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Gayle Wonders retires from CLC
Music in the Park first concert on July 7
CLC clay target team



Wednesday, July 3, 2024

Staples, Minnesota

\$1²⁵

Buildings grant going to 20 Staples homes

By Mark Anderson
Managing Editor

The Small Cities Development Program building grant has been approved for 20 owner-occupied homes in Staples, plus five rental properties and five commercial buildings. The grant comes from the Central Minnesota Housing Partnership program.

Staples Economic Development Director Lucas Wakefield announced the approvals at the June 25 meeting of the Staples Economic Development Authority (SEDA) board. The board did not have enough people for a quorum, so no votes were taken.

Wakefield said that the projects are going out for bids to qualified contractors. Once the bids are back, he said there is a possibility

of approving more applications with the money not used up by the first round.

Wakefield asked the board if this was a good time to update the city's housing study. The Wadena Economic Alliance conducted a housing for all of Wadena County in 2020 that included all of Staples. Economic Alliance Director Hope Williams was at the meeting and said they could do a similar study, or could partner with Todd and Wadena counties to do a joint study. She said the previous one got funding from Sourcewell.

Wakefield also showed a housing study from other entities, but said it could be more expensive.

Williams gave an update of Economic Alliance activities. She said there are 12 new homes in Wadena County, several in the \$500,000 range.

The new homes are mostly spread out across the county, with a group of homes in Menahga.

Williams said the Small Business Development Center satellite office in Wadena County is a big opportunity that businesses did not have in the past.

The Economic Alliance is looking to start a new business calendar for Wadena County, showing community events, celebrations and special activities at bars and restaurants. Their web site is thealliancemn.org.

Williams said they are starting a new resident recruitment campaign titled "Wadena County is Calling", promoting the county as a "quieter, simpler lifestyle with room to roam," and to "raise a family, retire or go back to school with two colleges to choose from."

In other news, Wakefield noted that Voyager Industries is no longer using space leased from the city-owned manufacturing building. They are still doing business at their new plant in Staples but no longer need the extra storage space.

Cancer center on the way Oncology (cancer care) providers and related medical staff were the first to dig into the dirt for the Lakewood Cancer Center, which is scheduled to start construction this year. (Photo by Mark Anderson)

Lakewood Cancer Center breaks ground

Lakewood Health System held a groundbreaking for a new Cancer Center on June 27.

Dr. Wade Swenson, an oncology (cancer care) specialist, said "Community-based care is rare; community-based care in rural Minnesota with excellent leadership and a good workplace culture is even more rare, so this is a unique opportunity to show the world how to deliver world-class cancer care in a community setting. This will provide a model for the rest of the country to follow."



Cancer Center doctor

Oncology Dr. Wade Swenson speaks at the groundbreaking for the Lakewood Cancer Center.

area. The facility is scheduled to have 14 infusion bays, 10 See **LAKEWOOD** on page 10a



Weather

2024

This Week's Forecast

	High	Low	Cond.
July 3	82	60	Sunny
July 4	78	60	Rain
July 5	76	56	Showers
July 6	79	60	M. Cloudy
July 7	78	60	M. Cloudy
July 8	78	55	M. Sunny
July 9	77	55	Sunny

Last Year, 2023

	High	Low	Cond.
July 3	85°	68	Sunny
July 4	73	66	Rain
July 5	68	55	P. Sunny
July 6	73	50	Sunny
July 7	73	58	M. Sunny
July 8	71	57	Sunny
July 9	74	60	Sunny

Average Temps:
H = 80° Low = 60°
Enjoy the 4th of July!

*Compiled by
Dale Hausmann,
WCCO's Staples area
Weatherwatcher*

Public Notices

City of Staples **9A**

Wadena Cty Forestry **9A**

ISD #2170 **9A**

Obituary

Gerald R. Lenk



Gardening season brings out worms

Youth taking part in the children's gardening program at Living Legacy Gardens got to plant their first seeds on June 12, part of the Staples-Motley Community Education program. As the children were digging in the dirt, they found worms on their spades and showed them to the adults helping them. (Staples World photo by Mark Anderson)

Gayle Wonders retires from longtime position at CLC

By Dawn Timbs
Staples World reporter

She's already gone through a box of Kleenex and still has a day to go before retiring, Gayle (Koppes) Wonders laughed June 27, in the front office at Central Lakes College (CLC) in Staples.

It's been her place of employment for the past 36 years, and she's having a hard time saying 'good-bye,' Gayle said, going on to share that this was only the second job she ever had.

Her first job after graduating from Staples High School in 1968, was at a State Farm Insurance office in St. Paul. She was there for just one year before marrying Jerry Wonders, a fellow Staples native, who'd been hired to work at CLC, then known as Staples Area Vocational Technical Institute as a machine trades instructor.



Sad to say, 'goodbye'

Gayle Wonders of Staples retired June 28, after 36 years working at Central Lakes College in Staples. Although she's ready to spend more time at home, Wonders is sad to leave her job, co-workers and the students, all of which she loved very much. (Staples World photo by Dawn Timbs)

going mail, helping with registration and college entrance tests, organizing 'Campus Visit Day' and being available to answer questions and offer assistance at the front desk... including providing this reporter with a notebook, after said-reporter forgot to bring one to the interview. Gayle just laughed, acknowledging that she's used to solving problems on the fly. Every day is different at CLC, which has always kept things interesting.

And the most rewarding part of her job? "Getting to know the students," Gayle answered, going on to say that one of the things she enjoyed most was attending graduation and celebrating those students every spring.

Gayle said she teared up on the final day of school recently, after waving 'good-bye' to a young student and saying, "See you next fall." And then it hit her - no, she wouldn't be seeing them next fall.

She'll miss seeing her co-workers as well, many of whom she's worked with for several years. They're like family, Gayle says of the CLC staff. "And everyone is so helpful...maintenance people, IT people...everyone." She won't soon forget their kindness and support, either. Gayle recalled losing her husband Jerry in 2009, and then her son-in-

law Jayme in 2012...both of whom died as the result of a brain tumor. Her friends at CLC were there for her every step of the way, she says, her eyes filling with tears.

Yes, she'll miss everything she's grown to love about CLC, but feels it's the right time to step down.

"I'm looking forward to catching up at home with things I don't have time to do on the weekend," Gayle said. "And, I know my dog, Elly, is excited that I'll have more time to go on walks now."

Having recently traveled to Greece, Gayle said she doesn't feel the need to plan a post-retirement vacation at this time. She mainly wants to take a year off to be at home, and have more time to spend with her daughters and grandchildren.

Hanging on a wall just outside of her office is a banner with a quote from Ralph Waldo Emerson that reads, "What lies behind us, and what lies before us are small matters compared to what lies within us."

It's a quote that Gayle most likely pointed out to graduating students, but one that holds true for anyone at any stage of life... such as a person retiring after faithfully serving Central Lakes College for 36 years. Congratulations, Gayle Wonders.



Owners of new bistro/coffee shop

Abigail Brown (left) and Zoe Stevens are the owners of The Witches Brew, a bistro and coffee shop that recently opened in Staples. Located in the former

Timbers Restaurant space, The Witches Brew is open Monday - Saturday, 6:30 a.m. - 2 p.m. (Staples World photo by Dawn Timbs)

The Witches Brew now open in Staples

By Dawn Timbs
Staples World reporter

Don't let the name fool you. You're not likely to see brooms in the parking lot, or a large cauldron inside simmering with the 'soup of the day.' You'll even be allowed to order without saying, "Trick or Treat."

We're talking about The Witches Brew...a new bistro/coffee shop located at 1220 2nd Ave. NE in Staples, the space formerly occupied by Timbers Restaurant.

Owned by Zoe Stevens and Abigail Brown, both of Staples, The Witches Brew offers a variety of beverages one would expect to find in a coffee shop, plus a breakfast and lunch menu that includes everything from waffles with berries and whipped cream, to sandwiches, wraps and flatbreads. They are open Monday - Saturday, 6:30 a.m. to 2 p.m.

Stevens and Brown discovered their shared passion for this sort of business while both working at Madden's resort and restaurant in Brainerd. They started holding what they called 'Wine Wednesdays' after work, where they shared their dreams and aspirations, and eventually decided to make them a reality.

"I'd wanted to open something like this for years," said Stevens, 26, the cook at The Witches Brew and a coffee connoisseur. It's the sort of work she comes by naturally, having been raised around the food industry.

She grew up on a cattle farm near Parkers Prairie where her family did a lot of canning and cooking. In addition, she gained a lot of hands-on experience from her grandma, who owned 'Lucy's Cafe' in Henning. "I was rolling silverware in the back when I was 12," Stevens laughed.

But she can't bake to save her life, Stevens went on, adding how grateful she is to have crossed paths with her business partner.

"I always wanted to own a bakery," Brown said, adding that when she's baking, she's in her happy place. The Staples native, now 21, has worked at restaurants in the past, but this is her first experience as a baker. She's self-taught, and passionate about pastries and breads. Stevens notes that in the short time they've been open, Brown has already become known for her scones. "Her peaches and cream scone with cream cheese frost-

ing is amazing," Stevens says, adding that her gluten-free scones are equally delicious.

"I bake with love and I like to think that makes a difference," Brown says.

As far as lunch menu items, Stevens says the BBQ Chicken Grilled Cheese is her favorite, adding that she loves the ciabatta bread it's served on. Then of course there's the Tuscan Roma Flatbread that's received good reports, as have the soups.

For those just stopping by for a beverage, there's a wide assortment of teas, soft drinks, a 'Witches Brew' special, and coffee made with beans that are fresh-roasted at Owl Roasters in Wadena exclusively for The Witches Brew. Stevens said she first discovered the coffee when she was on vacation in Mexico, and was determined to have it at their bistro. She got in touch with Kyle Hagen at Owl's and he helped track down and secure the beans for them.

They couldn't be happier to have landed where they are. Stevens and Brown said they had a rocky start, with a couple of other possible locations falling through. However, things turned around after they happened to mention their dilemma to Jordan Goodwater, manager of Timbers Event Center and the Timberlake Hotel. He told them about the restaurant space that was available and they decided to look into it. It was perfect, both Stevens and Brown said, going on to praise both Goodwater and the Ives family, which owns the space. "They have all been so helpful."

They've worked to make The Witches Brew space their own. Stevens said that she's spent the past two years collecting tables and chairs that are now at home in the bistro. There's plenty of seating options inside, plus a comfortable outside patio. "We want to be a welcoming environment," Brown said.

When asked how they came up with their name, the women said that Halloween is a favorite holiday for both of them. "It's very whimsical," Stevens said. They're already looking forward to October, with plans to decorate and host events for the 'practical magic' season. "We're very excited," Brown adds.

For more information about The Witches Brew, call 218-541-5158 or find them on Facebook.

Astera gets trauma designation

The Minnesota Department of Health recently redesignated Astera Health of Wadena as a level 4 trauma hospital. Astera Health and staff voluntarily participated in the process to remain part

of Minnesota's statewide trauma system. The process included an outside review of the hospital's resources and capabilities to care for trauma patients. Astera Health met standards of commitment, clinical and

equipment resources, and staff training.

In October 2023, Astera Health received a site visit as part of the level 4 trauma redesignation application. These visits focus on compliance.

For a severely injured person, the time between sustaining an injury and receiving definitive care is the most important predictor of survival. A trauma system is a network of hospitals and ambulance services that enhances the chance of survival regardless of proximity to a trauma hospital with a higher designation.

"Injury is the leading cause of premature death in Minnesota," said Minnesota Commissioner of Health Dr. Brooke Cunningham. "The goal of the trauma system is to decrease injured patients' time to care by making sure their medical needs are appropriately matched with hospital resources."

On average, trauma claims the lives of 4,300 Minnesotans annually. States with trauma systems have seen survival rates increase by 15 to 20 percent. Wide-scale participation in the voluntary trauma system ensures that a statewide, cooperative effort is in place to care for seriously injured patients.

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Breakfast gathering

Friends from the Staples-Motley High School Class of 2019 (and a future student) met for breakfast June 20, at The Witches Brew in Staples. Pictured, from left, are Addison (Hirschey) Schlosser of

Oceanside, Calif., along with her baby Mila; Larken Hirschey (Addison's twin sister) and Kallee Abbas, both of Staples. (Staples World photo by Dawn Timbs)



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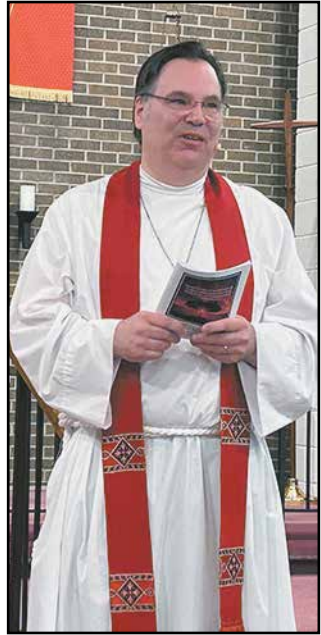


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New pastor at Trinity Lutheran Church, Staples



Below, Rev. Koehler gives communion to Rev. Rob-in Collins who retired from Trinity April 7, after serving 25 years at the Staples church. (Submitted photos)



Staples puts moratorium on cannabis businesses

By Mark Anderson
Managing Editor

The Staples City Council approved a temporary moratorium on businesses that grow cannabis. A new state agency will be in charge of cannabis licensing and regulation starting in 2025.

At the June 25 council meeting, City Administrator Jerel Nelsen said the moratorium was suggested by the League of Minnesota Cities, until questions about the process can be answered. Questions include how many businesses will be able to sell cannabis products and how far they can be from schools. Nelsen said the state is setting up model ordinances and is considering local zoning and ordinances, but once the state takes over, the city will have very little regulating power.

This was the first reading of the moratorium on cannabis, the second reading will be at the July meeting.

Airport hangar

The council received bids for building a new airport hangar for six airplanes at the Staples Airport. They awarded the bid to Nor-Son Construction for \$1,080,000.

The project is being funded with the help of four cities who are lending their grant money from the Federal Aviation Administration (FAA), which is allocated every year but is taken away if not used. Staples will use their money this year, then lend their money back to the other airports during years that they have a larger project.

Lot prices

The council discussed lot prices for city-owned prop-

erty in the Valley View subdivision. Nelsen said there is a buyer interested in one lot that already has sewer and water dug to the property. Last year, the council sold six lots for \$10,000, which was not enough to cover the land cost and special assessments, but the city would eventually make money because of taxes on the property.

Nelsen asked if the council would offer the same deal or raise the price.

Council member Doug Case said he would rather raise the price because there are other realtors who are trying to sell property and he felt offering a low price would devalue their property.

Mayor Ron Murray said he would rather see something around \$15,000.

Case suggested to get an appraiser to determine the value of the land before the council makes their decision. Other council members agreed and Nelsen said he will get an appraiser to look at the lots.

In other news, the council

- Reviewed the latest capital improvement plan that shows equipment purchases planned for each city department over the next five years.
- Approved vote counting rule suggested by City Clerk Tara Greer, to only count write in votes where a candidates asks the city to count their votes.
- Approved vacating a portion of Spruce Drive to turn a planned cul de sac in the Valley View neighborhood into a road that continues on.
- Approved school

75 YEARS Ago - 1949

- July 7, 1949 - No accidents reported here; no arrests made for roudism or drunkenness; and no extreme noise was noticed with the result that all was calm and peaceful in Staples during the Fourth of July.

Of course, there was the celebration at Pine Grove Park, but this was an orderly event, and attracted more than 2,000 people from all over this area who came to Staples to enjoy the day, get away from heavy traffic, and spend the day in a quiet manner, yet having a lot of fun.

- July 7, 1949 - Staples baseball team trounced Nisswa, leaders of the Crow Wing Valley League, in two

- O -
Compiled by
Dawn Timbs
- O -

games last weekend, to capture second place honors in the league.

Staples was without the services of lanky Wayne Stewart who is out of the club for the remainder of the season, but with John Peterson on the mound for the locals at Nisswa on Sunday, July 3, the northern club did not have a chance against the powers of this sterling young man. He played “heads-up” baseball and pitched the entire nine innings, never wavering or losing the confidence he had when he first went on to the mound, and in temperature of a blistering 102 degrees in the shade

- July 7, 1949 - News in other parts of the world included:

- SHOCKED...Peter Makushak registers shock and incredulity as he learns his son, 33-year-old Paul, had been living in the house with him, walled up in a tiny secret room since 1939. It was said Paul’s mother put him in the room to protect him from military service draft.
- BAFPLES SCIENCE... Five-year old Marguerite Missirlan, Long Island City, N.Y., baffles science with a temperature ranging from 103 to 107 degrees, which she has had for the past 18 months. She is otherwise normal.
- FILES SUIT...Talullah Bankhead, famed stage and screen actress, has filed suit against a manufacturer, a radio chain and an advertising agency asking a million dollars because, she claims, she was humiliated by hair shampoo advertising.
- PLEADS GUILTY...Mrs. Ann F. Sullivan, Roxbury, Mass., pleaded guilty to neglect of son Gerald, 14, whom she kept locked in a room, without schooling, for more than eight years. The boy, clad in woman’s ragged clothing, escaped, was picked up on the streets.

50 YEARS Ago - 1974

- July 4, 1974 - A rural Staples woman was killed and five others received injuries as a result of a two-vehicle collision early Sunday evening, June 30, at a junction of two Wadena County roads, about three miles north of Verndale.

Killed in the mishap and pronounced dead at the scene, according to Wadena County authorities, was Mrs. Howard (Irma) DeWald, 60.

- July 4, 1974 - Senior Glen Hasselberg and freshman Pat Wilhelmson, a pair of former Staples High school golf standouts, who helped lead Bemidji State College to a 10th place standing in the recently completed NAIA National Golf championships, were awarded letter awards for their play during the past season.

Hasselberg, the team’s number one performer the past two seasons, after transferring from Brainerd

Junior 85; Jerome Volesky, third at bantam unlimited.

- July 4, 1974 - Two Staples people will perform in roles of “See How They Run,” the first offering of the Brainerd Community College Summer Theatre.

Homer Clark, chairman of the Drama department at Staples High school, will play the role of the Bishop of Lax. Tom Girtz, another Staples faculty member will play the role of the Vicar.

25 YEARS Ago - 1999

- July 8, 1999 - Dairy foods were the focus of the 1999 Todd County Dairy Foods Demonstrations and the Dairy Foods Recipe contest held Saturday, June 26, at the Browerville Community center.

Andrew Paskewitz, A-1 4-H Club, Browerville, was selected Champion Demonstrator in Division I (Grades K through 6) and Emily Paskewitz, A-1 4-H Club, Browerville, was selected Champion Demonstrator in Division II (Grades 7 through 9).

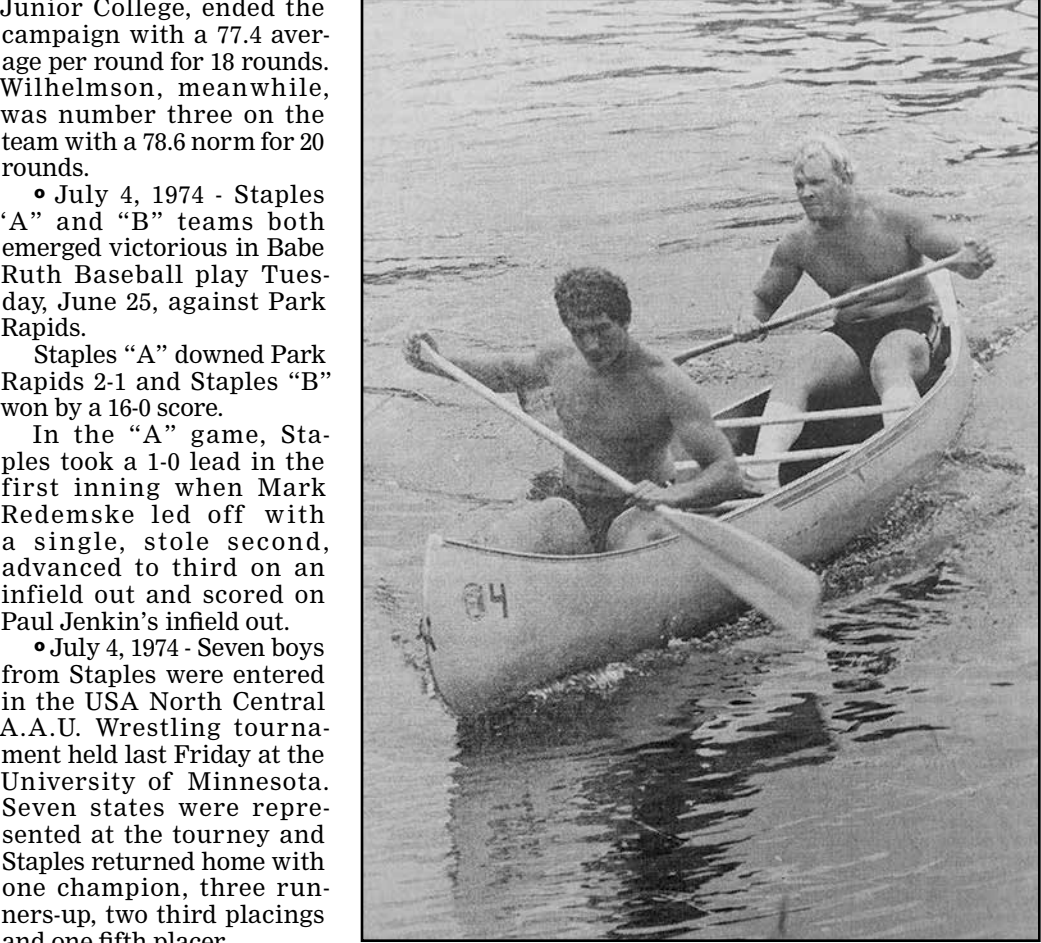
- July 8, 1999 - Three local girls recently qualified as invites to the 1999 National Barrel Horse Association (NBHA) Youth World Championships to be held Aug. 4-7 in Memphis, Tenn. All three of the girls are from Min-

nesota District 04 NBHA. Participants include Becky Andert, Lynette Wells and Sandy Wells.

- July 8, 1999 - Harmony Ramsey and Jennifer Swenson, juniors at Staples Motley High School, are leaving Sunday for the eighth annual Rotary Youth Leadership Award (RYLA) Camp at the University of Minnesota in Crookston.

- July 8, 1999 - A young man believed to be a 17-year-old created quite a bit of interest Friday afternoon.

The young man allegedly stole a Ford Ranger pickup in Randall and then led area police, sheriff’s deputies and state patrol officers in a chase that started in Motley and ended up just east of Wadena on Highway 10, with the pickup finally being forced off the road



Mystery photo

Hello readers. This week’s archive photo is from 1986. Do you know who these people are and perhaps the context of the photo? Do you have a memory to share? Email your answers and where you’re from to dtimbs@staplesworld.com by Friday, or call 218-894-1112. The answers will be published in next week’s paper, as well as a new mystery photo.



Mystery solved

Last week’s mystery photo published in the June 17, 1974 edition of the Staples World featured Three people from Motley who had come home from a fishing trip with a nice catch of brook trout. From left are Randy Pederson,

Daryl Larson and Jeff Farber. The trio caught eight trout, weighing over 1 1/2 pounds, with the largest being 2 pounds and 5 ounces. They caught the trout at Pleasant Lake, using night crawlers.

and rolling over.

The driver, a 17-year old male from Frazee, was not injured and was turned over to Morrison County authorities following the incident.

10 YEARS Ago - 2014

- July 3, 2014 - Michael DeWald, 25, or rural Motley, was killed in a one vehicle rollover reported at 1:30 a.m. on June 29. The initial location of the crash was unknown but deputies were able to locate the scene a short time later in Section 26 of Lyons Township, near Oylen.

- July 3, 2014 - This year’s ‘Todd County Breakfast on the Farm’ will be held Saturday, July 12, from 10:30 a.m. - 1 p.m. at Solid Rock Dairy in rural Browerville. The farm is owned by Lee and Laurie Paskewitz.



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Low wake boating with high water in area

From Cass County Sheriff's Office

With the busy boating season quickly approaching, Cass County Sheriff Bryan Welk reports that the Cass County Sheriff's Office is revising its suggested slow wake on Cass County lakes, rivers, and waterways to 200 feet from shorelines, in channels, and entering bays, due to unusually high water levels from recent rainfall events. While some lakes have seen relief from high water, there are still several areas that are experiencing high water levels. This suggested no wake advisory is in effect to help protect sensitive shorelines, private property, docks, and other water structures.

This spring and early summer, several areas in Cass County have received several inches of rainfall creating high water issues on area waterways. The Sheriff's Office asks that boaters exercise restraint, good judgment, common

sense and courtesy while operating on area lakes, especially those experiencing high water. Boat operators should reduce their speed while travelling in these sensitive areas and while operating in close to shore areas and channel ways. The Cass County Sheriff's Office thanks boaters and recreators in advance for their cooperation.

The Cass County Sheriff's Office and MN DNR share the following messaging about "Owning your Own Wake"

Be aware of your environment and what's going on around you – this applies to everyone on and around the water.

- Have a designated lookout to keep an eye out for other boats, objects, and swimmers.

- If crossing a wake, cross at low speeds and keep a close lookout for skiers and towables.

- Comply with all signs and respect barriers. This includes speed limits, no-wake zones, and underwater

obstructions.

Stay away from shorelines, docks, or other structures. Backing a boat up to a riverbank or lakeshore can damage the area and lead to erosion. Travel slowly in shallow waters.

- Travel slowly in shallow waters and avoid boating in water less than 2½ feet deep. High speeds near shorelines lead to large wakes that cause shoreline erosion.

- Check local ordinances, restrictions, closures, and permit requirements for the body of water you are on.

- Ask permission from the landowner(s) before crossing private property.

Minimize repetitive passes. Once you've run a line, move on to another area. Comply with all signs and respect barriers.

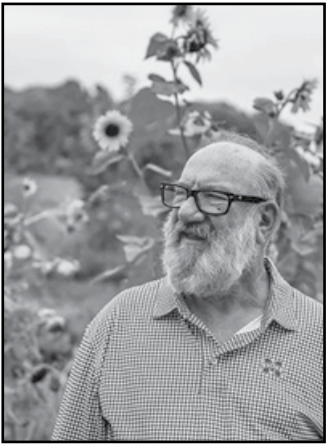
Respect the rights of others so everyone can enjoy their time on the water – keep the noise down, be courteous to other boaters, and show consideration to all recreationists on and around the water.

Region Five sponsors farmer mental health

Region Five Development Commission (R5DC) congratulates two agricultural mental health specialists recognized as outstanding providers. Ted Matthews and Monica McConkey provide dedicated counseling services to farmers and farm families throughout Minnesota in an innovative program funded by the State Legislature. Matthews will receive a Minnesota Rural Health Lifetime Achievement Award for his work providing mental health support to farmers across the state at the Minnesota Rural Health Conference on June 18. McConkey was named Rural Mental Health Provider of the Year by the Center for Rural Behavioral Health at Minnesota State University - Mankato.

"Farming can be incredibly stressful at times – agricultural producers deal with flooding, drought, unpredictable markets, livestock disease, isolation, regulatory burdens, and many other pressures. Our farmers deserve the best care; we're proud and grateful to have two of the highest caliber mental health professionals serving their needs," said Agriculture Commissioner Thom Petersen.

"Mental health is crucial for everyone, but it is especially important for our farming community who face unique stressors. This program, led by award-winning specialists like Ted Matthews and Monica McConkey, provides the essential support they need to



Ted Matthews



Monica Kramer McConkey

manage these challenges. Ensuring our farmers have access to top-tier mental health care is not just beneficial—it is vital for the well-being of our entire community", stated R5DC Executive Director Cheryal Hills.

Matthews and McConkey provide confidential care at no cost – sometimes for one or two sessions, other times on an extended basis. They help clients learn to manage depression, anxiety, anger, marriage and family relationship problems, grief, regret, and other challenging emotions and behaviors. Both counselors are happy to meet clients where they are most comfortable – on the farm, at a community college, by phone, or via Zoom. While people are welcome to contact either provider, McConkey generally serves the area north of Highway 12 while Matthews

serves the southern part of the state. Contact Ted Matthews at 320-266-2390 and Monica McConkey at 218-280-7785.

If you need help and are concerned the hour may be too late to call, dial 833-600-2670 to reach the 24/7 Minnesota Farm & Rural Helpline or call 988. Other resources are available at www.mnfarmstress.com.

Region Five Development Commission, located in Staples, facilitates and fiscally administers the Agricultural Mental Health and Wellness Program, funded by the Minnesota Legislature, with support from the Minnesota Department of Agriculture and in partnership with the Minnesota State Agricultural Centers of Excellence.

Quote of the week

“Happiness and moral duty are inseparably connected.”
— George Washington

Let experts handle the fireworks

From the Minnesota Medical Association

As Independence Day approaches, Minnesota physicians are once again urging their fellow Minnesotans to leave the lighting of fireworks to the professionals.

"Take the safe route this Fourth of July and leave the fireworks up to the experts," said MMA President Laurel Ries, MD. "As a doctor and a mother of young children, I can't emphasize enough how important it is to stay away from firecrackers, bottle rockets, Roman candles, and all those dangerous items. They are not toys and should not be treated as such. Even sparklers burn at more than 1,000-degree Fahrenheit and are responsible for many burns, especially in young children."

According to the latest statistics from the U.S. Consumer Product Safety Commission, an estimated 10,200 fireworks-related injuries were treated in emergency depart-

ments in 2022. Eleven people died because of these injuries.

Adults aged 25 to 44 experienced 36 percent of injuries, while children under the age of 15 accounted for 28 percent. At least 20 percent of injured children were bystanders.

The most frequently injured body sites were the face, hands, and eyes. Burns were the most common type of injury, accounting for more than half of all injuries. Twenty percent of serious injuries were to the eyes; one third of which resulted in permanent blindness.

"We all want to celebrate our country's independence," Ries said. "Fireworks are awesome, but they are also dangerous. Fireworks can result in severe burns, blindness, scars, and even death. Please leave them to the professionals who can take all the necessary safety precautions."

Mental health medication myths

From University of Minnesota Extension

The CDC estimates 1 in 4 adults in the United States takes a prescription medication for their mental health every month. Though prescription medication use for mental health treatment is common, it is also subject to a wide number of myths and misconceptions – about the medications as well as the people who take them.

Mark Schneiderhan, an associate professor in the University of Minnesota College of Pharmacy on the Duluth campus and psychiatric pharmacist, shares information about what mental health medications are, busts common myths about them and discusses strategies to ensure that every patient is receiving optimized, individualized care for their prescriptions.

Q: What should people know about mental health medications?

Dr. Schneiderhan: There are many misconceptions about mental health medications. When taken as prescribed, most medications:

- Do not negatively change a person's personality. Ideally, psychiatric medication should help the person feel more like themselves.

- Do not cause substance use disorders. Unless they have specifically labeled warnings, most do not cause dependency and are not habit-forming, such as drugs like nicotine or heroin, and do not get you "high."

- Do not provide an immediate or magical cure for mental health conditions. Psychiatric medications are meant to treat symptoms of mental illnesses, which is highly beneficial for many patients, but is not the same thing as a cure.

People may also worry that they'll need to take medication for the rest of their life. If people have untreated symptoms for many years and finally find relief with treatment, they should consider continuing the treatment for at least that length of time. It's of-

ten valuable to take a medication that improves your symptoms for at least a year before decreasing the dosage. Always talk to your pharmacist or physician when you are considering reducing or discontinuing a medication.

Most importantly, seeking treatment is not a sign of weakness. It takes courage to ask for help and accept treatment. Non-medication approaches to improve mental health and well-being – such as psychotherapy, exercise, healthy diet, sleep changes, etc. – should always be encouraged. However, medications can be life-saving and should be considered if other approaches are not working. A combination of medication and non-medication therapies may also be helpful, especially when a single approach is not entirely effective.

Q: What are common medications used in mental health treatment?

Dr. Schneiderhan: Antidepressants are the most commonly prescribed medications for anxiety and depressive disorders, which are the most commonly diagnosed mental health conditions in the U.S. In 2023, sertraline – the generic form of the medication Zoloft – a selective serotonin reuptake inhibitor (SSRI) was listed as number 14 in the top 200 most prescribed medications in the nation.

Stimulants, mood stabilizers and antipsychotics are also commonly used to treat mental health conditions. For example, there are antipsychotics approved by the FDA to treat depression and bipolar disorder symptoms that do not respond to the usual SSRI antidepressants. Sometimes people need combinations of medications to stabilize their symptoms. Doctors are also allowed to prescribe medications for "off-label" use – use that has not yet been FDA-approved – if they believe they will safely reduce symptoms, such as medications for seizure disorders prescribed for mental health purposes.

I am eager to see more research with longer treatment durations and larger sample sizes that demonstrate the safe and effective use of off-label products. I am optimistic we will see more FDA-approved medication therapies in the near future to help people still suffering with symptoms related to mental illness.

Q: What should patients know when starting or adjusting a mental health medication?

Dr. Schneiderhan: There may be a lag time between when you begin the medication and when you start to experience its full benefits – this can be one to two months for antidepressants. It is also critical to not stop taking your medications too soon after you begin feeling better – treatment should continue for at least 12 months after you experience positive results. About half of people who quit taking their antidepressants too soon have a relapse of depression symptoms

within the next six months. Suddenly stopping a psychiatric medication that has been taken consistently for 1-2 months can cause side effects like problems sleeping, restlessness, shaking or sweating. Always talk to your doctor or pharmacist before stopping your medications.

There are also many resources for patients and their loved ones. The National Alliance on Mental Illness (NAMI) is a great resource and supportive organization for people who are directly or indirectly affected by mental illness. Psychiatric pharmacists, in particular, provide a wealth of information regarding medication and treatment through NAMI.

Q: How can patients and providers improve care plans?

Dr. Schneiderhan: Comprehensive Medication Management (CMM) is considered a standard of care, but it is first and foremost a partnership between a patient and their health care teams. Using CMM, pharmacists provide personalized, specific care by assessing a patient's medication usage and health history in collaboration with their other health care providers. Pharmacists use CMM to ensure patients are on the right medication, at the right dosage and for the right reasons or conditions. Pharmacists are highly trained to help patients maximize medication benefits and CMM is shown to reduce unwanted side effects, promote patient confidence in medication therapy and increase patient willingness to continue treatment. Any patient can benefit from CMM, but especially those who take a greater number of medications and/or have a greater number of medical conditions.

Q: What work are you doing at the U of M to advance mental health medication and psychiatric pharmacy?

Dr. Schneiderhan: My primary focus is to improve patient outcomes in clinical practice, including optimizing medication therapy through comprehensive medication management. Some of my major research areas are the measurement of clinical outcomes for pharmacists providing CMM for people with mental illness and related disabilities; the prevention and management of adverse drug reactions to antipsychotic and other psychotropic agents; and the clinical application of pharmacogenetic effects on metabolism and a medication's effectiveness. As a long-time mentor in the classroom and in my clinical practice, I've found great fulfillment in seeing the growing number of pharmacy students pursuing post-doctoral training in mental health and providing care for patients with mental illness. I work with an interprofessional team of clinic providers, nurses and case managers every day to deliver exceptional care for our patients and to educate the next generation of providers.

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Frost & Bremmer to perform at ‘Music in the Park’ series in Staples

Pianist Geoffrey DeCamp will open at 6:45 p.m.

Mark Your Calendar

July 4

FOURTH OF JULY CELEBRATION will be held Thursday, July 4, at Staples Veterans Park, at 11 a.m., with a BBQ lunch to follow. Jef Cichos, guest speaker. In case of rain, event will be moved to Faith Lutheran Church in Staples.

July 5

FREE FOR ALL AGES - ‘A NIGHT OF FREEDOM’ WITH RYAN EDBERG presented by Kingdom Movement, Friday, July 5, 7 p.m., at The Rock Family Worship Center, 11881 Edgar Dr., Little Falls (Edberg previously spoke at Motley Free Methodist Church).

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.

July 7

CELEBRATE RECOVERY GROUP MEETINGS are held every Sunday at 6 p.m., at Motley Free Methodist Church, 33 Wellwood St. E., Motley.

July 9

EXPERIENCE STRENGTH AND HOPE AA GROUP MTGS IN STAPLES are held at the Church of Christ, 27343 490th St., Tuesdays at 7 p.m. For info., call Dan at 218-640-7228.

July 10

FREE COMMUNITY PICNIC - SPONSORED BY MOTLEY FREE METHODIST CHURCH Wednesday, July 10, 5 p.m., at Converse Park in Motley. Food, live music and games.



Seasoned performers

Chris Frost (right) and Chris Bremmer will perform at Music in the Park Series in Staples on Sunday, July 7,

The Music in the Park Series in Staples kicks off on Sunday, July 7, at 7 p.m., with the music of Chris Frost and Chris Bremmer. Opening for the duo will be pianist Geoffrey DeCamp, who takes the stage at 6:45 p.m.

This is the first concert

in the summer series which will run for five Sundays. Bring a lawn chair. The Staples Host Lions will have popcorn, pop and water for sale again this year.

Expect to hear a “melting pot” of music from the 1970s era, says Chris Frost, one half of the duo that per-

forms regularly at Frosty’s Spirits & Social Club in Staples.

In fact, Frosty’s is where the two veteran musicians first met. Chris Frost, who was playing solo there at the time, recalled the Friday night that Chris Bremmer walked in, ready to

play a few tunes during the open mic portion. “We hit it off right away,” Frost said, adding that the two soon realized they shared a love for the same music and had similar performing backgrounds. “We lived parallel lives separately,” Frost said, sharing that he and “the other Chris” have both been part of bands in the past, as well as each doing solo work.

Frost, who hails from New York Mills, plays keyboard and guitar, and Bremmer, now of Motley, plays lead and rhythm guitar, along with dobro on occasion. Both sing, with their voices blending beautifully.

They’ve been enjoying their weekly gig in Staples playing at Frosty’s (owned by Colleen Frost, Chris’s twin sister), and look forward to playing for the first time at Northern Pacific Park. They hope to see many familiar faces, as well as some new ones.

Be sure to come early and enjoy the music of 16-year-old piano wiz Geoffrey DeCamp of Staples. An award-winning musician at Staples-Motley High School, DeCamp plays everything from Billy Joel to ragtime and boogie woogie.

The Music in the Park Concerts are held in the Northern Pacific (NP) Park on Sunday evenings at 7 p.m. and will run through August 4. For more infor-

mation on the Music in the Park series as well as the regular concert series, check out www.staplesmotleyarts.org.

Northern Pacific (NP) Park is located at 625 6th St. NE. At the junction of Hwys 10 and 210, go six blocks north on 6th St. NE. In case of rain, the concerts will be moved to Faith Lutheran Church in Staples.

The Music in the Park Series is funded by the Staples Host Lions Club and 3M of Staples. The Series is organized by the Staples Motley Area Arts Council, with the assistance of the City of Staples.



Piano wiz

Geoffrey DeCamp will open for Chris Frost and Chris Bremmer at Music in the Park in Staples July 7. (Submitted)



Staples Public Library ‘Appreciation Picnic’ held



McAllister and Lenny Cossentine. Marge Meyer was unavailable for the photo. The library offers a wide variety of programs, activities and resources for people of all ages. Stop in and take a look around. The address is 122 6th St. NE, Staples. Checkout www.griver.org or see the library’s Facebook page or call 218-894-1401. (Submitted photos)

The Friends of the Staples Public Library hosted an appreciation picnic for library staff and volunteers on June 17 at Pine Grove Park in Staples. Staff at the library include, lower photo from left, Judy Wolak, Gina Clayborn, Cathy Perish, Cindy Klein and Angie Johnson. Tamber Edin was unavailable for the photo. Volunteers include, top photo from left, Julie Kloster, Becky Lindgren, Megan Lindgren, Dee Thompson, Heidi Haase, LaVonne Selleck, Ardy



Summer reading for the whole family at the library

Read, Renew and Repeat is the Summer Reading Challenge at the Staples Public Library. Stop in and sign the family up and get a free book bag. Children can read for fun prizes. The challenge continues through August 3 for children ages 0-18. Sign up for your free library card. Check out the webpage for upcoming programs at www.griver.or. Staples Library Hours: Mon., 10 a.m.-6 p.m., Tues., 1-8 p.m., Weds., 10

a.m.-6 p.m., Thur., 1-8 p.m., Fri., 1-5, Sat., 9 a.m.-noon.

Above left: Using the self check out, Jessica LaBlanc and her children Silas, Rhett and Bjorn.

Above right: The Doss family, Analaya, Adaniya, Malakhi, Kaitlyn (mom), Matthew (dad) and Ariella Doss.

(Submitted photos)

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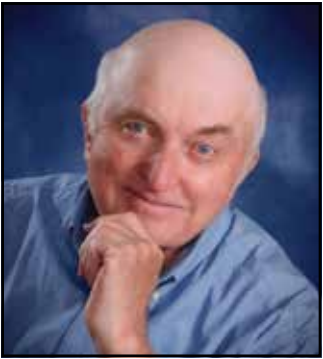
ONLINE BIRTHS REMOVED AT THE REQUEST OF LAKEWOOD HEALTH SYSTEM.

STUDENT ACHIEVEMENTS

TASHA MICHAEL, Staples, has been named to the 2024 Spring Dean's List at Washburn University in Topeka, Kan. To qualify, students must be enrolled in 12 hours of graded credits and earn a semester grade point average of 3.4 to 3.99.

OBITUARY

Gerald Lenk



Mass of Christian Burial for Gerald (Jerry) Joseph Lenk, 87, was held June 28 at Sacred Heart Catholic Church, Staples.

Burial was at Evergreen Hill Cemetery in Staples.

Jerry was born July 9, 1936 to Joseph and Christine (Etzler) Lenk in Staples. He grew up on the family farm in Moran Township, and attended District 96 country school through the eighth grade. Jerry graduated from Staples High School in 1954. He was dedicated to farming and served as an assessor for Moran and Germania townships for several years. He proudly lived on and operated a century farm founded by his maternal grandfather, Joseph Etzler. At the time his health declined in 2018, he moved to the Lakewood Pines Assisted Living in Staples. He cherished the memories of the farm which has been in the family for over 100 years. He liked to reminisce about how things have changed in his lifetime and the auction sales that he and his brother, Robert attended. Jerry enjoyed meeting people, eating at local restaurants and most of all, visiting with family, friends and neighbors.

Left to cherish his memory are two sis-

ters, Adeline Jasken and Linda Barke; one sister-in-law, Gayle Lenk; one niece, Tiffany (John) Lynn; four nephews, Bernard Jasken, Michael Lenk, Matthew (Lianna) Lenk and Nathan Thiesse; two great-nieces, Kia (Edwin) Bell and Lilianna Lenk; three great-nephews, Anthony (Nicole) Hansen-Lynn, Garner Lynn and Tobias Lenk.

Jerry is preceded in death by his parents; infant twin sister, Barbara Lenk; one brother, Robert Lenk; one nephew, Quinton Thiesse; two brothers-in-law, Dudley Thiesse and Martin Barke.

A special thank you to Lakewood Health System Hospice staff for their compassionate care of Jerry in his final days.

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Staples Area Church Directory

Staples Staples Alliance 1512 8th St. NE, Staples 218-894-2891 Pastor Zach Jones Jonny Olson, Associate Pastor 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: Adult Bible Study..... 6:30 p.m. 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 Catholic Church 310 4th St. NE, Staples Church..... 218-894-2296 info@marysacc.org Fr. Aaron Kuhn Fr. Gabriel Walz MASS: Sunday..... 8:30 a.m. Seventh Day Adventist 421 Dakota Ave. SE, Staples 218-894-0033 Saturday Worship 9:30 a.m. Sabbath School..... 10:45 a.m. Thomastown Covenant 15940 251st Ave., Staples..... 218-894-3923 Pastor Scott Jorgenson Sunday Worship..... 10:30 a.m. WEDNESDAY NIGHT YOUTH..... 6:30 p.m. Trinity Lutheran 1000 4th St. NE, Staples..... 218-894-2372 Pastor Vicar Paul Koehler Sunday Divine Service..... 9:00 a.m. Sunday School and Bible Class... 10:30 a.m. United Methodist 310 5th St. NE, Staples..... 218-894-2248 Sunday Worship..... 10:30 a.m. (Nursery Available for Sunday Worship)	Aldrich Balsamlund Lutheran 19550 490th Street, Aldrich Janet Eckman SMA..... 218-837-5831 jre227@yahoo.com Sunday Worship..... 8:30 a.m. Cushing Bethany Lutheran 25430 Bison Rd. Cushing, MN 320-749-2140 Pastor Carl Larson Pastor Chris Mathiason www.bethanylutherancushing.org Sunday Worship..... 9:00 a.m. Communion 1st and 2nd Sunday of each month Lincoln Evangelical Free 1354 320th Street, Cushing, MN 56443 Phone: 218- 575-2449 www.lincolnefree.org Facebook Lincoln E Free Office Hours: Tues. - Thurs., 9 a.m. - 12 p.m. Senior Pastor: Don Reigstad Community Life Pastor: Jim Brown Associate Pastor: Joe Reigstad SUNDAY Church Worship Gathering..... 10:00 a.m. YouTube Channel 10:00 a.m. Cushing Baptist 26298 Bear Rd., Cushing 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 218-352-6888 Motley 56466..... 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 Catholic Church 1st St. and Birch, Motley..... 218-894-2296 info@marysacc.org Fr. Aaron Kuhn Fr. Gabriel Walz MASS: Saturday..... 4:00 p.m.
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St. Michael 280 1st Ave S, Motley..... 218-894-2296 Pastor Fr. Joe Korf MASS: Saturday 4:00 p.m. United Methodist 847 3rd Ave. S. Lane, Motley..... 218-352-6466 Pastor Greg Leslie www.motleyumc.net Sunday Worship Service..... 10:00 a.m. Monday AA meeting..... 8:00 p.m. Oylen Oylen Alliance City. Rds, 7 and 9, Oylen 218-472-3440 or 218-472-3316 Pastor Neal Malcore Sunday School 10:00 a.m. Sunday Worship..... 11:00 a.m. Pillager First Lutheran Church Pastor Mathew Sundquist 717 River Street S, Pillager, MN 218-746-3775 Sunday Worship..... 9:30 a.m. Sunday School, 2nd and 4th Sundays 8:30 a.m. Casino Assembly of God Pastor Dan Johnson N. of Motley, Hwy. 64, E. on Cty 34 to Cty. 104. Phone 218-746-3839 Sunday School 9:30 a.m. Worship..... 10:30 a.m. Sunday Worship..... 7:00 p.m. WEDNESDAY 7:00 p.m. First Baptist 903 River Street South, Pillager Pastor Jake Anderson 218-746-3768 curious@fbcpillager.com Worship Gathering 10:00 a.m. Connection Point..... 9:30 a.m. Hewitt Church of the Nazarene 114 Front Street, P.O. Box 146 Hewitt, MN 218-924-2028 Jim and Linda McGaffey, Pastor Sunday School 9:30 a.m. Sunday Worship..... 10:45 a.m. WEDNESDAY PRAYER..... 7:00 p.m. Trinity Lutheran Church (LCMS) 524 Front Street, PO Box 116, Hewitt, MN Pastor Robin Fish Sunday Worship..... 10:30 a.m. Hewitt Community Church Hwy. 210, Hewitt, MN Pastor Kenneth Uhren Sunday Worship..... 10:30 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.
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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 18 3rd Ave. SW, Verndale 218-445-5108 Pastor Jill Pawlowski Sunday Worship..... 9:00 a.m. Central Community Church 5 miles N on Cty Rd 26 (Nimrod tar) Pastor James Middendorf, 320-260-4952 Sunday Service..... 9:00 a.m. Bible Study..... 10:30 a.m. St. Frederick Catholic Church 20 Mason Avenue NW 218-894-2296 info@marysacc.org Fr. Aaron Kuhn Fr. Gabriel Walz MASS: Saturday 6:00 p.m. St. Hubert Catholic Church Bluegrass 218-894-2296 info@marysacc.org Fr. Aaron Kuhn Fr. Gabriel Walz MASS: Sunday..... 10:30 a.m. Leaf River Township The Old Country Church Leaf River Twp., Wadena County Rd. 6 Info. 218-837-5690 Call first. Sunday Service..... 10:00 a.m. Wadena St. Helen's Episcopal Church 22 Dayton Ave. SW, Wadena, MN 218-631-3928 Sunday Worship..... 10:00 a.m.
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"Thinking About the Value of the Moment"

Pastor Barry Klein, Staples Church of Christ

Bill and Gloria Gaither have a song entitled, "We Have This Moment." It goes on with the imagery of how moments "slip through our fingers like sand." Please stop and think about your own life where this has been true.

Yes, we need to be true to our responsibilities and obligations. Yes, we all have schedules that we need to faithfully keep and plan ahead for. Yes, no day is a cookie cutter replica of previous days. We need to be both available and flexible as the day and relationships calls for.

But, if we don't "consciously" remember the importance of the living and present moment, we may find valuable opportunities (and more importantly people) have been missed...that may only come once in a lifetime.

I have a book on my office coffee table, given to me years ago from my mother, that is entitled, "I'm Not Too Busy" by Jodi Hill. In an easy-to-read format with brief reflective words on each page, she gets the reader to think about the cost of being "too busy."

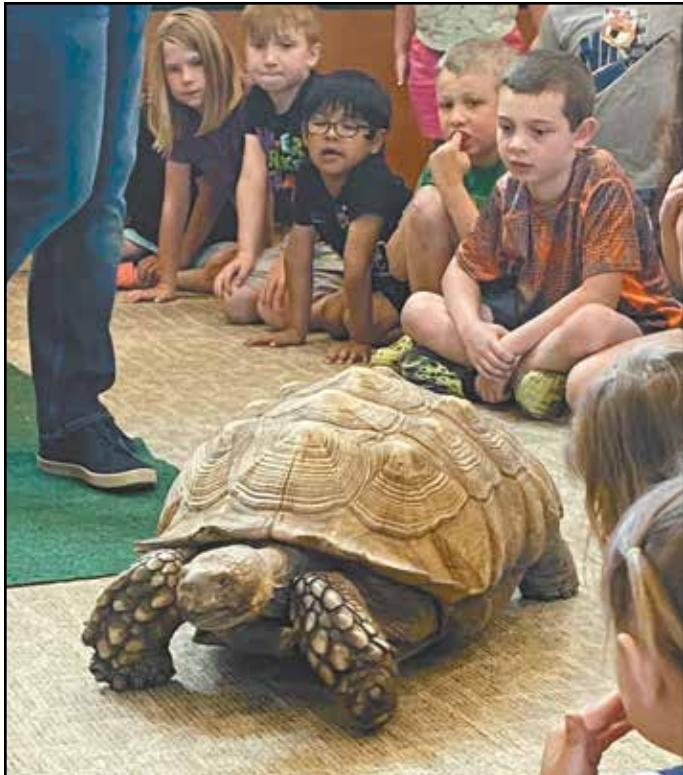
I wonder if, in part, this is some of what Jesus is trying to tell us in Matthew 6:25-34. If you have a Bible close by, would you stop now to read it? It is shaped by vivid reminders of how God lavishly cares for us and the difference that it then needs to make in the way we live daily life. The last two verses close that chapter with Jesus continued words as He says, "Seek first (God's) kingdom and (God's) righteousness and all these things will be given to you as well. Therefore, do not worry about tomorrow for tomorrow will worry about itself. Each day has enough trouble of its own" (NIV).

How easy it is to "get off track," especially if you feel as though you are running in a hamster wheel or are trying to keep a dozen plates spinning on poles above you. But this is all the more reason to give yourself permission to pause and think about proper balances in your life. It's better to take the time to reflect now and adjust, than to wait when you have less options later on.



Wild Things Zoo at library

A wild time was had when the Wild Things Zoo recently visited the Staples Public Library. Children could see a Macaw, baby kangaroo, a large tortoise and an alligator. Funding for the program was provided by our Locally Grown campaign last March. Upcoming programs are listed on our website, www.griver.org. (Submitted photos)



Aveline Hagg and grandma Angie Johnson.

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Summer baseball Bronco League

Action from the grades 5 and 6 Bronco League summer recreation team. (Staples World photos by Mark Anderson)



CLC Clay Target team excels at league competition

The Central Lakes College Clay Target team earned top honors at the USA Clay Target Leagues spring trap competition. The group came out on top, winning their conference's team title with a team score of 2,084.5, among other honors.

The Raiders competed with Western Michigan (2059), the University of North Dakota (1975.5), South Dakota School of Mines (1436.5), Illinois College (1308), Maine Maritime Academy (655) and Garden Community College (551).

The trap team was led by Staples Motley graduate Keith Rollins, who had the highest individual average in the conference and tied for the 4th highest average across the country. Pequot Lakes graduate Annika Wiczek had the 3rd highest average amongst female shooters in the conference. Brainerd High School graduate Micheal Finch Jr. finished one spot out of



CLC Clay Target squad included Keith Rollins, second from left. (Submitted photo)

medaling in 4th with a 24.20 Avg. Every shooter on the team scored this season in a team format that counts the top 7 shooters on each team every week.

The Raiders also fielded a 3-person squad that competed in skeet. In a confer-

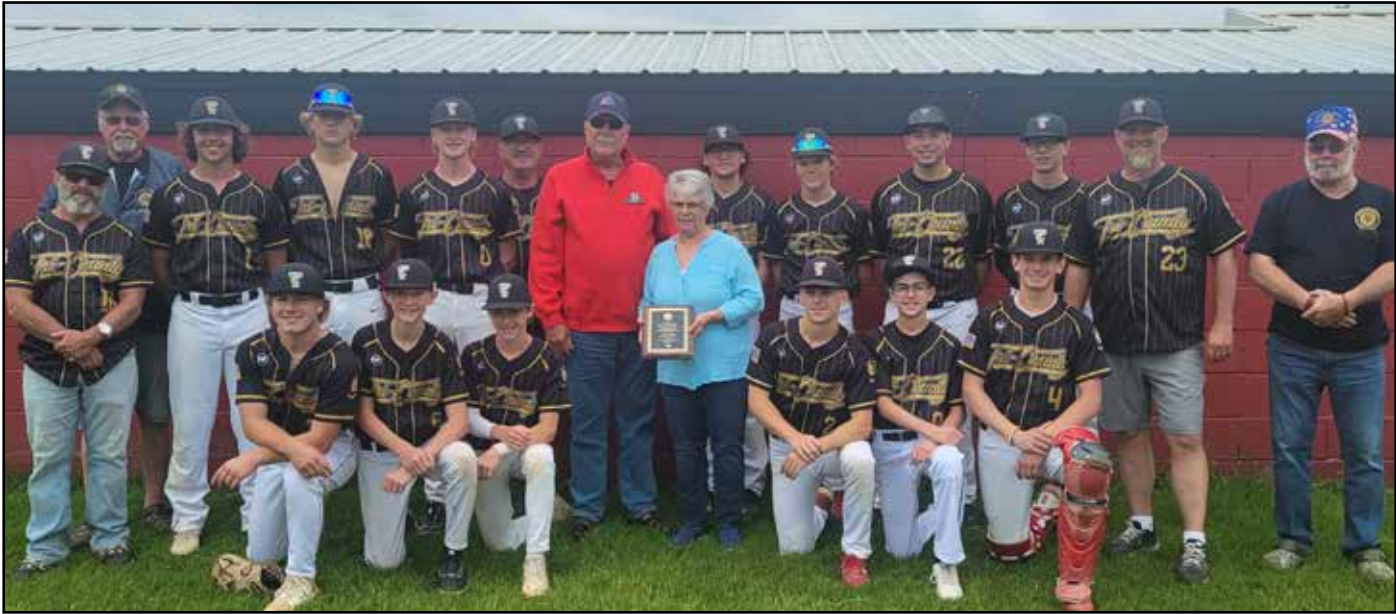
ence that scored 5 shooters, the raiders finished 5th as a team with Finch (7th in nation Avg 22.90), and Rollins (12th Avg - 21.80) and Jacob Dobson (16th Avg - 21.0). It was a strong showing from an undersized squad.



Supporting Cardinal tennis

Members of the Staples-Motley Cardinal Tennis team (and parents) sold hot dogs at Converse Park in Motley during the recent June Fest. Pictured, from left,

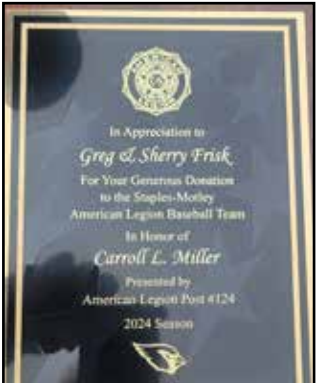
are Coach Katie Noska, team member Corinne Olson and her mom, Alisa Olson. (Staples World photo by Dawn Timbs)



Baseball team presents plaque to Greg and Sherry Frisk

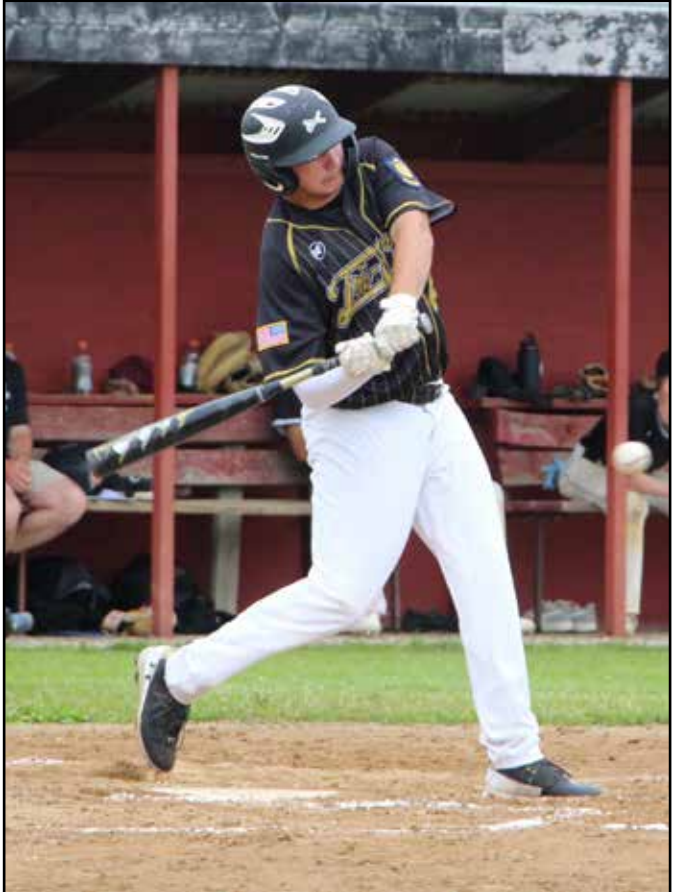
A plaque was presented to Greg and Sherry Frisk of Motley recently at the Staples Baseball Field, for their generous donation to the team on behalf of Sherry's dad, Carroll Miller. Carroll was very active in many Staples sports for many years. Pictured are the Staples-Motley American Legion Post 124 Baseball Team, along with American Legion members Frank Vasecka and Alan Marshall; team manager Mark Bettis and the members of the baseball team.

Front row, from left: Ben Tyrrell, Tyson Turner, Elijah Kossan, Jack Carlson, Corben Berg, Christian Bachmann. Back row: Coach Greg Kossan, Alan Marshall, Griffin Bettis, Alex Schultz, Hayden Rutherford, Coach Jeff Halverson, Greg and Sherry Frisk, Gabe Decker, Beau Carlson, Isaac Halverson, Xander Moench, Coach Jr. Bettis, Frank Vasecka. (Submitted photos)



18U action

Above and below, more photos from the Staples-Motley 18U baseball team. (Staples world photos by Mark Anderson)



SERVICES & EMPLOYMENT

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BJERGA FEED STORES in MOTLEY is hiring all positions. Driver, laborer, retail office help. Competitive wage, holiday pay, PTO. Must be able to work some Saturdays. Full-time or part-time available. Stop at Bjerga Feeds in Motley. 277fc

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GARAGE SALES 701

GARAGE SALE at the Vintage Villas Annex (next to 12762 Vintage Circle, Staples): 1.2 mi. north of intersection of Airport Rd and Co Rd 2. **Thurs., July 4, 8 a.m.-noon, Fri., July 5, 8 a.m.-6 p.m., Sat., July 6, 8 a.m.-noon.** Household items, furniture, books, Brother laser printer, music speakers, music stand, other music small items; men's stuff: tools, shoes, clothing, Ryobi tool storage system, 5 hp outboard, canoe/trailer, misc. garage must have items; kitchen and bath faucets, complete; rugs, large and small, antique furniture, rounded glass curio cabinet, caned small rockers, enamel table top w/ drawer, red/ white. 27-28p

3-FAMILY GARAGE SALE: Weds., July 3, - Thurs., July 4, 7:30 a.m.-7 p.m. 915 7th St NE, Staples. Books, jars, misc., a lot of brand name junior girls, sm-XL; women's, sm-2x; men's, sm-2x. 28p

8-FAMILY GARAGE SALE: Weds., July 3, 8 a.m.-6 p.m., Thurs., July 4 - Fri., July 5, 8 a.m.-6 p.m. Yungbauer's, 11870 Cty Rd 30, Staples. Furniture, appliances, clothing, massage table, toys, UFC punching bag, tons more. 28p

STORAGE LOCKER CLEAN-OUT CONTINUED: Thurs., July 4 - Sat., July 6, 8 a.m.-5 p.m. 1 mi. south of Staples on Hwy. 210, left 3.7 mi. on Cty Rd 7. All new items added. 28p



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Public Notices

NOTICE CITY OF STAPLES ORDINANCE NO. 547 VACATING A PORTION OF SPRUCE DRIVE AND UTILITY EASEMENTS

AN ORDINANCE to vacate a portion of Spruce Drive and certain utility easements within the Valley View Neighborhood. This decision follows the approval of Resolution No. 1953, reflecting the council's intent to vacate these areas in accordance with Minnesota Statute § 412.851. The council determined that vacating these areas would serve the public interest, facilitating a proposed replatting of the property.

The vacated areas include portions of Spruce Drive in the Valley View Neighborhood, as well as various drainage and utility easements adjacent to Lots 1 through 12 in Block 1, and Lots 1 through 11 in Block 2 of the Valley View Neighborhood.

The entire ordinance is available for review on the City's website at Staples.govoffice.com or at City Hall during regular business hours.

Adopted this 25th day of June, 2024.

/s/ Tara Greer, Clerk City of Staples 28pnc

WADENA COUNTY BOARD OF COMMISSIONERS PUBLIC NOTICE TO ADOPT A COUNTY FOREST MANAGEMENT PLAN

Notice is hereby given that on Tuesday the 9th day of July at 10:00 a.m. the Wadena County Board of Commissioners will hold a public hearing in the Commissioners Board Room/Small Court Room of the Wadena County Courthouse at 415 Jefferson Street South, Wadena, MN, to consider the adoption of a County Forest Management Plan.

The full draft of the proposed County Forest Management Plan can be viewed on the County website calendar for July 9, 2024, at www.co.wadena.mn.us.

All persons interested are invited to attend said hearing and be heard on this matter. All written correspondence must be received by the Wadena County Administrator, 415 Jefferson St. S., Wadena, MN, 56482, before close of business the day before the hearing in order to be accepted and must include the **full name and address of the person sending the correspondence in order to be accepted for presentation to the County Board at the public**

hearing. The correspondence may be submitted in person, by U.S. Mail, or by e-mail to the Office of the County Administrator but it **MUST** include the required information.

BY: CJ Holl Wadena County Administrator Date: 6/27/24 28pnc

WADENA COUNTY PLANNING COMMISSION PUBLIC NOTICE

PETITION TO AMEND THE ZONING ORDINANCE #1

Notice is hereby given that on Thursday the 18th day of July, 2024, at 7:00 p.m. the Planning Commission will hold a public hearing in the Auditorium of the Wadena County Courthouse to consider an amendment to the Zoning Ordinance #1 Section 19 Solar Energy Systems.

The full context of this amendment can be found on the County website calendar at www.co.wadena.mn.us by clicking on the date on the calendar. All persons interested are invited to attend said hearing and be heard on this matter. Written correspondence must be received by the Wadena County Zoning Office, 415 Jefferson St. S., Room 234, Wadena, MN 56482 before close of business the day of the hearing in order to be accepted and must include the **full name and address of the person sending the correspondence in order to be accepted for presentation to the Planning Commission at the public hearing.**

The correspondence may be submitted in person, by U.S. Mail, or by e-mail to the Zoning Office but it **MUST** include the required information.

By: Wadena County Planning Commission Date: 6/28/24 28pnc

OFFICE OF THE MINNESOTA SECRETARY OF STATE Certificate of Assumed Name Minnesota Statutes, Chapter 333

The filing of an assumed name does not provide a user with exclusive rights to that name. The filing is required for consumer protection in order to enable customers to be able to identify the true owner of a business. ASSUMED NAME: **Midwest Restaurants** PRINCIPAL PLACE OF BUSINESS: **34007 Sunset Loop Motley, MN 56466**

United States APPLICANT(S): Name: **David D. Worden** Address: **34007 Sunset Loop Motley, MN 56466** United States

By typing my name, I, the undersigned, certify that I am signing this document as the person whose signature is required, or as agent of the person(s) whose signature would be required who has authorized me to sign this document on his/her behalf, or in both capacities. I further certify that I have completed all required fields, and that the information in this document is true and correct and in compliance with the applicable chapter of Minnesota Statutes. I understand that by signing this document I am subject to the penalties of perjury as set forth in Section 609.48 as if I had signed this document under oath. SIGNED BY: **David D. Worden, Jr.** MAILING ADDRESS: **34007 Sunset Loop, Motley, MN 56466** EMAIL FOR OFFICIAL NOTICES: **davidwordenj@yahoo.com**

STATE OF MINNESOTA OFFICE OF THE SECRETARY OF STATE FILED 06/19/2024 27-28pnc

PUBLIC NOTICES: Your Right to Know

Cushing boy injured by riding lawnmower

A six-year-old boy was injured as the result of a lawnmower accident the afternoon of June 24, in Cushing Township.

According to their report, Morrison County Sheriff's Office received a call regarding a child that had been run over by a lawnmower at a residence off of 260th Street west of Cushing.

They went on to report that a 27-year-old female

from Cushing was mowing the lawn with a riding lawnmower. She was backing up the lawnmower and accidentally ran over the foot of the boy while the PTO was engaged. The boy was airlifted to Children's Hospital in Minneapolis with a severe foot injury.

The Sheriff's Office was assisted at the scene by Randall Fire and Rescue, Life Link III and Mayo Clinic Ambulance.

Single vehicle accident leads to arrest

The Morrison County Sheriff's Office reports that on June 22, at approximately 7:31 a.m., their office received a report of a single motor vehicle accident involving a collision with a tree. The accident location was on Dove Road near 340th St., south of Pillager in Scandia Valley Township.

According to their report, 40-year-old Joshua Moon of Pillager stated that he

swerved to miss a deer and lost control of his vehicle, eventually striking a tree. Moon was arrested for suspicion of driving under the influence and transported to St. Gabriel's Hospital in Little Falls for his injuries, where he was later released.

The Morrison County Sheriff's Office was assisted at the scene by North Memorial Ambulance and the MN State Patrol.

Motley area law enforcement

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

June 19 - 25

June 20 - Motley Police received a call from a resident who was concerned about someone they thought might be suicidal.

June 20 - Motley Police received an animal complaint from a resident at Beaulieu St. W, Motley.

June 19 - Motley Police received a call from an employee at Unity Bank in Motley reporting they'd received a fraudulent \$50 bill. The bill came from the Dollar General Store in Pillager.

June 24 - Morrison County deputies responded to a call regarding juveniles being a nuisance after curfew at the 400 block of

Pine Ave S., Motley.

June 24 - The MCSO received a call from Todd County asking that Motley Fire be paged for a house fire at 212 7th St. NE in Staples.

June 24 - A Morrison County deputy came across an abandoned truck on the side of the road at Hwy 10 and Holt Rd. in Cushing, with its hazard lights activated. The deputy contacted the parent of the driver, and the vehicle was later towed.

June 21 - A Morrison County deputy responded to an assault at the 800 block of Cimarron Dr., Motley.

June 19 - Morrison County deputies responded to a two boat collision on Lake Shamineau, near the 33000 block of E. Shamineau Dr., Motley. Subsequently, Todd Wasser, 60, received a citation.

Staples-Motley School Board Minutes

ISD #2170 SCHOOL BOARD MEETING #17 Mon., May 20, 2024, 6 p.m. District Office

MINUTES

Call to Order

The meeting was called to order by Board Chair Winkels at 6:00 p.m.

Members Reese, Winkels, Reeck, Wright and Trout were present, comprising a quorum. Member Anderson was absent. Also present were Superintendent Tappe, Business Manager Hill, recording secretary Larson, Staples World Managing Editor Anderson, AD/CE Director Lee, Representative Williams of ICS and staff members. The Pledge of Allegiance was recited.

Motion by Wright, second by Reeck, to approve the addition of item #30. **MC**

Motion by Reeck, seconded by Trout, to adopt the agenda. **MC**

Chair Winkels welcomed and recognized those in attendance

School/Community Forum

None

Consent Agenda

Approve minutes from the April 22 Board Meeting and May 6, 2024 Work Session/Special Mtg

Approve the hire of: a. Emily Benson, Elementary Academic/Behavioral Strategist 2024/2025 school year b. Tammi Walz, Assistant Gardner c. Samantha Schimpp, Student Success Interventionist

Approve the leave request from Kassie Marthaler, School Readiness/ECFE Teacher

Approve the resignations of:

a. Catherine Cyr, MS/HS Special Ed Teacher effective July 1, 2024 b. Rebecca Gonzalez, JH

Volleyball Coach effective immediately

c. Gerald Freese, CTE Teacher effective 5/13/2024

d. Miranda Anderson, District Office Receptionist effective June 20

Approve the Employment Agreements for:

a. Julie Polak, HR/Payroll Clerk

b. LeRoy Peterson, Director Buildings and Grounds

c. Wade Vangness, Food Service Director

d. Cynthia Denning, School Nurse

e. Norbert Klimek, Transportation Director

f. Joe Brandsma, Technology Director

g. Ellen Hill, Business Manager

h. Joshua Lee, Activities Director/Community Education Director

i. Kari Sarych, Dean of Students

Approve the 2024-2025 contract with Northern Pines Mental Health Center

Approve the 2024-2025 contract with Interquest Detection Canines

Approve the leave of absence request from Kandi Bartylla

Approve the FMLA request from Jennifer Sapp

Approve the assignment of Kim Prestridge as Elementary Level 3 EBD Teacher effective 24/25 School year

Approve the non-renewal of Christine Mayer, Elementary paraprofessional effective May 24, 2024.

Approve the 2024-2025 School Nutrition Program Joint Agreement with Central Lakes Adventure School.

Approve the 2024-2025 MSHSL Resolution for Membership.

Approve the 2025 Resolution of Sponsorship for the Todd County Community Concern for Youth Program. \$5,421.00

Approve the 2024-2025 contract for Jeff Sterriker; Middle/High School CTE teacher BA. (Jeff holds a

Tier 1 license, so re-posting is required)

Approve the 2024-2025 contract for Jocelyn Anderson; Middle/High School ABS teacher BA. (Jocelyn holds a Tier 1 license, so re-posting is required)

Approve the 2024-2025 contract for Tina Mitts; FACS/Child Development teacher BA (Tina holds a Tier 2 license, so re-posting is required)

Approve the Q-Comp Career Ladder positions for 2024-2025

Approve the 24/25 Communications contract with Staci Headley

Motion by Wright, seconded by Winkels, to approve the consent agenda. **MC**

Donations and In-Kind Contributions

Motion by Trout, seconded by Reeck, to approve Grants and Donations in the \$5,620 and in-kind donations in the amount of \$600. **MC**

Thank you to Staples Dairy Queen, MN Historical Society, 3M, 3M Donor's Choice and Staples Lions Club for their generous donations.

Finance Items

Financial Report presented by Business Manager Hill

a. 2023-2024 Budget Review presented by Business Manager Hill

b. 2024-2025 Budget Review presented by Business Manager Hill

General Fund: \$935,005.10

Food Service: \$54,159.74

Community Service: \$16,212.63

Construction Fund: \$744,201.57

Debt Service: \$0.00

Fund 45: \$0.00

Fund 47 (CLOSED): \$0.00

Motion by Reeck, seconded by Winkels, to approve the April Disbursements. **MC**

General Fund: \$2,020,805.02

Food Service: \$100,600.05

Community Service Fund: \$69,564.12

Construction Fund: \$46,080.25

Debt Service Fund: \$0.00

Fund 45: \$8,392.30

Fund 47 (CLOSED): \$0.00

Motion by Trout, seconded by Wright, to approve the April receipts. **MC**

2025 Music Tour Presentation by Band/Orchestra Teacher Haataja and Choir Teacher Bestland Cabinet Member Presentation

Presentation by AD/Community Ed Director Lee

Facilities

Facilities Update by Williams of ICS.

Personnel

Motion by Reeck, seconded by Winkels, to approve the resolution for the nonrenewal of Christopher Jennissen, Tier 1 Teacher. **MC** Roll Call Vote in favor: Reeck, Reese, Winkels, Wright, Trout; None opposed; Anderson absent. **MC**

Motion by Trout, seconded by Wright, to approve the retirement of Jim Jackson, MS/HS Teacher, effective at the end of the 2023/2024 school year. **MC**

Thank you, Jim, for your service to the Staples-Motley School District.

Other

Motion by Wright, seconded by Winkels, to approve the 2023-2025 negotiation settlement with Transportation with pay increase. **MC** Trout Abstained

Reports

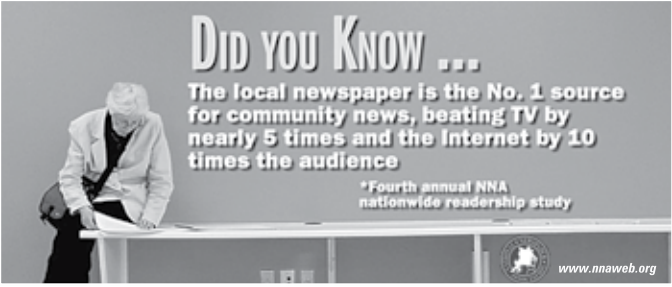
School Board FED - Minutes 4-24-24 Sourcewell - Minutes 3-39-24

Principals - Document Reports by Principal Berg and Principal Ferdon Activities/CE - Minutes 5-9-24

Superintendent - Report by Superintendent Tappe

Motion to adjourn the meeting at 7:12 p.m. by Reeck, seconded by Winkels. **MC**

28pnc



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Unexpected visitor stops by for lunch

Doug Wonders shared photos of a bear in his family-owned woods just northwest of Staples that were captured the afternoon of June 22. Wonders, who lives in Motley, was on the family's Staples property that day and shared that he was close to seeing the bear, which he estimates to weigh about 300 pounds and believes it to be a boar, because of its blocky head. Wonders went to say that he'd heard something run in the tall swamp grass and saw a fresh hole dug in the ground. He proceeded to try and see what had dug the hole and saw the fresh bear tracks in the dirt. Wonders said the bear had dug out a big ant hill and the hole had thousands of ants in it. "He must have been eating the ant eggs," Wonders said, adding, "I put a camera there and got his photos less than a half hour later."



'Aloha' from BRICKS in Motley

BRICKS Travel Center in Motley took second place at the recent June Fest Parade, with their Hawaiian-themed float. (Staples World photo by Dawn Timbs)



Gathered to start Cancer Center

Lakewood Health System CEO and President Lisa Bjerga speaks at the Cancer Center groundbreaking on June 27. (Staples World photos by Mark Anderson)



Lifting the shovel at groundbreaking

Lakewood employees, above, and hospital board members, below, take their turn at the groundbreaking.



LAKEWOOD continued from page 1a

New providers, equipment at Cancer Center



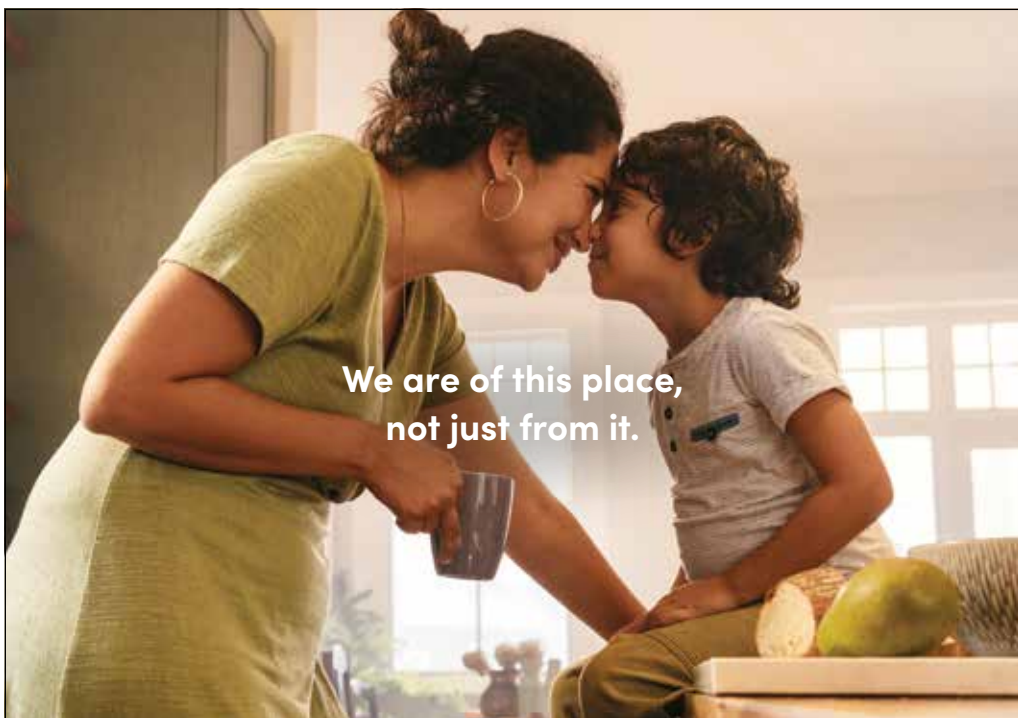
oncology rooms, two radiation oncology rooms and a procedure room. Equipment in the center will include an in-house PET/CT and a linear accelerator, used for radiation treatments.

Lakewood currently has four oncology providers and will add two more in the next year. Dr. Swenson joined the Lakewood team in of 2022, with nurse practitioners Alyssa Manning, Mariah Neiman and Jessica Nybakken also on staff. The two new providers will be Dr. Emily McGovern (Westergard), who is set to join the team in September 2024, and Dr. Aquino Williams will follow in September 2025.

The staffing additions in the Cancer Center will also include oncology case managers and financial navigators.



Cancer survivor Sandra Thompson speaks at the Lakewood Cancer Center groundbreaking



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