

Come Home to Fosston



Photo by Wesley Trulsen



Contents

- ◆ Recreation, Activities & Nature
- ◆ Lefse Fest pg. 2
- ◆ Health & Wellness pg. 4
- ◆ Business Listing pg. 5
- ◆ FIT Trail pg. 6
- ◆ History of the Fosston Golf Course pg. 8
- ◆ Industry, Agriculture & Education
- ◆ Green Energy from Polk County Incinerator pg. 11
- ◆ Reports from EDA, Mayor & City Administrator
- ◆ New Industrial Park is completed pg. 14



www.fosston.com

Fosston, Minnesota | established 1883

Fosston Swimming Pool & Civic Center is located at 215 East First Street, the Civic Center has a gymnasium, indoor pool and two public meeting rooms as well as kitchen facilities. The Civic Center was constructed in 1967 much in part to the late Mayor Arvid Clementson. It was and is dedicated to provide and serve the public in numerous capacities.

The Civic Center is also the central hub to the summer recreation



program and swimming lesson program during the summer months. Recreation and swimming programs include baseball, softball, swimming, and numerous weekly activities such as croquet, badminton, floor hockey, basketball, soccer, volleyball, horse shoes, bocce ball and an occasional field trip to different points

of interest. The program also features a spectacular arts program throughout the summer with many different projects and activities.



Lefse Fest kicks off the holidays ... with butter!

A group of lefse makers from the area fire up their grills at the Civic Center every year in search of the title of “Best Lefse.” Lefse Fest offers visitors a chance to sample the Scandinavian delicacy right off the grill and vote for their favorites. Held the Friday before Thanksgiving, Lefse Fest in conjunction with Light Up the Night kicks off the holiday shopping season and is a great place to stock up on lefse and other Scandinavian treats. With a wide variety of “secret” lefse recipes in use, it’s hard to narrow down which one is best. But even if you can’t pick just one, trying them is the fun part. For more information about Lefse Fest, visit www.LefseFest.org or on Facebook.



Photo by Dean Vikan

Berge-Stafford Park, located on North Larson Avenue, offers new playground equipment and 2 picnic shelters. It is one of 4 public parks here in beautiful Fosston.



Photo by Dean Vikan

This bald eagle was photographed as it brought a fish to the young in the nest. The red spot near the bird’s left foot is the headless fish. Eagles are plentiful in this area. Since they use the same nest year after year, they are easy to find and provide some wonderful photo shoot opportunities.

The Nature of Fosston and Northwestern Minnesota

Welcome to Northwestern Minnesota where a unique collection of habitats provide homes for a tremendous variety of birds and mammals. This unique collection of habitats is made up of three biomes: Coniferous Forest; Deciduous Forest; and Tall grass Prairie and Fosston is right where the three biomes come together.

Hunting, Fishing & Snowmobiling is what we are famous for here in Northwest Minnesota. Deer, bear, pheasant, waterfowl and goose hunting, along with fishing in the hundreds of lakes in the area, are just some of the things you can enjoy. We have an active Sportsmen club and Snowmobile Club. The Fosston Area Sportsmen Club holds an annual fishing derby at Cross Lake (11 miles) and a Take a Kid Fishing day at Spring Lake in Lengby, along with contributing to many important and meaningful events for youth in



Photo by Dean Vikan

An early spring heavy wet snow stuck to the trees making for beautiful winter scenes but hard for the deer to find food. These two deer seem to be content to wait for the snow to melt. A harsh winter will cause a noticeable decline in the deer population. Not only is food more difficult to find but the deer are also more vulnerable to predators in this area like wolves, coyotes and mountain lions.



our community. The Lengby-Fosston Knightriders Snowmobiling club grooms many miles of trails in the area that connect with other club's trails surrounding areas providing for several hundred miles of great snowmobiling.

Whether you are a hunter, a photographer or just a casual observer, the abundance and variety of wild life in the area is sufficient to meet virtually all your demands. The photos in this newsletter are just a sampling of what you will find. And fishing is the subject of a whole new article.

For the most part, the wildlife and human elements coexist quite comfortably. Frequently observed species of mammals are Black Bear, Fox, Raccoon, Whitetail Deer, Skunk, Rabbit, Grey Squirrel, Chipmunk and Woodchuck (groundhog). Other wildlife not frequently seen because of their low numbers and/or fear of the human include Moose, Cougar, Fischer, Muskrat, Beaver, River Otter and Bobcat. Where they don't coexist comfortably is on the highways – automobile collisions with deer is a constant problem. It has been said of Minnesota drivers – they either HAVE or WILL hit a deer in their lifetime.

Birding is another well supported nature activity with over 275 species of birds in the area. In fact, the first birding trail in Minnesota, the PINE TO PRAIRIE BIRDING TRAIL runs north/south along US Highway 59 (and MN Highway 32 north of Thief River Falls) which passes just 13 miles west of Fosston. Some of the rarer birds photographed in the Fosston area include: Scarlet Tanager, Indigo Bunting, Green Heron, Snowy Owl, Sand Hill Crane, American Bittern and Turkey Vulture. More frequently observed and photographed birds include the Bald Eagle, Trumpeter Swan, Great Blue Heron, American White Pelican, Ruby Throated Hummingbird and Common Loon (MN State Bird). Go to www.mnbirdtrail.com for further information on the Pine to Prairie Birding Trail.

By Dean Vikan

Essentia Health-Fosston

Essentia Health-Fosston, formally known as First Care Medical Services, is a vital part of the Fosston community and the Fosston community is a vital part of Essentia Health-Fosston. It is because of the people of Fosston, and the surrounding communities, Essentia Health-Fosston continues to grow and strives to provide the highest quality health care.

In the summer of 2010 First Care Medical Services became a part of Essentia Health. Essentia Health is an integrated health system serving patients in Minnesota, North Dakota, Wisconsin and Idaho. The Essentia Institute of Rural Health is dedicated to ensuring patients in rural communities, like ours, have access to and receive the same quality care as those in larger cities. We want those we serve to know quality healthcare is close to home.

The people we serve continue to be our highest priority. Our mission, “we are called to make a healthy difference in people’s lives,” is at the heart of everything we do. From registration to nursing, from providers to housekeeping, from ancillary services to billing, our patient’s needs and concerns drive the direction of our actions.



Essentia Health-Fosston is a two time recipient of the VHA Leadership Award for Clinical Excellence in health-care. The VHA Leadership Award for Clinical Excellence acknowledges the outstanding achievements made to provide their patients with consistently high levels of clinical care combined with an improved patient experience.

Essentia Health-Fosston is committed to providing patient and family-centered care and encourages and supports patient and family participation at all levels of decision-making and care-giving. Our mission, vision,

values and belief statements are the foundation of our promise to the patients, families and communities we serve—to be Here with You.

Fosston has all your health & wellness needs covered with:

- Abby Faldet Massage
- Anytime Fitness
- Chiropractic Health Clinic
- Cornerstone Residence
- Essentia Health-Fosston
- Fosston Chiropractic Clinic
- Fosston Family Dental

- Northwest Eye Clinic
- Prairie Pines Community Ro-
- zie’s Massage
- Sandwick Orthodontist
- Sjulson Dentistry
- Stephanie Scheff Massage



A thriving business community with plenty to offer...

Retail/Amenities

	LePier's, Inc	Razor's Edge Barber Shop
Burggraf's Ace Hardware	Miller's Building Center	Reboot PC
Burggraf's Verizon Wireless	Mireault's Home Furnishings	Rosemary's Garden
Generations Clothing	Murphy Flooring	Shear Magic Salon
Golf Cars Plus	Nord's Pharmacy & Gifts	The Cutting Edge
Hairitage II	Palubicki's Express	Theorose on Main
Hair Special T's	Palubicki's Foods & Deli	The Outdoor Fun Store
Hair Talk		The Red Poppy
Julie's Etc.		You Ask For It

Commercial/Industry

All Round Plumbing/HVAC
Earthloop of Fosston LLC
Consolidated Equipment Group LLC
Garden Valley Telephone Co.
Integrated Process Solutions
Manecke Heating & Cooling
MDV, Inc
Polk County Incinerator
Polk County Recycling Center
Rick's Electric
Rustad Heating & Plumbing
Specialty Products
SunOpta Ingredients

Finance/Insurance

	First National Insurance Agency
AgCountry Farm Service	H & R Block
American Federal Bank	Lindfors Insurance Agency
Farmers Union Insurance	Overmoe & Nelson
First National Bank	Thrivent Financial for Lutherans
	Ultima Bank

Housing/Lodging

Amanda House Bed & Breakfast
Homark Homes
Juve Real Estate
Sollie Realty
Super 8 Motel

Dining

A&W Drive In
Fosston Dairy Queen
Fosston Tri Coop Pizza
LePier's Filling Station
Maple Ridge Café
Palubicki's Deli
Subway
Venture's Bar & Grill

Other Services

Carlin Funeral Home
East Polk County DAC
Fosston Laundromat
Motor Vehicle Registrar
Prairie Pet Clinic
The Thirteen Towns

Automotive

	Fosston Auto & Tractor
Carco Tire One	Fosston Car Wash
Denny's Service	Fosston Tri Co-op
Don's Machine Shop	Hanson's Service
Fosston Ag Repair	Steve's Auto Parts
Fosston Autobody & Collision	Sudsations Car-wash

Entertainment

American Legion
Fosston Golf Club
Fosston Off Sale
Fosston Theater
Q107 FM
R&J Broadcasting

Professional Services

Brouse, Woodke & Meyer
Buehler & Dufault P.C.

Visit www.fosston.com to see more information on these Fosston businesses

Fosston Municipal Utilities provides electrical, natural gas, water, sewer, refuse and cable TV services.
www.fosston.com | 218-435-1737

Magelssen Elementary

700 1st Street East, 218-435-6036

Magelssen Elementary School is the home of the Pre-K through sixth grade students of Fosston. At the elementary level there is a strong academic focus on reading, writing, math, science, health and technology as well as General Music, Band, Choir, Physical Education, Computer Lab, and Library.



Magelssen Elementary prides itself on:

- * All Day, every day Kindergarten
- * Small Class Sizes
- * Highly qualified and dedicated staff
- * A successful accelerated reading program
- * In-Class cutting edge technology
- * Offering swimming lessons for 3rd & 4th grade students
- * Being a Title 1 School District
- * The successful early childhood/school readiness program for four year olds.

www.fosston.k12.mn.us



Fosston High School

301 1st Street East, 218-435-1909

Fosston High School services both the Junior High (grades 7 and 8) and the Senior High (grades 9-12) students with a dedicated teaching and support staff committed to helping all students achieve to the best of their abilities.

Academics

FHS is a comprehensive four-year high school offering:

- * Over 100 different courses taught in diverse disciplines
- * College in the high school and on-line college courses for junior and senior students.
- * Fine arts programs including band, chorus, speech, visual arts and drama.
- * A wide range of clubs and extra curricular activities to balance and enrich the academic experience.

Athletics ~ Football, Volleyball, Cross Country, Girls Swimming, Cheerleading, Boys and Girls Basketball, Wrestling, Hockey, Boys Basketball and Wrestling Cheerleading, Track and Field, Boys and Girls Golf, Baseball, and Softball

Activities & Clubs ~ Knowledge Bowl, River Watch, Student Council, National Honor Society, Yearbook, One-Act Play, Drama, Jazz Band, Drum-line, Robotics



Fosston Inspiration Trail (FIT)

In 2014 The City of Fosston will be constructing a new 10-foot wide bituminous surfaced multiuse trail, called the Fosston Inspiration Trail—or FIT Trail, intended for walking, running, roller-blading, bicycling, and cross-country skiing. The trail will include three closed loops: one will encircle the Fosston Cemetery, one will encompass the Sports Complex, and one will encircle a wetland known as “Rotary Park Pond.” The trail system is part of a larger planned city-wide trail system. Construction of these three loops will be the first phase in developing the larger city system. The trail will be fully funded by private, state and federal funding. You can keep up on this project by visiting our website for updates at www.fosston.com

Library & Arts Center

The Fosston Community Library & Arts Center is a beautiful facility that provides art, music, theater, books and much more to the hundreds of patrons that utilize the programs offered each year. 2013 marks the 30th anniversary of the purchase of the former Bethel Assembly Church on the corner of 4th Street and Foss Avenue. From its humble beginnings – the library was located in the basement – the building is state of the art and continues to evolve as a vibrant cultural center that includes:



Sorenson Gallery - The Sorenson Gallery - dedicated to Rick and Bernadette Sorenson - features the works of local and regional artists. Exhibits are changed every two to three months and have included watercolor, acrylic and oil paintings, wood-cuttings, sculptures, photography, editorial cartoons, weaving and textile art, just to name a few! In addition, student art is periodically displayed in the Upper Gallery, located in the Theater Foyer.



Theater - The theater seats 150+ and is known for its intimate setting and superb acoustics. Thanks to active FCLAA board and committee members, generous state, regional, local and private funding, and a supportive community, the theater has hosted local community theater and performers from all over the state and beyond.

Music - The lower level of the library & arts center is home to several music studios and a state of the art recording studio. Music instruction is offered by independent teachers in piano, guitar, violin, mandolin, viola, cello, percussion and voice.

Library - The Fosston Library is a branch of Lake Agassiz Regional Library (LARL). It's vision is to link people and communities to resources and experiences for learning and enrichment. The library offers a wide array of services and events.

The Fosston Community Library & Arts Center would not be what it is if not for the dedication of the many volunteers who have supported it for decades and for the generous financial support provided by organizations, businesses and individuals who believe in its mission. We invite you to visit this facility and welcome your support. Please learn more by visiting our website at www.fclaa.org

By Bonnie Stewart

Worship in Fosston

The Fosston Ministerial exists to be an extended arm of the area churches to the community.

They oversee the operations of the local Loaves & Fishes food shelf. Some of the items they oversee together is the planning of a community Thanksgiving service, High School Baccalaureate, 5th Quarter after the high school football games, and the oversight of a transient and local assistance stipend to those in need.

By Allen Arneson

Our Churches

Bethel Assembly 34647 410th St. SE	Kingo Lutheran 220 Johnson Ave. N
Calvary Free Lutheran 910 6th St. NE	New Journey 505 9th St. NW
First English 418 Granum Ave. N	St. Mary's Catholic 731 6th St. NE
Hope Lutheran 508 Foss Ave. N	United Methodist 406 2nd St. NE

In 1960 local planners decided to incorporate so they could take advantage of a FHA loan to build a golf course. The Fosston Golf Association was formed. The original Board of Directors was Don Mark, Jack McNeil, Gordy Smith, Jim Haugstul, Edgar Haugstul, H.V. Carlin, Robert Miller and Gary Carlin. In August 1964 the golf course in Fosston was under construction with the help of a FHA loan of \$50,300. The loan was for 40-year period; the Village of Fosston donated 25 acres of land, and provided the electrical construction necessary for operation. The only stipulation the FHA imposed upon the association was to hire a consultant for the course and clubhouse and sell 150 ten-dollar memberships. Don Mark stated that all the groups involved in the planning and building of the golf course were most cooperative and without that cooperation they would still be in the "Talking Stage". The par 36 course is a result of several years of planning, which had seen several changes in the approach to the matter of raising money for the project. In the final analysis, it was financed through FHA and managed by a non-profit local corporation.

Before it was ready to open on July 8th, 1965 the association had a contest to name the course. Tubby Solsten submitted the name, Edgewater Country Club. The first two foursomes were made up of officers and directors of the golf association teed off for the first play on the course.

Don Mark, president of the association and one who had worked hard in making the golf course a reality, teed off first. The first foursome included Gary Carlin, Don Lundquist, and Jim Haugstul. The Association hired Duane Christen to manage the clubhouse and Jerry Daniels was hired to be the greens keeper with Art Disrud as his assistant. The course provided a beautiful facility for the community and hosted tournaments and men's and ladies leagues.

The upstairs of the new clubhouse was a restaurant called the Sandpiper Inn. The restaurant was similar to a supper club and a part of the clubhouse for 2 years before it closed. The course was sold in 1972 to Jerry Daniels, Stan Otness and Gary Thorsen and was renamed the Fosston Golf Course. While



owned and managed by Daniels and Otness the Fosston Junior Tournament was started which helped springboard the future of regional and state championships for teams and individuals representing the Fosston community. The annual Fosston Junior Tournament has had over 2,000 participants and is the oldest Junior Tournament in Northern Minnesota.

In 1987 the golf course was sold to Ernie Mikkelson. Ernie and his wife owned and operated the golf course until they sold it in 1996 to Mireault's, Inc. Greg Mireault, a P.G.A. golf professional and 1978 graduate of Fosston High School, took over operations of the facility and along with his family, began making changes. The name changed to the Fosston Golf Club and work began on clearing trees along Ouff Lake to get a better view of the Lake. In 1998 the clubhouse was demolished due to structural issues. A new clubhouse was built and the cedar siding from the old clubhouse was used as the wainscoting in the new clubhouse to preserve a part of the original 30-year-old clubhouse.

The course has seen many changes over the last 40 years but still has leagues, open tournaments and the annual Fosston Junior Tournament. Because of the progressive thinking, passionate golfers that got the ball rolling in 1960, the golf course remains an active recreational facility in Fosston that has been enjoyed by thousands of golfers from all over the world.

By Greg Mireault

Specialty Products & Technology, Inc



Specialty Products & Technology, Inc. is a privately owned company that has been in business since 1992. The company has three sites of operation in Minnesota: a dry and wet blend operation in Albert Lea, company headquarters in Eden Prairie, and the drum drying facility in Fosston. The company is owned by Mr. Gary Rask of Eden Prairie and the Fosston facility is managed by Mr. Joel Manecke of Fosston.

The Fosston facility was built in 2005 and produces powdered honey and molasses products. Many customers prefer the convenience, ease of use and versatility of powdered honey and molasses versus the liquid form. Products are shipped globally and used in a variety of products.

The company also does toll processing for other businesses, which has helped the company grow and remain diverse.

Locally, the company employs 17 workers and experiences a low turnover rate. For most positions no special skills are required, as new employees will receive extensive on the job training.

The future of Specialty products & Technology looks very bright as they are looking forward to an addition to the facility that will be completed by spring of 2013. This expansion will not only increase process capabilities profitability and employment opportunities; but will also provide diversity and stability to the economy of the local area.



SunOpta Ingredients

SunOpta Ingredients provides custom food ingredient processing with a wide range of technical and production capabilities. Our facilities meet the demanding specifications of leading food and beverage companies world-wide. Contract manufacturing is available at SunOpta's Fosston, MN and Galesburg, IL facilities. SunOpta Ingredients' other facilities are dedicated to producing fiber ingredients for the food and beverage industries.

SunOpta's Fosston facility has worked with a variety of companies to manufacture products such as natural preservatives, non-fat dry milk, spray-dried whey protein, and roll-dried sweeteners and cereals.

The process capabilities available at the Fosston facility include:

- Spray drying
- Anaerobic fermentation
- Roll drying
- Enzymatic reactions
- Grade A dairy processing
- Pasteurization
- Organic processing
- Specialty processing and custom process applications
- Liquid mixing and processing
- Food grade warehousing
- Evaporation



Fosston Tri-Co-op

In 1935, a group of local farmers established the Fosston Co-op Elevator, a company that is owned by the people it serves. Their vision then was to have a local market for their grains. Little did they know how big their company would grow in the next three quarters of a century.

The merger that happened in 2009 brought together the Fosston Co-op Elevator's two locations as well as the Fosston Ag Service and Rosebud Co-op Oil Association.

The Fosston Ag Service does custom application of chemical and fertilizer, as well as agronomy services. They stock feed and animal health supplies. Rosebud Co-op Oil is the local Cenex station with 24 hour pay at the pump, a convenience store and vehicle repair shop, as well as on the farm tire repair. Fosston Tri-Coop is a Husqvarna dealer. The Coop also has an expanded deli with Bases Loaded Take and Bake pizzas.

When you are ready to grow, mow, sow or blow, Fosston Tri-Coop is YOUR company for all seasons.



Minnesota Dehydrated Vegetables, Inc



Minnesota Dehydrated Vegetables, Incorporated of Fosston, Minnesota, has been producing and selling high quality dehydrated vegetables since their inception in 1990. Since that time, MDV Inc. has established itself by building a strong reputation for quality products and great customer service. A devastating fire in

May 1997 destroyed the original processing plant. At that time MDV rebuilt the processing plant utilizing state of the art equipment and began processing in September 1998.

Minnesota Dehydrated Vegetables is in the center of the area where the bulk of the vegetables they process are grown. With state of the art equipment and seasoned staff that boast more than thirty years experience in the food industry, MDV is committed to producing a high-quality product.

Earthloop Geothermal Systems LLC

Earthloop Geothermal Systems LLC designs, sells and installs Geothermal heating and cooling systems that use one fourth the energy of conventional heating systems.

A power plant capable of heating one million homes, with the addition of geothermal, would heat 4,000,000 homes without changing the power plant. This investment will pay for itself with a net positive cash flow from day one.

Geothermal technology extracts three-fourth of the energy from the ground (free heat) and uses electricity for the other one-fourth to power the geothermal unit. A geothermal heat pump produces 160°F refrigerant to heat your home or business. Cooling works in reverse, rejecting the heat to the ground while air conditioning. Geothermal is capable of heating or cooling any structure to any temperature when sized correctly.

Polk County Incinerator

Polk County Resource Recovery Facility (Incinerator) is located on the north side of the City of Fosston, in the Industrial Park. The Incinerator accepts 33,000 tons per year of mixed municipal solid waste from the counties of Beltrami, Clearwater, Mahnomen, Norman and Polk. Attached to the Incinerator is a Material Recovery Facility (MRF) that removes approximately 8,000 tons of materials out of the waste stream prior to incineration for reuse or recycling.



The remaining 25,000 tons of processed waste is incinerated, and the resulting heat from the waste combustion is captured and converted to steam in waste heat boilers. Both the State and Federal Government classify the steam resulting from this operation as a Renewable (or 'Green') Energy. The steam generated from these boilers is sold to local businesses (Minnesota Dehydrated Vegetable, Sun-Opta and Specialty Products) to process food products or for heat in the winter. Both steam uses decrease our customers' fossil fuel consumption. If our customers are not operating, excess steam is routed through a turbine generator to produce electricity. The ash resulting from waste combustion is later screened and used in the construction of County Roadways. Except for materials that are un-

suitable to process, all waste that enters the facility is reused, recycled or converted to energy. In addition to processing waste, the MRF at the Incinerator is also used to process Single Stream Recyclables (the standard recyclables all collected mixed together). In order to process recyclables at the MRF, the waste processing ceases, the equipment is cleaned, and recyclables are sorted on the clean equipment. A weeks' worth of recyclable materials are sorted and prepared for delivery to market in a matter of hours. Only the contaminants in the recycling loads are incinerated. After all recyclables have been processed, the MRF will resume processing waste. Using the MRF for processing recyclables has sparked interest from many other businesses and communities about future partnerships.

Economic Development Update

The Fosston Economic Development Authority was created by the City Council in 1985 under Minnesota Statute Chapter 469. The EDA is a seven-member board of commissioners consisting of five Council appointed members and two City Council members. Current members of the board are President Mark Finstad, Mayor Jim Offerdahl, Council member Phil Ehlke, John Keller, Mona Nelson, Mike Breckel and Dr. Chuck Winjum.

The EDA administers the Intermediary Relending Program (IRP) Loan Fund and the F.E.D.A. Micro-loan Fund. The IRP Loan Fund has made 26 loans totaling \$1.675 million since its inception. It has created 245 private sector jobs and saved 129 jobs while leveraging \$1.283 million in private funds, \$605,000 in equity and other non-IRP funds. The F.E.D.A. Micro-loan Fund has made 32 loans since 2003 totaling \$605,000. The funds have been used to preserve and promote the vitality of Fosston's business community.

The EDA worked with the City Council in 2012 to approve two significant economic development projects for the community. Attachment manufacturer, Consolidated Equipment Group LLC selected Fosston as the site of a new \$5 million manufacturing facility that will initially create 50 jobs. The second project is a \$3 million expansion for Specialty Products and Technology, Inc. (SPTI). SPTI dries honey, molasses and other raw products for the food industry. SPTI currently has 18 full time employees and will add another six employees after the completion of their expansion project.

Loaves and Fishes Food Shelf, nourishing our community.

By Pastor John Dalen

The Loaves and Fishes Food Shelf of Fosston is a ministry of the Fosston Ministerial that provides food to those in East Polk County who are in need – whether an immediate, short-term or an on-going need. Loaves and Fishes offers a variety of food and household products to help.

Currently, the Food Shelf is open for distribution on the first and third Fridays of each month from 1:30 to 4:00pm and is located at 203 South Johnson Avenue. Families are welcome to come twice per month.

Loaves and Fishes is grateful for the many volunteers that help us to continue to provide this community service. In addition, donations to the Loaves and Fishes Food Shelf are always much appreciated both non-perishable food items and monetary gifts.

Loaves and Fishes is an equal opportunity provider and can be contacted by calling 218-431-0215.

American Legion Auxiliary
American Legion
Early Childhood Family
Education (E.C.F.E.)
Essentia Health Fosston
Auxiliary
Fosston Area
Sportsmen Club

Fosston-Lengby
Knightriders
Snowmobile Club
Fosston-Lengby Lions
Fosston Senior Meals
GFWC Athenian Club
Rotary Club of Fosston
V.I.T.A.L.



Fosston Fire Department serves Fosston, Lengby and 11 surrounding townships. It is made up of 25 members from the area. (Not pictured: Dean DeFrang, Carey Berberich, Justin Frank, Terry Sistad and George Fish)



Embassy Community Center

Located at 603 3rd Street Northeast, the Embassy Community Center is a handicap accessible non-profit center that serves many groups and is governed by a Board of Directors. This center is operated 100% by volunteers, most of whom are members of RSVP (Retired Senior Volunteer Program).



East Polk County Heritage Center

In 1986, a historic home was donated by the Allen Potvin family to the East Polk Heritage Center. The home was

relocated to the site at Melland Park. The house has been restored and is now a repository for a large collection of historical furnishings, books, photographs and documents.



City Bus— a ride for *anyone to anywhere* in town!

The City of Fosston operates the transit system in town. For only .50 cents the bus will pick you up and take you anywhere in town you need to go.

The bus operates Monday through Friday from 8:00 a.m. to 4:30 p.m. and on Sundays from 8:00 a.m. to noon.

Call 218.435.1969 for a ride.

It's hard to believe how time flies. It seems like yesterday we were publishing our last edition of "Come Home to Fosston". It has now been five years and a lot of things have happened in your hometown of Fosston.

For the past five years, your City Council has strived to see improvements in the city's services as well as economic opportunity. We have continued to upgrade our infrastructure including streets, water and sewer services.

One noticeable improvement is the complete rebuild of Stephen's Boulevard which is the street that runs parallel to Thompson Athletic Field. Many of you will remember that street was in near ruins. Take a look at it now!

Numerous streets have been resurfaced and we will continue on our annual program of street improvements.

Our wastewater treatment facility on the north side of town has undergone a major upgrade. A nearly six million dollar project, mandated by the Minnesota Pollution Control Agency, and funded by state grants and low interest financing, it prepares us for the continued growth in our community and especially our industrial park.

At our March council meeting this year, your City Council voted to honor Fosston's longest tenured Mayor, Arvid Clementson who passed away while in office in 2006 by naming City Hall the "Arvid Clementson Municipal Building". There will be a dedication ceremony held during the 2013 All School Reunion.

Fosston is a very fortunate community due to the foresight of our past leaders. Fosston owns and operates a number of revenue producing entities. Under the authority of our Utilities Commission we operate our Municipal Utilities Department which profits from the sales of electricity, natural gas and cable TV within the city.

I urge you to consider "coming home to Fosston" if your are planning for retirement or to locate your new or expanding business.



Jim Offerdahl, Mayor

City Report from the City Administrator



Charles Lucken,
City Administrator

The Office of the City Administrator is responsible for the overall operation of all City departments, financial reporting and budgeting, human relations, city council activities and all city services and facilities. The City Administrator position is appointed by the City Council to serve as the City's Chief Administrative Officer. The City Administrator provides administrative direction to all city departments with the goals and policies established by the City Council.

City Council adopted the Fosston Community Vision Statement as part of the City's Comprehensive Plan in 2008. It states: *Fosston is the premier community for families in every stage of life. It has a broad range of services, including primary shopping opportunities, an outstanding education system, quality health care, a range of affordable housing options and a broad array of arts, cultural and recreational amenities. It is a comm-*

unity that everyone takes responsibility for – community involvement by all is expected and encouraged. Leaders from other communities of similar size throughout Minnesota are drawn to Fosston to learn "the Fosston way." The Comprehensive Plan is serving as a blueprint for the community and City Council in realizing this vision.

The Plan gives direction to elected and appointed officials by providing goals and implementation strategies to focus our efforts. Areas of focus have been and continue to be, economic development, housing, public facilities and infrastructure, land use, transportation and quality of place. The community has been very successful over the past four years in achieving a number of the goals outlined in the Plan. The City recently completed a third expansion of its industrial park as well as two major infrastructure projects at the wastewater treatment facility and the airport. Economic development projects in the past year have added over \$8 million in new commercial/industrial market value to the community.

The City Comprehensive Plan may be viewed at www.fosston.com.

Veteran's Memorial Garden, A Tribute to the Armed Forces



Photo by Dean Vikan

If you haven't visited the Veteran's Memorial Garden in east Fosston lately, you might be surprised to see how many granite stones have been installed to date. At this time there are over 200 service members recognized with an engraved granite stone – either in the walkway or adjacent to a tree.

The goal is to recognize all service men and women from Fosston and the surrounding area with an engraved stone.

The significance of the servicemen recognized by stones next to a tree is that they were killed in action and those in the walkway are either still living or died of non-combat related causes.

For several years, the upright granite monument was located in the Berge-Stafford City Park. It was the work of the Fosston American Legion Post 114.

In the late 1990's the elements of the Veteran's Memorial Garden started coming together – first the eternal flame and the walkway leading to it, then the tank and later the helicopter. Then, in 2003, the American Legion Monument was moved to its present location in the Veteran's Memorial Garden.

If you are interested in ordering a stone for a veteran, please contact City Hall at 218-435-1959.

By Laurel Skala

Industrial Park

The City of Fosston has had an industrial park since the 1970's. The original tract of land for Phase I of the Fosston Industrial Park was fourteen acres. Some of the first businesses to occupy Phase I were Leon's Welding and Machine, Stenberg Welding & Fabricating and Don's Machine Shop. Polk County constructed a solid waste incinerator in 1987 and added an up-front recycling facility in the 1990's.

The City purchased an additional 26 acres in 1987 for Phase II of the industrial park and with the assistance of the Economic Development Administration, developed 21 lots for future industrial expansion. Minnesota Dehydrated Vegetables, Inc. began processing in the park in 1989 and since then has expanded a number of times. MDV currently employs 80 people and has plans to hire another 50 employees within the next five years with the expansion of their facility in 2013. With the recent construction of a manufacturing facility by Specialty Products and Technology, Inc., Phase II of the industrial park reached full capacity, with the exception of a couple small lots.

The City purchased a 52 acre tract of land between the existing industrial park and the airport for Phase III of the industrial park. Again with the assistance of the Economic Development Administration and the Minnesota Department of Employment and Economic Development, additional lots were developed for expansion. In November, 2012, the City entered into development agreement with Erskine Attachments LLC that will operate as Consolidated Equipment Group LLC. The company purchased 20 acres of land for development and will bring 50 jobs to the new industrial park in the coming year.

By Chuck Lucken

Airport

The Fosston Airport traces its beginnings to the end of World War II when land at the airport's present location was purchased to establish the airfield. The land was purchased by a group of individuals who also established a flying club. In 1946, the club donated the airfield to the City of Fosston. The airport was expanded to include lights and an additional turf runway in 1959.

Many improvements have been made at the airport over the past 66 years with the assistance of Federal and State of Minnesota grants. Included in those improvements is the city's first paved runway, maintenance equipment, aircraft fueling system, pavement overlay and a new snow removal equipment building.



Photo by Dean Vikan

The most recent project completed at the Fosston Airport is a 3,500 foot taxiway parallel to runway 16/34. The \$1,252,746 taxiway project was funded with a \$791,357 grant from the Federal Aviation Administration, a \$336,114 grant from the State of Minnesota, Office of Aeronautics and local funding of \$125,275.

By Chuck Lucken

Radio

R & J Broadcasting, Inc began the "LMA" operations of KKCQ 96.7 FM, Bagley/Fosston and KKCQ 1480 AM, Fosston on August 1, 2012. R & J Broadcasting, Inc also owns and operates KRJB 106.5FM Ada and KRJM 101.5FM Mahanomen. "This is an exciting business challenge and should fit in nicely with the current operations while providing opportunities to expand and grow our business" said Jim Birkemeyer, Owner of R & J Broadcasting, Inc.

KKCQ has served the Fosston area for many years with local sports, news and information. KKCQ is programmed with country music and the local information and news. KKCQ is programmed with national, regional and local news/talk programs. KKCQ will continue to broadcast area high school sports with an emphasis to also provide extensive local news and farm information.

KKCQ radio presently employees Tom Lano, Don Brinkman, Laura Hamilton, Christian Landsverk, Phillip Ehlike with other employees to be added.

In February of 1992, Pine to Prairie Broadcasting, Inc, owned by a group of area investors, purchased the Fosston Radio station. Pine to Prairie immediately began the process of upgrading the existing FM station to a much larger signal at 107.1 FM. It was November 1st of 1993 that Today's Christian Music, Q107 went on the air. Today the radio station is known as Your QFM and employs 10 full and part time employees with the objective of broadcasting the latest in Christian Contemporary Music along with some excellent programs to a vast area of Northwest MN and Northeast North Dakota. Your QFM still broadcasts 24 hours a day from the Fosston studio, but also has a studio and office in Grand Forks as well as a sales office in Bemidji. Shine the Light, Inc., a 501C3 non-profit association is currently re-broadcasting Your QFM on 4 translators in the region, including Park Rapids, Walker, Thief River Falls and Grand Forks. The main goal of Your QFM is to work with hundreds of churches in the region and many other ministry organizations to help "Shine the Light" of Jesus to the region.

Fosston Farmers Market Offers Fresh Produce and a Strong Community

By Quinn Olson

Every Saturday morning from May through September the lawn of the East Polk Heritage Center is filled with vegetables, baked goods, jams, pickles, honey and crafts. Nearly two dozen vendors from Fosston and surrounding towns bring their products to the farmers market much to the delight of dedicated market shoppers and the many travelers along highway 2. Started in 2010, the market has gained vendors and shoppers over the years, but more than just a place to buy fresh produce, it has become a meeting spot for friends and neighbors to visit over a cup of coffee.



Farmers markets are a great way to support the local economy too. Nearly every dollar spent at the market goes back into our community, not to an out-of-state factory farm or corporate retailer. That makes a big impact not only for the people selling, but for businesses in the area that benefit from a strong local economy. For more information about the market, visit www.FosstonFarmersMarket.org or on Facebook.



Cedar Waxwings can be found feeding in apple trees (shown here) or orchard trees during the spring blooming phase. They tend to travel in flocks – suddenly appearing in an area to exploit a crop of berries, only to vanish when the berries are gone. *Photo by Dean Vikan*

The Fosston Star Committee is a group of individuals who are passionate about Fosston, its people and its businesses. The Star Committee is dedicated to the promotion and enhancement of the City of Fosston, providing assistance to the City and various community organizations to enhance their vitality.

The committee organizes several community events throughout the year, including, Light up the Night, Crazy Days, Santa Day and Frosty Days. Members are appointed by the Mayor and the group meets the second Tuesday of every month. In addition, the committee sponsors the "Fosston Service Award" to an outstanding Fosston citizen who has made significant public service contributions through the years, and the "Person of the Year Award" to a person or persons who have made an exceptional service contribution to the community over the past year.

This publication was produced by the Fosston Star Committee.

Star Committee Members:

Cassie Heide, Angie Shimpa,
Laurel Skala, Wayne Omundson,
Dean Vikan, Quinn Olson,
Don Brinkman, and
Greg Mireault

Fosston City Council

Dustin Carlson
Lowell Veum

Jim Lambert
Phil Ehke
Mayor: Jim Offerdahl