THIS WEEK'S SHOPPING NEWS

CIRCULATION VERIFICATION COUNCIL · IFPA · MFCP

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Sunday, May 19, 2019 Volume 44 Number 35

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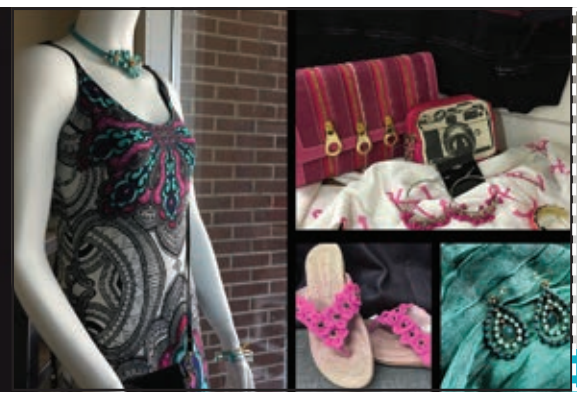

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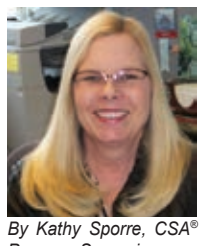
Ageism: Aging is Not a Disease

Article five in a nine part series



By Kathy Sporre, CSA® Program Supervisor

"Ageism is a deep and often-unconscious prejudice against the old, an attitude that permeates American culture. It is a particularly apparent and especially damaging frame of mind that surfaces all too often in healthcare settings where older patients predominate. Like other patterns of bias – such as racism and sexism – these attitudes diminish us all, but they can be downright deadly to older people in receiving healthcare." – Daniel Perry, executive director, Alliance for Aging Research.

Age discrimination has become so embedded in our culture, that most people don't see it for what it truly is. That's why it is crucial to identify, define and disseminate it. This day and age, discrimination in any form should not be tolerated.

Most ageism is implicit bias – attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner. The consciousness of ageism is finally beginning to spread beyond the circle of professionals in the aging sector to the general population. Campaigns such as this one by the Fergus Falls Senior Center are, in part, why.

One significant area where ageism has been identified is in healthcare. In fact, that is where it is said to have sprouted. A great example of ageism in healthcare can be found in this exchange between a doctor and patient:

Joe says to his doctor, "My right knee hurts."

"How old are you now, Joe?" asks the doctor.

"I'm 81," he replies.

"Well, what do you expect at your age?"

Joe pauses for a second, then rises in anger.

"The problem with that, doctor, is that my left knee is also 81, and it doesn't hurt at all!"

Does this sound familiar? I hope not. However, if you've ever had an ailment dismissed by a doctor as something caused by your age, you have not only been misdiagnosed – you have been a victim of ageism. Pain has a reason, and it is never simply *due to old age.* It is due to a disease process that might be more prevalent as we get older, but age – in and of itself – is not a disease.

Dr. Javad Hekmat-panah, a professor of neurology and neurosurgery at the University of Chicago with 40 years of practice and an interest in communication and neuroethics, takes it even further, "My suggestion that we avoid the term elderly in medicine goes beyond the word itself to encompass all that it connotes: stereotypes, unwarranted impressions, and bias. This is essentially a human rights issue. Medicine is the science and art of individualized communication, evaluation, recommendation, and treatment. Each patient has the right to be treated as an individual, according to medical standards based on their specific age, general condition, and comorbidities. To label everyone above a certain age as elderly and to treat them identically defies this principle, which should be at the heart of medicine."

Older adults, if we're lucky, see a geriatrician for our healthcare needs. Geriatricians are doctors who are certified in internal or family medicine who specialize in the care and treatment of older adults. Unfortunately, there are far too few of them considering that 10,000 people a day are turning 65. Today there are slightly over 7,500 geriatricians and over 17,000 are going to be needed, according to US News.

Here are some things we should be wary of when visiting a primary care doctor as we get older, according to Dr. Mark Lachs in his book, "Treat Me, Not My Age." A good doctor should not: talk down to, ignore, be dismissive of complaints or be too quick to refer, test or prescribe when it comes to treating older patients.

A good patient should be able to: articulate the chief complaint, organize thoughts before the visit, prioritize complaints, know what medications they're on, list all major things that have happened since the last doctor visit (a trip to the ER, surgeries, etc.), understand what the doctor explains and leave with a follow-up plan, if necessary.

According to Dr. Robert Butler's 2006 report, *Ageism in America,* "Studies have shown that patients over 65 often do not get proper treatment for cancer, heart disease, and depression. The FDA does not require the representation of older persons in clinical trials."

Scary, isn't it, to realize that our lives as we grow older may be seen by some medical professionals to be less valuable than the lives of younger patients?

Hopefully, since the report was written inroads have been made to address ageism in healthcare. It varies, like everything else, with the individual doctor who is providing care. If a doctor was raised as a child to think less of a person based on their age, that doctor is likely to carry that implicit bias into practice, unless a mindful change in perspective is made.

That's why it's important to evaluate the way your doctor provides care. If you know how age-ism manifests itself in healthcare, you are more apt to identify it, and if it happens, discuss it with your doctor or find a different one who can provide you with the best possible care.

Our Mission: to enrich the lives and promote the independent lifestyles of senior citizens in the Fergus Falls area.

Tips for a Fun & Safe Summer

Swing sitting down.

Slide feet first.

Swim with a friend.

Wear a life jacket near the water.

Never play on lawn mowers.

Never play with fire or fireworks.

Always wear sunscreen.

Shriners Healthcare for Children™ — Twin Cities

Getting Outdoors Really Is Good For You

People who live in regions where winters are cold often note the feeling of rejuvenation they enjoy on the first warm day of late-winter or spring. The chance to get outside and soak up some sun while breathing some warm air is a feeling unlike any other for those who spend much of their winters bundled up in layers of clothing.

The value of spending time outdoors extends well beyond dusting off winter cabin fever, providing long-term benefits that might surprise even the most ardent outdoor enthusiast. A 2018 report from researchers at the University of East Anglia found that living close to nature and spending time outside has wide-ranging health benefits, including a reduced risk for type 2 diabetes, cardiovascular disease, premature death, preterm birth, stress, and high blood pressure. Authors of the report studied data from across the globe, gathering evidence from more than 140 studies involving more than 290 million people.

Researchers cannot pinpoint exactly why people who spend ample time in greenspaces enjoy better health. However, the benefits appear to be so wide-ranging as to suggest that people who currently do not spend much time in greenspaces should make a concerted effort to do so. The following are a handful of ways busy individuals can start spending more time outdoors.

• Dine al fresco. On nights when the weather is fair, take dinner into the great outdoors. People who live in private homes can dine on the patio or on the deck in the backyard, while apartment dwellers can make use of local parks for nighttime picnics or dine on balconies or rooftop recreational areas, which have become popular in crowded metropolitan areas. Rooftops and balconies may not pass the "Is it greenspace?" test, but dining in such areas can be more relaxing than an apartment dining nook.

• Get off the couch. Don't hesitate to get outside when night falls. Spend time in the backyard or go for nightly walks around the neighborhood or in a nearby park. Say so long to television binging sessions, making healthier and more beneficial use of nightly free time by utilizing nearby greenspaces.

• Go hiking on weekends. Even city dwellers no doubt live within driving distance of local hiking areas. Hiking provides a host of cardiovascular benefits and can make for a great, full-body workout. Researchers associated with the UEA report suggested that the practice of forest bathing, which is popular in Japan and promotes spending time sitting down or lying in nature, exposes people to a diverse array of bacteria present in natural areas that may benefit the immune system and reduce inflammation.

People who think that accessing nature is helping them to stay healthy aren't wrong. In fact, making time to include nature in your daily or weekly routine can have positive and wide-ranging effects on your overall health.

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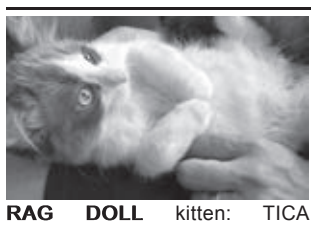
PETS



RAG DOLL kitten: TICA registration. Born 02-07-2019. Champion blood line. $500, price reduced. Show quality. 701-799-8488. Will deliver to Fergus Falls. Can send pictures.

ANNOUNCEMENTS

MID-WEEK BIBLE Study teaching the Bible in the language of Jesus and the Hebrew Apostles and Prophets who wrote 100% of the Bible, 7pm, Thursdays, Higher Ground Coffee Shop, Fergus Falls by Mark Hume of Living the Word Bible Institute. Questions 218-998-3102.

WANT TO BUY

I WANT your old BB guns, especially all metal fold up guns,. Also want old bear traps. Contact 2 Buck Tom 218-739-6393.

TOP PRICES for old alum., copper, brass, catalytic converters, batteries, unstripped wire. Aluminum sheets for sale, 49"x63", $14, Weetown Outpost, 218-737-3737.

LOST & FOUND

CHILD'S STEARN life jacket found on Cty. Hwy. 1, NE of Fergus Falls. Call 218-739-0559.

RUMMAGE SALE

GARAGE SALE: 40045 N Clitherall Lake Rd., May 24 & 25, 9am-5pm. Electric trolling motor, small pickup topper, tools, framed wildlife pictures, crafts, misc.

GARAGE SALE: Thurs., Fri., May 23 & 24, 8am-6pm; Sat., May 25, 8am-noon. 104 Hidden Meadows Drive, Battle Lake. 3 Family Sale. Many collectibles including Fenton and Pyrex. Fishing items, mounted deer heads and salmon, golf clubs, kitchen & household items, books & much more. There is something for everyone.

HUGE 3-DAY Memorial Weekend Sale, May 25-27, 7am-5pm. Household, tools, sporting goods, collectibles, clothes, DVDs, books, signs. Something for everyone. 3 miles SW of Underwood, follow signs.

MOVING SALE

MOVING SALE: due to death will accept any reasonable offer. Dressers, chest w/drawers, bed, dining room table w/chairs, Sleep Number bed w/oak headboard, tables, sofas, treadmill, lamps, chairs, bookcases, pictures, lawn mower, lawn sweeper, 15 gal. ATV sprayer, roof rake, carpet shampooer, vacuum cleaners, chain saw, wheel barrow, Christmas ornaments. 21060 Westwood Dr., Clitherall, 507-525-1157.

MOVING SALE: May 23-25, 8am-5pm, 27189 Timber Hills Rd. (between Zorbaz and Beach Bums) Battle Lake. Follow the signs.

www.themidweek.com

– Engagements –

Hohman - Irwin

Matt and Terra Hohman of Fergus Falls, MN are happy to announce the upcoming marriage of their daughter, Katherine Jean Hohman, to Nicholas Allen Irwin, son of Jeff and Patty Irwin of Haslett, Michigan, and Paul and Sonya Marvin of Houghton, Michigan.

Katie graduated from the University of Wisconsin-LaCrosse with a degree in business/marketing/photography. She is a marketing manager for Trident Seafoods in Seattle.

Nick graduated from Central Michigan University with a degree in business administration. He is an account manager for Dendreon Pharmaceuticals in Seattle.

A July 2019 wedding is planned in Port Gamble, WA.

Congratulations!

Want to share your recent engagement?

Go to themidweek.com to submit your special announcement and attach a photo at no charge and look for it in next week's Shopping News!

Red Cross: Critical Type O Blood Shortage; Donors Needed Now

All Donors Who Come To Give By June 10 Receive A $5 Amazon.com Gift Card In Thanks

The American Red Cross has a critical shortage of type O blood and urges eligible donors to give now to help patients facing trauma and other life-threatening situations. As a thank-you for helping replenish the blood supply, all donors who come to give blood now through June 10 will receive a $5 Amazon.com Gift Card via email.

Right now, the Red Cross has less than a two-day supply of type O blood available for emergency rooms, where it can be most critical. That means just six units of type O blood are available for every 100,000 people, but at least 14 are needed every day. While just 7% of the U.S. population has type O negative blood, it can be transfused to patients with any blood type and is what hospital staff reach for during emergencies when there isn't time to determine a patient's blood type. Type O positive blood is the most transfused blood type and is also critical in trauma situations.

"All blood types are urgently needed, but we're facing a critical shortage of type O blood – the blood group most needed by hospitals," said Cliff Numark, senior vice president, Red Cross Blood Services. "Because it's vitally important for hospitals to have type O blood available when every second counts, type O donors are urged to donate now and make a point to donate often."

The Red Cross collected approximately 11,500 fewer type O blood donations than needed to sustain a sufficient blood supply. Spring break schedules are known to decrease blood donations, and schools, including high schools and colleges, begin to host fewer blood drives in late spring as school years end. Because these drives account for about 20% of blood donations during the school year, less drives can also greatly affect the blood supply.

Donations needed now

Donors of all blood types, especially type O, are urged to make an appointment to donate using the Blood Donor App, at RedCrossBlood.org or by calling 1-800-RED CROSS (1-800-733-2767). Eligible donors with type O blood are encouraged to make a whole blood or Power Red donation, where available. During a Power Red donation, donors give a concentrated dose of red blood cells during a single donation, allowing them to maximize their impact.

In thanks, all those who come to donate blood with the Red Cross May 1 through June 10, 2019, will receive a $5 Amazon.com Gift Card via email. (Restrictions apply; see amazon.com/gc-legal. More information and details are available at RedCrossBlood.org/Together.) Additionally, those who come to give May 24-28 will receive an exclusive Red Cross-branded T-shirt, while supplies last.

Upcoming Blood Donation Opportunities

Elbow Lake
May 21 • 1-7pm
United Lutheran Church, 10th Ave. SE

Fergus Falls
May 22 • 1-7pm
May 23 • 1-7pm
May 24 • 8am-1pm
Bigwood Event Center, 925 Western Ave.

Ashby
May 22 • 1-7pm
American Legion, 100 Larson St.

Barrett
May 23 • 9am-3pm
West Central Area Secondary School, 301 County Road 2

Dalton
May 30 • 12-6pm
Community Center, 114 W. Main St.

Battle Lake
May 30 • 12:30-6:30pm
First Lutheran Church, 505 W. Holdt

How blood shortages affect hospitals

Blood shortages are not uncommon and can have a direct impact on patient care. Dr. Atif Shafqat, an oncologist and hematologist at Missouri Baptist Medical Center in St. Louis, says that hospitals face consistent shortages of blood products year-round, even causing some surgeons to delay elective procedures because of individual shortages. "When I ask our blood bank director the toughest part of her job, she always tells me it is these shortages and how to deal with them," he said.

Despite these challenges, hospitals and the Red Cross work to ensure patients have the blood products they need, but that can only happen when a volunteer donor rolls up a sleeve to give. "This is all possible thanks to the volunteers and the blood donors who are giving this generous gift," said Shafqat.

How to help

Eligible donors can find a blood donation opportunity and schedule an appointment to donate by using the free Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767). Donation appointments and completion of a RapidPass® are encouraged to help speed up the donation process. RapidPass lets donors complete the pre-donation reading and answer the health history questionnaire online, on the day of their donation, from the convenience of a mobile device or computer, or through the Blood Donor App.

Those interested in hosting a blood drive can learn more and sign up to sponsor a drive this summer by visiting RedCrossBlood.org/HostADrive.

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.

School Lunch Menu

MAY 20 - MAY 24

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.

Lunch Menu
Mon.: Grilled Chicken Breast, Rice Pilaf, Steamed Vegetables, Fruit
Tues.: Waffles, Sausage Link, Tri-Tater, Carrots, Fruit
Wed.: Salisbury Steak, Mashed Potatoes, Gravy, Corn, Fruit
Thurs.: Crispito, Refried Beans, Lettuce/Spinach Salad
Fri.: Chicken Nuggets, Baked Chips, Carrots, Dip, Fruit

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

High School Alt. Lunch Menu
Mon.: Taco Bar
Tues.: Soups & Sandwich
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 dietary needs. Cheese Sticks are 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, 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

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

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

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

Elementary Lunch Menu
Mon.: Cheeseburger or Ham Deli Sandwich with Baked Beans, Baby Carrots, Mixed Fruit
Tues.: Chicken Quesedilla Pizza or Turkey Deli Sandwich with Mixed Greens, Cherry Tomatoes, Mixed Berry Cup
Wed.: Chicken Gravy, Roll, Mashed Potatoes or Yogurt, String Cheese, Roll with Green Beans, Grapes
Thurs.: Super Nachos, Apple Churro or Ham Deli Sandwich with Corn, Broccoli, Orange Wedges
Fri.: Orange Chicken, Brown Rice or Turkey Deli Sandwich with Steamed Peas and Carrots, Zucchini, Pears

5th-12th Lunch Menu - Choice of One Entree
Mon.: Cheeseburger or*
Tues.: Chicken Quesadilla Pizza or*
Wed.: Chicken Gravy, Roll, Mashed Potatoes or*
Thurs.: Super Nachos or*
Fri.: Orange Chicken, Brown Rice or*

*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

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.: Mini Donuts, Fruit
Tues.: Cheese Omelette, Fruit
Wed.: Cinni Mini, Fruit
Thurs.: Pop-Tarts, Fruit
Fri.: Cook's Choice, Fruit

Lunch Menu
Mon.: Assorted Pizza or Chicken Caesar Salad, Breadstick, Green Beans, Broccoli, Dip, Orange Wedges
Tues.: Deli Sandwich, Croissant or Fish, Bun, Cooked Vegetable, Red Peppers, Dip, Fruit Cocktail
Wed.: Cook's Choice or Turkey Sandwich, Corn, Cucumbers, Dip, Strawberries
Thurs.: Hamburger, Bun or Chef's Salad, Breadstick, Baked Beans, Sliced Tomatoes, Peaches
Fri.: Breakfast Pizza, Assorted Juice, Lettuce, Dressing, Assorted Fruit

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.: Cook's Choice
Tues.: Cook's Choice
Wed.: Cook's Choice
Thurs.: Cook's Choice
Fri.: No School

Lunch Menu
Mon.: Cook's Choice
Tues.: Cook's Choice
Wed.: Cook's Choice
Thurs.: Cook's Choice
Fri.: No School

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.: Cook's Choice
Tues.: Cook's Choice
Wed.: Cook's Choice
Thurs.: Cook's Choice
Fri.: Cook's Choice

Lunch Menu
Mon.: Cook's Choice
Tues.: Cook's Choice
Wed.: Cook's Choice
Thurs.: Cook's Choice
Fri.: Picnic in the Park!

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.: Cooks Choice
Tues.: Cooks Choice
Wed.: Cooks Choice
Thurs.: Cooks Choice
Fri.: Cooks Choice

Lunch Menu
Mon.: Taco in a Bag, Toppings, Fruit
Tues.: Chicken Patty, Smile Fries, Cauliflower, Cucumbers, Fruit
Wed.: Spaghetti, Corn, Carrots, Breadstick, Fruit
Thurs.: Super Nachos, Pretzels, Chips, Veggies, Fruit
Fri.: Pizza, Lettuce Salad, Corn on Cob, Fruit

Breakfast: 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.

Real Estate

LOOKING FOR A NEW HOME?

Search the website at www.themidweek.com
REAL ESTATE SECTION!
218-739-3308

FOR RENT

$200 OFF the first month's rent: Available immediately, 1BR 1 bath apartment, 62+ or disabled individual. Rent is 30% of income. Large apartment, elevator, onsite laundry, off street parking, community events & activities. Home care & health care assistance available onsite. Mill Pond View Apartments, Pelican Rapids. Please call 218-863-5085, www.schuettcares.com. Equal housing opportunity.

2BR APT. in Fergus Falls, $450/mo., includes heat, water and garbage, you are responsible for electricity & cable. Call 218-736-2061.

FOR RENT: 1BR apt. in Henning. Call 218-583-2100.

MESA, ARIZONA Get-Away. Park model includes use of pools & large Activities Center of 55+ Valle Del Oro Resort. Available Oct., Dec. & April 2020 at $2,000/mo. Local Fergus Falls owner, 218-671-5942, Kim.

MESA, ARIZONA Vacation. Large Park model in 55+ Valle Del Oro Resort. Available Oct., Dec. & April 2020 at $2,500/mo. Also March 2020 at $3,000/mo. Local Fergus Falls owner, 218-671-5942, Kim.

$575. LARGE, one bedroom. No smoking, no pets. Call 218-736-4113.

Classified Deadline Is Wednesday at 3pm

CALL 218-739-3308 TODAY to place your ad here!

Premier Meats and Seafood
306 N. Tower Rd.,
Fergus Falls, MN 56537
(218) 998-3373

MAY 20 - MAY 25 SPECIALS
Boar's Head Smoked Gruyere
7.99/lb.
T-Bone Steaks
9.99/lb.
Premier Fresh Brats
3.99/lb.
Fresh Sushi Grade Salmon
14.39/lb.

SPORTING GOODS/ MOTORCYCLES

FOR SALE: 2006 Custom 1200 Harley Davidson Sportster, has 11,409 miles, it has 3 helmets, saddle bags, hat, parts, pipes new, windshield. Asking $5,500/OBO. Call 218-770-5864 Diane.

CALL 218-739-3308 TODAY to place your ad here!

Digital Photo RESTORATION
They say a photo is worth 1000 words. Isn't it time to get those words back?
Call 218-205-8439

LET'S GO FISHING

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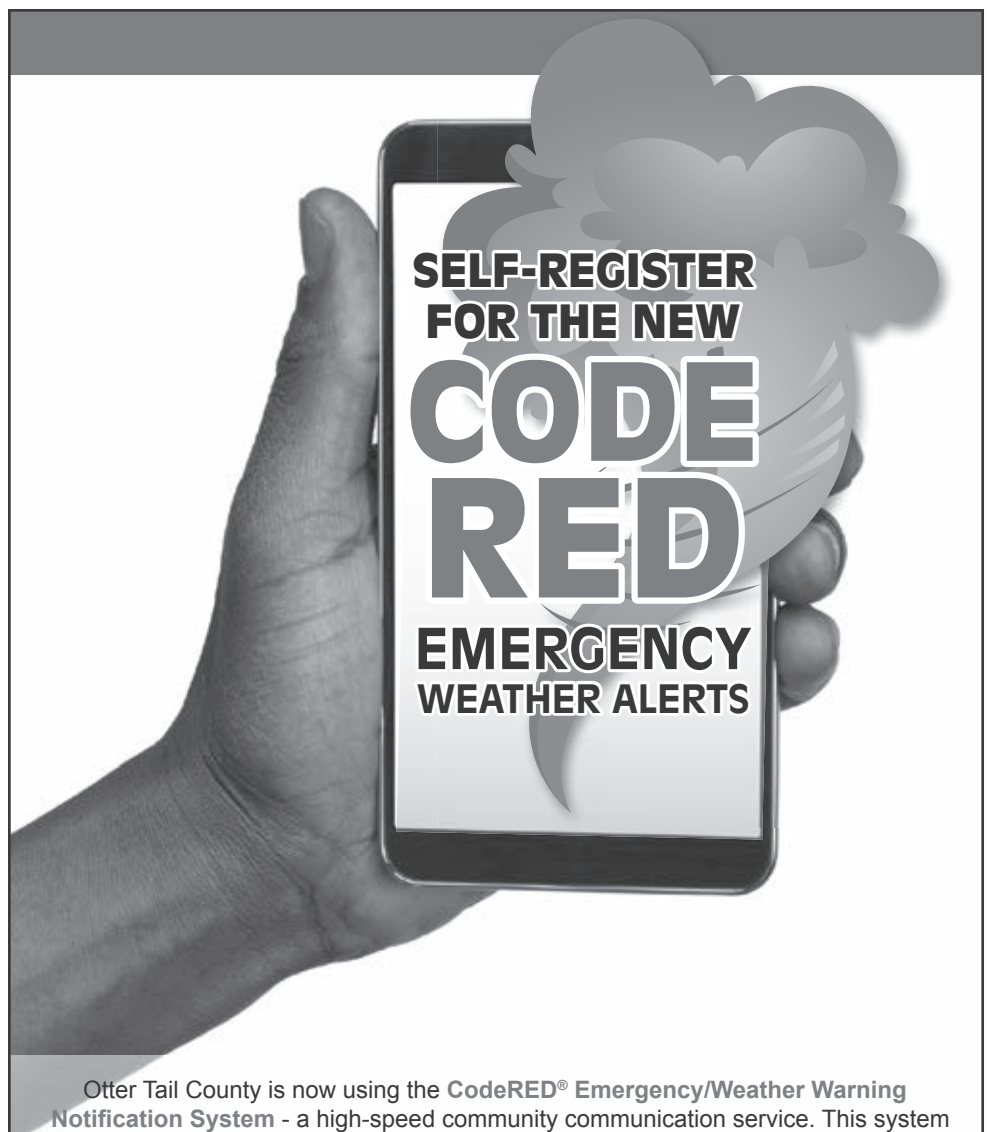
CROSSWORD ANSWERS ON PAGE 14



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In Your Garden

GROWING SPUDS

By Bev Johnson, Otter Tail County Master Gardener

Bunkey got an education in potatoes last week. He went to buy seed spuds and when asked what varieties he wanted, he replied "those red ones." People used to think there were only three kinds of potatoes, round white ones, oblong "bakers", and red skinned "boilers".

Europeans have always preferred the yellow fleshed spuds to white. Even though they taste the same as the white ones, people often say they taste buttery. It just goes to show that we taste our food with our eyes. Some of the colors of spuds available now are blue, purple, pink or even reddish fleshed.

Petunia learned how to make lefse several years ago. One of her friends had given her a sack of blue spuds. The cooked color turned her off, so she decided to make lefse with them. Don't! The lefse comes out a dirty gray color. It may taste the same, but it's hard to get past your eyes.

This year, she has ordered Bukey to plant some fingerling potatoes. These are slender spuds that have a smooth, moist delicious texture, that is perfect for salads and specialty dishes that call for potato slices.

Always buy certified seed spuds to reduce any likelihood of disease. Plant them when the soil temperature is between 55 and 70, usually about 10 to 14 days before the last frost. In Otter Tail County that is about May 15th. If you have had problems with potato scab, your soil is too alkaline. Add peat moss and/or soil sulfur to the soil before planting. Never, never snap off the sprouts. The tuber will just have to make new ones, taking energy and slowing growth. Plant in full sun and preferably, a loose well drained soil.

The recommended way to plant is to start by digging a trench 6 to 8 inches deep. Plant the spuds about a foot apart, then cover with an inch of soil. When the stems are about 8 inches tall, hill them about half way to the tops. Repeat twice more at two-week intervals adding just an inch or two each time. Bunkey covers the hills with 4 to 6 layers of damp newspapers. This helps keep the spuds from getting green shoulders when they invariably pop out of the soil.

Knobby spuds are due to fluctuating moisture levels. This happens if we get heavy rains after a dry spell. They will be better tasting and more nutrient-dense with proper watering.

George taught Bunkey how to "tickle" his spuds. As soon as the plant blooms, George goes out to the garden, sticks his fingers into the soil around the potatoes until he encounters a baby spud. He will take one or two from each hill until he gets enough for a meal. Surprisingly enough, this doesn't seem to reduce the crop and George enjoys "new" potatoes all summer.

Now is the time to remove the dead stems from the flower garden. You did leave them up last fall for the birds to harvest, didn't you? Just be very careful not to step on any lilies that may have sprouted. If you want a bouquet of daffodils, pull them, don't cut the stems until you get them in the house. They will hurt any other flower in the vase with them so display them alone.

We leave Bunkey digging up a corner of the garden for spuds. He plans to grow pink, yellow and white ones along with Petunia's fingerlings this summer.

Obituaries

Phyllis M. Kusnierek
Age: 80
From: Underwood, MN
Passed Away: Sun., May 12
Where: Woodland Lodge, Fergus Falls, MN
Visitation: Wed., May 15, 5-7pm, 6:30pm prayer service, one hour prior to the service at the church
Mass of Christian Burial: Thurs., May 16, 11am
Location: St. James Catholic Church, Underwood, MN
Burial: St. Peter and Paul Cemetery, Ivanhoe, MN
Funeral Home: Olson Funeral Home, Fergus Falls, MN

Alden Selander
Age: 82
From: New York Mills, MN
Passed Away: Tues., May 14
Visitation: Fri., May 17, 4-7pm, 6:30pm prayer service, one hour prior to the service at the church
Service: Sat., May 18, 1pm
Location: Trinity Lutheran Church, New York Mills, MN
Funeral Home: Karvonen Funeral & Cremation Service, New York Mills, MN

Jerome D. Feela
Age: 83
From: Deer Creek, MN
Passed Away: Mon., May 13
Where: At his home
Gathering of family & friends: One hour prior to the service
Service: Mon., May 20, 11am
Location: St. Ann's Catholic Church, Wadena, MN
Funeral Home: Karvonen Funeral & Cremation Service, Wadena, MN

Dorothy M. Madsen
Age: 93
From: Fergus Falls, MN
Passed Away: Sun., May 12
Where: LB Broen Home, Fergus Falls, MN
Visitation: One hour prior to the service at the church
Service: Sat., May 18, 2pm
Location: Bethel Lutheran Church, Fergus Falls, MN
Burial: Swan Lake Cemetery, Fergus Falls, MN
Funeral Home: Glende-Nilson Funeral Home, Fergus Falls, MN

Margaret L. Gutzmer
Age: 80
From: Fergus Falls, MN
Passed Away: Thurs., May 9
Where: Homestead Pioneer Cottage, Fergus Falls, MN
Visitation: Wed., May 15, 4-6pm at Olson Funeral Home Chapel, Fergus Falls, MN
Service: Wed., May 15, 6pm
Location: Olson Funeral Home Chapel, Fergus Falls, MN
Burial: First United Church of Christ Cemetery, Fergus Falls, MN
Funeral Home: Olson Funeral Home, Fergus Falls, MN

Diane Starry
Age: 75
From: Clitherall, MN
Passed Away: Wed., May 15
Visitation: One hour prior to the service
Funeral Mass: Fri., May 17, 1pm
Location: St. William's Catholic Church, Parkers Prairie, MN
Funeral Home: Belmont-Karvonen Funeral Home, Henning, MN

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

Level: Intermediate

Fun By The Numbers

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Answers on page 14

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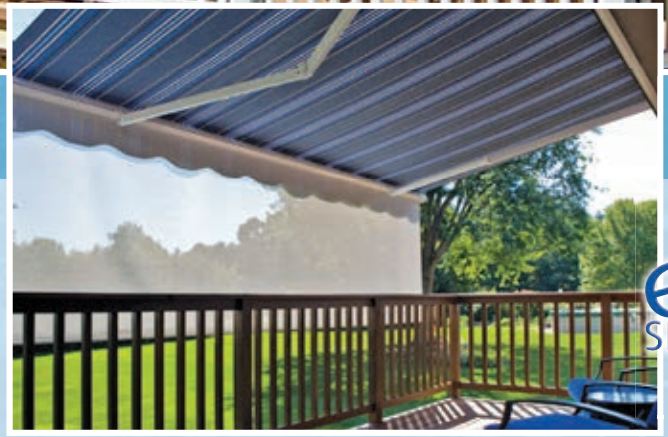

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Deputy Sheriff

Otter Tail County is accepting applications for a Deputy Sheriff position and to create an eligibility list for future hires.

OTTER TAIL COUNTY - MINNESOTA

For information and to apply, visit
https://ottertailcountymn.us
EEO Employer

HELP WANTED

✔

COMPASSIONATE, MOTIVATED individual to work in family AFC setting. All training provided. 15-20 hours/ week. $14/hour. Email resume to glhexum@gmail.com or call Gary @ 218-205-2116.

CLASSIFIED DEADLINE IS WEDNESDAY AT 3PM

View our HELP WANTED section online at www.themidweek.com

CALL 218-739-3308 TODAY to place your ad here!

HELP WANTED
Office Administrator

Qualifications will require excellent writing skills, familiarity with or have an aptitude to learn computer programs, such as Word, Publisher, Adobe & Photoshop, good people skills and telephone etiquette.

Send resume to Pam Olson
711 Pebble Lake Rd. • Fergus Falls, MN 56537

NOW HIRING
Cook Position Available
All Shifts Full-Time / Part-Time

Stop in & apply or contact Brandon ***218-867-2381***

ROTHSAY Cafe EXIT 38 on I-94

Productive Alternatives, Inc.
JOB COACH

Productive Alternatives is hiring for Job coaching positions. This position is responsible for providing job support to individuals with disabilities in Fergus Falls & surrounding communities.

Interested applicants should apply in person with Stacy or Julie.

Flexible hours. Starting wage $12.50 per hr. with differential pay after 6pm weekdays and weekends. Must also be able to pass a background check & possess a clean driving record.

Applications can be picked up at
Productive Alternatives, Inc.
1205 North Tower Road, Fergus Falls, MN 56537
218-998-5630
EOE/AA

ABU TRAILERS, INC.

FULL-TIME POSITIONS AVAILABLE:

• GENERAL LABORER / DAY SHIFT

We are looking for people who:
Must have a strong work ethic, ambitious, self-driven and desires to be part of a team that takes pride in our safety, quality and customers.

ALL POSITIONS CAN START IMMEDIATELY!

- **STARTING AT $12/hr.**
- **NO WEEKENDS**
- 40+ hours per week
- 401K w/Company Contribution
- Health Insurance
- Paid Vacation
- **$500 Sign-On Bonus After 90 Days**

Call to inquire - stop in for an interview
606 Miller St., Dwight, ND 58075 (701-642-9771)

Fergus Falls
TRANSIT DRIVER

We have 1 FULL-time position available - hours from 9am-5:30pm. Monday through Friday.

You will be responsible for pre-trip inspections, must be able to communicate safety to passengers, obey traffic laws and follow emergency procedures, prefer someone with knowledge of wheelchair lift procedures, hookup and seat belts, but will train. Must have the ability to become CPR and First Aid Certified.

QUALIFICATIONS: Prefer High School Diploma or GED. CDL Class C license with passenger endorsement is required but will train in order to receive this endorsement. A good driving record is required, must be able to pass physical exam (MN DOT approved), and background check. Will have to participate in random drug/alcohol testing.

Contact: Kitty Davis or Cindy Rogholt
Transit Alternatives
1225 N Tower Rd., Fergus Falls, MN 56537
(T) 218-998-3002 (F) 218-998-3007
Toll Free 1-877-998-3002
EOE/AA

BORDER TRUCKING HAS IMMEDIATE OPENINGS FOR CDL DRIVERS

Great opportunity to earn approximately $1,000 a week. We have dedicated routes that will have you home every weekend!

- **DRIVE 3-1/2 DAYS A WEEK**
- **NO WEEKENDS**
- 401K w/Company Contribution
- Health Insurance
- Accidental Insurance
- Paid Vacation
- **SIGN-ON INCENTIVES**

Call to inquire - stop in for an interview
606 Miller St., Dwight, ND 58075 (701-642-9771)

OTTER TAIL POWER COMPANY
Administrative Assistant, Part-Time

We have an opening for a part-time Administrative Assistant at Hoot Lake Plant in Fergus Falls, MN.

An associate degree in administrative assistant coursework or demonstrated experience is required. Must have excellent organizational, communication, customer service and interpersonal relationship skills. Knowledge of Microsoft Office software and Oracle is required. Payroll and scheduling experience is preferred.

To apply, visit our careers page at www.otpco.com. Applications will be accepted through May 23, 2019.

All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, disability or protected veteran status.

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www.themidweek.com

GILLESPIE FARMS - EQUIPMENT BUSINESS
is seeking the following:

Office Manager/Receptionist/Bookkeeper

in a single person office. Experience with agricultural operations helpful. QuickBooks and basic HR/payroll knowledge and experience required. The ideal candidate will have 5+ years' experience managing a complete set of books and running an office independently. This is a full-time position where the schedule and hours could have some flexibility. Health benefits available. Salary/Wages will be determined based on experience and abilities.

Please email your inquiries or resume to troy.gillespie2@gmail.com

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Help Wanted

Call to Place a Classified Ad

218.739.3308 or Go To Our Website

www.themidweek.com

Deadline is Wednesdays at 3pm

Prairie Community Services, Inc.

We have immediate openings for Direct Support Providers!

Experienced or Entry-Level!

Full-time and part-time positions working in adult foster care homes. Awake overnights and evening hours are available with some weekend day shifts. Positions require working every other weekend. Must be 18 years of age, meet company driving criteria and be able to pass a background study. Benefits include set schedules, generous paid leave time, pick up incentives for open shifts, referral bonuses, credit for current CNA, and more! **AA/EOE**

Apply in person at:
120 East Oriole Drive, Fergus Falls, MN 56537
OR
Contact Nick Cross at 218-998-3048 or ncross@pcs.sfhs.org
Visit - http://pcs.sfhs.org/employment/

Dietary Aide Positions

LB Homes is accepting applications for a Full or Part Time Dietary Aides at LB Broen Home. A Dietary Aide is a dedicated, compassionate, team player and person of integrity who provides excellent customer service to residents, visitors and employees of LB Homes.

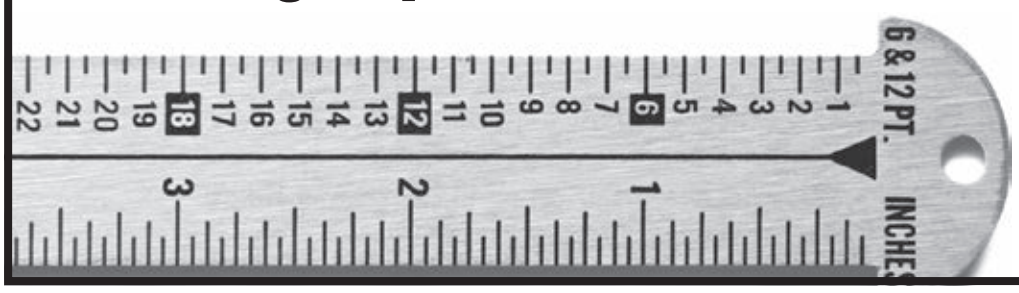
Requirements:

- Must be dependable and punctual
- Customer service oriented and ability to work independently as well as part of the Dietary Team
- Excellent organizational skills
- Must be respectful of others, including staff, residents and visitors
- Willingness to learn new tasks

Applications are found at www.lbhomes.org
or you can pick up an application at
LB Broen Home, 824 S. Sheridan St., Fergus Falls, MN
LB Homes Human Resources • 218-998-7303 • EOE

LBHomes

Measuring it up in the classifieds.



Whether you're buying or selling, the classifieds have it all.
Put them to work for you and inch even closer to your goals.

SHOPPING NEWS
831 E. Vasa, Fergus Falls, MN
218-739-3308 • www.themidweek.com

GLENDALOUGH STATE PARK

SEASONAL UPDATE
Water is available year-round at the park office and at yurts.

BATHROOM FACILITIES:
Trail center restrooms are open year-round! Vault toilets in the park are open year-round. Facilities are wheelchair accessible.

ELECTRIC SITES:
One RV electric site is available Oct. 1 to May 1 by calling the park. All camper cabins have electricity.

RECREATION FACILITIES

Summer

- Picnic Area, Molly Stark Lake - *Includes picnic tables and shelter.*
- Picnic Shelter, Open Shelter *Located near Molly Stark Lake Available for rent by calling the park. Shelter has electricity and accommodates 100 people. Handicapped accessible.*
- Canoe Access *Carry-in access only.*
- Golf Course *Within 10 miles*

2 Wildlife Observation Areas

1 observation area located on Battle Creek, the other is on Lake Emma. Binoculars and field guides available from the park office for free use.

PARK HIGHLIGHTS

- Cart-in Tent Camping
- Hiking
- Wildlife Observation
- Heritage Fishing/Large Panfish
- Canoeing on Chain of Lakes
- Sandy Swimming Beach
- Equipment Rentals Available

Nestled in the transition zone between prairie and hardwood forest, Glendalough offers a true respite from civilization. Crystal clear Annie Battle Lake is a 335-acre, non-motorized "Heritage Fishery" that provides a tranquil fishing experience second to none. Special regulations sustain a steady supply of large sunfish, crappie, and the occasional walleye for the frying pan, and large bass for the camera. Near the pristine shores of this lake are a cart-in campground and canoe-in campsites, all free from the traffic and noise of traditional drive-in camping.

Annie can also be the starting point for an exploration of the park by canoe or kayak on the connecting creeks. The restored historic Glendalough Lodge on the north side of the lake details the park's history as a private retreat and game farm for the Minneapolis Tribune.

Numerous hiking trails, including two interpretive trails, meander along five lakes, through rich woods and blooming prairies. Wildlife abounds year-round, and there are many observation decks along the trails. Trails are groomed in winter for skiing and snowshoeing. Picnicking and swimming is available on two sandy lakes.

Migrating monarchs should be highly visible along the Prairie Hill Trail from mid-August through Labor Day. Vehicle permits are required and can be purchased at the park. For more information, call the park at 218-864-0110.

VIRTUAL TOUR

Take a panoramic virtual tour of Glendalough State Park. Peek inside the Glendalough Lodge, marvel at a vibrant prairie sunset, check out the unique canoe-in group campsite, and more. It's a great tool to help you plan your next trip to the park! Take the high speed panoramic tour or the low speed/accessible tour. www.dnr.state.mn.us/state_parks/glendalough click on the Panoramic Tour or the Snapshot Tour under Park Notes.

Hours: Best time to contact the park is: Daily from 9am - 4pm
218-864-0110 • fax: 218-864-0587
email: glendalough.statepark@state.mn.us
25287 Whitetail Lane, Battle Lake, MN 56515
www.dnr.state.mn.us/state_parks/glendalough
From the town of Battle Lake,
go 1.5 miles north on State Hwy. #78 and
1.8 miles east on Otter Tail Co. Hwy #16 to the park entrance.

The "It's Only Another Beer"
Black and Tan

8 oz. pilsner lager
8 oz. stout lager
1 frosty mug
1 icy road
1 pick-up truck
1 10-hour day
1 tired worker
A few rounds with the guys

Mix ingredients.
Add 1 totalled vehicle.

Never underestimate 'just a few.'
Buzzed driving is drunk driving.

Ad Council

U.S. Department of Transportation

FOR SALE

CENTRAL BOILER certified Classic Edge Outdoor Wood Furnace. Totally renewable heating alternative. Base price starts as low as $6,990. Call Right-Way Heating & A/C today, 218-736-3757.

DOT PHYSICAL- Dr. Kelly Smith is certified. Smith Family Chiropractic, 104 W. Lincoln Ave., Fergus Falls, 218-736-4113.

FOR SALE: Utility trailer, 5'6"x7'9", $200/OBO. Call 218-739-6124.

FREE ENGLISH, Reading, Writing, Computer and GED Classes for Adults-Statewide. Do you need to learn English, get your GED or improve your computer skills? The Adult Literacy Hotline is a resource for adults to get connected with free classes in their area. We have over 300 Adult Basic Education programs throughout Minnesota. Call: 1-800-222-1990, send a text message to: 612-424-1211 or search: www.mnliteracy.org/hotline.

HUNDREDS OF used tires. Mounting & balancing available. Flats fixed right! Call Ricky 218-531-3868 or Weetown Outpost 218-737-3737.

PONTOON for sale, 20' Ercoa, 25HP Evinrude. Also large sectional couch, neutral and regular couch, both with recliners on each end. Make offer on couches. Call 701-640-1787.

WEETOWN OUTPOST is still selling ABU trailers, good used cars & SUV's! Small engine repair, pickup & delivery available. 218-737-3737.

TWO SINGLE plots Hawaiian Memorial Park, one with double rights. Both located in sold out Bayview section. $9,000 for single; $10,500 for single with double rights. 808-391-9158.

PULL-TYPE TILLER with 8HP motor, $795. Walk behind tiller, 5hp, $395. 20' older pontoon, 25hp Evinrude and lift w/2 new tires and electric anchor, no gas tank, $995 firm. 218-737-3737.

Classified deadline is Wednesday at 3pm

WORK WANTED

THE HANDYMAN. I do all types of home repairs and maintenance: decks, pressure washing, staining, painting, I install windows, doors, elec. fixtures, yard work. 952-237-0525.

LUHNING'S LAWN Care, L.L.C has openings. Services include: mowing, flower bed installs/maintenance, pavers, retaining walls, spring/fall cleanups, skid steer/dump trailer services & more! Free estimates. References available. Drew Luhning 218-770-4689 owner/operator.

SHINGLING AND Roof Repair. Licensed and insured. Donavon Luhning, dlluhning@gmail.com or 218-770-8725.

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www.raatzartdesign.com
Facebook: Raatz Art & Design

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Dick Henkes, Gunsmith, FFL #41-22401
26409 100th St., Dalton, MN

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218-770-2868
Sean Sullivan Carpenter, Contractor

Lawn Mower Parts

Ron Stadum
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10% of all parts sales go to Lake Region Cancer Care Center
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E-mail: pam@themidweekpublications.com
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831 East Vasa, Fergus Falls, MN
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Call Tim at 218-205-8439

For Only $35 per week **place your ad in the Shopping News' Service Directory!**
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The Shopping News' **SERVICE DIRECTORY!**

Call 218-739-3308 or stop by our office at The Midweek, Inc., 831 East Vasa, Fergus Falls

HELLO!
my name is

Introduce yourself to thousands of new customers in This Week's Shopping News! It's a great way to showcase your products and service to consumers who care about keeping our community vibrant and strong by supporting local businesses like yours.

Call The Midweek Publications at 218-739-3308 today, & let us help you start spreading the word about your business.

Maplewood State Park

MAPLEWOOD

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.

WANT TO TRY A WHOLE NEW EXPERIENCE?

Camper cabins are rustic, one-room wooden cabins that provide basic shelter for visitors who want a "camping out" experience but prefer not to deal with a tent.

Each 12 by 16 foot cabin contains a table, benches, and wooden bunkbeds with mattresses. Camper cabins do not have indoor plumbing. Vault toilets are available year-round. All cabins have a picnic table, fire ring, and grill for outdoor cooking. No cooking is allowed inside the cabins, except for crockpots and coffeepots.

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.

39721 Park Entrance Rd., Pelican Rapids • 218-863-8383
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

Place Your Ad Online: www.themidweek.com
When you place your classified for the weekly paper through our website it will go online as soon as it is confirmed.

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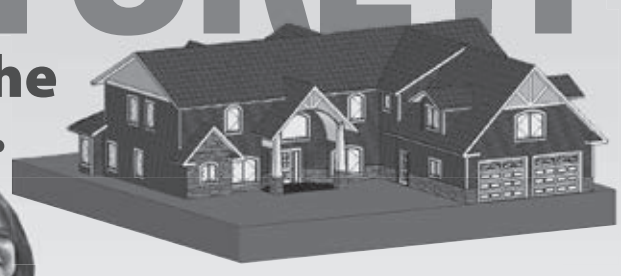

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Classified Ads — Deadline Wednesday 3pm

NOTE: Deadline changes on a Holiday week. Call for more info. 218-739-3308

Name_____ **Phone**_____

Address _____ **City** _____ **State**_____ **Zip**_____

Name and Address Must Accompany Ad. *(For office use only)*

PRINT AD BELOW: One word per line. Please use punctuation. First two words will be in bold capital letters. Include your address or phone number in ad. Deadline: Wednesday 3 pm (Subject to change due to holidays.) WE ARE NOT RESPONSIBLE FOR ERRORS MADE DUE TO ILLEGIBLE COPY OR IMPROPER PUNCTUATION. The Midweek will not allow credit or extension of ad unless the error is reported the first business day after the publication date. Ad will not run until payment is received. Once your ad has been placed on our web site no refunds will be given.

				25 words • $10.00*
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$11.20	$11.40	$11.60	$11.80	$12.00

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Picture will be 1" high in the paper **$20.00**
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2009 TOYOTA Camry LE, nice, clean vehicle, one owner. Call 000-000-0000.

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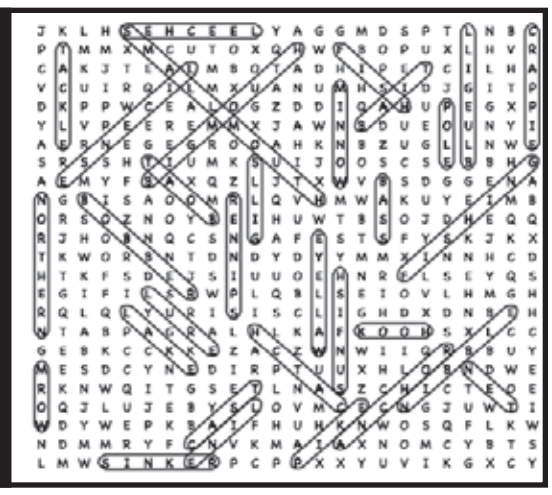
- **Send Payment and Classified Form to: The Midweek, Inc., 831 East Vasa, Fergus Falls, MN 56537**
- **Call us to place your ad: 218-739-3308 (Fax: 218-739-5424)**

OR

Place your classified online at www.themidweek.com after payment is received it will be viewable online immediately

WORD SEARCH ANSWERS FROM PG 4



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Answers from page 7

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LOCATION Dalton Community Event Center Downtown Dalton, MN
Dalton is approx 10 Miles SEof Fergus Falls off 1-94/Hwy 35 then North into town on Hwy 35.

AUCTION
ARCHIE MILLER ESTATE

SATURDAY, MAY 25, 2019 • 9:30AM

Large and Outstanding Estates Auction – Genuine Western and Americana Bronzes and Original Paintings – Renown and Sought-after Western Artists including Proctor, Scriver, Manuel, Schildt, Seltzer, Crook, Carter and Others, along with Wood & Leather Sculptures.

Note: Archie lived to be 101 years young. We were honored to have sold Archie's Museum in 2006 in a successful 3 Day Auction. The following listing is mainly his private collection now which he kept in his home until passing last spring. Archie loved the "Old West", and much of the Artwork originated from, and was authenticated and certified out of the Ace Powell Art Galleries, Kalispell, Montana back in the 70's & 80's, when he put it in his collection.

WESTERN GENUINE CAST BRONZES

- "Buffalo Chase" by Alexander Phimister ProctoR
- "Equestrian Warrior" by Alexander Phimister Proctor
- "Exposition Moose" by Alexander Phimister Proctor
- "Exposition Elk" by Alexander Phimister Proctor
- "Polar Bear" by Alexander Phimister Proctor
- "Puma" by Alexander Phimister Proctor
- "The Trapper" by Alexander Phimister Proctor
- "Pay Window" by Bob Scriver (Rodeo Cowboy on Bronc)
- "Caribou" by Bob Scriver
- "The Moocher" by Dave Manuel
- "River Bandit" by Dave Manuel (Bronze of Racoon & Trout)
- "Prairie Santutury" by Dave Manuel (Bronze of Buffalo Skull & Quail)
- "Trails End" by Robert Cavanaugh (Painted Bronze of Cowboy)
- "Quarter Horse" by Ace Powell Cast#10/36 Limited Edition

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ORIGINAL WESTERN PAINTINGS

- "Warrior and War Horse" (Paint) by W.S. Seltzer Oil 9
- "Night Scene" American Cowboy with Horse Team in Winter by Don Crook
- "Cheechako Creek" Trappers with Pack Horses by Don Crook
- "American Indian Full Headdress" by Gary Carter
- "Taos Blue Braid" American Indian by Ramon Kelly
- "Coyote Bill" Trapper w/coyote hat by Cameron Blagg
- "Old Cowboy & Horse in Winter" by James Boren - Plus others

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Sat., May 25, 9:30am. ARCHIE MILLER ESTATE. Dalton Community Event Center, Dalton, MN. Genuine Western & Americana bronzes & paintings, antique firearms/Civil War items, swords/knives, vintage hunting/sporting collectibles, Americana, primitives, antiques, pottery/glass, memorabilia. **United Country Aasness Auctioneers, visit aasnessauctioneers.com.*

Sat., May 25, 10am. SAM HERRMANN. 22 Industrial Park Dr., Pelican Rapids, MN. Sporting: '08 Can Am 4x4 ATV, '97 Seadoo watercraft, vehicle: '06 Ford 1 ton dsl. 4x4 club cab, (2) 20' flat bed wagons, commercial: (5) semi-side dump gravel boxes, shop & yard items, office furnishings: cubicles, desks, file cabinets. **Seifert Realty & Auction Co.*

Sat., May 25, 10am. SAM HERRMANN RE. North city limits of Pelican Rapids in the Industrial park. (1) 60'x120' insulated/heated commercial building w/20'x60' cold storage attached area w/18' overhead door, in city limits on 3/4 acre lot. (2) level open lot in the city limits, 126'x245' w/city water/sewer at the edge of the lot. **Seifert Realty & Auction Co.*

Sat., June 1, 10am. GERALD THOMPSON ESTATE & JOYCE THOMPSON. 1739 230th St. N., Hawley, MN. Tractors, JD 3010, Koyker loader/grapple fork, Allis Chalmers B, misc. farm equipment, JD D170 hydro lawn tractor w/52" deck, horse tack, corral panels, tools & shop equipment, household, furniture, antiques. **Seifert Realty & Auction Co.*

Sun., June 2, 12:01pm. DEB & DOUG SWENSON. 3836 240th Ave., Breckenridge, MN. Coins, household, furniture, guns, mounts, tools, garage items, toys, collectibles, vehicles, lawn mowers, skid-steer, trailer. RE 2pm, open house May 16, 5:30-7pm, 4 BR, full & 3/4 bath, 1-1/2 story, quonset. **Ostby Auctioneering, www.midwestauctions.com/ostby, 605-949-2170.*

Sat., June 8, 10:30am. DAVID & DEB NAVRATIL FARM RETIREMENT AUCTION. Rural New Effington, SD. Offering a full line of well maintained equipment. See Ostby's site at www.midwesauctions.com/ostby or call Derek (auctioneer) for details at 605-949-2170.

Sun., June 9, noon. TOM & JANICE HARTHUN. 1028 W. Cavour Ave., Fergus Falls, MN. Quality restored & original condition classic cars, firearms, hunting, fishing & sporting goods, antiques/Americana, War & Country collectibles & more. **United Country Aasness Auctioneers, visit aasnessauctioneers.com for more auctions.*

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PROFESSIONAL LIVESTOCK MARKETING *9am* – Slaughter cattle followed by fat cattle & bulls.
Noon* –** Baby calves followed by feeder & dairy cattle. Please call ahead with consignments so we can let our buyers know. We also accept cattle all day Monday from 8am to 10pm. ***John Morrell hog buying daily contact: Katie Hirsch, 218-736-5464. **Joe Varner (owner) 320-630-9484**

SALE STARTS AT 9AM

REPRESENTATIVE SALES....

BULLS

Richville	Beef Bull	1880	$90.00
Fergus Falls	Beef Bull	1345	$87.00
Fergus Falls	Beef Bull	1410	$82.00

FAT BEEF

Sauk Centre	Beef Strs.	1485	$114.50
Sauk Centre	Beef Strs.	1490	$114.50
Alexandria	Beef Strs.	1433	$114.00
Underwood	Beef Hfrs.	1244	$111.50
Alexandria	Beef Hfrs.	1311	$111.50
Kensington	Beef Strs.	1241	$110.50
Alexandria	Beef Hfrs.	1395	$110.50
Underwood	Beef Strs.	1250	$110.00
Morris	Beef Hfrs.	1242	$109.50
Kensington	Beef Hfrs.	1250	$108.00
Morris	Beef Strs.	1340	$108.00

HOL. FATS

Barrett	Jersey Hfr.	1115	$91.00
Kensington	Hol. Strs.	1697	$90.25
Henning	Hol. Strs.	1488	$86.75
Alexandria	Jersey Str.	1375	$85.50
Richville	Hol. Strs.	1470	$85.50
Kensington	Hol. Strs.	1700	$85.00
Richville	Hol. Strs.	1400	$83.50
Richville	Hol. Strs.	1362	$83.25
Underwood	Hol. Strs.	1240	$83.00

COWS

Clitherall	Hol. Cow	1860	$70.00
Barnesville	Beef Cow	1355	$66.00
Hoffman	Beef Cow	1375	$65.50
Clitherall	Hol. Cow	1675	$65.00
Clitherall	Hol. Cow	1450	$64.50
Clitherall	Hol. Cow	1665	$64.00
Barnesville	Beef Cow	1405	$64.00
Underwood	Beef Cow	1185	$63.50
Hoffman	Beef Cow	1375	$60.00
Barnesville	Beef Cow	1295	$58.00
Hoffman	Beef Cow	1260	$58.00
Clitherall	Hol. Cow	1680	$56.00

BEEF FEEDERS

Pelican Rapids	Beef Strs.	528	$166.00
Henning	Beef Strs.	510	$161.00
Hitterdahl	Beef Strs.	505	$155.00
Alexandria	Beef Strs.	540	$154.00
Lowry	Beef Strs.	808	$150.00
Pelican Rapids	Beef Strs.	637	$148.00
Clitherall	Beef Strs.	606	$147.00
Henning	Beef Strs.	751	$143.50
Fergus Falls	Beef Strs.	652	$140.50
Henning	Beef Strs.	729	$138.50
Fergus Falls	Beef Strs.	727	$135.00
Henning	Beef Strs.	910	$134.60
Henning	Beef Hfrs.	516	$134.50
Pelican Rapids	Beef Strs.	776	$133.00
Hitterdahl	Beef Strs.	783	$131.00
Brandon	Beef Bull	528	$130.00
Henning	Beef Strs.	881	$127.25
Pelican Rapids	Beef Hfrs.	588	$124.00
Fergus Falls	Beef Hfrs.	650	$122.00
Alexandria	Beef Hfrs.	580	$122.00
Fergus Falls	Beef Hfrs.	594	$121.00
Henning	Beef Hfrs.	741	$121.00
Clitherall	Beef Hfrs.	575	$120.00
Henning	Beef Hfrs.	802	$119.35
Henning	Beef Hfrs.	854	$118.75
Pelican Rapids	Beef Strs.	940	$118.00
Ogema	Beef Bull	555	$116.00
Hitterdahl	Beef Strs.	925	$113.00

TUESDAY SALE DATES
~ Along w/Our Reg. Auction ~
May 2019
Tues., May 21st
Special Feeder Sale
Tues., May 28th
Special Feeder Sale

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- Ranked in the top 10% nationally for patient satisfaction
- Committed to medical training and teaching with over 40 educational affiliation agreements
- Specialists work together to ensure the best course of treatment for each patient
- Camps and activities are offered to support social and emotional development
- Staff members conduct clinics throughout our service area to minimize family travel
- Supported by 300,000 Shriners across the country
- We work hard so that kids can simply be kids

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- Arthrogryposis (stiff joints)
- Cerebral palsy
- Cleft lip and palate
- Clubfoot
- Conditions of the legs and feet
- Conditions of the arms and hands
- Hip disorders
- Juvenile rheumatoid arthritis
- Limb deficiency and prosthetics
- Limb length difference
- Metabolic bone disease (rickets, osteogenesis imperfecta)
- Neuromuscular disorders (muscular dystrophy)
- Scoliosis and spine conditions
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- Spina bifida/ myelodysplasia
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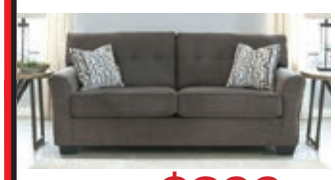
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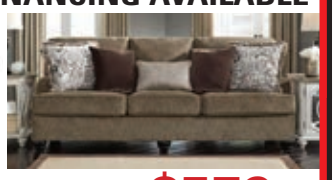
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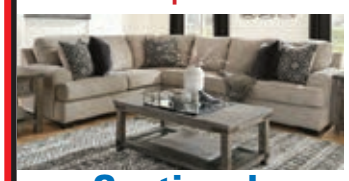
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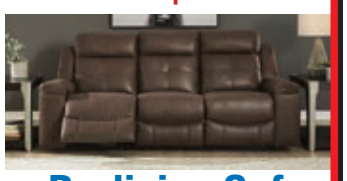
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