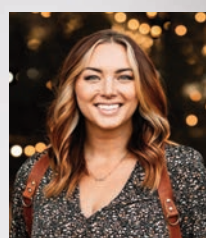




IN COUNTY



OUT OF COUNTY



Whitney Rupprecht
Co Owner/Editor

GAZETTE

RED LAKE FALLS



Katie Dolan
Co Owner/Accountant

Photo By Whitney Rupprecht

Vol. 1 No. 2

Red Lake Falls - Tuesday, January 24, 2023

\$1.25

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Hope



Hope is often described as a feeling of expectation and/or desire for something to happen; or perhaps a feeling of trust. A local Red Lake Falls family had hope, faith, and a whole lot of love to endure what they have been through, but hope is exactly what they needed.

Alex Gullingsrud was your happy, sports-loving kid, but that all changed with a sudden diagnosis of Osteosarcoma. A massive bone tumor, 4 inches by 3 inches by 3 inches, was found on/in his pelvic bone and another tumor in one of his lungs. After intense chemotherapy, prayers, and so much more, the doctors needed to make a life saving choice, remove Alex's leg. Friends, families, and communities rallied behind the Gullingsrud family. On April 26th, 2022, after even more intensive treatments, Alex's scans were clear!

Although Alex's scans have all been clear, it doesn't mean he is out of the woods. "It is scary to think that at any moment, life can change." - Nicole Gullingsrud. Change is exactly what happened. The Gullingsrud family is very active in sports within the community and all of their children have taken after Mike and Nicole.

The summer of 2022 was difficult. Alex was no longer able to be active in sporting events like he used to. "Alex was down in the dumps over the summer because all of his siblings were in sports. He had nothing to do", Nicole. This was a change for the once very active young boy until his mom reached out to Jason Saude, head coach of the Hope Sled Hockey Team. Jason and his wife were one of Mike's former students.

*At Mayo, the amputee team

gave us so many options, but it was extremely overwhelming.", Nicole. In June, Nicole knew something needed to change for Alex. After thinking back, one of the doctors at Mayo had a daughter that played sled hockey. Hope was in sight, but a long way ahead. The Hope Sled Hockey Team is based out of Moorhead, MN and is quite a haul for a Red Lake falls Family.

Although quite a drive, Alex's parents knew he needed Hope. Alex is a true athlete as noted by his doctors, community, and friends. His strong heart, determination, and passion has kept him going and given him, and others, hope. Alex has been practicing and preparing for the Hope Sled Hockey Team.

On January 11th, 2023, the Hope Sled Hockey team played against the Grand Forks Girls Hockey. Excitement was spread through the arena. Everyone

had a smile on their faces waiting for the game to begin. The director was unable to travel due to roads, therefore the girls hockey team was not in sleds, but instead they used their non-dominant hand. Cheering from parents, family, and friends echoed across the ice as soon as the puck dropped.

As the Hope Sled Hockey team showed off their teamwork, it was evident just how challenging it is to play sled hockey. Instead of using their legs to push off and glide over the ice, these players use shortened sticks to push using their arms - even though it must have been exhausting, no players ever gave up.

Numerous times Hope teammates would tip over and fall, but their team members would glide over and help them get up and keep on motivating each other.

Each player comes from a different background and different abilities. Some were born with a unique ability, some had a life changing event. To the team, it doesn't matter. All were welcome. The Hope team has 2 adult teams and 1 youth team - all three are extremely competitive.

At the end of the game, parents, family, and friends gathered around their players to congratulate them on their successful game. Tyler Hagl met with Alex to give a gift - a Red Lake Falls Hockey jersey.

Hope, a feeling of trust or perhaps an inspiration to achieve a specific result. That is exactly what the Hope Sled Hockey has given to countless individuals. The players have hope, and the communities have hope. Cont. Pg 10
By Whitney Rupprecht



The Hope Sled Hockey Team Members: Jake Ziika (#24), Kolton Saude (#17), Alex Gullingsrud (#3), Luke Riley #(15), Josiah Robbins (#4), Ethan Peterson #(6)

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"I wake up knowing I will be working at a place that truly cares about its employees. I also know that I will be around people that I honestly enjoy, both at the Red Lake Falls and Greenbush facilities. It's important to enjoy both your job and the people you work with. Both of those boxes are checked for me."

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LAFAYETTE HIGH SCHOOL STUDENT OF THE MONTH



Students are nominated for this award by Lafayette Staff Members. When making nominations staff members take into consideration how each student nominee has demonstrated the Lafayette High School Core Values in the classroom, in extra-curricular activities or in the community.

Thor Swenson



Thor Swenson is the son of Eric and Sally Swenson and is a 7th grader this year. Thor was nominated by Mr. Brumwell for being a hard-working student who is kind and considerate to others. Mr. Brumwell notes that Thor is a good example for his peers both in school and on the school bus.

OCTOBER

Paige Schafer



Paige Schafer is the daughter of Brian and Teresa Schafer and is a Senior this year. Paige was nominated by Mr. Boehmer for being a conscientious, hard worker that is also willing to help others. Mr. Boehmer stated that Paige is an excellent listener who brings good energy to the classroom each day.

Camrin Cook



Camrin Cook is the son of Dustin Bonham and Niki Cook and is a 7th grader this year. Camrin was nominated by Mr. Brumwell for being a kind hard-working student who role models' positive behaviors to his peers. Mr. Brumwell notes that Camrin has been a big help in the TAMP room each day as he is willing to help other students when they need assistance.

NOVEMBER

Blaze Klipping



Blaze Klipping is the son of Roy Klipping and Melissa Kelly and is a Senior this year. Blaze was nominated by Mr. Philipp, Mrs. Kennett, Ms. Remick and Bonnie Phalen for being a hard-working student who has put a lot of time and effort into his academic courses this school year. Staff members noted that Blaze has been a pleasure to have in class and shows a lot of maturity.

Ava Seeger



Ava Seeger is the daughter of Nick and Julie Seeger and is a 7th grader this year. Ava was nominated by Mr. Schmitz for being a hard worker and doing extremely well academically. She is described as a role model student-athlete who is respectful to her classmates and teachers.

DECEMBER

Paige Klipping



Paige is the daughter of Bob and Casey Klipping and is a Senior this year. Paige was nominated by Mrs. Wieland for being a very respectful, hard-working student who does a wonderful job balancing academics and extra-curricular activities. Paige is noted to be the kind of student who puts in the work to achieve her goals.

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RED LAKE FALLS

CAUTION: LIBRARIANS AHEAD! - Lafayette High School Drama Club

The Lafayette High School Drama Club will be presenting its One Act Play, "Caution: Librarians Ahead!" on Friday, January 27 @ 2:15 pm and 7:00 pm in the Robert Matzke Gymnasium. A free will donation will be taken.

"Due to budget constraints, the school is hiring just one position for the coming school year; a replacement for their retiring librarian. The assistant principals hate conducting job interviews, but it's just one position so things can't go that badly, right? Alas, things are not so simple as a taxidermist, an aspiring garbage truck driver, and a would-be sword swallower are just some of the contenders in a pool of hilariously unqualified applicants. It's going to be a very rough day!"

"Caution: Librarians Ahead" is written by Bradly Walton and published by Brooklyn Publishers and is under the direction of Mrs. Jennifer Wieland and assisted by Mrs. Linda Johnston.

Cast: Amber Danielson, Bridget Hicks, Kaytlyn Knutson, Ella Marquart, Mykayla Peterson, Cody Renner, Hayden Shulstad, Amelia Warne

Crew: Morgan Koshenina, Kayle Mehrkens, Evlyn Koralewskirme.



RLF Blue Line Club Team Feature

The 2022-2023 Red Lake Falls PeeWee B1 team is a well balanced group of players with a passion for the game of hockey. The team is a combination of 15 players, including both 6th and 7th graders ranging in age from 11 to 13 years of age. There are 9 returning second-year PeeWee players, and 6 first-year PeeWees. The team includes 13 boys and 2 girls which are all dedicated players, who are coached by Aaron Thibert and Tom Delorme.

"We are a good mix of players, talents and strengths, and when we all come to play I believe we can play compete with and beat any team in our district. With a 10-13 record we're not too impressive on paper, but we've had several close games against some good teams that could have gone either way. It's good to see our team continue to develop and make improvements as the season progresses," says Coach Thibert.

Some of the highlights on the season include big wins over Thief River Falls, Crookston and Warroad, along with victories over metro teams Centennial and Rogers in the Brainerd Tournament.

Goalies Isaiah Zenteno and Addison Smith rotate time between the posts doing their best to keep the puck out of the net, while Defensemen Jaxon Breiland, Gunnar Broden, Kole Kleven and Chase Michaelson do their best to limit pressure on the goalies and provide some additional offensive threats. The three lines of forwards include Centers Ella Breiland, Avery Knott, and Jackson Thibert, with left and right wing positions filled by Ivan Delorme, Easton Derosier, Aadin Gagner, Aubryn Johnson, Austin Klipping and Gavin Waldal... all doing their best to help in both the offensive and defensive zones.

"It's a mental grind for players of this age, playing through the difficult times and trying to maintain a positive attitude. We're fortunate to have some great parents involved with and supporting this group that help both the kids and us coaches keep our sanity" added coach Thibert.



Jersey #	Last Name	First Name
2	Michaelson	Chase
5	Breiland	Ella
7	Kleven	Kole
8	Klipping	Austin
10	Derosier	Easton
11	Knott	Avery
13	Thibert	Jackson
14	Waldal	Gavin
16	Breiland	Jaxon
17	Gagner	Aadin
19	Broden	Gunner
21	Johnson	Aubryn
24	Delorme	Ivan
29	Smith	Addison
30	Zenteno	Isaiah

"We work on several things regularly in practice, including puck movement, quick shots, aggressive forechecking and crashing the net... and we are seeing improvement" commented Coach Delorme.

The PeeWee team has 15 remaining regular season games, along with a tournament in Detroit Lakes and their District 16 Tournament in Bagley later in February. The schedule for the PeeWee team can be found, along with other team schedules, on the Red Lake Falls Blue Line Club website.

The coaches would like to thank each of the players, along with their parents, for their support and participation on the team and being part of the Red Lake Falls Blue Line Club.

Red Lake Falls School Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
1/30-2/3					
Breakfast	Cereal	Long John Hard Boiled Egg	Cheese Omelet Toast	French Toast Sticks	Cereal Muffin
Lunch	Hamburger Gravy, Mashed Potatoes, Dinner Roll	Pulled Pork, Baked Beans	Popcorn Chicken Hashbrown Patty	Soft Shell Taco Salsa	Cheeseburger Oven Fries

Red Lake County Central School Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
1/30-2/3					
Breakfast	Biscuit w/egg, cheese, and sausage	Apple fritters, cereal	Bagel w/cream cheese, cereal	Pancake on a stick, cereal	Cinnamon Roll, Cereal
Lunch	Taco in a bag or soft shell	Chicken Patty, Scallop/Au Gratin Potatoes	Spaghetti w/meat sauce or chicken alfredo	Hot sub, chips	Chicken pot pie biscuit



Community Page Sponsored By: Dakota Heritage Bank



Fraud Protection While Traveling

Winters in Minnesota tend to be long and cold. By this time of year most of us are ready for Spring and warmer weather. It is common for many people to travel to warmer places for a week or even a couple of months at a time. With travel, comes fraud risk due to several factors. Keeping safe while you are traveling is something that is needed!

Debit cards have become much more widely used by travelers. With drastic increases in fraud, it has become more important to do what you can to protect yourself especially while traveling. There are options available to help you do this.

Before you travel it is recommended to check with your financial institution to make sure that your debit card will work appropriately while you are away from home. Some financial institutions may block geographic areas from debit card use while others may not. If they choose to block geographic areas, for example other countries or states, they may ask you for the dates you will be traveling so that your card may only be used during that time period.

Many financial institutions and debit card providers have mobile apps that allow you to better monitor your card activity. There are different options that may be available to you in these apps, for example:

- Freeze your card if it has been lost or stolen
 - Freeze international transactions
 - Only allow in person transactions so that internet and telephone transactions are blocked
 - Set a transaction limit so anything over that limit is blocked
 - Set up text and/or email alerts when purchases exceed a set amount, when telephone or Internet transactions are made or when transactions are made outside of the United States
- If you are not currently using a mobile app to manage your debit card, check with your financial institution to see what options are available.

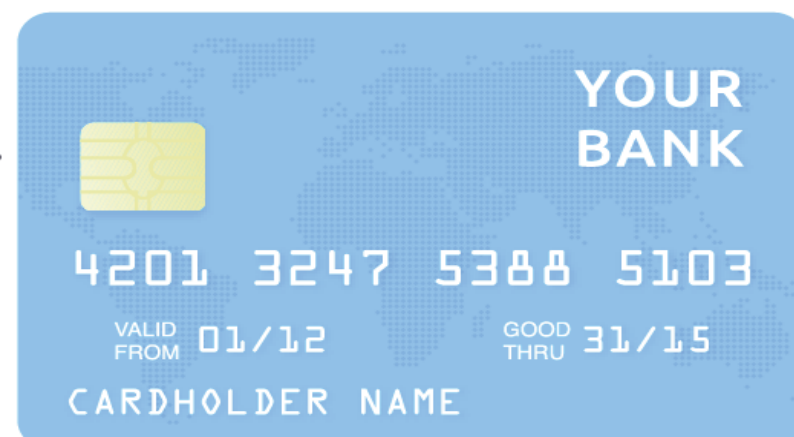
It is very important that your financial institution always has your current phone number. Financial institutions and fraud monitoring services will most often contact you by phone. This may be a phone call or it may be a text message. To make sure potential phone calls and texts are legitimate, you should ask your financial institution for a list of phone numbers you could expect the texts and calls from. Save these numbers as contacts in your phone. If you receive a text or a phone call regarding a suspicious transaction and you do not answer your card may be temporarily blocked.

The chip on your debit and credit cards provides an extra layer of security. It is recommended that you use your chip and PIN for transactions as much as possible for better fraud protection.

Even if you do not use a debit card it is always important to monitor your accounts at your financial institutions on a regular basis and report unauthorized transactions immediately. Services like online banking, mobile banking and your bank statements make it easy to monitor your accounts.

Contact your financial institution to find out what options are available to you even if you do not have any travel planned.

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Wendy Swendra was born and raised in Red Lake Falls. She and her husband Danny have 2 children, Brayden and Alexis, along with their golden doodle Nala. They have spent most of their free time enjoying their children's sports over the years but will be looking for new hobbies when Alexis graduates in May! They enjoy music concerts of all types and spending time with family and friends. Wendy has been in banking for over 20 years and has been with Dakota Heritage Bank since they opened the Red Lake Falls location in November of 2019. She has Bachelor's Degree from the University of Minnesota Crookston in Management and Information Technology (IT). Wendy's primary duties are managing the IT Computer systems and security of the bank along with various operations tasks. Her favorite part of her job is all of the great people she works with and visiting with customers when they stop in.



Whitney Miller is originally from Fertile and has lived in Red Lake Falls for about 2 years. She has one daughter, Letti. Whitney enjoys spending time with Letti including watching her play hockey. She has been in banking for 7 years and with Dakota Heritage Bank since March of 2021. You will find Whitney helping customers in the teller line as well as assisting in the loan department. What she enjoys most about her job is working with a great team and learning something new every day.



Casey Klipping is one of four employees born and raised in Red Lake Falls. She and her husband Bob own Klipping Brothers Construction. They have three daughters Jaden, Paige and Kylie and a soon to be son-in-law Zach. They also have two labs, Penny and Ivy. Casey and Bob enjoy summer and ice fishing at their lake home in Warroad. She has been in banking for almost 26 years and has been with Dakota Heritage Bank since they opened the Red Lake Falls location in November of 2019. Casey focuses on serving customers on the deposit side of the bank including checking, savings, CD's, IRA's and HSA's along with various operations duties. What she most about her job is helping customers find the products that best fit their needs.

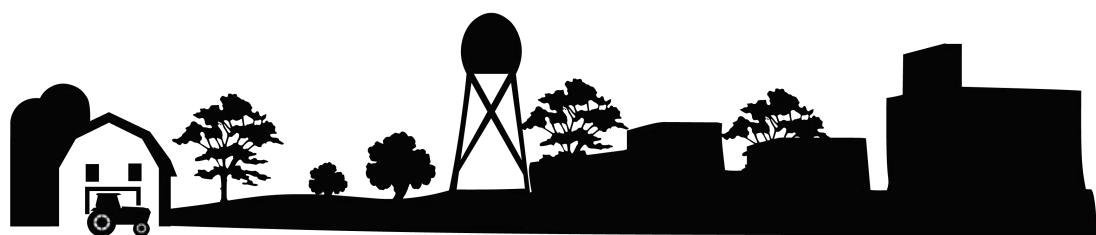


Bobbi Narlock grew up in Goodridge and has lived in Red Lake Falls for 10 years. She and her husband Branden have two boys, Bryce and Briggs. In their spare time they enjoy working on home improvement projects and watching their boys in all of their activities including football, basketball, hockey and archery. Bobbi is in her 10th year of banking and has been with Dakota Heritage Bank since June of 2020. Bobbi spends most of her day assisting customers in the teller line and opening new accounts. Her favorite part of her job is the one on one interaction with customers and everyone she works with.



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 Arthur: Santa and spending time with family, friends, and cousins
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Love, Mrs. Gullingsrud's Kindergarten Class
 2022-2023 ☺

KAY'S KITCHEN
Tried and Tasted Recipes

Taco Soup
 1 1/2 lbs hamburger
 1 medium onion chopped
 --Fry hamburger and onion together, drain when done.
 1 can whole kernel corn
 1 can ranch style beans
 1 can stewed tomatoes
 1pkg. dry ranch style dressing mix
 1 pkg. taco seasoning mix
 Mix all ingredients together and let simmer for 30 mins.

Serve with shredded cheese and tortilla chips. -Enjoy!



Grace (Johnson) Chalgren – A Dentist With Heart



Grace Chalgren, daughter of Gemma Drees and Larry Johnson isn't only a dentist, but a dentist with a great heart. This is her story.

After graduating from Lafayette in 2005, Grace headed to college at NDSU for biology and chemistry. She didn't really know what she was going to do with that degree, but was thinking maybe pharmacist, veterinarian, or even a MD.

Grace instead decided to go into dentistry. She applied to the U of MN and graduated from dental school in 2015.

She had actually shadowed the then local dentist Dr. Pat Alcorn in Red Lake Falls and said he really showed her how great dentistry can be and how much people's lives are impacted. That is one of the reasons she became a dentist.

I asked her why she didn't go into the family business as a veterinarian and she said, "Veterinary medicine is so interesting, but also has many challenges, the biggest being the crazy workload and long hours into the weekend! Adding to that, patients can't tell you what is wrong with them, so it sent me in a different direction."

Grace works at a FQHC (a community-based organization that provides comprehensive primary care and preventive care, including oral services to persons of all ages, regardless of their ability to pay or health insurance status) as a dentist in Jordan, MN. "It is very rewarding but can be pretty challenging. We work with patients below the poverty level and a lot of times unfortunately, they can't afford the ideal treatments.", she said. Her and the staff do a lot of problem solving to try and come up with a solution that will work for the patient and keep them smiling.

Her biggest influence? No surprise that it is her parents and grandmother. "My parents (who ran the RLF Vet Clinic) were a huge influence on me and always pushed me to do my best. They always told me that I didn't have to be the best (and that being the best was impossible), but to always try my best and the rest would follow. My grandma Mary Drees (some might remember when she and her husband Chris owned Murphy's Café that was by The Spot at the time) also influenced me to work hard and to be thankful for every opportunity I was given." Grace said.

Her advice to Lafayette students? "You do NOT have to know what you want to do when you graduate from high

school, or even from college! Take your time and enjoy exploring career opportunities. There are so many out there and everyone's path will look different."

Grace misses so much about Red Lake Falls, but mostly the small-town atmosphere and knowing everyone.

Though Grace rarely sees her classmates from high school because they are spread so far and wide, one of her classmates, Carmen Knott is the godmother of her firstborn child.

Grace lives with her husband Zach (an attorney at a health-care company) and her children Will-5, Theo- 2 1/2, and Mary- 9 months in Victoria, MN. (can I just say I love the fact that she named her daughter after her grandmother?)..




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Red Lake County 4H - Creates Opportunities for Children

The opportunities when working with 4H are countless; rain, shine, or snow the Red Lake County 4H finds ways to spark new interest in youth. On Friday, January 13th, the Red Lake Falls County 4H held a snow globe creating event at the Red Lake Falls City Hall. All were invited regardless if they were in 4H. Additionally, this was a free event for our community.

17 youth from the area began creating art using paint. Francesca "Frankie" Mord, the Extension educator and 4H Youth Development

Coordinator, encouraged students to create something that represented winter. Members of all ages dove into the painting and began. Numerous 4H Adult Volunteers assisted getting the youth going on their painting. Some of the youth painted snowmen, some trees, and one even painted presents.

Following their painting, the youth were given directions on what their next project was, the snow globe. As excitement rose, the 4H Youth Ambassadors and the 4H Adult Volunteers were

able to help set their painting aside and prepare for the snow globes.

A teacher or presenter aims for 100% involvement, and that is exactly what Frankie received. Frankie, her adult volunteers, and youth ambassadors, began assisting the youth in creating their snow globes in steps.

"I got to pick out my favorite color, PURPLE." - Odin

Hudson said, "Mine is a surprise so don't take any pictures."

Each youth was able to grab their jar, pick out their trees, fill their jar with water, add their snow, and put everything together. To finish off their snow globe, the youth tied a ribbon around the base. To finish off the evening, the youth were given a snack and a project to make at home - fake snow!

These opportunities for youth in the community are a blessing!

Written by Whitney Rupprecht



Want to learn more about 4H? Contact Frankie Mord at 218-253-2897 or flatimer@umn.edu




Katie's Corner
Ask all your animal related questions!
katie@rlfgazette.com

Let's Talk Puppies!!

More specifically, how do you choose a dog that's right for your situation? Choosing a dog can be an exciting adventure for the whole family. With so many options www.AKC.org has a ton of great information on specific breeds, including a quick reference to temperaments, specific breed health concerns and activity and grooming levels to just prepare you for obstacles and challenges that may be breed specific.

I feel I can't talk puppies until I mention that with all that adorableness comes a whole lotta work! Potty training, especially in winter, is time consuming and difficult in the beginning and puppy proofing is kind of like baby proofing. If you want to skip the potty training and teething stage sometimes adoption is a great option.

Small dogs are amazing companions and everything about them is typically cheaper (excluding frenchies). French Bulldogs often need a high-quality diet due to a sensitive stomach and they may cost more in vet bills in the long run but they are very sweet, personable and great indoor cuddlers. Shih-tzu's and bichon's are excellent companions but will have a lot of grooming needs and may not be great with young children. Jack Russell's and other terriers are low maintenance for grooming but they still can be prolific shedders but they are a handful and need more stimulation or a job most of the time.

Sometimes a big dog is best and there are so many options! There is Guard Dogs, Hunting Dogs, companion dogs, Therapy Dogs, and many many wonderful cross bred dogs. As a general rule I tell people that an excellent working or hunting dog will make a terrible house pet. While they are adorable usually a dog from true working lines (like cattle dogs and hunting dogs and livestock protection dogs) have a drive that makes them very restless and difficult in a small apartment or house.

The most important thing to remember is once you bring that adorable little guy or gal home socializing and teaching good manners right away will make life safer and more enjoyable for you both.

The number one thing that I hear when I am working with owners is that different members of the house have different rules. Consistency is the key to training a happy new fur family member. If one person doesn't like the new dog jumping on them, then all the family should ask the new pet to sit before getting attention and they will catch on very quickly.

Thank you for visiting Katie's Corner and I'll see you next week!
Email me your pets, thoughts, questions or ideas at Katie@rlfgazette.com

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Puppies are adorable, but a whole lot of work! Having a play area for your puppy is a way for them to have space to be a puppy without destroying any of the item in your home. Use tunnels, toys, and a safe space to allow them to explore and be socialized to people and other animals.



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The Red Lake County Economic Development Corporation can help you start your own business or expand an existing one. We are here to assist with a ten (10) year loan for an amount up to \$30,000 at 2% APR. The business must be located in Red Lake County.
For more information, contact the Red Lake County Economic Development home office at 1-218-253-2897. Allen Bertlud 218-684-1315. Dave Ste. Marie 218-686-4019 or Kelsey Gervais 218-686-5114.

KURTIS ELLEFSON
RED LAKE COUNTY VETERAN SERVICE OFFICER

Thank You for Your Service

218-689-8587
1-888-LINKVET
EMAIL: kellefsoncvso@hotmail.com

Community Events
Red Lake Falls, MN

Jan 26 - Girls BB vs. Sacred Heart, Boys BB @ Roseau, Boys Hockey @ Mayport

Jan 27th - Girls Hockey @ St. Cloud, Jr. High Boys BB @ Oklee vs. CBG
January 27th @ 2:15pm & 7:00pm - Lafayette High School Drama Club at the Robert Matzke Gymnasium. Free will donation

Jan 28 - Boys Hockey vs. International Falls, Girls Hocket @ Sartell

Jan 30 - Boys BB @ S-A, JH Boys BB @ RLF vs Fosston

Jan 31st - V Boys Kockey vs. Park Rapids, Girls BB @RLCC, Girls JV Hockey @TRF vs. I.F.

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NCUA

Red Lake Falls Food Shelf

105 International Dr, Red Lake Falls, MN 56750

ATTENTION: In January the Red Lake Falls Food Shelf will be open from 11 a.m. to 2 p.m. on the last 2 weeks of the month only -
Wednesday - January 18
Wednesday - January 25

Please make arrangements to do your shopping on one of those days. Customers will be allowed in the Food Shelf - one at a time. You will be required to wear a mask and gloves. THANKS!

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All Meals Served @ 11:00 MTWTF
The nutrition center is a place for meals and information on services
Please call and reserve your Meal before 10 a.m.
(Menu Subject to Change)

Gale E. Schmitz LTD **CPA**

Certified Public Accountant

103 Third Street East
PO Box 658
Thief River Falls, MN 56701
218-681-6008 Fax 218-681-8985

Gale E. Schmitz
CPA

Wright's
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Tables of \$1 Clearance Items until March 1st

Tag Sale:
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January 23rd - Jan 27th

Monday:Parmesan Chicken, Greenbeans, Fruit Cocktail, Breadstick, Dessert

Tuesday: Chicken Ala king, Peas & Carrots, Pineapple, brown Rice, Jello

Wednesday: Goulash, Mixed Green Salad, Tropical Fruit, Bread, Dessert

Thursday: Roat Beef w/ Gravy, Mashed Potatoes, Corn, Peaches, Bread

Friday: Salmon Load, Creamed Peas, Roasted Potatoes, Bread, Cake

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Library Corner

New adult nonfiction includes: "Japanese Superfoods: Learn the Secrets of Healthy Eating and Longevity the Japanese Way!" by Yumi Komatsudaira: "superfoods are the life-giving ingredients that our bodies need for balance, wellness, healing, and longevity - the Japanese, who face fewer health issues, less obesity, and have longer lifespans than those in other countries, have long known the power of these key ingredients;" "Justice Corrupted: How the Left Weaponized Our Legal System" by Senator Ted Cruz who "takes readers inside the justice system, showing how the wrong hands on the levers of power can strangle liberty, crush opposition, and wreck lives - this book equip patriots and lovers of liberty to hold their government accountable;" "Literary Cats" by Judith Robinson and Scott Pack: "cats have long inspired an incredible range of fiction, memoir, and poetry and this light-hearted history explores the role of felines across literary genres, their domestication, early cultural beginnings, and religious associations." And "The Minimum Method: The Least You Can Do to be a Stronger, Healthier, Happier You" by nutrition expert and-celebrity fitness trainer Joey Thurman who provides "a wealth of practical advice, simple nutrition truths, minimal-effort recipes, and how to exercise smarter, not harder, with a science-backedmethod based on getting the maximum benefit out of things like quick and simple 'exercise snacks' and sleep hygiene hacks."

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JOBS

Ultima Bank Minnesota is seeking an individual for its Operations/Customer Service department in Plummer. Position requires the completion of daily procedures and tasks to facilitate a normal technical operation including validating ACH files, processing incoming and outgoing wire transfers, and processing overdrafts/returned items and more. Other duties include assisting customers with their transactions, opening new accounts and cross-selling bank services. Individual must be organized, able to multi-task and have good computer skills. Full time position with competitive wage package and benefits.
To apply, email resume to: rebecca@ultimabank.com

JOIN OUR TEAM AT FAIR MEADOW NURSING HOME FERTILE.MN

Fair Meadow Nursing Home is looking to add the following to our team:
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Contact Jenn Derosier, HR Mgr to schedule your interview 218.945.6194 or email her at jderosier@fairmeadownh.com



Clinic LPN

North Valley Health Center is currently accepting applications for a full-time LPN to join our busy clinic team. Position will work with our Gastroenterologist and all other clinic providers, including telemed. Position requires a current Minnesota license with one to three years clinic experience preferred. Gastroenterology experience a plus. Please email cover letter and resume to Jill.Lysford@northvalleyhealth.org or mail to:

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NOTICE

NOTICE OF MORTGAGE FORECLOSURE SALE

THE RIGHT TO VERIFICATION OF THE DEBT AND IDENTITY OF THE ORIGINAL CREDITOR WITHIN THE TIME PROVIDED BY LAW IS NOT AFFECTED BY THIS ACTION.

NOTICE IS HEREBY GIVEN, that default has occurred in the conditions of the following described mortgage:

Mortgagor: Nicholas W Johnson, a single person
Mortgagee: Wells Fargo Bank, N.A.
Dated: January 15, 2010
Recorded: January 19, 2010
Red Lake County Recorder Document No. 128796

Assigned To: Minnesota Housing Finance Agency
Dated: January 15, 2010
Recorded: January 19, 2010
Red Lake County Recorder Document No. 128797

Assigned To: Wells Fargo Bank, N.A.
Dated: May 27, 2010
Recorded: June 14, 2010
Red Lake County Recorder Document No. 129206

Assigned To: US Bank National Association
Dated: June 2, 2010
Recorded: June 14, 2010
Red Lake County Recorder Document No. 129207

Transaction Agent: N/A
Transaction Agent Mortgage Identification Number: N/A
Lender or Broker: Wells Fargo Bank, N.A.
Residential Mortgage Servicer: U.S. Bank National Association
Mortgage Originator: Wells Fargo Bank, N.A.

LEGAL DESCRIPTION OF PROPERTY: LOTS (1), (2) & (3) OF BLOCK (70) IN KRETZSCHMAR'S ADDITION TO THE CITY OF RED LAKE FALLS. This is Abstract Property.

TAX PARCEL NO.: 17-3187-000

ADDRESS OF PROPERTY:
415 Broadway Ave NE
Red Lake Falls, MN 56750

COUNTY IN WHICH PROPERTY IS LOCATED: Red Lake

ORIGINAL PRINCIPAL AMOUNT OF MORTGAGE: \$39,780.00
AMOUNT DUE AND CLAIMED TO BE DUE AS OF DATE OF NOTICE: \$30,298.76

That prior to the commencement of this mortgage foreclosure proceeding Mortgagee/Assignee of Mortgagee complied with all notice requirements as required by statute; that no action or proceeding has been instituted at law or otherwise to recover the debt secured by said mortgage, or any part thereof;

PURSUANT to the power of sale contained in said mortgage, the above described property will be sold by the Sheriff of said county as follows:

DATE AND TIME OF SALE: March 23, 2023, 10:00 AM
PLACE OF SALE: Sheriff's Office, 124 N. Main, Red Lake Falls, MN

to pay the debt then secured by said Mortgage, and taxes, if any, on said premises, and the costs and disbursements, including attorneys' fees allowed by law subject to redemption within 6 Months from the date of said sale by the mortgagor(s), their personal representatives or assigns.

DATE TO VACATE PROPERTY: The date on or before which the mortgagor must vacate the property if the mortgage is not reinstated under Minnesota Statutes section 580.30 or the property redeemed under Minnesota Statutes section 580.23 is September 23, 2023 at 11:59 p.m. If the foregoing date is a Saturday, Sunday or legal holiday, then the date to vacate is the next business day at 11:59 p.m.

MORTGAGOR(S) RELEASED FROM FINANCIAL OBLIGATION ON MORTGAGE: NONE

THE TIME ALLOWED BY LAW FOR REDEMPTION BY THE MORTGAGOR, THE MORTGAGOR'S PERSONAL REPRESENTATIVES OR ASSIGNS, MAY BE REDUCED TO FIVE WEEKS IF A JUDICIAL ORDER IS ENTERED UNDER MINNESOTA STATUTES SECTION 582.032, DETERMINING, AMONG OTHER THINGS, THAT THE MORTGAGED PREMISES ARE IMPROVED WITH A RESIDENTIAL DWELLING OF LESS THAN FIVE UNITS, ARE NOT PROPERTY USED IN AGRICULTURAL PRODUCTION, AND ARE ABANDONED.

Dated: January 18, 2023

U.S. Bank National Association, Assignee of Mortgagee
By: HALLIDAY, WATKINS & MANN, P.C.

Attorneys for:
U.S. Bank National Association, Assignee of Mortgagee
1333 Northland Drive, Suite 205
Mendota Heights, MN 55120
801-355-2886
651-228-1753 (fax)

THIS COMMUNICATION IS FROM A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.
MN11388.
Print: 1/24/23, 1/31/23, 2/7/23, 2/14/23, 2/21/23, 2/28/23

LOCAL BUSINESSES JOIN PARENT AWARE

A select group of child care programs are the newest local programs to earn their Parent Aware Ratings. Parent Aware's mission is to help families find the quality care and education their children need to succeed in school and life. These child care programs all volunteered to go above and beyond basic health and safety requirements and use best practices to support child development. The experiences children have during their first years of life will shape the adults they become, making it especially important for all children to have access to quality care and early education. The local businesses who received ratings in Red Lake County include: Nicole Kruchowski
"These Parent Aware rated programs have gone above and beyond to build themselves as professionals in the early childhood field. I am proud to see these early educators recognized for their commitment to providing high quality care for children!" Cherida Even, Professional Development Advisor, for the Northwest Child Care Aware District, stated.
With few exceptions, any licensed child care provider is eligible to go through the Parent Aware process and receive a rating. They receive coaching, training, grants, higher Child Care Assistance reimbursement rates, and the ability to accept Early Learning Scholarships. Over 2,900 programs in Minnesota are rated. A full list of rated programs is available through an online search at www.ParentAware.org.

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NOTICE

NOTICE OF PUBLIC INFORMATIONAL MEETING

5:30 PM on February 6, 2023, at the J.A. Hughes Elementary School Library
The City of Red Lake Falls and Red Lake County are working together on a potential improvement project along County State Aid Highway 1/Hamilton Avenue from State Highway 32 to McLean Avenue. There are also City planned improvements along 1st Street NE from CSAH 1/Hamilton Avenue and on McLean Avenue from 1st Street NE to 2nd Street NE. The project is currently scheduled to be completed during the 2023 construction season.

The City and County are proposing to hold a public informational meeting to discuss the potential improvement options for the intersection of 1st Street NE and CSAH 1/Hamilton Avenue. There are multiple options that the City and County have discussed, and they are looking for feedback from residents in the area as well as residents who use this area for regular travel. This meeting will have a short presentation noting a potential project timeline and potential options for the intersection. No decisions have been made at this point and the City and County are open to feedback from the public to help them decide on the future of this intersection.

If you are unable to attend the meeting in person, feel free to reach out with questions/comments to the Project Manager for the project who can be reached at:

Cavin Berube, PE
Stantec
701-566-6008
Cavin.berube@stantec.com

NOTICE

Garden Valley Telephone Company Statement of Non-discrimination and Equal Employment Opportunity

In accordance with Federal civil rights law and the U.S. Department of Agriculture (USDA) civil rights regulation and policies, the USDA, its Agencies, officers, and employees, and institutions participating in or administering USDA programs (including Garden Valley Telephone Company) are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint> and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. Garden Valley agrees with, and has fully complied with, all non-discrimination and equal employment requirements. The Company has not received any complaints in regard to these provisions.

ONLINE AUCTION

235± Acres • Red Lake County, Minnesota



Online bidding starts Tuesday, March 7, 2023 at 9:00 AM
Bidding closes Wednesday, March 8, 2023 at 1:00 PM

To Register and Bid on this Auction, go to: www.FNCBid.com

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Women of Today - Volunteer Blood Drive

Volunteering is something Red Lake Falls is known for doing! The Women of Today, Red Lake Falls Chapter, host many events throughout the year, including a recent blood drive. The event took place on January 12th and 13th at Bethany Lutheran Church in Red Lake Falls.

In the two days, 63 volunteers donated 73 blood products!



Darcy Cardinal is no newbie when it comes to donating blood. Cardinal has donated over 23 times since high school.

"I started donating when I was in high school. We would get out of school for an hour to go donate and I

just kept going." Cardinal graduated from Lafayette High School.

Janet Wiskow, Women of Today member said, " we are needing new members. If anyone is interested, reach out, we would love to have you!"

Women of Today are all about service, growth, and fellowship. In Minnesota, there are aprox 7,600 members, over 20,000 service hours completed, and the women raise about \$160,000 in donations across Minnesota.

In Red Lake Falls, the Women of Today host events like Santa Days, the Easter Egg Hunt, and Summer Fest. Members are always looking to get new community people involved in the organization.

"We are wanting to have more young members with us - reach out if you have any questions." - Janet

The Women of Today meet the 3rd Wednesday of each month, 6:00pm, at the Red Lake Falls Mall.



To submit any articles or events - please email gazette.rlf@gmail.com or call 218-686-4795

Red Lake County Sheriff's Report



On the afternoon of 01/10/23, an individual reported a minor crash involving two vehicles on Bottineau Ave. in Red Lake Falls. The reporting party claimed the other driver left the scene. Red Lake County law enforcement located that individual and the involved parties agreed to settle the matter on their own. Nobody was injured in this crash and only minor damage was reported.

On the afternoon of 01/12/23, Juston Joe Anderson (41) of Red Lake Falls was cited for misdemeanor driving after revocation on Main Ave. in Red Lake Falls.

On the afternoon of 01/13/23, a Red Lake County deputy witnessed a two-vehicle crash near the intersection of CR. #1 and CR. #12 east of Red Lake Falls. A 2012 Buick SUV was slowing down to turn onto CR. #12, and it was rear-ended by an eastbound 2012 Kia. None of the involved occupants were injured but both vehicles were substantially damaged.

On the afternoon of 01/13/23 a Red Lake County deputy was assisting with a child custody exchange at the Oaks Trailer Court in Red Lake Falls. When one of the involved parties was leaving the residence, they backed into the deputy's squad vehicle. Nobody was injured, but the unoccupied squad vehicle was slightly damaged.

On the evening of 01/16/23, the Red Lake County Sheriff's Office received a report that a power pylon was on fire, north of Brooks, just off of Hwy. #59. The Plummer Fire Department responded, extinguished the fire and secured the scene until the utility crew arrived to handle the matter.

On 01/18/23, the Red Lake County Sheriff's Office received a report of a possible criminal sexual assault. That matter remains under investigation.

On 01/19/23, the Red Lake County Sheriff's Office received a report of a possible criminal sexual assault. That report is still under investigation.

On the afternoon of 01/19/23, a parent of a juvenile reported their child had been given a vape pen by another student at Hughes Elementary in Red Lake Falls. That report is still under investigation.

On the evening of 01/19/23, Taylor Mae Elizabeth Molden (18) of Alexandria was cited for speeding on Hwy. #32 south of Red Lake Falls.

Mitch Bernstein, Red Lake County Sheriff: 01/20/23

3rd Graders Work Magic During the Holidays



It was the week before winter break, and all through the school, students were stirring to get to their house....

Mr. Rath and Mrs. Kleven's students created holiday floral arrangements for the residence at Hillcrest Senior Living in Red Lake Falls, MN. Over 42 arrangements were created by students.

Students were given a brief demonstration on how to organize their arrangements. Following the demo, they went right to work! Students picked their branches, additives, vases, and made a bow! When they were done, they made cards to go with each resident's arrangement. The pine scent filled the entire school that day and so did the laughter and excitement of the students.

The following day, the 3rd graders traveled over to Hillcrest Senior Living and delivered these surprise arrangements.

Thank you to all of those that donated materials and time to this event. Hopefully, this event will be able to continue year after year.



If you would like to donate any materials for future projects like this, please reach out to Whitney Rupperecht. 218-686-4795 or gazette.rlf@gmail.com

Art Grant Funding Available - Deadline March 1st

Arts Grants Funding Available!

Upcoming Deadlines for Project Grants, Artist Residency Grants Free Grant Writing Workshop February 14 Apply Now

Warren, MN. Applications are open for Project Grants for nonprofit arts organizations, communities, schools, and other nonprofit organizations from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau counties.

Nonprofits and government organizations can apply for one arts project at a time. Upcoming grants deadlines for these are March 1. Grants are between \$500 and \$10,000. Funding sources for these grants are Clean Water, Land and Legacy funds and general allocation funds from the State of Minnesota.

Organizational arts activities funded through these very important grant opportunities include festivals, community theatre projects, folk music entertainment, sponsorship of visual demonstrations, creative writing work-

shops and many other activities that improve the quality of life of people in our communities. This is a great way to bring arts experiences to your community.

We are offering a grant writing workshop online or in person to assist you with your application. You are welcome to come to our office in Warren for the workshop or to work on your grants in our new setting. RSVPs are required for grant writing sessions – please email director@nwartscouncil.org. The session will be held Tuesday, February 14 at

11:00 am. You can also set up a time to work one-on-one with our director on the grant writing process.

Schools in our seven-county region can also apply now for an Artist Residency grant of \$2,600 plus an additional \$400 if the residency needs supplies. Our teaching artist roster is a great resource to view artists available to teach in our area and is available on our website at www.NorthwestMinnesotaArtsCouncil.org under the artists tab. Another resource to view artists available to enhance curriculum is COM-PAS.

Schools can initially apply for one residency. Then based on remaining funding, can request up to three additional residencies into spring and summer. Funding for residency activities comes from the Clean Water, Land and Legacy Amendment in Minnesota.

Also available on a first come-first served basis are Quick Turnaround Grants for \$500. These grants are awarded to performing artists, visual artists, media artists, and creative writing artists from our seven county Minnesota service area

including Kittson, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau counties.

To learn more about these grant programs and start an application visit www.NorthwestMinnesotaArtsCouncil.org. The grant application process is completely online and NWMAC's Director Mara Hanel can help walk you through the process of using the grants portal to get accustomed to it. Please contact her at director@NWAartsCouncil.org or call 218-745-8886.



Alex Gullingsrud with Tyler Hagl who gave him a RLF Hockey Jersey. Tyler was one of Alex's Grandpa's students. "Mr. Phillion was my math teacher in HS and I've always looked up to him and thought of him as a mentor. His door was always open if you had a question or needed assistance before, after or during school."



He shoot, he scores! Alex Gullingsrud puck going into the net at the January 11th hockey game. Throughout the game, Alex and his teammates continued to work together, passing the puck and helping each other.



At the end of the game, it was a face off for the Hope Sled Hockey vs. Grand Forks Girls Hockey. Each of the Hope Sled Hockey Players skated to the goalie and shot the puck. The Grand Forks Girls Hockey Goalie attempted to stop them.



Hard work made to look easy by the Hope Sled Hockey Team Players. Effort and endurance showed true. At the very end, the Grand Forks Girls Hockey team were able to see just how much effort it took to participate in sled hockey. They took turns attempting to skate using the sleds.

"I feel like I've made a difference working on renewable projects."



Jerrid (born and raised Minnesotan)
Enbridge, Director of Project Management

"Enbridge is more than a pipeline company. It's a company that's participating in renewable energy projects in Minnesota and abroad. We've completed two solar self-power projects in the U.S.—locations where our natural gas compressor stations have about 25% of their power sourced from solar panels. It's a company that's doing their part and I'm really proud to be working here."

We believe a cleaner energy future is achievable and that's why we're invested in low-carbon solutions:

- > **Building our renewable portfolio since 2002**
For over 20 years, we've been early adopters of renewable energy. Collectively, the energy from our renewable projects is enough to meet the electricity needs of about 962,000 homes.
- > **Billions invested in low-carbon solutions**
We're adapting and modernizing our infrastructure to be cleaner and more efficient. To date, we've invested more than \$6 billion in renewable energy and we're committed to spending another \$4 billion in low-carbon solutions through 2025.
- > **Net zero by 2050**
We've committed to net-zero emissions by 2050. And we're holding ourselves accountable by tying compensation directly to our progress on these goals.

To hear more from Jerrid about our sustainability efforts, watch the video at enbridge.com/jerrid.

