

Amanda Brazee

From: Amanda Brazee
Sent: Monday, March 14, 2016 11:54 AM
Subject: FW: LSOHC Meeting Follow-up
Attachments: Kittson County Commissioner Letter - Jan 2016.pdf; Kittson County Commission - USFWS letter - 10-2-14.pdf; TNC Letter to Kittson Commissioners January 29 2016.pdf

Dear Members:

Below is a letter from Elizabeth Crow, External Affairs Associate at The Nature Conservancy, regarding the council discussion at the March 11th LSOHC meeting about Kittson County land acquisitions by TNC using Outdoor Heritage funds. Additional information sent by Liz is attached.

*Additionally, here is the link to the article that appeared in the Kittson County Enterprise on March 2, 2016, referenced in Liz's letter:

<http://www.kittsonarea.com/editionviewer/?Edition=a941b94b-7d9d-4330-a6d6-5c0ee50fc305&Section=0>

Sincerely,

Amanda

From: Elizabeth Crow [<mailto:elizabeth.crow@TNC.ORG>]
Sent: Sunday, March 13, 2016 5:58 PM
To: Mark Johnson <mark.johnson@lsohc.leg.mn>
Subject: FW: LSOHC Meeting Follow-up

Hi Mark –

As we discussed on the phone, I wanted to send some follow-up information for Council members after the LSOHC meeting on Friday. Rep. McNamara brought up some recent land transfers in Kittson County that were lands TNC purchased using Outdoor Heritage Funds and I thought this information might be useful to clarify.

TNC did purchase 2 tracts of land in Kittson County using OHF money allocated to the Northern Tallgrass Prairie National Wildlife Refuge project. As a result, those two tracts were transferred to the US Fish and Wildlife Service. When the county became aware of the transfers, they had questions about TNC's other properties in the county and wanted additional information on whether we planned to transfer any additional tracts of land. I'm attaching the letter we received from Kittson County regarding this issue and the response we promptly sent back to them. After sending the letter, our Grasslands Program Director, Neal Feeken, attended the next County Commissioners meeting on February 16th to answer additional questions the county commissioners had regarding our property ownership in the county. You will find a newspaper article attached ([linked*](#)) from the Kittson County Enterprise giving a summary from the meeting.

The question also came up as to whether notice was given to the county. While TNC was not required to give notice, the USFWS sent a letter informing the county of the land transfer and the letter is attached.

Finally, I heard in the audio of the meeting that Rep. McNamara asked the question as to whether the land in question could be transferred to DNR and included in the county's WMA. Would that be possible since the property was purchased with a grant from the OHF for the NTP NWR? I wanted to make sure we knew what was possible based on grant restrictions.

I hope this helps clarify some of the questions that came up and feel free to let me know if you need any additional information.

Thanks,
Liz

Liz Crow
External Affairs Associate

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(918) 812-7834 (Cell)

The Nature Conservancy
Minnesota, North Dakota and South Dakota
1101 West River Pkwy
Suite 200
Minneapolis, MN 55415



nature.org



IN REPLY REFER TO:

United States Department of the Interior

FISH AND WILDLIFE SERVICE

Agassiz National Wildlife Refuge
22996 290th St. NE
Middle River, Minnesota 56737
218-449-4115



October 2, 2014

Kittson County Administrator
410 5th Street South
Hallock, MN 56728

Dear Kittson County Board of Commissioners:

In an effort to build on the good working relationship that the Service has with county governments throughout the State, this letter is being sent as a courtesy to inform you of a recent land transaction.

The U.S. Fish and Wildlife Service recently secured an Agreement for the Donation of Lands from The Nature Conservancy. This is a fee acquisition to the Fish & Wildlife Service and covers 205 acres in section 14 of McKinley township and 224 acres in section 35 of Pelan township.

The land will be managed as part of the Service's Northern Tallgrass Prairie National Wildlife Refuge. As these lands have been idle for many years and not in agricultural production, this area will add to the local economy by being open to public hunting, nature observation and photography.

As a part of the National Wildlife Refuge System, the property will generate an annual Refuge Revenue Sharing payment to Kittson County.

If you have any questions, please feel free to contact me at 218-449-4115.

Sincerely,

Craig Mowry
Project Leader



**410 5th Street SE, Ste. 208
Hallock MN 56728
(218) 843-2670**

Richard Johnson
The Nature Conservancy
1101 W. River Parkway
Minneapolis MN 55415-1291

Dear Mr. Johnson,

It has come to our attention that The Nature Conservancy has acquired land in Kittson County and subsequently gifted this land to the United States Government to be used as part of the Northern Tallgrass Prairie National Wildlife Refuge.

We find these actions to be troublesome for three reasons. First, we have expressed concerns over the years about the quantity of land in Kittson County owned by the Nature Conservancy and the devastating effect it would have on our financial situation were these lands to come off the tax base. We have had repeated assurances that The Nature Conservancy has no intention of doing this. It is our viewpoint that the recent acquisition and subsequent gifting of parcels to the United States Government accomplished the very thing your organization assured us would not happen. Second, we have received no communications from The Nature Conservancy as to the extent of their planned tall grass prairie land purchases. Since 2013, there have been 7 land acquisitions in Kittson County by The Nature Conservancy. The first 2 of these constitute the land transfers in question. There are 5 additional land purchases by The Nature Conservancy that we would like to have answers about. Finally, it is troublesome that land being bought with state tax money is being used to fund a Federal land acquisition program in our county and that these properties are being posted as unauthorized entry prohibited. It is our opinion that lands bought with state tax dollars be open and freely available to all citizens.

We request that you appear before the Kittson County Board of Commissioners to answer questions about your projects in Kittson County. Invitations to attend are also being sent to Representative Dan Fabian and Representative Denny McNamara as I am sure they will have questions regarding your use of Minnesota taxpayer funds.

Sincerely,

John W. Anderson
Chairman, Kittson County Board of Commissioners

Cc: Representative Dan Fabian, Representative Denny McNamara, Senator LeRoy Stumpf, Rep. Collin Peterson

January 29, 2016

Board of Commissioners
Kittson County
410 5th Street SE, Ste. 208
Hallock, MN 56728

Members of the Kittson County Board of Commissioners:

The Nature Conservancy would like to thank you for sharing your concerns with us. We value our relationship with the Kittson County Board and would like to take the opportunity to provide feedback on the issues you have raised.

First, you expressed concern about the amount of land the Conservancy owns in Kittson County and the tax implications if the land is taken off the County tax rolls. Currently, the Conservancy owns approximately 15,800 acres in the County and we plan to continue ownership and management of it for the benefit of nature and people. The Conservancy pays annual property taxes to the County, including our 2015 tax payment totaling \$54,332.

For the two properties, totaling 424 acres, transferred to the Northern Tallgrass Prairie National Wildlife Refuge (Refuge), \$1,636 in property taxes were paid in 2014. In place of the annual tax payment on the properties, the U.S. Fish and Wildlife Service (FWS) will provide Refuge Revenue Sharing Act payments to the County beginning in 2016. It is our understanding that FWS contacted the Kittson County Taxpayer Services Office with more detailed information on this in a February 18, 2015 letter.

Next, you asked for information on the Conservancy's recent acquisitions in Kittson County and our plans for future Refuge acquisitions. Our work in Kittson County and throughout western Minnesota strives to protect native grasslands, the most endangered and least protected habitat type on earth. The Refuge was established in 2000 to address the loss of America's grasslands and the decline of grassland wildlife. It encompasses all or part of 85 counties in western Minnesota and northwestern Iowa, with 3,800 protected acres in Minnesota. The Conservancy chose to add the Kittson County properties to the Refuge for the following reasons: 1) their location is within the authorized boundary for the Refuge; 2) FWS' goal is to preserve the diversity of grasslands across the Refuge; 3) these tracts represent rare and irreplaceable native prairie habitat; and 4) they were purchased using Outdoor Heritage Funds through a program that specifically seeks to add high-quality prairie tracts to the Refuge. The Kittson County Administrator's office was notified by the FWS in an October 2, 2014 letter about its intention to accept these properties. The property transfers were completed on January 2, 2015 and September 18, 2015.

Finally, you expressed concern about access to the Refuge land in Kittson County. The Conservancy and FWS are committed to ensuring these properties are open to the public for outdoor recreation including hunting. We regret that signs posted on these properties this past fall confused some visitors. However, these properties were open to public hunting in 2015 and were used by the public. New signs have been installed to more clearly indicate that the properties are public hunting areas. FWS will also be adding information boxes along with brochures at property access points that will provide details about the Refuge and public access to these properties. These will be installed in spring 2016.

We appreciate the invitation to discuss our work in Kittson County with the Board at an upcoming meeting and will work with your County Administrator to get this scheduled.

Sincerely,



Neal Feeken
The Nature Conservancy
1101 West River Parkway, Suite 200
Minneapolis, MN 55415
(612) 331-0738

Cc: Representative Dan Fabian, Representative Denny McNamara, Senator Leroy Stumpf,
Representative Collin Peterson



Kittson County Enterprise

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Pictured Above Andrew McParland

gets a lift from Power Team Member Matt Dobson. The Power Team was at Kittson Central and other area schools in February.

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Nature conservancy rep meets with county board

By Margie Holmgren

Neal Feeken representing The Nature Conservancy (TNC) in Minnesota met with the Kittson County Board of Commissioners on Feb. 16.

Feeken was asked by the county board to come and discuss property they had recently acquired and then gifted to the U.S. Fish and Wildlife Service (USFWS).

The board was concerned about other lands owned by TNC, which totals about 16,000 acres in Kittson County, and the possibility of these lands also being gifted away.

"This is a really unique and special place up here which is why we have an office in Karlstad," Feeken stated.

Chairman John Wayne Anderson asked about the last purchase, which was approximately 400 acres, that was gifted to USFWS.

"We are wondering how that came down, seems like you got money from the State of Minnesota Legacy Fund to purchase land," asked Anderson, "and wonder how that came about?"

"In hindsight, we didn't do a good enough job of communicating with this board on that," answered Feeken. "I'd like to offer that we come up annually so you do know what is going on. Specifically to that project we do have a grant from the legacy funds specifically to assist the fish and wildlife service to add property to the national wildlife refuge - the Northern Tall Grass Wildlife Refuge. That refuge extends from the Canadian border along western Minnesota all the way down to northwestern Iowa and the intent of that refuge is to preserve and protect unique remaining prairie parcels. The two we bought in Kittson County were really high quality and the service didn't have any pieces of refuge here in the county or even in this part of the state and they are interested in protecting and preserving that land all the way across the authorized boundary of the refuge so we worked with them using those legacy funds to help them acquire those two parcels."

Commissioner Leon Olson stated, "I agree we live in a unique place up here and we want to stay here but what kind of taxes are they going to pay? We are going to be losing taxes and we have three schools in this county. I'm fortunate in my part of the county to have young farmers that could use the land for pasture."

Olson added, "they always said 'we are going to let you pasture it' but I haven't seen any new pastures on DNR or Nature Conservancy land."

"We see grazing as a very important management tool so we do use grazing wherever we can and so with Nature Conservancy and DNR you maybe see or will see a ramp up of that policy," replied Feeken.

The local manager could give more specifics on the grazing plan for the area but was unable to be at the meeting.

"We certainly respect and understand the counties position and the need of property taxes, continued Feeken. "We know that we are a large land owner in the county and we know that if we exercise our non-profit status that it would have a large impact on the community so we voluntarily pay our property taxes. We fully appreciate where the county is coming from. We hire six to eight seasonal staff to help us with management. We buy as much locally here as we can and rent a couple houses in Karlstad so we think we work hard to be a productive member of this county."

Commissioner Joe Bouvette asked about the two pieces that they do not pay taxes on.

Feeken's understanding was that their was a 320 acre piece that they had gotten tax exempt status on and was from quite a while ago.

George Hanson, Chairperson of the Lancaster School Board, asked "Is there any anticipation that there is going to be any additional transfers to US Fish and Wildlife Service?"

Continued on page 5

She's made Hallock proud: Former Hallock resident enjoys successful career in TV journalism



AMY UNRAU, (right) and her husband, Jody Norstedt, on the set of WDAY-TV. Amy, a 2007 graduate of Kittson Central, recently received the 2015 Best TV New Reporter merit award from the North Dakota Broadcasters Association.

(Photo courtesy of Devin Krinke, WDAY-TV)

By Linda Andersen

"There are so many memorable stories that I have covered, it's hard to narrow down my favorites! I've interviewed Jordin Sparks (American Idol winner) and had a story about a cross-legged cat go global, but the story I cherish most comes from when I was in college. I interned at UND's student news station Studio One and had the chance to interview my grandma, Helen Welleske, on live TV about her talent in making Ukrainian Easter eggs." So writes former Hallock resident Amy Unrau in response to the email interview question, "What stories have you covered that are especially memorable?"

A recent edition of The Enterprise reported Unrau had recently won a merit award for 2015 Best TV News Reporter from the North Dakota Broadcasters Association.

Unrau offers insights into her past life in Hallock, her college years, and her current life as reporter/weekend anchor for WDAY-TV and wife of Jody Norstedt, her co-anchor.

The daughter of John Unrau (now of Walhalla) and Darcie Unrau (now of West Fargo), and sister of Alyssa Vagle and Amber Reis, she is a 2007 graduate of Kittson County Central

School.

She credits teachers from her school years in Hallock as helping point her to a career in journalism. "I think my English teachers (Dahl, Glenn and Mattson) knew journalism was in my future before I did, because they suggested I become the school newsletter editor during my senior year. I'm very thankful they saw what I didn't. Mrs. Lindberg also helped shape my future by teaching me the basics of writing articles. I'm really thankful that these teachers believed in me."

She adds these positive words about her hometown community, "One of my favorite parts about growing up in Hallock was the warmth...obviously, not the temperature, but the warmth that comes from living in a small, secure community. I know I took it for granted when I lived there, but after being gone almost a decade, I've come to miss it a lot."

Of her college years she writes, "I started my college career at the University of North Dakota majoring in business, but that quickly changed. In my freshman year, I saw a classroom presentation about the student news station Studio One. After that presentation, I immediately started the process of changing my major to communication and applied for an internship. I spent three fun-filled years at Studio One before graduating in 2011."

She met her husband, Jody Norstedt, in 2009 while she was interning at WDAY-TV. They married in June 2012. Of her husband, she writes, "Jody is a HUGE sports fan, so he absolutely loves his job. He played high school football, so when he covers Friday night games in the fall, he gets giddy! He loves any Minnesota sports team." Amy explains that her legal last name is Norstedt, but she uses her maiden name on air.

She explains a bit about the process of getting her current job. "Getting a job in TV is a little different than applying for other jobs. I have to do the normal resume and cover letter, but I also have to have a demo reel. That means I have a video of some of my best work all compiled together."

What does her job involve? "I currently work at WDAY-TV in Fargo,

which is a sister station to WDAZ-TV in Grand Forks. We simulcast several newscasts together, which I'm thankful for, because my family and friends back home can watch. As an anchor, reporter, and producer, I stay extremely busy! When I'm reporting, I'm responsible for digging up story ideas and getting them on the newscasts. This requires a lot of phone calls, on-camera interviews, writing, editing, and live shots. On some days, I'll get to work at the beginning of my shift and be out on scene all day. When I'm anchoring and producing a show, I act as a gatekeeper of what goes on TV and what doesn't. I do a lot of writing, video editing, graphics and, of course, anchoring the newscasts."

"Some of the best parts of my job are the creativity and performance aspects. I get to be creative in my writing, as well as the way I deliver the story on camera. There are few things more satisfying to me than having a great live-shot and story after a hard day's work."

As with all jobs, some aspects can be difficult. "One of the biggest challenges of my job is handling the roller coaster of emotions that come with telling the news. I'm often faced with the difficult situation of speaking with people when they are grieving. When people lose a loved one to a cancer, a senseless crime or any other situation that is deemed newsworthy, I'm there, sometimes within minutes or hours. I've had a lot of smiles and laughs in this job, but I'll never forget the tears I've shed when interviewing and comforting people during heart-breaking moments."

Life is not all work for Amy and Jody. She reports that they enjoy "hitting the gym." In addition, they are involved with River City Church. "One of the highlights of our week is going to our Bible study. The group of people we meet with has turned into our extended family."

In addition, Amy volunteers at Sanford Children's Hospital where she plays games and reads stories to the children. "When Jody and I are able to take time off, we love traveling and going to sporting events," she concludes.



JOHN CARPENTER AND ESTHER PIETRUSZEWSKI, were named King and Queen at the Kittson Memorial Nursing Home Valentine's Party. Each year three candidates are chosen for both King and Queen and the residents gets to vote for the candidate of their choice. Congratulations to John and Esther! (Photo Submitted)

Contact Info.

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Nature conservancy... continued from front page

"We don't have any plans at the moment, nothing that we have purchased or that we looked at purchasing but if we do we will certainly come and visit with the board better than we did last time," Feeken replied.

"And it's your understanding that the grant under Lessard-Sams gives you explicit power to transfer properties acquired by the grant to the us fed government," Hanson asked.

Feeken stated that was the intent of the grant. Hanson questioned the specific language of the grant, to which Feeken said it was what the grant was for specifically.

"One thing to point out with this specific project using legacy dollars is there is an acquisition portion that we used to buy these two pieces," Feeken continued. "The majority of it is actually conservation easements, so we are working to put conservation easements on with willing sellers that particularly want to get some cash flow for their grazing land, typical use doesn't change they are still able to use for hay production and grazing, etc. working with fish and wildlife service on the timing of that, it stays as private land stays on property tax rolls."

County Administrator Eric Christensen commented, "State law requires that when we assess property we have to take conservation easements into consideration in cases where it limits the land owners use we have to lower the value of the property and a lot of times these parcels become difficult to sell at the normal market price because of easements on it and we have to account for that which is laws our assessors office has to operate by."

Further checking on this issue showed that any time conservation easements are used for water quality land values are lowered.

Commissioner Spilde asked about USFWS paying any tax payments.

Craig Mowry from USFWS replied, "we do but it's a refuge revenue sharing payment and it's about third of what you'd be getting if it was in private hands."

Mowry stated that this land falls under this payment agreement and checks usually come out in May.

"We all wish that Uncle Sam would pay our taxes," Mowry stated, "we do. Congress passed a law several years ago that they could make up the difference in our refuge revenue sharing program but to my knowledge they have not done it."

"We call it Refuge Revenue Sharing Program because it is money we make at our refuges across the nation. It gets divided out, some refuges have grazing fees, logging and other money making interests and then that gets divided out but we only have so much income," added Mowry.

Hanson asked, "is USFWS desiring to accumulate more property?"

"We don't have our eyes on anything but if something were to come up like the last two properties we would be interested," Mowry commented.

Hanson questioned how the land is determined to be native prairie or broken prairie. He felt there isn't much land in Kittson County that is not broken and reestablished as prairie.

"So what I'm getting at, it looks to me, as a third party looking at this, that

you are buying converted ag land," Hanson questioned.

"I don't think it is because we can buy ag land any where," Mowry answered, "it's the native unbroken sod that we are looking for to be part of this big atypical refuge."

Feeken explained the process they use stating, "we start with county biological survey who over the course of the last 20 years has gone through the state inventory and we start with their information."

Hanson questioned the validity of this database as there have been some discrepancies and also prior to 20 years how is the assessment done.

"We look at old FSA photographs, history, talking to land owners, just what's out on the land if there is rock piles, ditches all that type of thing, depends on the area and this area has lots to look at - look at all evidence that we can cuz we don't want to buy ag land," reiterated Mowry.

Rural Lancaster cattle producer Allison Frislie questioned the process stating that there are ditches and fence posts on the land in question. Frislie does use TNC land for grazing but had an agreement with the owner prior to TNC purchasing the land.

"This idea that has been presented from a standpoint of conservation," Frislie commented, "that is not my point of view. It's a real estate development, it's just a different form of real estate development. It all sounds pretty good but with any transaction there are winners and losers."

Frislie continued to express his concerns for the land that is taken off the market as well as what it does to land prices. He also questioned the amount of grazing that is allowed to occur on the land. He explained his frustration of TNC being the highest bidder and out bidding local farmers.

Spilde stated that bothers him is the fact that it was tax dollars, through the legacy fund that was used to purchase this land and then it goes to an entity that doesn't pay the taxes.

Hanson asked "Does USFSW have the where-withal to refuse the land?"

Mowry stated yes they do.

Feeken countered, "The land management costs that we incur are very real and we spend a lot of money every year to manage our lands the best we can - we have no intention of turning those 16,000 acres over to the US Fish and Wildlife."

Spilde asked if they could say they will not sell land to the DNR in the future.

"We are talking to them about elk herd management on a couple TNC properties that we could get food plots on," Feeken answered.

Hanson stated "that was actually advocated for by most of the locals that some of the TNC land could be used and get the elk off the ag land, that would be welcomed."

"I hesitate because it's very premature - we don't intend to take those 16,000 acres and turn them over to fish and wildlife or DNR," Feeken replied. "We value the work we are doing here and want to stay here."

Further discussion on the tax implications was brought up by Commissioner Bouvette. Specifically if the two entities manage the land in the same way then why would TNC want to continue the maintenance if they could get someone else to take it over.

Feeken reiterated that TNC wants to maintain a presence here and is not looking to give up the land.

Brian Weleske, another farmer from the Lancaster area, commented "in the back of my mind I just see this as they say a foothold here and a handhold there until it just keeps escalating. The schools, county, and town are already hurting and that tax money scares me because I have kids in school yet. I've lived here my whole life and you go back on an atlas and every quarter [of land] was settled."

Mowry explained they will purchase land that has been settled or used for grazing but not land that has been plowed.

Frislie questioned too how they determine what is pristine wilderness as opposed to something that has been in CRP for several years.

Both entities reiterated they take every precaution to not purchase land that has been farmed in the past.

Anderson thanked both Feeken and Mowry for coming and addressing the board. Feeken stated he intends to get back to them in the future and keep them updated on projects that are happening in the area.

You know you're getting older when you use the word "thingy" all the time because you can no longer remember what things are called.



Question: Is it illegal to leave your unattended car running with the keys in the ignition?

Answer: There are some cities that have local ordinances against it, but there is no state statute that prohibits it. So check your local ordinances in reference to this rule.

Car prowls and vehicle thefts are crimes of opportunity. There are many vehicle thefts where the vehicle was left unattended; the keys were left inside, doors unlocked, and the engine running. This makes it very easy for auto thieves to take your car. Get into the habit of locking your vehicle each time you are going to leave it unattended and take the keys with you.

Some good rules of thumb are:

- Never leave your car running unattended.
- Never leave your keys in the vehicle.
- Always lock your vehicle

HazMat Operations Level Certification held at Pembina Rural Fire Department

The Pembina Rural Fire Department hosted a Hazardous Materials class Wednesday, Feb 24. Forty-eight first responders attended the training, including members of the Kennedy, Lancaster, Hallock, Pembina and Emerson Fire Departments and the Kittson County Emergency Manager, Barb O'Hara. Training was provided by Pause Training of Moorhead, with Matt Brand and Kevin Johnson, both full-time fire fighters, as instructors.

The class certifies first responders for Hazardous Materials Operational level status. Operational level consists of performing the proper decontamination process for people who have come in contact with a hazardous material. Attendees trained on situational



KENNEDY, LANCASTER AND HALLOCK FIRE DEPARTMENTS, along with the Kittson County Emergency Manager, Barb O'Hara, attend HazMat Operations Level Certification Class in Pembina. (Photo submitted)

awareness based on different hazardous material scenarios and also the use of the Emergency Response Guide and NIOSH books.

The safety of people, property and environment is always the top priority for

emergency first responders. Continued training and cooperation between agencies is necessary to ensure disaster situations will be minimized.



BEARCAT FANS WERE ALL DRESSED UP to help support their boys basketball team during playoffs last week. Signs and pictures of the players and coaches were held up during the game. The boys will play Monday, Feb. 29 versus Northern Freeze. We will have details of that came in next week's issue. (Photo courtesy of Sheila Billings)

Walk around Quin; local public health promotes healthy behaviors for all ages

The public health departments in Kittson, Roseau, Marshall, Pennington and Red Lake Counties are promoting an 11 week program this summer to encourage healthy behaviors among all ages. These departments along with Quin Community Health Services in Newfolden recently surveyed area residents to find out their public health priorities. The assessment found that area residents are concerned about physical activity and healthy behaviors, in addition to other issues. One of the ways public health is addressing these concerns is to implement a fun program for all ages that promotes a variety of healthy behaviors, while awarding prizes. An extra fun category is the 35 year age difference as a pair. Get together with someone of a different age category and get active. The contest will take place over 11 weeks from March 1 to May 15.

The contest goes like this: each person will receive a scorecard with 120 footprints on it. Each time they complete a qualifying activity initial a footprint. Once all the footprints are filled participants can bring their

scorecard into one of the public health locations to receive prizes. At the end of 11 weeks participants from each of the five counties will be entered in a drawing for a grand prize in each county.

Activities include walking, running, bicycling, aerobics, Zumba, swimming, weight room, tennis, golf without a cart and anything that gets you moving.

Pickup your score sheet at any of the following offices:

- Inter County Nursing Service, 318 Knight Ave. N, Thief River Falls, MN
- North Valley Public Health, 109 S. Minnesota St, Warren, MN
- Kittson Memorial Home Healthcare, 1010 S. Birch, Hallock, MN
- LifeCare Public Health, 715 Delmore Dr., Roseau, MN
- Quin Co. Community Health Services, 136 W. Minnesota Ave., Newfolden, MN
- Inter County Nursing Service, Basement Red Lake County Courthouse

This project is made possible through the generous support of UCare.

There are some people who could hear you speak a thousand words and still not understand you. And there are others who will understand you without you even speaking a word.

Foxy Roxy's Diner
WEEKLY SPECIALS
(All dinners come with mashed potatoes, gravy, vegetable & dinner roll)

Monday: Meatball Dinner, Liver & Onion Dinner, Hot Meatball Sandwich
Tuesday: Chicken Fried Steak, Foxy Roxy's Tacos
Wednesday: Pork Dinner, Hot Pork Sandwich
Thursday: Roast Beef Dinner, Hot Beef Sandwich
Friday/
Saturday: BBQ Rib Dinner, Walleye Dinner, Jumbo Shrimp Dinner
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"Always Homecooked"
Breakfast served daily until 11 a.m.
Check out our NEW menu items!

Fundraiser for Heritage Christian School
Join us for an evening of Western Entertainment & Cowboy Cookin'
Featuring **PRAIRIE STAGE TRIO**
with Don Guttormson
Call... 218-436-2144 for Reservations!
Meal - Authentic Cowboy Food

SHOW Friday March 11
Doors Open at 6:00 p.m.
Preshow: 6:30 p.m. (Ropes & Whips)
Meal: 6:45 p.m.
Show: 7:45 p.m.

Dinner and Show Prices: \$18/Adults • \$13/Age 12 and under
Show only price: \$13 Adult, \$8 Age 12 and under (Includes popcorn and beverage)
Nursery Available upon request
4 quarters of Beef to be Auctioned off
Heritage Christian School, 116 Harding St S, Karlstad, MN

Lancaster Fire Department Burger Basket Fundraiser
Friday, March 11th
5:00 - 7:30 p.m.
Lancaster Community Center
*10 includes Burger, Fries, Salads and Dessert!

Raffle tickets are on sale now and will be available to purchase at the meal. Drawing will be held at 8 p.m. Contact any fireman to purchase a ticket for some GREAT prizes!