

THIS WEEK'S SHOPPING NEWS

831 East Vasa, Fergus Falls, MN 56537, 218-739-3308, Locally Owned & Operated

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MARCH FOOD SHARE DRIVE

from the Fergus Falls Community Food Shelf

We need your help to make the 2019 March Food Share Drive a success. In March of each year we have a major food drive.



Here's what
you can get
for \$10.00



Here's what your
food shelf
can get for \$10.00

Donate non-perishable food or money. Look for a donation envelope in the Feb. 24th issue of THIS WEEK'S SHOPPING NEWS or stop by the Fergus Falls Community Food Shelf to make your donation - 1512 1st Ave. N., Fergus Falls, MN 56537

All monies and pounds of non-perishable foods are reported to the Minnesota Food Share and the Feinstein Corporation. We then receive a percentage return.

In 2018 we distributed 255,721 pounds of food, we were able to help 10,716 people.

"A different kind of food fight"

Thank you
for your thoughtful support.

Monetary Donations

Please send to the Food Shelf
P.O. Box 136, Fergus Falls, MN 56537

Food Donations

Please bring to the Food Shelf
1512 1st Ave. N., Fergus Falls, MN 56537

Hours

Monday, Wednesday & Friday 1pm to 4pm

Special Appointments 218-739-2971

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Expires 3/31/19

DAKOTA SMOKE SHOP

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Wahpeton, ND

CLIP & SAVE
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of \$100 or more.
Expires 3/31/19

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Time, This, Edgefield, Eagle,
Montclair



Limited time offer. Limit 2 cartons at this
price. Not valid with any other store offers.
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Pyramid



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price. Not valid with any other store offers.
Expires 3/31/19

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Marlboro Lights



Limited time offer. Limit 2 cartons at this
price. Not valid with any other store offers.
Expires 3/31/19

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Marlboro Black



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DAKOTA SMOKE SHOP

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Pall Mall



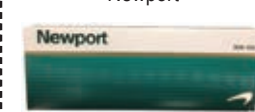
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Expires 3/31/19

DAKOTA SMOKE SHOP

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Newport



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School Lunch Menu

FEB. 25 - MARCH 1

Milk & bread offered at every meal.
Menu subject to change.

BATTLE LAKE
Breakfast Menu
Mon.: Hot or Cold Cereal or Alt.
Tues.: Egg Patties, Scrambled Eggs, Omelet or Alt.
Wed.: French Toast, Sticks, Waffles, Pancakes or Alt.
Thurs.: Breakfast Pizza, Breakfast Bagel or Alt.
Fri.: Muffin, Cinnamon Roll, Bagel, Danish or Alt.

Elementary Alt. Lunch Menu
Mon.: Turkey Hot Dog
Tues.: Cheese Pizza
Wed.: Sun Butter & Jelly Sandwich
Thurs.: Meat & Cheese Sandwich
Fri.: Grilled Cheese Sandwich

Lunch Menu
Mon.: Sloppy Joe, Bun, Fresh Veggies, Dip, Baked Chips, Fruit
Tues.: Hamburger or Cheeseburger, Bun, Sweet Potato or Oven Fries, Brown Beans, Fruit
Wed.: Fiesta Pizza, Lettuce/Spinach Salad, Green Beans, Fruit
Thurs.: Chicken Nuggets, Smile Fries, Corn, Fruit
Fri.: Mini Corn Dog, Brown Beans, Lettuce/Spinach Salad, Corn Chips, Fruit

High School Alt. Lunch Menu
Mon.: Taco Bar
Tues.: Soups & Sammie
Wed.: Salad Bar
Thurs.: Baked Potato Bar
Fri.: Salad Bar

Menu items offered daily: 1% milk, skim milk, skim chocolate milk, soy milk for special needs. Sun butter or cheese sandwich offered daily as an alternate. All alt. include: vegetables, fruit, breads, Skim, 1% or skim chocolate milk. Breakfast alts.: whole grain low sugar cereal or low fat yogurt & granola. Included with all breakfasts whole grain toast, sun butter, jelly, fruit cup, 4 oz. juice & milk.

FERGUS FALLS
Elementary Breakfast Menu
Mon.: Banana Bread or Cereal, Toast
Tues.: French Toast Sticks, Waffle Stick (Mckinley) or Cereal, String Cheese
Wed.: Muffin, String Cheese or Cereal, Toast
Thurs.: Little John, String Cheese or Cereal, String Cheese
Fri.: Pancakes or Cereal, String Cheese

Elementary Lunch Menu
Mon.: Sloppy Joe, Baked Chips or Turkey Deli Sandwich with Fresh Greens, Cherry Tomatoes, Peaches; Cleveland: Pizza
Tues.: Taco in a Bag, Apple Churro or Ham Deli Sandwich with Refried Beans, Shredded Greens, Corn, Blueberries
Wed.: Chicken Gravy, Roll, Mashed Potatoes or Yogurt, String Cheese, Roll with Green Beans, Baby Carrots, Grapes
Thurs.: Not available at time of printing
Fri.: Not available at time of printing

PWL Grab & Go Breakfast Menu
Mon.: Chocolate Muffin, String Cheese, Fruit Cup
Tues.: Betty Crocker Bar, Sunflower Nuts, Fresh Fruit
Wed.: Banana Bread, Fruit Cup
Thurs.: Blueberry Muffin, String Cheese, Fruit Cup
Fri.: Little John, String Cheese, Fresh Fruit

5th-12th Lunch Menu - Choice of One Entree
Mon.: Sloppy Joe, Baked Chips or*
Tues.: Taco in a Bag, Churro or*
Wed.: Chicken Gravy, Mashed, Roll or*
Thurs.: Not available at time of printing
Fri.: Not available at time of printing

Middle School 5-8, High School Grab & Go 9-12 Only/Roosevelt Breakfast Menu - Choice of One
Mon.: Egg Breakfast Pizza or*
Tues.: French Toast Sticks or*
Wed.: Fresh Baked Roll or*
Thurs.: Little John, String Cheese or*
Fri.: Sausage Breakfast Pizza or*
9-12 Only: Oatmeal & Combo Bar

*Chicken Patty, Spicy Chicken Patty, Ham or Turkey, Bun, Asst. Grab & Go Salad, Asst. Grab & Go Wrap or Otter Value Meal.

Sides: Veggie/Fruit Bar

Extra Option 5-12 Only: Breakfast Burrito, Pancakes, Pancake on a Stick (Mon., Wed., Fri.), Mini Pancake Wrapped Sausage (Tues., Thurs.)
* Quick Bread, Benefit Breakfast Bar, Muffin / String Cheese, Muffin Loaf, Yogurt / Graham Crackers

Otter Value Menu
*Served to 5th-12th during lunch.
Your Choice of
Corn Dog, Hamburger, Cheeseburger, Hard Taco, Soft Taco, Popcorn Chicken, Pizza

Menu subject to change. Menu items offered daily for breakfast: fruit, 100% juice & milk. Milk served daily with all meals for lunch.

HENNING
Breakfast Menu
Mon.: Cinni Mini, Fruit
Tues.: Fruit Smoothie, Fruit
Wed.: Cinnamon Roll, Fruit
Thurs.: Ham & Cheese Omelette, Fruit
Fri.: Not available at time of printing

Lunch Menu
Mon.: Italian Dunkers or Chicken Caesar Salad, Breadstick, Green Beans, Cauliflower Dip, Grapes
Tues.: Chicken Hoops or Ham Sandwich, Cinnamon Nachos, Mashed Potato, Gravy, Baby Carrots, Dip, Pineapple
Wed.: Tator Tot Casserole or Turkey Bacon Wrap, Bun, Corn, Lettuce, Dressing, Orange Wedges
Thurs.: Mini Corn Dogs or Chef Salad, Breadstick, Baked Beans, Broccoli, Dip, Applesauce
Fri.: Not available at time of printing

Menu subject to change due to food availability. Milk served with every meal. Breakfast: Served with fruit juice daily. Cold cereal offered every morning. Lunch: Each day you need to choose one main entree.

PELICAN RAPIDS
Breakfast Menu
Mon.: No School
Tues.: Cereal, Cheese Stick or Frudel
Wed.: Cereal or Mini Donuts
Thurs.: Cereal, Cheese Stick or Breakfast Pizza
Fri.: Cereal, Cheese Stick or Cinnamon Roll

Lunch Menu
Mon.: No School
Tues.: Popcorn Chicken, Mashed Potato, Gravy, Bread Slice, Coleslaw, Green Beans or Viking Burger
Wed.: Sub Sandwich, Veggie, Lettuce, Tomato, Onion, Spinach, Pickle, Fruit or Hot Dog, Bun
Thurs.: Taco Salad, Shrd. Cheese, Chips, Lettuce, Refried Beans, Black Bean Corn Salsa or Spicy Breaded Chicken, Bun
Fri.: Stuffed Crust Pizza, Lettuce Salad, Green Beans, Carrots, Fruit or Teryaki Chicken

Fruit, juice & milk included with breakfast. Cold cereal offered every morning. Salad bar available everyday for lunch. Menu Subject to Change

ROTHSAY
Breakfast Menu
Mon.: Strawberry or Cinnamon Cream Cheese Bagel
Tues.: Cereal, Toast
Wed.: Blueberry or Banana Muffin
Thurs.: Cereal, Toast
Fri.: Not available at time of printing

Lunch Menu
Mon.: Mashed Potatoes, Hamburger Gravy, Corn, Bread, Fruit; 9-12: Bread, Fruit
Tues.: Chicken Fajita, Shrd. Lettuce, Shrd. Cheese, Carrot Sticks, Salsa, Fruit; 9-12: Bread, Fruit
Wed.: Hamburger, Bun, Sidewinder Fries, Broccoli, Fruit; 9-12: Fruit
Thurs.: Crispito, Hash Browns, Broccoli, Carrots, Fruit; 9-12: Fruit, Coleslaw
Fri.: Not available at time of printing

2nd Chance Breakfast, Gr. 7-12, served every day at 10:07am
Mon.: Long Johns
Tues., Thurs.: Parfaits
Wed.: Chocolate Chip Bars
Fri.: Breakfast Burrito
Veggie/Fruit Bar

Fruit, juice & milk served with breakfast.
Fruit & milk served with lunch.


UNDERWOOD
Breakfast Menu
Mon.: Bagel, Yogurt, Fruit
Tues.: Cereal, Toast, Fruit
Wed.: Long John, Cheese Stick, Fruit
Thurs.: Cereal Bar, Yogurt, Fruit
Fri.: Cheese Omelet, Toast, Fruit

Lunch Menu
Mon.: Meatballs, Mashed Potatoes, Gravy, Green Beans, Roll, Fruit
Tues.: Hot Dog, Bun, Baked Beans, Carrots, Broccoli, Chips, Fruit
Wed.: Chicken Nuggets, Mashed Potatoes, Gravy, Biscuit, Corn, Fruit
Thurs.: Pulled Pork, Bun, Coleslaw, Smile Fries, Fruit
Fri.: Pizza, Romaine Salad, Cucumbers, Cauliflower, Fruit

Breakfast: 4 oz. fruit juice & 8 oz. 1% white, fat free or chocolate milk offered. Lunch: 8 oz. 1% white, fat free or chocolate milk offered. Condiments served. Lactose reduced milk will be provided upon written request.

Babies

Ryker Allen Diestler




Ryker Allen Diestler, son of Christopher and Monica Diestler of Fergus Falls, MN was born on Monday, January 14, 2019 at Lake Region Healthcare in Fergus Falls, MN. He weighed 8 lbs., 13 oz. and was 22 inches long. Ryker was welcomed home by sibling, Cayden Diestler.

Proud grandparents are Roger and Debbie Ness of Fergus Falls, MN; Greg and Debi Diestler of Fergus Falls, MN.

Great-grandparents are Jerry and Bev Thompson of Fergus Falls, MN; Myrtle Wessels of Fergus Falls, MN.


Asher Josiah Fronning



Asher Josiah Fronning, son of Adam and Ashley Fronning of Underwood, MN was born on Wednesday, January 23, 2019 at Lake Region Healthcare in Fergus Falls, MN. He weighed 8 lbs., 3 oz. and was 20 inches long. Asher was welcomed home by big brother, Aiden and sisters, Albri, Avery and Azlyn.

Proud grandparents are Mark and Tracy Schoening of Underwood, MN; Brian Fronning of Fergus Falls, MN; Louanne Fronning of Clitherall, MN.

Great-grandparents are Norman and Donna Schoening of Fergus Falls, MN; Ervin Schoon of Fergus Falls, MN.



TCHC Foundation Offers Nursing Scholarship

The Tri-County Health Care Foundation is accepting applications for its annual Frances E. Raatikka Memorial Scholarship. One \$2,500 will be awarded to a third- or fourth-year student enrolled in an accredited Bachelor of Science nursing program to help with tuition, fees and/or books. Raatikka was a registered nurse at Tri-County Hospital from 1965-1995.

The candidate must meet the following criteria:

- Has been accepted into an accredited nursing program at an accredited college or university as a third- or fourth-year nursing student pursuing a Bachelor of Science.
- Has demonstrated leadership ability, initiative, and active participation in work, volunteerism, and/or community activity.
- Has a GPA of at least a 3.0 on a 4.0 scale or the equivalent, or meet the minimum GPA requirements established for the college or university's academia if it is higher.


The application deadline is Wednesday, May 1.

For more information or to download an application, visit TCHC.org/foundation.

ABOUT TRI-COUNTY HEALTH CARE



The Tri-County Health Care Foundation is a private charity established in 1994 by the hospital to attract and administer charitable funds for the benefit of the communities and surrounding areas served by Tri-County Health Care. Tax deductible gifts support education, technology, patient care and equipment. Financial donations stay local and have a direct and lasting impact on your family, friends and





If you love them enough to sit through their favorite movies, then surely you'll check to make sure they're in the right car seat.

NHTSA.gov/TheRightSeat



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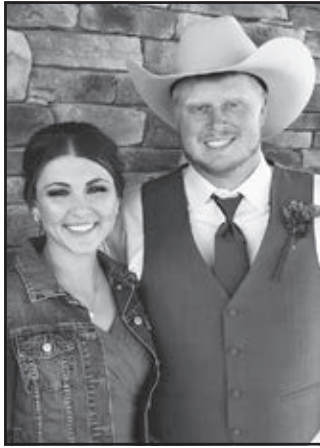
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Weddings

Miller - Weinreis



Mark and Linda Miller and Jim and Becky Weinreis happily announce the upcoming wedding of Leslie Miller and Lloyd Weinreis at the end of February in Bismark, ND.

Leslie is a 2011 graduate of Fergus Falls High School and a graduate of NDSU and Ridgewater College. She works at the elementary school in Beach, ND.

Lloyd is a 2012 graduate of Beach High School and a graduate of Bismark State College. He farms and ranches with his family in western North Dakota where the couple will also live.

Honor The Beloved Pets And People In Your Life!

For only \$100, you can purchase a custom engraved brick on the Memorial Wall at the Humane Society of Otter Tail County, located at 1933 W. Fir Ave. in Fergus Falls, MN.

After expenses, approximately \$80 of each brick sold goes directly to the cost of caring for the shelter dogs and cats! These bricks make a meaningful gift in memory or in honor of a beloved pet or animal loving person. We will work with you to custom design your brick with a dog breed, a hobby or symbol that represents your loved one. You will always be able to approve a "proof" of your brick, prior to engraving. Just let us know WHAT you are looking for and we will find it!



We have an ambitious goal of selling 80 bricks by Memorial Day. Can you help us fill the wall and help the shelter animals? Please stop by the shelter during regular business hours to place your order! THANK YOU!!

Humane Society of Otter Tail County
1933 W. Fir Ave., Fergus Falls, MN 56537
(218) 739-3494 www.humanesocietyotc.org



Obituaries

Donald E. Sorben

Age: 88
From: Fergus Falls, MN
Passed Away: Wed., Feb. 13
Where: Care Center at Cuyuna Regional Medical Center, Crosby, MN
Visitation: Mon., Feb. 18, 5-7pm, 6:30pm prayer service at Glende-Nilson Funeral Home, Fergus Falls, MN, one hour prior to the service at the church
Service: Tues., Feb. 19, 11am
Location: Zion Lutheran Church, Fergus Falls, MN
Burial: Vang Cemetery, rural Fergus Falls, MN
Funeral Home: Glende-Nilson Funeral Home, Fergus Falls, MN

Alice F. Gehrke

Age: 92
From: Fergus Falls, MN
Passed Away: Sun., Feb. 17
Where: Pioneer Pointe, Fergus Falls, MN
Visitation: Fri., Feb. 22, 12:30-2pm at Olson Funeral Home, Fergus Falls, MN
Service: Fri., Feb. 22, 2pm
Location: Olson Funeral Home Chapel, Fergus Falls, MN
Burial: Spring of 2019, Lawrence Presbyterian Cemetery, Wendell, MN
Funeral Home: Olson Funeral Home, Fergus Falls, MN

Rose M. Thorson

Age: 89
From: Henning, MN
Passed Away: Tues., Feb. 12
Visitation: Fri., March 8, 4-7pm, 6pm prayer service at Belmont-Karvonen Funeral Home, Henning, MN, one hour prior to the service at the church
Service: Sat., March 9, 2pm
Location: Zion Lutheran Church of Amor, Battle Lake, MN
Funeral Home: Belmont-Karvonen Funeral & Cremation Service, Henning, MN

Thomas L. Prischmann

Age: 74
From: Fergus Falls, MN
Passed Away: Wed., Feb. 13
Visitation: Sun., Feb. 17, 5-7pm, 6pm praise service at Cornerstone Evangelical Free Church, Fergus Falls, MN, one hour prior to the service at Grace United Methodist Church, Fergus Falls, MN
Service: Mon., Feb. 18, 12pm
Location: Grace United Methodist Church, Fergus Falls, MN
Burial: Oak Grove Cemetery, Fergus Falls, MN
Funeral Home: Olson Funeral Home, Fergus Falls, MN

Dr. Sandra "Santee" K. Walker

Age: 70
From: Vining, MN
Passed Away: Tues., Feb. 12
Where: St. Cloud Hospital, St. Cloud, MN
Visitation: Sat., March 2, 12pm at the church
Service: Sat., March 2, 1pm
Location: Folden Lutheran Church

Verna M. Johnson

Age: 89
From: Ottertail, MN
Passed Away: Mon., Feb. 18
Visitation: One hour prior to the service at the church
Service: Thurs., Feb. 21, 11am
Location: St. John's Lutheran Church, Ottertail, MN
Funeral Home: Karvonen Funeral & Cremation Service, New York Mills, MN



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#S8348B..... Now **\$10,990**
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5.3 Litre, Cloth
#S8444A..... Now **\$16,990**
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5.3 Litre, Loaded, Htd. Leather, Sunroof
#S8364A..... Now **\$17,990**
- '11 Chev K-1500 LT Crew Cab 4x4
5.3 Litre, Loaded, Cloth, Boards
#S8367A..... Now **\$18,990**
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#S7410C..... Now **\$9,990**
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#S9131A..... Now **\$13,990**
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#P2807A..... Now **\$14,990**
- '12 GMC Acadia Denali AWD - Quads
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#P2899A..... Now **\$17,990**
- '14 Chev Traverse LT AWD
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#P2933A..... Now **\$17,990**
- '14 GMC Terrain Denali AWD
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- '15 Chev Traverse 2LT AWD
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#P2907..... Now **\$25,990**

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- '13 Ford Focus SE
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#S8176D..... Now **\$7,990**
- '14 Ford Focus SE
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#P2796A..... Now **\$7,990**
- '14 Chev Impala Limited LTZ
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#P2786A..... Now **\$9,990**
- '13 Chev Impala LT - Sunroof
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- '16 Chev Cruze LT
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#P2859..... Now **\$14,540**
- '15 Nissan Altima SL
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#S9070A..... Now **\$14,990**
- '18 Chev Cruze LT
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#P2913..... Now **\$16,590**
- '15 Honda Accord EXL
V-6, Loaded, Heated Leather, Sunroof
#S9021A..... Now **\$17,490**
- '15 Chev Impala 2LT
V-6, Loaded, AutoStart, Rear Camera
#P2780..... Now **\$18,990**
- '16 Buick Lacrosse
V-6, Loaded, Heated Leather, Camera
#P2922..... Now **\$20,990**

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FRIDAY: 8AM - 6PM
SATURDAY: 8AM - 2PM

Self-registration is easy.



Go to <https://public.codedredweb.com/cne/en-US/BF58FD528F29> for the new CodeRED® registration page. If you need assistance to sign up, or have any questions about the system, please contact
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Ageism: The Four Types

Article two in a nine part series



By Kathy Sporre, CSA®
Program Supervisor

The research and subsequent report, *Ageism in America*, by Dr. Robert Butler, President and CEO of the International Longevity Center, identified four different types of ageism. Types and definitions are in the words of Dr. Robert Butler. They are: personal ageism, institutional ageism, intentional ageism, unintentional ageism.

Let's look at each type in a little more depth:
1) *Personal Ageism* – Ideas, attitudes, beliefs, and practices on the part of individuals that are biased against persons or groups based on their older age.

Many of us have heard or read the poem, *Children Learn What They Live*. It tells how all of us are affected and influenced by what we learn as children and how we carry those behaviors and belief systems into adulthood. If what we live is good and pure, we will flourish. If it is bad and tainted, we will most likely have "issues" that require inward reflection and hard work to straighten out.

Our attitudes about old age are learned as children as we witness how those around us react to it. There is also the influence of television show characters and media messages. Whether positive or negative, we will be greatly influenced by these external factors, and we will apply these attitudes to others as well as our own aging process.

Now is the best time to assess whether the lenses in our aging attitude glasses need an adjustment. It is well worth our time. Research at Yale University by Becca Levy has proven that having a positive attitude toward aging can add 7.5 years to one's life.

2) *Institutional Ageism* – Missions, rules, and practices that discriminate against individuals and or groups because of their older age.

Although the term ageism was first introduced by Dr. Robert Butler in 1968, ageism is still very much embedded in our culture and our institutions to this day. According to Joseph F. Coughlin, author of *The Longevity Economy* and director of AgeLab at the Massachusetts Institute of Technology, it began in healthcare very early when there was a popular belief that a human being was given only so much life-force with which to live on. It alleged that when a person's life-force was depleted, they would die. Even as the medical field progressed, ageism was firmly planted and thriving within its practice.

Ageism is also found in the workforce or employment. As America turned from an agricultural to an industrial society, people looked at employment as a zero-sum equation: for every

older person in the workforce, one younger person was kept from entering it. This simply wasn't and still isn't true. However, during the Great Depression when jobs were scarce this zero-sum thinking led to mandatory retirement. There are few exceptions for mandatory retirement today, although some employers still hold ill-conceived perceptions about older workers. Most of us would rather choose to retire than be forced out of employment based on our age.

3) *Intentional Ageism* – Ideas, attitudes, rules, or practices that are carried out with the knowledge that they are biased against persons or groups based on their older age. *Intentional ageism* includes carrying out practices that take advantage of the vulnerabilities of older persons.

Scam artists are a good example of people who prey upon the vulnerabilities of older adults. They have devised all sorts of schemes using the telephone, mail, computers and even in person to access us. Once they have our attention, they con their way into getting hundreds - even thousands - of dollars out of us. They are so good at what they do that they can convince even the toughest of skeptics. They use psychological tactics that help them rob us of our money and self-dignity. Oftentimes, we are so ashamed that we fell for the scam that we are embarrassed to report it to officials as a crime. It's not that we're stupid or senile. It's that these scam artists are just so good at what they do.

Not hiring someone based on older age is also intentional ageism and is against the law. Under the Age Discrimination in Employment Act, it is illegal to discriminate against job applicants who are age 40 or older. Many state and local laws contain similar prohibitions.

4) *Unintentional Ageism* – Ideas, attitudes, rules, or practices that are carried out without the perpetrator's awareness that they are biased against persons or groups based on their older age.

Much of the ageism experienced in everyday life is unintentional - also called implicit bias. Ageism crept its way into the fabric of our society by using things such as humor to become something that has been widely accepted. Black birthday memorabilia, over-the-hill birthday cards, and *senior moments* are fine examples of this unintentional age discrimination. Much of ageism is passed down from generation to generation. Then, as Anais Nin said, "We don't see things as they are; we see them as we are." We become adults who filter life through a looking-glass we've held onto since childhood: one of implicit bias. It's time we saw aging through a new pair of glasses.

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2014	Buick Enclave FWD	81,980	4144526A	\$18,529	\$283 ¹	2012	Ford Edge SEL	107,280	4296091A	\$11,900	\$206 ²
2015	Chevy Equinox LT FWD	48,460	4341054B	\$15,300	\$230 ¹	2016	Cadillac SRX	30,108	4296133B	\$28,800	\$448 ¹
2015	Chevy Impala LT	62,904	436308B	\$11,528	\$170 ¹	1996	Chevy Cavalier LS	79,769	436395B	\$3,900	
2015	Chevy Tahoe LTZ	42,022	431975A	\$44,000	\$692 ¹	2017	Chevy Camaro Coupe LT	97	6510	\$29,900	\$466 ¹
2016	Volkswagen Golf Wagon TSI SE	24,395	412013A	\$16,738	\$254 ¹	2014	Chevy Cruze 1LT	97,868	428872B	\$8,995	\$152 ²
2017	Chevy Equinox Premier FWD	19,189	4144453A	\$22,900	\$353 ¹	2015	GMC Sierra 1500 SLT	110,673	4341138B	\$27,900	\$433 ¹
2015	Ford Edge Titanium	64,308	4341130A2	\$21,764	\$334 ¹	2011	Buick Enclave CXL-1 AWD	98,645	404915B	\$14,900	\$263 ¹
2013	Chevy Silverado 1500 LT	64,392	4295951A	\$24,760	\$383 ¹	2012	Ford Escape XLT	92,216	428873B	\$9,400	\$159 ²
2015	Chevy Trax LT	12,153	6470	\$15,727	\$238 ¹	2013	Chevy Suburban LT	109,029	4321801B	\$22,500	\$346 ¹
2015	Chevy Equinox LTZ AWD	52,662	4144602A	\$19,462	\$298 ¹	2014	Buick Encore	85,157	6489A	\$12,500	\$185 ¹
2016	Chevy Suburban LTZ	82,378	4295744D	\$37,640	\$589 ¹	2018	Chevy Traverse LT	22,409	6518	\$36,280	\$568 ¹
2017	Dodge Caravan SE Plus	25,039	4295899B	\$18,500	\$282 ¹	2018	Cadillac XTS Luxury	21,568	6513	\$28,900	\$449 ¹
2017	Chevy Silverado 1500 LT	18,952	4296018A	\$34,000	\$531 ¹	2018	Chevy Silverado 3500HD LT	1,247	4296180A	\$54,900	\$867 ¹
2016	Ford F-150 Lariat	34,320	4296122A	\$35,800	\$560 ¹	2018	Chevy Silverado 3500HD LT	32,600	4296167A	\$39,900	\$626 ¹
2018	Cadillac XT5 SUV	15,987	6500	\$34,900	\$546 ¹	2013	Chevy Malibu Sedan ECO	67,986	411915A2	\$11,900	\$206 ²
2016	Chevy Cruze LT	13,181	4341175	\$13,900	\$208 ¹	2014	Buick Lacrosse Sedan Leather	35,124	4144601A	\$17,900	\$273 ¹
2014	Chevy Sonic RS	84,674	435032A	\$8,900	\$149 ²	2008	Chevy Avalanche LTZ	68,233	6520	\$17,900	\$325 ²
2015	Toyota Sienna Van XLE	65,307	4296102A	\$22,900	\$353 ¹	2013	Dodge Caravan SXT	96,261	4341198A	\$9,500	\$161 ²
2014	Chevy Volt Sedan	58,254	412019A	\$12,495	\$186 ¹	2013	Chevy Silverado 1500 LTZ	61,262	4296062A	\$24,995	\$387 ¹

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Matt's Best Buy Pick

2016 Chevy Silverado 2500 HD High Country, 50,000 miles, Stock #6521

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\$788¹/Mo.



Jerry's Best Buy Pick

2008 Chevy Avalanche LTZ
68,233 miles, Stock #6520

\$17,900
\$319²/Mo.



Wayne's Best Buy Pick

2016 Chevy Trax
78,000 miles, Stock #4144623A

\$12,900
\$192¹/Mo.



Connor's Best Buy Pick

2015 GMC Sierra 1500 SLE
36,000 miles, Stock #4296124A

\$28,717, \$564¹/Mo.



Dave's Best Buy Pick

2016 Chevy Traverse LTZ
52,291 miles, Stock #436407A

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\$449¹/Mo.



Steve's Best Buy Pick

2015 Chevy Equinox LTZ
35,875 miles, Stock #436388A1

\$20,382
\$313¹/Mo.



John's Best Buy Pick

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Dear Mother,
It seems impossible it's been a decade since you left for your Heavenly home. We'll always treasure precious days spent with you.

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FAT TUESDAY

Tues., March 5, 2019
Serving Begins at 5:30pm
Freewill Offering • ALL ARE WELCOME
Please join us for pancakes, sausage, beverages & Ice cream. Served by the men of Church of Peace.

Wheels for Bobby

Bobby Grant was a member of the Elizabeth Fire Department. He was a very active fireman. Bobby suffered his first stroke in May of 2000. Since then has had several. July of 2018, he suffered a heart attack and had a valve replaced in October. The Elizabeth Fire Department and surrounding community are raising funds to assist him to do what he loves. We would like to take this time to thank him for his fire department and community service.

Saturday, March 9

Silver Dollar Saloon, Elizabeth

- Win A Guided Fishing Trip
- Many Cash Prizes
- Pellet Grill • K-Drill Auger
- Ice Saw Vexler

Freewill Donation - Lunch 2-5pm
Silent Auction - Ends at 6pm
Raffle Tickets available thru Elizabeth Fire Relief Assoc. License #01686

Benefitting the Humane Society of Otter Tail County

Monday
March 25, 2019

Spay-Ghetti No Balls Dinner

Pasta dinner with meat sauce, garlic bread, drink & dessert

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Laura was diagnosed with Breast Cancer Feb. 23, 2018. She has fought hard through treatment. Funds raised will bless this family immensely. A benefit account has been set up at Bremer Bank.

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BRACKET	FORMS	PAYROLL	STATE
BUDGET	GAINS	PROPERTY	STATUS
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CROSSWORD ANSWERS ON PAGE 15



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To learn more, go to www.empoweringkidsperham.org or call 218-346-2322 to sign up.

Dates: March 5th – April 16th
Location: Empowering Kids, 316 6th Ave. SW, Perham, MN 56573
Time: 6pm – 7:30pm
Cost: \$75 (Scholarships are available)

The mission of Empowering Kids is to empower children, families, and the community by providing support and resources to those with autism or social challenges. To learn more about Empowering Kids programming for individuals ages 3 to adult, call 218-346-2322 or go to www.empoweringkidsperham.org.

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Maplewood State Park



Maplewood is known as a maple forest that turns brilliant shades of orange, gold, and red in the fall. It is host to eight major lakes and many ponds offering water lovers places to swim, fish, boat, and simply relax. At Lake Lida you will find a sandy beach and large picnic areas.

Driving along the scenic route you will find the park is host to 150 bird species and 50 species of mammals. The extensive trail system attracts hikers, horseback riders, cross-country skiers and snowmobilers.

SATURDAY, FEBRUARY 23 • 6-8:30PM

Drop by anytime between 5:30pm and 8:30pm for an unforgettable experience of skiing, snowshoeing or hiking with stars twinkling overhead and candles flickering in the snow. The 1-mile trail starts at the Trail Center and is suitable for beginner-level (skiers, snowshoers or hikers) of all ages. Snowshoes can be rented or checked out at the park. After exploring the candlelit trails, visitors can warm up around a crackling fire and roast marshmallows, enjoy hot chili, bars and a hot beverage.

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(groomed weekly)

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Many camper cabins have electricity and some camper cabins are heated for year-round use. Camper cabins are smoke free and no pets are not allowed.

Items to bring include sleeping bags or other bedding, cookware, plates, cups, eating utensils, flashlight and matches.

To make a reservation go to http://www.dnr.state.mn.us/state_parks/maplewood/index.html and click on Reservations. If you have any questions call 866-857-2757.

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Best time to contact the park is:
Monday-Thursday 9 am-4 pm
Friday-Sunday 10am-4pm* or leave a message.
*The park entrance is located 7 miles east of
Pelican Rapids on State Hwy. 108.*
www.dnr.state.mn.us/state_parks/maplewood
*Office hours may vary

One-Two Punch Of Winter Storms, Canceled Blood Drives Straining Red Cross Blood Supply

Red Cross has an emergency need for blood donors to give now

The American Red Cross is reissuing its emergency call for blood donors to give now after multiple snow storms, frigid temperatures and the government shutdown further reduced lifesaving donations.

In January, more than 4,600 Red Cross blood and platelet donations went uncollected as blood drives were forced to cancel due to severe winter weather blanketing parts of the U.S., and additional cancellations are expected this week. Weather travel advisories may cause even more donors to delay their planned donations. Donors in areas affected by winter weather are asked to make an appointment now to give once it is safe to travel.

The federal government shutdown also affected donations as more than 4 percent of Red Cross blood collections come from drives sponsored by military and local, state and federal government agencies. About 30 blood drives hosted by federal offices were canceled across the country due to the shutdown, leaving more than 900 donations uncollected.

"Disruptions to blood and platelet donations jeopardize the availability of blood for patients who depend on transfusions for survival," said Cliff Numark, senior vice president, Red Cross Biomedical Services. "We're grateful for all those who have come out to give since we issued our emergency call earlier this month and now urge others to come out and give to prevent delays in essential medical care."

Right now, Red Cross blood donations are being distributed to hospitals faster than they are coming in, and there is less than a three-day supply of most blood types on hand. The Red Cross strives to maintain a five-day supply of blood to meet the needs of patients and to be prepared for emergencies that require significant volumes of donated blood products.

All eligible donors, especially platelet donors and blood donors with type O blood, are urgently needed to help restock the shelves for hospital patients. Donation appointments can be easily scheduled by using the free Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

How to donate blood

Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

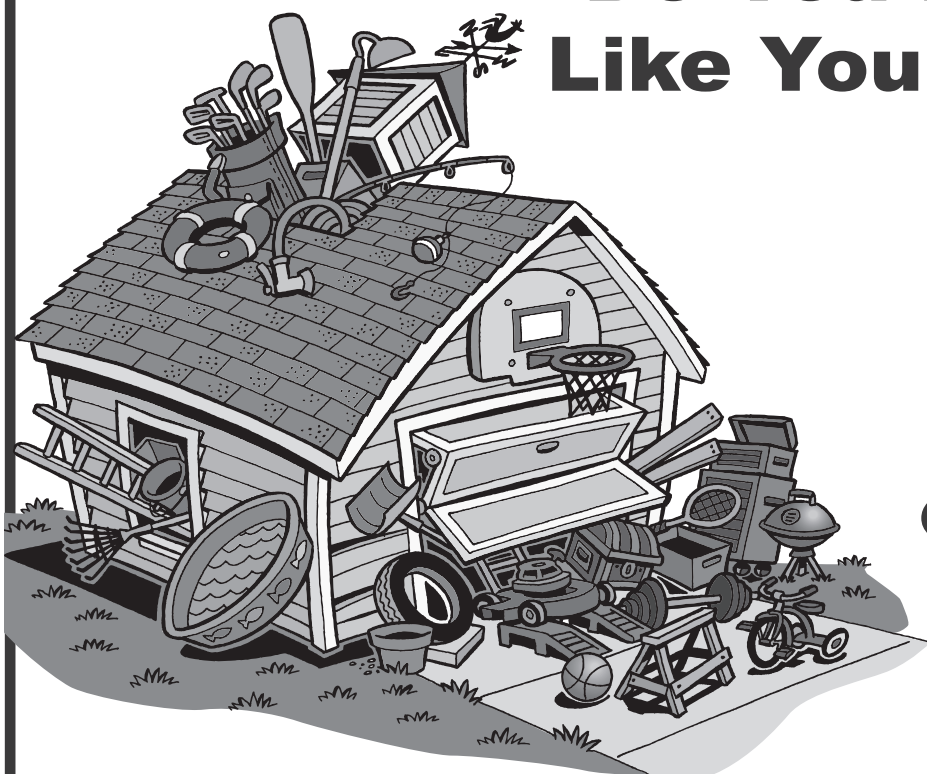
Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

About the American Red Cross:

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit RedCross.org or CruzRojaAmericana.org, or visit us on Twitter at @RedCross.

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New Dimensions Home Health Care has immediate openings for home health aides/personal care attendants in the area of Fergus Falls, Elizabeth, Erhard and Pelican Rapids. Whether you're looking to start a career or just pick up some extra income, New Dimensions is able to find flexible hours that fit around your schedule. Competitive wages and benefits offered.



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Core Values:

Integrity

Not only does Rita demonstrate INTEGRITY as a NAR/TMA at LB Broen Home, but as a Mentor she models and practices it for the CNA's in our Mentorship program. INTEGRITY is one of LB Homes 5 Core Values and it helps Rita provide Exceptional Care for our residents and families.



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Career Opportunity: **CNA**

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Newly hired CNA's at LB Broen Home participate in a Mentorship program that pairs the CNA with a Mentor. This Mentor supports you in your CNA role. As a new CNA at LB Homes you have the opportunity to pursue a LPN or RN degree utilizing LB Homes numerous Scholarship programs. See our website for details.

View open positions & apply online at: www.LBHomes.org

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www.twdcc.com/Park-Gardens-of-Fergus-Falls

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PRAIRIE Lakes
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Now accepting applications for a **Maintenance Mechanic** Applications due Friday, March 8th

The Perham Resource Recovery Facility, a waste-to-energy facility located in Perham, MN currently has an opening for a **Maintenance Mechanic**. Essential duties include a variety of routine preventative maintenance on all machinery and equipment which includes air compressors, conveyors, pumps, electrical motors, blowers, front end loaders, and all other related plant equipment. This position also overhauls and troubleshoots a variety of equipment such as pumps, electrical, mechanical devices, hydraulic equipment, and other related machinery.

Salary range for the Maintenance Mechanic position is a Grade 5 (\$16.61/hr. to \$25.28/hr.) with a full benefit package. New employees starting pay is based on level of experience as a maintenance mechanic. This position has a schedule of Monday-Friday from 7:00 am to 3:30 pm.

For a full job description and application visit <https://ottertailcountymn.us/prairie-lakes-municipal-solid-waste-authority/>

Submit applications to solidwaste@co.ottertail.mn.us.

Applications can also be obtained and received at the Perham Resource Recovery Facility located at 201 6th Ave. NE, Perham, Minnesota 56573.

Applications must be received by Friday, March 8th at 4:00 p.m.

Core Values:

Teamwork

Charity and Heidi work together to provide Exceptional care for all the LB Broen Home residents and families. Their efforts exemplifies TEAMWORK one of LB Homes 5 core values.



LBHomes
Caring for you, wherever you call home



LB Homes provides Christ-centered care and support with a wide spectrum of services and senior living options.

Career Opportunity: **Night Charge Nurse**

LB Homes a multi-faceted Health Care and Service provider: LB Broen Home Facility is searching for a career minded Nurse/LPN for the role of Night Charge Nurse. The Night Charge Nurse is a challenging position that will develop your Leadership and Team building skills as well as create a pathway for career advancement. If you are ready to take the next step in advancing your career then LB Homes wants to talk to you. See our website for all the details.

View open positions & apply online at: www.LBHomes.org

218.998.7303

SUDOKU

		3	7			1	4	
	7						2	8
			8	4		7		
		5	2	8			7	
	9			3				2
2		1				4		3
5		8		6				
9	3			7		8		1
7					8	2		4

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Answers on page 15

Level: Beginner

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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4-H Sewing Retreat



Pictured are Star Meredith, Izzy Hanson & Emma Will

A 4-H Sewing Retreat was held at the North Star Retreat Center in Ashby, MN, February 17th-18th. Three youth attended from two counties. Youth enjoyed a creative and relaxing few days. They were able to sew their own apron and chef's hat and made cookies.

To learn more about 4-H in Otter Tail County go to <https://www3.extension.umn.edu/local/otter-tail-west> or call the Extension office at 218-998-8760.



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In Your Garden

THE WINTER BLUES

By Bev Johnson, Otter Tail County Master Gardener

This long cold spell, 60 days below zero, is really difficult for everybody, but even more so for gardeners. The mad desire to get their hands in dirt can lead to problems. This is the time to start some plants, but, as in any endeavor, you must do it right or suffer the consequences. That is a flat of dead or dying seedlings.

Start with scrupulously sterile flats or pots. If the container has ever had soil in it, it must be decontaminated. Soak it in a solution of 1 part bleach to 10 parts water for a minimum of 30 minutes. Use only freshly purchased seed starting mix. The bag you got last spring has been open and may no longer be sterile. Chuck that old bag of mix into the part of the garden that has heavy soil.

Next step is to read the back of the seed packet. It will tell you how many days before planting out you need to start the seeds. Some seeds may need some additional treatment. Thick coated seeds like sweet peas and lupin, for instance may need to be soaked overnight or even have a nick cut in the seed. Nicking a seed can be very difficult as the darn seed tends to roll away, or squirt out of your fingers as you attempt to scratch a hole in it. Try a nail file or a small wood file to do the job. Other seeds need to be chilled before they will sprout. Some seeds need total dark to germinate. Or they are so small you just sprinkle them on top of the soil. All this information should be on the seed packet.

Water is as important as the soil or container. Never use softened water. It's toxic to most plants. If you have chlorinated water, let it sit a day or two. The warm room temperature will help dissipate the chemical. Melted clean snow is an excellent choice. Just be sure it

doesn't have snow-melt or street salt in it.

Not everything should be started this early. Yes, you can start tomatoes now and have a 2 foot tall, skinny plant to put out, but waiting until the second week in March, that is 6 weeks to planting time, will give you a shorter plant that will have less transplant shock and start growing sooner than its lanky cousin.

You can start peppers now. They need to be ready to bloom shortly after planting if you are to get any crop. Keep them pinched off and stocky and when they get in the garden they will be ready to start blooming. Many flowers, like snapdragons need a long time indoors so they bloom in July, not August. They will keep blooming till a very heavy frost. Coleus can be started now. The first sprouts all look green. They need to get some size before you can determine what colors they actually will be. Celery should be started early too. The trick with it is that it is actually a swamp plant so it needs more water than most seedlings.

Wait until the first week in April to start the vines. Melons and cucumbers started to the 4 leaf stage will take off running in May when the soil is warm enough for them. They will be several weeks ahead of directly sown seeds. Those weeks may mean the difference between having a ripe melon or having to compost them after the first freeze.

It looks now, as though it will be a very short summer again. Be that gardener who plans ahead. We love to gift our neighbor with a ripe cantaloupe when his are just starting to set flowers. Gloating isn't nice but it sure is fun.

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Tri-County Health Care Upcoming Support Groups

Grief Support Group

Tri-County Health Care will host its monthly Grief Support Group on **Tuesday, March 5, from 4:30 to 5:30pm** in the Wesley Conference Room at Tri-County Health Care in Wadena.

The group's purpose is to offer understanding, suggestions for coping, support, friendship and hope to bereaved adults. Anyone who has experienced a loss is invited to attend. The group meets the first Tuesday of each month.

Parents Who Have Lost a Child Support Group

Tri-County Health Care's monthly Parents Who Have Lost a Child Support Group, which helps area residents affected by the loss of a child, will meet on **Monday, March 11, at 5:30pm** at Immanuel Lutheran Church in Wadena.

Whether the child was lost to miscarriage, stillbirth, cancer, suicide or an accident, the purpose of this group is to provide long-term support to parents and a confidential setting where they can share their story and learn ways to cope. Many find it comforting to talk with others who have suffered a similar loss.

The Parents Who Have Lost a Child Support Group is open to all parents who have lost a child of any age at any time in their lives. The group meets the second Monday of each month.

Memory Loss Support Group for Caregivers

Tri-County Health Care and the National Alzheimer's Association will host the next Memory Loss Support Group for Caregivers meeting on **Thursday, March 14, at 2:30pm** in the Wesley Conference Room in the lower level of Tri-County Hospital in Wadena.

This support group seeks to show caregivers of individuals diagnosed with Alzheimer's or other types of dementia that they are not alone. At the group, they will learn new coping skills to better care for and understand their loved ones dealing with memory loss.

Anyone with an interest in understanding more about memory loss is invited to attend. The group meets the second Thursday of each month. Support group members are not expected to attend every meeting to be part of the group.

For more information, contact Tri-County Health Care's Medical Social Services at 218-631-5228 or visit TCHC.org.

About Tri-County Health Care: Tri-County Health Care is a private, not-for-profit health care system located in Wadena, Minnesota. It offers care services such as minimally invasive surgery, cancer care, diagnostic imaging, obstetrics and rehabilitation. Tri-County operates a 25-bed hospital and medical clinic in Wadena, as well as six satellite clinics and three physical therapy clinics across Todd, Wadena and Otter Tail counties. Satellite clinic locations include Henning, Bertha, Ottertail, Sebeka, Verndale and Baxter. Visit TCHC.org.

Adult Survivors of Suicide Loss Support Group

Tri-County Health Care's monthly Adult Survivors of Suicide Loss Support Group, which helps area residents affected by suicide, will meet on **Tuesday, March 19, from 6:30 to 8pm** in the Wesley Conference Room at Tri-County Health Care in Wadena.

Each year, more than 36,000 people in the U.S. die by suicide. The support group at Tri-County is intended to provide healing support for people coping with the shock, grief and emotions that accompany the loss of a loved one to suicide. This confidential support group provides a safe place for those who have experienced this type of loss to find support, share their story and learn ways to cope.

The monthly Adult Survivors of Suicide Loss Support Group is open to all adult family members and friends of a loved one who has died by suicide. The group meets the third Tuesday of each month.

Change Your Weighs Support Group to meet March 26

Tri-County Health Care will host the next Change Your Weighs Support Group meeting on **Tuesday, March 26, from noon to 1pm** at the Maslowski Wellness and Research Center in Wadena. The class is free to attend, and the topic is Healthy Weighs with Food Labels.

The purpose of the group is to provide nutritional resources and information for people with diabetes, prediabetes or those seeking to lose weight or learn more about a healthy diet.

All are welcome to attend. Because class takes place over the typical lunch hour, attendees are welcome to bring a lunch. A small snack will be provided. Participants are not required to stay the entire hour.

Classes will be held every other month and will be taught by a registered dietitian or nurse/diabetes educator from Tri-County Health Care. Guest speakers will occasionally attend throughout the year. For more information, call 218-632-7113 or visit TCHC.org.

Future dates and topics include:

- May 21 – How to Manage Stress for a Healthy Lifestyle
- July 23 – Grocery Shopping/Tour

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Minnesota 4-H Holds Northwest BLU Workshop



West Otter Tail participants included, from left to right Rachel Nelson (Dane Prairie), Nicholas Wiezorek (Oscar Trondhjem), Stella Oland (Oscar Trondhjem), Brianna Carter (Nidaros), Natalie Bergem (Fergus 4-H), Nicholas Carter (Nidaros), Elli Meyer (Oscar Trondhjem), Isabelle Boyd (Fergus 4-H), Samuel Heeter (Dalton), Caden Meek (Barnhard), Benjamin Meek (Barnhard), Conner Will (Sverdrup). Nicholas Wiezorek won the Disney Themed Lip Synch Battle, congrats Nick!

Minnesota 4-H held the Northwest BLU workshop on February 9-10 at the Castaway Club in Detroit Lakes. BLU – Building Leadership and Understanding – welcomed 114 youth from across the Northwest region of the state as well as youth from as far away as Anoka and Sibley Counties. The theme of this year's workshop was Connecting the Stars with 4-H, and youth learned ways to make and strengthen relationships by expanding communication skills, learning how to carry on civil discourse, and reflecting on the people with whom they are already connected. The workshop was facilitated by 15 youth leaders from the Minnesota

4-H State Ambassador program and a team of 12 chaperones from the Northwest region. The Northwest BLU workshop is one of a set of regional workshops held across the state for youth in grades 6 and up. The emphasis of BLU is for youth to learn valuable leadership skills that they can apply in their communities and programs and for youth to make connections and build relationships with other youth from across the region and the state. To learn more about BLU and other 4-H programs, please visit <https://extension.umn.edu/4-H/> or contact your local Extension office.

Please **REMEMBER**
to clean out, in & around your
the Midweek Midweek box
so you don't miss an issue of
THIS WEEK'S
SHOPPING NEWS



**Applications Being Accepted
For Three \$1,500 Mike Rohde
Spirit Scholarship Awards**

Applications for the 2019 Mike Rohde Spirit Scholarship Award are now available. Three \$1,500.00 scholarships will be awarded to three youths in Otter Tail County who are pursuing an education beyond the secondary level. We are looking for applicants who have the greatest potential to succeed. The Mike Rohde Spirit Scholarship Award was founded in 2002 by the Fergus Falls Sertoma Club and the Rohde Family. After Mike's untimely death of a hereditary heart disease in 2000 at age 51, the Mike Rohde Spirit Scholarship Award was established to administer a scholarship in his name. These awards are meant to honor individuals who embody the warm, fun-loving and energetic spirit of Mike and his dedication to contributing to his community. Applications and eligibility are available at High School Guidance Offices or by calling the Mike Rohde Spirit Scholarship Board (218) 739-3295. Completed applications are due by March 8th 2019.

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FERGUS FALLS LIVESTOCK AUCTION MARKET
CATTLE REPORTS FOR TUESDAY, FEBRUARY 19, 2019

SALE STARTS AT 9AM
REPRESENTATIVE SALES....

FAT BEEF			
Frazee	Beef Str.	1354	\$122.25
Frazee	Beef Hfrs.	1233	\$120.00
Borup	Beef Hfrs.	1358	\$119.50
Borup	Beef Hfrs.	1333	\$119.00
Borup	Beef Hfrs.	1348	\$118.75
Brandon	Beef Hfrs.	1193	\$118.50
Parkers Prairie	Beef Str.	1363	\$118.50
Moorhead	Beef Str.	1334	\$118.50
Pelican Rapids	Beef Str.	1360	\$118.00
Brandon	Beef Str.	1228	\$118.00
Mahnomen	Beef Hfrs.	1279	\$118.00
Moorhead	Beef Hfrs.	1256	\$117.00
Lowry	Beef Hfrs.	1325	\$116.50
Mahnomen	Beef Hfrs.	1268	\$116.25
Hewitt	Beef Str.	1385	\$116.00
Borup	Beef Hfrs.	1348	\$116.00
Evansville	Beef Str.	1259	\$114.00
Hewitt	Beef Hfrs.	1275	\$114.00
Lowry	Beef Str.	1450	\$114.00
Hewitt	Beef Hfrs.	1310	\$113.00

HOL. FATS			
Underwood	Hol. Strs.	1463	\$94.50
New York Mills	Hol. Strs.	1481	\$91.50
Alexandria	Hol. Strs.	1685	\$91.50
Underwood	Hol. Strs.	1440	\$90.50
Alexandria	Hol. Strs.	1368	\$90.50
Underwood	Hol. Strs.	1415	\$89.00
Pelican Rapids	Hol. Strs.	1480	\$89.00
Underwood	Hol. Strs.	1610	\$88.50
Vergas	Hol. Strs.	1640	\$88.25
Vergas	Hol. Strs.	1680	\$88.00
Evansville	Hol. Strs.	1536	\$88.00
Dalton	Hol. Strs.	1425	\$87.00
Pelican Rapids	Hol. Strs.	1574	\$84.50
Alexandria	Hol. Strs.	1400	\$84.00

BULLS			
Pelican Rapids	Beef Bull	2118	\$81.00
Rothsay	Beef Bull	2425	\$76.00
Fergus Falls	Beef Bull	2050	\$76.00
Hawley	Beef Bull	1830	\$75.50
Arthur, ND	Beef Bull	1495	\$72.50

COWS			
Perham	Beef Cow	1440	\$76.00
Perham	Beef Cow	1643	\$70.00
Felton	Beef Cow	1650	\$68.00

BEEF FEEDERS			
Callaway	Beef Cow	1408	\$66.00
Ashby	Hol. Cow	1385	\$64.00
Perham	Beef Cow	1350	\$63.00
Lowry	Beef Cow	1505	\$63.00
Vergas	Hol. Cow	1550	\$62.50
Glenwood	Beef Cow	1469	\$61.50
Flasher, ND	Hol. Cow	1475	\$61.00
Clitherall	Hol. Cow	1785	\$60.50
Flasher, ND	Hol. Cow	1395	\$59.50
Clitherall	Hol. Cow	1975	\$59.00
Flasher, ND	Hol. Cow	1630	\$59.00
Barnesville	Hol. Cow	1173	\$58.50
Ashby	Hol. Cow	1170	\$58.00
Glenwood	Beef Cow	1113	\$57.00
Hoffman	Hol. Cow	1335	\$56.00
Barnesville	Hol. Cow	1585	\$55.50
Felton	Beef Cow	1490	\$55.00
Hoffman	Hol. Cow	1550	\$54.00
Hoffman	Hol. Cow	1885	\$54.00
Vergas	Hol. Cow	1310	\$53.00
Barnesville	Hol. Cow	1285	\$52.00
Hoffman	Hol. Cow	1350	\$52.00

SEBEKA			
Sebek	Beef Str.	492	\$173.00
Hawley	Beef Str.	513	\$171.00
Underwood	Beef Str.	514	\$170.00
Hawley	Beef Str.	540	\$156.00
Callaway	Beef Str.	603	\$153.00
Hawley	Beef Str.	624	\$150.50
Sebek	Beef Str.	668	\$150.00
Glenwood	Beef Str.	619	\$150.00
Rothsay	Beef Str.	621	\$150.00
Ogema	Beef Str.	644	\$150.00
Underwood	Beef Str.	662	\$145.50
Callaway	Beef Str.	712	\$145.25
Hawley	Beef Str.	699	\$144.50
Dalton	Beef Str.	661	\$144.50
Rothsay	Beef Str.	669	\$144.50
Sebek	Beef Hfrs.	468	\$144.00
Hawley	Beef Str.	700	\$143.00
Hawley	Beef Hfrs.	495	\$142.50
Hawley	Beef Str.	716	\$141.00
Dalton	Beef Str.	699	\$140.00
Barnesville	Beef Str.	708	\$139.50
Hawley	Beef Str.	784	\$139.00
Rothsay	Beef Hfrs.	536	\$138.50
Dent	Beef Str.	711	\$138.50
Rothsay	Beef Str.	811	\$138.25

UNDERWOOD			
Underwood	Beef Hfrs.	522	\$137.50
Hawley	Beef Hfrs.	617	\$136.50
Barnesville	Beef Str.	766	\$135.50
Sebek	Beef Hfrs.	644	\$135.00
Dalton	Beef Str.	657	\$135.00
Hawley	Beef Str.	770	\$134.00
Hawley	Beef Str.	916	\$133.25
Rothsay	Beef Hfrs.	580	\$133.00
Barnesville	Beef Hfrs.	699	\$132.50
Rothsay	Beef Hfrs.	591	\$132.50
Underwood	Beef Hfrs.	662	\$132.00
Rothsay	Beef Hfrs.	710	\$131.50
Glenwood	Beef Hfrs.	632	\$131.00
Ogema	Beef Hfrs.	560	\$131.00
Dalton	Beef Hfrs.	691	\$130.25
Barnesville	Beef Hfrs.	639	\$130.00
Hawley	Beef Hfrs.	654	\$130.00
Dalton	Beef Hfrs.	728	\$130.00
Dalton	Beef Str.	951	\$130.00
Dent	Beef Hfrs.	698	\$130.00
Callaway	Beef Hfrs.	702	\$129.50
Rothsay	Beef Str.	889	\$124.50
Hawley	Beef Hfrs.	746	\$123.00
Alexandria	Beef Hfrs.	671	\$122.50
Dalton	Beef Hfrs.	862	\$118.75

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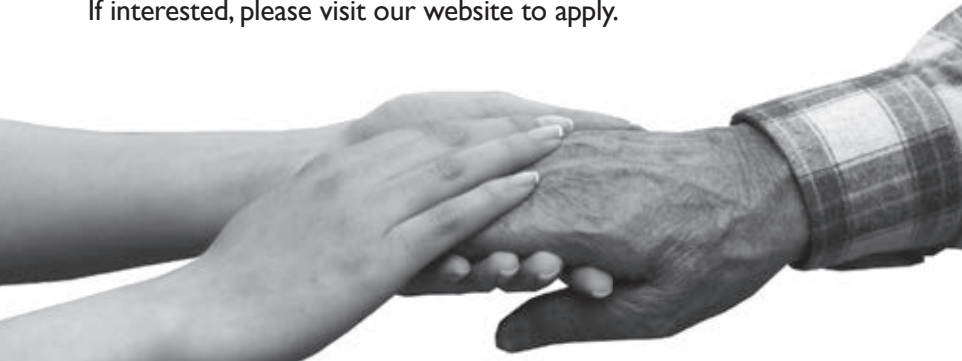
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