

**INSIDE
BOOSTING
CANCER
AWARENESS
A12-13**

Alexandria ECHO PRESS

**INSIDE
A 14-YEAR-OLD'S
DREAM TO DRAW
LIFE, A6**

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Lowell Anderson / Alexandria Echo Press

Production supervisor Joe Rakstad talks to a tour group about the process of building packaging machines at Douglas Machine Inc. in Alexandria during the annual Tour of Manufacturing on Oct. 7. The statewide Tour of Manufacturing is designed to give the public a chance to discover what is happening in modern manufacturing.

MANUFACTURING MUSCLE

Tour gives public, job seekers a look at what they do

By Al Edenloff

Alexandria Echo Press

The public and prospective job seekers had a chance to see local manufacturing companies in action during the 2021 Tour

of Manufacturing in Alexandria last week.

As part of this year's event, six local manufacturers held open houses and explained who they are, what they do and how they do it.

The businesses

included Brenton Engineering, Douglas Machine Inc., ITW Heartland, LGC Biosearch Technologies, Alexandria Industries and Aagard.

The Alexandria area has a robust manufacturing

sector, according to the Alexandria Area Economic Development Commission. It provided the following facts about the impact the manufacturers have in the community:

MUSCLE: Page A11

Blue Cross refers pain clinic to FBI

Clinic says it's done nothing wrong

By Karen Tolkkinen
Alexandria Echo Press

Blue Cross Blue Shield of Minnesota says it has referred its review of a local pain clinic to the FBI and the Minnesota Department of Commerce, even as the clinic owners say they haven't done anything wrong.

As of Oct. 1, Blue Cross ended its coverage for pain treatment at the Center for Pain Management, which has locations in Alexandria, Bemidji, Baxter and Sartell. That meant that patients with Blue Cross Blue Shield health insurance had to pay out of their own pockets to receive treatment at the center.

"We take seriously our responsibility to provide every member with access to safe, effective and high-quality care," Blue Cross said in a statement issued by

a spokesperson. "Any decision to remove a provider from our network is not made lightly."

Center for Pain Management owners Dr. Sam Elghor and Dr. Jeffrey Anderson said they have not had a chance to address the insurer's complaints and that the clinic does its best to help patients with chronic pain. They said they are very concerned about their clinic's reputation and for patients who can no longer get insurance coverage.

"We have been for Blue Cross Blue Shield for 20 years," they said. "We have never had any issues."

Blue Cross Blue Shield would not provide details about its findings, nor would the FBI or the Minnesota Department of Commerce, which cited the Minnesota Data Practices Act that protects data during ongoing investigations. Blue Cross did not answer an Echo Press question about how often it refers its findings to the FBI.

FBI: Page A11

Osakis School Board hears project updates

By Travis

Gulbrandson
Alexandria Echo Press

The dirt work has begun for the Osakis School District's bus garage.

The project was discussed at the Osakis School Board's regular meeting on Monday, Oct. 11.

Superintendent Randy Bergquist said the dirt work should be completed "before it freezes," but construction might not happen until July of next year due to the length of time it will take the materials to arrive.

The bus garage will be located on First Avenue East near Rush Street, a couple blocks southeast of the school, land which was purchased by the school in March.

The facility will be able to accommodate 15 buses and three vans, along with wash and maintenance bays and support space.

The garage will cost approximately \$2 million, with drive-thru doors and gravel work costing an additional \$130,000, it was reported at the school board's July meeting.

The barn's drive-thru doors will enable the buses to exit the barn without having to back out.

The school board also discussed the progress of the project to add five new tennis courts to its existing three.

Bergquist said there is an agreement between the district and the current landowner, but according to the school attorney, the address of the vacated land was wrong and must be changed.

"Hopefully in three weeks we'll have it all done and it'll be Osakis's," Bergquist said.

Bergquist also gave an update on the plan to replace the high school gym's air conditioning system.

"We've actually got a couple bids, but we're looking at now ... doing it in the spring, right at the beginning of June, so it's ready to go for volleyball season and everything else," he said. "That's our goal, to have it done probably by July 1 at the latest."

Email reporter Travis Gulbrandson at tgulbrandson@echopress.com



Bergquist

A calculated risk pays off for SunOpta

It benefits from expanding industry, employees

By Travis Gulbrandson
Alexandria Echo Press

SunOpta Inc. completed a \$26 million expansion

at its Third Avenue plant in Alexandria last year to meet a growing demand for oat milk, and that market has only continued to expand.

In 2020, plant-based milk grew twice as fast as cow's milk to now make up 15% of the entire milk category.

According to SunOpta plant manager Joe Gerhardt, the market for plant-based alternatives currently stands at \$29-\$30 billion, and is projected to reach \$162 billion by 2030.

"When you have the demand and you have the potential, which we do with this new expansion, we're going to be able to service that growth," Gerhardt said.

The timing of SunOpta's expansion was "perfect," Gerhardt said.

"We knew that there was growth," he said. "We knew that there was potential. We did not know, obviously, that the potential was going to be as great as it is, and our leadership team took a calculated risk, and that risk paid off. I think we got on board at the right time, that's for sure."

At SunOpta, the oats are processed through



Contributed photo

Armando Bravo is an employee of SunOpta Inc., which plans to double its business over the next five years.

enzymatic hydrolysis that digests the oats to form a concentrated oat base, which is then shipped to SunOpta's sister facility across town or to plants elsewhere.

The other facility then adds water and other ingredients to the base, and then packages it under different labels, one of which is SOWN Organic Oat Creamer, which the trade magazine

Progressive Grocer nominated as 2021's best new product, Gerhardt said.

"Winning an award like that with a product ... being made in Alexandria, there's a lot of pride in that," he said.

The expansion has also enabled SunOpta to produce up to 30 million pounds of solids annually, Gerhardt said.

SUNOPTA: Page A11

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LAKES AREA FORECAST

Showers and a few isolated thunderstorms moved into the state of Minnesota on Wednesday.



Mark Anthony
 Meteorologist

This brought with it not only the rain, but also fairly strong winds across the area. Parts of southwestern Minnesota had a wind advisory as this strong area of low pressure pushed through the region. This produced wind gusts to 45 mph at times in that part of the state!

On the backside of this system, however, it turned cooler. This brought with it some patchy frost across the state by Thursday morning.

For some areas, this was the first frost of the season.

Expect some frost to remain with us for Friday night into early Saturday morning. If you do have some plants or tender vegetation that you want to save, make sure that you either cover them or bring them indoors.

We should be back into the low to mid 60s for Sunday and Monday. However, that will be short-lived as temperatures are expected to fall into the 50s by Tuesday. It is that time of the year where we can have either frost and snow, or sunshine with highs in the 80s.

In case you are wondering, the 8 to 14 Day Outlook calls for above normal temperatures with below average precipitation.

WEATHER HISTORY

On this date in 1968, it was warm across central, west central, and southern Minnesota as temperatures climbed into the upper 70s and low to mid 80s.

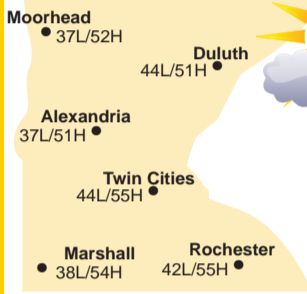
WEATHER FACT

Wind gust is the sudden brief increase in wind speed.

MN AT A GLANCE

Sunrise: 7:38 a.m. Sunset: 6:35 p.m.
 Normal High: 57 Normal Low: 37

FRIDAY



High **51°**
 Low **36°**

Winds: WNW
 5-15 mph
 Prec: None
 Friday: Mostly sunny, morning frost.

Some frost will be possible the next couple of mornings. High temperatures will be cool on Friday with highs only in the lower 50s. We should return to more seasonal temperatures Saturday and slightly above normal temps by Sunday. Little moisture is expected through early next week.

OUTLOOK

SATURDAY Mostly sunny, AM frost



High **57°** Low **38°**

Winds: W 10-15 mph
 Prec: None

SUNDAY Mostly sunny and a bit warmer



High **61°** Low **43°**

Winds: W 5-10 mph
 Prec: None

MONDAY Mostly sunny.



High **64°** Low **42°**

Winds: SSW 10-15 mph
 Prec: None

TUESDAY Partly cloudy



High **56°** Low **39°**

Winds: NW 10-15 mph
 Prec: None

Your 5-day forecast is brought to you by Alomere Health

Photo of the week



Sonja Goblirsch took this photo of Lake Rachel through some leaves Sept. 30 from her porch. If you have a great photo, email it to Lowell Anderson at landerson@echopress.com.

FOR THE RECORD

Douglas County Board of Commissioners Regular Meeting Tuesday, Oct. 19
Location: Douglas County Administration Building Board Room, 822 Douglas St., Alexandria
9 a.m. Call to order, approve agenda, approve minutes of Oct. 5 regular meeting
9:02 a.m. Board
 1. HRA committee appointment - action
 2. Extension committee appointment - action
 3. Interim Veterans Service department head - action
9:07 a.m. Troy Wolbersen, sheriff
 1. Resolution - fitness room equipment donation - action
9:09 a.m. Tim Erickson, Public Works director
 1. Resolution - Chippewa Park donation - action.
9:11 a.m. Ron Naab, facilities director
 1. Sewer repair - action
9:16 a.m. Dave Rush, Land and Resource Management director
 1. License - action

2. Final plat, Rasmussen Hope - action
 3. Conditional use, Central Lakes Storage, LLC - action
 4. Conditional use, Christopher Dokka Jr., owner and Sheraya Felton, operator - action
 5. Preliminary plat, Nor Homestead First Addition - action
 6. Review and approve feedlot program 2022-23 delegation agreement work plan - action
 7. Sauk River 1W1P adopt and implement and cooperative agreement - informational
9:46 a.m. Vicki Doehling, auditor-treasurer
 1. Resolution, classification of tax-forfeited lands - action
10:01 a.m. Jill Frisell, finance director
 1. Bills - action
10:03 a.m. Items from the floor. Adjourn.
10:13 a.m. Work session
 1. Employee appreciation and American Rescue Plan Act funding
These items are as of Wednesday, Oct. 13, and are subject to change.

COVID-19 case count

Total number of COVID-19 cases confirmed by the Minnesota Department of Health in Douglas County and the surrounding area as of Oct. 13 (cumulative):

- ▶ Douglas County – 6,087 (88 deaths).
- ▶ Grant – 755 (9 deaths).
- ▶ Otter Tail – 7,710 (103 deaths).
- ▶ Pope – 1,520 (8 deaths).
- ▶ Stearns – 27,701 (252 deaths).

- ▶ Stevens – 1,195 (11 deaths)
- ▶ Todd – 3,807 (36 deaths).
- ▶ Statewide (cumulative) – 738,843 (8,320 deaths).
- ▶ Active cases in Douglas County – 228 (according to Horizon Public Health as of Oct. 11).
- ▶ People (16 and older) with at least one vaccine dose in Douglas County – 18,898 or 62.4% of the population (as of Oct. 11).

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Allen Medway, MD, MBA
 da Vinci Xi robot-trained surgeon.



ALOMERE
 HEALTH

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New saliva test site for COVID-19 to open in Morris

By Al Edenloff
Alexandria Echo Press

An option for free saliva testing for COVID-19 will soon be available in Morris.

Gov. Tim Walz announced that the site will open Tuesday, Oct. 19.

“With the addition of this new site, Minnesotans in and around Morris now have another safe, free, and easy testing option,” Walz said in a news release. “Testing for COVID-19 helps keep our children safe in the classroom and workers protected on the job. Through the at-home testing program and community sites in cities around the state, Minnesotans have more opportunities to choose the option that is best for their families.”

The Morris site will be at the Morris Armory, located at 722 Iowa Ave. Testing at the Morris site will occur Monday through Friday, from 11 a.m. to 6 p.m., beginning Tuesday, Oct. 19. The site will have the capacity to conduct 500 tests per day.

“With school in full swing and more activities moving inside due to colder weather, testing remains vital to protecting our children and families from COVID-19,” said Minnesota Commissioner of Health Jan Malcolm. “By expanding our robust, collaborative testing program, we have removed testing obstacles for families across the state. In addition to getting vaccinated, social distancing, masking indoors, and staying home when sick, we know testing can help us

slow the spread of the COVID-19 and limit its negative impacts in our communities.”

Locations and hours of all the state’s community testing sites can be found through the website, mn.gov/COVID19/

Testing is open to Minnesotans who believe they need a COVID-19 test, with or without insurance. Testing is free at all of the state’s community testing sites. Participants that have health insurance will be asked for their insurance information so the state can bill their insurance company on their behalf. If a person is uninsured or if insurance does not cover some or all of the cost, the state will cover the difference, so testing remains at no cost.

State guidance on who should get tested can be

found on the COVID-19 Testing webpage.

Those who arrive for a test should avoid eating, drinking, chewing, or smoking anything for at least 30 minutes before being tested. Once they arrive at a testing location, they will self-administer the test by salivating into a funnel attached to a small tube. Site staff will be available on-site to monitor the collection process.

While walk-ins are welcome, people seeking testing at state sites can still schedule an appointment. Tests will be processed in Minnesota at the saliva lab in Oakdale. Results will be provided via email in approximately 24-28 hours after the lab receives the testing sample.

Accessibility accommodations are offered at the

state’s community sites. To request an Americans with Disabilities Act (ADA), spoken language, American Sign Language and/or other accommodation, Minnesotans are encouraged to call the Minnesota Department of Health COVID-19 Public Hotline, 1-833-431-2053.

How Minnesotans can get a free COVID-19 test:

- Order a test through the state’s no-cost at-home COVID-19 testing program.
- Find a testing option near you through the state’s Find Testing Locations
- Walk-in or schedule an appointment for a test at one of the state’s no-cost community testing sites across Minnesota.

How Minnesotans can get their free shot:

- Walk in or make an

appointment through the Vaccine Connector.

- Minnesota Department of Health COVID-19 public hotline, 1-833-431-2053, Monday through Friday from 9 a.m. to 7 p.m. and on Saturday from 10 a.m. to 6 p.m.

- Use the state’s Vaccine Locator Map to find a vaccine provider near you.

- Check for vaccine appointments using the Vaccine Finder. You can search for appointments by vaccine type (e.g., Pfizer).

- Contact your primary health care provider or a local pharmacy.

- Employers may also reach out with information about vaccination opportunities.

Email editor Al Edenloff at aedenloff@echopress.com

Domestic violence awareness events set for next week

By Celeste Edenloff
Alexandria Echo Press

Someplace Safe and United Communities Advocating Non-Violence is inviting community members to take part in two events aimed at domestic violence awareness.

The first event is the 15th annual Taking Steps Against Domestic Violence Walk, which is scheduled for Tuesday, Oct. 19.

The walk will begin at 4:30 p.m. at Zion Lutheran Church in Alexandria. The event is free, and includes a speaker, food and a T-shirt.

The second event is the 21st annual Domestic Abuse Awareness luncheon. The luncheon is planned for Wednesday, Oct. 20, from 11:45 a.m. to 1 p.m. at Arrowwood Resort and Conference Center. This year’s speaker is Pheng Thao, statewide coordinator for MN Men and Masculine Folks Net-



File photo

Walkers taking part in the 2019 Taking Steps Against Domestic Violence event marched down Broadway in Alexandria.

work. He will be speaking on “Practicing healthy masculinity and manhood.”

Tickets can be purchased at Glenwood State Bank in Alexandria.

For more information, call 320-762-1995.

Osakis establishing fund for community projects

By Travis Gulbrandson
Alexandria Echo Press

The Osakis City Council is moving forward with establishing a fund for community projects through the West Central Initiative.

The action was taken at the council’s regular meeting Monday, Oct. 11.

City Clerk Angela Jacobson said people from the community would be able to donate to the fund.

“The advantage of having them is they’re 501(c)(3), so anyone that donates could get a slip to have a tax write-off,” Jacobson said.

Jacobson added that donations could be paid online or through check if the fund was set up through West Central Initiative.

Council member Al Larson asked if it was possible to set up a system so people could donate

through the bank.

Jacobson said she was told an account could probably be set up there, but “they would need to work with them to get the information from an individual so they get this tax form that’s going to be connected to them.”

Council member Laura Backes said she would “definitely” like to see the council utilize the West Central Initiative.

“I think we have alumni all over the United States that are doing very well for themselves and would probably like to give back to the community, so if they could do it with the click of a button, I could see that would be very advantageous to any project,” she said.

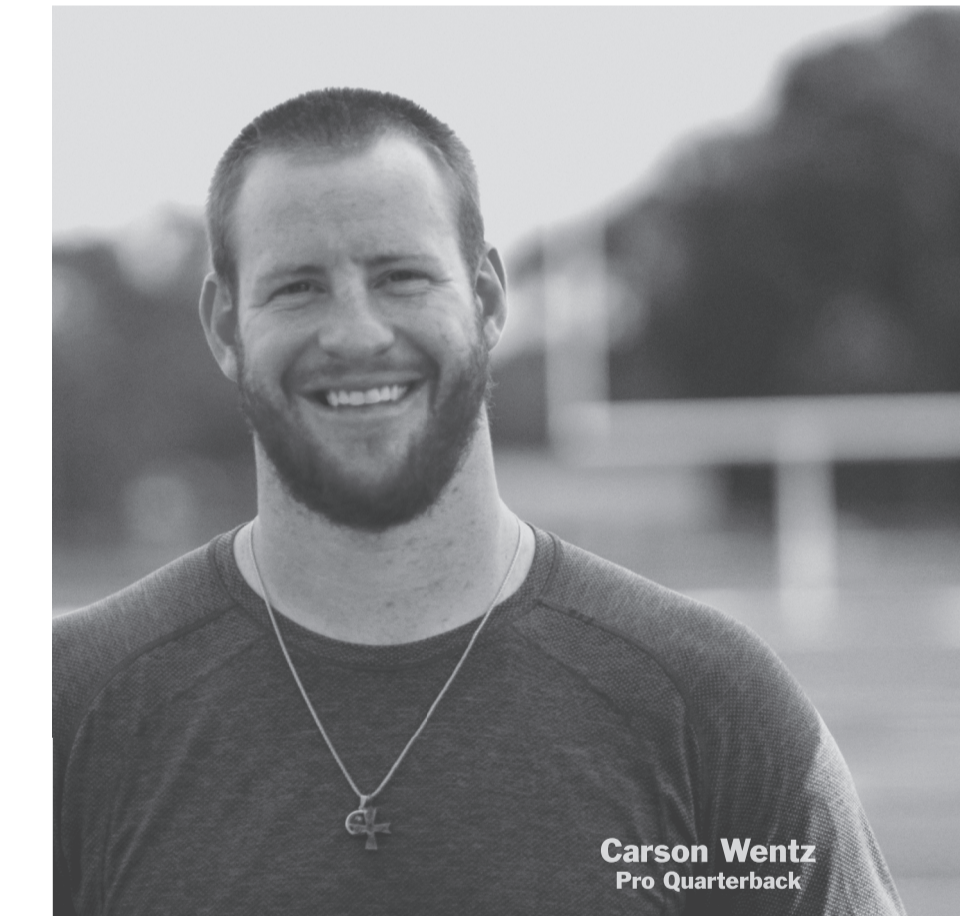
The motion to move forward in establishing the fund passed unanimously.

Email reporter Travis Gulbrandson at tgulbrandson@echopress.com



Thao

work. He will be speaking on “Practicing healthy masculinity and manhood.”



Carson Wentz
Pro Quarterback



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AN ECHO PRESS EDITORIAL

Thumbs Up/ Thumbs down

**Dedicated service
to food shelf**

Thumbs Up: The Douglas County Outreach Food Shelf gives a big thank you to Jody and Chad Nieson. They gave the food shelf many years of dedicated service, working countless hours to keep the shelves, stockroom and warehouse organized. “They both had a tremendous impact on the organization,” said board members. “We wish Jody and Chad the best in the future. May you have more time with family and friends.”

Eyesore at the post office

Thumbs Down: A resident gives a thumbs down to the Alexandria Post Office. “The weeds and unkept shrubs are a total disgrace to our city,” she said in a Facebook message. “Maybe some of our infrastructure money could be spent on the upkeep of the U.S. Postal Service.”

Free sweet corn

Thumbs Up: A resident sent her appreciation to Emily Louwagie, Joey Anderson and their workers for giving away free ears of sweet corn at their “Peppa and Poppy’s Market” vegetable stands on Broadway and Nokomis Street recently. It was part of their annual customer appreciation two-day event. The vegetable stand, by the way, is named after Louwagie’s pet pigs.

**Honesty at Elden’s
Fresh Foods**

Thumbs Up: A reader is impressed with Elden’s Fresh Foods. “Besides having courteous and helpful employees and Elden’s donating so much to the community, they are totally honest,” the reader said. “I accidentally lost a large gift card and a very sweet employee found it and returned it.”

A tip that could save a life

Thumbs Up: Here’s a quick harvest safety tip from the Runestone Electric Association’s October newsletter that could save a life: If your farm equipment makes contact with an energized or downed power line, contact REA immediately by phone and remain inside the vehicle until the power line is de-energized. In case of smoke or fire, exit the cab by making a solid jump out of the cab, without touching it at the same time, and hop away to safety.

Bicycling in the dark

Thumbs Down: The nice fall weather is a great time to go on a bike ride. But some

cyclists are forgetting something – reflective gear. Just this week, one of our reporters was driving on Voyager Drive at night and could just see off to the side of the road, a small strip of orange. It was on the pedals of a bike. But that was the only thing he was able to see because the cyclist was dressed in black. Bike riders need to wear reflective material, use reflective tape or have a light on their helmet or bike and make sure it’s pointed at the ground, not in drivers’ faces.

**Employment for people
with disabilities**

Thumbs Up: October marks the 76th annual observation of National Disability Employment Awareness Month. To commemorate it, Sen. Torrey Westrom, R-Elbow Lake, issued a statement saying that every Minnesotan should have an opportunity to earn a living regardless of their disability. “As someone who lost my eyesight in a farm-related accident over 30 years ago, I know firsthand some of the difficulties Minnesotans with disabilities can face,” Westrom added. “Employers should not overlook the great contributions people with disabilities can and have made in the workforce. I have been and will continue to be an advocate to help expand employment opportunities for all persons with disabilities.”

**Businesses going the
extra mile**

Thumbs Up: Alexandria resident Joey Peterson shared info about businesses “going the extra mile.” His cousin, Jerry and his wife celebrated their 41st anniversary with a trip to Alexandria. While they were here, they stayed at Jakes on the Lakes AirBnB. Julie (the host) learned Jerry’s children had ordered flowers for their parents. To ensure the flowers would be in the room before check-in, Julie drove into town and picked them up herself. Later, while the anniversary couple were shopping at Magpie, Jerry talked with the owner and said they were in Alexandria to celebrate their anniversary. As they left the store, the owner came out and handed Jerry an envelope that included an anniversary card, a \$5 bill and a note that said, “Enjoy a cup of coffee on me.” Joey was proud of the two local businesses: “I know they are a reflection of the many fine businesses in our community who strive to make every vacationer feel welcome and special.”

If you have a suggestion for a Thumbs Up/Thumbs Down, email it to aedenloff@echopress.com or mail it to Echo Press, P.O. Box 549, Alexandria, MN 56308.

Deadline for political letters is Oct. 25

Here’s a reminder to readers about the Echo Press paid political letters policy for school special elections on Tuesday, Nov. 2. Alexandria, Osakis and Parkers Prairie school districts will each have elections to fill a vacant seat on their school boards, while Brandon-Evansville and West Central Area school districts will be voting on bond referendum issues.

As in the past, letters to the editor that advocate for or against a candidate or a referendum, will be considered ads and are subject to a charge of 10-cents per word.

The word limit is 200 words. Payment for political letters must be paid in advance.

As is the case with regular letters to the editor, writers of political letters are limited to one letter per 30 days and they must include the writer’s name, address and phone number (only the writer’s name and city are published). All paid letters appear on the Opinion page and are clearly marked as paid letters.

Because the special elections are Tuesday, Nov. 2, the last batch of letters that endorse candidates will be printed in the Wednesday, Oct. 27 issue and must be received by 10 a.m. on Monday, Oct. 25. No new issues can be raised in the last batch of letters.

Stop obnoxious laughing emoji

Imagine, if you will, chatting with a group of strangers. You bare your soul, and this is how they respond.

A: I lost my mom to COVID.

B: HA HA HA HA HA!

A: I’m going to run for office.

B: HA HA HA HA HA!

A: One way we can help our community is by wearing masks.

B: HA HA HA HA HA!

If you’re on Facebook, you know immediately what I’m talking about. If there’s anything that destroys a sense of camaraderie, of community, of good will, it’s the obnoxious laughing emoji and the people who throw them like grenades.

In person, it’s boorish behavior to bray open-mouthed into someone’s face like a donkey. But online, Facebook says, hey, it’s fine.

If someone did that to you in person, honestly, wouldn’t you be tempted to sock them in the nose? After hearing congressional testimony that Facebook has consistently chosen profits over community, I would not be surprised if it’s intended to affect you that way. They want to provoke strong emotions to keep you engaged, even in a negative way.



**KAREN
TOLKKINEN**
Staff Reporter

They want to raise the stakes so you feel you have to keep coming back and responding. They are terrified of people using their time to do non-Facebook things.

It’s one thing if the laughing emoji were designed differently, if it looked less like it was laughing at you and more like it was laughing with you.

But its eyes are squinched shut like the user doesn’t want to look at you, like YOU don’t matter. The only thing that matters is that you have said something so foolish, so dumb, that the person writes you off as a worthless piece of garbage, good only for a laugh.

You see it over and over on Facebook, especially about the pandemic or politics.

I saw someone online actually bray at a Fergus Falls dad whose child was on oxygen because of COVID. Whenever the Echo Press posts a news story about COVID cases or deaths, you can be sure there’s some

smug thinks-he-knows-it-all human who will laugh at us benighted blockheads who actually have been snookered into getting the vaccine or wearing masks. Running for office? Call out the laughing hit squad!

Of course, those smug know-it-alls are the ones rolling on hospital gurneys on their way to getting intubated — or worse. At least four conservative, anti-vaxx radio hosts died of the virus in August: Phil Valentine and Jimmy DeYoung, both in Tennessee, and Marc Bernier and Dick Farrel, both of Florida.

I could end up with something smug here, like he who laughs last laughs best, but honestly, the situation sucks and I don’t feel like laughing. I don’t want anyone to struggle to breathe in an ICU. I don’t want cancer patients to be turned away from the hospitals because the hospitals are too full of COVID patients.

And until Facebook changes its laughing emoji, please stop using it.

Unless someone intentionally tells a joke.

Then, bray away.

They’ll appreciate it.

“It’s Our Turn” is a weekly column that rotates among members of the Echo Press editorial staff.

LETTERS

**What constitutes misinformation
and who should define the truth?**

To the editor:

I applaud this newspaper for being courageous enough to print a full-page paid ad in the Sept. 17 issue, in which retired Major Eric C. Rivers summarized a number of widespread and controversial narratives about the origins of the COVID virus, the value of masks, political propaganda about vaccines and the validity of repurposed anti-parasitic drugs that may or may not have value in the prevention or treatment of COVID infections. I don’t have to agree with any or all of his opinions to appreciate a newspaper that offers alternate points of view and defends that action, even in the face of complaints from the public, like the letter writer in the Sept. 24 edition who referred to the major’s opinions as “conspiracy theories, lies, falsehoods” and “misinformation.”

The point I want to emphasize is that across national media today, statements like the major’s are the focus of big-tech social media censorship and banning because they do not agree with widely accepted narratives that are the only ones approved by the current Washington administration and by popular media outlets that tend to support the Biden administration.

But what constitutes misinformation, and who should define “the truth”? There can be no consensus on this except through a vigorous and robust exchange of alternative opinions, interpretations and research laid out in public media.

Hiding conflicting viewpoints from the public allegedly for its “protection” has always been the justification of those in power to establish dictatorial policies that suppress dissent and punish free thought. These actions are always divisive and never a force for unity. There is a reason that in the Bill of Rights, freedom of speech was placed in the First Amendment. This newspaper acted properly and ethically.

Bonnie Beresford
Alexandria, MN

**Are we really being stripped
of our freedoms?**

To the editor:

At the recent Alexandria School Board meeting the phrase, “stripped of freedoms” was often used. But are we being stripped of freedoms?

In America we have the freedom to worship, shop, and travel where we choose, get medical care where we choose, freedom of speech and yes, the freedom to attend the school of choice.

Alexandria students have the freedom to be a part of an exemplary school district offering many different classes and different methods and levels of

learning. The administration, staff and board members are doing their best with situations that are not easy to manage; all done with the best interests of our students.

There is concern for the mandate of students in K-6 to “mask up.” We are fighting a world-wide virus we don’t have controlled. District 206 is guided by a Code of Conduct that includes the following: Responsibility, Respect, Kindness, Honesty and Fairness. What if we as parents and community members help our children with this code when it comes to masking? What if we all helped school personnel stay well by showing respect, responsibility and kindness to our staff and support masking up?

Freedoms come with a responsibility to our friends and neighbors and that includes our staff and students. Maybe by wearing a simple mask we might just keep one more person from this virus and keep our school doors open. What if we as parents and community members help with this by being good leaders?

What if instead of looking at masking as being stripped of a freedom, we look at it as gaining the freedom to keep our students and staff well and our schools open? This will allow staff to teach and students to learn together in person!

Joyce and Jerry Hansen
Kathy and Ron Reiber
Alexandria, MN

**I am pro health freedom and
voting for Maureen Eigen**

To the editor:

At a candidates forum for the school board on Sept. 13, 2021, Mr. Jeff Patience said he would support mandatory vaccination for teachers. Also, he said that night that at this time he wouldn’t be opposed to vaccination for students should that time come.

This is after he previously stated he would be against the mandatory vaccination in another candidates forum held at Cornerstone Church this past July. The purpose of the public school system is to provide education for our young people, and to enforce health practices is a violation of HIPAA and of their right to education if they chose to opt out but are denied education.

People who are fighting for their health freedom and that of their children are demonized right now by the White House. We don’t need a school board member who doesn’t support the parents in the community and switches back and forth on such a fundamental right to choose. If people want to vaccinate, that is the choice they should make. Because I am pro health freedom and Jeff clearly is not, I am voting Maureen Eigen on Nov. 2.

Miranda Streich
Alexandria, MN
(A paid political letter)

OBITUARIES

Geralene "Geri" V. Buck



Geralene "Geri" V. Buck, age 81, of Alexandria, went to be with her Lord on Saturday, October 9, 2021, at the Galeon Senior Living in Osakis.

A Mass of Christian Burial will be held at 11 a.m., Saturday, October 16, 2021, at St. Mary's Catholic Church in Alexandria with Father Matthew Kuhn officiating. Inurnment is at St. Mary's Catholic Cemetery.

Visitation is one hour prior to the service. Geralene Verna was born to Walter and Gertrude (Steinborn) Teschendorf on February 25, 1940. She completed school through the 9th grade. She married the love of her life, Floyd on October 30, 1956, in Le Sueur, Minnesota.

She is preceded in death by her parents, Walter and Gertrude; sister, Sandy Neilson; and sons, Steven and Keith Buck.

She is survived by her husband of 65 years, Floyd Buck; daughters, Kathy Zarb, Susan Webb, and Tracy Hamari; sisters, Delpha Passon and Marilyn Lund; brothers, Larry, Dennis, and Rick Teschendorf; 11 grandchildren; and 11 great-grandchildren.

Arrangements provided by Lind Family Funeral & Cremation Services, www.lindfamilyfh.com

John Mark Ritter



John Mark Ritter, son of Alice Ritter and Harlan (Lois) Ritter, was born March 24, 1959. John was a fun loving guy who was full of life. John moved to the Phoenix, AZ area about 11 years ago. He worked at WinCup in Tolleson, AZ for the last 10 years. John was a motorcycle guy who loved spending every chance he could on his bike.

John died on Saturday, September 25, 2021 due to fatal injuries sustained in a motorcycle accident. He is survived by his mother, Alice Ritter of Miltoona; father, Harlan (Lois) Ritter of Cottage Grove; sister, Robin (Steve) Overby of Kent, WA; nephews, Justen and Matthew Ritter; brother, Jay (Kristi) Ritter of Carlos; niece Sheyenne Ritter and nephew Slade Ritter; sister, Aarin (Brian) Distad of White Bear Lake; nephews Nick and Will Distad; and "like a daughter" Chelsea Decker of Alexandria.

He is preceded in death by his grandparents and loving dog Reggie.

A celebration of life will be held from 1pm-4pm on Saturday, October 30, 2021, at the Miltoona Community Center in Miltoona, MN. In lieu of flowers, please send a donation to your local animal shelter or Humane Society in John's memory.

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Minn. ag leaders urge action on drought relief

By Dana Ferguson Alexandria Echo Press

ST. PAUL — State agriculture industry leaders on Tuesday, Oct. 12, called on Minnesota lawmakers to approve \$10 million in emergency funding for farmers hit hardest by historically dry conditions in the state.

Gov. Tim Walz and his administration last month proposed the relief package for farmers and livestock producers who sold off animals or lost their crops due to the drought. But lawmakers have not yet been able to reach a deal on that package or a plan for sending \$250 million to frontline workers who remained on the job during the pandemic.

Until legislators can agree, a special legislative session to approve the spending plans can't move forward. And in the meantime, the demand for disaster recovery loans could outstrip the roughly \$3 million available through the state's Rural Finance Authority, Agriculture Commissioner Thom Petersen told state lawmakers.



Petersen

"If we don't do it every day that ticks by is hard for us," Petersen said. "We think that the state has some dollars right now and that it would be wise to invest to help some of these farmers make it through the winter, pay a bill or two to get

through the winter." The state earlier this year opened up zero-interest loans for farmers whose operations were affected by the dry conditions. And as part of the \$10 million relief proposal, the state could make available \$5 million more for disaster recovery loans and \$5 million for rapid response grants to livestock producers and specialty crop farmers.

Those are the groups hit hardest by the drought since they struggled to keep animals fed as grazing land dried up and smaller fruit and vegetable crops dried out without the water they needed.

Farm industry group leaders said the extra funding could help producers weather the next few months and supplement other state and federal resources aimed at keeping them afloat. They warned against approving funding that could make farmers ineligible for federal support programs.

"We really want to target relief so it goes to the ones that actually need it," Minnesota Farmers Union President Gary Wertish said. "Keep in mind, we want to keep as many farmers on the farm as possible."

Members on the legislative panel said they'd continue working on a relief plan and said they were hopeful about reaching an agreement in the coming months.

Follow Dana Ferguson on Twitter @bydanaferguson, call 651-290-0707 or email dferguson@forumcomm.com

Herbert "Herb" Meier

May 8, 1930 - Sept. 25, 2021

WEST MINNEAPOLIS, Minn. - Herbert "Herb" Meier, 91, Alexandria, Minn., died Saturday, Sept. 25, in Redeemer Nursing Home.

Private family graveside services will be at Fort Snelling National Cemetery in Minneapolis, Minn.

Arrangements by Karvonen Funeral Home.

Fire causes damage to house near Garfield

By Celeste Edenloff Alexandria Echo Press

The Douglas County Sheriff's Office, along with the Garfield and Alexandria fire departments, were called out Monday, Oct. 11, at about 8:30 p.m. for a possible house fire at 7300 10th Ave. SW near Garfield.

According to the sheriff's report, deputies arrived at the location and saw flames on one

side of the house. The house was dark, the door was locked and no one was home. The owner of the home, Mario Rodriguez, 42, had left the house around noon and verified that nobody was at the home at the time of the fire, according to the sheriff's office.

A short time after the Garfield Fire Department arrived, the Alexandria Fire Department

was called for mutual aid. The fire was extinguished, but not before extensive damage was done to the house and its contents.

The fire appears to have started in the kitchen area of the house. The exact cause is unknown, but it does not appear to be suspicious, according to the sheriff's report.

Email reporter Celeste Edenloff at cedenloff@echopress.com

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A DREAM TO DRAW

14-year-old Alexandria girl illustrates her first book

By Celeste Edenloff
Alexandria Echo Press

While having a conversation about dream jobs, 14-year-old Ayla Larson from Alexandria told her college-aged cousin, Megan Lenz, that one day she wanted to illustrate a book. That day ended up coming way sooner than the 9th grader could've ever imagined.

While online, Lenz had learned about an author – Christy Adams – who was in need of an illustrator. Lenz sent Adams a private message and included some drawings.

“Those sketches were gorgeous and I knew immediately that she was the one I would hire,” said Adams. “Our working together was actually a godsend.”

Lenz then provided the necessary information to Brett Larson, Ayla's dad. Brett then contacted Adams, who told him she was looking for someone to illustrate her first children's book, *Adventures with Lolly*.

Adams, an author from Tennessee, has published at least four other books and has been a ghostwriter on 16 others. *Adventures with Lolly* is the first children's book in a series of five.

The main message of the books is acceptance, Adams said.

“Accepting others, no matter what they look like, who they are or how different from us they are, is vital to closing the gap we've seen expand in the past few years,” she said. “I believe that if we start early, even as young as preschool, we can make a difference in how future generations treat each other.”

She's hired

Ayla's dad sent Adams some more sample drawings and then she asked for Ayla's pricing sheet.

Brett said they had to explain to Adams that Ayla was only 14-years-old, that she had never actually worked as an illustrator before. She's just an average teenage



Contributed

Ayla Larson, 14, of Alexandria recently illustrated her first book, a children's book called *Adventures with Lolly*.

girl who attends New Testament School and loves to draw. She definitely did not have a pricing sheet.

He said that he told Adams she could make them an offer and that this was truly, just a great opportunity for his daughter.

“I knew she was young, but I had no idea that she was only 14,” said Adams. “I honestly thought she was 16 or 17 years old. Her illustrations have so much detail that I just assumed she'd been drawing for many years. Everyone I've told can't believe she's so young either.”

Ayla was hired. Brett said Adams told them she was “blown away” by the drawings.

“I was excited,” said Ayla. “I told my friends and they all ordered the book.”

The process

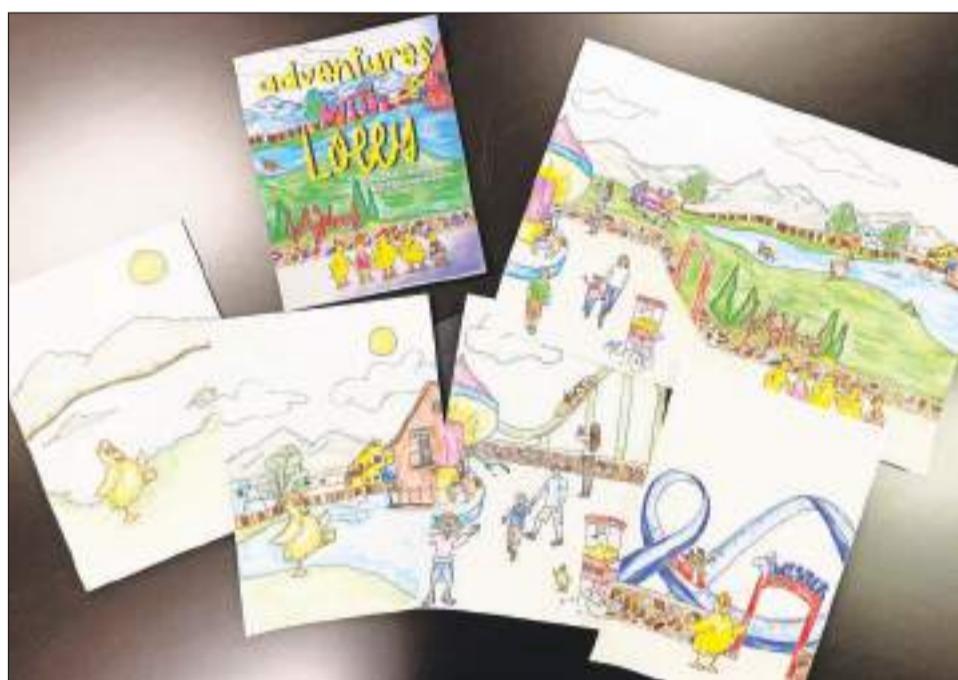
With her colored

pencils – Crayola and some other brands – Ayla got to work. She said Adams sent her the script for the book and that she would provide her with notes about each page and what the expectations were.

Depending on how elaborate the drawings were, Ayla would take anywhere from a couple of hours to two days to draw the characters and scenes from the book. Once she was happy with the drawing, they would take a picture of it and send it to Adams. Once she approved it, the drawing was then scanned and uploaded to Adams to use for the book.

The original plan was to illustrate all five books before they were published, but the drawings took a little more time, so Ayla said Adams decided to release the books one at a time.

For most of the



Celeste Edenloff / Alexandria Echo Press

These drawings, by Ayla Larson of Alexandria, are used in the book, *Adventures with Lolly*. It was the first time she has illustrated a published book.

summer, Ayla worked on her illustrations for *Adventures with Lolly*. And on Sept. 22, the book was released on Amazon.

And Ayla's dream of

illustrating a book came to fruition.

“She did everything I asked for and then some,” said Adams. “I feel that her gift will definitely take her

places in her life that she can't even imagine right now. She has an enormously huge future ahead of her.”

DREAM: Page A7

Daniel Craig's Bond and the future of 007

The fifth and final installment of the Daniel Craig James Bond saga hit theaters over the weekend, which begs the question, “Who's next?”

Look, I'm only 25-years old, so I'm not going to pretend that I've seen all of the older Bond movies. I think it's one of those things where the Bond you prefer correlates to when you grew up. The same can be said for Batman.

I enjoy the Daniel Craig films. I think “Casino Royale” is a step above the other four, and “Quantum of Solace” isn't very good, but they all have qualities that make them fun to watch.



JARED RUBADO
QuaranTV

The latest, “No Time To Die,” is a fun conclusion that does a fine job of wrapping up a B-level action series.

The traditional style of 007 films has become outdated. I don't think a lot of people go into action films looking for a serious movie. The *Mission Impossible* franchise has it done perfectly. The movies appear serious on the surface, but there's a level of self-awareness that what Tom Cruise's character does is

ridiculous.

I'm heavily biased towards *Mission Impossible*. “*Mission Impossible: Fallout*” is in my top 10 favorite movies of all time, and I love that Cruise does all of his own stunts. But above all else, *Mission Impossible* always feels original, and I never got that feeling with the Bond saga after “*Casino Royale*.”

Don't get me wrong, I can still enjoy the Bond films for what they are, but they begin to feel repetitive. The fourth movie, “*Spectre*,” had one of the most annoying villain tropes in cinema. “You know all those bad guys you fought in the first three movies? Well, they all work for me. Now,

what are you going to do?” It's lazy, and it's been done many times before and it never feels original.

The biggest issue with “*No Time To Die*” was the villain. The movie never gave us a good reason to believe he's that bad of a guy. It's also hard to establish the main villain when you have several other villains on the side.

My personal complaints with villain arcs and the lack of originality don't affect my score. I just think it's an underlying problem with a somewhat stale film franchise. There was so much awesome stuff to pull from “*No Time To Die*” that made it a fun trip to the theater. I

gave it a 79/100, but it's time to figure out who will be the next James Bond.

As long as movies are being made, there will be a James Bond. Rumors have swirled for years about who will follow Craig, and I have a few names.

First, I think Lashana Lynch should get a shot. What? A woman? A Black Woman? How dare you? Before you cry about this suggestion, you need to see “*No Time To Die*,” where they literally cast her as 007. Also, if this makes you mad, find a new franchise. Rumors have been heavily surrounded around the premise that the next Bond will be a person of color.

If they go a different direction from Lynch, I would love to see John Boyega get a shot. He starred in the new *Star Wars* trilogy and has a ton of charisma. The new Bond should be able to look the part while also bringing a unique flair to the role. Boyega is a great fit.

However, I really do think there's only one person that's perfect for it, and that's Henry Cavill. If you've seen any of his work, you know there isn't a more ideal candidate out there. I think he could be the perfect injection of life into this franchise.

Contact Jared Rubado: jrubado@dlnewspapers.com; Twitter: @DLtribSports

ON THE HORIZON FOR PUBLIC HEALTH

Prepare kids for emergencies when home alone

The fall we moved to the farm, our daughter was still in elementary school. We moved to a "neighborhood" where the closest neighbor was over a mile away. Her dad and I had jobs outside the home, so she would ride the school bus home and then be alone for an hour or so. All was going well until winter when a blizzard came up unexpectedly and she was stranded at home alone. (This was before cell phones.)



MARCIA SCHROEDER

We had to come up with a plan quickly, as we could not get home. Pre-planning for this scenario would have avoided a great deal of anxiety.

Many children don't have adult supervision 100% of the time. Parents and caregivers have jobs, errands, and other responsibilities that require them to leave their kids home alone some of the time. Emergencies and no-notice disasters do happen. They can be scary for anybody, especially

children. Talking to kids about emergencies, involving them in preparedness activities, and teaching them what to do during an emergency can give them a sense of control if a real emergency happens.

There are many events that all families should prepare for like weather events, electrical outages and injuries. But one of the most important lessons to teach a child—regardless of whether they spend time home alone—is to call 911. Explain to them that the purpose of calling 911 is when a police officer, firefighter, or paramedic is needed right away.

Tell them the dispatcher will ask several questions like, "What is your emergency? What is your address? What phone number can they call you back on?" They may also ask more detailed questions about who needs help and if it's a medical emergency. They may give directions on what the child can do to help.

Give kids examples of when to call 911: If someone is threatening or hurting someone else; if there is a fire; or someone is hurt, bleeding, or lying on the ground and not moving.

Reassure kids that calling 911 is easy to do. Emphasize the importance of answering the dispatcher's questions honestly, following directions, and staying on the phone until told to hang up. If your child accidentally calls 911 and there is not an emergency, tell them it is important to stay on the line and explain they called by mistake. Dispatchers are trained to take these kinds of calls.

Let children know that if an emergency happens, they should look for an adult helper. This could be a neighbor, teacher, or adult relative. And this is where my "child-at-home-alone" story picks up again. We did call a neighbor who had to drive his tractor to our farm to bring our daughter to his home for "safe keeping." All turned out well but it is not something I ever wish on another family. Federal agencies offer more advice on preparing children for an emergency.

Information for this article is taken from CDC "Public Health Matters."

Marcia Schroeder is a registered nurse with Horizon Public Health, which serves five counties, including Douglas County. Contact Schroeder at marcias@horizonph.org.

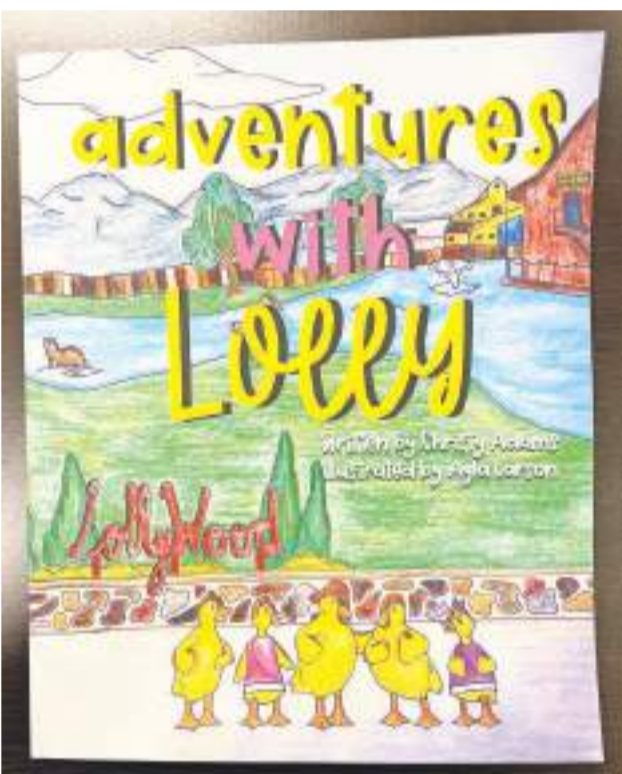
CENTENARIAN BIRTHDAY

Alexandria Centenarian

Merill Kiehne, a lifelong resident of Douglas County, is turning 100 years young on November 2nd, 2021. His family will be sponsoring an informal gathering for friends, family, and acquaintances at Broadway Ballroom, 115 30th Ave East, in Alexandria on October 23rd, 2021 between the hours of 1pm and 4pm. To RSVP, or for additional information, email or Facebook Jerry Kiehne at "jerry.kiehne@gmail.com."

COMMUNITY CALENDAR

- Friday, Oct. 15: Noon-1 p.m. Unity Foundation Faith@Work Luncheon, Broadway Ballroom, \$10, reserve a spot by emailing UnityFoundationAlex@gmail.com.
Saturday, Oct. 16: 11 a.m.-2 p.m. Cardboard Cares Art Project, Elden's parking lot. Free art kits to the first 50 kids.
Sunday, Oct. 17: 4-8 p.m. Bella Notte Gala fundraiser for Central Lakes Symphony Orchestra, Carlos Creek Winery, Alexandria.
Monday, Oct. 18: 18 - 5:30-7pm, Fall Shelf Sitter Sign Workshop, Alexandria Senior Center, 414 Hawthorne St. Call 762-2087 to register. \$10.
Tuesday, Oct. 19: 4:30-6 p.m. 15th annual Take a Stand Against Domestic Violence, Zion Lutheran Church & School, Alexandria.
Wednesday, Oct. 20: 6 a.m. through 11:59 Oct. 22, Paddle Art Auction, Legacy of the Lakes Museum, Alexandria.
Thursday, Oct. 21: 1 p.m. Free Movie: Spirit Untamed, Douglas County Library, Alexandria.
Friday, Oct. 22: 8-4 p.m. Annual Book, Quilt and Rummage Sale, Alexandria Senior Center, 414 Hawthorne St.
Saturday, Oct. 23: 4:30-7 p.m. Take-out meatball supper, Glenwood Lutheran Church. Use drive-through at the south entrance or walk-in entrance at Minnesota Avenue. \$12.



Left: The cover of Adventures with Lolly, which was illustrated by Ayla Larson, a 14-year-old from Alexandria. Right: A page in the book about Ayla Larson, who is a 14-year-old from Alexandria.

BIRTHS AT ALOMERE HEALTH, OCT. 5-9

- Girl born 10/5/21 to Meghann and Steaphan Downer of Ashby.
Boy born 10/6/21 to Alya Yerkes and Brian Berry of Alexandria.
Girl born 10/6/21 to Makayla Springer and Brock Saatzer of Starbuck.
Girl born 10/7/21 to Amanda and Travis Weigand of Barrett.
Girl born 10/9/2021 to Kian and Cody Kisthart of Alexandria.
Boy born 10/9/2021 to Abigail and Matthew Bray of Garfield.
Births, year to date: 475.

DREAM From Page A6

Always an artist Brett said his daughter has always loved to draw. She has been known to make flip books using sticky notes. And many of her classmates have found sticky notes in their lockers with drawings from Ayla. But using her creative talents isn't only about drawing. She loves to cook and apparently is the resident chef of the Larson household. "It's 'food art' to her," he said. Ayla said she loves to make quesadillas because her sisters -

Ashley, 16; Aubrey, 11; and Alaina, 10 - like them. She also likes making homemade peanut butter ice cream and loves to make sandwiches or other items with whatever food is in the house. Brett said over the summer, she designed a whole menu that looked professional.

"She made it just to offer her sisters' lunch," he said. As for her future plans, Ayla said she wants to just keep drawing and has plans to go into something art related. For now though, she's working on illustrating her second book. This one revolves around Tucker

Turtle, who is an overweight, extra large turtle who is clearly different from all the other turtles. Email reporter Celeste Edenloff at cedenloff@echopress.com

Facebook.com/echopress twitter.com/echopress ECHO PRESS logo with arrow

TRC Ministries is holding our 21st annual banquet on Friday, November 5th, 2021, 6:00 p.m. at Broadway Ballroom in Alexandria, 115 30th Ave E, Alexandria. Dinner is provided at no charge but donations are welcome.

HOPE IS alive Minnesota Adult & Teen Challenge Gala October 28 | \$40/person | 5:30 Silent Auction 6:30 Dinner and Program featuring men and women's MnTC choir Arrowwood Resort & Conference Center Register online by October 18 at mntc.org/Alexandria-gala Silent Auction opens October 14 to all. (218) 833-8752 | brainerdevents@mntc.org

CLSO CENTRAL LAKES SYMPHONY ORCHESTRA 2021-2022 CONCERT SCHEDULE Bella Notte Gala | Oct 17 | 4 pm Carlos Creek Winery Chamber Concert | Oct 24 | 2 pm United Methodist Church Through the Eyes of the Soul | Dec 4 | 7 pm Alexandria Area High School Sounds of the Cinema | Feb 12 | 7 pm Alexandria Area High School Classical Masterworks | March 27 | 2 pm Alexandria Area High School Immortal Words | May 22 | 2 pm Alexandria Area High School

FAITH @ WORK LUNCH Jake Vanada Just a Small Step of Obedience - STMA Breakfast Club FRIDAY, OCTOBER 15, 2021 12-1 pm • \$10 • Lunch Buffet starts 11:45 Broadway Ballroom 115 - 30th Avenue E. • Alexandria, MN RSVP @ https://oct21fw.eventbrite.com Email: unityfoundationalex@gmail.com Call: 320-491-6417 THE UNITY FOUNDATION logo

Suicide prevention is topic in Alexandria

Editor's note: The following story was written by Philip Drown of Alexandria for the Echo Press.

“What does depression feel like? It feels dark. It feels hopeless. It’s like walking through cement,” said Annie Meehan, who went on to describe how her brother chose to end his life many years ago because of unexpressed and untreated depression.

According to Meehan, the family never talked openly about what happened. As a result, she said her brother’s son “lived in silence and shame about his own depression” and years later made the same decision to end his life.

“Breaking those cycles comes from saying that depression is real,” Meehan said, and by allowing people the freedom to talk about what pains or stresses are going on inside of them.

Meehan, an award-winning author and nationally recognized motivational speaker, was one of 90 people who gathered at the Broadway Ballroom Event Center in Alexandria on Friday, Oct. 8 to discuss issues surround-



Contributed

Minnesota legislators engaged in dialogue around mental health with a group of 90 citizens at the Broadway Ballroom in Alexandria. From left to right: Sen. Bill Ingebrigtsen, Rep. Mary Franson and Rep. Jeff Backer, R-Brown’s Valley.

ing mental health services in Minnesota and in the five-county region of Douglas, Grant, Pope, Stevens, and Traverse.

Included in the discussion were three Minnesota state legislators – Sen. Bill Ingebrigtsen, R-Alexandria, Rep. Mary Franson, R-Alexandria, and Rep. Jeff Backer, R-Brown’s Valley. They spent the morning discussing the issues with

attendees and listening to the personal stories of individuals whose lives have been affected, in some way, by mental illness.

The “10th Annual Day at Home in Region 4” event was sponsored by the Region 4 South Adult Mental Health Consortium. The annual gathering is designed to bring legislators and their constituents

together to engage in constructive dialogue on mental health issues, as well as put a personal face on mental illness in the region. The event also provides a forum to educate participants on how to effectively interact with their legislators.

Meehan, the keynote speaker at the event, has spent a lifetime overcoming personal challenges and has turned

her own journey into an opportunity to help strengthen and encourage others. Meehan’s advice to anyone who is concerned that a friend or loved one may be experiencing serious depression is to first reassure the person that it is okay to struggle and then invite them to talk about it.

“Don’t go into rescue mode,” she said. “Ask detailed, intentional questions and let them talk about it because it’s inside of them. The more that we are vulnerable and open and ask the right questions, it gives them permission to talk.”

Mental health crisis services available

One of the issues that came to the forefront of the conversation was the need to increase public awareness of state-funded resources that are available to assist people experiencing a mental health crisis and how to access them.

“Minnesota is one of the only states that has the entire state covered by mobile crisis teams,” said session moderator Sue Abderholden. According to Abderholden, who is also the Executive Director of the National Alliance on Mental Illness Minnesota, these teams are available 24/7 in every county to respond to adults and children experiencing a mental health crisis.

There are 34 crisis teams throughout the state and each county’s team is accessible by a mental health crisis hotline. Rep. Franson prompted everyone in the gathering to add the Region 4 South crisis hotline, which covers Douglas Grant, Pope, Stevens and Traverse counties, to their phones as she read off the number. The crisis hotline is (701) 364-0431.

“We know the crisis teams work,” Abderholden said, “but we need to put more funding into them and find people to staff them.” Abderholden said that workforce shortages and underfunding have created challenges for rural crisis teams such as Region 4 South, where fewer staff are stretched thin covering larger areas.

“There are priorities where dollars are spent,” said Sen. Ingebrigtsen, “and some politicians don’t think that mental health is an

issue. But I’ll tell you that it has come from the back burner to the front burner. It has been dealt with fairly well in recent years and I think it’s going to continue. But it’s going to take information, it’s going to take training and it’s going to take you contacting your legislators.”

Personal stories of hope

Among the several men and women who shared their personal mental health stories and experiences with the legislators was David Pearson of Starbuck. Pearson said he has experienced depression most of his life, some of it beginning in childhood as a result of abuse.

“I’m here to tell you that it doesn’t matter much anymore, those things from the past,” Pearson said. “What matters is what you do today.”

Pearson said that after years of experiencing hospitalization and receiving various mental health services, he spent a year studying books on self-help, the neuro-plasticity of the brain and how people can re-wire their brains and build new pathways to overcome depression.

“It helped me greatly,” he said. “I’m not depressed anymore. I got rid of my toxic thoughts and toxic people in my life.”

In the past year both his 33-year old son and his fiancé passed away. Pearson said he survived his situation by controlling the way he thinks. “The old Dave would have done some of the things talked about here today..suicide and things like that. But the new Dave is not like that. I will never hurt myself again. I did so much better through this by the way I think.”

Rep. Backer thanked all of the participants for sharing their stories. “It opens up our hearts and allows us to learn more,” he said.

“It’s not easy to be vulnerable in front of a group of people,” said Rep. Franson. “We appreciate those stories and we take those stories back to the legislature as we are looking at funding and legislative ideas.”

For more information about mental health issues in this region or to see video from the event, visit www.r4sconversations.org.

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Alexandria Covenant
4005 Dakota St., Alexandria
320-763-5659 / www.alexandriacovenant.org
Pastor: Trinity Opp Senior Pastor
Worship Service: Sunday 8 am Traditional 9:30 & 11 am Contemporary

Alexandria United Methodist
2210 Sixth Ave. E., Alexandria
320-763-4624 / www.alexum.org
Pastor: Gary Taylor
Worship Service: Sunday 9 am
School/ Adult Discipleship: Sunday 10:15 am (starting mid-September)

Bethesda Lutheran Church
(ELCA)
1204 N. Nokomis NE., Alexandria
320-763-5164 / www.bethesdaalexandria.org
Pastor: Jerry Lanes
Worship Service: Saturday 5 pm
Sunday Inside and Parking Lot Worship 9:30 am

Cornerstone Church
202 7th Ave. E., Alexandria
320-762-1565
www.cornerstoneofalexandria.com
Pastor: Darryl Knappen
Worship Service: Sunday 10 am Family Integrated Church

Emmanuel Episcopal
602 12th Ave. E. & Lark St., Alexandria
320-763-3201 / www.alexminiepiscopal.org
Reverend: Tom Sinning
Worship Service: Sunday 10:30 am
Sunday School: Oct 10 9:30am-10:20am

First Congregational United Church of Christ
221 Seventh Ave. W., Alexandria
320-763-3341
www.firstcongregationaluccalex.com
Reverend: Dr. Jill Sanders
Worship Service: Sunday 10 am
Service on Youtube:
First Congregational UCC Alexandria, MN
Sunday Worship Radio Rebroadcast:
KKRA First Sunday of the month 11 am
Communion second Sunday of the month

First Lutheran Church (ELCA)
1655 18th Ave. E., Alexandria
320-762-2196
www.firstlutheranalexandria.com
Pastors: Greg Billberg, Kari Van Wakeren & Judy Holmen
Worship Services: Sundays at 8:30 am and 10:00 am
Wednesdays at 6:15 pm
Saturdays at 5:00 pm (1st and 3rd Saturday's of each month).
Youth Programming: Sunday Mornings and Wednesday Evenings
Facebook Live on Sunday and Wednesdays
KKRA radio at 10:00 am Sundays
Public Access TV channel 181 at 10:45 daily

Good Shepherd Lutheran (LCMS)
2702 Hwy. 29 N., Alexandria
320-762-5152 / www.goodshepherd-LCMS.org
Pastors: James Walberg
Worship Service: Sunday 9 am
Bible Study & Sunday School: 10:15 am
Holy Communion first & second Sunday of the month

Gospel Light Baptist Church
1210 Broadway St., Suite #265, Alexandria
218-671-0993 / www.glbcalex.com
pastorlb@gmail.com
Pastors: Silas Clarke
Worship Service: Sunday 3 pm & Thursday 6:30 pm
Join us for our
Sermon Series, The Model Christian Sundays 3 pm
Sermon Series, Godly Success
Thursdays at 6:30 pm

Grace Baptist Church
1704 Hazel Hill Road, Alexandria
Worship Service: Sunday 10:15 am

Lakes Area Seventh-Day Adventist Church
201 13th Ave. W., Alexandria
320-224-1953
www.alexandriasdachurch.org
Pastors: Kwan Kitching
Worship Service: Saturday 11 am
Sabbath School: Saturday 10 am

Lake Community Church
490 Voyager Dr., Alexandria
320-762-5424 / www.lakecommunity.org
Pastor: Jon Ewton
Worship Service: Sunday 9 & 10:30 am
Kids Ministry: 9 & 10:30 am

Living Word Lutheran Church
1722 16th Ave. E., Alexandria
320-762-1997 / www.livingwordlexmn.org
Pastor: Jesse Carson
Worship Service: Sunday 9 am, Special season services (white church South of Woodland Elementary)

New Testament Church
2505 Hwy. 29 N., Alexandria
320-762-2444 / www.ntcalexandria.org
Pastors Peter Reishus & Mike Loween
Worship Services: Sunday 10 am

Reach Church (AG)
1310 N Nokomis NE., Alexandria
320-763-5224 info@reachchurchmn.com
Pastors Nick Grey
Worship Services: Sunday's 9:30 Also streamed on Facebook and YouTube
Kids Ministry: Sunday's 9:30
Youth Ministry: Wednesday's 6:30

Shalom Lutheran Church
681 Voyager Dr. Alexandria
320-762-8641 - www.shalomlutheran.org
Pastor: David Fleener
Worship Service: Sunday 9:30am
Advent & Lent Services: Wednesday 6:30pm
Youth Programming: Wednesday 5:30pm-7:00pm; Facebook live on Sundays

St. Paul's Lutheran Church (WELS)
718 Victoria Dr., Alexandria
320-762-1644 / www.stpaulalex.com
Pastor: Michael Neuman
Worship Service: Sunday 9 am
Sunday School & Bible Class: 10:30 am
Communion first and third Sunday of the month

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ON THE STREET

Thrifty White's Lindoo earns state award

The Minnesota Retailers Association recently honored **Jeff Lindoo** of Alexandria with its Lifetime Achievement award as part of the 2021 Minnesota's Retail Champions program.

Lindoo retired from **Thrifty White Pharmacy** in 2016, where he had worked since graduation from NDSU College of Pharmacy in 1974, and has served as staff pharmacist, pharmacy manager, store manager, district manager, pharmacy district manager, vice president of Long Term Care Services. He retired as vice president of governmental and regulatory affairs.

"Jeff is an outstanding business leader and his name means something to so many people here in Minnesota," said Bruce Nustad, Minnesota Retailers Association president. "If you have been a part of any meaningful business or pharmacy change, Jeff has likely been at the center of the conversations that produced that change."

Lindoo said he was honored to receive this award. "During my time as vice president of Thrifty White Pharmacy I learned how to tell our story to not only the community but to legislators," he said. "I have loved being a part of and seeing my industry grow and evolve. The key to making change is showing up, seizing opportunities, and bringing passion to the issues. I am grateful I have had so many opportunities in my life."

Lindoo is the sole recipient of the Minnesota's Retail Champions Lifetime Achievement award. He accepted the award at the Retail Rally event held in Golden Valley.

Nibbe honored for District 206 work

Wade Nibbe, building and grounds supervisor with **Alexandria Public Schools**, was recognized by the Minnesota Educational Facilities Management Professionals Association, known as MASMS.

He was awarded the 2021 Outstanding Contributor Award at the annual MASMS conference.

The award recognizes Nibbe's outstanding dedication and commitment to educational facilities management, according to MASMS, a professional organization committed to promoting excellence in the operation and care of educational facilities.

The association includes more than 900 individuals in the areas of facilities/grounds/health and safety/operations for Minnesota K-12 and higher education organizations.

Sahli joins ASB as sales associate

Craig Sahli has joined **American Solutions for Business** in Glenwood as a sales associate. Sahli is an industry veteran with over 35 years in print and 25 in promotional products. He operated independently for 16 years, and in recent years was with Kaeser and Blair.

Located in Tulsa, Oklahoma, Sahli said he's ready to leave his mark on the industry.

"It's never been more important in this evolving marketplace to be on the right team, and that's the reason I'm here. I'm thrilled to be a part of the American family," said Sahli.



Lindoo



Nibbe



Sahli

Learn about school board responsibilities at Alex event

A school board serves as a link between the school system and the public and sets the policy for the school district.

School boards differ from city councils and other boards in a variety of ways.

In preview of the upcoming special school board election, Rick Sansted, superintendent of Alexandria Public Schools, will discuss the roles and responsibilities of school board members at the Alexandria Lakes Area Chamber of Commerce's virtual Listen and Learn event on Tuesday, Oct. 26 at 11:30 am.



Sansted

The event is open to everyone and is free of charge. Register by visiting the Alexandria Chamber website at alexandriamn.org and look for the registration link on the main page.

Listen and Learn is a one-hour informative virtual event hosted by the Alexandria Chamber. These sessions offer information, education, support and resources on topics that impact the community and its diverse business and organizational partners. For more information, call the Alexandria Lakes Area Chamber of Commerce at 320-763-3161 or email info@alexandriamn.org.



Cassie and Jackie Corson, co-owners of the Bark Barn, are shown with the Chamber's membership team.



Bradley Challes, middle, owner of HomeGrown Nutrition, received a visit from the Chamber's membership team.

Chamber welcomes 4 new members

The Alexandria Lakes Area Chamber of Commerce Membership Team recognized four new Chamber members on Wednesday, Oct. 6.

Sister companies C.I. Construction and Good Neighbor Properties are commercial construction and property management companies.

The companies work on a wide scale of projects from apartments, industrial, senior living and more. The team has over 75 years of experience in the industry. Learn more at www.ciconstruction.com or www.gnproperties.net.

The Bark Barn LLC is located at 2605 Aga Dr., Ste. 1 in Alexandria and is owned by Cassie and Jackie Corson. The Bark Barn offers day-care, boarding and a selection of grooming services for all types of dogs. The facility offers pet comfort flooring and kennels. Learn more at www.barkbarnllc.com.

HomeGrown Nutrition is a shake club located at 1804 Broadway St., Ste. 180 in Alexandria and is owned by Bradley Challes. It offers protein shakes, teas, protein coffee, coaching and wellness evaluations.



Contributed photos

Employees of new Chamber members, CI Construction and Good Neighbors Property, include Bonnie Harstad, controller; Megan Lustila, project administrator; Ted Christianson, managing member GNP; Melani Thompson, project administrator; Rob Thompson, managing member GNP and president of CI; Mitch Harry, project manager; Hans Henrich, senior project manager; and Ted Thompson, senior project manager. They're shown with the Chamber's membership team.

The space also has a lounge where you can enjoy products on site. Learn more at www.facebook.com/Homegrown-Nutrition-102722881207794.

The membership team serves as a resource to new members by providing support through

conversations and introductions that will cultivate and promote positive ongoing relationships between Chamber members. For more information on the Alexandria Lakes Area Chamber of Commerce, call 320-763-3161 or visit www.alexandriamn.org.

Longtrees Woodfire Grill to host 'Off the Clock' event in Alex

Longtrees Woodfire Grill, 4409 Highway 29, will host the Alexandria Lakes Area Chamber of Commerce's Off the Clock event on Wednesday, Oct. 20 from 4 to 5 p.m.

Off the Clock is a Chamber networking event that's open to everyone. It offers an opportunity for attendees to learn about the many businesses and organizations within the community. A \$1 admission is requested, with all proceeds donated to the day's nonprofit recipient, the Legacy of the Lakes Museum. One lucky attendee will win a prize valued at \$100 sponsored by Pride of the Lakes.

Longtrees Woodfire Grill dishes up classic Midwest cuisine with a modern slant. The restaurant features familiar comforts like rotisserie chicken, walleye fish and chips, and old-school cheeseburgers, as well as more curious tastes like fire roasted seasonal game such as duck, elk and venison, locally foraged morels, lobster mushrooms and more.

The Grillworks wood fire grill is the heart of the restaurant. A full bar offers craft and classic cocktails, as well as a curated wine list and local tap beers. For more information, visit longtreeswoodfiregrill.com.

Minn. officials praise border reopening; Fischbach says action came too late

By Dana Ferguson
Alexandria Echo Press

ST. PAUL — Biden administration officials late on Tuesday, Oct. 12, announced that the United States would reopen its land borders to travel for vaccinated tourists coming from Canada and Mexico beginning in November.

The announcement comes after northern Minnesota businesses for months struggled without the regular traffic from Canadian visitors. Vaccinated Canadians have been able to travel to the United States for months by air and vaccinated Americans regained their ability to travel to cross the border into Canada for nonessential travel in August.

But federal health officials had not yet cleared vaccinated Canadian and Mexican nationals to cross the land border until this week. The travel limits went into effect in 2020 as the coronavirus pandemic took hold across the continent.

Here's a look at what Minnesota's U.S. senators had to say about the news early Wednesday, Oct. 13.

U.S. Sen. Amy Klobuchar pointed to her work on the Senate panel that met with the Canadian Parliament to reopen travel between

the two countries and said the change in policy was "good news."

"Businesses have suffered and friends and family have been separated for too long," Klobuchar said in a news release. "As the mayor of Duluth would say — we can see the light-house on the horizon. This is an important step as we continue to fight our way out of this pandemic."

Sen. Tina Smith on Wednesday said she was

glad to see the policy change since vaccinated Canadians had been allowed to travel to the U.S. for months and vaccinated Americans had been allowed to cross the land border to Canada since August. She highlighted the hard economic hit many northern Minnesota communities took due to the blockade on Canadian travelers coming into the state.

"Lifting of the restrictions on Canadian land travel to the United States could not have come soon enough for many Northern border communities and businesses that have been devastated by the steep drop in Canadian travelers," Smith said.

And Rep. Michelle Fischbach, who represents the state's 7th Congressional District, said the shift was positive but came months too late.

"I am so glad these businesses — that have gone through two devastating tourist seasons — can finally start recovering," she said. "I look forward to welcoming Canadians back to Minnesota very soon."

Follow Dana Ferguson on Twitter @bydanaferguson, call 651-290-0707 or email dferguson@forumcomm.com

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I'm running for the school board because I have a conviction to stand up for our kids. I attended Alexandria Public Schools and now my three young children do the same. I am a woman of faith with conservative values. My degree is from Bethel University in Business Marketing & Finance. I've held different roles as a businesswoman. Currently, I work as a Realtor with RE/MAX Lakes Area Realty. I am also on the board of a ministry organization building a school in Malawi, Africa.

- I am against critical race theory.
- I am concerned about changes in sex education.
- I support parent choice regarding masks and am against mandatory vaccination.
- I would like to see greater transparency from our school board & district.
- I encourage parent involvement in their children's education.
- I love our community and am excited to serve our school district!

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Alexandria Education Foundation awards nearly \$41,000 in grants

Students in Alexandria School District 206 will be learning about robotics, flight simulators, a mobile magnet wall, 3D printers and more, thanks to donations from the Alexandria Education Foundation.

The foundation is awarding \$40,773 in teacher grants to fund 13 enrichment projects in Alexandria Public Schools for implementation in the 2021-22 school year. The foundation's goal is

to generate and distribute resources to Alexandria Public Schools that enrich teaching, inspire learning and enhance opportunities for students. Projects funded include:

Project Title: Expanding Sphero EDU
Teacher: Lukas Gotto
School: Discovery Middle School
Students Impacted: 1050 students each year in grades 6-8
Amount Funded: \$3,849.94

With this grant newer models of Spheros will be purchased. This will provide every middle school student with the opportunity to learn basic coding and will add robotics to the curriculum.

Project Title: Stem Bins
Teacher: Lynn Strandskov
School: Voyager Elementary
Students Impacted: 1 kindergarten class
Amount Funded: \$701.60

Stem bins will provide students with activities that promote exploration and play. They will include hands-on manipulatives to be creative with.

Project Title: Outdoor Makerspace
Teacher: Barb Walswick
School: Woodland Elementary School
Students Impacted: 300+ each year in grades K-3
Amount Funded: \$2,000

The Outdoor Makerspace will allow students to investigate, explore, create, and expand their horizons in a natural setting through interactive stations set up for individuals or small groups.

Project Title: Redbird Aviation Flight Simulator
Teacher: Corey Halstead
School: Alexandria Area High School
Students Impacted: Up to 60 students per year in grades 10-12

Amount Funded: \$9,261
 This grant will contribute to the purchase of three flight simulators for a new course, Aviation, being offered for the 2021-2022 school year. Experience with the flight simulators will help prepare students to pass the FAA Private Pilot exam.

Project Title: Dash and Dot Robotics
Teacher: Jillian Burns
School: Lincoln Elementary
Students Impacted: 400 each year in grades K-5
Amount Funded: \$1,900

This grant will fund the purchase of a K-5 classroom pack of robots and allow for a 3:1 student-to-robot ratio. The Dash and Dot robots come with "Learn to Code" curriculum to cover grade levels K-5.

Project Title: Orff in the Music Classroom
Teacher: Rhonda Blaser
School: Voyager Elementary
Students Impacted: 500+ each year in grades K-5
Amount Funded: \$3,259.35

This grant will provide additional instruments needed to complete the set of Orff instruments at this school so that there are enough for an entire class. These instruments enhance the music classroom to promote student confidence, create lifelong musicians and creative problem solvers.

Project Title: Network Cable Termination
Teacher: Jan Finazzo
School: Alexandria Area High School
Students Impacted: 25 students per year in grades 10-12
Amount Funded: \$550

Funds will be used to purchase network tool kits, RJ-45 connectors and Ethernet cabling. Students will experience first-hand how to create an Ethernet Straight-Through cable, an Ethernet Crossover cable, as well as experi-

ence terminating Ethernet cables with RJ-45 connectors.

Project Title: Mobile Magnet Wall
Teacher: Amy Revering
School: Miltona Science Magnet Elementary
Students Impacted: 140 students in grades K-5
Amount Funded: \$3,500

The mobile magnet wall will be used to examine slope, cause and effect, momentum, gravity, and laws of motion through hands-on experimentation. Students will utilize their problem-solving skills to explore, experiment, and collaborate.

Project Title: Farmbot
Teacher: Linnay Schweisthal
School: Alexandria Area High School
Students Impacted: 70 students annually in grades 9-12
Amount Funded: \$2,150

The Farmbot integrates robotics, nutrition, soil science, biology, coding and technology for more precise use of resources. Students will experience cutting edge technology used for precision agriculture.

Project Title: Screen Free Zone Campaign
Teacher: April Larson
School: Early Education Center
Students Impacted: 350 students in PreK
Amount Funded: \$1,150

A "Screen-free Zone" campaign at the Early Education Center will make the entryway and hallways a technology free space to encourage healthy limits and ensure that time spent there is used for engaging and responsive interactions during this critical time of development. This campaign will also impact classroom practices around the use of screened technology and increase alternatives to its use.

Project Title: Gross Motor Movement
Teacher: Kayla Walsh and Maari Ost

School: Voyager Elementary

Students Impacted: 20-35 Special Ed students each year in grades K-2

Amount Funded: \$1,000
 This grant will provide gross motor movement options for students. Various equipment will be purchased and used when students need to take a break and move their bodies.

Project Title: Delta Wasp Clay Extruder
Teacher: Nathan Knick
School: Alexandria Area High School
Students Impacted: 180 students each year in grades 10-12
Amount Funded: \$5,637.83

The Wasp clay extruder is similar to a 3D printer and can print anything designed out of clay. This grant incorporates technology with art, allowing students to be very creative with design.

Project Title: Traverse Climbing Wall
Teacher: Patti Hinrichs
School: Lincoln Elementary
Students Impacted: 500 students each year in grades K-5
Amount Funded: \$5,814.10

Students will be able to use the climbing wall to improve physical skills such as upper body and core strength, balance, endurance and flexibility. It also provides opportunity for teamwork problem solving and building confidence.

Since 2009, AEF has awarded more than \$408,000 in grants to teachers in Alexandria Public Schools.

Funding for the AEF Teacher Grant Program is made possible by donor contributions to the Alexandria Education Foundation. Donations can be made online at www.alexeducationfoundation.org, or by mail to AEF, P.O. Box 308, Alexandria, MN 56308.

Elder Financial Abuse

PART ONE

Elder financial abuse costs seniors approximately \$2.9 billion annually. Fraudsters often prey on seniors experiencing cognitive decline, limited mobility, and other disabilities that require them to rely more heavily on others for help.

Tips to help keep you safe and minimize your chances of becoming a victim of financial abuse:

- » Carefully choose a trustworthy person to act as your agent in all estate-planning matters.
- » Name a trusted contact person for your financial accounts.
- » Lock up your checkbook, account statements, and other sensitive information when others will be in your home.
- » Never give personal information to anyone over the phone unless you initiate the call and the other party is trusted.
- » If you do not recognize a phone number that is calling you, let it go to voicemail. If it is a legitimate phone call, they will leave a message.
- » Never rush into a financial decision. Ask for details in writing and get a second opinion.

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SUNOPTA

From Page A1

“It’s a bit of an engineering marvel, I’m not going to lie,” he said. “Any time you build a process that gets featured on the cover of an engineering magazine you have to take pause and say, ‘Well, this really is something different.’” Gerhardt said a big part of that success is due to the team of operators that run the process. “I could not be more impressed with their

aptitude,” he said. “The one thing I see is that our team is really supporting the same initiative as the greater platform of SunOpta, that the team is constantly looking at ways to optimize, find efficiencies, and take this piece of equipment, this new expansion that can do 30 million (pounds), and how do we do 31 million with it. How do we do 32 million with it? And just keep pushing that envelope to deliver.” SunOpta has a plan to double its business over

the next five years. Gerhardt said oat production has grown 100% over the past year alone. “It’s because we have the team that we do,” he said. “They have a vision, and they have that sense of purpose to get us there, and nobody is shirking from that.” SunOpta has also benefited from the fact that plant-based retail sales grew 27% in 2020, nearly two times faster than total United States retail food sales. “I think people are taking pause with what

they’re consuming,” Gerhardt said. “In this age of information overload, we’re able to do a lot more research and explore new things.” There are also a lot more options available, he said. “When they land on something that kind of checks a lot of the boxes like oat does — it’s got a very pleasing flavor, you can use it in a variety of different ways, it’s great for the planet, it doesn’t have a lot of water demand to grow like, say, almonds — there’s

a lot of favorability to oats. You’re supporting the farmers, you’re supporting the community, it’s sustainable, and I think people are looking for that sustainability. I know SunOpta is, and I know a lot of our customers are. And when it’s delicious, it’s kind of a no-brainer,” he said. Gerhardt added that as SunOpta continues to expand, its demand for workers has, as well, with openings in mechanic, supervisory and frontline operator positions.

“We need great talent,” he said. That talent — including all the various teams and employees, such as Cody Emry, who works as plant supervisor across town from the Third Avenue facility — is key, Gerhardt said. “It’s because of all those people that this Third Avenue facility has been able to see the success that it has,” he said. For more information, visit <https://www.sunopta.com/>. Email reporter Travis Gulbrandson at tgulbrandson@echopress.com

FBI

From Page A1

Elghor and Anderson wouldn’t release the report they received from Blue Cross Blue Shield, saying they weren’t sure if they had the legal right to do so. However, they said the report contained three complaints that stem from a peer review, which is when the insurer hires a doctor to review a sample of a clinic’s files, something that they said happens every three to six months. They described the three complaints this

way:
 ▶ Doctor’s notes in patient files were on a template, which Anderson said are standard forms that can be modified for each patient, and that documentation of a physical examination was too vague.
 ▶ Some surgery patients who had to be sedated had complex medical problems and should have had their surgical procedures done at a hospital instead of at the Center for Pain Management.
 ▶ It seemed like the Center for Pain Management did not want

patients to get better. Anderson said the summary phrased it this way: “It does not appear the provider is attempting to end these treatments because every visit documented a new vague complaint not documented on the previous visit.” Elghor said the review looked at 24 patients out of thousands of patient encounters, and some took place after the pandemic started. They were trying to help patients with debilitating pain at a time doctors were focused on COVID, he said. “We were doing everything we could to get

patients out of the hospitals,” he said. “The hospitals were overwhelmed.” Their clinics are located throughout rural Minnesota and help those who would otherwise have to travel much further to get help, Elghor said. Some patients have been coming to them for many years, he said, and they have successfully steered many away from opioids. They said they are the only clinic that they know of outside Fargo and St. Cloud that treats complex regional pain syndrome, a frustrating condition involving the nervous system that leads

to incredible skin sensitivity to the point where some sufferers can’t wear socks. Anderson said they treat the most complex pain patients who often have been seen by primary care doctors or specialists, and provide a variety of procedures such as injections, epidurals, trigger points, spinal cord stimulation and sometimes opioids to relieve pain. “We believe that our clinic functions with integrity and the best interests of our patients,” Anderson said. “If there are issues, we would like

to address them.” Blue Cross said that whenever possible, it does address concerns with providers by implementing a plan of action that can be completed without any change in network status. “However, when available data raises significant concerns about our members’ safety, Blue Cross has a responsibility to act quickly and focus on helping affected members find alternative in-network care options as soon as possible,” Blue Cross said. Reporter Karen Tolkkinen can be reached at ktolkkinen@echopress.com.

MUSCLE

From Page A1

▶ 21% of Douglas County’s workforce is in manufacturing (3,662 people).
 ▶ The industry weekly wage is \$1,157.
 ▶ Five of the top 10 employers in Douglas County are manufacturers.
 ▶ There were six companies that participated in the 2021 Tour of Manufacturing; all together they totaled just under 1,000 visitors over three days. Gov. Tim Walz has proclaimed October as Manufacturing Month, recognizing the critical importance

of manufacturing to Minnesota’s economy and highlighting the many career opportunities in the industry. Statewide, manufacturing provided 14% of the state’s gross domestic product and accounted for 11.4% of statewide employment in 2020. More than 309,000 people work in manufacturing in Minnesota and, in terms of direct and indirect jobs, manufacturing supports almost 900,000 jobs, or roughly 33% of all the state’s jobs. Average annual wages for workers in manufacturing are

\$70,860, 10% higher than across all industries in Minnesota. “Manufacturing jobs pay well and many offer opportunities for advancement on a promising career path,” said Minnesota Department of Employment and Economic Development Commissioner Steve Grove in a news release. “Minnesota added 2,300 new manufacturing jobs in August. Minnesota manufacturers could likely continue adding new jobs for some time, if there are enough workers to fill them. At DEED, we are focused on highlighting manufacturing

employment opportunities throughout the state.” Many manufacturing jobs can be started with a high school diploma and employer provided on-the-job training, Grove said. Several of the current top 30 “jobs in demand” in Minnesota — including production workers and first-line supervisors of production and operating workers, he added. Grove said the next generation of workers will be a much more racially and ethnically diverse workforce than in past generations, and DEED is working with Minnesota manufacturers

to enhance outreach to youth, especially youth from Black, Indigenous and People of Color (BIPOC) communities. The number of Minnesotans from BIPOC communities is expected to grow by 61.4% between 2018 and 2038, while the number of white residents will decrease by 1.6% during that same time frame. Minnesota has more than 8,000 manufacturers making a wide range of products. Most manufacturing jobs in the state are concentrated in these areas: food manufacturing, computer and electronic products, fabricated metal

products, machinery, medical devices and miscellaneous products, printing, plastics and rubber products, and chemical products. Employers and people interested in exploring a career in manufacturing can find information on October’s Tour of Manufacturing events, manufacturing hiring events, fact sheets about working in manufacturing, regional labor market information focused on manufacturing, the governor’s proclamation and many other resources at CareerForceMN.com/Manufacturing. Email editor Al Edenloff at aedenloff@echopress.com

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The colors and months of cancer awareness

When you see a pink ribbon, you know it represents breast cancer. But did you know that a gray ribbon signifies brain cancer or that a teal ribbon is for ovarian cancer and an orange ribbon represents leukemia?

And did you also know that January is Cervical Cancer Awareness Month or that October is not only Breast Cancer Awareness Month but also Liver Cancer Awareness Month?

Below is a list of what cancers are associated with what month and what color ribbon represents each cancer. Unfortunately, too many types of cancer to name them all.

- | | | | |
|--|---|---|---|
| January
Cervical - Teal & White | April
Testicular - Purple
Esophageal - Periwinkle Blue
Head/Neck - Burgundy & Ivory | July
Sarcoma/Bone - Yellow | October
Breast - Pink
Liver - Emerald Green |
| February
Gallbladder/Bile Duct - Green | May
Melanoma/Skin - Black
Brain - Gray
Bladder - Yellow
Intraocular - Green | September
Childhood - Gold
Uterine - Peach
Leukemia - Orange
Lymphoma - Lime Green
Ovarian - Teal
Prostate - Blue
Thyroid - Teal, Pink & Blue | November
Pancreatic - Purple
Lung - Pearl, Clear or White
Stomach - Periwinkle Blue
Carcinoid - Black & White
Zebra Stripes |
| March
Colorectal - Dark Blue
Colon - Dark Blue
Kidney - Kelly Green
Multiple Myeloma - Burgundy | June
Cancer Survivors - Lavender | | |

Heavenly bliss

Living on Lake Mary helps cancer survivor recover, she says



Alexandria has been a huge part of the recovery process for Debby Alm-Bunney, a colorectal cancer survivor since 2019.

The Alexandria Lakes Area, she said, is where her roots are. She spent a lot of time in her childhood on local lakes fishing with her family.

"I've always loved Alexandria and the lakes are a big draw for me," she said.

Her cancer story began in June of 2019 when she was diagnosed with colorectal cancer after having a doctor-ordered colonoscopy.

She and her husband had just purchased a seasonal home at the Elmwood Resort Association on Lake Mary and were both excited about spending their summers there.

Although her roots are in this area, Alm-Bunney moved to Arizona to teach elementary school right after graduating from St. Cloud State

University. The couple raised their sons in Arizona, but after they grew up and she retired, she often expressed to her family the desire she had to buy a place in Minnesota.

Her sister, Lori Alm-West, who worked for the City of Alexandria for many years and who also recently retired, helped in that department.

"Lori sent me an ad for a place for sale on Lake Mary and we bought it ASAP," she said. "We were excited to start enjoying lake life. But on June 13, 2019, I got the news of my cancer. Our journey to Alexandria and Elmwood Resort were put on hold."

Alm-Bunney went through six weeks of daily radiation and chemotherapy. She said her faith was in God and that his healing touch helped her cancer battle. She was told by her oncologist that her best chances for survival, statistically, would be through further treatments.

"This was hard to hear," she said. "My cancer was gone at that point, why put my body

through precautions that would wreak havoc on my body?"

She needed time to think and time to heal from the treatments she had already received before she could make a final decision, she said.

Alm-Bunney and her husband knew exactly where to go.

They flew to Minnesota and spent what she said were eight glorious days on beautiful Lake Mary surrounded by lovely people and facilities.

"Our Minnesota family members made us feel so welcome and the phrase, 'Welcome home,' was heartwarming to hear," she said. "My body, mind and spirit began to feel stronger and refreshed by the visit."

After the visit to Alexandria and Lake Mary, it was time to return home for a colon resection surgery, more chemotherapy and more recuperation.

By March 11, 2020, she was done with treatments and once again looking forward to making the trip to Alexandria. But

COVID-19 hit and lockdowns were put in place.

"I began to wonder when – or even if – we would ever be able to return to the Alexandria area and our wonderful seasonal home," she said.

As the summer of 2020 drew closer, she said they made plans to go ahead with driving to Alexandria, despite the risk of exposure, especially, she said, since her immunity was still not up to par after all the chemotherapy she endured.

Following all recommendations, they made the trek and Alm-Bunney said they put their trust in God that he would provide them wisdom on the journey.

"We arrived at the Elmwood Resort on Lake Mary on June 6, 2020 and spent three months of heavenly bliss there," she said. "Family, friends, food, fishing and faith did the trick. We had a blast all summer and my body and mind were on the fast track to recovery."

And recovered she did.

She is now cancer-free and is a cancer survivor.

Miltona boy is a strong fighter

At almost 7-years-old – his birthday is just two weeks away – Kaleb Klimek is already a survivor. In fact, he's been a cancer survivor for more than a year.

The son of Dave and Cassandra Klimek of Miltona, Kaleb was diagnosed in January 2020 with acute myelogenous leukemia, known as AML. This type of cancer is fairly rare, especially in someone as young as Kaleb. AML is a rapidly progressing cancer of the blood and bone marrow.

But there is more to Kaleb's story.

He not only survived cancer, but also major surgery when he was just a baby. The now first-grader at Miltona Science Magnet School had heart surgery when he was just 1-month old.

In his few short years of living, Kaleb has already endured so much – chemotherapy, surgeries, blood and platelet transfusions and a plethora of other procedures, tests, scans and more.

In an Echo Press article from April of 2020, Dave and Cassandra Klimek

said Kaleb is strong and a fighter.

And that continues today.

His mom said, "Kaleb will win the battle and we will be behind him 110%. Never stop believing in hope because miracles happen every day."

Over the course of their son's journey, the couple have been asked what people can do. The number one thing? Contact the Red Cross and donate blood and platelets.

If it wasn't for people donating, their son wouldn't be here today.





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2-time neck cancer survivor asks people to be kind

Rob Slack, a two-time neck cancer survivor, has been battling cancer since 2013.

A former smoker, the 45-year-old from Alexandria said he had been starting to lose his voice and was also receiving treatments for sinus infections.

After more than a year of doctoring with really no

resolve, Slack ended up seeing an ear, nose and throat doctor who performed a biopsy of his throat.

The biopsy came back and Slack was told he had neck cancer.

Originally, he had his right vocal cord removed and within a year, he went into remission and all was going well.

"Right as I hit my five-year cancer-free anniversary, which was in 2019, I was diagnosed a second time," Slack said.

Prior to that second diagnosis, however, Slack spent a lot of time in and out of clinics and visiting with several doctors.

It all started in about 2017 when he was dealing with a lot of neck pain. Because of

a neck fusion he had done, much of the pain was just attributed to having had that procedure.

Finally, however, it was determined that he had a gigantic tumor in his neck, which meant the cancer was back.

He ended up having a total laryngectomy radical neck dissection and part of his thyroid was removed. This was in July of 2019. After those surgeries, he completed 35 radiation treatments in October 2019.

"I got the all clear on my cancer in January 2020," said Slack. "And I have now spent my time readjusting to society as a neck breather all throughout COVID."

Laryngectomy is the removal

of the larynx and separation of the airway from the mouth, nose and esophagus. In a total laryngectomy, the entire larynx is removed.

Slack now speaks with an electronic larynx, which means his voice is more robotic sounding.

He was a former HVAC/refrigeration technician until he had his neck fusion and subsequent cancer. He worked for Walmart, taking care of all the mechanical work in multiple locations from 2007 through 2017. He left the company in 2019 after his second diagnosis.

He wanted people to remember, "Be kind, as you might not know what others have been through."



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They are survivors


October is Cancer Awareness Month and to honor the many types of cancer, these are just a few of the faces and stories of people who have fought the good fight and survived. May they inspire and provide hope.



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Brain cancer
39-year survivor



**Margaret
Arneson**
Breast cancer
6-year survivor



**Ann
Challes**
Synovial cell
sarcoma
17-year survivor

Just the facts

- Leading cause of death in Minnesota
- 33,260 estimated new cases in 2021 in Minnesota
- 10,220 estimated deaths in 2021 in Minnesota
- Four out of 10 people will be diagnosed with some type of cancer in their lifetime in Minnesota
- Tobacco, the leading single cause of cancer, is responsible for 30% of cancer deaths in Minnesota

Reduce your risk

Many cancers may be preventable. Not smoking is the single biggest step you can take to reduce your risk of developing cancer. Since different cancers often have different risk factors, prevention strategies for one cancer may not apply to another type. The following prevention strategies reduce the risk of developing or dying from cancer:

- **Healthy behaviors:** Avoid tobacco products, maintain a healthy diet and weight, exercise regularly and avoid excessive sun exposure. Avoid exposure to sexually transmitted infections, such as HIV, human papillomavirus or hepatitis B virus. Some sexually transmitted infections can cause cancer (e.g. cervical or liver cancer).
- **Get screened for cancer:** Being screened at the recommended ages and intervals can reduce mortality for breast cancer, cervical cancer and colorectal cancer by finding cancers early, when treatment is more effective. Screening tests for colorectal and cervical cancer can actually prevent cancer by finding abnormal cells before they become cancerous. Screening for breast cancer will not prevent the cancer, but early detection improves survival.
- **Vaccinations:** Hepatitis B virus and HPV vaccines as well as treatment for certain infections are effective prevention measures for specific types of cancers (e.g., liver or cervical cancers).
- **Occupational health and safety:** Workplace reduction to known carcinogens especially in some manufacturing situations may play a role in reducing cancer.
- **Radon mitigation:** Reducing radon concentrations in the home, if needed, may reduce risk for lung cancer, especially in Minnesota where radon levels tend to be higher than average.

Source: Minnesota Department of Health

When we rally together in the fight against cancer, we can accomplish anything!

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Eric Morken / Echo Press

Alexandria's Ella Westlund gets a look at the net during a shot in the first half of the Section 8AA tournament against Rocori on Wednesday. Westlund had a second-half goal that helped the Cardinals to a 3-0 win as they advance to host Detroit Lakes in the section semifinals on Saturday at 2 p.m.

GIRLS SOCCER

CARDS TAKE CARE OF BUSINESS

3 second-half goals advance Alex to the semis

By Eric Morken
Alexandria Echo Press

The Alexandria girls soccer team did what a No. 1 seed should do in the opening round of the playoffs on Tuesday night. Now things start getting a little tougher as the field dwindles down to the semifinals.

The Cardinals (13-2-1) beat 8th-seeded Rocori (1-15) in the Section 8AA quarterfinals as they overcame a slow start to win 3-0. Sophia Vinje got the shutout in net behind another suffocating defensive effort for Alexandria.

It was a scoreless game at the

half, but Alexandria was going into the nearly 25 mile-per-hour south winds for the first 40 minutes. The Cardinals had some chances, including a perfect pass from Greta Oldenkamp to Sophia Korynta that Korynta sent off the left post.

SOCCER: Page B3



Eric Morken / Alexandria Echo Press

Alexandria freshman Hadley Thul executes a perfectly-placed tip for a point against Moorhead on Tuesday in the Cardinals' win over the Spuds that moved this team to 17-1 on the season.

VOLLEYBALL

Clearing every hurdle

A win over Class 4A's Moorhead moves Alex to 17-1

By Eric Morken
Alexandria Echo Press

The Moorhead volleyball team figured to be a good test for Alexandria on Tuesday with the playoffs just over a couple weeks away, and that's exactly how it played out.

The Spuds are a Class 4A program that came in with a winning record at 8-7. Alexandria has 13 sweeps this season, but the Cardinals proved they can win a close match too against the Spuds as they secured the match in four sets to improve to 17-1 overall.

"It was just about staying in the present," Alexandria junior setter Kiya Issendorf said. "That's what we need to do for every point. We were told that, and we had our normal motto of serve and pass, but we also added defense. We knew that would be a key to compete with them."

Moorhead led early in the fourth, but Alexandria had a long rally in the middle of the set that led to a 17-12 lead. The Cardinals never wavered from there as they won 25-17 when sophomore Maddie Buysse put the game away with a kill from the right side.

"We talk a lot about grit in practice," Buysse said. "I think it just took a lot of grit, and we really showed that tonight."

Issendorf had 34 assists. She has talented seniors to lean on as hitters, and she used them against the Spuds as Charlotte Lempka had a team-high 11 kills and Maggie Anderson added 8. The Cardinals have also seen Buysse and freshman Hadley Thul emerge match by match to be reliable hitters as well. Buysse had 10 kills Tuesday and Thul finished with 8.

"They've gotten on the list in moments where we need a point, I can give it to them and they're doing something with it,"

Issendorf said of Thul and Buysse. "They've really moved up, and they've really impressed me. They keep doing that."

Alexandria took the first set 25-21. Lempka put down an emphatic kill for the 24th point before senior Cora Larson ended it from the serving line with an ace. The Cardinals used that momentum to dominate the start of the second.

A Lilly Thul kill and an unforced error by Moorhead made it 7-0 right off the bat as the Spuds called a timeout. Moorhead scored four straight points to cut Alexandria's lead to 20-19, but an Anderson and Lempka kill in a tight set down the stretch helped the Cardinals hold on. Buysse put the set away with a kill from the left side.

Moorhead did not go quietly as the Spuds jumped out to a 6-1 lead in the third and won 25-21. They looked like they might force a fifth, but Alexandria played its best stretch of volleyball midway through the fourth.

The Cardinals have now won 11 straight matches since their loss against Willmar on Sept. 24. That has essentially secured the No. 1 seed in the section already with no other team having a winning record in the 8-3A field.

"We wanted it really, really bad," Buysse said of the focus the Cardinals had after that loss. "We really want to go to state, and you have to put a lot of work into it to get what you want out of it."

The win streak also put Alexandria back in contention for at least a share of the Central Lakes Conference title.

Alexandria swept Sartell-St. Stephen on Sept. 7, but the Sabres (11-5, 7-2 CLC) beat Willmar (12-4, 8-1 CLC) in five sets on Sept. 28. Alexandria is tied with Willmar at 8-1 in the CLC and will go on the road to play Sartell for a second time to end the regular season on Oct. 19.

VOLLEYBALL: Page B3

TENNIS

Silverstreaks Section 6A runner-up

Depth shines for Osakis again this year

By Eric Morken
Alexandria Echo Press

The Osakis girls tennis team lost many talented players from an undefeated team during the shortened season due to the pandemic in 2020. That group of players finished as the Section 6A champions, and a lineup with some new faces on varsity and others shifted into higher positions got right back to that section championship match this season.

The Silverstreaks, 15-7 against what head coach Ryan Maddock felt was a very strong schedule this fall, finished as the 6A runner-up in Rogers on Tuesday as they beat Minnewaska, 4-3, in the semifinals and then fell in a 6-1 match to Class A's 4th-ranked Litchfield. The Dragons advance to the state tournament as a new addition to Section 6A this year.

"The girls played well today," Maddock said. "They did a good job of being aggressive and trying to dictate play.

Mara VanNyhuis really played well in getting two big wins versus top players in the section. All the girls played their roles well today. It is difficult to beat a good team like Minnewaska twice, so that is a nice accomplishment for the girls."

VanNyhuis ended her Osakis career on a high note at first singles by beating Litchfield's Ryanna Steinhaus and Minnewaska's Alissa Thorfinnson in straight sets.

Osakis took three of the four spots in singles against the Lakers as Kennedy George won at third singles, and Larissa Hoffarth won at the fourth spot. Makenzie Lien and Tessa Stanek added a fourth team point with a 6-0, 6-3 win at second doubles.

Minnewaska got a win from Addy Randt at second singles. Maddie Thorfinnson and Olivia Richards teamed up at first doubles for a win, while Megan Thorfinnson and Sydney Dahl added the third point



Contributed

The Osakis girls tennis team holds up the Section 6A runner-up trophy that the Silverstreaks won on Tuesday after winning a 4-3 match against Minnewaska during the semifinals in Rogers before falling in a 6-1 decision to state-ranked Litchfield in the championship.

for Minnewaska with a three-set win at third doubles.

Osakis and Minnewaska both have strong programs that consistently put together winning seasons, and Maddock called depth the key to the Silverstreaks' run to another section championship appearance.

"We had quality players at all positions," he said. "We did not have a weak spot and always felt we could be

successful at all spots in the lineup, so even when certain spots were particularly strong for opponents, our depth was usually enough to offset that."

Litchfield is another program in the section now that has shown an ability to match that depth on a consistent basis. It adds another layer of competition for teams like the Lakers and Silverstreaks to contend with.

TENNIS: Page B3



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FOOTBALL

Big games all over Friday night

Alex goes to Elk River, while Osakis hosts WCA-Ashby

By Eric Morken
Alexandria Echo Press

The Alexandria football team has faced three programs in the middle of good seasons in Hutchinson (5-1), Sauk Rapids-Rice (6-0) and Moorhead (4-1) already this year, and Elk River might be the toughest to prepare for out of any team on the schedule.

The Cardinals (2-4) go to Elk River on Friday night to open up a new stadium for the Elks (4-2). The excitement of that should only add to the atmosphere for another good Elk River team whose only losses are to Andover (6-0) and Rogers (5-1).

“It wasn’t that long ago that we opened our place up here and all the excitement and energy that came along with it. That was pretty cool,” Alexandria head coach Mike Empting said. “I expect something quite similar there in Elk River, and maybe even

a little bit more because it’s in season. It’s something that’s been building, and they’re having a good season.”

The Elks are coming off a 50-46 win at 4th-ranked Moorhead last Friday night where they ran all over the Spuds. That snapped Moorhead’s 11-game winning streak after Elk River ran for 470 total yards and scored 29 second-half points. The Elks were also the last team to beat Moorhead in the 2019 state quarterfinals in a 58-55 game that ended on a 57-yard pass play in the final seconds.

The Elks use a lot of movement and deception with multiple backs to keep defenses guessing in their run game. Elk River had five touchdown runs of at least 50 yards against Moorhead.

Running back Dylan Rogers rushed for 207 yards and three touchdowns on 16 carries, and

quarterback Cade Osterman added 154 yards and two touchdowns on 10 carries.

There are times when it is hard to even tell who has the ball in the Elks’ run game with each player committed to disguising the play by finishing fakes. Elk River also has a big offensive line to run behind this year that makes this offense go.

“The biggest thing is our guys up front can’t try to look for the ball,” Empting said. “They are foot-to-foot in there, seven linemen from end to end, and there’s just going to be a lot going on. If they try to look up and try to find the football, they’re going to get moved off their marks and that’s not going to be good for anybody. Then it’s important for our linebackers to play with good eyes. They have to be on their keys and know what they’re looking for.”

Alexandria is coming off one of its better performances of the season against Sartell (1-6) last week in a 43-22 win. The Cardinals put up 426 yards of total offense and got four total touchdowns (two rushing, two throwing) from senior quarterback Carter Steffensmeier. Sophomore running back Walker Hennen also ran for 71 yards on 21 carries.

Seven different receivers caught a pass for Alexandria against the Sabres. Kristen Hoskins broke out with 8 catches for 113 yards and two touchdowns, and Jaxon Schoenrock, Zach Gundberg and Kelly Johnson combined for 14 catches and 145 yards.

Elk River averages 36.8 points-per game. There is a good chance the Cardinals will have to score in bunches with them in order to come away with a win.

FOOTBALL: Page B3



Eric Morken / Alexandria Echo Press

From left to right, the Alexandria defense of Calen Piepho, Zander Homelvig, Wyatt Odland and Dayton Downing wait for the play call during the Cardinals’ win over Sartell-St. Stephen on Oct. 8. Alexandria’s defense has the challenge of trying to slow down a potent running game for Elk River (4-2) on Friday night.

ALEXANDRIA AREA FOOTBALL SCHEDULE FOR OCT. 15

Alexandria (2-4) at Elk River (4-2), 7 p.m.
Brandon-Evansville (3-3) at Bertha-Hewitt (2-4), 7 p.m.
Parkers Prairie (1-5) vs. New York Mills (5-0), 7 p.m.
Osakis (5-1) vs. WCA-Ashby (6-0), 7 p.m.
Minnewaska (0-6) at Howard Lake-Waverly-Winsted (0-6), 7 p.m.

BLIZZARD HOCKEY

Team on track with Scribner’s OT winner

By Eric Morken
Alexandria Echo Press

It’s hard to call a game a must-win situation just six games into a season, but the Alexandria Blizzard were certainly eager to turn the tide after five straight losses to start the year.

The Blizzard almost got that first win in Granite City last Friday night, but the Lumberjacks (6-1, 12 points) pulled out a 3-2 victory on their home ice. Alexandria (1-5) played at the Runestone Community Center for the first time this season

this past Saturday and beat the Willmar War-Hawks with a dramatic game-winner in overtime for a 5-4 final.

“The crowd was fantastic. That was probably one of the best crowds we’ve had for a home opener in a long time,” Blizzard assistant coach Jon Crouse said. “Then you mix last year on top of it where you could only have a certain number of people. The place was rocking, and I think the guys were definitely feeding off the energy being at home.”

Forwards Matt Scrib-

ner of Grand Forks, North Dakota and Prior Lake’s Ryan Hadland

gave fans one last reason to get on their feet as they put together a beautiful scoring play with less than a minute left in the 3-on-3 overtime.

Hadland carried the puck toward the left boards and found Scribner cutting wide open on a rush to the net on the back side as he received the pass and beat Will-

mar goalie Cooper Olson to send his team into a frenzy.

“I was out on the edge, and I saw him cutting back up top so I knew I had to get down low and try to find that backdoor tip-in,” Scribner said. “I was yelling for it. I knew he had his head up and saw me. He passed it right to me. Easy tap in.”

The Blizzard thought they had the win in regulation. Cole Klingbeil broke a 3-3 tie at 18:38 of the third when he gathered the puck from

HOCKEY: Page B3



Eric Morken / Alexandria Echo Press

The Alexandria Blizzard celebrate the game-winning goal scored by Matt Scribner that was set up on a perfect pass from Ryan Hadland in the 5-4 overtime win for Alexandria on Oct. 9 against Willmar.

CROSS COUNTRY

West Central Area, Osakis, Minnewaska all run

By Eric Morken
Alexandria Echo Press

The Perham cross country teams finished on top of the Heart O’Lakes Conference again this season after both the boys and girls won the conference championship on Tuesday.

The West Central Area girls finished third in the 6-team field, while the WCA boys were second behind the Yellowjackets.

The Knights’ Alex Salwasser was second (16:27.65) in the 5K, while Kade Runge was third (16:29.09). Perham had four finishers in the top 10, including winner Jakob McCleary who finished in a blistering time of 15:55.71.

Shad Swanson gave WCA a third top-10 finisher as he

took ninth in 17:30.09. Peyton Hanson (22nd, 18:21.69) and Eli Bergman (23rd, 18:26.86) finished off WCA’s top five, and Roman Mihailovschi (31st, 18:54.45) and Tyler Biss (33rd, 18:55.07) rounded out the lineup.

WCA senior Lexi Bright was second in the girls’ race in 19:36.01. Perham won the team title by 5 points over Hawley, and Perham 8th-grader Gracie Morris had a lot to do with that as she won the individual 5K in 19:18.22.

Terina Blascyk was next in line for the Knights as she finished 12th in 20:50.73. Seventh-grader Kyra Beyer was 22nd in 22:02.79, while Victoria Junker (25th, 22:25.91), Alexa Blume (31st, 23:25.42), and Ava Lohse (41st, 25:04.56)

ran for the Knights.

Osakis boys fourth in Perham

Osakis was at the Royalton Invite on Tuesday as the boys came back with a fourth-place team finish from the 8-team event.

The Silverstreaks scored 110 total points. St. John’s Prep won the meet with 39.

Sophomore Jacob Taplin (8th, 19:13.24) and freshman Zackery Bruder (10th, 19:18.21) led the way for Osakis. Junior Kale Drevlow was 18th in 20:09.16. Sophomore Breannen Gustafson (35th, 21:42.24), junior Marcus Wolf (44th,

22:31.20), sophomore Issac Ruegemer (55th, 25:04.75) and junior Issac Loverink (57th, 25:58.16) rounded out the Silverstreaks’ lineup.

Freshman Stephy Marthaler was the lone girls’ varsity runner for Osakis. She finished the 5K 44th in 31:41.16.

Lakers win in Benson

The Minnewaska girls keep piling up wins this season as the 6th-ranked Lakers won at the Benson-Kerkhoven-Murdock-Sunburg Invite with 42 total points.

Wadena-Deer Creek was second with 50 points, and New London-Spicer was third with 76.

The Lakers had four top-11 finishers in Olivia Danielson (1st, 20:32), Lauryn Ankeny

(2nd, 21:22), Sydney Chevalier (6th, 21:48) and Kiearra Wilmes (11th, 22:39). Emma Kovarik (23rd, 23:42) was Minnewaska’s fifth scorer, while Ava Chevalier finished 28th (23:53) and Elsey Hagen (38th, 25:08) also ran for the Lakers.

The Minnewaska boys were seventh as a team with 165 points.

Maeson Tank had another good day for the Lakers as he finished fourth in 18:21. Zachary Palmer (38th, 20:08) and Nick Ankeny (39th, 20:11) finished right next to each other, while Jayce Kovarik (48th, 20:52), James Ward (52nd, 21:21), Ian Mills (57th, 21:35) and Jaden Anderson (62nd, 22:38) ran for the Lakers as well.

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Taplin

BASEBALL

Redbirds take third at state tournament

By Eric Morken
Alexandria Echo Press

The Alexandria Redbirds 50-and-older baseball team wrapped up another winning season recently by taking third place at the state tournament the last weekend of September.

The games were held in the Minneapolis area where 32 teams took part. Alexandria, seeded third, took on No. 2-seeded Prior Lake where the Bald Eagles took advantage of one big inning when they scored six runs in the second. That was enough

to secure a 6-2 win.

Greg Serum and Tom Anderson shared the pitching duties for the Redbirds in that game, with Serum taking the loss. Prior Lake went on to win the state championship with a 2-1 win over the St. Louis Park Bees.

Alexandria moved on to face the Crosstown Traffic in the third-place game. Offenses were the story of that game as the Redbirds came out with a 10-9 win when it was all said and done. Joe Korkowski, Kurt Kuhn, Tim Martin and Lee Backhaus all pitched for Alexan-

dria, with Korkowski earning the win on the mound. Backhaus shut the door to earn the save.

Korkowski had a big day at the plate too where he led Alexandria with four hits total. Kuhn, Martin, Jerrod Kelley, Serum and Bob Brittin added three hits apiece, while Jeff Hook, Anderson, Backhaus and Roger Johnson each added one.

The Redbirds were in their third season as a team this summer and finished the year 14-8 overall with that third-place finish at state. Jon Brundell is the head coach of the group, while

Mike Weber also shared coaching duties at the state tournament.

The average age of the Alexandria players is 59-years-old, with Johnson and George Ladd being the two oldest members still playing the game at the age of 72. Johnson and Weber are both Minnesota Senior Men’s Amateur Baseball Association Hall of Fame members after Weber was part of the 2020 class and Johnson got the call as part of the 2021 class.

Email sports and outdoor editor Eric Morken at emorken@echopress.com.



Contributed

Members of the Alexandria Redbirds 50-and-older baseball team that finished third at the 2021 state tournament during the last weekend of September include, back, left to right, Bob Brittin, George Ladd, Roger Johnson, Jeff Hook, Greg Serum, Rob Nigg, Tim Martin, Jerrod Kelley, front, Mike Weber, Jeff Kuhn, Tom Anderson, Jon Brundell, Joe Korkowski, Kurt Kuhn and Paul Huber. Not pictured from the team are Lee Backhaus, Chad Backlund, Scott Allen and Mark Burns.

VOLLEYBALL ROUNDUP

Chargers, Knights add wins

By Eric Morken

Alexandria Echo Press

The Brandon-Evansville volleyball team (12-10, 7-1 Little Eight Conference) won in four sets on Tuesday in Ashby (2-20, 1-6 LEC).

The Arrows won the second set 25-15, but the Chargers worked around that with 25-21, 25-15 and 25-13 wins in the first, third and fourth sets.

The two Little Eight Conference teams used Tuesday night to raise money for cancer research, collecting \$305 between the second and third sets. They also wore blue t-shirts with the message, 'I can do hard things, we got this!' to honor Rothsay head coach John Reber.

Reber, 42, suffered a stroke earlier this season during the Tigers' visit to Hillcrest. He is making progress in his recovery and is back part time but not yet traveling long distances.

"It was wonderful to be a part of a fundraising opportunity for him," B-E head coach Kelly Olson said. "Both Ashby and B-E purchased t-shirts to help John and his family. We all wore those shirts and took a picture to let him know we are thinking of him in this very difficult time. We all hope he has a full and speedy recovery."

Celi Nelson had a team-high 7 kills for Ashby in the match against B-E. Catherine Koefod had 13 assists in her return to the lineup after going out in the first set against Hillcrest Lutheran on Saturday due to an injury.

"We were happy to have Catherine back, but then made more adjustments in the rotation since we were missing another starter out from an injury," Arrows head coach Hayley Stevens said. "Ryleigh (Brendmoen) stepped up Saturday and filled in when Catherine went out and



Contributed

The Ashby and Brandon-Evansville volleyball teams pose for a photo together wearing matching t-shirts with the message, "I can do hard things, we got this!" to honor Rothsay head coach John Reber during the Arrows match against the Chargers on Tuesday. Reber, 42, suffered a stroke earlier this season during the Tigers' visit to Hillcrest Lutheran Academy, and is making progress in his recovery.

tonight Kyra Aamot really stepped up after having only played front row in one game so far."

Brandon-Evansville's Sydney Schaefer and Taylor Yeats both had four ace serves, and Yeats added a team-best 17 digs. The Chargers won despite 57 unforced errors.

"We handed Ashby 77% of their points,"

Olson said. "On the other side, they made 53 errors and gave us nearly 60% of our points. We have a lot of things to work on in the next 15 days to get ready for playoffs. The team will have to find their focus and sharpen things up or it is going to be a very short playoff run. I did think Ashby kept a lot of pressure on us with 55 digs in

the four sets...They out-worked us, which tells me if a few balls go their way instead of ours, the scores could just as easily be flipped. We were lucky to get out of there with a win."

B-E 3, ASHBY 1

ASHBY - Kyra Aamot - 13-13 serving, 4 kills, 2 assists, 12 digs; Celi Nelson - 13-14 serving, 7 kills, 1 block, 25 digs; Alyssa Johnson - 3-3 serving, 2 assists, 8 digs; Kaylee Schlundt - 11-12 serving, 1 kill; Livy Johnson - 5-7 serving, 2 kills, 3 digs; Lucy Ohren - 7-9 serving, 14 digs; Catherine Koefod - 4-5, 2 kills, 13 assists, 5 digs; BrookeLinn Finkelson - 5 kills, 1 dig

tournament time."

WCA 3, CGB 0
WCA - Elizabeth Rustan - 10-12 serving, 1 ace, 13 digs, 11 kills; Whitney Westrom - 11-11 serving, 2 assists, 9 digs, 5 kills; Macy Grosz - 9-10 serving, 32 assists, 12 digs, 1 kill; Mya Foslien - 9-10 serving, 1 ace, 13 digs, 12 kills; Halle Foslien - 18-19 serving, 1 ace, 6 digs, 6 kills, 2 blocks; Addison Staples - 7-9 serving, 1 ace, 2 assists, 1 dig, 5 kills, 3 blocks; Kaitlyn Hansen - 9 digs; Madelyn Westrom - 9 digs

Paynesville sweeps Osakis

Osakis (8-11) was on the road to face one of the top Class AA programs in the area as Paynesville swept the Silverstreaks on Tuesday to move to 18-3 in a non-conference, non-section tilt.

Alexis Johanson had 8 kills, while Hayleigh Niehoff and Kali Schoeck each finished with 5 for Osakis. Greta Faber had a team-high 22 digs, and Josee Hartshorn finished with 17 assists.

PAYNESVILLE 3, OSAKIS 0
OSAKIS - Alexis Johanson - 8 kills, 1 block, 7 digs; Greta Faber - 1 ace, 22 digs; Hayleigh Niehoff - 2 aces, 5 kills, 1 block, 3 digs; Josee Hartshorn - 1 ace, 17 assists, 9 digs; Kali Schoeck - 5 kills, 5 digs; Kiley Kranz - 1 ace, 1 kill, 2 blocks, 2 digs; Lexi Froemming - 1 kill; Mackenzie Holmquist - 4 digs; Madison Lipke - 1 block, 2 digs

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Knights sweep CGB

West Central Area (20-5) needed five sets to beat Clinton-Graceville-Beardsley on Oct. 7, but the Knights swept the Wolverines (9-10) in the rematch on Tuesday by scores of 25-20, 25-16 and 25-23.

"I really felt that everyone on the floor and off the bench brought the fire for us tonight," WCA head coach Melissa Foslien said. "They played with composure and determination. That's how we want to play as we are nearing

SOCCER

From Page B1

"We still felt pretty calm from the beginning," Alexandria midfielder Alexa Eggebraaten said.

"We knew we were the better team, and we showed it. We proved it out there."

It took less than four minutes into the second half for the Cardinals to capitalize when Eggebraaten got the ball inside the 20-yard line. She

put a touch on the ball to center herself and fired it past Rocori keeper Chloe Linz for a 1-0 lead.

"It felt good," Eggebraaten said. "We knew we were the better team from the beginning. It was just that wind. That wind was crazy. It impacts you a lot. That first half, we didn't have that many scoring opportunities. It's just pushing right at you."

Alexandria junior Ella Westlund missed a couple chances she normally makes early in the game. She made good on an opportunity with almost 31 minutes left when she ran onto a loose ball near the 10-yard line and fired it

past a diving Linz for a 2-0 lead.

Sophia Korynta put the finishing touches on the win with a goal seldom seen before. She scored directly on a corner kick when her shot into a stiff crosswind curled into the front, far corner of the net late in the game.

"I think I've seen it once a long time ago," Eggebraaten said of Korynta's goal from the corner. "That was pretty awesome."

Linz made many quality stops as part of her more than 20 saves for Rocori to keep her team close through much of the game. The problem was on offense for Rocori against an Alexandria

team that allowed just half a goal a game on average through the regular season. The Spartans did not get a great look at the net all night.

"I think it's because of our bond off the field," Eggebraaten said. "We all are so close together, so we know we can trust each other. That helps a lot with our defense because we know we can trust our defenders back there."

The Cardinals now host 5th-seeded Detroit Lakes (8-8-1) on Saturday in the section semifinals at 2 p.m.

The Lakers beat 4th-seeded St. Cloud Tech in their quarterfinal game in penalty kicks after the two teams

went scoreless through regulation and overtime. Second-seeded East Grand Forks beat St. Cloud Apollo 7-1, and third-seeded Little Falls also advanced to the semifinals with a 2-1 win against Sauk Rapids-Rice.

Alexandria beat Detroit Lakes 4-0 in the season opener on Aug. 28, and is hoping for a repeat performance on Saturday.

"We just need to play how we know how to play," Eggebraaten said. "Connect all our passes, be ready to play. Have a strong defense, anticipate all our passes and then just finish."

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TENNIS

From Page B1

"In order to overtake a team like Litchfield,

we need our players to buy into improving their skills in the summer-time and trying to get out and play summer tournaments so they get confidence in playing and winning matches,"

Maddock said. "We have really nice kids in our program, so they just need to keep trying to improve themselves to take the next step. The main thing is to keep adding to your game and

not being the same level player year after year. Keep trying to make improvements."

LITCHFIELD 6, OSAKIS 1
SINGLES - No. 1 - Mara VanNyhuis (O) def. Ryanna Steinhaus, 6-1, 6-4; No. 2 - Kylie Michels (L) def. Leah Maddock, 6-3, 6-2; No. 3 - Karlee Prah (L) def. Kennedy George, 6-3, 6-3; No. 4 - Isla Dille (L) def.

Larissa Hoffarth, 1-6, 6-3, 10-7
DOUBLES - No. 1 - Britney Prah/Lauren Erickson (L) def. Lexi Spychalla/Ellie George, 6-1, 6-0; No. 2 - Taylor Draeger/Olivia Olson (L) def. Makenzie Lien/Tessa Stanek, 6-3, 6-4; No. 3 - Kaitlyn Palmer/Sophie Stilwell (L) def. Bria Hoffarth/Madeleine Anderson, 2-6, 6-4, 6-3
OSAKIS 4, MINNEWASKA 3
SINGLES - No. 1 - Mara VanNyhuis (O) def. Alissa Thorfinnson, 6-3, 6-0; No. 2 - Addy Randt (M) def. Leah Maddock, 6-2, 6-4; No. 3 - Kennedy George (O) def.

Grace Jensen, 6-0, 6-0; No. 4 - Larissa Hoffarth (O) def. Alia Randt, 6-1, 6-1
DOUBLES - No. 1 - Maddie Thorfinnson/Olivia Richards (M) def. Lexi Spychalla/Ellie George, 6-2, 6-1; No. 2 - Makenzie Lien/Tessa Stanek (O) def. Leah Hagen/Olivia Bleick, 6-0, 6-3; No. 3 - Megan Thorfinnson/Sydney Dahl (M) def. Bria Hoffarth/Madeleine Anderson, 3-6, 6-4, 6-3
Email sports and outdoor editor Eric Morken at emorken@echopress.com.

VOLLEYBALL

From Page B1

First is a match against Sauk Rapids-Rice (7-11) on Thursday. The Storm is currently second in the Section 8-3A standings behind Alexandria through the QRF on Minneso-

ta-scores.net.

The ultimate goal for this group is to win the Section 8-3A championship, but Issendorf said the Cardinals definitely want to take advantage of a chance to at least share the CLC by winning out over the final two games.

"It would make the past how many years we've been

playing with each other worth it because we've been building up to this year and this season," she said. "We've been looking forward to it, and we're zoning in on it right now."

The Cardinals have shown a great ability to focus on each match this year regardless of who is on the schedule. That

shouldn't be a problem over these final two games with so much to play for now over the next few weeks.

"It's going to take all the focus right now," Issendorf said. "In practice, it's not letting up. For me, it's not getting in my head and getting anxious on the court. In the end, I believe in my hitters

and I know who I can go to and that's what it's going to come down to."

ALEXANDRIA 3, MOORHEAD 1
ALEXANDRIA - Tessa McGrane - 2 kills, 19 digs; Erika Wentworth - 2 aces, 2 digs; Hailey Kent - 1 ace, 1 dig; Kiya Issendorf - 2 aces, 2 kills, 2 blocks, 34 assists, 11 digs; Chloe Scholl - 1 dig; Lilly Thul - 2 kills, 1 block, 2 assists, 2 digs; Cora Larson - 2 aces, 5 digs; Hadley Thul - 1 ace, 8 kills, 7 digs; Addie Boesi - 1 ace, 1 kill, 3 digs; Maggie Anderson - 8 kills, 2 digs; Maddie Buisse - 10 kills, 1 block; Charlotte Lemпка - 11 kills

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FOOTBALL

From Page B2

"We're going to have to play on both sides of the football, that's for sure," Empting said. "It's going to be challenging on the defensive side, not only what they do, but how they do it and the people they have up front. We went four weeks in a row where we basically saw the same offense. Now we're

going to see an offense that we really don't see from anybody else. They have players that fit the roles that they ask them to play."

Alexandria has played right with good teams on its schedule this year. Elk River provides another opportunity to get a win against one of those teams with just one game left in the regular-season after Friday night.

"We've had those opportunities week in and week out this year,

and this is just the next one," Empting said. "Against a good opponent at their place with some energy and some momentum for them, we're going to have to play well. Absolutely."

State-ranked teams clash in Osakis

Another big game will take place in Osakis on Friday night when Class AA's 10th-ranked Osakis (5-1) hosts 6th-ranked West Central Area-Ashby (6-0).

Both teams are undefeated in Section 6AA and Midwest (White) District play. The winner will likely go on to win the district and also earn the No. 1 seed in the section playoffs.

The Knights are rolling the last couple of weeks after 45-6 and 42-27 wins over Crookston (1-5) and Breckenridge (4-2). WCA-Ashby averages 34.2 points-per game and allows just 11.7.

Running back Anthony Sykora had 129 yards

and two touchdowns on just 12 carries against Breckenridge last week. Hunter Norby caught three balls for 78 yards and two touchdowns, and Evan Paulson threw for 178 yards and three total touchdowns.

Osakis can mix the run and the pass well offensively this year too.

The Silverstreaks got 248 yards passing from sophomore Kyle Mages against Perham (4-2) last week. Senior Bauer Klimek was his favorite receiver with 8 catches,

181 yards and a 70-yard touchdown. Sophomore Drew Imdieke (18-73 2 TD last week) and Tyson Hagedon (9-62) provide a good 1-2 punch on the ground for Osakis as well.

The Silverstreaks average 35.5 points per game and allow 16.5. Senior lineman Brady Mages helps lead that Osakis defense as he finished with two sacks and 10 total tackles last week.

Email sports and outdoor editor Eric Morken at emorken@echopress.com.

HOCKEY

From Page B2

behind the net along the board. Klingbeil tried to center it back to a teammate, but instead his shot deflected off of Olson's pad and bounced in.

Willmar found itself down much of the night, but the WarHawks never quit. They were rewarded for that with 22 seconds left when Nolan Grier scored off a Max Cohen and Ben Luedtke assist to tie the game again at four apiece. "That's huge to get a win under our belt," Hadland said of rebounding after the

things ended in regulation. "We haven't had the best start so far, but it's good. We're rolling now."

Willmar beat Alexandria in a 10-2 final on Oct. 2, but the Blizzard played a much better game in the rematch against their West Division rivals.

"We all wanted to come out and prove that we're still a good hockey team," Scribner said.

Alexandria led 1-0 midway through the first period when Hadland scored off assists from Alexandria's Joe Gronholz and Sean Kenny. Willmar answered right back, getting a goal from Jeremiah Konkel.

Two early penalties by Willmar allowed the Blizzard to

take their biggest lead at 3-1 in the second period. Caleb Roehrich went to the box for a 5-minute major for kneeling before Ethan Mock added a high-sticking minor 50 seconds later.

The Blizzard capitalized twice during that 5-minute advantage. The first came on the 5-on-3 when Kenny got open and put it home from just left of the crease. Gronholz then scored at 10:23 of the second frame with the one-man advantage off an assist from Kaden Peterson.

Konkel got his second goal of the night at 16:36 of the third to make it 3-2, and that proved to be important right before the intermission. Will-

mar's Enzo Tarducci tied the game at three apiece when he scored off a Tate Hammitt assist at 10:11 of the third.

The 1-5 record is not how the Blizzard wanted to start the season, but there are a lot of first-year NA3HL guys on this team trying to play with each other for the first time.

"There's a lot of new faces," Crouse said. "It's an extremely young team. They're learning as we go. All these kids who just came from high school and it's their first year of juniors, we're just throwing them to the fire. I really like this team, and they're bonding well as a team."

Alexandria had been on the wrong end of a few close

games to start the season. Finally back home, the Blizzard were able to get a win that they hope can ignite this group going into a two-game series back at home against the Milwaukee Power (4-2-0-1, Central Division) Oct. 15 and 16.

"We've lost three 1-goal games where we could have won any one of them," Crouse said. "I don't think the record is a 100% indicator of where we're at right now, but at the same time you are what your record is. These guys haven't got down on themselves. They've been working hard every day, and I just expect them to keep getting better."

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October is perfect time to target trophies

There may not be a better month than October for those of us who love the outdoors. Hunting seasons are in full swing and some of the season's best fishing action occurs now.

Fish of all species are often cooperative, plus some of the year's biggest fish find the bottom of landing nets now too.

The key to finding big fish, regardless of the season or the species, is going where they live. That sounds simple, but some anglers get frustrated because they rarely catch big fish when maybe the waters they fish just simply don't have many. For that reason, spending most of your fishing time on lakes that are known to produce big fish with some regularity is one way to tip the trophy odds in an angler's favor.

Once a big-fish destination is chosen, targeting it during the right time frame is another way to increase the odds. The bite for many, if not most, fish species is usually best in spring and fall, with the bigger female fish being more predictable biters during fall as the rigors of the spring spawn are not a concern now.

Very late fall – November – can, however, mean downright cold water and a tougher bite. That's another reason October is prime time.

Another key to success right now is using the right baits, particularly the right-



MIKE FRISCH
Fishing the Midwest TV

sized baits. Big fish are used to eating bigger prey, meaning larger baits often rule during fall.

Slip-sinker live bait rigs, aka "Lindy rigs," tipped with big minnows like redbail chubs, creek chubs, or sucker minnows are often used by walleye anglers in the know when chasing big fish. "Big" used to mean minnows in the 4-to-6-inch size range. Recently, however, several of the biggest walleyes caught in Midwestern fall walleye tournaments have come on minnows 7 inches in size and even bigger.

Smallmouth bass are my favorite fall fish to target. Tubes in the 2.5-inch size range and finesse plastics on drop-shot rigs catch numbers of bass, but the bigger specimens are often caught on bigger baits. My best "big fish" tube, for example, is a 3.5-inch KVD Pro Model Tube.

Largemouth bass fishing during fall often means locating fish relating to what's left of green, living weeds along deep weedlines. These fish often eat crankbaits and using bigger-sized baits that reach the deeper depths the bass are found in now is key. These bigger baits also appeal to bigger bass now too.



Contributed

Mike Frisch with two big largemouth bass caught during the month of October.

Big baits fished at the right time in the right waters is often a winning formula for getting a big fish to bite during fall. Then, being patient and using good fish fighting and landing skills are required to close the

deal. Taking your time to not rush a big fish and then being ready for the fish's inevitable "last run" at the boat are essential. A final key is to have a big, sturdy landing net designed for large fish. I've been

using the new Fortis nets recently and found them to be sturdy and strong and feature engraved rulers on the handles so I can quickly measure and release a trophy fish.

If landing the fish of a lifetime is your goal,

October is a great time to be on the water.

As always, good luck on the water and remember to include a youngster in your next outdoors adventure.

Mike Frisch hosts the popular Fishing the Midwest TV series. Visit fishingthemidwest.com for more "fishy" stuff.

Minnesota DNR puts temporary ban on transport of farmed deer

By Dana Ferguson
Alexandria Echo Press

Minnesota temporarily banned the transport of white-tailed deer in the state due to increasing reports of a fatal disease in the animals.

The Department of Natural Resources on Monday, Oct. 11, put in place an emergency rule ceasing the importation of white-tailed deer into the state and the movement of farmed white-tailed deer around the

state. The order comes after a Wisconsin deer farm shipped 387 deer with chronic wasting disease to five states, including Minnesota and North Dakota.

Three Minnesota deer farms received deer from the infected producer, the department reported. Chronic Wasting Disease is a fatal and highly contagious condition in deer, moose and elk that impacts the brain.

"This disease poses

a clear, immediate and serious threat to Minnesota's wild deer, and these actions reflect what's at stake," DNR Commissioner Sarah Strommen said in a news release. "We are committed to doing everything we can to reduce the continued risk of CWD transmission in Minnesota, including from farmed deer to Minnesota's wild whitetails."

The pause in the transport of the animals will

give the Department of Natural Resources and Board of Animal Health time to track the movement of infected deer and potential infection risk to other Minnesota herds. And exceptions will be granted for deer being transported to slaughter and those on a direct transportation route through Minnesota.

Follow Dana Ferguson on Twitter @ [bydanaferguson](https://twitter.com/bydanaferguson), call 651-290-0707 or email dferguson@forumcomm.com.



File photo

On Oct. 11, the Minnesota DNR put in place an emergency rule temporarily ceasing the importation of white-tailed deer into the state and the movement of farmed white-tailed deer around Minnesota in order to give the DNR and Board of Animal Health time to track the movement of CWD infected deer and potential infection risk to other Minnesota herds. The movement ban comes after a Wisconsin deer farm shipped 387 deer with chronic wasting disease to five states, including Minnesota and North Dakota.

What you need to know ahead of Pheasant opener

By John Myers
Alexandria Echo Press

Minnesota's 2021 pheasant hunting season starts Saturday, Oct. 16 with prospects down some from last year as summer drought and extreme temperatures may have cut into pheasant chick produc-

tion.

Here's what you need to know if you go:

▶ Season: Oct. 16 to Jan. 2

▶ Hours: 9 a.m. to sunset.

▶ Limit Oct. 16 to Nov. 30: two roosters daily, six in possession after three days of hunting.

▶ Limit Dec. 1 to Jan. 2: three roosters daily, nine in possession after three days of hunting.

▶ Resident license: \$22 small game; \$7.50 pheasant stamp validation; \$3 Walk-in-Access validation.

▶ 2021 August roadside

survey: 41 pheasants per 100 miles, down 23% from 2020 but still above the 37.6 in 2019.

▶ Long-term historical average: 90.6 pheasants per 100 miles.

▶ Minnesota pheasant harvest, 1941: 1.8 million.

▶ Minnesota pheasant har-

vest, 2019: 226,679

▶ Watch for: Reduced habitat after farmers mowed some areas to get emergency hay for livestock during extreme drought conditions.

▶ For more information: Go to dnr.state.mn.us/hunting/pheasant

DNR has confirmed 2 cases of EHD in deer in Minnesota

DNR news release

The Minnesota Department of Natural Resources has confirmed two cases of epizootic hemorrhagic disease (EHD) in wild white-tailed deer in Minnesota. EHD is a viral disease of deer and some livestock that is spread by a biting insect called a midge.

"All of our neighboring states have been dealing with EHD for years," said Michelle Carstensen, DNR wildlife health program supervisor. "Fall 2019 was the

first time we had detected this virus in wild deer in our state, with deaths reported in Stearns and Houston counties. So it was not surprising that it showed up again, particularly with low water conditions."

The DNR received reports of deer deaths throughout September in both Houston and Winona counties, amounting to over 20 animals.

Tests from two of the deer in Houston County were positive for

EHD; other deer were too decomposed to test. DNR has notified the Board of Animal Health (BAH), and BAH has also received all testing results. Reported cases in Minnesota are limited to two counties thus far; however, Wisconsin has recently confirmed several EHD cases in nearby La Crosse County.

The disease incubates for five to 10 days, and most infected deer die within 36 hours of exhibiting symptoms.

"EHD is both natu-

rally occurring and seasonal," Carstensen said. "We expect the potential for infection to end soon because freezing temperatures kill both the virus and midge that carries it."

Drought conditions have likely increased risk for this virus, as midges are limited to fewer water sources to breed and this can promote virus propagation. Wisconsin, Nebraska, Iowa, Illinois, Michigan and Ohio report EHD mortalities in wild deer

almost every year.

In some cases, the disease can dramatically reduce a local deer population in the short-term but has a relatively small impact on the overall deer population. There are no management interventions available to combat the disease.

Finding multiple dead deer near a water source is typical of an EHD die-off. Fever drives the animals to seek water, but they die from internal lesions and hemorrhag-

es.

People who find a dead deer should report it to the nearest DNR area wildlife office. Contact information for each office is listed on the DNR website.

EHD is not a threat to humans or animals outside the deer family. Even so, people should not consume deer that appear to be sick or deer that appear to be in poor health. Additional information about EHD is available on the DNR website.

Is it legal to drive over 30 mph with slow-moving vehicle sign?

Question: I have a question for you with harvest season going on. Is it legal for a vehicle with a slow-moving sign to drive over 30 mph?



SGT. JESSE GRABOW
Ask a Trooper

Answer: A towed implement of husbandry that is empty and not self-propelled may be towed at lawful speeds greater than 30 miles per hour without removing the slow-moving vehicle emblem. The emblem must have a fluorescent or illuminated red-orange triangle with a dark red reflective border. It must be mounted so it's visible from a distance of not less than 600 feet to the rear.

and processing plants.

Motorists need to be especially alert. Large, heavy farm equipment takes more time and space than other vehicles to accelerate, slow down and stop. These vehicles also have large blind spots for operators and cause them to make wide turns and sometimes cross over the center line. All these factors can result in serious crashes.

Motorists are urged to:
▶ Slow down and use caution when approaching farm equipment. Don't assume the operator can see you.
▶ Watch for debris

dropped by trucks. It's safer to brake or drive through debris than to veer into oncoming cars or off the road.

▶ Wait for a safe place to pass.

Farm equipment operators should:

▶ Use lights and flashers to make equipment more visible.

▶ Use slow-moving vehicle emblems on equipment traveling less than 30 mph.

▶ Consider using a follow vehicle when moving equipment, especially at night.

▶ Properly secure your load.

▶ Ensure all lights are clean and fully visible.

▶ Ensure all safety equipment, including brakes and tires, are well maintained.

Motorists and equipment operators also should understand there



Contributed

Fall harvest season is underway in Minnesota, and motorists are likely to see large farm equipment on the road.

may be mud and debris on the road and drive accordingly.

Send questions concerning traffic-related laws or issues in Minnesota to: Trp. Jesse Grabow - Minnesota State Patrol, 1000 Highway 10 W.,

Detroit Lakes, MN 56501-2205. Follow him on Twitter @MSPPIO_NW or reach him at jesse.grabow@state.mn.us.

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SPORTS REPORTER

Join an Award Winning Team!

Echo Press in Alexandria, Minnesota is looking for a full-time reporter to produce engaging sports and news content for our print newspapers and digital sites with an emphasis on high school sports reporting, features and profiles.

This full time position is 32 hours of sports and 8 hours of news, collaborating with other members of the editorial team to develop the most creative and appealing content for our audience.

The position offers flexible hours that include nights and weekends, and a healthy benefit package with PTO, paid holidays, medical, 401k and a tight-knit team culture!

Other responsibilities include:

- Build a rapport with sources on assigned beats to develop stories and story ideas.
- Cover sporting events, write stories, take photographs and video.
- Manage content submitted by individuals and groups. Prepare this content for publication on our website and print editions.
- Collaborates with others in the newsroom on content and contributes to relevant social media accounts.

Qualifications include:

- Bachelor's degree or equivalent combination of education and experience.
- Excellent communication, organizational and social skills, and the ability to write accurate, clear and concise stories on deadline and under pressure.
- Must possess a valid driver's license and a driving record that is insurable by the company.

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For more information contact Diann Drew, Publisher phone 320-763-1214 or ddrew@echopress.com or to apply: www.forumcomm.com/careers
Deadline to apply: October 25, 2021

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It is the responsibility of the advertiser to check your classified ad on the first day of publication.

If you find an error, please call us at 320-763-3133 so a correction can be made. To ensure greater accuracy, we request that ads be typed or printed neatly.

Echo Press shall not be liable for failure to publish an advertisement, except for the refund of any amount prepaid for the publication of that advertisement.

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\$26 can sell an item under \$1,000. Ask us how! 320.763.3133 ◀◀◀

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Custodian/Groundskeeper

Full Time- 37.5 hours per week. Generally, Monday-Friday, 8:30 a.m.-4:30 p.m.

Maintain a clean, sanitary, safe, and attractive environment for the public and staff on the grounds, by performing routine housekeeping, custodian & groundskeeping duties.

Must be 18 years of age, high school diploma or equivalent with one full time year of previous custodial, janitorial, or housekeeping experience in a commercial setting similar to Douglas County government buildings.

Visit: co.douglas.mn.us/employment-opportunities for details and to apply!

This job closes at 4 p.m. on 10/19/2021

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Thank you! I received tens of calls and my items sold right away! You guys really work! Thank you!
C.Y., Alexandria

Oh my gosh! I've had sooo many calls on my rental ad! Whatever you did, it works! I've had such an awesome response. Thanks!
M.M., Farwell

Alexandria **ECHO PRESS**
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HELP WANTED - CONSTRUCTION

Ferguson Brothers Excavating Inc.

We are now accepting applications for

HEAVY EQUIPMENT OPERATOR

We offer Competitive Employee Benefits that include Health Insurance & 401K.

Please have a valid driver's license. Drug and Alcohol testing is required.

To apply: Visit our website to submit an application www.fergusonbrothersexcavating.com

Mail to: Ferguson Brothers Excavating Inc. 2050 Cty. Rd. 82 NW Alexandria, MN 56308 Ph: 320-762-0622 fergusonbrothers@gmail.com

Or stop at our office to apply anytime Mon thru Friday

HELP WANTED - GENERAL

PART-TIME BARTENDER WANTED

OSAKIS MUNICIPAL LIQUOR STORE

The Osakis Municipal Liquor Store is looking for someone that is energetic, self starter, works well with others. Position will include lifting, stocking, working weekends and possibly some weekdays or evenings.

Application can be found on the city website at www.osakiscity.com

Competitive wages and tips. Contact Manager Reenie at 320-859-1206 for questions.

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HELP WANTED - EDUCATION



Head Start Assistant Teacher/Aide - Brandon

West Central MN Communities Action is hiring a Head Start Assistant Teacher/Aide in their Brandon preschool classroom to promote children's school readiness, support the lead teacher in lesson planning, perform daily classroom responsibilities and assist with strengthening family engagement.

The Head Start Assistant Teacher/Aide position is a seasonal, full-time job with an excellent benefits package, starting pay \$13-\$15.00 per hour, depending upon qualifications.

APPLY TODAY at www.wcmca.org or for more information, contact Taanna Henningsen, 218-685-7057

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Adjunct Instructor Nursing AD Program

Alexandria Technical and Community College is seeking an MSN-prepared nurse to work as an instructor for AD program from October 15 to December 15, 2021, to teach skills lab and clinical section on med-surgical unit. Apply at www.alextech.edu/about-atcc/human-resources (click on "Apply for Jobs.") You must apply online and attach a letter of application, electronic resume and copy of transcript to the online application. Position open until filled.



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HELP WANTED - FINANCIAL SERVICES/BANKING

Horizon Public Health is a fully integrated and accredited local public health organization that serves the residents and communities in Douglas, Grant, Pope, Stevens and Traverse Counties.

We are currently recruiting a self-motivated, detail orientated team player with experience in medical billing, creating reports in Microsoft Excel, and various accounting functions to work in the following capacity:

Full Time Account Technician

Visit our website at <https://horizonpublichealth.org/employment> for a complete job description and information how to submit an application.

Closing date is **Wednesday, October 21, 2021. EOE.**



HELP WANTED - GENERAL

\$200 or \$500 Sign on Bonus

Become an independent Contract Carrier for the

Lakeland Shopping Guide

Currently we have walking routes available in:

- Alexandria
- Barrett
- Carlos
- Lowry
- Milona

Take 1 walking route and receive a **\$200** Sign on Bonus! or Take 2 walking routes & we'll make it **\$500!**

Call Lynn at (320)763-1218 for more information

HELP WANTED - GENERAL



Night Warehouse Operations \$300 SIGN ON BONUS!

Four & Five Nights/Week Schedules Available!

Pick and prepare items for shipping using electronic equipment. **\$16-\$17/hr!**

Benefits include health insurance, 401k, life insurance, paid time off or double pay for holidays, paid vacation and sick time, celebratory meals, personal and professional development.

Apply online at: henryfoods.com or email: jobs@henryfoods.com person at 234 McKay Ave. North, Alexandria

HELP WANTED - EDUCATION

HELP WANTED - GENERAL



Help needed for seasonal dock & lift service.

Call Lake Life Services at 320-834-3394.

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\$500 NEW HIRE BONUS PROGRESSIVE LIVING SOLUTIONS

Progressive Living Solutions is a local Alexandria residential adult group home provider supporting high functioning adults with mental illness and other disabilities. Looking for kind and nurturing caregivers to assist us in our fun and laid-back social environment, by providing supervision and other supports to our residents. No physical cares or restraining actions required. Our residents are kind individuals and there are no threats of physical injury while on shift. Offering a competitive hourly wage, paid training, annual bonus, and a \$500.00 new hire bonus.

Hiring immediately for Full Time & Part Time positions!
 PM Direct Support Professionals 3:00pm – 10:15pm and Awake Overnight Direct Support Professionals 10:00pm -7:30am with rotating weekends.

Please call to discuss these opportunities! (320) 759-5730 or apply online at www.PLSMN.net/Jobs

HELP WANTED - GENERAL

United Lutheran Church Elbow Lake, MN, seeking an Organist & a Choir Director

We are an established ELCA Lutheran congregation which has a high appreciation for music as an integral part of the worship service. Our sanctuary has a Rodgers pipe organ & a Yamaha grand piano. The organist leads congregational singing four times a month plus special services throughout the year. The Choir Director has rehearsals on Sunday mornings September through May & the choir sings during worship several times a month & for special services. Both the Organist & Choir Director would be considered members of the Worship Committee.

Please email: ulc@unitedlutheranelbowlake.com with a cover letter and resume of your experience. If you have specific

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Join an award-winning healthcare team!

Each year, Alomere Health's quality of care is prestigiously recognized with multiple state and national awards. And even more dear to our hearts, you, our friends and neighbors, voted us winners in the Best of the Lakes Area contest. These awards are evidence of our amazing culture rooted in core values that our dedicated staff and care givers live out every day.

On the right, are just some of the job openings currently available. To view all of the career opportunities at Alomere, visit AlomereHealth.com and click on the "Careers" link. Questions? Give us a call at 320.762.6080.

Together, we make a real difference. Join us.



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- Patient Access Rep.
- Patient Accounts Rep
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- Sterile Processing Tech.

HELP WANTED - HEALTHCARE

Immediate Job Opening for FULL-TIME DENTAL ASSISTANT

Are you looking for the perfect hours that accommodate your schedule year-round? How about a COMPETITIVE pay, 401K, profit sharing, dental benefits, FSA, paid time off, paid holidays, uniform coverage, CE benefits? If yes, we want to hear from YOU!

At Dental Health Associates we work Monday - Thursday, 7am-4pm, with an HOUR lunch break!

We are looking for an enthusiastic, hardworking, team player, that is precise with patient care.

Our practice is equipped with state-of-the-art technology including CEREC CAD CAM, CT scan and a digital workflow to provide exceptional dental services. All experience levels are encouraged to apply. Must hold a current MN License.

Please email cover letter, resume and inquiries to frontdesk1@dentalhealthmn.com

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Seasonal Office Help
Starting January 10, 2022.
No Sundays, no nights.
Submit your resume to:
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HELP WANTED - PROFESSIONAL SERVICES

HELP WANTED - RESTAURANT & FOOD SERVICE



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- Servers/Bar
- Kitchen
- Prep
- Dishwashers
- Bussers

Must be able to work nights & weekends. Apply within at D Michael B's at the Viking Plaza Mall in Alexandria, MN.

Ask for Brad (320) 762-2697

Find your next home on www.homeshq.com

MOTORS

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HELP WANTED - RESTAURANT & FOOD SERVICE

Work for UMN Morris!

Cook (full time)

\$19.55/hour and up DOE, 9 months, UMN benefit eligible includes paid holidays

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External employees: <https://hr.myu.umn.edu/jobs/ext/342490>

Food Service Worker (full time)

\$15.93/hour, 9 months, UMN benefits eligible includes paid holidays

UMN employees: <https://hr.myu.umn.edu/jobs/int/342027>
External candidates: <https://hr.myu.umn.edu/jobs/ext/342027>



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HELP WANTED - SKILLED & TRADES

HELP WANTED - SKILLED & TRADES

HELP WANTED - RESTAURANT & FOOD SERVICE

Substitute Kitchen Staff
Brandon-Evansville Schools
Work October 15th through the end of January.
Responsible for cooking and general kitchen duties.
Hours would be weekdays, Mon-Fri, 6am-1:30pm.
Interested persons can find the employee application on our district website at www.b-e.k12.mn.us
Open until filled. Send applications in care of Don Peschel, Superintendent, to email dpeschel@b-e.k12.mn.us or drop off the application materials in either office in Brandon, or Evansville. If you have any questions contact Mr. Peschel at (320) 834-4084 Ext. 6107.

HELP WANTED - SKILLED & TRADES

Full-Time Service Tech
Preventative maintenance. Gas, electrical & refrigeration knowledge helpful, but not necessary. Benefit pkg. Call Linda between 8-2, 320-762-8435.

HELP WANTED - TRANSPORTATION & LOGISTICS

Ferguson Brothers Excavating Inc.

We are now accepting applications for **TRUCK DRIVERS**

We offer Competitive Employee Benefits that include Health Insurance & 401K.

Please have a valid driver's license. Drug and Alcohol testing is required.

To apply:

Visit our website to submit an application www.fergusonbrothersexcavating.com

Mail to:
Ferguson Brothers Excavating Inc.
2050 Cty. Rd. 82 NW
Alexandria, MN 56308
Ph: 320-762-0622
fergusonbrothers@gmail.com

Or stop at our office to apply anytime Mon thru Friday



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HELP WANTED - MAINTENANCE & REPAIR

Maintenance/Grounds Worker
Lake Carlos Villas
Alexandria, MN

Beginning on or about November 1, 2021
Work schedule:
Up to 40 hours/week
(Must be available some Saturdays)

Starting pay: Up to \$17/hr

Call 320-846-1784 or email lakecarlosvillas@yahoo.com for application

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Join the Echo Press team as a 32-benefited Front Desk Customer Associate

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For more information, call Diann Drew, Publisher, phone 320-763-1214 or ddrew@echopress.com

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HUMAN RESOURCES GENERALIST

Our Human Resource Generalist runs the daily functions of the Human Resources department including hiring and interviewing staff, administering pay, benefits, and leaves, and enforcing company policies and practices. This individual is also responsible for training, workplace injury tracking, handbook updates, and various other administrative tasks.

This position is 4-5 days per week, 64-80 hours per pay period.

Requirements: Education in Human Resources, Business Administration, or related field. At least one year of human resource management experience is preferred. Individuals must pass a state-required background study.

Starting wage negotiable based on experience.

THIS IS A FULL TIME, BENEFIT POSITION OFFERING:
Health insurance, dental insurance, 401k, life insurance, paid holidays, paid time off, voluntary benefits, plus SO MUCH MORE!

HELP WANTED - TRANSPORTATION & LOGISTICS

HELP WANTED - TRANSPORTATION & LOGISTICS



Up to \$25,000 Sign-On Bonus!

Class A CDL Driver

We are seeking a Full-Time Delivery Driver to be based out of Alexandria!

WE OFFER:

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- Year round employment
- Four or five day schedules available
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- Well maintained fleet
- Uniforms and seasonal outerwear provided
- Family owned; operating with family values

Our excellent benefits package includes: health insurance, life insurance, 401k plan, paid vacation time, paid sick time, and paid holidays!

Must have a valid Class A CDL and current Health Card.

Apply online at henrysfoods.com or send completed application to: Henry's Foods, Inc.; Attn: HR, P.O. Box 1057; Alexandria, MN 56308

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HELP WANTED - OFFICE & ADMINISTRATION



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Questions? Contact Tim at 218.338.1001 or tim@stwilliamslivingcenter.com

EEO/AA

GARAGE SALES!

GARAGE SALES

Name Brand Clothing Overload
4810 Co Rd 11 NW
Alexandria
Oct 15 (7am-7pm)
Oct 16 (7am-5pm)
Junior boys & girls clothing through adults. Shoes galore and so much more.

GARAGE SALES

3122 Pinewood Lane Alexandria
Fri Oct 15 (10am - 6pm)
Sat Oct 16 (8am - 4pm)
Sun Oct 17 (11am - 4pm)
Kitchen, bathroom, bedding, living room decor, lots of brand new items, 2 new toaster ovens, baby/toddler riding and playing toys, women's clothing sm-xxl. Men's, women's, and toddler jackets. Men's and women's winter boots, Christmas decor, two baby gates, microwave, coffee table, and much more.

GARAGE SALES

4084 Donway Drive NE Alexandria
October 14-16 (8am-5pm)
Household items, quilts, bedding, pictures, Christmas, Holiday, and Garden decorations. Patio furniture, refrigerator. Many tools, drill press, hand saw, lawn tools. Electric golf cart, golf clubs. Guns, storage chest, 2 snow blowers. Cash please.

DOWNSIZING.
Large collection of Precious Moments Figurines.
MUST GO.
ONE DAY ONLY.
Sat., Oct 16, 8am-5pm.
Woodland Courts, 300 Court Ave, Park Rapids, MN. Main lobby. CASH ONLY.

MOTORS

\$26 can sell an item under \$1,000.
Ask us how! 320.763.3133

Estate Sale
111 Knut St., Alexandria, MN
October 16, 8am-2pm.
Red Wing, Depression glass, glassware, antiques, dining room set, player piano and rolls, albums, console stereo, household, hand tools, etc. Items in good condition.

DEALS & STEALS

For Sale: Standard size snow shovel. \$5.
320.759.5664, Talk:
320.491.6781, Text:

For Sale: Three men's quality V neck sweaters. 2 large and 1 X-large. All three for \$10, 320-852-7484.

For Sale: Three plastic bins with covers. Small, medium, and large. All three for \$5, 320-852-7484.

Free Couch with Hide-a-Bed
7 ft long x 3 ft wide x 33 in tall. Burgundy color. Leather. Good condition. Call 320-491-4071

SEE NEWS HAPPENING?
Call The Echo Press Tipline
▶▶▶ 320.815.0834

Halloween costumes. Darth Vader youth 8-10 \$5. Cheerleader adult small \$5. Winnie the Pooh adult small \$8. 320-219-0736.

Industrial ground cloth plus staples. 12' x 38'. \$50. Call Joe 320-763-6825

New from the factory. Light charcoal Kohler toilet stool. \$75/obo. 320-808-0937

Radial arm saw. Sears Saw smith with universal. Only \$200. Call Joe 320-763-6825

Speedo lifejackets children's 2-4 yrs, 33-45 lbs shark design. 4-6 yrs, 45-60 lbs, sea-horse design. \$10 each or both for \$18. 605-695-3301.

Wanted: Gold, Silver, Coins, Tokens, paper money; will travel, pay cash. No deal too big. 612-986-2566

Wanted: Good used riding lawn mower, call 320-834-2659.

Wanted: old rusty or broken guns. 320-219-8157.

MOTORCYCLES

SEEKING 1973-1975 Kawasaki motorcycle, 500, 750, 900. Looking for something in original condition. Cash paid & will pick up. Call 612-214-1866.

AUTOMOBILES

QUALITY TOYOTA

Just Off I-94 at Exit 54
FERGUS FALLS
1-800-666-0952
www.qualitytoyota.net

AUTOMOBILES

2014 BMW 320i xDrive (AWD) 87k miles, Silver, Clean, Salvaged Title, \$16,500. Good tires. 270-873-7805

2018 Ford Escape SE, AWD, 9,000 miles, Silver, Clean, Salvaged Title, \$16,500. 320-239-4376

PICKUPS

1984 GMC 1 T. Flat bed with hoist 4 x 4. \$2000 obo. 320-766-1529.

\$26 can sell an item under \$1,000.
Ask us how! 320.763.3133
Alexandria
ECHO PRESS

MOTORCYCLES



For Sale: Haugty Two Wheel Motor Bike. In great shape. \$450. 320-852-7461

PUBLIC NOTICE

Assumed Name
Publish October 13, 15, 2021
CERTIFICATE OF ASSUMED NAME STATE OF MINNESOTA
ASSUMED NAME: Angry Chefs
PRINCIPAL PLACE OF BUSINESS: 918 Darling Ave, Alexandria, MN 56308
NAMEHOLDER(S): Patty Sherod, 918 Darling, Alexandria, MN 56308; Derek Nelson, 918 Darling Ave, Alexandria, MN 56308
By typing my name, I, the undersigned, certify that I am signing this document as the person whose signature is required, or as agent of the person(s) whose signature would be required who has authorized me to sign this document on his/her behalf, or in both capacities. I further certify that I have completed all required fields, and that the information in this document is true and correct and in compliance with the applicable chapter of Minnesota Statutes. I understand that by signing this document I am subject to the penalties of perjury as set forth in Section 609.48 as if I had signed this document under oath.
DATE 5/28/21
SIGNED BY: /s/ Patty Sherod 2907528

Alexandria
ECHO PRESS

DISPLAY AD

PUBLIC NOTICE

Public Notice
Publish October 15, 2021
LOCATION
The Douglas County Planning Advisory Commission/Board of Adjustment meeting will be held at the Public Works Facility Meeting Room, 526 Willow Drive, Alexandria, MN.
DOUGLAS COUNTY BOARD OF ADJUSTMENT
TUESDAY, OCTOBER 26, 2021
6:00 P.M. Hearing of the application of TBLLC for a variance to allow an attached garage 12 feet from the township road right of way on Lot 12, Kettle Beach. Section 12 (Osakis Township). Zoning RS(GDS) Lake Osakis.
6:05 P.M. Hearing of the application of DENMAR - NILI LLC for a variance to allow a 12' x 24' addition to a detached accessory structure 6 feet from the side property line on Lot 16, Block 1, Virginia Heights. Section 3 (Ida Township). Zoning RS(GDS) Lake Ida.
Discussion of tabled business.
DOUGLAS COUNTY PLANNING ADVISORY COMMISSION
TUESDAY, OCTOBER 26, 2021
6:10 P.M. Hearing on the application of Douglas County for a conditional use permit to allow a public county park on W/ly pt of G. Lot 5 & NW/ly pt of G. Lot 1 (in Sec 24). (Pilgrim Point Park). Sections 13 and 24 (Ida Township). Zoning RS(GDS) Lake Ida.
Discussion of tabled business.
These items are as of October 7, 2021 - subject to change. 2907550

apartmentsHQ.com
www.apartmentsHQ.com

Public Notice
Publish October 15, 2021
NOTICE OF CHANGE IN SCHOOL BOARD MEETING LOCATION INDEPENDENT SCHOOL DISTRICT 206 ALEXANDRIA, MINNESOTA
The District 206 School Board regular meeting scheduled for Monday, October 18, 2021 will begin at 7:00 p.m. in the Cafeteria at Woodland Elementary School, 1410 S McKay Avenue, Ste. 101, Alexandria, Minnesota.
Angela Krebs, Chair
Board of Education
2907921

\$26 can sell an item under \$1,000.
Ask us how! 320.763.3133
Alexandria
ECHO PRESS

Public Notice
Publish October 6, 8, 13, 15, 2021
Douglas County HRA Opening Waiting List
Douglas County Housing and Redevelopment Authority will be RE-OPENING the rental assistance waiting list for the Section 8 Housing Choice Voucher Program effective October 20, 2021. The application will be available at 9:00 a.m. at the Douglas County HRA office located at 1224 North Nokomis, PO Box 965 Alexandria, MN 56308; hra@rea-arp.com; (320) 762-3849. 2906815

AGRICULTURE WANTED

Wanted: Tillable Farmland or Hay Ground for 2022 & Beyond. Reputable and Dependable Farmer. Paying Fair Rent. Alexandria and Surround area. 320-808-8336

WANT TO BUY OR RENT

Wanted: Hunting land for lease, Cross Lake and surrounding areas, 651-769-3441.

DEALS & STEALS

For Sale: Embroidered heavyweight 32"x36" dishtowels. Singles \$5/ea, sets of 7 are \$30. Many fun designs to choose from. Treat yourself/great gift! 320-634-4437

RENTAL MISCELLANEOUS

For Rent: Douglas County HRA Opening Waiting List
NEED RENTAL ASSISTANCE? The Douglas County Housing and Redevelopment Authority will be RE-OPENING the rental assistance waiting list for the Section 8 Housing Choice Voucher Program effective October 20, 2021. The application will be available at 9:00 a.m. at the Douglas County HRA office 1224 North Nokomis, PO Box 965 Alexandria, MN 56308; hra@rea-arp.com; (320) 762-3849.

ANIMALS/PETS FOR SALE

Springer Spaniel Puppies
Purebred Springer spaniel puppies. Call or text 320-219-0191.

For Sale: 10 inch Hitachi table saw, extra blades, & 7 inch Dado blade. \$35, 320-219-7924.

HOUSES FOR RENT

Updated 1,600 sf single family home in Alexandria. 3-4 bedrooms, 2 full baths, large kitchen. On .45 acre lot with fenced back yard, single car garage. Pet friendly, \$1,776 per month. Must qualify. 218-943-7152.

FIREWOOD

Dry Oak Firewood, Guarantee To Burn, Bug Free. 3x7x16 \$150. Free Delivery and stacking. Cooking Wood Available. 320-285-2645 320-292-8993

For Sale: 3 large slider windows from trailer house. Perfect for homemade deer stand or fish house. \$10 each or 3 for \$25. 320-759-9017.

FARMLAND FOR RENT

Wanted to rent: Pasture for beef cows for 2022 and beyond. Russell Johnson 218-837-5505.

HEATING/PLUMBING/AIR CONDITIONING

CENTRAL BOILER Outdoor Wood & Pellet furnaces. Sales, Service, Parts & Year round Installation. ALL in One Outdoor Furnace Covering Alexandria & Surrounding Areas. 218-346-6705 Free Onsite Estimates

For Sale: 7 drawer dresser with mirror. \$45 320-763-2417.

LOST & FOUND

Lost at Blackwell Lake, two fishing poles, two tackle boxes, fishing gear. If found call 320-424-2883.

FURNITURE

Dining room table with padded cover. Set 6 Padded Chairs, 2 16 inch Leaves with padded covers. All like new. \$995/obo. Lighted China Cabinet \$595. 320-808-9552

For Sale: Entertainment Center \$25 320-763-2417.

UNFURNISHED APTS SURROUNDING AREA

MUSIC/LESSONS

Yamaha Portable Grand Model YPG-635. Price \$595. Home 320-283-5058, Cell 320-460-0053.

For Sale: Larger propane cylinder, approximately 60 pounds. \$40, 320-759-9017.

OFFICE SPACE FOR RENT

For Rent: 1500 square feet of office or retail space at 209 6th Ave E, Alexandria. \$900/month 320-766-7321 or 320-763-6518

Alexandria
ECHO PRESS

For Sale: Milwaukee 7 amp 1/2" corded right-angle drill. New \$329, sell \$185. Call or text 651-341-4447.

UNFURNISHED APTS SURROUNDING AREA

THE LEGACY OF ALEXANDRIA
701 & 703 34th Ave. E, Alexandria
manager@thelegacyofalexandria.com (320) 759-1000

AMENITIES GALORE
Elevator | Pool Table | Business Center
Exercise Facility | Guest Rooms

Bridgewater Estates
APARTMENT HOMES

720 22nd Ave. E, Alexandria
inhproperties.com/bridgewater (320) 763-7012

DISPLAY AD

SUDOKU

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!

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

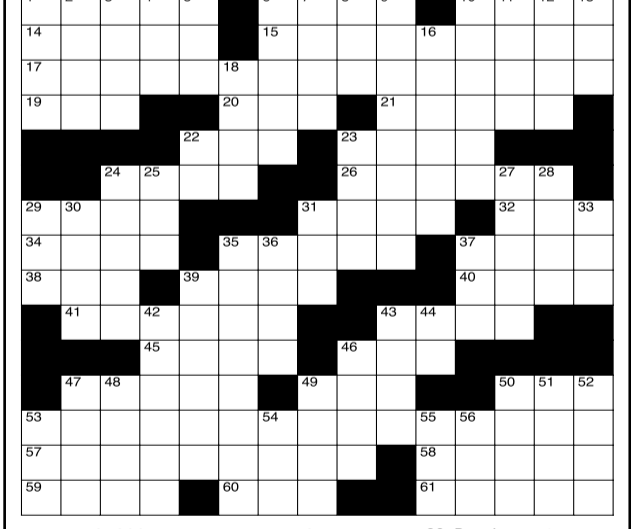
Level: Beginner

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!

TODAY'S PUZZLE SOLVED

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

CROSSWORD



- | | |
|---|--|
| <p>ACROSS</p> <ol style="list-style-type: none"> Secret clique Earliest in and out Ancient Egyptian symbol of life Olfactory property Kidnapping Golf prize Helps little firms Cast a spell on Panama is one Dishonorable man Sea eagle Part of the healing process Vin's last name Wings Made older Political device Looks like a rabbit Gurus Philippine Island Not or Hindu model of ideal man Exam Making less difficult Without Dravidian ethnic group A baglike structure Buenos Aires capital Dab Singers who perform together Pirates' saying OK to allude to Somali diplomat Has to pay back Felix is one Intestinal pouches | <p>DOWN</p> <ol style="list-style-type: none"> Harsh cries of a crow Type of horse fide: authentic Doctors' group Fugitives are on it Forged Wild goat Influential American president Calls for help Repeats Palm tree with creeping roots Black powder used in makeup Happy New Year Stretched out one's neck White ship captain Atomic #20 Border River that borders India and Nepal After B Fencing swords Where researchers work Expression of satisfaction Broadway actor Nathan Heavy, heat-retaining stove A way to eliminate Type of tree resin Russian river Children's TV network Troublemaker Averts or delays Self-immolation by fire ritual It cools your home Satisfy to the fullest Stinks! Popular board game Attack by hurling A vale Type of acid Tasmania's highest mountain No seats available Licensed for Wall Street Family of genes Constrictor snake |
|---|--|

PUZZLE SOLUTION

V	O	E	V	O		L	V	O		S	E	M	O	
S	I	N	O	A		E	T	B	V	E	J	E	H	
S	H	E	B	W	I	L	E	W	H	E	A	I	H	S
O	N	O			L	V	D		V	L	V	L	D	
I	S	E	L			V	W	V	D	O	L			
U	B	E	O		S	E	D	V	S		E	B	V	H
C	V	d		d	E	D	V			E	V	L	V	
T	E	S	E	I	d		B	V	O	S				
T	V	N	V	O		X	E	H		V	B	S		
A	H	d	O	B	L	B	K	V	W	V	N	V	M	
N	O	I	L	O	D	B	V		V	W	O	N	V	
H	K	N	V		O	F	I	F		L	V	B	V	O

Following area sports?
Follow Eric Morken on Twitter.
LIVE TWEETS from many area games!
 @echo_sports

PUBLIC NOTICE

Foreclosure Sale

Publish October 1, 8, 15, 22, 29, November 5, 2021

NOTICE OF MORTGAGE FORECLOSURE SALE

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

DATE OF MORTGAGE: May 09, 2012

ORIGINAL PRINCIPAL AMOUNT OF MORTGAGE: \$37,500.00

MORTGAGOR(S): Thomas R. Matteson, an unmarried man

MORTGAGEE: Mortgage Electronic Registration Systems, Inc., as mortgagee, as nominee for PrimeLending, a Plainscapital Company, its successors and assigns

DATE AND PLACE OF REGISTRATION: Registered: May 14, 2012 Douglas County Registrar of Titles Document Number: 20957

ASSIGNMENTS OF MORTGAGE: And assigned to: Colonial Savings, FA

Dated: August 26, 2021 Registered: August 30, 2021 Douglas County Registrar of Titles Document Number: T26716

Transaction Agent: Mortgage Electronic Registration Systems, Inc.

Transaction Agent Mortgage Identification Number: 100053612051616486

Lender or Broker: Primelending, a Plainscapital Company

Residential Mortgage Servicer: Colonial Savings

Mortgage Originator: Not Applicable

CERTIFICATE OF TITLE NUMBER: 4017

COUNTY IN WHICH PROPERTY IS LOCATED: Douglas

Property Address: 1400 Lakeside Dr, Alexandria, MN 56308-2308

Tax Parcel ID Number: 27-1701-750

LEGAL DESCRIPTION OF PROPERTY: Lot 14, Block 8, Franzen's 3rd Westwood, Douglas County, Minnesota, according to the recorded plat on file and of record in the office of the County Recorder, Douglas County, Minnesota;

AND Part of Lot 13, Block 8, Franzen's 3rd Westwood, Douglas County, Minnesota, according to the recorded plat on file and of record in the office of the County Recorder, Douglas County, Minnesota, described as follows:

Beginning at the Southerlymost corner of said Lot 13;

thence North 45 degrees 18 minutes 30 seconds East, assumed bearing, along the Southeasterly line of said Lot 13 a distance of 10.00 feet;

thence North 45 degrees 41 minutes 30 seconds West and parallel to the Southwesterly line of said Lot 13 a distance of 179 feet, more or less, to the shoreline of Lake Winona;

thence Southwesterly and along said shoreline to the Southwesterly line of said Lot 13;

thence South 45 degrees 41 minutes 30 seconds East and along said Southwesterly line a distance of 177 feet, more or less, to the point of beginning

AMOUNT DUE AND CLAIMED TO BE DUE AS OF DATE OF NOTICE: \$35,769.99

THAT all pre-foreclosure requirements have been complied with; that no action or proceeding has been instituted at law or otherwise to recover the debt secured by said mortgage, or any part thereof; that this is registered property;

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

DATE AND TIME OF SALE: November 18, 2021 at 10:00 AM

PLACE OF SALE: Douglas County Sheriff's Office, 216 Seventh Avenue West, Alexandria, MN 56308

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

If the Mortgage is not reinstated under Minn. Stat. §580.30 or the property is not redeemed under Minn. Stat. §580.23, the Mortgagor must vacate the property on or before 11:59 p.m. on May 18, 2022, or the next business day if May 18, 2022 falls on a Saturday, Sunday or legal holiday.

Mortgagor(s) released from fi

PUBLIC NOTICE

na ncial obligation: NONE

THIS COMMUNICATION IS FROM A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

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

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

DATED: September 30, 2021 ASSIGNEE OF MORTGAGEE: Colonial Savings, FA

Wilford, Geske & Cook P.A. Attorneys for Assignee of Mortgagee

7616 Currell Blvd; Ste 200 Woodbury, MN 55125-2296 (651) 209-3300 File Number: 045114F01

2906360

By: HALLIDAY, WATKINS & MANN, P.C.

Attorneys for: United States of America, acting through Rural Housing Service, United States Department of Agriculture, Mortgagee

101 Fifth Street East, Suite 2626 St. Paul, MN 55101 651-291-8955 651-228-1753 (fax)

THIS COMMUNICATION IS FROM A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

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

Mortgagor: Robin Ann Stoltman and Jeffrey Allen Stoltman Jr, wife and husband

Mortgagee: United States of America acting through the Rural Housing Service or successor agency, United States Department of Agriculture

Dated: July 15, 2014 Recorded: July 15, 2014 Douglas County Recorder Document No. 368245

Transaction Agent: N/A Transaction Agent Mortgage Identification Number: N/A

Lender or Broker: United States of America acting through the Rural Housing Service or successor agency, United States Department of Agriculture

Residential Mortgage Servicer: USDA, Rural Development

Mortgage Originator: United States of America acting through the Rural Housing Service or successor agency, United States Department of Agriculture

LEGAL DESCRIPTION OF PROPERTY: Lot 4 and the South 1.25 feet of Lot 3, Block 1, BATHOLDER AND BUCKHAM'S ADDITION TO OSAKIS, Douglas County, Minnesota, according to the recorded plat on file and of record in the office of the County Recorder, Douglas County, Minnesota

This is Abstract Property. TAX PARCEL NO.: 93-0346-000

ADDRESS OF PROPERTY: 407 2nd Ave E Osakis, MN 56360

COUNTY IN WHICH PROPERTY IS LOCATED: Douglas

ORIGINAL PRINCIPAL AMOUNT OF MORTGAGE: \$82,000.00

AMOUNT DUE AND CLAIMED TO BE DUE AS OF DATE OF NOTICE: \$108,331.23

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

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

DATE AND TIME OF SALE: December 2, 2021, 10:00 AM

PLACE OF SALE: Lobby of Sheriff's Office, 216 Seventh Ave. W., Alexandria, MN

to pay the debt then secured by said Mortgage, and taxes, if any, on said premises, and the costs and disbursements, including attorneys' fees allowed by law subject to re-

PUBLIC NOTICE

demption within 6 Months from the date of said sale by the mortgagor(s), their personal representatives or assigns.

DATE TO VACATE PROPERTY: The date on or before which the mortgagor must vacate the property if the mortgage is not reinstated under Minnesota Statutes section 580.30 or the property redeemed under Minnesota Statutes section 580.23 is June 2, 2022 at 11:59 p.m. If the foregoing date is a Saturday, Sunday or legal holiday, then the date to vacate is the next business day at 11:59 p.m.

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

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

Dated: October 12, 2021 United States of America, acting through Rural Housing Service, United States Department of Agriculture, Mortgagee

By: HALLIDAY, WATKINS & MANN, P.C.

Attorneys for: United States of America, acting through Rural Housing Service, United States Department of Agriculture, Mortgagee

101 Fifth Street East, Suite 2626 St. Paul, MN 55101 651-291-8955 651-228-1753 (fax)

THIS COMMUNICATION IS FROM A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

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

Mortgagor: Robin Ann Stoltman and Jeffrey Allen Stoltman Jr, wife and husband

Mortgagee: United States of America acting through the Rural Housing Service or successor agency, United States Department of Agriculture

Dated: July 15, 2014 Recorded: July 15, 2014 Douglas County Recorder Document No. 368245

Transaction Agent: N/A Transaction Agent Mortgage Identification Number: N/A

Lender or Broker: United States of America acting through the Rural Housing Service or successor agency, United States Department of Agriculture

Residential Mortgage Servicer: USDA, Rural Development

Mortgage Originator: United States of America acting through the Rural Housing Service or successor agency, United States Department of Agriculture

LEGAL DESCRIPTION OF PROPERTY: Lot 4 and the South 1.25 feet of Lot 3, Block 1, BATHOLDER AND BUCKHAM'S ADDITION TO OSAKIS, Douglas County, Minnesota, according to the recorded plat on file and of record in the office of the County Recorder, Douglas County, Minnesota

This is Abstract Property. TAX PARCEL NO.: 93-0346-000

ADDRESS OF PROPERTY: 407 2nd Ave E Osakis, MN 56360

COUNTY IN WHICH PROPERTY IS LOCATED: Douglas

ORIGINAL PRINCIPAL AMOUNT OF MORTGAGE: \$82,000.00

AMOUNT DUE AND CLAIMED TO BE DUE AS OF DATE OF NOTICE: \$108,331.23

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

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

DATE AND TIME OF SALE: December 2, 2021, 10:00 AM

PLACE OF SALE: Lobby of Sheriff's Office, 216 Seventh Ave. W., Alexandria, MN

to pay the debt then secured by said Mortgage, and taxes, if any, on said premises, and the costs and disbursements, including attorneys' fees allowed by law subject to re-

PUBLIC NOTICE

ANDERSON ELECTRIC OF EVANSVILLE, LLC \$4,155.76

ANOKA METRO RTC \$33,504.00

ARAMARK SERVICES INC \$52,497.20

BROCK WHITE COMPANY \$13,005.30

CENTRAL SUSPENSIONS INC \$33,107.50

CONTEGRITY GROUP INC \$20,455.39

CENTRAL SPECIALTIES INC \$407,272.06

CHOSEN VALLEY TESTING INC \$2,164.00

CLAY COUNTY PUBLIC HEALTH \$4,676.00

COLE PAPERS INC \$3,089.80

VENDOR #XX01 \$5,028.82

COUNTIES PROVIDING TECHNOLOGY \$6,515.00

VENDOR #XX25 \$2,767.06

DESIGN TREE ENGINEERING, INC. \$2,870.00

DOUGLAS CO CHILDREN'S MH COLLABORATIVE \$34,685.00

DELL MARKETING L.P. ... \$2,775.67

DEPARTMENT OF HUMAN SERVICES \$10,994.18

DEPT OF HUMAN SERVICES-MEC2 \$6,640.00

DISTINCTIVE CABINET DESIGN INC \$8,057.90

DOUGLAS COUNTY ATTORNEY \$8,403.87

DOUGLAS COUNTY AUDITOR-TREASURER \$2,833.33

DOUGLAS COUNTY DAC \$3,551.40

ECHO ELECTRIC LLC .. \$23,778.56

ENTERPRISE FLEET MANAGEMENT TRUST \$26,881.55

VENDOR #XX56 \$2,793.41

EXTERIOR DESIGNS OF ALEXANDRIA \$47,667.00

FARSTAD OIL, INC \$20,582.83

FERGUSON BROTHERS EXCAVATING, INC \$34,602.74

VENDOR #XX80 \$2,870.97

GUSTAFSON MECHANICAL INC \$7,892.60

HEARTLAND GIRLS RANCH \$9,907.60

HEARTLAND GLASS COMPANY, INC. \$9,262.39

HOUSTON ENGINEERING INC \$16,783.71

JLG ARCHITECTS \$11,550.00

JOHNSON CONTROLS INC \$66,250.82

VENDOR #XX06 \$2,639.65

VENDOR #XX09 \$2,227.66

KRONOS SAASHR INC .. \$5,312.08

LAKE DARLING AREA ASSOCIATION \$9,159.00

LAKELAND MENTAL HEALTH CENTER \$127,142.50

VENDOR #XX61 \$2,096.20

LUTHERAN SOCIAL SERVICES OF MN \$3,442.50

MINNERATH CONSTRUCTION COMPANY INC \$31,443.20

MARK SAND & GRAVEL COMPANY \$296,921.49

VENDOR #XX20 \$3,318.55

MEND CORRECTIONAL CARE LLC \$14,765.06

MENDEED FAMILY SERVICES LLC .. \$2,693.75

MN DEPT OF REVENUE \$228,079.51

MSOP-MN SEX OFFENDER PROG-462 \$15,228.75

NEXT CHAPTER TECHNOLOGY INC \$96,919.00

NEXUS-KINDRED FAMILY HEALING \$7,260.82

NEXUS-MILLE LACS FAMILY HEALING \$12,590.11

NORTH CENTRAL INTERNATIONAL OF ALEX LLC \$2,535.15

NORTH HOMES INC \$5,863.86

NORTHWESTERN MN JUVENILE CENTER \$8,215.00

NORTHWOODS \$115,564.62

OSAKIS CITY CLERK*TREASURER \$2,734.76

VENDOR #XXX81 \$2,579.82

PITNEY BOWES \$7,000.00

PRESBYTERIAN FAMILY FOUNDATION (PFF) \$5,476.24

PRIME HEALTH \$134,959.06

PRODUCTIVE ALTERNATIVES INC \$2,653.17

RAINBOW RIDER TRANSIT \$11,666.22

REM CENTRAL LAKES INC \$6,418.94

VENDOR #XX41 \$2,617.56

RILEY BROTHERS CONSTRUCTION INC \$99,948.18

RURAL MINNESOTA CEP INC \$17,495.88

VENDOR #XXX19 \$2,815.40

PUBLIC NOTICE

WEST CENTRAL MINNESOTA COMMUNITY ACTION .. \$22,978.32

WEST CENTRAL MN PETROLEUM LLC \$21,987.04

WEST CENTRAL REGIONAL JUV CTR \$19,667.00

ZIEGLER, INC \$4,995.97

VENDOR #XX75 \$2,613.33

GRAND TOTAL \$2,825,632.70

Motion carried. To set the preliminary levy at \$30,860,795 and to set the budget hearing date for 6:30 p.m. on December 2nd in the County Boardroom. Motion carried.

To adopt Resolution 21-105 relating to \$1,130,000 General Obligation Watershed Improvement Bonds, Series 2021A: authorizing the issuance, awarding the sale, prescribing the form and details, and providing for the payment thereof. [Reference: County Ditch 17] Motion carried.

To approve an appropriation in the amount of \$10,000 for the Runestone Museum. Motion carried.

There were no items from the floor.

To adjourn the meeting at 9:50 a.m.

2907909

Instructions to Voters: To vote, completely fill in the oval(s) next to your choice(s) like this:

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Brandon-Evansville HOMECOMING 2021



TOP: Brandon-Evansville royalty pose for a picture after a coronation ceremony on Monday, October 4, at the high school in Brandon. Pictured are, left to right, John Roers, Hewett Fletcher, Wesley Siira, Tyler Bitzan, Titus Fuller, Olivia Otto, Sadie Blanchette, Taylor Yeats, Kaytlyn Pattrin and Maeve Huisman.

LEFT: This year's Brandon-Evansville homecoming king and queen are Titus Fuller and Olivia Otto.



LEFT: Students on the sideline cheer as the student team scores against school staff during a volleyball game at the pep fest.

CENTER: Students compete in a relay race on crutches during a pep fest on Friday at the school in Brandon.

RIGHT: Sydney Schaefer gets a first down for the junior and senior team during the Powder Puff football game at the high school in Brandon.



EmmaLee Brethorst is stopped by a group of sophomores and freshmen during the Powder Puff football game at the high school in Brandon on Wednesday, October 6. The juniors and seniors won the game in overtime.



Students compete against staff in a volleyball game for the homecoming pep fest at the high school in Brandon.



King and queen candidates play a game of "Who is most likely to..." during the coronation ceremony at the high school.

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The Brandon-Evansville football team had no problem wrapping up homecoming week with a win on Friday night, Oct. 8.

The Chargers (3-3) kept Rothsay (0-6) winless in a 58-8 win for Brandon-Evansville. The Chargers put up 462 yards of total offense.

Senior quarterback Titus Fuller threw for two touchdowns and added 155 yards and a touchdown in the run game. Senior Tyler Bitzan also put up 103 yards and two touchdowns on the ground, while sophomore Logan Haburn led the defense with 10 tackles.

TOP: Brandon-Evansville senior Tyler Bitzan runs for the goal line during the homecoming game against Rothsay on October 8. The Chargers went on to win the game 58 to 8. ABOVE: Brandon-Evansville senior John Roers takes down a Rothsay runner during the homecoming game on October 8.
Photos by Lowell Anderson / Alexandria Echo Press

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MINNESOTA

Wild

2021-22 PREVIEW FOR THE STATE OF HOCKEY

2020-21 RECORD

WINS	LOSSES	OT LOSSES	3rd CENTRAL DIVISION
35	16	5	

2020-21 STAT LEADERS

POINTS	GOALS	ASSISTS	SAVE %
51	27	26	.915
Kirill KAPRIZOV	Kirill KAPRIZOV	Jordan GREENWAY	Cam TALBOT



MOVING ON

The Wild said goodbye to veterans Ryan Suter and Zach Parise, buying out the final four seasons of their 13-year contracts.



ALEX GOLIGOSKI

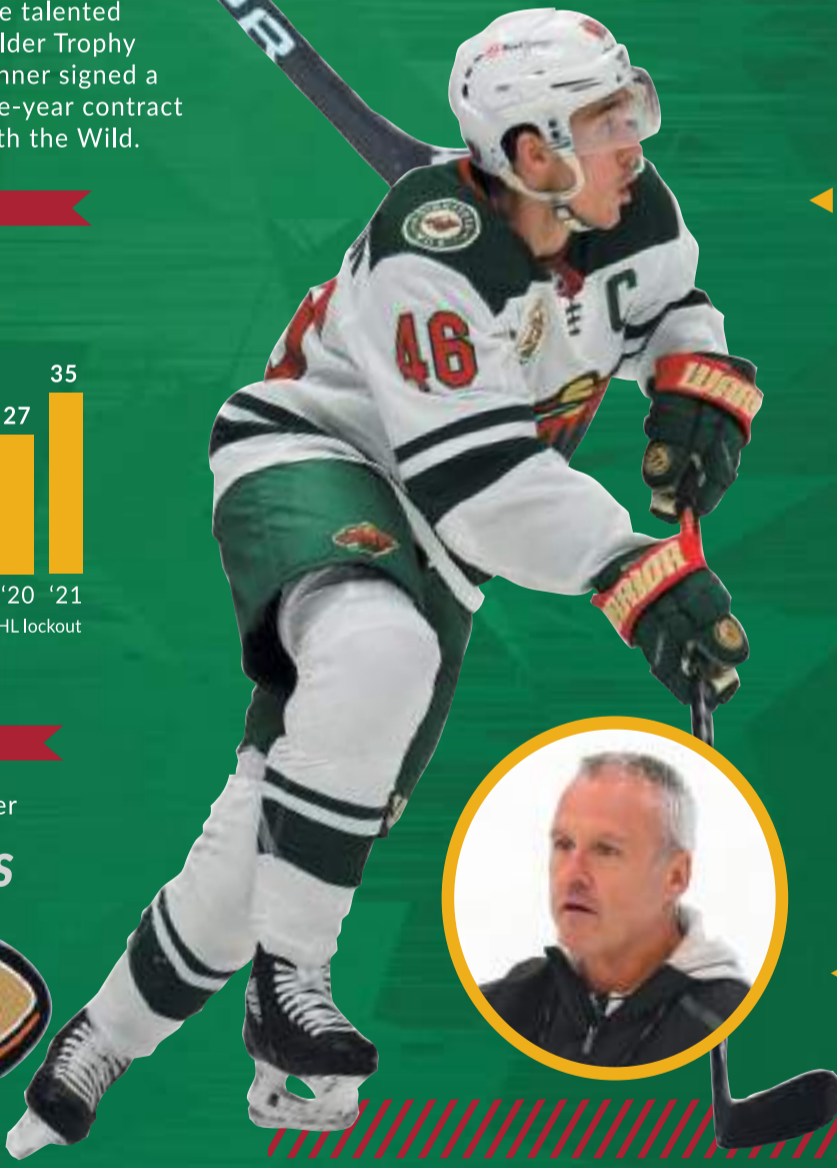
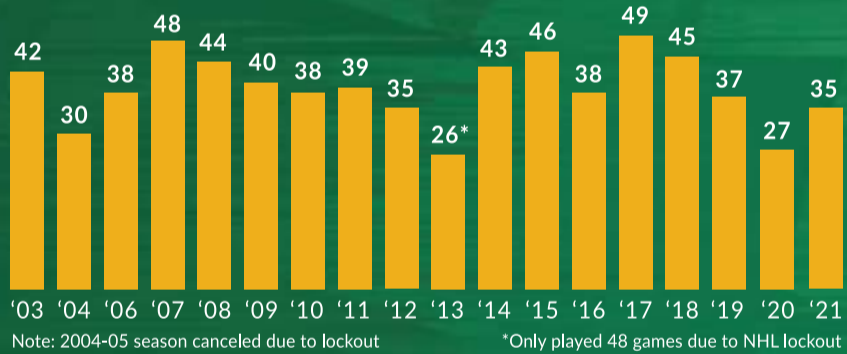
Goligoski is an intriguing addition to a young Wild defense. He is likely to be part of the top defense pairing with captain Jared Spurgeon.

KIRILL KAPRIZOV
The talented Calder Trophy winner signed a five-year contract with the Wild.

Bruce Hemmelgarn / USA Today Sports

HISTORICAL TEAM WINS

Since the 2003-04 season



JARED SPURGEON

Spurgeon will be tasked with helping the new faces on the Wild defense jell. The Wild had a solid penalty kill of 80.8 percent last season.



Evason enters his third season as the Wild's head coach hoping to make a return to the NHL playoffs.

DEAN EVASON

OPENING DAY 2021

■ Fri., Oct. 15 ■ 9 P.M. ■ TV: ESPN+ ■ Honda Center

MINNESOTA **WILD**

ANAHEIM **DUCKS**



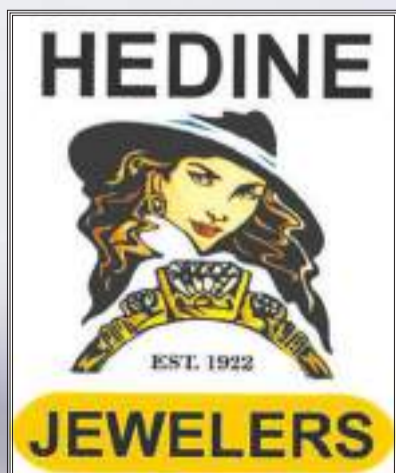
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Gary A. Vasquez / USA Today Sports

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