



Weather

This Week's Forecast

	High	Low	Cond.
Jan. 25	24	2	Snow
Jan. 26	15	11	Snow
Jan. 27	26	-6	Snow
Jan. 28	1	-14	M. Cloudy
Jan. 29	-2	-16	M. Sunny
Jan. 30	-2	-13	Sunny
Jan. 31	-1	-10	M. Sunny

Last Year, 2022

	High	Low	Cond.
Jan. 25	-10°	-15	Cloudy
Jan. 26	8	-11	M. Sunny
Jan. 27	18	0	P. Sunny
Jan. 28	11	-11	Cloudy
Jan. 29	23	7	M. Sunny
Jan. 30	20	4	M. Cloudy
Jan. 31	23	7	Cloudy

Average Temps:
H = 22° Low = 3°

Compiled by
Dale Hausmann,
WCCO's Staples area
Weatherwatcher

Public Notices

Leader: 9A

Obituaries

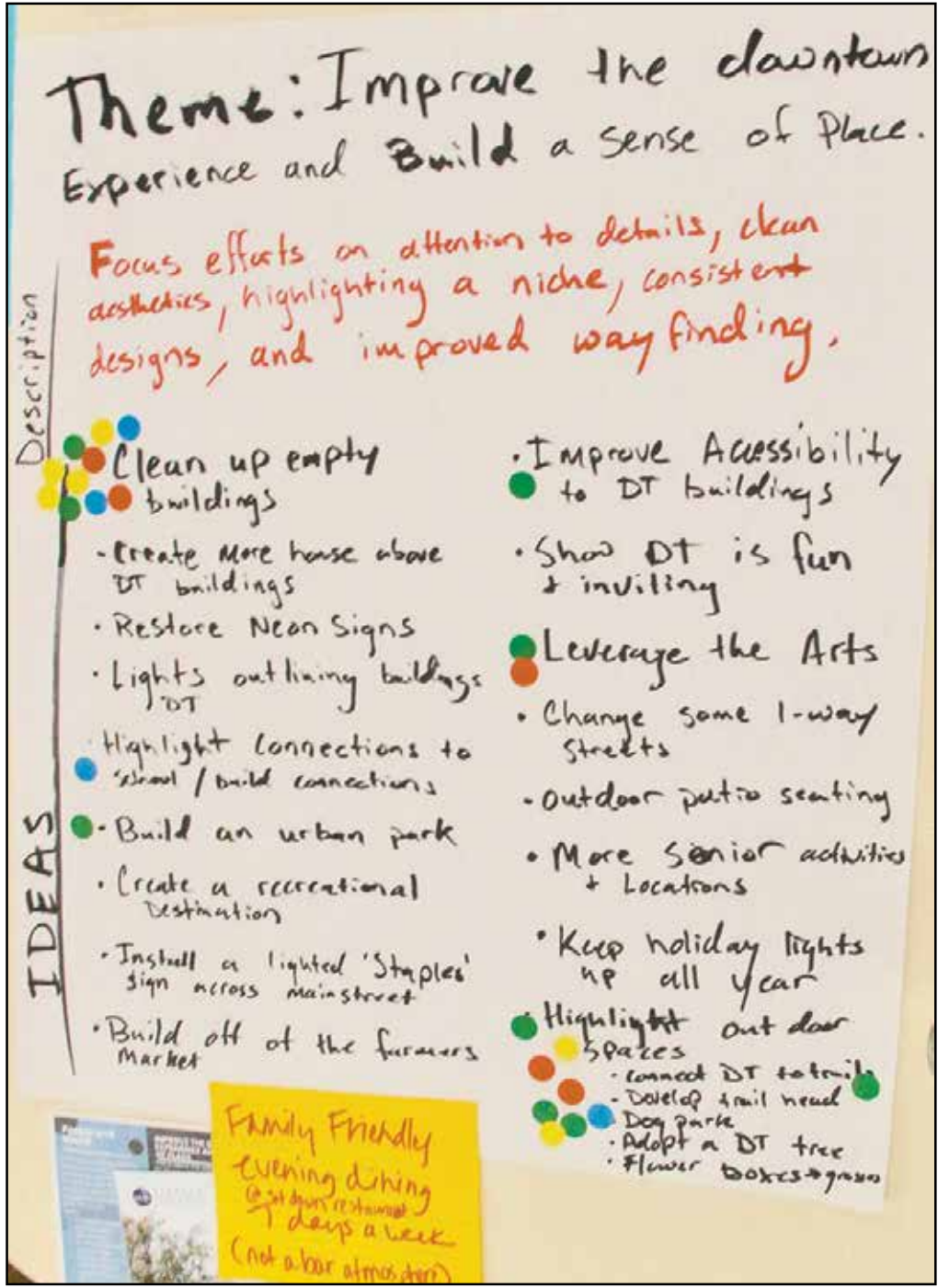
Joyce Anderson
Harriet Dent
Phyllis Foster
Charles Nelson
Dairian White



Downtown revitalization groups getting started

By Mark Anderson
Managing Editor

Three committees have been formed to start work on downtown revitalization projects in Staples. At a community forum on Jan. 12, Neil Linscheid of the University of Minnesota Extension led the group through work that has been done up to this point. A group has been meeting periodically for a year to discuss needs for downtown Staples, and the ideas were broken down into three categories: Bringing People Downtown; Improve the Downtown Experience/



Ideas for Staples downtown

The idea board for the Bringing People Downtown committee. The colored dots are the votes that people gave to their favorite idea on the board. What other ideas can be added for a thriving downtown in Staples?

Todd County Board of Commissioners

Three resignations approved by board

Karin L. Nauber
Todd County correspondent

Without fanfare or much discussion, the board approved three resignations under the consent items at the Jan. 17, 2023 meeting. They were: Sergeant Lonnie Marcyes, from the Todd County Sheriff's Dept., Behavioral Health Supervisor Richard Mettler and Human Resource Manager Sara Ogren. Marcyes' resignation will be effective February

2, Mettler's resignation will be effective February 9 and Ogren's resignation will be effective March 1 or mid-April, if the county has issues with recruitment. Two commissioners were absent from the meeting: Rod Erickson and Tim Denny. In other business: Approved a One-Day On Sale 3.2 Malt Liquor License for the Swanville/Sobieski Lions on Long Lake in Burnhamville Township effective February 25, 2023.

Approved a gambling permit for the Eagle Bend Area Community Development Corporation (CBFD Auxiliary) to hold a bingo event at the Clarissa Ballroom on March 25, 2023. Appointed Kayla Doble-Marty as a full-time deputy auditor-treasurer at Grade 8, Step 1 \$24.36 per hour with a tentative start date of January 30, 2023. Background: On April 21, 2020, the county board approved the Clean Water Partnership (CWP) Loan

Program with Minnesota Pollution Control Agency (MPCA). The loan application fees, principal and interest are collected and held in the General Fund. On January 18, 2022, the county board established a Restricted Fund Balance for the CWP Loan Program for FYE 2021. Per auditing standards, this restricted balance should be updated annually. The FYE 2022 balance is \$30,933.19. These funds are to be collected and held to supply

for the loan repayment to MPCA. The board approved a resolution to restrict the fund balance for the Clean Water Partnership (CWP) Loan Program. Background: The Planning and Zoning Grant revenues arrive prior to the year of planned activity. The State Auditor's recommendation is to approve by resolution a restricted fund See COMMISSIONERS on page 3a

State runner-up team

Ninth Grade Wrestling League State Tournament second place team from Staples-Motley, front row from left, Philip Rapp, Eli Greenwaldt, Justin Olson, Andrew Dobson, Gage Bjerga, Jesus Gallardo, Beau Carlson, Caden Kramer and Jackson Schouville; back row, Adrian Caldwell, Colbe Tappe, Riley Reece, Reece Headley, Adrian Gomez, Zach Tabatt, Turner Beachy and Luke Bjerga. See page 10a for details.

Staples Police report

Recent reports taken by the Staples Police Dept: Jan. 10, Staples Police assisted the Cass County Sheriff's Dept. on the 300 block of McKinley St. SW regarding a theft of packages. Police then assisted West Central VOTF conducting a search warrant and recovering the stolen property and methamphetamines. Jan. 11, Staples Police assisted a party who had rolled a motorized wheelchair down her ramp. Police helped her into her residence, assisted by the Staples Ambulance. Jan. 10, Staples Police investigated a report of criminal sexual conduct. Jared Koczur, 31, of Staples was arrested and charged with felony criminal sexual conduct and transported to Wadena County Jail. Jan. 11, Staples Police issued a citation for student vaping on school property. Jan. 12, Staples Police responded to Lakewood Health System Hospital for a report of a pedestrian that was hit in the parking lot. Police located the suspect, who was on a mental health hold from another facility and was in the process of being transported to a mental health facility. The suspect fled and stole a vehicle, and in the process of fleeing the suspect struck the transport driver with the stolen vehicle. He then struck another parked vehicle while fleeing the parking lot. The transport driver was treated and released. The subject was later taken into custody and

vehicle was returned to the owner. Jan. 12, Staples Police learned that an individual with felony warrants was at the Staples High Rise. Noel Wacker, 46, of St. Cloud, was arrested on Crow Wing County and Benton County warrants. On Jan. 12, Staples Police assisted the Wadena County Sheriff's Dept. on the 1600 block of 12th St. NE for a report of a drone flying close to a house. Jan. 13, Staples Police were requested to stand by in the area near the Staples Hi-Rise, as members of the Crisis Line attempted to make contact with a male in the front lobby. Police remained in the area until officers were called away to another call. Police later returned to the scene and saw that both vehicles from the Crisis Line employees were gone. Jan. 13, Staples Police assisted Henderson, Texas Police Dept. with a death notification/locating next of kin for an individual. Next of kin was contacted after speaking with the ex husband of the individual. The mother and brother of the deceased were contacted. Jan. 15, Staples Police received a report of a gas drive off on Jan. 14 from the Holiday Gas Station. Station attendants gave officers a drive off report with photos, along with the license plate number of ZSU798 from California. Dispatch ran the plate and it came back not on file. The gas amount was for \$43.82.

Jon's Gem Emporium now open in Motley

By Dawn Timbs
Staples World reporter

Wondering where to go locally to see some genuine dinosaur and ammonite fossils, both of which date back millions of years? How about Piranha agates from Brazil, or Pyrite fool's gold from Spain?

You can see these and much more at Jon's Gem Emporium, located near the intersection of Highways 10 and 210 in Motley.

Owned by Jon and Jess Hellmers of Motley, Jon's Gem Emporium is "The Rockhound's Treasure Chest," as described on their business card. Step inside the door to see a vast array of items from around the world, including rocks, minerals, fossils, gemstones, arrowheads,

petrified wood agates and beautiful lapidary stones.

It's been a passion of his since he was a kid, Jon said, recalling searching for unusual rocks and fossils at various places in Minnesota. "I remember looking for agates 35 years ago with Granny and Gramps," Jon said of his grandparents Lillian and Walter Smith, who live in the Lincoln area. Jess, who grew up in Herman, always loved agates but didn't get serious about collecting them until she met her husband.

No, they didn't meet digging for fossils, the two said at the Gem Emporium recently. Jess first caught Jon's eye at the Minnesota Zoo, where she was working as a camel jockey (that's another story, however). They hit it off from

the start, but lost track of each other after awhile. A few years later they were reunited (thanks to some detective work on Jon's part) and have been "stuck like rock adhesive" ever since, Jess laughed.

Since tying the knot, the Hellmers have continued collecting rocks and fossils, now a shared passion. They even moved to Oklahoma for awhile, a dream state for 'rockhounds.' This past June they returned to their home state, bringing back with them a vast amount of items they'd collected during their time there, including arrowheads.

In addition to their Oklahoma finds, the Hellmers' business boasts of collectibles from around the world. Browse the shelves at Jon's Gem Emporium to see ammonites from Texas, minerals from India, agates from Mexico and Peru, malachite from the Congo and amethyst from Ontario. Shoppers looking for a Minnesota memento will be impressed by the beauty of the Lake Superior agates that are available. They're known for their deep red and orange coloring, because of the iron in that area, Jon noted.

A skilled jewelry maker, Jon also has a number of pendants and other items for sale that he's cut and polished from rock, agates and even dinosaur bone.

In addition to being a place to buy and sell rocks and minerals, Jon's Gem Emporium is a classroom for science enthusiasts. Jon shared that his aunt, Laurie Trout, is a science teacher at Staples-Motley and they've discussed having her class stop by to learn about fossils at some point. The Hellmers, who have three teenage children, are always happy to have young people visit their store. In fact, any kid that stops by gets a free gift to take home, Jon said.

Jon's Gem Emporium is open every Friday and Saturday from 10 a.m. - 6 p.m.; and Sunday, from noon - 5 p.m. They are also open by appointment. For more information call 218-640-1047.



Agates, fossils and more, oh my!

Jon and Jess Hellmers, owners of Jon's Gem Emporium in Motley, have a vast assortment of rocks, minerals, gemstones and more at their new business, located on the north side of Motley, off

Highway 10. Jon is pictured holding golden calcite; and Jess, sphalerite, from Oklahoma. Their merchandise comes from all over the world. (Staples World photo by Dawn Timbs)



Jewelry maker

Jon Hellmers is skilled at making jewelry from rocks and fossils. Above, Jon polishes an agate that will be made into a pendant. At right, a closer view of a Mexican Crazy Lace agate Jon has cut and polished. A variety of jewelry items are available at the emporium, handcrafted from rocks and fossils (even dinosaur bone) from around the world. (Staples World photos by Dawn Timbs)



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New business in Motley

'Jon's Gem Emporium', located on the north side of Motley on Highway 10, is the place to go if you are interested in buying or selling rocks, gems, fossils, minerals and more. The business, owned by

Jon and Jess Hellmers, is open on Fridays and Saturdays, 10 a.m. - 6 p.m.; Sundays, noon - 5 p.m.; and by appointment. For information, call 218-640-1047. (Staples World photo by Dawn Timbs)

White pine added to SWCD tree purchases

From Todd County SWCD

Todd County Soil and Water is introducing the white pine as a new option for purchasing from our 2023 Tree Order Form. The white pine is a rapid growing conifer with a mature height of 50-80 feet with fair to good drought tolerance. They can be found through-

out Minnesota, especially in the northeastern part of the state. They are a beautiful tree and work well in a majority of soils types. The white pine while beautiful, does require care and cannot be forgotten about. Controlling deer is a large part of the care needed by white pine. White pine at young stages are highly

sought out by deer.

Browsing is the consumption of leaves, twigs, and buds from woody plants by deer. It is an important part of a deer's diet, especially during winter months when food is sparse. In Minnesota, common trees that are browsed upon include the northern white cedar and eastern white

pine followed by deciduous trees such as sugar and red maples and hardwood trees like oaks. The challenges associated with browsing are stunted growth, thinning of rows, and death of trees.

To control deer and limit browsing, there are multiple tactics that can help. Bud caps are a light

weight piece of paper that is secured around the terminal shoot and bud of the tree (tall and central to the trunk). Bud caps should be installed annually in the fall before snowfall and do not need to be removed in the spring because the tree can grow through the paper. Typically trees can survive light peripheral browse by deer as long as the terminal shoot is kept intact. Fences are another good option that can be a temporary or permanent deer control practice. Depending on the type of fence, they can easily be moved and removed. When installing fences, the height does matter. It is recommended to have a minimum

fence height of 4 feet, but optimal is 8 feet. Repellants can temporarily deter deer from the area because they do not feel safe or do not like the smell. Some repellants can make the trees non-palatable to deer. For deciduous trees another option is to use tree tubes. Tree tubes are more geared toward tree growth, but they also have the added benefit of protecting the tree by mostly enclosing it. Trees and tree tubes are available for order at the Todd County Soil and Water office while supplies last. Feel free to call the SWCD at 320-732-2644 or stop by the office in Long Prairie.

Lions donate to Spring Fling Prom

The Staples Host Lions recently donated \$500 toward the Spring Fling Prom, which will be attended by students from area cities, including Perham, Wadena, Detroit Lakes, Alexandria, Vernadale, Staples and Motley. The prom will be held at the New York Mills City Hall. Pictured back row, from left, are Whitney Seaborn, student; Dawn Swanz, Life Coach; Elizabeth Wolff, student; Lion President Steve Sing. In front is student Amy Bohr. (Staples World photo by Dawn Timbs)



Motley area law enforcement report

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

Jan. 11 - 17

Jan. 11 - The MPD conducted a traffic stop at 16 Hwy 10 S., Motley, which led to the arrest of 32-year-old Misti Lynn Nelson, for possession of drugs and outstanding warrants.

Jan. 17 - The MPD issued a citation to Ricardo Balvameda, 36, for speeding.

Jan. 17 - The MPD received reports of three gas drive-offs at Holiday Station in Motley, in the amounts of \$55.01; \$57.02; and \$52.06.

Jan. 17 - The MPD issued a speeding citation to Scott Yunker, 56.

Jan. 17 - The MCSO received a report of mail tampering at the 2000 block of White Pine Ln., Motley.

Jan. 16 - The MCSO was dispatched to a welfare concern at the 33000 block of Aspen Ln., Motley. Subsequently, Jared Bruce Borchert, 36; and Jennifer Ann Scott, 34, were cited and arrested.

Jan. 15 - The MCSO received a call from Cass County requesting Motley Rescue be paged for an accident caused by snow falling off a vehicle and hitting the vehicle behind. The incident took place at 6255 State Hwy 210, Motley.

Jan. 12 - The MCSO received a report of theft at a residence off Bear Rd., Cushing.



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COMMISSIONERS continued from page 1a

Fund transfers, personnel topics covered by Todd County Board

balance on an annual basis for transparent financial reporting. The balance of these grants as of 12-31-2022 is \$82,832.

The board approved a resolution to restrict the fund balance for the Planning and Zoning Grant programs.

- Approved a resolution to transfer funds in the amount of \$83,000 from the General Fund to the Todd County Development Corporation Fund for the 2023 allocation.
- Approved a resolution for the transfer of funds in the amount of \$615,133 from the General Fund to the Todd Wadena Community Corrections Fund for the 2023 allocation.
- Approved a correction to the starting pay of part-time Correctional Officer Traci Becker from Grade 6, Step 1, \$21.25 to now state Grade 6, Step 2, \$22.56.
- Approved Sarah Booker, Sheriff Mike Allen and Chief Deputy Jon Barber to be appointed the Todd County representatives on the Central Region NG911 Committee.
- Approved the carryover of the Sheriff's Office Forfeiture and Contingency Funds with a total amount of \$39,283.11.
- **Background:** Todd County, along with other planning partners, has received grant funding for the development of a Comprehensive Watershed Management Plan through One Watershed, One Plan for the Crow Wing River Watershed.

In order to begin the planning process, Todd County must enter into a Memorandum of Agreement (MOA) with our planning partners. The MOA was reviewed by County Attorney John Lindemann on January 10, 2023.

Additionally, the planning process requires the establishment of policy committee members to represent this board at policy committee meetings.

The board approved the MOA but decided to wait to name the committee members due to Erickson and Denny being absent.

- Approved a subdivision request to establish a 2-lot preliminary plat in Villard Township called "Holst Acres 1st Addition," with the following condition:
 1. Applicant must abide by all other applicable federal, state and local standards.
 - Approved a request for a Conditional Use Permit (CUP) to establish an auto repair/service business in Reynolds Township for David and Jacqueline Hill-

man with the following conditions:

1. No greater than ten (10) vehicles may be kept on-site at any time for the purposes of the business operation.
2. All vehicles, parts and other supplies must be stored in a manner that screens them from the public roadway.
3. All automotive fluids and other hazardous wastes must be properly stored in an approved storage container. Fluids must be disposed of in a manner that complies with all applicable local, state and federal regulations.
4. There shall be no parking of vehicles within the road rights of way.
5. There shall be no loading or unloading of vehicles within the road rights of way.
6. Existing structure shall be re-permitted as a commercial structure.
7. Applicant must abide by all other applicable federal, state and local standards.
- Approved a request for a CUP to establish Temporary Family Housing in Wykeham Township for Shan Baker and Brenda Joy Baker with the following condition:
 1. Reissuance of a Land Use Permit for the existing structure as a residential structure.
 - After a short discussion with Ag Society Member David Holmquist, the board approved a rental fee removal for three preparation days to get the grandstand and track area ready for the Ag Society's upcoming event the Winter Demo Derby. They will still pay the rental fees for Saturday and Sunday. They will need to provide proof of insurance as the current insurance documents with the county expired on January 5, 2023.
 - The discussion about the cement barriers owned by the Ag Society and where they will be stored has not been resolved, but is getting closer.
- There are some clarifications needed with the insurance. The Ag Society needs to complete changes to the Memorandum of Understanding and bring to the next facilities committee meeting. The board would like to see this matter on the agenda for the first meeting in February.
- Approved the 2023 Pay Equity Compliance Report, which is done every three years.
- Set the date for the legislative work session for February 3, 2023 at 10 a.m.



Basketball action

Above, Cami Anderson, left, strips the ball away from a Detroit Lakes player for a steal. Right, Pam Lawrence and Kenzie Erickson make passes in the Cardinal offense. (Staples World photos by Mark Anderson)

75 YEARS Ago - 1948

- Jan. 22, 1948 - Mrs. Ernest Anderson, 33, and four of her children, John David, 7; Esther Marie, 5; Sarah Louise, 3; and Joseph Paul, 19 months, were burned to death early Wednesday morning when fire completely destroyed their farm home in the Rail Prairie community between

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Compiled by
Dawn Timbs
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Pillager and Motley, and about 5 miles north of Lake Alexander.

Mr. Anderson suffered first and second degree burns about his body in a futile attempt to rescue his family from the seething mass of flames. He is in a very serious condition at St. Gabriel's hospital in Little Falls at the present time.

- Jan. 22, 1948 - A boxing team of nine men from Staples will go to Brainerd Jan. 29, and 31, to participate in the annual Golden Gloves tournament, with the hope of winning their share of the events, and possibly bringing home the team trophy this year. A team coached by Forrest Van Dorn of Staples won the runner-up team trophy last season, being defeated by Little Falls.

Dale Chapin, light heavyweight, will headline the Staples fighting group. Other participants include Norman Wilttrout, middle-weight class; Darrel Hirschey and Jim Germann, welter-weight division; Alen Cleveland, lightweight division; Art Manning and Darrel Peterson, both banfam weights; Jean DeMars and Jerome Kurpius,, featherweight; Pat Bacon and Robert Hirschey, flyweight division.

- Jan. 22, 1948 - Wednesday of last week, 210 persons were given "shots" at the Motley school against smallpox and diphtheria. Drs. Reichelderfer and Cook of Staples administered the inoculations and vaccinations during the morning. The second "shot" and checking up date is tentatively set for February 28. There is only one family in Motley in quarantine.
- Jan. 22, 1948 - A freight car load of oats was derailed at Aldrich Sunday morning when the front wheels broke loose from the car of an eastbound freight train; causing the car to jump the tracks. The mail crane was broken off on the south side of the tracks, but otherwise no serious damage was done.

50 YEARS Ago - 1973

- Jan. 25, 1973 - Staples High school's 1973 Betty Crocker Homemaker of Tomorrow is Cynthia McGillivray, daughter of Mr. and Mrs. Willard McGillivray. Motley High school's 1973 Betty Crocker Homemaker of Tomorrow is Cindy White, daughter of Mr. and Mrs. Dairien White, Motley.

Both girls were selected by score in a written knowledge and attitude examination taken by both senior boys and girls on Dec. 5. They will receive a specially designed award from General Mills, sponsor of the annual Betty Crocker Search for American Homemakers of Tomorrow. They are also both eligible for state and national honors.



Mystery photo

Hello readers. This week's archive photo is from our Jan. 25, 1973 edition. Do you know who these people are and perhaps the context of the photo? Do you have a memory to share? Email your an-

- Jan. 25, 1973 - Greg, Jeanne and Bob Polley, children of Mr. and Mrs. Art Polley of rural Staples, received year-end championship awards at the Fergus Falls Award Banquet Jan. 20. They have won more than 300 ribbons and 26 trophies in competition during the 1972 Horse Show season.

Robert received the championship in Horsemanship and was reserve champion in Western Pleasure. Greg captured an award for Junior Barrel Racing and Jeanne was the top rider for the year in the Junior Pole Bending Race.

All three are looking forward to the first show of 1973 which will be held in February at the Red River Valley winter Shows, Crookston. Jeanne plans to ride in the International Girls Barrel Race against the best women riders from the U.S. and Canada. She will be the youngest rider to compete in this event.

25 YEARS Ago - 1998

- Jan. 22, 1998 - Josh Schafer and Mary Ann Ludovissie were crowned Staples Motley High School Sno-daze king and queen Monday night in Centennial Auditorium. Josh is the son of Bob and Gina Schafer and Mary Ann is the daughter of Don and Cindy Ludovissie and Peggy Ludovissie. Science Instructor Fred Baker and High School office receptionist Deb Otteson were named faculty Sno daze royalty as well. Amy Brenna and Joey Blessing were crown bearers.

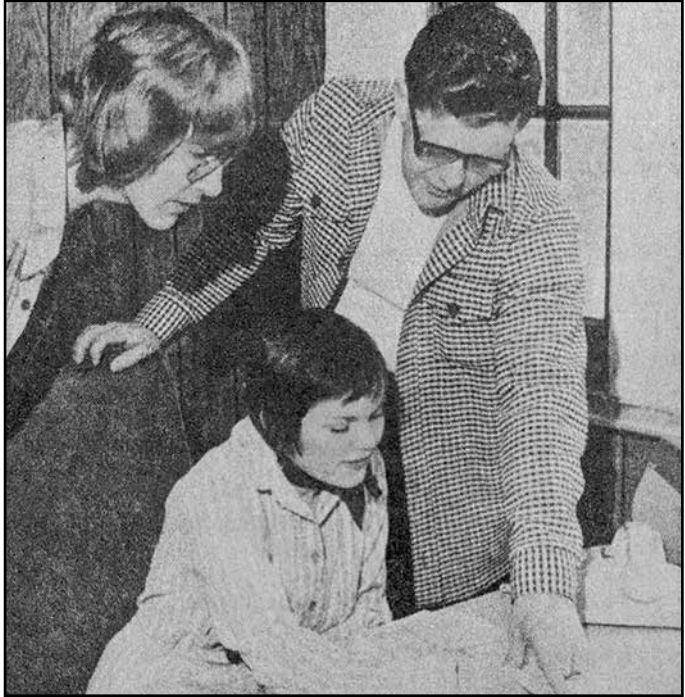
Other Sno-daze king candidates were Jeremy Nichols, Josh Perfetti, Kyle Stevens, Andrew Burrows, Tom Bergs. Queen candidates were Jessica Johnson, Jesseca Farber, Christine Miller, Stephanie Foote, Joann Giza.

- Jan. 22, 1998 - What was billed as a close match-up between two arch rivals vying for conference honors turned into a not so close game Friday night when Staples Motley poured on the heat and beat Wadena-Deer Creek 66 - 54 in boys cage action.
- Jan. 22, 1998 - Motley Staples Middle School Students of the Week were Michelle Honek, Kristina Reis and Derek Prindle.
- Jan. 22, 1998 - The Cardinal girls basketball team last week split two games.

The high flying Cardinals claimed their second win in a row with a 52-47 double overtime win on Tuesday night against Bertha-Hewitt. Two nights later,



swers and where you're from to dtimbs@staplesworld.com by Friday, or call 218-894-1112. The answers will be published in next week's paper, as well as a new mystery photo.



Mystery solved

Last week's mystery photo published in the Feb. 19, 1976 edition of the Staples World featured Staples High school seniors Peggy Finn (seated) and Steve Gardner (left), along with Rotary club member Richard Donat. Finn and Gardner had been selected by the Staples Rotary Club as their delegates to the Model United Nations Assembly in Winnipeg, Canada. The 17th Model United Nations was held at the Red River Community College in April of that year. Staples represented the country of New Zealand. Richard Donat and his wife, Kerwin, served as chaperones for the trip. Below is a follow-up photo from the Staples World archives.

Tim Finn of Staples recognized his sister, Peggy (Finn) Bounds and her classmate, Steve Gardner. Peggy responded to say she remembered this event (except for the country they represented), as well as those pictured with her. She also recalled that they had a group dressed up as the PLO (Palestine Liberation Organization) which burst into the assembly hall. "They did a great job of scaring us," Peggy said. Kyra Ladd of Staples recognized all in the photo, as well as its context. She added that Peggy (Finn) Bounds looks exactly the same today. Steve Hoemberg of Staples, a 1970 Staples High School grad, correctly identified Peggy Finn and Dick Donat. He thought Gardner might be his sister, Sandie, who graduated from SHS in 1976. Judy Wolak of Staples correctly identified all. Thanks for participating in our mystery photo. See follow-up photo below:



however, the Cardinals got clipped by the Wadena-Deer Creek Wolverines 49-21.

Big scorers for the Cards were Alicia Miller, Jill Mertens, Katie Fabian and Sarah Miller.

- Jan. 22, 1998 - Showing at the Staples Cinema Friday through Tuesday, Jan. 23 - 27, Scream 2; and Flubber.

10 YEARS Ago - 2013

- Jan. 24, 2013 - The Staples Motley Area Chamber of Commerce welcomed Dominic Gagnon as the new owner and dentist at Staples Family Dentistry.
- Jan. 24, 2013 To celebrate their first year as owners of Staples Eye Clinic, Seth and Brooke Dokken will host an open house on Jan. 31, from 11 a.m. - 2 p.m.
- Jan. 24, 2013 - VerNel Anderson's last day at the Staples Post Office will be Jan. 31. She is retiring after working just short of 46 years at

the same post office.

Anderson said she was the first female letter carrier in Staples when she started in 1967. She had walking routes on both the north side and south side of town. After a few years she went part time in the office and part time carrying, then eventually stayed in the office. The post office will host an open house on Anderson's last day, Jan. 31, in the morning.

- Jan. 24, 2013 - Staples native Kathy Edin was featured in "What ever happened to..." a periodic column in the Staples World.

Edin, a 1980 Staples High School graduate, is now a tenured sociology professor at Harvard University. Dr. Edin has also written several books throughout her career. Her second book, entitled, "Making Ends Meet," includes a chapter devoted to poverty in Todd County. She lives with her family in the Boston area.

Fitness matters in the outdoors, too

Carbon market guide for farmers

Sometimes it takes a dramatic event to make us aware of something that should be obvious. In my case, it was a session “under the knife”—and the rehabilitation that followed—that provided a perspective that I perhaps should have had all along.

It is not just the team sport athlete, the marathon runner, or the triathlete, who as they age should pay attention to maintaining their physical fitness. Our ability to continue enjoying to the fullest the outdoor sports we love—be it hunting, angling, or other seasonal outdoor recreations—requires more than just getting off the couch or out of the recliner at “game time.”

One of the consequences of aging is the gradual wearing out of important body parts. Most common is the loss of cartilage in our joints, typically the knees and hips, or less often the shoulders. When this happens, the result is likely to be painful bone-on-bone contact that accompanies activities in which the joint must perform functional movements.

Fortunately, just as we might take our car, our pickup, or SUV to a repair shop for new wheel bearings, suspension struts, or universal joints, replacement parts for the human “drive train” are also a possibility. This was the course I recently followed, after several years of having to limp while on



Mike Rahn

our daily walks, or when walking a logging road for grouse, finding bicycling difficult, and being a regular in a pharmacy’s Ibuprofen and Tylenol aisle.

For me, the solution was a total knee replacement. It’s a procedure in which the knee ends of the main leg bones—femur and tibia—are essentially sawed off and replaced with mating titanium parts, which are cushioned where they meet by a thin, plastic-like layer that functions like human cartilage.

It was during the post-surgery rehabilitation process when I realized that its objectives are logically the means by which any of us can attempt to slow down the aging process and preserve our capacity to enjoy our favorite activities. The rehabilitation process primarily stresses flexibility, muscle strength, and balance. Unless we are among the relatively few who continue very active, serious athletics beyond our youth, we gradually but inevitably begin a decline in some capacities. It only counts for so much to walk behind a lawn mower once every week, or handle routine home maintenance tasks.

You or I might once have walked unaided over the uneven bed of a trout stream, a stream bed studded with smooth, slippery rocks, and littered with unseen sunken branches. Now we might make use of a wading staff—a third leg, so to speak—to better keep our balance, and take steps more slowly and tentatively to stay erect.

The shotgun that a hunter has carried for many years of plodding through cattail sloughs pursuing pheasants, sooner or later becomes a heavier burden,

and by the end of a long day may not come to the shoulder as smoothly or rapidly as it once did. Legs that once easily lifted high to clear downed logs and brush in grouse cover may not respond as instantly, leading to tumbles that are embarrassing at best, injurious at worst. Casting heavy musky lures for an entire day—once taken entirely in stride—can leave an aging angler reaching into the medicine cabinet for analgesic cream or anti-inflammatory tablets.

Our metabolic processes change with time, too. One change is the reduced capacity of a body to convert protein to muscle tissue. So, not only do we risk losing muscle or muscle tone through a more sedentary lifestyle, but replacing lost muscle is a greater challenge, too.

All this might seem to portend doom for those of us who have a lot of miles on our boots, an inevitable decline and loss of our capacity to enjoy some favorite outdoor activities. But as I go through my post-surgery rehabilitation paces one by one, I see their value longer term. Strength, flexibility, and balance are necessary ingredients in many outdoor activities, both of the hunting-angling variety, as well as hiking, cross country skiing, snowshoeing, and many others.

Thanks to the Internet, and an almost inexhaustible supply of online health and wellness resources, it’s easy to find exercise programs for strength, flexibility and balance, all of which are key to extending our capacity to enjoy our favorite outdoor pursuits.

All that remains then is the will and commitment to follow through.

Minnesota Farmers Union (MFU), in partnership with Farmers Legal Action Group (FLAG) and the Minnesota Department of Agriculture (MDA), released a Farmers’ Guide to Carbon Markets in Minnesota.

The Farmers’ Guide to Carbon Markets was developed in response to the questions and concerns raised by MFU members. With one fifth of the world’s largest companies setting net-zero emissions targets, farmers are being asked to make changes to their operations that sequester carbon and sell companies credit for that sequestered carbon. These relations between farmers, large companies and often third-party vendors are defined by contracts.

The 32-page guide written by attorneys Stephen Carpenter and Lindsay Kuehn is filled with information to help farmers navigate carbon contracts. There’s a handy question-and-answer section that draws on text taken from actual contracts and information to generate discussion with the representative offering the contract.

“Minnesota farmers now have greater opportunities to combat climate change by tapping into this new and evolving carbon marketplace; however, we must recognize the concerns farmers may have,” said MDA Commissioner Thom Petersen. “We’re pleased to partner with Minnesota Farmers Union and Farmers Legal Action Group to develop this guide that will ensure farmers have access to the information they need to succeed in this evolving carbon contract arena.”

“The carbon markets are really in their infancy, without a lot of regulation and common structure,” said MFU member Pat

Lunemann. “Carbon markets are like the ‘Wild, Wild West’ where everyone is shooting from the hip. No entity is there to assure that contracts are fair to both parties involved. Going forward, there is much potential for farmers to capture rewards for innovative practices on their farms and the guide describes the opportunities and the obstacles that may be in front of us.”

Lunemann, of Twin Eagle Dairy in Clarissa, is one of 10 farmers who served as advisors to the guide’s authors. The farmers shared their concerns and sought answers to the many questions surrounding the carbon marketplace.

“Before authoring this guide, FLAG was receiving frequent questions from many family farmers and ranchers about the legal aspects of carbon sequestration contracts, said Scott Carlson, FLAG’s Executive Director. “After looking into some of the contracts offered by various companies, it was clear that farmers and ranchers would benefit from guidance on many of the legal issues, questions, and potential risks posed by committing to carbon sequestration contracts. We knew there was a need for a Farmers’ Guide to Carbon Markets in Minnesota, and the public’s interest has been high.”

The guide is available at no cost, thanks to a grant from the McKnight Foundation. It can be picked up at any trade show where MFU or MDA are exhibiting.

The guide is also available online at <http://www.flaginc.org/wp-content/uploads/2023/01/Farmers-Guide-Carbon-Market-Contracts-in-Minnesota-First-Edition-January-2023.pdf>.

Quote of the week

“In the end, it’s not the years in your life that count. It’s the life in your years.”

— Abraham Lincoln

Fischbach forms ag groups

From the office of U.S. Representative Michelle Fischbach

During the District Work Period, Congresswoman Michelle Fischbach met with her Southern and Northern Agriculture Advisory Groups. These groups are made up of producers from across Minnesota’s 7th District. The meetings primarily discussed the ongoing workforce issues, trade opportunities, and the importance of crop insurance.

“This month marked a new year and a new Congress, but it also marked the start of ‘crunch time’ for getting a Farm Bill done,” Congresswoman Fischbach

said, “With less than nine months left before the current Farm Bill expires, it is critically important we jumpstart the process of receiving farmer input to ensure the next authorization is as farmer-friendly as possible. I was glad to convene my Agriculture Advisory Committees this week to receive the feedback on what works, what doesn’t, and where improvements can be made in the current farm bill.”

Producers discussed the importance of export markets for farmers, the need for the Foreign Market Development Program and Market Access Program, and the role of the Ways and Means Committee in urging

the Biden Administration to pursue new market opportunities.

In addition, solutions to a prevailing workforce challenge in agriculture was discussed, including the Congresswoman’s H-2A Reform Act. Changes to existing workforce programs that increase reliability, transparency and cost effectiveness are sorely needed to ensure American Agriculture is competitive on the world stage.

Finally, producers urged the protection of critical risk management tools including crop insurance, Dairy Margin Coverage, and a reliable disaster recovery program in the upcoming farm bill.

From University of Minnesota

The winter months bring fun activities for those willing to brave the outdoors, but time outside in the dry and cold air can be tough on our skin.

Dr. David Pearson, an assistant professor at the University of Minnesota Medical School and a dermatologist with M Health Fairview, talks about how to keep your skin healthy during the winter.

Q: What unique challenges does our skin face in the winter?

Dr. Pearson: Our skin is our interface with the environment. As temperatures and humidity levels drop, one of the first places we experience this is on our skin — particularly in places like Minnesota where it gets very cold and dry. A number of studies have looked at measures of skin (and even fingernail) moisture content in winter versus summer, and unsurprisingly, it’s much lower. When our skin dries out, its barrier function is compromised and we become more susceptible to external allergens, irritants and even infections. The effects of cold can range from being a nuisance to quite dangerous. Frostbite can occur when the skin temperature gets to 28°F — this only takes about 30 minutes when the thermometer reads 0°F. Our skin isn’t physiologically equipped for unprotected, prolonged exposure to these

temperatures, so be sure to put on a warm coat and hat when you’re going outside.

Q: What common skin issues do you see during the winter?

Dr. Pearson: We see lots of dry skin, even incidentally in people who come in for other skin concerns. Winter is often a more difficult time for people with eczema — especially on their hands — as well as other areas on the body. We also see many irritant reactions, such as from frequent tissue use during respiratory virus season or lip lick’s rashes. In my area of specialization in autoimmune connective tissue diseases, I see a lot of Raynaud’s and pernio (chilblains). Raynaud’s is the rapid onset of white or blue discoloration of the fingers and/or toes from cold exposure due to constriction of blood vessels. Perno is the delayed onset of tender pink bumps on the fingers and toes 1-2 days after cold exposure.

Q: What are your go-to recommendations for those suffering from dry winter skin?

Dr. Pearson: Moisturize, moisturize, moisturize! It’s pretty intuitive, but it bears repeating. The environment treats our skin differently in the winter, and that means we may have to change our behaviors to acclimate. I generally recommend a thick moisturizing cream that you have to scoop out of a jar or squeeze out of a

tube over those with a pump handle, which tend to be thinner. I don’t like a lot of additives, perfumes, scents etc. — keep it simple. Ceramides may be helpful in restoring the skin barrier, so those can be a good ingredient to look for. There’s some data suggesting humidifiers can be helpful in certain circumstances, but probably less so than moisturizers. I also recommend a gentle soap that doesn’t have perfumes or scents either, as these can be irritating to the skin.

Q: Should people still wear sunscreen/SPF in the winter?

Dr. Pearson: In short, yes. Getting into a routine with sunscreen improves consistency of use, so I often recommend working in a combined moisturizer/SPF product every day. The long answer is a little more nuanced. In Minnesota, our UV index — a measure of how much ultraviolet light reaches us — is pretty low in the winter. People’s skin is usually covered up in the winter, but there’s actually a fair amount of reflection of UV light from the snow. Prolonged exposure through outdoor activities (or long drives) can add up. If you’re lucky enough to travel south or upwards in elevation, I would definitely recommend applying sunscreen like you would during the summer months.

Stress? Sleep!

From Todd County Health and Human Services

Stress is your body’s response to a challenge or demand. Everyone experiences stress, which can be triggered by a range of events, from small daily hassles to major changes like a divorce or job loss. The stress response includes physical components like an elevated heart rate and blood pressure, thoughts and personal beliefs about the stressful event, and emotions, including fear and anger.

What to do if you have trouble sleeping

Sleep is often sacrificed when you’re overwhelmed with stress. You may experience insomnia because of discomfort, stress from personal concerns, or side effects from your medications. If you can’t sleep, try these tips:

- Establish a regular sleep schedule: go to bed and get up at the same time every day.
- Keep your bedroom dark and quiet.
- Use your bedroom for sleeping only. Don’t work or watch TV in your bedroom.
- Avoid napping too much during the day. At the same time, remember to balance activity with periods of rest.
- If you feel nervous or anxious, talk to your spouse, partner or a trusted friend. Get your troubles off your mind.
- Listen to relaxing music.
- Don’t rely on sleeping pills. They can be harmful when taken with other medications. Use them only if recommended for a brief period by your healthcare provider if other nonmedication methods don’t work.
- If you can’t sleep, get up and do something relaxing until you feel tired. Don’t stay in bed worrying about when you’re going to fall asleep.
- Avoid caffeine.

Source: <https://health.clevelandclinic.org/how-to-relieve-stress/>

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Lions donate to SMAAC

The Staples Motley Area Arts Council recently received a \$3,000 donation from the Staples Host Lions Club. The money will be used toward this summer's Music in the Park Series in Staples. Pictured, from left, are Jim Vollegraaf and Dawn Timbs, SMAAC members; and Lion President Steve Sing. (Staples World photo by Mark Anderson)

Mark Your Calendar

January 26

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

WADENA WHIRLWAYS SQUARE DANCE GROUP DANCING Thursday, Jan. 26, 7:30 - 10 p.m., at St. Michael’s Church, 280 1st Ave. S., Motley. Mark Helfter, caller. For info., 218-296-1642.

January 27

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

January 28

\$1,000 scholarships available for robotics, welding, machine tool technology

Graduating high school students who plan to attend post-secondary education can apply for a \$1,000 scholarship to help cover costs for tuition, books, school supplies, or other educationally related materials while seeking a certificate or degree in a manufacturing related field.

Application deadline is March 31. To learn more visit <https://www.bridgesconnection.org/manuf-scholar/> or apply directly online at 2023 LAMA Manufacturing Scholarships. In addition to being a soon-to-graduate student with a minimum grade point average of 2.0 on a 4.0 scale, applicants must be enrolling as a full-time student at an accredited college or university and be a U.S. citizen, and a current resident of the counties of Aitkin, Cass, Crow Wing, Morrison, Todd or Wadena. Most importantly, interested students must be pursuing a degree in a qualifying manufacturing related major. Studies in Engineering, Robotics, Welding, Mechatronics and Machine Tool Technology are examples of career fields that qualify. A more in-depth listing is available on the application site. “Unlike many scholarships,” said Deborah, President of the Lakes Area Manufacturers Alliance, “these funds may be used for more than just tuition. It can help cover the costs of books, tools, or other educationally related materials, supplies or expenses.” This scholarship fund was established in 2017 by the Lakes Area Manufacturers Alliance (LAMA), in partnership with the Initiative Foundation, in response to the increased demand manufacturers are experiencing for employees with

FREE COMMUNITY BREAKFAST Saturday, Jan. 28, 9 - 10:30 a.m., at Motley United Methodist Church, 847 3rd Ave. S., Motley.

January 31

‘COMMUNITY SUPPER’ Tuesday, Jan. 31, 4:30 - 6:30 p.m., Staples Church of Christ, 27343 490th St., Staples. Serving meatballs, potatoes and gravy. RSVP to 218-894-3840. “Come and join us for a fun night of food and fellowship...free to all.”

February 1

DEMENTIA CAREGIVER SUPPORT GROUP offered by Lakewood Health System of Staples, meets the first Wednesday of the month, 11 a.m. - noon, in the Burlington room, located through Door C at Lakewood’s Senior Campus (401 Prairie Ave. NE), Staples. For info., 218-894-8851 or 218-894-8067.

Cardinal Calendar Staples-Motley School events

February

- **SPECIAL OLYMPICS BASKETBALL TOURNAMENT** Feb. 1, Staples-Motley HS gym
- **HOME SPEECH MEET** Feb. 11, Staples-Motley HS
- **LARGE GROUP INSTRUMENTAL CONTEST** Feb. 22, Staples-Motley HS

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

Free tax help offered in Staples

Free tax help is being offered to low to moderate income taxpayers at Staples City Hall on Wednesdays, from 1 - 4 p.m. and Thursdays from 10 a.m. - 4 p.m. Feb. 1 - April 113. Appointments are necessary and can be made by calling 218-296-6616. Bring last year’s income tax return, photo ID, social security cards for all family members, social security

statements, railroad retirement, W-2, 1099-R, 1099-Interest, 1099-DIV, property tax statements, rent form and donations to charity.

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Staples Area Church Directory

Staples Staples Alliance 1512 8th St. NE, Staples 218-894-2891 Pastor Zach Jones Sunday Worship 9:30 a.m. Sunday School 11:00 a.m. WEDNESDAY AWANA 6:00 p.m. Assembly of God 914 3rd Ave. NE, Staples 218-894-1081 Pastor Roy Miles Small Groups (Bible classes for all ages) 9:30 a.m. Morning Worship Service 10:30 a.m. Children’s Church (Kids start in main worship service) 11 a.m. Prayer Meeting 5 p.m. WEDNESDAY Sonlight (kids ages 4 yrs.-6th grade) After school to 5:30 p.m. Youth Group (Teens, 7th-12th grade) After school to 5:30 p.m. Church of Christ 27343 490th St., Staples 218-894-2609 Pastor Barry Klein Facebook Live Bible School (youth and adult) 9:30 a.m. Sunday Worship 10:30 a.m. WEDNESDAY: Teen Youth/Adults Bible Study 7-8 p.m. First Congregational Church, UCC firstcongregationalstaples@gmail.com 204 5th St. NE, Staples 218-894-2571 Worship 9:30 a.m. Fellowship, refreshments following service Faith Lutheran 430 12th Street. NE., Staples 218-894-1546 Pastor Carl Larson Pastor Chris Mathiason Sunday Worship Service 9:00 a.m. Sunday School and Coffee Fellowship 10:05 a.m. Sacred Heart Church 310 4th St. NE, Staples Church 218-894-2296 Pastor Fr. Aaron Kuhn Parochial Vicar, Fr. Gabriel Walz MASS: Thursday and Friday 8:30 a.m. Sunday 8:30 a.m. Seventh Day Adventist 421 Dakota Ave. SE, Staples 218-894-0033 Saturday Worship 9:30 am. Sabbath School 10:45 a.m. Thomastown Covenant 15940 251st Ave., Staples 218-894-3923 Pastor Scott Jorgenson Sunday Worship 10:30 a.m. WEDNESDAY NIGHT YOUTH 6:30 p.m.	Trinity Lutheran 1000 4th St., NE, Staples 218-894-2372 Rev. Robin Collins Sunday Divine Service 9:00 a.m. Sunday School and Bible Class ... 10:30 a.m. United Methodist 310 5th St. NE, Staples 218-894-2248 Eric Clapp 701-261-2394 (cell) Sunday Worship 8:15 a.m. (Nursery Available for Sunday Worship) Sunday School (for grades K-12 and adults) 9:15-10:15 a.m. Aldrich Balsamlund Lutheran 19550 490th Street, Aldrich Eric Clapp 701-261-2394 (cell) Sunday Worship 8:15 a.m. Sunday School 8:30 a.m. Cushing Bethany Lutheran 25430 Bison Rd. Cushing, MN 320-749-2140 Pastor Carl Larson Pastor Chris Mathiason www.bethanylutherancushing.org Sunday Worship 9:00 a.m. Communion 1st and 2nd Sunday of each month Lincoln Evangelical Free 1354 320th Street, Cushing, MN 56443 Phone: 218- 575-2449 www.lincolnefree.org Facebook Lincoln E Free Office Hours: Tues. - Thurs., 9 a.m. - 12 p.m. Senior Pastor: Don Reigstad Community Life Pastor: Jim Brown Associate Pastor: Joe Reigstad SUNDAY Church Worship Gathering 10:00 a.m. YouTube Channel 10:00 a.m. WEDNESDAY Community Meal 5:30 p.m. Family Night 6:00 p.m. Cushing Baptist 26298 Bear Rd., Cushing Pastor Dan Holmes 320-749-2583 Sunday School 9:30 a.m. Worship 10:30 a.m. WEDNESDAY Bible study 7:30 p.m. Leader Swan Valley Lutheran Leader 218-397-2470 Sandy Knight, Synodically Authorized Minister of Word and Sacrament Sunday Worship January - July 9 a.m. July - January 11 a.m. Maple Hill Lutheran Sandy Knight, Synodically Authorized Minister of Word and Sacrament Leader 218-397-2470 (Rural Pine River) Worship and Sunday School 9:00 a.m.	Motley Motley Free Methodist 33 Wellwood St. E Motley 56466 218-352-6888 Jim Johnson, Senior Pastor Casey Reynolds, Assistant Pastor Sunday Worship 9:00 and 10:30 a.m. facebook live 9 a.m. WEDNESDAY AWANA 4:00-5:30 p.m. Youth Group 6:00-8:00 p.m. St. John’s Lutheran 497 3rd Ave. S, Motley 218-352-6399 Pastor Vicar Paul Koehler Sunday School and Bible Class 8:30 a.m. Sunday Worship 9:30 a.m. St. Michael 1st St. and Birch, Motley 218-894-2296 Pastor Fr. Aaron Kuhn Parochial Vicar, Fr. Gabriel Walz MASS: Tuesday 6:30 p.m., Sunday 10:30 a.m. United Methodist 847 3rd Ave. S. Lane, Motley 218-352-6466 Pastor Greg Leslie www.motleyumc.net Sunday Worship Service 10:00 a.m. Monday AA meeting 8:00 p.m.	Trinity Lutheran Church (LCMS) 524 Front Street, PO Box 116, Hewitt, MN Pastor Robin Fish Sunday Worship 10:30 a.m. United Methodist Church Hwy. 210, Hewitt, MN Pastor Kenneth Uhren Sunday Services 10:30 a.m. Sunday School 9:30 a.m. Verndale Verndale Alliance 109 NW Brown Street, Verndale, MN 56481 218-445-5619 Senior Pastor Tony Stanley Heath Belknap, Pastor of Student Ministries Sunday Worship 9:30 a.m. Sunday Bible Fellowship Classes 11-11:45 a.m. Family Life Church 402 NE Clark Drive, Verndale 218-445-5568 VerndaleFLC@gmail.com Pastor Amos Self 218-371-7189 Tahna Rurup, Connections & Media Pastor Tillman Phagan, Kid’s & Food Shelf Pastor Ryan Wolfenden, Youth Pastor SUNDAY Youth Prayer 9:20 a.m. Worship Service 10:00 a.m. Prayer Meeting 5 p.m. WEDNESDAY Life Groups 6:30 p.m. Hope Chapel Alliance 18126 County Road 7, Verndale 218-445-5643 or 218-472-3316 Pastor Neal Malcore Sunday Worship 9:00 a.m. Sunday School 10:30 a.m. WEDNESDAY Family Night 5:30 p.m. Immanuel Lutheran Church of Bartlett Township (LCMS) 17097 460th St., PO Box 37, Verndale Pastor Robin Fish Sunday Worship 9:00 a.m. WEDNESDAY Bible Study 6:30 p.m. Verndale United Methodist 10 3rd Ave. SW, Verndale 218-445-5108 Pastor Jill Pawlowski Sunday Worship 9:00 a.m. Central United Methodist 5 miles N on Cty Rd 26 (Nimrod tar) Pastor James Middendorf, 320-260-4950 Sunday Service 9:00 a.m. Bible Study 10:30 a.m. WEDNESDAY Seeds of Hope 7:00 p.m. Leaf River Township The Old Country Church Leaf River Twp., Wadena County Rd. 6 Info. 218-837-5690 Sunday Service 10 a.m.
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“By God’s Grace”

--By Laura Bradford (God’s Word For Today)

“This is how Aaron is to enter the Most Holy Place: He must first bring a young bull for a sin offering and a ram for a burnt offering.” (Leviticus 16:3, NIV)

In Old Testament times, God gave His people strict rules regarding how He was to be worshiped. Blood sacrifices needed to be made continually to cover sin. And the priests had to don special garments, slaughter animals and perform burdensome rituals. Disobedience would result in death, as it did for Aaron’s two sons.

The priests of Israel carried enormous responsibilities, toiling constantly while

following strict guidelines in order to cover the sins of their nation. But that was the only way Israel could maintain a relationship with their redeeming God.

Thankfully, God’s people today aren’t under the laws of sacrifice that burdened Israel. Because the Father has now given His Son to be the perfect sacrifice for sin, sin is no longer covered. It is removed. Those who receive Jesus as their Savior are freed from the Law - free to have a close relationship with their loving God.

Thought for Today: What a blessing to live in a time of grace!

--Submitted by Pastor Roy Miles, Staples Assembly Of God Church

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Obituaries

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Joyce Anderson

Joyce P. Anderson, 74, of Staples, passed away January 12, 2023, surrounded by her family at her home in Staples.

A Celebration of Life service will be held at 12:00 p.m. January 28 at Faith Lutheran Church in Staples. Visitation will be held from 4 to 7 p.m. on Friday, Jan. 27 and from 11 to noon on Saturday, Jan. 28 at the church.

Joyce Petrea (Nielsen) Anderson was born May 14, 1948, to Maria (Schmidt) and Viggo Nielsen in Askov. Joyce grew up quickly taking on responsibilities in the house and on the farm much sooner than most.

Joyce married David Anderson on June 18, 1966, when she was barely 18-years-old and they moved to Staples. They embraced their new community whole-heartedly, building strong relationships that would thrive for decades. Joyce and David had five children, Rick, Kristi, Jodi, Mark and Becky between 1967 and 1977.

A people-oriented extrovert, Joyce joined numerous organizations and, almost inevitably, gravitated toward leadership. While she was in high school, she began speaking for social justice both informally and formally. Into adulthood, some official leadership roles included: Golden Gophers 4-H Club (co-founder and long time leader); Stephen Ministry (trainer and program facilitator); Church Council (secretary); Synod Council, Palliative Care; Director of Youth, Family and Educational Programs; Care Ministry Board; Sunday School and Confirmation teacher; Church Choir (45+ years); Bell Choir; Youth and Family Consultant; Worship Committee; Nominating Committee; Together Encountering Christ Retreat Program (leadership roles); Staples-Motley Beyond Poverty; Staples Area Women's Choir (35+ years) and Wadena Community Concert Band (28 years). Joyce had a long, successful career with Provider's Choice Inc. and received the Edie Award for outstanding service in 1990. Joyce served as Director of Religious Education at Sacred Heart Catholic Church and Director of Youth and Family at Faith Lutheran Church. In these roles she positively impacted the lives of hundreds of young people and their families.

Joyce could be described as a giver, a doer and a practical dreamer. Guided by her vision of inclusive community, she intuitively assessed situations large



and small, rolled up her sleeves and reveled in the work. Joyce built connections in every setting from deeply personal conversations to gatherings of hundreds or even thousands. If one needed a heart-to-heart talk, a warm hug or a tank of gas, Joyce would make it happen. Her faith in others revealed strengths they may not have previously recognized in themselves. A joyful spirit who took delight in the company of others, Joyce will be missed immensely.

Joyce's family includes husband, David; five children, Rick (Donna) of Missoula, MT, Kristi (Ed) of Lake Elmo, Jodi (Brad) of Park Rapids, Mark (Caytie) of Minneapolis, Becky (Mitch) of Andover; 10 grandchildren, Dylan, Drew, Sarah, Jordan, Brook, Myah, Berit, Olivia, Nicholas, Dane and three bonus grandchildren Brittany, Emm and Stef; two brothers, Harald and Larry and many extended family members.

Memorial contributions will be shared with some of Joyce's favorite organizations including the Staples Area Women's Chorus, the Wadena Area Concert Band, and the Living Legacy Gardens.

Those wishing to send flowers may contact Williams Floral in Staples, <https://williamsfloralmn.com/>

Arrangements were by Taylor Funeral Home, Staples.

Harriet Dent

Harriet C. Dent, 102, passed away peacefully in her apartment at Rising Mountains Assisted Living in Bigfork, Montana the evening of January 14, 2023. She had a long, happy life with few ailments.

A memorial is planned in Staples on September 17, 2023, which would have been Harriet and Wally's 84th wedding anniversary.

Harriet was born July 14, 1920, to George and Ema (Rietz) Christensen in Arco. She spent her childhood in Arco, before moving to Anoka with her mother at the age of 16. There she graduated from Anoka High School and then received her degree from Minnesota Business College.

One day in late summer of 1939, Harriet missed her ride to work in Minneapolis, so she hitched a ride with a truck driver she knew across the street. On that faithful day, there was a 'cute young man' riding along to help unload the truck. They made a date to go dancing that Saturday, and a mere three weeks later she married that 'cute young man', James Wallace "Wally" Dent on September 17, 1939.

Harriet and Wally moved to International Falls where they lived for 13 years. There they had two daughters: Katherine Joyce and Beverly Cleone.

In 1951, the family left International Falls and were on their way to Pocatello, Idaho. Along the way they stopped in Staples, Minnesota to visit family and they never left as Wally got a job with the railroad. Harriet started work as the Secretary for the Superintendent of Staples Public Schools where she worked



for 25 years before retiring. After retirement, Harriet and Wally enjoyed traveling the country.

Harriet was a very active member of the Staples Community and the Faith Lutheran Church. She was a member of the Staples Lions Club, Eastern Star, the American Legion Auxiliary and Faith Lutheran Circle. Some of her more predominant volunteer work included: the Staples Food Shelf, Hospital Auxiliary, Staples Lions Club, Faith Lutheran Church, Meals on Wheels and Red Hatter's. Harriet received the Chairman's Award in 2009 in honor of her countless hours of volunteer work...of which she loved every minute.

In 2017, at 97, Harriet moved to Bigfork, Montana to be closer to daughter, Beverly and family.

Harriet is survived by one daughter, Beverly; four grandchildren, James, Jeff, Jason and Amy; six great-grandchildren and one son-in-law, Larry.

She is preceded in death by her parents; two sisters, Cleo and Gwen; husband, Wally; one daughter, Kathy and one son-in-law, Randy.



Phyllis Foster

Phyllis Ann Foster, 77, of Staples, passed away January 13, 2023, at her home.

Funeral arrangements are pending with the Brenny Family Funeral Chapel, Staples.

Phyllis was born August 6, 1945, to Anton and Darlene (Modrow) Knosalla in Staples. Soon after high school graduation, Phyllis married and eventually moved to Spokane, Washington where they built a new house and raised their two sons. After 25 years she returned to Staples and worked at Lakewood Health System Care Center and The Pines Assisted Living until her retirement.

Phyllis loved taking long rides in the country, working with ceramics, gardening and cooking. Phyllis enjoyed working with people and helping others. She will be greatly missed by her loved ones and friends.

Phyllis is survived by one son, Jeffrey (Polly) Foster; three grandsons, Nick Foster, Anthony Foster and Tyler Foster; one sister, Linda (Lynn) Dukowitz; one sister-in-law, Catherine Knosalla; close friend, John Cain and many extended family members.

She was preceded in death by one son, Todd Foster; parents; one brother, John Knosalla and one niece, Kristi Dukowitz.

Charles Nelson

Charles C. Nelson, 76, passed away January 15, 2023, at his home in Ashley, North Dakota.

A graveside service will be held at a later date.

Charles was born October 13, 1946 in Staples to Francis and Pauline Nelson.

He is survived by four sisters, Juanita Allee, Rosemary Petrich, Patronell Steinke and Dorothy Hall and several nieces and nephews.

He is preceded in death by his parents and six siblings, Ruth Hanson, Frances Winter, Pauline Beach, Ronald Nelson, Elnora Dempsey, James Nelson.

Dairian White

Dairien D. White, 86, of Motley, passed away peacefully on January 14, 2023, surrounded by family.

Services were held January 18 at the Brenny Family Funeral Chapel in Baxter.

Dairien was born in Bertha to Harold and Violet (Johnson) White on May 15, 1936. He graduated from Staples High School in 1954 and married LaVaune Skeesick in Motley that same year. He enlisted in the U.S. Army after high school and served in Japan. Dairien worked for EIRay for 30 years then purchased the restaurant side of the business. After selling the business, he worked for Hillyards in Staples until retirement.

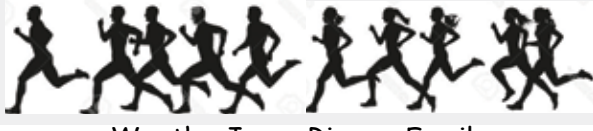
Words that others have used to describe him are sweet, kind and a great friend. He was a "gentle" man and always a "gentleman." Dairien's family was extremely important to him. His hobby was talking to people and was a friend to all. He will be missed by all who knew him.

Dairien is survived by four daughters, Cindy (Robert) Sorenson, Suzanne Fuller, Lori (Brad) Schmidt and Darcee (Tim) Bell; 11 grandchildren; 16 great-grandchildren and many in-laws who considered him a brother.

He is preceded by his wife, LaVaune in 2015 and two sisters, Sharon and Joanie.

Arrangements were by the Brenny Family Funeral Chapel, Baxter.





We, the Jerry Riewer Family thank the community of Staples for the outpouring of love, kindness, concern and encouragement after our beloved husband, father, grandfather, great-grandfather, uncle and friend passed away November 16, 2022.

Also a special thank you to the Staples ER team, the nurses and doctors at the St. Cloud Hospital, Brenny Family Funeral Home and staff, Father Gabriel, Mike Blessing and Cathy Riewer for the music, Sacred Heart Church Circle for a delicious meal, Mass servers, funeral guest speakers: Lowell Searcy, Dick Bremer and Derek Owen; and everyone else who brought us comfort during our time of sorrow.

We are thankful for your love and support.

--Thank You--





Dr. Stacy Sjoberg, MD, Ph.D.

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Running the floor

Lauren Rutten leads a fast break in the game against Detroit Lakes. (Staples World photos by Mark Anderson)

Cardinal girls lose conference game

The Staples-Motley girls basketball team lost a conference game against Detroit Lakes, 47-30, Jan. 19. After falling behind by 10 early, the Cards had an opportunity to cut it to five late in the first half, but DL went on a run to end the half with a 26-14 lead. In the second half, the Cards scored half of their points from the free throw line, with Oliviah Lorber

making four, Izzy Olander two and one each from Lauren Rutten and Cami Anderson. Rutten and Anderson also made three pointers in the first half.

Team results
SM 30, Detroit Lakes 47
Scoring: Oliviah Lorber 8, Izzy Olander 5, Cami Anderson 5, Lauren Rutten 4, Miranda Schotzko 4, Kenzie Erickson 4



Schultz leads Cardinals to third straight win

The Staples-Motley boys basketball team won both of their games last week, making it three straight wins. On Jan. 17, the Cards won over Royalton 64-47. On Jan. 20, they came out on top with a 60-55 win at Park Rapids in their first Mid State Conference game of the season. The Cardinals are now 6-5 on the season. In both games saw Isaiah Schultz hard to stop on the offensive end, scoring 31

and 25 points in the two games. He had support from Hunter Miller and Avandre Brandt, who both scored in double figures in each game. Against Royalton, the Cards led 32-21 at halftime and extended the lead in the second half. The team made 10 of 12 free throws, with Schultz and Dakota Henn-agir each four out of four. Against Park Rapids, Staples-Motley pulled ahead 33-26 in the first half, held

Trantina reverses crucial match

Cardinal wrestlers 2nd in Mid State Conference

In an important dual meet for section seeding, the Staples-Motley wrestling team defeated Mille Lacs 50-21 on Jan. 17. It was expected to be a close match but the Cardinals came up with some big wins against good wrestlers. Mille Lacs was stacked in the lower weights and took a 15-12 lead before Jason Trantina turned the tide during the 138 pound match. Trantina started out strong with a 7-0 first period lead. But he got caught in the second period and found himself upside down as his opponent scored a near fall and was close to a pin. Trantina worked his way out and suddenly reversed the course of the match with two quick moves.

"I saw his arm was sticking out so I grabbed it and sucked it in," said Trantina. "I saw his legs were split so I hit the half," he said. That tipped his opponent and Trantina scored a pin to put the Cardinals up 18-15. It gave the team momentum and they never lost the lead thanks to big wins by Owen Winter, Colbe Tappe and Jacob Becker. Pins by Adrian Gomez and Steven Petrich sealed the win. With three ranked teams in Section 7A, Staples-Motley now has a good chance to get the fourth seed because of this win.



Hitting the half

Jason Trantina applies the half Nelson hold to turn his opponent and earn a pin in the match against Mille Lacs. (Staples World photos by Mark Anderson)

Mid State Conference
On Jan. 20, Staples-Motley finished second in the Mid State Conference meet at Detroit Lakes, with a 4-1 record in five dual matches. Their only loss came to Pequot Lakes/Pine River-Backus, a team ranked 9th in Class AA, by a score of 51-20. The Cardinals had two big wins against conference rivals Aitkin, 45-33, and Detroit Lakes, 42-28.

They beat Park Rapids 57-16 and Crosby Ironton.

Team results
Staples-Motley 50, Mille Lacs 21
106 Gage Bjerga W fall, 113 Elijah Greenwaldt L fall, 120 Jack Carlson L inj. default, 126 Turner Beachy W fall, 132 Riley Reese L 6-4, 138 Jason Trantina W fall, 145 Owen Winter W 6-2, 152 Colbe Tappe W 16-1 tf, 160 Blake Neelan W 10-7, 170 Dustin Converse L fall, 182 Jacob Becker W 7-0, 195 Kevin Miller

W ff, 220 Adrian Gomez W fall, 285 Steven Petrich W fall

Mid State Conference Duals
Staples-Motley 45, Aitkin 33
106 Bjerga W fall, 113 Greenwaldt W fall, 120 Beachy W fall, 126 Reese L 8-7, 132 Trantina W fall, 138 Tappe W 4-3, 145 Winter W fall, 152 Ramiro Gallardo L fall, 160 Neelan W fall, 170 Converse L fall, 182 Becker L fall, 195 ff, 220 Gomez W ff, 285 ff

One handed catch

Below, Liv Lorber catches a ball from her high post position.



Angle for a takedown

Adrian Gomez gets behind his opponent to knock him down for a takedown.



Setting up a big move

Turner Beachy traps his opponent's arm as he gets ready to turn him.



Wrestling on top

Jacob Becker rides his opponent before getting a win.



Public Notices

STATE OF MINNESOTA
COUNTY OF TODD
DISTRICT COURT
PROBATE DIVISION
SEVENTH JUDICIAL
DISTRICT
Court File No.
77-PR-23-27

ESTATE OF
Michael P. Murphy,
also known as
Michael Patrick Murphy,
Michael Murphy and
Mike Murphy
DECEDENT

NOTICE AND ORDER
OF HEARING
ON PETITION
FOR FORMAL
ADJUDICATION
OF INTESTACY,
DETERMINATION
OF HEIRSHIP,
APPOINTMENT
OF PERSONAL
REPRESENTATIVE
AND NOTICE TO
CREDITORS

It is Ordered and Notice is given that on February 13, 2023, at 10:30 a.m. a hearing will be held in this Court at 221 First Avenue South, Long Prairie, Minnesota, for the adjudication of intestacy and determination of heirship of the Decedent, and for the appointment of Leah Murphy, whose address is: 110163 Stanford Circle, Chaska, MN, 55318 as personal representative of the Estate of the Decedent in an UNSUPERVISED administration. Any objections to the Petition must be filed with the Court prior to

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

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

Dated: January 10, 2023

BY THE COURT
Daniel A. Benson
Judge of District Court

Patricia Johnson
Court Administrator/
Deputy Court Administrator

Attorney for Personal Representative
P. David Melchert
Melchert Hubert Sjodin, PLLP
121 West Main Street, Suite 200
Waconia, MN 55387
Attorney License No: 0249877
Telephone: (952) 442-7700
FAX: (952) 442-6166
Email: pdmelchert@mhsllaw.com
4-5pnc

MEADOWBROOK
TOWNSHIP
BOARD OF AUDIT

The Board of Audit for Meadowbrook Township will meet at 8:00 p.m. on Tuesday, February 7, 2023 at the Leader Community Hall, immediately following the monthly town board meeting.

Ty W. Peterson, Clerk
Meadowbrook Township
5-6pnc

LEADER COMMUNITY
HALL BOARD
MEETING

The Leader Community Hall Board will meet Thursday, February 9, 2023, at 7:00 p.m. at the Hall.

Mark Strom, Secretary
5pnc

MORAN TOWNSHIP
BOARD OF AUDIT

Board of Audit meeting for Moran Township will be held following the regular monthly meeting at the Moran Town Hall on Tuesday, February 7, 2023, 7 p.m. meeting.

Diane Mack, Clerk
Moran Township
5pnc



Picturesque scenery

Above: A large snowman greets students at the Pioneer School on Hwy. 24 near Bertha.

Below: A frosting of lacey ice enhanced the trees and countryside on Jan. 21.



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DOWNTOWN continued from page 1a

Three team leaders named to work on downtown committees

Build a Sense of Place; and People/Social.

Attendees at the Jan. 12 meeting were allowed to vote for their top idea in each category.

The results for the Bringing People Downtown category showed a desire to launch a buy local effort and create more downtown events, in addition to Railroad Days.

The top vote-getter for the Improve the Down-

town Experience group is to clean up empty buildings. A second choice in the category was connecting downtown to outdoor opportunities.

The focus for People/Social was to help business owners get to know each other and create no-strings-attached social opportunities.

Attendees signed up for one of the three groups and team leaders were

appointed. Shelly DeCamp is the team leader for Bringing People Downtown, Blake Gerard heads the Downtown Experience group and Mark Anderson is team leader for People/Social.

If anyone would like to contribute to the process or join one of the committees, contact one of the team leaders or Staples Economic Development Director Melissa Wyman.



Downtown revitalization roundtable

Some of the participants at The Staples downtown revitalization summit look over ideas generated by the committee. From left, Joan Hamann, Tom Kajer, John Gorton and Shelly DeCamp. The event was held at Timbers Restaurant and Event Center in Staples on Jan. 12. (Staples World photo by Mark Anderson)

Cardinals reach state title match for ninth grade wrestling league

The Staples-Motley team faced two of the top programs in Minnesota on their way to placing second in the state in the Minnesota Ninth Grade Wrestling League. Wrestlers in grades 7-9 are eligible for the league.

The Cardinals started the tournament with a 48-30 win over a team called United. In the next round, they beat Pierz 44-24.

In the semifinals, they faced Shakopee, one of the top ten big school programs in the state. Staples-Motley cruised through the lower weights, taking leads of 27-3 and 45-19 to put the match away early, going on to win 51-25.

That put them in the championship match against St. Michael-Albertville, whose varsity is the top team in the state, ranked first in Class AAA. The Cardinals ran into some tough wrestlers early on so they didn't get an early lead like they had in other matches. They ended up losing 51-21. Luke Bjerga and Colbe Tappe won by pin, while Gage Bjerga won by decision and Adrian Gomez won by forfeit.

Team results

Minnesota Ninth Grade Wrestling League State Tournament

Staples-Motley 51, Shakopee 25

94 pounds Caden Kramer W fall, 100 Gage Bjerga W fall, 106 Beau Carlson L 5-4, 113 Eli Greenwaldt W fall, 120 Turner Beachy W fall, 126 Riley Reese W 6-0, 132 Reece Headley L fall, 138 Colbe Tappe W fall, 145 Jackson Schouviller L 14-0, 152 Philip Rapp L fall, 160 Zack Tabatt W fall, 170 Luke Bjerga W fall, 189 Adrian Caldwell L fall, HWT Adrian Gomez W fall

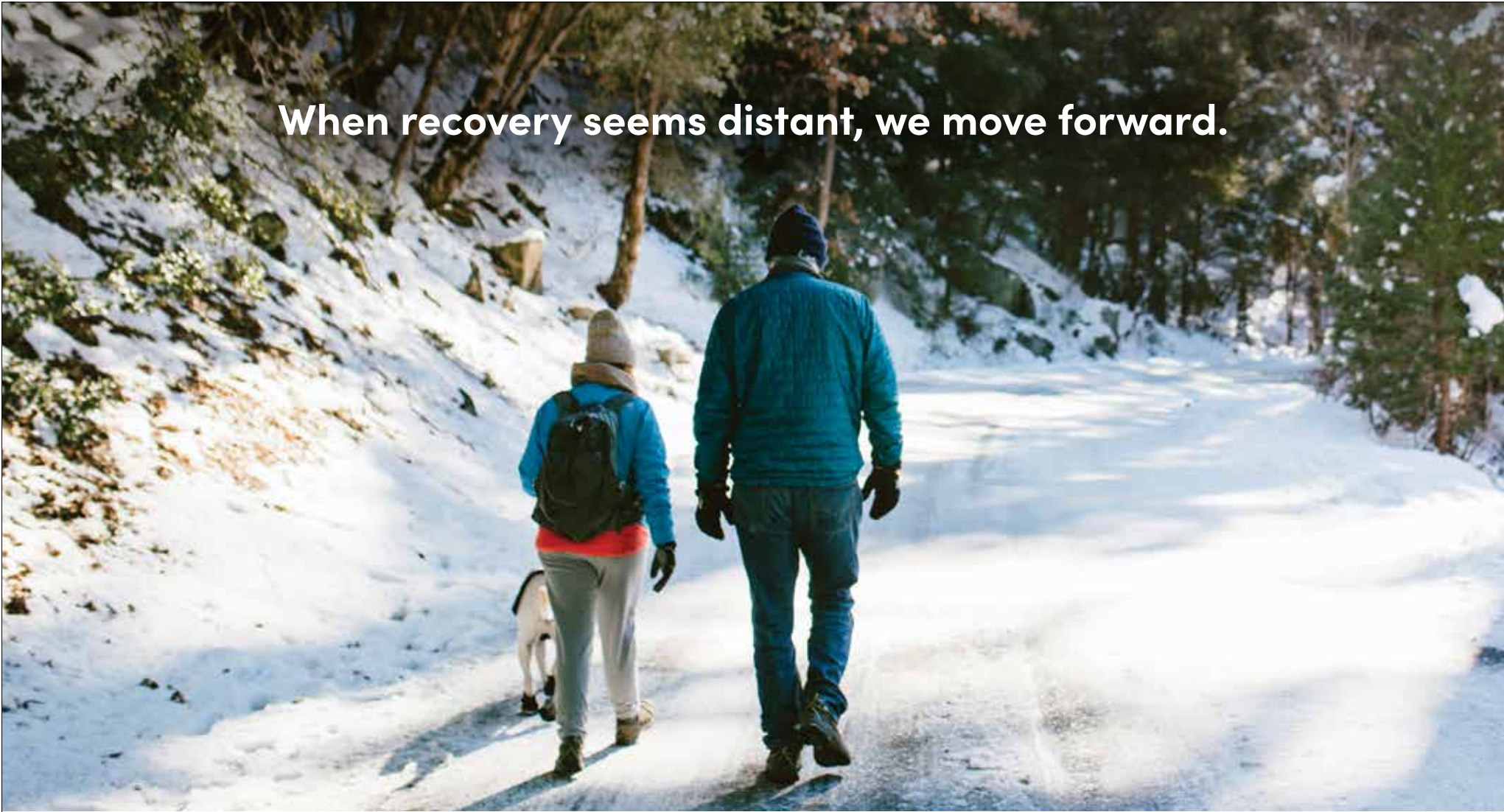
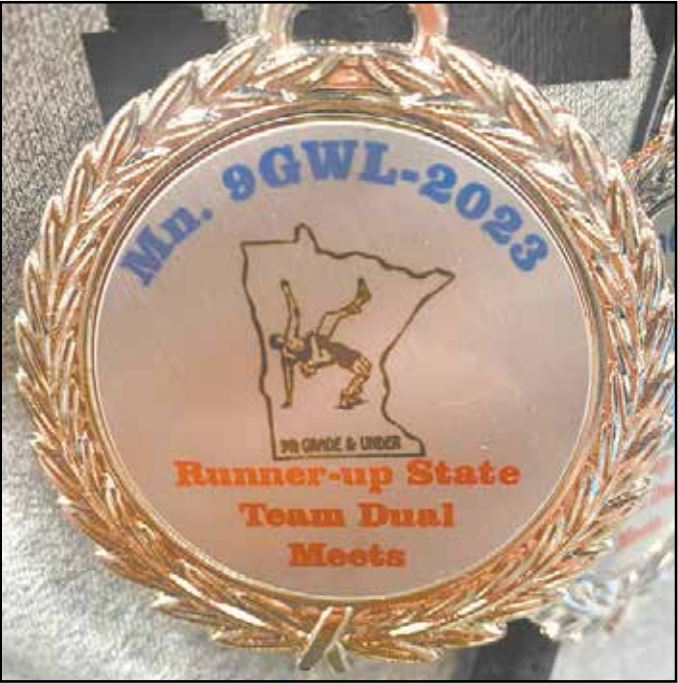
Staples-Motley 44, Pierz 24

94 Kramer W 8-0, 100 G. Bjerga W fall, 106 Carlson W 7-3, 113 Greenwaldt L

8-1, 120 Beachy W 15-2, 126 ff, 132 Reese W fall, 138 Headley L fall, 145 Tappe W fall, 152 Schouviller L 4-2, 160 Tabatt W fall, 170 Caldwell L fall, 189 L. Bjerga W 3-0, HWT Gomez W fall

Staples-Motley 48, United 30

94 Kramer L fall, 100 G. Bjerga W fall, 106 Carlson L fall, 113 Greenwaldt W ff, 120 Beachy W fall, 126 Reese W 4-2, 132 Headley L fall, 138 Tappe W fall, 145 Schouviller W fall, 152 Tabatt W 702, 160 Rapp L fall, 170 L. Bjerga W fall, 189 Caldwell W ff, HWT Gomez L fall



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