

MLWR BOYS' BASKETBALL: Congratulations on making it to State Tournament. **P6-7**

Sturgeon Lake gets in the Zone

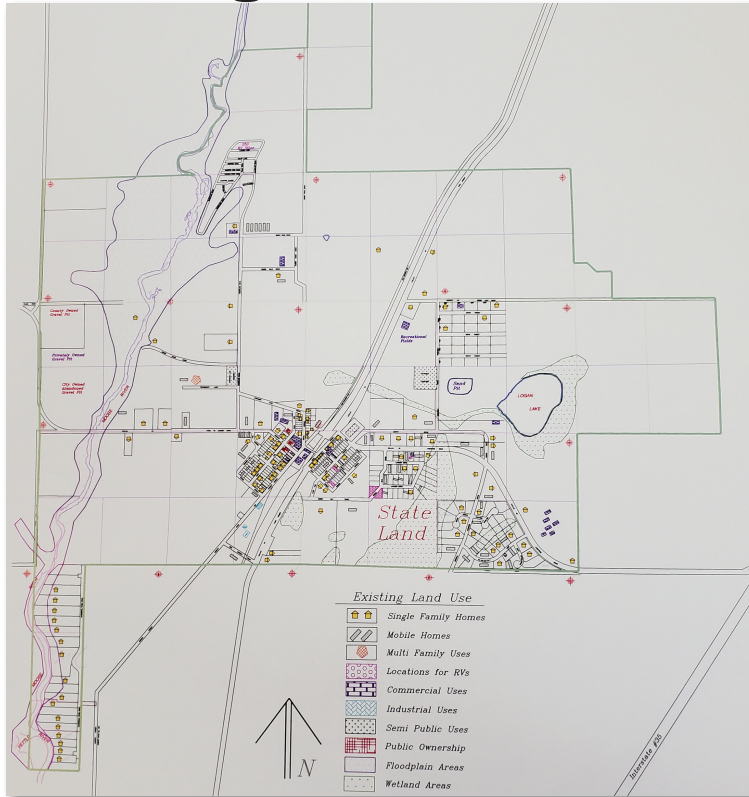
ALANEA WHITE
EDITOR@MLSTARGAZETTE.COM

A zoning map for the city of Sturgeon Lake is being created.

At a working meeting the city council, Vern Anderson, Tom Helfman reviewed the existing zoning for the city. This meeting was held in-person for city council members and up to nine individuals following Governor Walz and Minnesota Department of Health social distance guidelines. The public was allowed a call in option where they could listen into the meeting, no public comment was allowed as the microphone was muted for the meeting.

There is not presently an official zoning map for the city of Sturgeon Lake. Zoning tags are assigned by the county when a property is entered into the mapping system, Beacon, these are not officially connected to codified zoning ordinances in city code.

With the adoption of the League of Minnesota Cities Basic Code an official zoning map needs to be created. Working with the most recent city map, Mayor Tod Danelski and council member Rick Lewis created a tentative zoning map based on current residences, business locations and other property types. The map provided for illustration of



ALANEA WHITE | MOOSE LAKE STAR-GAZETTE

The above map was provided at the working meeting for Sturgeon Lake City Council to review upcoming zoning map plans for the city.

SEE ZONING, PAGE 2

It's your turn for the COVID vaccine!

CARLTON COUNTY PUBLIC HEALTH
MEGHAN.LEVITT@CO.CARLTON.MN.US

Age 16+? It's YOUR TURN for the COVID-19 Vaccine – call 218-499-6310 to schedule an appointment!

Carlton County Public Health and Human Services is scheduling appointments for upcoming COVID-19 vaccination clinics. Please call 218-499-6310 if you are eligible, to schedule an appointment. Carlton County is offering a variety of formats for clinics, including walk-through and drive through options, at a variety of days/times throughout the week. ANYONE who is eligible is encouraged to call!

If you signed up through the MN COVID-19 Vaccine Connector, this does not schedule you for an appointment, and you will not receive a call to schedule an appointment; it is your responsibility to call a registered vaccinator to schedule an appointment. Carlton County is a registered vaccinator, and other options can be found using the Vaccine Finder: <https://mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp>.

Carlton County is using the Everbridge mass notification system to notify Carlton County residents if there is availability for COVID-19 vaccines. Please sign up for Everbridge here to receive these, and other Emergency Notifications: <https://member.everbridge.net/453003085611079/login>.

Maximize your impact, sort items before recycling

BY JAMIE LUND
NEWS@HINCKLEYNEWS.COM

Shredded paper, magazines and waxy covered milk cartons are examples of wishful recycling at local recycling centers, according to Caleb Anderson, Land and Resources Manager for the Pine County Planning, Zoning and Solid Waste Department. He said when residents attempt to recycle items that are not acceptable, it creates extra work and costs for staff to separate the items.

The current Recycling Center located in Sandstone replaces the site that was operated by Pine Habilitation and Supported Employment, Inc. (PHASE). The new contractor for the Pine County recycling sites is Cloquet Riverside Recycling, a long time family owned business in Cloquet.

Anderson said the transition happened quickly. The county signed a one year contract with the City of Sandstone for

the current location. Anderson said he hopes residents follow the recycling guidelines to help keep the new site viable.

At one point there were 11 unstaffed recycling sheds spread throughout Pine County. They were slowly closed over the years because people dumped garbage, including tires at the sites. The county paid to get rid of the garbage and it became too costly to keep them open.

Two residential only transfer stations (no dump trucks) opened in 2019 in response to the large amount of garbage dumped at the previous recycling sheds, said Anderson.

Saturday is the busiest recycling day, according to Pete Joseph, recycling attendant at North Pine Recycling Center & Transfer Station in Willow River. He said they accept scrap metal free of charge and items such as furniture, tires,



JAMIE LUND | HINCKLEY NEWS

Residents are good about separating their recyclables, said Pete Joseph, an employee at North Pine Recycling Center & Transfer Station in Willow River. He said the site is constantly busy, but Saturday is the busiest of the three days they are open. He said this site also accepts scrap metal free of charge. There are bins in the back of the lot for household garbage for a fee.

SEE RECYCLE, PAGE 3



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CARLTON COUNTY COVID UPDATE

Total number of cases: 3,167
 New cases last week: 89
 Positive cases incarcerated at MSOP in Moose Lake: 91
 Barnum cases: 238
 Moose Lake Cases: 422
 Deaths: 52
 People with at least one vaccine dose: 15,990
 People who have completed the vaccine series: 10,991

Register to receive a vaccine through <https://mn.gov/covid19/vaccine/connector/index.jsp>
 Contact the Carlton County COVID-19 Hotline at (218) 499-6312.

Statistics provided by Carlton County Public Health and Minnesota Public Health. Updated April 1.

Visit the Moose Lake Star-Gazette website, www.mlstargazette.com

PINE COUNTY COVID UPDATE

Total number of cases: 3,006
 New cases last week: 40
 Positive cases incarcerated at Willow River: 77
 Positive cases incarcerated at FCI Sandstone: 751
 Patients who had to be hospitalized: 148
 Age range of patients: 0-98 years old
 Deaths: 20
 People with at least one vaccine dose: 7,702
 Percentage of residents vaccinated: 32%

Register to receive a vaccine through <https://mn.gov/covid19/vaccine/connector/index.jsp>
 Contact the Pine County COVID-19 Hotline at 320-591-1690 or public.health@co.pine.mn.us

Statistics provided by Pine County Public Health and Minnesota Public Health. Updated March 29.

ZONING: City Council works on creating zoning map

CONTINUED FROM PAGE 1

any discussion at the meeting was made in 2002 according to estimates from the council. This map does not reflect the updated flood zone created by the Federal Emergency Management Agency (FEMA) after the 2012 flooding.

Prior to adoption the council will need to review the finalized map

and hold a public hearing. City Engineer Tim Korby has been instructed by Danelski and Lewis to create a map based on their suggestions these suggestions were provided and a map requested in approximately February. The finalized map had not been completed for review at the March 23 working meeting.

The hope is that the map created by Korby

will be electronic and able to be updated as conditional use permits, new businesses and properties are added to the city. Zoning ordinances are part of the Basic Code, but prior to the adoption of these ordinances the city needs to have an established Zoning Map.

During the meeting Vern Anderson, asked the council if there was a comprehensive plan for

the city. Anderson suggested that the council look into contacting professionals to create one when he discovered that they did not have one.

The next Sturgeon Lake City Council meeting is on April 13, 2021 at 6 p.m. This meeting is being held by call in option, information for accessing the meeting can be found at the kiosk located outside of City Hall.

Ride down memory lane in a wood mobile

BY JAMIE LUND
 NEWS@HINCKLEYNEWS.COM

"I remember grandpa didn't want to drive too fast because he didn't want the hubcaps to fly off," said Joel Hogberg. The 36 year old often rode in parades as a child with his grandparents in their one of a kind car. Joel is the grandson of Marvin C. and Gladys Johnson, the creators of the "woodmobile".

"We had fun doing it," said Gladys. "Everyone asked, why in the world did you build a wooden car."

Joel said his grandpa was inspired to build the wooden car after seeing a wooden go-kart car at the state fair.

Josh Hoberg remembers when his grandpa purchased the 1982 Mercury Grand Marquis.

The outside of the entire car is covered with wood, including details such as the grill, door handles and hubcaps.

"He tried to glue wood to the car but quickly realized that wouldn't work," said Josh, 39. Marvin was the owner/operator of Marvin C. Johnson Construction in Bruno until he retired. Once he retired he decided to take on a project of building a wooden car.

According to 1993 stories in the Pine County Courier and Askov American newspapers, Marvin spent \$1,000 to purchase the car and about 300 hours to create it. He used 450 feet of three-fourths pine board with tongue and groove and covered it with three coats of polyurethane. It took roughly 850 sheet rock screws. Marvin carved screw buttons to cover them. The addition of the wood added about 500 pounds to the car.

Joel said he spent time at the garage watching his grandpa work on the project.

"He put in hundreds of hours



JAMIE LUND | HINCKLEYNEWS

Josh Hogberg and Gladys Johnson stand behind her great-grandsons, Ezra and Levi. The family visits the "woodmobile" in the Pine County Historical Museum in Askov to show Hogbergs sons the wooden car their great-grandfather built in the early 1990s.

and thought of all of the details, from the Grand Marquis name emblem to the tiny pieces of the grill," said Joel. He said he watched his grandpa gluing all of the little wooden buttons onto the screw holes.

The 93 year old chuckled as she remembered her husband's retirement project.

"It was quite the conversation piece," Gladys said. She said they enjoyed driving the car in many parades over the years.

The brothers remember their grandpa blasting out Alan Jackson's song, Mercury Blues, as he drove in the parades.

The family kept the tradition alive after Marvin passed away in 2000.

"It was an honor and a privilege to drive the car in parades after Marv passed away," said Dave Hogberg, Marvin's son-in-law. "Whenever I took the car out, people would always comment with a memory or question about the car."

Gladys donated the car to the Pine County Historical Museum in Askov roughly 10 years ago, with the blessing of her children.

"When I heard the wooden car would be displayed at the museum, I knew it was the perfect place for it," said Josh. "My two boys (ages 4 and 6) have visited great grandpa Marv's car several times and love to listen to Great Grandma Gladys tell how it was made."

Historical Reflections



This week's history photo:
 Do you know what is happening in this photo?

Answer to the history photo from the previous edition:
 A touch of New England was added as the entrance to Sturgeon Island with this covered bridge in April of 1970.

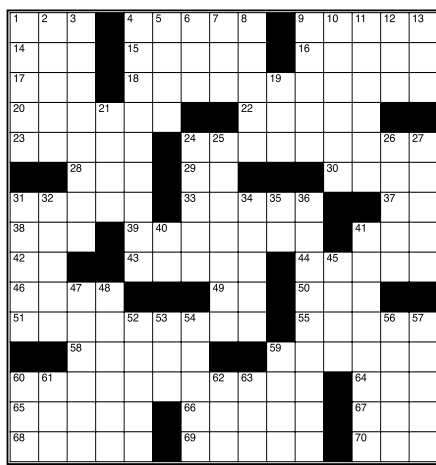
Star-Gazette photo

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Trying to reach the Star Gazette?

Phone: (218) 485-4406 Email: evergreen@mlstargazette.com



CLUES ACROSS

1. Pituitary hormone (abbr.)
4. Ceramic jars
9. Monetary units
14. Alias
15. "Superman" actor
16. Briton tribe
17. Shorten
18. LA Dodgers manager
20. Hoarded
22. Theatrically portray
23. Noah's grandson
24. Dependent
28. Peyton's little brother
29. Cools the house
30. Principle part of
31. Type of wrap
33. Peels
37. Commercial
38. Make an attempt
39. Arrange in steps
41. U. Utah athlete
42. Old English
43. Trade
44. Nostrils
46. Ticket seller __Hub
49. Of 1
50. Institute legal proceedings against
51. Takes apart
55. Doorway
58. Long int'l river
59. Trailblazing athlete
60. Former CBS News host
64. Sign language
65. Badgerlike mammal
66. Thin strips of wood
67. Brooklyn hoopster
68. Portents of good or evil
69. Footwear
70. When you think

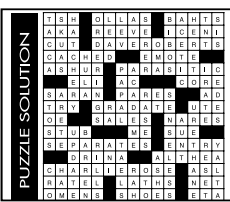
you'll arrive

CLUES DOWN

1. Batflower genus
2. Predatory seabirds
3. Fish farm
4. Arrangements
5. Go in advance of others
6. Bulgarian monetary unit
7. "___ Maria"
8. W. African ethnoreligious group
9. Wild Asian oxen genus
10. Vinegary
11. To this
12. Explosive
13. Female sibling
19. Orlando museum (abbr.)
21. Type of hoop
24. About Holy Father
25. Academic environment
26. Extremely angry
27. Surrenders
31. Swiss mountain pass
32. Sharp mountain ridge
34. Eras
35. Spielberg's alien
36. Absurd
40. Dorm worker
41. Used to make pesticides
45. The sister of your father or mother
47. A way to let know
48. Can't produce much vegetation
52. Small

streams

53. Folk singer DiFranco
54. Weights
56. Start over
57. Black Sea resort city
59. Wimbledon champ
60. Corporate executive (abbr.)
61. Unskilled actor who overacts
62. Bravo! Bravo! Bravo!
63. Of or relating to ears



Weekly Forecast

From CBS 3 Meteorologist Dave Anderson

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
Mostly cloudy Wind: E 10-20 mph 80% chance of rain 47 40	Mostly cloudy Wind: NW 5-10 mph 70% chance of rain 51 42	Mostly cloudy Wind: NW 5-15 mph 40% chance of rain 50 38	Partly sunny Wind: NE 5-10 mph 30% chance of rain 56 37	Partly sunny Wind: NW 5-15 mph 51 37

OBITUARIES

Floyd Allen Henspeter

Floyd Allen Henspeter was born to Oscar and Flossie (Gable) Henspeter on a farm near Amenla, North Dakota on November 29, 1929. He died on March 28, 2021, at his home at Lake Retreat, WA, with his wife and family by his side.



Floyd graduated from Monroe High School in South Dakota in 1947 and went to work for the phone company in southern Minn. There he met Betty Lucille Elzenga. They married in Slayton, Minn. on June 20, 1953 and moved briefly to Martinez, CA. After returning to Minn. to attend NW Chiropractic College in Minneapolis, they moved their young family to Pipestone, Minn. then settled in Moose Lake, Minn. in 1959, where Floyd faithfully served the community as a chiropractor for over 30 years, while raising his family. Floyd was active in community service there; he was elected to the Moose Lake City Council for many years, and served on the Park Board, Power & Light Board, Kiwanis Club, and a variety of other civic organizations and activities. He was an active member of the Moose Lake United Methodist Church.

Floyd and Betty traveled extensively throughout the US with their family, as well as visiting Europe, the Caribbean, New Zealand, Canada, and Alaska. After retirement, Floyd and Betty enjoyed summers at their Sand Lake home/cabin and winters in Port Townsend, WA and their condo in Apache Junction, AZ. They moved full-time to Port Townsend in 2006 and thoroughly enjoyed the bustling, Victorian seaside community on Puget Sound. In 2018 they moved to their present home on Lake Retreat, WA to

be closer to family.

Floyd was an avid outdoorsman and enjoyed hunting and fishing throughout his life. He also found pleasure in his daily walks with Betty and friends, he was proud of his 1929 Model A and his red Miata convertible, he shared produce from his garden wherever he lived, he was a lively conversationalist, and he embraced the technology of digital cameras, computers, and cell phones, even into his 90s. His greatest joy in life was his family, and he loved spending time with them, sharing birthdays and special occasions, and keeping in close contact via phone and FaceTime. He devoted much time and effort in always remaining close to his brothers through phone calls and visits. A special memory is his 90th birthday party, when a large group of family (four generations) gathered and celebrated together in Roslyn, WA. Floyd was a faithful husband, father, son, brother, and uncle, and he cherished his many friends in Minn., AZ, WA and points in between. He will be greatly missed by all who knew him.

Floyd was preceded in death by his parents, Oscar and Flossie, and by his four brothers and one sister-in-law: Orlin, Marlo (Virginia), Earl, and Gordon Henspeter. He is survived by his wife Betty of 67 years; his children, Bradley (Ramona) Henspeter, Joy (Dale) Theisen, and Cary (Nanette) Henspeter; his grandchildren, Laura (Mike) Kolasa, Karen (Travis) Hogins, Mark Henspeter, Andrew (Thuy) Theisen, Matthew Theisen, Katie Theisen, Emily Henspeter, and Ethan Henspeter; and his great-grandsons, Elias Kolasa and Lewis Pham Theisen. Also surviving are his sisters-in-law, Jessie Henspeter, Melva Henspeter and Charlotte Henspeter, along with many nieces, nephews, and their families.

A Celebration of Life for Floyd will be held July 10 at Lake Retreat, Washington

STAR GAZING-UPCOMING EVENTS

Star Gazing is a service to readers to publicize upcoming events and activities as space permits. Free events are given priority. If there is a charge or admission cost to the event, a paid ad is required.

April 8 from 9:30 a.m. to 11:30 a.m.

Ruby's Pantry

Ruby's Pantry will be open on April 8, from 9:30 to 11:30 a.m. at the Cromwell Park Pavilion. No boxes or bags needed. Volunteers will fill boxes and bags and bring them right to your vehicle. Cost is \$20.00 per share.

April 15 at 5 p.m.

Lake Country Power Company Annual Meeting

The Lake Country Power Company will hold their Annual Meeting by Virtual ZOOM on Thursday, April 15, starting at 5 p.m. To register for the virtual meeting, please visit <https://lakecountrypower.coop/2021-annual-meeting> or call 800-421-9959 for more information.

April 24 from 9 a.m. to Noon

Cromwell Area Community Club Roadside Cleanup

Roadside cleanup on Saturday, April 24, 2021 from 9:00 a.m. to noon - Volunteers are needed to help clean up CACC's two-mile Adopt-a-Highway stretch that runs along Highway 210 through Cromwell. Gather at the Gazebo in the park next to Northview Bank at 9 a.m. to pick up your vest and bags, and determine which section you will pick up. Wear boots or sturdy shoes and gloves. Lunch will be provided at noon.

April 29 from 5 p.m. to 5:30 p.m.

Grocery Giveaway

The Lord's House Church International of McGregor invites you to a Grocery Giveaway on the last Friday of the Month (April 29) from 5 to 5:30 p.m. The church is located on the intersection of HWY 210 and 65 next to Subway.

Mondays in April from 11 a.m. to Noon

Cromwell Area Yoga

Cromwell Area Yoga at the Cromwell Pavilion, 11:00-12:00. Wear comfortable clothes, come and leave masked, mask not necessary during the session, Yoga gear provided. \$3 each, which goes to cover City rent and heating costs. Questions email Ann Markusen, markusen@umn.edu or 218-428-3300.

Wednesdays in April from 1 p.m. to 4 p.m.

Wright Senior Club

The Wright Senior Club is opening again on Wednesdays at 1 - 4 p.m. All area folks are welcome to attend. Cribbage open on Thursdays from 6 - 8 p.m. and you do not need to be a Senior Citizen to join them.

May 5 at 6 p.m.

Cromwell Area Community Club New Member Mixer

New member recruitment mixer on Wednesday, May 5, 2021 at 6:00 p.m. at Cromwell Park Pavilion. New members are needed to keep our club thriving in the future. Come and mingle with the CACC members to find out more about our community club. Look for a flyer in the mail with more details.

RECYCLE: Changes to Pine County program

CONTINUED FROM PAGE 1

appliances, construction demolition and household garbage for a fee.

"Residents are really getting into recycling now," Joseph said. Pine County has room for improvement. Residents recycled 7,981 tons or 27.5 percent of the total waste generated in 2017, according to the Minnesota Pollution Control Agency. The following year dropped to 6,880 tons of recycling or 26.1 percent of total generated waste in Pine County.

Carlton County dropped from 6,386 tons of recycled materials in 2017 to 6,234 in 2018.

Overall Minnesota has a recycling rate of 46 percent in 2018, according to the MPCA.

Visit https://www.co.pine.mn.us/departments/solid_waste

and recycling/ for a current list of accepted recycling items at the Pine County recycling locations.

ACCEPTING HOUSEHOLD RECYCLABLES

Hinckley

Hinckley Transfer Station, 33198 Co Hwy 61, Hinckley Monday-Friday 8 a.m.-4 p.m. Saturday 8a.m.-noon

Sandstone

Recycling Center, 145 Robin Street, Sandstone, MN 55072. Open Tues, Thurs 10am-4pm, Sat 9am-3pm

Willow River

North Pine Transfer Station, 85174 Co Hwy 61, Willow River Open Tues, Thurs 10am-4pm, Sat 9am-3pm

Finlayson

Recycling Shed behind The Municipal Liquor Store

Bruno

Recycling Shed at the Pine County Highway Garage, East Side Of Bruno

AREA ATHLETIC EVENTS

April 8, Thursday:

MLWR baseball Varsity/Junior Varsity at Carlton 4:00/6:00 p.m.

MLWR softball Varsity/Junior Varsity at Carlton 4:00/5:30 p.m.

April 13, Tuesday:

MLWR baseball V/JV home Floodwood 4:00/6:00 p.m.

April 15, Thursday:

MLWR baseball V/JV at South Ridge 4:00/6:00 p.m. MLWR softball V/JV at South Ridge 4:00/ 5:30 p.m.

April 16, Friday:

MLWR baseball V/JV home Pine City 4:00/6:00 p.m.

April 19, Monday:

MLWR softball V/JV home field (Willow River) Pine City 4:00/6:00 p.m.

April 17, Saturday:

MLWR baseball V/JV at Crosby-Ironton 11:00 a.m.

April 20, Tuesday:

MLWR baseball V/JV home McGregor 4:00/6:00 p.m. MLWR softball V/JV home (Willow River) Proctor 4:30/6:00 p.m.

April 22, Thursday:

MLWR baseball V/JV at Wrenshall 4:00/6:00 p.m.

BOWLING SCORES

TUESDAY SENIOR BOWLING

March 30
Ken 179/496
Jim 182/474
Tony 165/474

WOMEN'S BOWLING LEAGUE AT GAMPER'S

April 2
1. Hair Kreations by Michelle 9-5
2. Gamper's 8-6
3. Fjosne Construction 7-7

Moose Lake Senior Dining Menu

All in-house dining is cancelled until further notice.

HOME DELIVERY IS STILL AVAILABLE. Call (218) 485-4937 to place your order. Please reserve the day before.

\$4.00, Under 60: \$7.50.

There are no income guidelines.

Carry-out meals available. Meals also include veggies, milk and dinner roll. Call Senior Dining 485-4937. Volunteer Drivers Needed.

Monday, April 12 - Favorite Italian Pasta, Fresh Fruit

Tuesday, April 13 - Chicken Chow Mein, Cookie

Wednesday, April 14 - Ham Dinner, Fresh Fruit

Thursday, April 15 - Beef Roast, Frosted Cake

Friday, April 16 - Hash Brown Egg Bake, Cinnamon Roll

'I'm fine.'

I have long noted that when asked "How are you doing?" many folks simply respond with "I'm fine." I am not sure where exactly it comes from, Mid-Western stubbornness, a desire to not be a burden, worry that those asking really don't care, or some combination of all of these plus other reasons.



A Millennial Mile
Alanea
White

This week in our house I hope that we have learned that simply saying "I'm fine," is not an option.

Several of my family members are working to maintain quality of life while dealing with severe medical issues. When asked how they are, they also pull the standard answer of "I'm fine."

When telling a doctor over a video appointment, that everything is fine, the doctor has no way of knowing any differently. Pretending that everything is fine, in this instance isn't an

option. Skipping the steps of having to reexplain situations, back pedal and asking for help would have been avoided with an upfront answer in the beginning. Help could have been on the way much quicker with a few extra words added to "I'm fine."

As someone who really detests small talk, when I personally take the time to ask how you are, I really do want an answer. Feel free to tell me about your great morning, or your terrible night. I genuinely do want to know how you are if I ask. Most often I will help you when I can.

"I'm fine," has long been a pet peeve of mine. Not sharing that you have a problem and brushing it off with a simple response doesn't allow others to know you need help. Specifically when talking with medical professionals, authority figures (think your boss), or others in a space to help you. These folks often have no way of knowing that you need help unless you speak up. Usually these folks are asking you how you are so that they can help you.

For some folks suffering in silence seems to be the modus operandi. To be quite honest, this is silly. Why use the extra energy on being frustrated, stuck or hurting when you could ask for help and move forward?

In my opinion showing off that hardy Mid-Western attitude doesn't really help anything. Things don't need to be so hard, let people asking know when you need help, they might surprise you.

Alanea White is the editor of the Moose Lake Star-Gazette. She can be reached by email at editor@mlstargazette.com

Write a letter to the editor!

Write a letter to the editor!

Write a letter to the editor!

Write a letter to the editor!

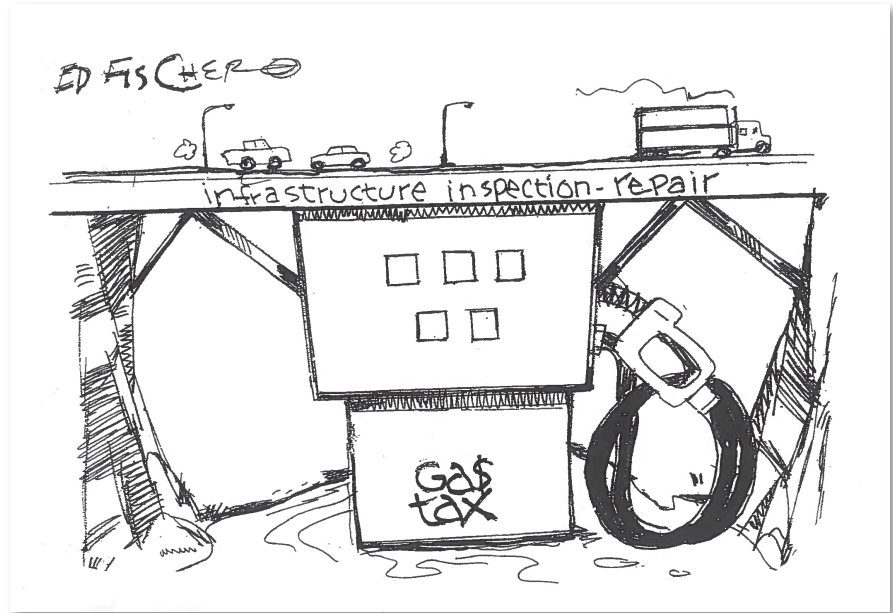
Write a letter to the editor!

Write a letter to the editor!

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Write a letter to the editor!



Talking vaccine anxiety, guilt and shaming

Many have been challenged with emotional dilemmas over the last four months after COVID-19 vaccines first became available in the United States. As states distributed



Talking with U of M
Dr. Sophia
Albott

vaccines in different ways and at different speeds, some waiting their turn in line – or deciding whether or not to even get in line – have experienced vaccine anxiety, guilt and shaming.

Sophia Albott, MD, MA, an assistant professor of psychiatry and behavioral sciences at the University of Minnesota Medical School and an adult psychiatrist at University of Minnesota Physicians St. Louis Park Clinic, discusses these three emerging vaccination attitudes and how to manage them as the vaccine access widens to new populations.

Q: Why are there so many varying emotions and attitudes around getting the COVID-19 vaccine right now?

Dr. Albott: The COVID-19 pandemic has lasted a little over a year now. We were initially able to mobilize resources to do what needed to be done at the pandemic outset, and now the extensive time that has elapsed since has worn people down. Many of our emotional responses are owed to the fatigue and chronic stress that has resulted from managing this global health crisis over such a long period.

I also think a lot of the polarized emotions around getting the vaccine now have to do with people operating in "survival mode." When a person faces a challenge that disrupts their normal way of life or threatens one's survival, our brain reacts by simplifying our choices, casting choices in binary terms. While this simplification is meant to help us choose quickly, thereby promoting survival, it prevents us from being able to recognize nuances in our options or be more

able to critically analyze choices. These polarized emotions around the vaccine are in many ways reflective of our brain's being in a "fight-or-flight" state of mind.

Q: One common emotion related to the COVID-19 vaccine is "vaccine anxiety." Can you define that feeling and how someone could cope as they wait their turn to receive their dose(s)?

Dr. Albott: Anxiety can occur when we are faced with an unknown. Many people have heard that the COVID-19 vaccine will enable life to return to normal. When faced with something that promises to end the chronic stress of a global pandemic, it can be challenging to wait. For this reason, people may feel anxiety in anticipation of when their turn will come. What can exacerbate this is the sense that the pandemic has exacerbated inequities. Honestly, the pandemic has been unfair to everyone, to those who have lost a loved one, who have lost

SEE COVID-19 VACCINES, PAGE 5

LETTER GUIDELINES

The Star Gazette welcomes letters to the editor. Letters may be emailed to editor@mlstargazette.com mailed to Moose Lake Star Gazette P.O. Box 449, Moose Lake, MN 55767.

Letters should be typed or legibly handwritten and of no more than 250 words in length (longer letters may be edited).

To be considered for publication, all letters must be signed and include hometown and contact information for verification

purposes. Only names and hometowns will be published. Letters are published at the discretion of the editor and may be edited. Only rebuttals to previously run election-related letters will be considered for publication the week before elections. This policy also applies to endorsement of political candidates.

ELECTION/POLITICAL LETTERS

Election letters endorsing or advocating

for or against a ballot measure, party or candidate will be considered paid advertising announcements. The fee is \$25 for the first 250 words, and \$0.10 per word after that. The Star Gazette has the right to reject letters which don't meet publishing standards and will determine if the letter qualifies as a paid endorsement. Paid letters will be identified with a label and may or may not appear on the opinion/letters page.

MOOSE LAKE STAR GAZETTE



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Jamie Lund, Reporter

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WRIGHT-CROMWELL NEWS: Spring activities in the area beginning

JENNIE K. HANSON
JKH4PRESIDENT@HOTMAIL.COM

The Cromwell Forest Hill Cemetery Association Board thanks everyone who donated to the 2020/2021 Cromwell Forest Hill Cemetery Association's fund appeal drive. Your generosity will allow us to maintain fiscal solvency for the near term. We are working on other options to carry us further into the future, such as estate gifts.

There will be a Special Memorial Remembrance for Siiri Peterson at Bethany in Cromwell during worship at 10:30 on April 11. Coffee and cake will be served in the Fellowship Hall and all are invited to pay tribute to Siiri.

It won't be long and we hope the Hummingbirds return to our area. So, if you do put out feeders, be sure to remember not to put red dye in the juice you make for them. According to Birds and

Blooms magazine, the red dye is very harmful to hummingbirds.

The Cromwell-Wright School Office will be CLOSED during Spring Break - April 5 to April 9. Students will also be on Spring Break this week. The weekly Bus Bulletin is now available on the school website. No more printed copies are being distributed.

SCAM Alert: If anyone sends you a request for five \$100 Gift cards, from any business or person you may know, it is a scam! Don't reply or at least confirm the request with the person sending it. To report scams, you can call the Fraud Hotline @1-800-269-0271.

Softball Season is here with the following schedule for this week. April 8- Softball @ Cook County, 4:00 p.m., April 12- Softball vs. Hill City, 4:30, April 13- Softball vs. Barnum, 4:30 April 15- Softball vs. Carlton, 4:30. Bring your own lawn chairs and have face

coverings in place.

I'm wondering if anyone has Rhubarb plants they could share. Just let me know if you can spare some. Call me @ 218-357-2385.

The phone number for getting your COVID Vaccinations thru Carlton County is 218-499-6310.

Safe Driver Classes can be taken on line by calling 320-308-1400. When completed, these classes will give you a 10% discount on your vehicle insurance.

The Lake Country Power Company will hold their Annual Meeting by Virtual ZOOM on Thursday, April 15, starting at 5 p.m. To register for the virtual meeting, please visit <https://lakecountrypower.coop/2021-annual-meeting> or call 800-421-9959 for more information.

That's all the news from the Edge of Wright - Remember you can send me your news at jkh4president@hotmail.com or call me at 218-357-2385.

DNR responds to wildfire calls, more

MINNESOTA DEPARTMENT OF NATURAL RESOURCES

Fire dangers, anglers and ATVs all kept local conservation officers of the Minnesota Department of Natural Resources on their toes this past week.

• Conservation Officer Ben Karon, working out of Pine City, spent this week continuing to check for angling and ATV activity. He pointed out that more trash is being dumped in the Chengwatana State Forest.

"If you see someone dumping garbage, get a license plate number and inform the sheriff's office or DNR," Karon said.

The non-emergency number for the Pine County Sheriff's Office is 320-629-8380. The DNR can be reached at 320-245-6789.

• Conservation Officer Bret Grundmeier, working out of Hinckley, said he dealt with several ATV complaints and investigated reports of grass fires and possible wetland violations. Grundmeier noted that ice cleared out of most rivers and some small lakes, which had a few boaters out on the water getting equipment ready for the summer fishing season. Many state forest areas were closed

to vehicles and ATV riding in order to minimize damage during spring thawing.

• Conservation Officer Dustie Speldrich, working out of Willow River, said she responded to wildfires and that enforcement action was taken for no burning permits. Speldrich also received questions regarding sucker fishing and nuisance beavers.

• Conservation Officer Dan Starr, working out of Onamia, said he checked late-season ice anglers and early season river anglers. A fish house was successfully removed from Mille Lacs Lake. Equipment items were also addressed, along with a case of trapper harassment. Starr also assisted local law enforcement with a felon in possession of a firearm when a coyote was shot on the ice of a lake.

• Conservation Officer Mikeena Mattson, working out of Wealthwood, worked ATV/OHM, trapping, and burning activity over the past week. Time was spent completing training, equipment maintenance, and on a litter investigation. Their office fielded calls about trapping, sport netting, and wildlife management areas.

WILLOW RIVER NEWS: Please remember if it's dry don't burn anything

KATHI BENNETT
KBENNETTHAUS@GMAIL.COM

HELLO ALL,

The City of Willow River would like to remind everyone that there is no trespassing on the property down by Big Bend. This property has been posted for no trespassing. The Sheriff's Office will be called if there are any trespassers.

There has been a few bonfires that have gotten away from people this week. Which is slightly surprising since the Department of Natural Resources has been recommending that

people do not burn right now because it has not greened up yet. Hopefully the rain that is forecasted will come and green up the grass. Please remember if a fire gets away from you...you are responsible for the cost of fighting that fire. Please, if it's dry don't burn anything.

Beckie M. wanted everyone to know that she will be having free car washes again...No, that is an old joke...she will be flushing hydrants in the city of Willow River April 10 through April 25. If you see her out there give a honk.

In regard to the Willow

River School: April 12 Book Club 6 p.m. to 7 p.m., April 13 Monthly PTO Meeting 5:30 p.m. to 7:30 p.m., April 20 Board Meeting 6 p.m. to 7:30 p.m. No School for kindergarten, No School for preschoolers May 7 and May 8. Congratulations to the boys basketball team and getting to play in the state tournament. Well done.

Kindergarten Roundup will be held May 7, 2021. This is for children who will be five years of age before September 1. Individual family visits will be scheduled. Families who are considering or planning to attend Kin-

dergarten in the Fall of 2021 at the Willow River Area School are invited to sign up. Parents and children will have the opportunity to meet the teachers and explore the classrooms. Each family will receive an enrollment packet to complete and return. Please bring a copy of your child's birth certificate. For more information contact the school at 218-372-3131 or look on the website: isd577.org.

Register now for Fall 2021-22 Early Childhood Classes. To register go to: <https://forms.gle/gfuyR3x6qHFRkkt3A>. This registration is

listed as a "full in person learning model." Classes, availability, and models may change based on MDH, MDE, and CDC Guidelines. For questions call or email Ms. Chas at 218-372-3131 x 169 cbalut@isd577.org.

At the Churches: Please follow our websites @ holylangelsmooselake.com and stmmary-willowriver.org and stisidoreurgeonlake.org and the bulletins for updates and information pertinent to our three parishes. Please note that St. Mary's Church is open for private prayer and devotion Monday through Friday 9 a.m. to

12:30 p.m. Every third Sunday of each month, the Knights of Columbus will be praying the Rosary before Mass at St. Mary's Church. For Prayer Line Requests for St. Mary's please contact Judy Prachar at 218-372-3409 or you may make requests through the website: www.stmary-willowriver.org. Legion of Mary will be at St. Mary's Center every Monday at 6:30 p.m.. Also, on Wednesdays' Eucharistic Adoration will be from 1 p.m. to 5 p.m. at St. Mary's Church.

Have a great week.

COVID-19 VACCINES: Dealing with the emotional challenges of vaccine rollout

CONTINUED FROM PAGE 4

employment, who have lost a way of life, etc.

The most important way to cope with these negative emotions is to acknowledge them. Oftentimes, naming an emotion enables us to move on from that emotion. I also think that focusing on simple ways of coping can be enormously helpful - getting a full night of sleep, getting outside and moving and connecting with people that care about us can go a long way in enabling people to tolerate the anxiety associated with waiting for the vaccine.

Q. What about "vaccine guilt?" How can someone manage their emotions around receiving the vaccine before others?

Dr. Albott: The other side of vaccine anxiety can be guilt when we may feel we did not deserve priority for the vaccine or that other's needs should have taken priority over our

own. In many ways, this guilt is another way of managing anxiety associated with waiting this pandemic to be over and life to return to normal. Guilt can occur when it feels that, for whatever reason, our health needs superseded the needs of someone else. For example, healthcare workers chose to dedicate their lives to the care of others, so the idea of taking a health resource for oneself can feel very at odds with our professional ethics. However, I think it is important to recognize that the vaccine is being offered to people not just at risk of having a negative health outcome from infection, but also to people at risk of transmitting the virus. Part of preventing others from getting sick is keeping ourselves from being a good host to the virus. I recommend to my patients who feel guilty that they focus on having "done their part" to curb the global numbers of infection.

Again, focusing on simple coping strategies (rest, movement, emotional connection) and recognizing the vaccine will be soon offered to the general public can hopefully help people keep their guilt in perspective.

Q. Although more people are now eligible to receive the vaccine, there is still a lack of vaccine acceptance in some communities. What boundaries should someone respect to avoid "vaccine shaming" and trying to convince a family member or friend to get the vaccine?

Dr. Albott: The important thing to remember when discussing the vaccine with people in our lives who may not want to get the vaccine is to keep a respectful tone and to encourage dialogue. The success of the vaccine for ending the pandemic will rest on achieving "herd immunity." For this reason, keeping an open flow of dialogue is most likely to enable people to accept

the importance of getting the vaccine - most people won't change their mind in response to being "shamed" for not getting it. For this reason, it is better to give them an opportunity to express their hesitation or concerns. Sometimes, acknowledging someone's fears is the best way to help them think more critically about an issue.

Q. Hopefully soon, vaccine rollouts will be complete and herd immunity achieved. How can people begin to emotionally prepare for a post-COVID world?

Dr. Albott: My hope would be that people would feel relief after getting the vaccine just knowing that they - along with family and friends - are less likely to contract the virus. Of course, as a society I also believe that we will need to process all of the grief and losses of the past year. This may lead to "post-vaccine

grief" when we realize that life will never be completely what it was before the pandemic. My guess is that only after accepting that this trying time has changed us, will we be able to do the work of reconstructing our post-COVID lives.

Sophia Albott, MD, MA, is an assistant professor of psychiatry and behavioral sciences at the University of Minnesota Medical School and an adult psychiatrist at University of Minnesota Physicians St. Louis Park Clinic. Her clinical focus is on neuromodulation, transcranial magnetic stimulation (TMS), treatment-resistant depression, mood disorders, translational neuroscience, women's mental health and trauma-related psychiatric disorders. She is board-certified by the American Board of Psychiatry & Neurology and a member of the American Society of Hispanic Psychiatry.

CONGRATULATIONS



MARY ELLEN DEWEY | PINE COUNTY COURIER

2015-2016 season

6th and 7th graders

Front row (L-R): Sam Dewey, Phillip Sheetz, Mason Olson, Duane Broughton, and Alex Watrin.
Back row (L-R): Carter Johnson, Landin Kurhajetz, Ayden Nelson, Logan Orvedahl, and Brady Watrin.



SHANNA WATRIN | WATRIN 6 PHOTOGRAPHY

2017-2018 season

8th and 9th graders

Front row (L-R): Sam Dewey, Mason Olson, Duane Broughton.
Back row (L-R): Carter Johnson, Logan Orvedahl, Brady Watrin, Landin Kurhajetz, Phillip Sheetz, Gabe Nelson.



SHANNA WATRIN | WATRIN 6 PHOTOGRAPHY

2020-2021

Row 1 (L-R): Sam Dewey, Zach Youngs, Phillip Sheetz, Kaden Robbins, Adam Neumann, Duane Broughton, Conner Welch.
Row 2: Luke Dewey, Drew Danielson, Hunter Van Heel, Nolan Nelson, Chance Lunde, Jayden Alleman.
Row 3: Jimmy Walker, Landin Kurhajetz, Alex Watrin, Brady Watrin, Carter Johnson, Mason Olson, Logan Orvedahl.



MARY ELLEN DEWEY | PINE COUNTY COURIER

Section 7AA Champions

Front (L-R): Brady Watrin, Mason Olson.
Row 2: Ellie Neumann, Sam Dewey, Phillip Sheetz, Logan Orvedahl.
Row 3: Coach Will Carlson, Zach Youngs, Duane Broughton, Landin Kurhajetz, Carter Johnson.
Back Row: Coach Paul Olson, Chance Lunde, Drew Danielson, Alex Watrin, Jimmy Walker, Jayden Alleman, Conner Welch, Coach Paul Dewey, Head Coach Wes Cummins.

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SECTION CHAMPIONS

Rebels play in state basketball tournament

MARY ELLEN DEWEY
 RECIPE@PINECOUNTYCURIER.COM

Moose Lake Willow River Rebels boys' basketball team qualified to represent Section 7AA in the Minnesota Boys' State Basketball Tournament when they defeated Pequot Lakes for the section championship. The only other time the boys' basketball team has qualified for state playoffs was in 2005. Seeded number one in the North for the state tournament was Minneapolis North Community Section 5AA champions, Caledonia was second, St. Croix Preparatory Academy third and Moose Lake Willow River fourth. The state brackets pegged the first team in the North to play the fourth team in the North in the first round of the state quarterfinals at Osseo High School on Wednesday, March 31. The winner of that game played at the Target Center on Wednesday, April 7 at 2:00 p.m. Because of COVID restrictions the loser will not play in the consolation championship rounds. The state Class AA championship game is on Saturday, April 10 at 3:00 at the Target Center.

The MLWR Rebel boys greeted the elementary kids outside at the school before they boarded the bus

for the send-off parade through Moose Lake, Sturgeon Lake and Willow River.

The Rebels were outsized by the Minneapolis North Polars' team, that had 10 of their 13 players six feet or taller. Forward Davon Townley, Jr. was a big force inside, and scored whenever he wanted to. He has signed to go to Penn State to play football. The only team that defeated the Polars during the year was Minnehaha Academy, Minneapolis. To get into the state tournament, the Polars defeated Southwest Christian, Chaska 102-48, Litchfield 60-38 and Holy Family Catholic, Victoria 84-47.

The Rebels came out strong and kept the game close during the first fifteen minutes of the contest, down 16-19 with 5:50 left until the half. The players went into the locker room trailing 21-32 at the half-way mark.

In the second half, the North Polars outscored the Rebels 39-19 to win the right to go on to play in the Target Center with a final score of 71-40.

The Rebels had nine threes in this game. Mason Olson had 4, Phillip Sheetz and Logan Orvedahl each had 2, and Carter Johnson with 1. Olson led the team in scoring with 19, Sheetz and Orvedahl

each had 6, Carter Johnson 5 and Brady Watrin had 4.

Minneapolis North Community had Townley, Jr. leading the team with 15, Andre Gray and Marcus Owens each with 12, De'Meiko Anderson 11, Clifford Brown 8, Willie Wilson 7, Mario Sanders and Jacob Butler 2 each.

Minneapolis North player, Clifford Brown told one of the MLWR student fans how great it was that the student body came to the game and showed support for their team. MLWR used all 110 tickets they were allotted for the first round of the playoffs. North did not have a student section.

Head Coach Wes Cummins said, "I think we're one of the best teams in the state...If we would have pulled somebody else, I think we maybe could have moved on, but it is nothing to hang your heads about." He also stated, "This is what the state tournament is all about. A bunch of kids that grew up playing together and dreaming about the big stage!" This group of Moose Lake Willow River Rebels did just that. Thanks for the memories and entertainment Rebels. Thanks to the area communities for all the support shown for this 2020 state tournament team.



SHANNA WATRIN | WATRIN 6 PHOTOGRAPHY

Carter Johnson attempts to block Devon Townley, Jr.'s shot at the state tournament. Brady Watrin (#4) waits to grab the rebound while Duane Broughton (#2) is ready to help out.



MARY ELLEN DEWEY | PINE COUNTY COURIER

Student section shows support

The MLWR students got to attend the state playoffs at Osseo.



DAN LINGLE | MOOSE LAKE STAR-GAZETTE

Sending the team off in style

Moose Lake Fire Department, Moose Lake Police Department and Essentia Ambulance escorted the Moose Lake Willow River Boys' Basketball team on the way to the state.

TEAM ROSTER

- #0 Logan Orvedahl, Gr. 11
- #1 Phillip Sheetz, Gr. 11
- #2 Duane Broughton, Gr. 11
- #3 Sam Dewey, Gr. 11
- #4 Brady Watrin, Gr. 12
- #5 Landin Kurhajetz, Gr. 12
- #10 Chance Lunde, Gr. 11
- #11 Conner Welch, Gr. 11
- #12 Mason Olson, Gr. 12
- #13 Jimmy Walker, Gr. 10
- #14 Zach Youngs, Gr. 11
- #21 Drew Danielson, Gr. 12
- #22 Carter Johnson, Gr. 12
- #25 Jayden Allemen, Gr. 10
- #34 Alex Watrin, Gr. 11

Wes Cummins, Head Coach
 Will Carlson, Assistant Coach
 Paul Dewey, Assistant Coach
 Paul Olson, Assistant Coach
 Ellie Neumann, Manager
 Brennan Olson, Manager
 Bridget Dewey, Athletic Trainer
 Mary Ellen Dewey, Book

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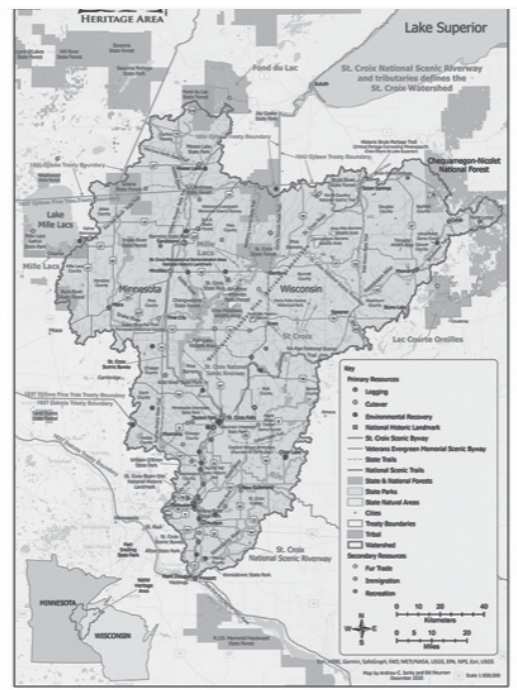
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Is the St. Croix River region to become a National Heritage Area?

National Park Service approves proposal; Congressional approval next



BY JASON SCHULTE
EDITOR@OSCEOLASUN.COM

Those who have lived by it, worked on it or enjoyed its features have long adored the St. Croix River Region.

Local volunteers have been working for years to make the region a National Heritage Area. In that process, a rather significant development occurred recently.

The National Park Service, which oversees the National Heritage Area program, approved the North Woods and Waters (NWW) of the St. Croix National Heritage Area's feasibility study last month after determining the plan meets all of its criteria.

"This is a major achievement," said Bill Neuman, NWW Vice Chair.

He went on to explain the benefits of what it would mean.

"It's having a national recognition for the significance of the region," he said. "The economic development potential would make it hard to oppose because of the amount of visitors it would bring in."

"We've been working on this for at least 10 years. It's not a fast process, but a through one."

The proposed Heritage map would cover 18 counties between Minnesota and Wisconsin. On the Wisconsin side, it's as far north as Solon Springs in Douglas County and stretches all the way to Prescott in Pierce County. On the Minnesota side, it's as far north as Carlton County all the way to Prescott.

"We've gotten a lot of input," Neuman said, from those communities within the map. Those communities have told their stories about how their life is impacted by the River.

Neuman said the NWW worked with a writing team at the National Park Service to illustrate "how best to tell our story."

What would be that story?

As according to their website, "travel within the Heritage Area provides opportunities to experience small historical communities and reignite your interest in a past where abundant wildlife and white pine forests fueled the fur trade and lumber industry for nearly 300 years – followed by dramatic migrations of people from the Atlantic Coast and immigrants from throughout Europe."

The next step in the process is going to be one of the toughest – congressional approval.

Neumann said Rep. Ron Kind of Wisconsin has drafted legislation to designate it as a Heritage Area. That's just the first step.

"We need strong Congressional support from the House and Senate on both sides of the River," Neuman explained.

"We've been talking to legislative staffs on a regular basis."

If approval were granted, it would join 55 other designated National Heritage Areas in 34 states across the country. The closest ones are the Silos and Smokestacks National Heritage Area in Iowa, the Northern Plains National Heritage Area in North Dakota and the Motor Cities National Heritage Area in Michigan.

"We continue to be optimistic," Neuman concluded. "We've got good people helping us."

For more information, one can visit northwoodsandwaters.org.

The map above is the North Woods and Waters of the St. Croix National Heritage Area.

[SUBMITTED]

Kids, camp and COVID-19

BY JAMIE LUND
NEWS@HINCKLEYNEWS.COM

The Salvation Army Northwoods Camp will open this summer with a pandemic twist.

Staff members continue to offer the typical summer camp fun that memories are made of such as making new friends, archery, swimming and fishing.

This summer the camp will follow the Centers for Disease Control and Prevention mandates including wearing masks inside of buildings, provide sanitation stations

set up throughout the camp and allow for cleaning time between camps, said Missy Cederstrom, guest services and contract manager.

She said the groups will come from one geographic area of Minnesota or North Dakota at a time and the number of campers will be reduced due to COVID-19. Many campers visit from St. Cloud, Duluth and the Twin Cities areas.

Each of the four dorms can house 48 kids and eight staff. Each dorm is divided into four cabins. In a normal year they

accept up to 12 kids and two counselors in each cabin.

This year they will accept up to four kids and one counselor in each cabin with a total of 16 children and four counselors in each dorm.

"We are not able to serve as many children as we would like to," Cederstrom said. "It's heartbreaking."

Still, it's an improvement over last summer. In 2020 the camp was restricted to 12-14 children per day and no overnight camps.

"It was strange to have summer so quiet," Cederstrom said.

She added they allowed two days between camps to allow for CDC mandated cleaning and held most activities outside. This summer all activities will be held outdoors, weather permitting.

Cederstrom said they are waiting to find out if they can hold overnight camps this year.



[SUBMITTED]

Campers listen to a speaker while social distancing and wearing masks per the Minnesota Department of Health mandate in 2020. The majority of activities and events will be held outside in 2021.

She said she is looking forward to seeing the kids. Many from the Twin Cities area have never visited the country or interacted with farm animals.

"Maybe they catch their first fish, or try archery for the first time,"

Cederstrom said. "Then they get their first shot and it gets on the target... we have a great time with the kids. I miss them so much."

The camp is hidden away on 280 wooded acres outside of Finland.

Call the divisional headquarters in Roseville at 1-651-746-3400 for more information on how to sign up for camp or email Captain Marissa McCluer at marissa.mccluer@usc.salvationarmy.org

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Play it safe as early boating season gets underway

ALANEA WHITE

EDITOR@MLSTARGAZETTE.COM

As warm weather spreads across Minnesota, many bodies of water in the state are now free of ice. People are eager to hit the rivers and lakes for some early boating fun.

According to the Minnesota Department of Natural Resources as many as 30 percent of all fatal boating accidents in Minnesota occur during this early season, known as the cold-water period. This means that it is vital for people out on Minnesota waters during this time to be extremely cautious whenever they are on or near the water.

"Our boating season in Minnesota is limited, so we know people want to spend every moment they can on open water," said Col. Rodmen Smith, director of the DNR Enforcement Division. "But even among the strongest of swimmers, a fall into the water in April is far more dangerous than the same fall in July because of the incapacitating effects of cold water."

Boaters looking to begin their trips out on the water during the cold-water season should:

- Ensure their boat is equipped with proper safety equipment and that it's all functioning properly.
- Wear a life jacket (foam is more effective than inflatables during the cold-water season). A life jacket is the one thing most likely to help people survive a fall into cold water.
- Distribute weight evenly and abide by manufacturer's weight limits to reduce the likelihood of falling overboard.
- Have a means of communication. Boaters also should let other people know where they're going and when they plan to return.
- Watch the weather to avoid shifting winds or storms.
- Falls overboard and capsizing are still the most common cause of boating fatalities in the state. The cold-water makes these accidents even more dan-

gerous. Over 30 percent of boating fatalities in Minnesota happen in cold water with a victim not wearing a life jacket.

Cold water immersion can kill in several ways, and most people die long before they become hypothermic. Falling into cold water creates an emergency response process within the body. The DNR created a timeline with suggestions on what happens and the best practices to ensure safe rescue of those that fall into cold water.

COLD SHOCK RESPONSE TAKES EFFECT WITHIN THE FIRST 2 TO 3 MINUTES:

- Gasping, hyperventilation, panic.
- Drowning if not wearing a life jacket.

SWIM FAILURE HAPPENS WITHIN THE FIRST 30 MINUTES:

- Rapid cooling of arms and legs impairs the ability to keep the head above water.
- Effects occur regardless of swimming ability.
- Drowning if not wearing a life jacket.

IMMERSION HYPOTHERMIA OCCURS AFTER AT LEAST 30 MINUTES OF IMMERSION:

- Cooling of the body's core temperature results in gradual loss of useful consciousness.
- Drowning if not wearing a life jacket.
- Fight for survival

The DNR has developed a principle called the 1-10-1 to understand the best practices to take if you are immersed in cold water while boating on Minnesota waters. If you are wearing a life jacket, the 1-10-1 principle may save your life:

1 MINUTE

Get breathing under control

10 MINUTES OF MEANINGFUL MOMENT

Assess the situation and make a plan.

Perform most important functions first, such as locating other party members.

Self-rescue if possible. Practice emergency communications and signaling.

1 HOUR (OR MORE) OF USEFUL CONSCIOUSNESS

Focus on slowing heat

loss.

STAY WITH THE BOAT

If the boat capsizes or the victim fall overboard, stay with the boat and try to reboard. Some important things to know if your boat capsizes or you are thrown overboard:

- Most capsized watercraft will still float.
- A craft in the water is easier for rescuers to locate.
- If you have to remain in the water, do not attempt to swim unless it is to a nearby boat or floating object.
- Keep boots and clothes on. Almost all clothing will float for an extended period of time.
- While wearing a life jacket, float on your back with your head and feet out of the water.
- Slowing heat loss

Reduce the effects of cold water immersion by assuming the heat escape lessening position (H.E.L.P.). See the photo at the right for an illustration.

- Cross ankles
- Cross arms over chest
- Hands should be kept high on the shoulders or neck.
- Draw knees to chest
- Lean back and try to relax.

Practice H.E.L.P. in a pool first, before depending on it in an emergency.

If more than one person is in the water and wearing a life jacket, the "huddle" is recommended. This is where small groups of two to four "hug" with chests closely touching. Arms should be placed around the backs of the others and kept underwater, while smaller individuals or children can be placed in the middle of the "huddle."

The huddle helps to conserve body heat and it is also easier for rescuers to locate than one lone victim. The close proximity of victims can serve also as a significant morale booster.

BE A SAFE BOATER

The best way to prevent and prepare for an emergency on the water is to

practice safe boating. The DNR has the following tips on how to enjoy the waters in Minnesota while still staying safe:

- Wear a life jacket- Minnesota law requires a wearable U.S. Coast Guard Approved life jacket for each person on board a watercraft.
- Prevent capsizing- Reduce speed in rough water, don't overload a boat, secure loads from shifting and adjust for changing conditions.
- Prevent falls overboard- Remain seated while underway, avoid a sudden shift in weight.
- File a float plan- Leave it with a responsible person. Include a description of your boat, names of passengers, boating location, time of return and description of your car and where it is parked. Tell the person to call 911 if you don't return at the expected time.
- Brief passengers- Everyone should know where all safety equipment is (and how to use it), and how to start, stop and steer a boat.
- Be prepared- Al-



MINNESOTA DEPARTMENT OF NATURAL RESOURCES (SUBMITTED)

The top photo above shows the Heat Escape Lessening Position or H.E.L.P. position that anyone immersed in cold water should take. Below is a visual of the huddle position that should be assumed by a group wearing life jackets that find themselves in cold water.

ways wear a life jacket every time you step on a boat. Trying to put your life jacket on in the water is extremely difficult (if not impossible) and costs

precious time and energy.

- Carry a whistle or horn- Minnesota law requires a whistle or horn on all motorboats 16 feet or longer.

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STATE OF MINNESOTA
COUNTY OF CARLTONDISTRICT COURT
SIXTH JUDICIAL DISTRICT
Court File No. 09-JV-21-18

SUMMONS

IN RE THE CHILDREN OF:
Lolita Belem Whitebird, Derek James
Bellanger, Alfredo Caballero and Yeng
Kong Cha,
Parents

To: Lolita Belem Whitebird and Yeng
Kong Cha

A petition for Children in Need of Protection or Services was filed with the Court on March 4, 2021, alleging Child(ren) in Need of Protection or Other Services. The Court has set May 18, 2021 at 10:00 a.m., as the date and time, at the Courthouse in Carlton, Minnesota, as the place, for a hearing to be held in the above-entitled matter.

YOU ARE HEREBY SUMMONED AND REQUIRED to appear before this Court on that date at said hearing.

PLEASE TAKE NOTICE: That the hearing will be held for the purpose of determining whether the child(ren) is/are in need of protection or services in accordance with Minnesota law.

Failure to appear may result in a finding of contempt of the Court's order to appear or the issuance of a warrant for the arrest of that person summoned or both.

Failure to appear may also result in an order granting the relief requested in the petition including an order to terminate your parental rights to the child(ren) or an order transferring legal and physical rights of your child(ren) to another adult.

If the Court finds that grounds exist for the petitions, the Court could determine that the child(ren) is/are in need of protection or services and then order any services or other conditions deemed necessary to correct the conditions that lead to the child(ren) protection finding.

These services and conditions could include but are not limited to: foster care, transfer or custody or termination of parental rights.

In connection with these proceedings, you have the following rights: 1) To be represented by a lawyer at all stages of the proceedings. If you cannot afford a lawyer, you are entitled to have a lawyer appointed for you at county expense. 2) To introduce evidence at the hearing. 3) To cross examine witnesses testifying against the child(ren). 4) To inspect any report filed with the Court, and if it is admitted in evidence, to cross examine the preparer of such report. 5) To obtain a transcript of the proceedings, if you request that they be recorded. 6) To appear decisions of the juvenile court. 7) To have subpoenas issued by the court on your behalf requiring the attendance and testimony of witnesses.

The child(ren) has/have the same rights in connection with the proceedings that you do expect that a lawyer will automatically be appointed by the court to represent the child(ren), without regard to whether the child(ren) and parents can afford to retain a lawyer.

If you desire to retain a lawyer, you should do so immediately, so you will be ready at the hearing. If you desire to be represented by a lawyer, but cannot afford the cost, you must immediately notify the court that you want to appoint a lawyer.

Date: March 24, 2021
Jr. Janine Morrison
Deputy Court Administrator

(Published in the Moose Lake
Star-Gazette on April 1, 8, 15,
2021)

ASSESSMENT NOTICE
SILVER TOWNSHIP

NOTICE IS HEREBY GIVEN, That the Board of Appeal and Equalization for the Township of Silver in Carlton County, Minnesota, will meet at the Kettle River Snowmobile Club at 5585 Co. Rd. Hwy 12 in said Township at 10:00 AM on Tuesday the 20th day of April, 2021. The purpose of this meeting is to determine whether property in the jurisdiction has been properly valued and classified by the assessor.

If you believe the value or classification of your property is incorrect, please contact your assessor's office with your concerns. If you disagree with the value or classification after discussing it with your assessor, you may appear before the local board of appeal and equalization. The board will review your assessments and make corrections as needed. Generally you must appeal to the local board before appealing to the county board of appeal and equalizations.

No complaint that another person is assessed too low will be acted upon until the person so assessed, or his agent, shall have been notified of such complaint.

Given under my hand this 15th day of March 2021

Mark A Carlson, Clerk of the Township of Silver

(Published in the Moose Lake
Star-Gazette on April 8, 15,
2021)

COUNTY OF CARLTON
OFFICE OF THE COUNTY AUDITOR
CARLTON, MINNESOTA
NOTICE FOR BIDS

Notice is hereby given that sealed bids will be received by the Board of County Commissioners of Carlton County, Minnesota, until 10:30 a.m., Monday, April 12, 2021 at the Carlton County Transportation Building, 1630 County Road 61, Carlton, Minnesota for the following:

2021 Specifications Proposal for Supplies as per specifications on file in the County Engineer's Office and at the Carlton County website <https://www.co.carlton.mn.us>

To include:
1) Dust Control
2) Gravel Crushing
3) Bituminous Materials
The County Board reserves the right to reject any or all bids. By order of the County Board of Commissioners.

JinYee Neumann
Carlton County Engineer
1630 County Road 61
Carlton, MN 55718-8170

(Published in the Moose Lake
Star-Gazette on March 25, April
1, 8 2021)

STATE OF MINNESOTA
CARLTON COUNTYDISTRICT COURT
SIXTH JUDICIAL DISTRICT
Court File Number: 09-PR-21-259
Case Type: Informal ProbateNotice of Informal
Appointment of Personal
Representative and Notice to
Creditors (Without a Will)

In Re the Estate of Marilyn
Renee Sparks, a/k/a Marilyn
R. Sparks and Marilyn Sparks,
Deceased

TO ALL INTERESTED PERSONS
AND CREDITORS:

Notice is hereby given that an application for informal appointment of personal representative has been filed with the Probate Registrar. No will has been presented for probate. The application has been granted.

Notice is also given that the Probate Registrar has informally appointed the following:

Name: Jennifer Goodwin
Address: 3690 Carlton Street
Barnum, MN 55707

as Personal Representative of the Estate of the Decedent. Any heir, devisee or other interested person may be entitled to appointment as Personal Representative, or may object to the appointment of the Personal Representative. Unless objections are filed pursuant to Minn. Stat. § 524.3-607, and the court otherwise orders, the Personal Representative has full power to administer the Estate, including, after 30 days from the date of issuance of letters, the power to sell, encumber, lease or distribute real estate.

Notice is also given that, subject to Minn. Stat. § 524.3-801, all creditors having claims against the Estate are required to present the claims to the Personal Representative within four (4) months after the date of this Notice, or the claims will be barred.

Dated: March 4, 2021
/s/ Robert Macaulay
District Court Judge
Amy Turnquist // Janet Riegle,
Deputy
Court Administrator

(Published in the Moose Lake
Star-Gazette on April 1, 8,
2021)

Windemere Township
Planning Commission
Meeting Dates:
Meeting Time: 6:30 pm

Tuesday, April 13, 2021
Tuesday, June 8, 2021
Tuesday, August 10, 2021
Tuesday, October 12, 2021
Cindy Woltjer
Clerk, Windemere Township

(Published in the Moose Lake
Star-Gazette on April 8, 2021)

TOWN OF BARNUM
Board of Appeal and
Equalization Meeting
This may affect your 2022
Property Taxes

Notice is hereby given, that the Board of appeal and Equalization for Barnum Township will meet on April 26, 2021 at 10:00 a.m. at the Barnum Fire Hall. The purpose of this meeting is to determine whether property in the jurisdiction has been properly valued and classified by the assessor.

If you believe the value or classification of your property is incorrect, please contact your assessor's office to discuss your concerns. If you disagree with the valuation or classification after discussing it with your assessor, you may appear before the local board of appeal and equalization. The board will review your assessments and make corrections as needed. Generally, you must appeal to the local board before appealing to the county board of appeal and equalization.

Kristina Asperheim, Clerk

(Published in the Moose Lake
Star-Gazette on April 8, 2021)

STATE OF WISCONSIN
CIRCUIT COURTMARINETTE COUNTY
Case No. 21-TP-04Notice and Order of Hearing
(For Publication)

IN THE INTEREST OF Girl
Child
Born to: Sarah (Skowronek)
VanGinkel
TO: Unknown Father
Unknown Address
Physical Description of alleged parent: White male 6'3" in height Blond hair Blue eyes Large build and any unknown parent at

unknown address.
Additional identifying information:
Date of conception: Jan 29-March 30 2008
Place of conception: Minnesota
Date of birth: November 26, 2008
Place of birth: Moose Lake, Minnesota

IT IS ORDERED:

This Notice be published advising you that a Petition for Termination of your parental rights to the named-above child be heard at the Marinette County Courthouse, Marinette Wisconsin, Rm./Br. Address: Marinette County Courthouse, 1926 Hall Avenue Room A206, Marinette, WI 54143 on (Date) April 28, 2021 • at (Time) 9:15 a.m.

IF YOU FAIL TO APPEAR, the court may hear testimony in support of the allegations in the Petition and grant the request of the petitioner to terminate your parental rights.

You have the right to have an attorney present. If you desire to contest the matter and cannot afford an attorney, the state public defender may appoint an attorney to represent you.

If you fail to appear and the court terminates your parental rights, a notice of intent to pursue relief from the judgment must be signed and filed in the trial court within 30 days after the judgment is entered, in order to preserve the right to pursue such relief.

If you require reasonable accommodations due to a disability to participate in the court process, please call 715-732-7450 prior to the scheduled court date. Please note that the court does not provide transportation.

Please check with attorney/petitioner below for exact time and date.

Name of Attorney: Gale Mat-tison
Marinette County Courthouse
1926 Hall Avenue, Marinette, WI 54143
Telephone Number 715-732-7435
Bar Number 1023241

(Published in the Moose Lake
Star-Gazette on April 8, 2021)

LEGAL ADVERTISEMENT

Notice is hereby given that the Carlton County Board of Adjustment will conduct a Public Hearing on Tuesday, April 20, 2021, at 7:00 p.m. in the Carlton County Transportation Building at 1630 County Road 61,

Carlton, MN, for the purpose of considering the Variance Permits listed below.

Variance #321003 Richard and Cristy Perini

Part of Government Lot 5 or Part of the Northwest ¼ of the Southwest ¼ of Section 17, Township 48 North, Range 20 West in Eagle Township on Eagle Lake. The property address is 5863 Jarvi Road (PIN 90-010-2970).

Nature of Request: Construct a full basement and stairway addition onto a nonconforming dwelling. The dwelling is considered nonconforming as it does not meet the required setback from the ordinary high water level (OHWL) of Eagle Lake. Construct a nonconforming garage. The garage is considered nonconforming as it will not meet the required setback from the centerline of Jarvi Road. Retain a nonconforming fence. The fence is considered nonconforming as it does not meet the required setback from the OHWL of Eagle Lake.

Variance #321004 Glenn and Renee Gaffner DBA Country Corner Properties Part of the Northwest ¼ of the Northwest ¼ in Section 9, Township 47 North, Range 18 West in Mahtowa Township. The property address is 2747 Market Street (PIN 60-026-1530).

Nature of Request: Replace an existing nonconforming commercial structure located on PIN 60-026-1480 with a new nonconforming structure on PIN 60-026-1530, a nonconforming lot. The lot is considered nonconforming as it does not meet required lot width or lot area. The structure is considered nonconforming as it will not meet the required setback to the centerline of Market Street.

Variance #321005 Sula Wali Southwestern ¼ of the Northeast ¼ in Section 1, Township 48 North, Range 21 West in Lakeview Township on Long Lake. The property address is 1373 Award Boulevard (PIN 57-010-0030).

Nature of Request: Replace an existing nonconforming septic system with a nonconforming septic system. The septic system is considered nonconforming as it will not meet the required setback from the OHWL of Long Lake.

Variance #321006 Michael Manning Part of the Northeast ¼ of the Southeast ¼ in Section 32, Township 48 North, Range 16 West in Silver Brook Township. The property address is 2397 County Road 1 (PIN 69-020-2430).

Nature of Request: Replace existing nonconforming mobile home with new nonconforming mobile home in different location on a nonconforming lot. The structure is considered nonconforming as it will not meet the required setback to the centerline of County Road 1. The lot is considered nonconforming as it does not meet the lot area requirements. The request also includes considering the lot buildable in the future as well as setback, septic and lot coverage requirements are met.

BY THE ORDER OF THE CARLTON COUNTY BOARD OF ADJUSTMENT
Jr. Jack Ezell
Chairman, Board of Adjustment

(Published in the Moose Lake
Star-Gazette on April 8, 2021)

Important Information Regarding Property Assessments

This may affect your 2022 property taxes.

The Board of Appeal and Equalization for Windemere Township will meet on April 19, 2021, 2:00 PM at Windemere Town Hall. The purpose of this meeting is to determine whether property in the jurisdiction has been properly valued and classified by the assessor.

If you wish to appeal by telephone, please call 650-215-5226 and use access code 181 333 2109 at the time and date shown above to attend this meeting.

If you believe the value or classification of your property is incorrect, please contact your assessor's office to discuss your concerns. If you disagree with the valuation or classification after discussing it with your assessor, you may appear before the local board of appeal and equalization. The board will review your assessments and may make corrections as needed. Generally, you must appeal to the local board before appealing to the county board of appeal and equalization.

Given under my hand this 31st day of March 2021

Cindy Woltjer
Clerk of Windemere Township

(Published in the Moose Lake Star-Gazette on April 8, 2021)



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Visit the Moose Lake Star-Gazette website,
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HELP WANTED: Account Clerk

The City of Kettle River is accepting applications for the position of Account Clerk. This position performs administrative work conducting the daily business activities of the City including Planning and Zoning, Water and Sewer billings, Hall Rentals and Clerical Support. Applications and job description are available at www.ci.kettle-river.mn.us or at the City Hall Office, 3977 Main Street, Kettle River. Applications will be accepted until noon, April 14, 2021.

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MIKE DRAHOSH | PINE COUNTY COURIER

Egg-cellent day for visiting the Easter Bunny

Moose Lake Dairy Queen and Moose Lake Kiwanis Club hosted a drive thru visit with Easter Bunny for area children at the First National Bank Office in Moose Lake.



Temporary Editorial Assistant Position

We will have a temporary full time editorial assistant position open in our Pine City office while a person is out on a leave of absence. This person will work with the Pine City Pioneer editor to produce and design the weekly newspaper. They will also format legal notices for 5 newspapers, obituaries and other news. Must be very detail oriented and good with computers.

Proficiency in InDesign and Photoshop is desired.

Please send resume to Jeff Andres, Group Publisher,
930 Cleveland St S, Cambridge, MN 55008
or email jeff@northstarmedia.net.

Visit the Moose Lake
Star-Gazette website,
www.mlstargazette.com

Email the Moose Lake
Star-Gazette,
evergreen@mlstargazette.com

Call the Moose Lake
Star-Gazette office,
(218) 485-4406

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Please contact Jeff Andres, Group Publisher
763-350-3540 or jeff@northstarmedia.net

We're engaging with Minnesota Tribes and creating opportunities for their citizens and communities to benefit.

*How are Tribes
being involved in
this project?*

At Enbridge, we are proud of our relationships with Indigenous communities, and see them as mutually beneficial—economically, socially and culturally. Our Line 3 replacement marks an unprecedented level of Tribal engagement, inclusion and economic participation.

As part of the Line 3 replacement, we've committed \$100 million for Tribal-affiliated work opportunities, and we're engaging with Minnesota Tribes on training, contracting, procurement and hiring.

A Tribal-led Cultural Resources Survey was completed along the project route. With representatives of nine Tribes doing direct survey work, and more than 30 Tribes involved via government-to-government consultation with the U.S. Army Corps of Engineers, this has been the largest such survey ever attempted in the energy industry.

Most importantly, we've been listening. From the start, we respected the wishes of the Leech Lake Band of Ojibwe to route the new Line 3 around their reservation. We've also signed a 20-year easement renewal with the Fond du Lac Band and made further route changes.

Learn more at enbridge.com/tribalinclusion.

