sydney Mohs and Ashley Wallgren

Kayla Miller Community Health Project Coordinator, Strategy & Development

Nominated by Katie Jo Poppler, Employee Health Wellness Coordinator, "I was able to watch Kayla in action at the last pick up for the Choose Health families. There is extra time and planning going on behind the scenes to make sure this is successful. Kayla works with Extension to ensure the families had an activity to do, and then she contacts all 100 families to remind them to pick-up. The Choose Health families and the other numerous committees that Kayla collaborates with, feels her support, compassion and positivity in every encounter. Her big heart and smile are a reflection of the work she is doing in Community Health.

Stacy Grossman RN, Hospital

Nominated by Teresa Fisher COO/CNO, "Lakewood had a mass casualty disaster after hours on a Friday evening and Stacy was the charge nurse on duty. Her response to commanding the disaster and managing the situation was done quickly and calmly. I was very impressed by her ability to handle everything and everyone; she assigned tasks, managed multiple ambulances, fire trucks and helicopters, evacuated the employee parking lot for landing the helicopters and got all victims discharged safely within hours of the event. She was a great incident commander and I was very proud of her leadership in a time of great stress when many lives were on the line. Great Job, Stacy. LHS is lucky to have you on our team."

Sydney Mohs LPN, Care Center

Nominated by Donna Hildahl LPN, Care Center, "Sydney is always willing to lend a helping hand wherever needed. She truly cares about the residents and their families and goes the extra mile to make them all comfortable. Sydney is always willing to take the time to help other staff learn job skills that may be new to them. Sydney has helped me give quality care to residents and has helped me to be successful in my new position. The families continue to benefit from the caring and compassion she gives to each resident."

Ashley Wallgren RN Lead, Clinic

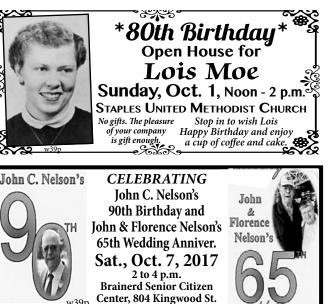
Nominated by Julie Carry RN Lead, Clinic, "Ashley is a valuable asset to Lakewood Health System for many reasons. I have found her to be dependable, efficient and she has become a great resource for her team. She is respected by her peers. I believe these characteristics represent all that is good in our health care system here at LHS.'





The last bites of summer

Henry Hauger, left, of Pequot Lakes and Elaine Brand of Seattle stopped by the Dairy Queen in Staples Sept. 21, the last day of summer. With temperatures nearing 80 degrees that day, ice cream was a popular treat for travelers and locals alike. (Staples World photo by Dawn Timbs)



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threatening reaction to a flu vaccine.

What can I do to protect myself and others? Get vaccinated.

· Avoid being around others who are sick.

 Cover your nose and mouth with a tissue when you cough or sneeze, or cough or sneeze into your sleeve.

• Wash your hands often with soap and water, or an alcohol-based, waterless hand sanitizer.

Protect infants by not exposing them to large crowds or sick family members when flu is in your community.

• Do not share drinking cups and straws.

Clean commonly touched surfaces often (door knobs, refrigerator handles, phones, and water faucets).

What if I think I have the flu?

• Stay home if you're sick.

· Avoid contact with others

• Rest/drink a lot of fluids.

• If you are in a high-risk group, call your health care provider for advice.

• Go to the doctor or the emergency room if you are having these symptoms:

• Difficulty breathing or shortness of breath

• Pain or pressure in the chest or abdomen

- Sudden dizziness
- Confusion

 Severe or persistent vomiting

• Flu-like symptoms that improve, but return with worse fever and cough





Dwight Eggert

Dwight J. Eggert, 73, of Motley passed away September 21, 2017 from complications of Parkinson's and Dementia.

A memorial service will be held at 11:00 a.m. on Thursday, Sept. 28 at the Motley Free Methodist Church with Pastor Jim Johnson officiating. A gathering of family and friends will be held from 9:00 to 11:00 a.m. prior to the services at the church.

Private interment will be held at Wendall Hills Cemetery in Milaca.

Arrangements are with the Taylor Funeral Home of Staples.

Dwight was born in Milaca on November 16, 1943 to Alvin and Dorothy (Stanchfield) Eggert. Dwight was passionate about his sales profession, enjoyed being outdoors, his many "projects" and was proud of his red 1957 Ford Thunderbird. He loved his family, close to his heart were his friends, church family and pets.

He is survived by his wife Judy; three daughters, Stacey (Mike) Basse of Seattle, Lori (Jeff) Maus of Waverly and Paula Konczal of Elk River; seven grandchildren; two greatgranddaughters; three brothers, Curt (Deb) Eggert of Brainerd, Dennis (Dian) Eggert of Crosby and Roger (Chris) Eggert of Isle; many family and friends.

He was preceded in death by his parents and one son, Joel.

w39c A00006B2017SP28





ISD #2170 **SCHOOL BOARD MEETING #3** Monday, August 21, 2017, 7:00 p.m. **HIGH SCHOOL MEDIA CENTER**

MINUTES

Call to Order

The meeting was called to order with Freeman, Lund, Winkels, Longbella, Frisk and Hoemberg present (comprising a quorum). Also attending were Supt. Bratlie; Business Manager, Boesen; Principals Johnson, Schmidt and John Regan; SMEA rep. Schneider; several SM employees; Staples World Manager, Halvorson; and Recording Secretary Madson. The Pledge of Allegiance was recited.

Motion by Winkels, seconded by Frisk, to adopt the agenda with the addition of #29. MC

Chair Freeman rec-

thanked them for attend-

School/Community Forum

ing

a. CIPA - Internet Safety Policy- This serves as our annual review of this policy. No questions from the public.

b. MSHSL Video - the required MSHSL "Why we Play" video was viewed.

Consent Agenda:

Motion by Lund, seconded by Frisk to approve the consent agenda as presented. MC

Finance Items

Business Manager, Boesen shared the Dec. 2016-June 2017 Financial Reports with the Board.

Motion by Longbella, seconded by Winkels, to approve the Financial Reports and Authorization to Pay Vouchers. MC

Motion by Longbella, seconded by Lund, to approve the SM Facility usage Fee Schedule. Voting in favor: Longbella, Lund,

ognized the public and Freeman and Winkels Opposed: Frisk and Hoemberg Motion by Freeman,

seconded by Winkels, to increase the pay for Little Cardinal Academy classroom aids from \$9.68 to \$10.50 per hour. MC

Personnel:

Motion by Winkels, seconded by Longbella, to approve the 2017-18 contract for Matt Michel, HS Custodial; GR 5P. MC

Motion by Lund, seconded by Hoemberg, to approve the 2017-18 contract for Nicholas Reed, IT Help Desk Technician; eff. 8/14/17; GR 10P MC

Motion by Frisk, seconded by Lund to approve the 2017-18 contracts for Liz Capistrant and Shari Henrikson, SSR teachers; 73.16%; BA Step 1 MC

Motion by Winkels, seconded by Freeman, to approve the 2017-18 contract for Jesslyn Martin, Kindergarten; Step 1. MC

Motion by Lund, seconded by Frisk, to approve the 2017-18 contract for Heather Kadus, MS STEAM/Art; 83%; BA+45 Step 2. MC

Motion by Frisk, seconded by Freeman, to approve the 2017-18 one year contract for Joshua Mailhot, MS Grade 5; MA step 3. MC

Motion by Winkels, seconded by Frisk, to approve the contract for Jolene Johnson, SSR Para; GR 7P MC

Motion by Greg, seconded by Lund, to approve the contract for Lisa Richardson-Emola, Motley Food Service; GR 5P. MC

Motion by Winkels, seconded by Longbella, to accept the resignation of Sandy Otteson from the transportation portion of her assignment. MC

Motion by Frisk, seconded by Lund, to accept the resignation of Mitch Anderson, Phy.Ed and coaching; with permission to post. MC

Motion by Winkels, sec-

onded by Frisk, to accept the resignation of John Regan, HS Math; eff. 8-14-17. MC

Motion by Lund, seconded by Winkels, to approve the contract for John Regan, MS Principal; eff. 8-15-2017 MC

Motion by Longbella, seconded by Hoemberg, to approve the 2017-18 speech assignment for Pam Siepkes at \$50.75 per hour for an estimated 315 hours. MC

Motion by Winkels, seconded by Frisk, to approve the contract for Jamie Nordick, HS Phy. Ed; BA step 2. MC

Motion by Lund, seconded by Freeman, to approve the contract for Jamie Nordick, 9th grade FB coach MC

Policies and Curriculum

Motion by Longbella, seconded by Frisk, to approve the MSHSL Boy's Hockey Application for

> Ю **Crossword Puzzle**

Dissolution of Cooperative

12

Sponsorship (WDC, SM, NYM, Sebeka, Henning, Verndale) MC

Staples World

Motion by Winkels, seconded by Lund; to approve the MSHSL Boy's Hockey Application for Cooperative Sponsorship (WDC, SM, NYM, Sebeka, Henning, Verndale, Parkers Prairie). MC

Motion by Longbella, seconded by Freeman, to approve revisions to Policy #704.1 Food Service - Payment Process and Unpaid Meal Charges to include mandatory procedures. MC

Motion by Freeman, seconded by Winkels, to adopt mandatory Policy #721 Uniform Grant guidance Policy Regarding Federal Revenue Sources. MC

Adjournment

Complete minutes are available at www.isd2170. k12.mn.us

39pnc

STATE OF **MINNESOTA COUNTY OF TODD** SEVENTH JUDICIAL DISTRICT **DISTRICT COURT** Case Type: #14 -**Other Civil**

City of Staples, Plaintiff VS.

SUMMONS

Edna E. Hietala or her Estate, also all other persons or parties unknown claiming any right, title, estate, lien or interest in the real estate described in the Complaint herein, and all unknown heirs or assigns of the above in real estate described in the Complaint herein,

Defendant.

THIS SUMMONS IS DI-RECTED TO THE ABOVE NAMED DEFENDANTS.

1. 1. YOU ARE BEING SUED. The Plaintiff has started a lawsuit against you. The Plaintiffs Complaint against you is atto this tached Summons Do not throw these papers away. They are official papers that affect your rights. You must respond to this lawsuit even though it may not yet be filed with the Court and there may be no court file number on this Summons. 2. YOU MUST REPLY WITHIN 20 DAYS TO PRO-TECT YOUR RIGHTS. You must give or mail to the person who signed this Summons a written response called an Answer within 20 days of the date on which you received this Summons. You must send a copy of your Answer to the person who signed this Summons located at: Joseph A. Krueger BROWN, KRUEGER & VANCURA, P.A. 124 Lake Street South Long Prairie, MN 56347 3.YOU MUST RESPOND TO EACH CLAIM. The Answer is your written response to the Plaintiffs Complaint. In your Answer you must state whether you agree or disagree with each paragraph of the Complaint. If you believe the Plaintiff should not be given everything asked for in the Complaint, you must say so in your Answer. 4. YOU WILL LOSE YOUR CASE IF YOU DO NOT SEND A WRITTEN **RESPONSE TO THE COM-**PLAINT TO THE PERSON WHO SIGNED THIS SUM-MONS. If you do not answer within 20 days, you will lose this case. You will not get to tell your side of the story, and the Court may decide against you and award the Plaintiff everything asked for in the Complaint. If you do not want to contest the claims stated in the Complaint, you do not need to respond. A default judgment can then be entered against you for the relief requested in the Complaint. 5. LEGAL ASSISTANCE. You may wish to get legal help from a lawyer. If you do not have a lawyer, the Court Administrator may

have information about places where you can get legal assistance. Even if you cannot get legal help, you must still provide a written Answer to protect your rights or you may lose the case.

6. ALTERNATIVE DIS-PUTE RESOLUTION. The parties may agree to or be ordered to participate in an alternative dispute resolution process under Rule 114 of the Minnesota General Rules of Practice. You must still send your written response to the Complaint even if you expect to use alternative means of resolving this dispute.

7. THIS LAWSUIT MAY AFFECT OR BRING INTO QUESTION TITLE TO REAL PROPERTY located in Todd County, State of Minnesota, legally described as follows:

Lots 9 and 10 of Block 8 in Forest Park Addition to Staples.

The object of this action is quiet title to a tax forfeited parcel, pursuant to Minnesota Statute §284.11.

NOTICE **STAPLES TOWNSHIP REQUEST FOR QUOTES FOR ROAD** MAINTENANCE

Staples Township is requesting quotes for plowing/grading of 34 miles of township roads. This will be for the contract years of November 1, 2017 to October 31, 2019.

STATEMENT OF **OWNERSHIP MANAGEMENT AND** CIRCULATION

1. PUBLICATION TITLE: Staples World **2.** PUBLICATION No. 518-760 3. FILING DATE: September 25, 2017 4. Issue Frequency: Weekly 5. No. of Issues Published An-NUALLY: 526. ANNUAL SUBSCRIPTION PRICE: \$40 local 7. COMPLETE MAILING ADDRESS OF KNOWN OFFICE OF PUBLICA-

Quotes must be based on an hourly rate. Quotes will be accepted

by the Clerk until 7:30 p.m. on October 9, 2017. Quotes should be mailed or hand delivered to:

Staples Township Clerk 48301 County 21 Staples, MN 56479

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(b2) Mailed In-County Paid Subscriptions Stated on Form 3526

(b3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Non-USPS Paid Distribution 452469

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c. Total Paid Distribution

d. Free or Nominal Rate Distribution (By Mail and

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47. Unhappy 48. The Golden State 50. External

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41. Emerges

43. Menial laborer

13. Prayer leader 14. Edible red algae

Bonnie Thoele

Dated: September 20, 2017

BROWN, KRUEGER & VANCURA, P.A. Joseph A. Krueger Attorney for Plaintiff 124 Lake Street South Long Prairie, MN 56347 Telephone: (320) 732-6112 Atty. Regn. No. 0328911 39-41pnc

REQUEST FOR PROPOSAL **CENTRAL LAKES** COLLEGE **BRAINERD AND** STAPLES CAMPUS **TELEPHONE** SERVICES

Central Lakes College is requesting proposals for telephone services for Brainerd and Staples Campuses. A copy of the request for proposal may be obtained by emailing Scott Streed at sstreed@ clcmn.edu, Central Lakes College, 501 W College Dr, Brainerd MN 56401.

Proposals must be submitted no later than 2 p.m. on October 16, 2017. All proposals must be sealed and marked "RFP for Brainerd and Staples Campus Telephone Services". Submit proposals to:

Čentral Lakes College Attn: Kari Christiansen 501 W College Dr 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 Čollege 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.

38-39pnc

TION (NOT PRINTER):

8. COMPLETE MAILING ADDRESS OF HEADQUARTERS OR GENERAL **BUSINESS OFFICE OF PUBLISHER** (Not PRINTER): 224 4th St. NE - P.O. Box 100, Staples, Todd County, MN 56479

224 4th St. NE - P.O. Box 100,

Staples, Todd County, MN

CONTACT PERSON:

Brenda Halvorson **Telephone:** 218-894-1112 9. FULL NAMES AND COMPLETE MAILING ADDRESSES OF PUB-LISHER, EDITOR AND MANAGING EDITOR: **PUBLISHER:** Devlin Newspapers, Inc. P.O. Box 100, Staples, MN

56479

EDITOR:

Mark Anderson, 1005 Park Ave. NE, Staples, MN 56479 MANAGING EDITOR:

Brenda Halvorson, 305 Ravilla Avenue, Staples, MN 56479

10. Owners:

Devlin Newspapers, Inc., 224 4th St. NE, P.O. Box 100, Staples, MN 56479; Russell W. Devlin, 73 Breakneck Hill Rd., Southborough, MA 01772; William R. Devlin, Box 505, Finley, ND 58230; Marjorie A. Devlin, Box 505, Finley, ND 58230; Patrick A. Devlin, 3605 Hampstead Ct. NW, Kennesaw, GA. 30144; 11. KNOWN BONDHOLDERS,

MORTGAGEES, AND OTHER SE-CURITY HOLDERS OWNING OR HOLDING 1 PERCENT OR MORE OF TOTAL AMOUNT OF BONDS. MORTGAGES, OR OTHER SECURI-TIES: None

12. TAX STATUS (FOR COMPLE-TION BY NONPROFIT ORGANIZA-TIONS AUTHORIZED TO MAIL AT NONPROFIT RATES): NA **13. PUBLICATION TITLE:** Staples World 14. ISSUE DATE FOR CIRCULA-TION DATA BELOW: Week 36 September 7, 2017 15. EXTENT AND NATURE OF CIR-CULATION: AVERAGE NO. No. Copies OF SINGLE COPIES EACH

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1,697 1,666 d. Percent Paid (Both Print & Electronic Copies) 97%97%

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17. PUBLICATION OF STATE-MENT OF OWNERSHIP WILL BE PRINTED IN THE September 28, 2017 issue of this publi-CATION.

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

Brenda J. Halvorson, General Manager, September 25, 2017 39pnx

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Creating colorful landscapes with fabric

Staples artist Pam Collins works on a fabric artwork at the Heritage Arts Fiber Festival at the Landmark Inn in Staples on Sept. 22 and 23. Collins showed four stages of her unique art style, using strips of fabric that she said comes from many places, including old dresses and drapery samples. She glues the fabric strips in layers until it resembles the landscape she is trying to represent. "Anyone can do it, you have to be able to use your imagination," said Collins. (Staples World photo by Mark Anderson)



Hooked rug art

Elyse Olson shows her hooked rug tapestry in progress at the Fiber Arts event. Olson said she was inspired by the rugs 30 years ago and still loves to make them. She said it is an American folk art, but the origins also are attributed to the early Vikings, who may have developed it after seeing Persian rugs. (Staples World photo by Mark Anderson)



Heritage Arts Fiber Festival

Classes, demonstrations and stunning art were features of the Heritage Arts Fiber Festival at Landmark Inn, Staples, Sept. 22 and 23. The Fesitval was part of the Weaving Waters Fiber Arts Trail. At left, Brenda Lyseng, left, Eagan, and Lynda Perlick, Pillager, took a class in Sashiko, the Japanese art form of slow stitching, from Maday Delgado of Baraboo, Wisc. At right, local artist Pam Collins, standing right, discussed her fabric landscapes following her demonstration of the technique. Other displays and artists can be seen in the background. (Staples

Things spouses should know about **PTSD**

By David A. Anderson Wadena County Veteran Service Officer

You never invited combat stress or post-traumatic stress disorder to be a part of your marriage. But there it is anyway, making everything harder. Sometimes you want to give up. Why does everything have to be so, so hard? Other times, you wish someone would just give you a manual for dealing with the whole thing. Surely there's a way to know how to handle this disease? Like the rest of marriage, loving someone who suffers from PTSD or who is trying to work through the ghosts of combat doesn't come with a guidebook. And although the whole thing can feel very isolating (everyone else seems fine. Is my marriage the only one in trouble?) that doesn't mean you're alone. Therapists who specialize in PTSD know that while some couples may put on a good show for the outside world, dealing with trauma is hard work and, no, every thing is not perfect.

If you're dealing with PTSD at home, you're not alone. Husband and wife team Marc and Sonja Raciti are working to help military couples work through how PTSD can impact their marriages. Marc, a veteran, has written a book on the subject, "I Just Want To See Trees: A Journey Through PTSD." Sonja is a licensed professional counselor. The Racitis said there are five things that a spouse dealing with PTSD in marriage should know.

1. It's normal for PTSD to impact the whole family, if you feel like your life has changed since PTSD came to your home, you're probably right. The habits that might help your spouse get through the day, like avoiding crowded spaces, may become your habits too. "PTSD is a disease of avoidance -- so you avoid those triggers that the person with PTSD has -- but as the partner you begin to do the same thing," Sonia Raciti said. Remember that marriage is a team sport, and it's okay to tackle together the things that impact it. 2. Get professional help, the avoidance that comes with PTSD doesn't just mean avoiding certain activities it can also mean avoiding dealing with the trauma head on. But trying to handle PTSD alone is a mistake, the Racitis said. 'We both are really big into seeking treatment, getting a professional to really help you and see what treatment you're going to benefit from," Sonja said. "Finding a clinician who you meet with, click with and really specializes in PTSD is so, so important." 3. No, you're not the one with PTSD. But you may have symptoms anyway.

The Racitis said it is very common for the spouses of those dealing with PTSD to have trouble sleeping or battle depression, just like their service member. That's why it's important for everyone in the family to be on the same page tackling the disease because it impacts them too.

4. Be there, as with so many issues in marriage, communication is key, the Racitis said. But also important is being supportive and adapting to whatever life built around living with PTSD looks like for you. "You have to adapt the man you married has changed. The experience has changed him and that's part of life," Sonja says. "He's gone through something that has been horrific, life altering and life changing and together you're going to adapt to that and you're going to help support each other in that.'

5. Don't give up, it can seem very tempting to just give up and walk away, they said. After all, the person you married may have changed dramatically. And while splitting may ultimately be the right answer for you, it doesn't have to be only solution on the table. "Don't give up," Marc said. "It's so easy to do. It's the path of least resistance. But people who engage, people who actively engage these are the marriages that survive." (Source: Military.com | Amy Bushatz | January 17, 2017 ++)

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.

SMITHLEY continued from page 1a

Smithley has never taken guitar lessons

being played on three - four

Plan your fall tillage and cover crops now

By Todd County NRCS

Now is a great time to consider field plans for the non-growing season months before they're harvested. Now is an opportunity to plan to improve your fields for next year's crop. Many plan to take soil tests, schedule manure applications and fertlizer inputs this fall such as Potash. However, also consider your fall tillage and cover crop options. Much fall tillage can be eliminated or at least reduced in many cases, and possibly a

soil productivity could be planted as well.

The soil has had some time to rebuild some structure during the growing season that was set back from the disturbance of tillage, planting and field operations in the spring. This structure and the crop residue now on the surface allows more water to infiltrate into the soil reducing runoff. It also allows replenishment of topsoil and subsoil moisture on sandy drier fields. Conversely on heavier wetter

formerly WOMEN'S DAY OUT

londary October 9, 2017 EVENTI 5:30 – 8:30 p.m.

cover crop to improve your fields the structure will allow better infiltration to drain excess water out of the root zone to allow better and faster trafficability by equipment.

Cover crops ranging from a single species to a multiple species mixture can accomplish many goals to improve your soil and your bottom line. Benefits could include nitrogen scavenging, building organic matter, increasing crop diversity, breaking pest and disease cycles, reducing erosion, fixing nitrogen or other benefits can be accomplished through a well planned out management system that includes a cover crop.

NRCS can provide free technical assistance to help vou determine what tillage and cover crops might be best for your operation and goals. Some practices, including reduced tillage and cover crops, offer financial assistance as well.

Contact your local NRCS office at 320-732-6618 ext. 3 or stop in at 607 9th St NE Long Prairie for more information and assis-





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guillars, but en your eye and see it all being done by one person on one track. I knew after hearing their music that I had to teach myself how to play like them.'

Smithley did not study guitar (or music) in college and has never taken lessons on guitar. He first developed a passion for music in general while at SMHS, where he was involved in choir, band, jazz band, bell choir. He has also been a part of community bands and choirs.

In addition to the positive feedback he received at the guitar festival in Milwaukee, Smithley's guitar work is being noticed by others in the music world. Recently, his original song, "Sehnsucht," inspired by C.S. Lewis' writings about heaven, caught the attention of luthier Tim Reede. It will be included on a promotional CD that highlights the talents of professional musicians who play guitars made by Reede.

To hear "Šehnsucht" and other songs played by Smithley, visit his youtube channel at https://www. youtube.com/channel/ UCOOHv761qah27LuPLtly_ hA. You can also find him on Facebook.

Smithley hopes to continue to perform his music live and is excited to be playing in his hometown next April 29, as part of the Staples Motley Area Arts Council's regular season.

Casey and his wife Elizabeth make their home in Plymouth. They have two children; Sophia, four, and Leo, one.









Double winner, excitement in the pool

Emily Veronen started the Sept. 21 meet by swimming the backstroke leg of the medley relay, getting the team off to a lead they never relinquished, left. Later in the meet, she swam her personal best in the 500 meter freestyle, then gave a shout back to her teammates and coaches after seeing her time (right). (Staples World photos by Mark Anderson)

wimmers continue progress

The Staples-Motley girls swimming team competed against Fosston-Baglev on Sept. 19 and had a home meet against Holdingford Sept. 21.

We had some good races, and some swam in a meet for their first time, which is a huge accomplishment," said Coach Amanda Olson. "We are getting the girls outside of their comfort level and they are pushing themselves.'

Highlights of the Fosston-Bagley meet included a first place finish by the medley relay team of Emily Veronen, Lili Schneider, Autumn Nelsen and Aleeah Halverson in 2:09. Schneider also won the 100 breaststroke.

Schneider was second in the 200 freestyle with a personal best of 2:14, for second place. Other second places went to Veronen in the individual medley, Nelsen in the 100 butterfly, Halverson in the 100 freestyle, Veronen in the 100 backstroke and the 400 freestyle relay of Veronen, Joelle Bounds, Halverson and Schneider.

Against Holdingford, the medley relay got their second straight win. Veronen swam the 500 freestyle and dropped seven seconds off her personal best, finishing in 6:13.



Best effort

Lili Schnieder swims to a 1:01 in the 100 freestyle, her personal best time.

Schneider got her second straight win in the breaststroke.

Emma Gerard had her best 50 freestyle time, placing third in 29.75 seconds.

Cardinals reach tournament top

The Staples-Motley volleyball team staged an intense five set match against Pillager on Sept. 19, but ended up losing 3-2. After a loss at Pequot Lakes on Sept. 21, they won their pool at the Walker-Hackensack-Akeley tournament on Sept. 23, to reach the top tier of the tournament, then lost to the host team in the playoff round.

Against Pillager, the Cardinals split the first

two sets, then lost the third. In the fourth game, Kiera Dumpprope had three blocks to give the team an early lead. When they lost that lead, Tabetha Allen took over with six kills that brought the Cardinals from three points down to three points ahead at 23-20. They won the last two points to force a deciding fifth set.

Neither team took a lead of more than one point in a tense fifth set, until Pillager pulled it out in the final two points, winning 15-13.

Allen finished with 19 kills in the game and Mackenna Bjerga had 34 assists and four ace serves. Camryn Banaka had 41 digs and Bella Martin had three ace serves.

Against Pequot Lakes, the Cardinals lost in straight sets. Kiera Storry had eight digs and Camryn Banaka had seven in that

game

Staples-Motley opened the WHA tournament with a 25-18, 29-27 win against Cass Lake-Bena. Banaka had 15 digs, Allen had eight kills while Storry and Alix Peterson had three kills each

In the second round against Northome-Kelliher, Alex Davis had eight digs, three assists and three kills for a well rounded game, helping the Cardinals win 25-17, 25-22.

In the finals against WHA, Staples-Motley lost 14-25, 22-25.

Anderson wins Mega Meet

Thursday, September 28, 2017

Staples-Motley cross country runner Emmet Anderson beat four other ranked runners to win the Class 1A race at the Milaca Mega Meet on Sept. 23. It was a good day for the boys team, as they finished fourth out of 37 teams. The mega meet has four varsity races, with Class 1A the race for the smaller schools.

Anderson's time of 16:33 was his fastest race ever. He went out fast with the leaders and set the pace for the final two miles. He then out kicked the second place finisher to win by five seconds

The girls team ran without two of their regular varsity runners and finished 17th. Addison Lorber led the way with an 11th place finish in 21:12.

The Cardinals teams also competed at the Bagley Invitational on Sept. 19, where Anderson had another win, and the boys team also finished on top.

"The boys continue to show rapid growth as a team and are becoming a legitimate contender in Section 6A," said Coach Bruce Fuhrman. "We seem to be ten runners deep on our varsity squad. Practice competition is at an all-time high, which really helps assemble a strong team of runners.³

The girls team is still working on the spread between their top runners and their fifth runners. "We likely have three of the fastest girls in the section right now in Kira Sweeney, Addison Lorber, and Ashley Robben," said Fuhrman. "The others are working very hard on this process and we are watching it drop."

The girls finished third at the Bagley meet, which exceeded their goal for the

day. "Our placement shows their determination," said Furhman.

Team results Boys results Bagley invitational

Staples-Motley 67, Ada-Borup 77, International Falls 112, Wadena-Deer Creek 130, Dilworth-Glyndon-Felton 158, Bemidji 184, Pequot Lakes 190, Frazee 201, Roseau 228, Thief River Falls 231, Park Rapids 297, Hawley 298, Bagley 341, Warroad 347, Pine River-Backus 417, Lake Park-Audubon 434, New York Mlls 457

1. Emmet Anderson 16:38, 15. Hunter Klimek 18:07, 16. Tanner Robben 18:08, 23. Ben Bartczak 18:33, 31. Bentley Christensen 18:49, 32. Isaac Christoffersen 18:51, 49. Brayden Christiansen 19:17

V: 1. Jack Tyrrell 19:13, 10. Nick Tabatt 20:34, 11. Austin Johnson 20:51, 30. Jacob Schmitz 21:34, 32. Barrett Carlson 21:39, 43. Trenton Plopper 22:14, 64. Connor Judd 23:45, 79. Connor Fox 25:07, 84. Jonah Johnson 25:46

Milaca Mega Meet

Mankato Loyola 88, Nova Academy 112, St. James 114, Staples-Motley 244, West Central 255, Holdingford 259, G-F-W 296 ... 30 other teams

1. Anderson 16:38, 27 Klimek 18:07, 76. Robben 19:97, 78. Bartczak 19:09, 92. Christoffersen 19:21, 95. Brayden Christensen 19:22

Girls results:

Bagley Invitational

East Grand Forks 79, Perham 105, Staples-Motley 124, Thief River Falls 136, Menahga 154, Lake Park-Audubon 159, Dilworth-Glyndon-Felton 185, Pequot Lakes 196, Warroad 198, Wadena-Deer Creek 226, Park Rapids 230, Frazee 276, Ada-Borup 280, Roseau 295

3. Kira Sweeney 20:12, 9. Addison Lorber 21:11, 10. Ashley Robben 21:21, 54. Kaitlyn Smith 23:39, 71. Madysen Hull 24:47, 90. Abby Brown 26:46

JV: 26. Jorie Ihme 28:42

Milaca Mega Meet Staples-Motley 17th of 31 teams

11. Lorber 21:12, 32. Robben 22:20, 140. Abby Brown 25:53, 181 Madysen Hull 27:42, 193. Mackenzie Wilds 28:11



Improved team play produces halftime lead

Cardinal volleyball action

Top, Alex Davis reaches out for a return while Camryn Banaka and Ashley Vasquez await the next shot. Left, Kiera Dumpprope gets a block. At right, Tabetha Allen rises up for a spike.(Staples World photos by Mark Anderson)

The Staples-Motley football team threw a scare into the eighth ranked Ottertail Central team by taking a 14-0 lead on two touchdown passes and stifling defense in the first half. But in the second half the Cardinals suffered from poor field position, mistakes, and trouble with the OTC running game, and they fell 28-14.

"Despite a couple of setbacks in the first half, we played the best two quarters of football I've seen our squad produce," said Coach Travis VanOverbeke.

"I'm proud of our focus throughout the first half, we've discussed taking pride in the details of our game, and it showed."

The Cardinal defense held firm on the first OTC drive, and Spencer Miller made a tackle on fourth down when OTC had a punt mix-up.

After a first down run by Dalton Holmberg, quarterback Josh Lombard threw a deep pass over the middle to Griffin Webster, who made a leaping catch and trotted into the end zone for a touchdown and a quick 7-0 lead.

The defense held again on the next two drives, with Holmberg and Luke Schmieg making a fourth down stop, and Scout Strickland shooting in for a tackle for loss to slow the next drive.

After another long pass to Webster, Lombard hit Chase Davis for a 16 yard slant and a second touchdown.

At the end of the half, OTC drove to the eight yard line, but the defense held when Mason Nyhus



Turnover on downs

Dalton Holmberg (2) and Luke Schmieg (55) stack up an OTC runner on a fourth down play. (Staples World photo by Mark Anderson)

played excellent defense on an intended receiver in the end zone and the quarterback had to throw it away.

It was the opposite story in the second half. The Cardinals fumbled and it led to a quick score. A punt mix-up led to a second OTC score. After another punt, OTC took the lead for good on a long running drive.

The main second half highlight was Nyhus intercepting a pass to give the Cardinals another chance to take the lead, but penalties ended that drive.

"It didn't matter what team we were playing against, you can't commit the amount of penalties and missed assignments we had in the third and fourth quarter," said VanOverbeke.

The Cardinals ended the game outgained on the ground 318-69, but their passing game clicked at times and they outgained OTC 159-20 through the air.

Team results

Staples-Motley 14, Ottertail Central 28

Rushing: Dalton Hoemberg 14-55, Cade Schmidt 5-28, Josh Lombard 3-(-14)

Passing: Lombard 11-35, 159 yards, 2 TD

Receiving: Griffin Webster 6-104, 1 TD; Mason Nyhus 2-35; Chase Davis 2-10, 1 TD; Matt Fisher 1-0

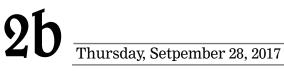
Tackles: Braden Tyrrell 20, Luke Schmieg 13, Schmidt 11, Hoemberg 10, Scout Strickland 9, Isaac Swendsrud 8, Nyhus 5, Webster 3, Derek Kennedy 3, Davis 3, Lombard 2, Kyle Serich 2, Isaac Kronenberg 1, Ryan Wick 1, Emmitt Winkels 1

Wins, losses for tennis team

The Staples-Motley girls tennis team CI. picked up two wins against Wadena-Deer Creek and Crosby-Ironton on Sept. 19, then met some stiff competition at the Litchfield tournament on Sept. 23.

Haley Dietman, Jenna Dvorak and Rose Han each had two wins against WDC and

In the Litchfield tournament, the Cardinals only managed four wins against quality teams. Claire Wolhowe, Dvorak and Brittney Lisson had singles wins, while Beth Johnson and Haylee Wold had a doubles win.





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Staples World

Sports/Classifieds

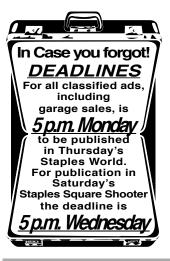
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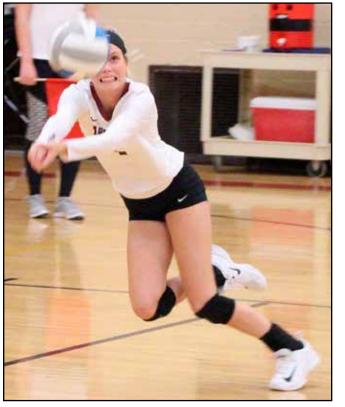
GARAGE **S**ALES 701

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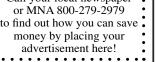
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Cardinal gamers

Above, Staples-Motley quarterback Josh Lombard slings a pass to the sideline. Above left, Griffin Webster leaps high to bring in a touchdown pass for the team's first score in the first quarter. Far left, volleyball player Camryn Banaka keeps her eye on the ball as she makes one of the 41 digs she popped up in the game. (Staples World photos by Mark Anderson)

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Backus home invasion suspect leads investigated, sketch released

Cass County Sheriff Tom Burch reports that the investigation into the suspect of a home invasion in rural Backus continues.

While several leads and potential sightings of the male suspect have been reported, there has been nothing substantial that has led to making an identification.

The initial incident took place Sept. 16. The sheriff's office had received a report of an intruder at a residence in Pine River Township. Upon their arrival, deputies learned that the intruder did make entry into the residence and the homeowner had fired a firearm at the intruder, the intruder did exit the residence and left on foot.

A sketch has been released of the suspect with the same description as originally reported. The suspect is described as being a Caucasian male, approximately 6 ft. 5 inches in height with a very large body. See attached sketch.

On Sept. 19, the sheriff's office received a report that a male matching the description of the suspect was seen in a wooded area in northern Pine River Township. The area was searched by deputies and a K9 for several hours with no results.

While several leads are being followed up on, the sheriff's office continues to ask for residents to report anything suspicious in their neighborhoods.

The Cass County Sheriff's Office requests that the public be diligent in being aware of their surroundings and reporting anything suspicious to the sheriff's office at 218-547-1424 or 1-800-450-2677, with

United Methodist

310 5th St. NE, Staples



Submitted sketch

as much detail as possible. The sheriff's office also requests that the public use social media platforms appropriately and to be cautious with publishing or sharing information that has not been confirmed.

The investigation continues with the assistance of the Pine River Police Department, MN State Patrol and the MN BCA.

One dead, another injured following crash in Pine River

An 18-year-old Pine River man is dead and another seriously injured as the result of a single-vehicle crash on Sept. 22.

According to Cass Countv Sheriff Tom Burch, their office received a report at 3:37 a.m. of the crash at 24th Ave SW in Pine River Township.

Responders and deputies arrived and found that a 1993 Ford Ranger pickup had left the roadway rolling over with occupants trapped inside of the vehicle. Brenden Fenstermaker was pronounced deceased at the scene. Zachary Munsch was treated at the scene and later transported via North Memorial Air Care to a Twin Cities hospital with serious injuries

The crash remains under investigation.

Veterans Memorial **Dedication in Pillager**



Staples Area Church Directory

.218-894-2248

Staples

-
Staples Alliance 1512 8th St. NE, Staples218-894-2891 Pastor Bob Hepokoski, Paul Johnson Mark Shea, Pastor of Student Ministries Sunday Worship
Assembly of God 914 3rd Ave. NE, Staples
Church of Christ 27343 490th St., Staples
Congregational Church, UCC 204 5th St. NE, Staples 218-894-2571

....9:30 a.m Worshi Fellowship, refreshments following service

Faith Lutheran 430 12th Street. NE., Staples.....218-894-1546

Interim Pastor: Saul Stensvaag Emelia Enquist, Director of Youth, Family & Christian Ed.

Sunday Worship Service ..9:00 a.m Coffee Fellowship 10:05 a.m Sacred Heart Church 310 4th St. NE, Staples ..218-894-2296

Pastor Greg Leslie .. 10:30 a.m. Sunday Worshin (Nursery Available for Sunday Worship) Sunday School (for grades K-12 and adults) 9:15-10:15 a.m. Aldrich Congregational, United **Church of Christ** One block S. of Hwy. 10, Aldrich .218-445-5831 Pastor Dave Seator Sunday Worship, . 9:00 a.m. .1st Sunday of Month **Balsamlund Lutheran** 19550 490th Street, Aldrich Eric Clapp... Sunday Worship. Sunday School8:15 a.m. .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 Friday Office Closed Visitation Pastor: Jim Brown Youth Coordinator: Kelly Gelle SUNDAY 9:00 a.m. Sunday School for all ages . Worship Gathering10:00 a.m. WEDNESDAY .4:30 p.m. Praise & Praver Kids' Club

Motley **Motley Free Methodist** 33 Wellwood St. E

..218-352-6888 Motley 56466. Pastor Jim Johnson Assistant Pastor Richard Broberg .9:00 & 10:30 a.m. Sunday Worship.. Sunday School WEDNESDAY .10:30 a.m. .4:00-5:30 p.m. Kids Club. Youth Group .5:30-7:30 p.m.

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

St. Michael ..218-894-2296 1st St. and Birch, Motley ..

Pastor Fr. Joe Korf MASS ..6:30 p.m, Tuesday

..8:30 a.m. Wednesday Saturday ..7:00 p.m. . 10:30 a.m. Sunday.

United Methodist 847 3rd Ave. S. Lane, Motley.....218-352-6466

Pastor Greg Leslie /ww.motleyumc.org .9:00 a.m. Sunday Worship Service. Monday AA meeting ...8:00 p.m.

Oylen Oylen Alliance

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

Pillager First Lutheran Church

Hewitt **Church of the Nazarene** 114 Front Street, P.O. Box 146 Hewitt, MN

218-924-2028 Pastor Wayne Hoffert Sunday School Sunday Worship. .9:30 a.m .. 10:45 a.m./6 p.m. WEDNESDAY 7:00 p.m Prayer

Trinity Lutheran Church (LCMS)

524 Front Street, PO Box 116, Hewitt, MN Pastor Robin Fish Sunday Worship 10:30 a.m

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

Family Life Church 402 NE Clark Drive, Verndale

218-445-5568 Church VerndaleFLC@gmail.com Pastor Amos Self 218-371-7189

Coffee & Fellowship 8:45 a.m. . 9:10 and 11:00 a.m. Worship. Prayer or Life Groups .6:00 p.m WEDNÉSDAY 6:00 p.m. . Family fellowship meal

.... Ministry Groups/Bible study 6:30 p.m **Hope Chapel Alliance**

18126 County Road 7, Verndale 218-445-5643 or 218-472-3316

National Anthem sung

Pillager High School Choir members sang the National Anthem at the Veterans Memorial Dedication Program held at Pillager City Park Sept. 23. Pictured, from left, are Abby Koel, Liyah Morton, Gabe Grimsley and Paul Freelove. At far left is Pillager Lion Les Swift, who served as emcee at the event. (Staples World photos by Dawn Timbs)



Pastor Fr. Joe Kort	Jr./Sr. Forge Youth Group6:00 p.m.	717 River Street S, Pillager, MN	Pastor Neal Malcore
Youth and Young Adult Ministry		218-746-3775	Sunday Worship9:00 a.m.
Coordinator:	Cushing Baptist	Pastor Hector Merced	Sunday School10:30 a.m.
Monica J. Simmons 218-414-0081 cell/text	26298 Bear Rd., Cushing	Sunday Worship9:30 a.m.	WEDNESDAY
MASS:	www.cushinabaptistchurch.org	Sunday School8:30 a.m.	Family Night5:30 p.m.
Thursday and Friday8:30 a.m.	Pastor Dan Holmes		Tunny Ngm
Saturday5:00 p.m.	Sunday School	Casino Assembly of God	Immanuel Lutheran Church
Sunday8:30 a.m.	Worship10:30 a.m.	Pastor Dan Johnson	of Bartlett Township (LCMS)
	WEDNESDAY	N. of Motley, Hwy. 64, E. on Cty 34 to Cty. 104.	17097 460th St. PO Box 37, Verndale
Seventh Day Adventist	Bible study7:30 p.m.	Phone	Pastor Robin Fish
421 Dakota Ave. SE, Staples	Dible slouy	Sunday School9:30 a.m.	
218-894-0033	Loof Diver Township	Worship10:30 a.m.	Sunday Worship9:00 a.m. WEDNESDAY
Saturday Worship10:45 am.	Leaf River Township	Sunday Worship7:00 p.m.	Bible Study6:30 p.m.
Sabbath School9:30 a.m.	The Old Country Church	WEDNESDAY	Bible Study
	Leaf River Twp., Wadena County Rd. 6		
Thomastown Covenant	Info. 218-837-5690 Open by arrangement	First Baptist	Verndale United Methodist
15940 251st Ave., Staples218-894-3923		903 River Street South, Pillager	10 3rd Ave. SW, Verndale
Pastor Nathan Hillman	Leader	Pastor Jake Anderson	218-445-5108
Sunday School9:45 a.m.	Swan Valley Lutheran	218-746-3768	Pastor Jill Pawlowski
Sunday Worship11:00 a.m.	Leader	curious@fbcpillager.com	Sunday Worship9:00 a.m.
WEDNESDAY	Pastor David Stevens	Connection Point9:30 a.m.	
Trinity Lutheran	Sunday Worship	Sunday Worship10:00 a.m.	Central United Methodist
1000 4th St., NE, Staples		WLDNLJDAT	5 miles N on Cty Rd 26 (Nimrod tar)
Rev. Robin Collins	Maple Hill Lutheran	AWANAS6:15 p.m.	Pastor Chuck Horsager
Sunday Divine Service	Pastor David Stevens		218-639-4225
Sunday School & Bible Class 10:15 a.m.	Leader		Sunday Worship9:00 a.m.
	Worship and Sunday School		Sunday Worship9:00 a.m. Sunday School
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How to stay young

Pastor Roy Miles, Staples Assembly of God Church

young:

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay "them."

2. Keep only cheerful friends. The grouches pull you down.

3. Keep learning. Learn more about the computer, crafts, gardening or whatever. Never let the brain idle. "An idle mind is the Devil's Work- And always remen shop." And the devil's name is Alzheimers.

4. Enjoy the simple things

5. Laugh often, long and loud. Laugh until you gasp for breath.

6. The tears happen. Endure, grieve and move on. The only person who is with us our entire life is ourselves. Be alive while you are alive.

7. Surround yourself with what you love, whether it is family, pets, keepsakes, music, plants, fulness no matter what age we are.

Here are some ideas of how to keep yourself hobbies, whatever. Your home is your refuge.

8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the mall, even to the next county or to a foreign country but not to where the guilt is.

10. Tell the people you love that you love them,

And always remember:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Jesus said in John 10:10 "The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

Let's not let the evil one take away our youth-



Looking at the memorial

Air Force veteran Ron Harrington of Pillager stopped by to look at the new Veterans Memorial loated at the Pillager City Park, just off Hwy. 1 and Hwy. 210. The memorial, made by Little Falls Granite, was nstalled by the Pillager Lions.



Prayers offered

Pastor Hector Merced, First Lutheran Church in Pillager, read a passage of scripture and offered a prayer at the recent Veterans Memorial Dedication Program in Pillager. Also pictured are Pillager Lion Les Swift and Pillager High School Choir members Liyah Morton, Abby Koel (hidden), Gabe Grimsley and Paul Freelove. Other participants at the program included guest speaker Tom Rhett, Commander of the Pillager American Legion Post 100, and the American Legion Firing Squad.



After the program

Those who attended the Veterans Memorial Dedication Program in Pillager Sept. 23 had the opportunity to visit with each other afterwards. Pictured above, from left, are WWII veteran Alfred Simons, 93, and Norman Rohl, 84, both of Pillager. The event was hosted by the Pillager Lions.