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Rebecca “Becky” Lee

Age: 49
From: Fergus Falls, MN
Passed Away: Wed., Aug. 13
Celebration of Life Open House: Sat., Sept. 13, 10-11am
Location: Belmont-Karvonen Funeral Home, Henning, MN
Prayer Service: Sat., Sept. 13, 11am at Belmont-Karvonen Funeral home, Henning, MN
Funeral Home: Karvonen Funeral Home
Online condolences may be sent to www.karvonenfuneralhome.com

Pastor Don Salo

Age: 92
From: New York Mills, MN
Passed Away: Thurs., Aug. 14
Visitation: Fri., Aug. 22, 4-7pm at Apostolic Lutheran Church, New York Mills, MN, and one hour prior to the service
Funeral Service: Sat., Aug. 23, 1pm
Location: Apostolic Lutheran Church, New York Mills, MN
Burial to follow at Woodland Cemetery, New York Mills, MN
Funeral Home: Karvonen Funeral Home
Online condolences may be sent to www.karvonenfuneralhome.com

Caleb J. Prushek

Age: 6
From: Wadena, MN
Passed Away: Fri., Aug. 15
Where: At his home
Visitation: Thurs., Aug. 28, 5-7pm at Karvonen Funeral Home, Wadena, MN, and one hour prior to the service at the church
Funeral Service: Fri., Aug. 29, 10am
Location: Gloria Dei Lutheran Church, Pequot Lakes, MN
Private Interment at Lakewood Cemetery, Crosby, MN
Funeral Home: Karvonen Funeral Home
Online condolences may be sent to www.karvonenfuneralhome.com

Clifford “Cliff” Clausen

Age: 92
From: Fergus Falls, MN, formerly of Deer Creek, MN
Passed Away: Tues., Aug. 19
Where: Minnesota Veterans Home, Fergus Falls, MN
Services are pending
Funeral Home: Karvonen Funeral Home
Online condolences may be sent to www.karvonenfuneralhome.com

OBITUARIES



Norma J. Solvie

Norma Jean (Lang) Solvie, born July 13, 1932, in Villard, MN, passed away on August 12, 2025, at 93 . She was the first daughter of Beth Nadine (Ladd) Lang and Milton Lang. On August 11, 1950, she married Duane K. Solvie, and they raised five children. They lived in Cyrus and Morris, MN, before moving to Oklahoma and then Branson, MO where their son lived.

Norma and her daughter LaVon ran a fabric shop in Morris, where she was known for her teaching skills. After Duane’s retirement, they spent winters in Texas near their daughter Lynn. Norma was kind, thoughtful, and a talented singer, performing at weddings and funerals. She was skilled in sewing, cooking, and baking. Her creativity shone in parade floats and costumes, and her positive, encouraging nature

uplifted others. She often said, “It’s good to have a plan so you have something to change!” But her strongest attribute was her deep faith in God. She loved people and saw people in need. Sometimes it was just someone needing a friend, or encouragement, or just needing to be acknowledged; she could “see” people. This skill was often used with the children she and Duane fostered.

Norma is survived by her children: Lea (Bill) Sloneker, Lynn (Alphonz) Lee, Laurie Cunningham, son-in-law Terry Beseman; and Mark (Michelle) Solvie. She is survived by 19 grandchildren, 38 great-grandchildren, 2 great-great-grandchildren, her two sisters, and a number of nieces, nephews, and friends. She was preceded in death by her husband, Duane; her daughter, LaVon; her grandson, Andrew Mark ; her great-grandson, Robbie; her parents; and her brothers, Ralph Lang and Daniel Lang.

Her legacy of love, faith, and creativity will live on in the hearts of those who knew her. Celebration of Life: Saturday, August 30, 10am
Location: Resurrection Lutheran Church, 9300 Jason Ave NE, Monticello, MN



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Sleep & Academic Performance Go Hand In Hand

Students and sleep are not always compatible. College students have long expressed a tendency to be night owls, but even school-aged youngsters may be reluctant to go to bed on time during the school year.

Parents of school-aged children know that bedtime can be challenging, particularly when moms and dads want to ensure their youngsters get the recommended number of hours of sleep each night. The American Academy of Sleep Medicine advises school-aged children between the ages of six and 12 get nine to 12 hours of sleep per night, while teens are urged to sleep eight to 10 hours per night. Studies have found that when students don't get enough sleep on school nights, their academic performance is likely to suffer. A 2023 study of first-year college students led by researchers at Carnegie Mellon University and published in the Proceedings of the National Academy of Sciences found that negative outcomes began to accumulate when students received less than six hours of sleep per night. Authors of the study noted that previous studies in animals showed that memories formed during the day were consolidated while animals slept but forgotten when those animals' normal sleep patterns were interrupted. The researchers behind the study identified a notable decline in students' grade point averages when they received less than six hours of sleep, suggesting humans' ability to learn and remember what they've learned in a given day is compromised if they don't get enough sleep that night.

School-aged youngsters typically get more than six hours of sleep per night, but if they're falling short of AASM recommendations, those students' academic performance could be adversely affected. With that in mind, parents can try various strategies to get children to bed on time.

- Stay consistent with bedtime. A firm bedtime can reduce the likelihood that sleep disruptions will affect how children perform in the classroom. If children are staying up three hours past their weeknight bedtime on Friday and Saturday, then they're less likely to want to go to bed on time on school nights. A little flexibility on the weekends might not upset the apple cart, but try to maintain a consistent bedtime throughout the week.

- Help kids calm down before bed. A winding down period leading up to bedtime can help kids fall asleep more quickly and might even make them less resistant to bedtime. Avoid particularly energetic activities directly before bedtime. Calmly reading a book and picking clothes out for the next day of school are calm activities that can get kids' bodies ready for sleep.

- Avoid confrontation. Parents are urged to let it go if kids aren't falling right asleep but are still being cooperative at bedtime. Kids might want to keep reading to themselves after Mom and Dad say goodnight, and that's alright so long as children aren't continually getting out of bed or getting riled up. Eventually kids will tire out when engaging in a calm, pre-sleep activity, so parents should not grow upset and confront kids who are behaving but not falling asleep right away.

- Create a positive sleep environment. Young children will resist sleep if it sounds like their parents and siblings are having a grand old time without them. Parents typically go to great lengths to ensure kids' bedrooms are conducive to sleep, but it's also important to maintain a peaceful setting throughout the rest of the house once children go to bed.

Sleep and school are inextricably linked, and parents can do much to ensure kids get the rest they need to do their best in the classroom.

BACK TO SCHOOL

How To Get Students Excited About A New School Year

A new school year presents a wealth of opportunities for students. At the dawn of a new school year, students have a chance to further their academic careers, student-athletes may be given a shot at making a team or moving up to varsity, and extracurriculars provide a chance for personal growth outside the classroom.

Despite all that a new school year represents, students may need a little extra motivation to get excited about going back to campus once summer winds down. A relaxing and largely obligation-free summer vacation can be tough to give up, as can mornings without alarm clocks. Parents recognize that kids might not be enthusiastic about the return of early mornings and sessions in the classroom. In such instances, parents can try the following strategies to get kids excited about a new school year.

- Make the first day special. First days can be challenging regardless of a person's age. Professionals with years of experience in their field still feel first-day jitters when they begin a new job, so youngsters can be excused if what seems like a lack of excitement is really just nervousness about a new school year. Parents can calm those nerves by doing something to make the first day special. Skip the standard cereal and prepare a homecooked breakfast or let kids buy lunch at the school cafeteria instead of packing a PB&J in their lunchbox. A little something special on the first day can go a long way toward getting kids excited about going back to school.

- Emphasize new subjects. As children advance through school, they're typically exposed to more engaging subjects or challenged in ways that helps them build on previous years' work. Emphasizing new subjects or opportunities can increase kids' excitement to get back in the school year swing of things. If a youngster likes playing an instrument, emphasize how the new school year is an opportunity to get better, play alongside other students and take a talent to new heights. If students are old enough to take subjects they've long been interested in, such as a foreign language, make a point to emphasize how that opportunity has finally arrived.

- Create a school calendar. Schools typically make their yearly schedules available prior to the first day of school. Parents can peruse those schedules alongside their children and make a calendar noting special days. Mark down field trips, special events involving parents and students, school performances where kids get to act or sing on stage, and other notable moments during the school year. Kids are bound to grow more excited about a new year when they see a year's worth of fun events marked down on a calendar.

- Host a late summer get-together with friends. A late-summer pool party or play date with various friends can remind youngsters that they're about to see their friends every day. That might be enough to make young students jump out of bed on the first day of school.

Students might be less than excited about the end of summer vacation and the dawn of a new school year. But there's much parents can do to get kids excited about going back to school.

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