

Legal Notices

IN THE RED CLIFF TRIBAL COURT OF THE RED CLIFF RESERVATION

IN THE MATTER OF:
L.L. DOB 08/17/2006
L.L. DOB 03/04/2004
Case No. 19-SPR-03
19-SPR-04

PUBLICATION NOTICE
PETITION HEARING

TO: Teena LaPointe, PO Box 579, Cass Lake, MN 56633

A petition for suspension of parental rights was filed by the Red Cliff Indian Child Welfare Department in the above-mentioned matter on July 15, 2019.

A petition hearing will be held on August 26, 2019 at 3:00 p.m., at the Red Cliff Tribal Court, 37290 Community Road, Red Cliff, Wisconsin, before the Honorable Steven E. Bouley.

You have the right to representation by counsel at your own expense. If you or your counsel fail to appear at the hearing, the relief requested will be granted.

Heather Deragon
Clerk of Court
Red Cliff Tribal Court
37290 Community Road
Bayfield, WI 54814
715-779-3725
Cass Lake Times
8-7,14/2019c

City of Cass Lake
Annual Disclosure of Tax Increment Districts for the Year Ended December 31, 2018

TIF District Name:	TIF 1-4 [DaVita]
Current net tax capacity	4,244
Original net tax capacity	945
Captured net tax capacity	3,299
Principal and interest payments due during current year	4,829
Tax increment received	5,326
Tax increment expended	7,760
Month and year of first tax increment receipt	July 2017
Date of required decertification	12/31/2042

Additional information regarding each district may be obtained from:
Sue Uhrinak, City Clerk
2nd St. NW
Cass Lake, MN 56633
(218) 335-2238, casslake@midconetwork.com
Cass Lake Times
08/7/19

STATE OF MINNESOTA
CASS COUNTY BOARD OF COMMISSIONERS

The CASS COUNTY BOARD OF COMMISSIONERS will hold a regular meeting on TUESDAY, August 20, 2019 at the Leech Lake Township Hall, 10010 Rifle Range DR NW, Laporte, beginning at 6 p.m. with general business.

The County Board will have dinner prior to the meeting at Mustang Sally's, 9420 State 371 NW, Walker at 4:30 p.m. with no County business discussed.

/s/ Joshua D. Stevenson
Cass County Administrator

Extension
MASTER GARDENER
Beltrami County

Mastering The Garden

August is the Best Month to Plant New Lawns
By Dan Sherman, Master Gardener

I am sure that the next time there is an educational tour about lawn care in northern Minnesota that my lawn will be a featured stop used to identify every kind of lawn weed that plagues our lawns. But please let me offer some advice on the best time of year to plant lawn grass.

The University of Minnesota says that mid-August to mid-September is the best time to plant lawn grass seed. Up here in plant hardiness zone 3, I think we should adjust for the shorter growing season and say that the whole month of August is the best time to plant lawn grass in this area.

The primary advantage of late season planting is that there will be less competition with weeds. Weeds are genetically programmed to germinate in the spring when the plant has a chance to produce more nasty seeds.

A mixture of grass seed varieties is recommended. Kentucky Bluegrass is great because it has underground stems called rhizomes which allow the grass to spread into damaged areas of lawn. The problem with Kentucky bluegrass is that its germination time at 14 to 30 days may exceed the patience of the homeowner. Rye grasses germinate quickly in 5 to 10 days which is encouraging to seed planters. Ryegrass is a bunch grass so it needs to be planted close enough together so the bunches merge with each other. Choose mixes that include perennial ryegrass because annual ryegrass, found in some seed mixes will not grow again next year. Fescues fall in between at 7 to 14 days of germination. Fescue is good for shade tolerance and droughty or sandy soils.

Follow the recommendations on the seed bag. Many bags of seed have material to aid germination like water enhancers which may make up a large percentage of the contents. The cheapest seed may not be the best buy if it has lower seed germination or percentage of seed.

For seedbed preparation, start with a soil test. Cultivate the recommended nutrients into the soil. The soil surface should be smooth and free from rocks or clods before planting. Good seed-to-soil contact is important.

Drop seeders are more accurate than broadcast seeders so use one of these if you have a small plot on even ground. Divide your seed in half and apply them in different directions to ensure good coverage. Broadcast seeders will disperse heavier seed further than lights seeds.

Go easy on the fertilizer. Young plants can not handle much fertilizer. Weed and feed



Dan Sherman

fertilizers, if you use them, can wait until next year after the lawn is growing again.

Water to a depth of four to six inches to begin with and then maintain soil moisture throughout the germination process, which may mean watering two or three times a day. Water as deep as the roots have grown.

Applying sod is a good option for establishing a quick lawn. Sod will almost always be Kentucky bluegrass because it holds together with the rhizomes mentioned earlier.

Over seeding is another option in August. Without destroying your existing lawn, mow it short, de-thatch, and aerate before applying the seed. Water as you would a new seeding. This method can improve your lawn by adding better seed varieties into areas with weak grass plants. The old plants will provide cover for the new plants.

Click on "Yard and Garden at the University of Minnesota Extension website www.extension.umn.edu for more on lawns and gardening information. Local Master Gardeners will respond to your questions via Voice Mail. Call (218) 444-7916, leaving your name, number and question. Our Facebook page may also be of help to you: https://www.facebook.com/Beltramicountymastergardeners.

Support Within Reach
Ashli Lyseng
District 1 supervisor

Fight or Flight

Sexual assault victims are often asked why they didn't "fight back." How many of us have heard or said "if it were me I would have..." or "they didn't want it to happen, they would have found a way to stop it." Unfortunately, it is not that simple. Society expects victims of sexual assault to fight back during the assault, or at least to scream to alert others. When this behavior is not consistent with what is expected, the victim's credibility may be questioned. What I am about to tell you is the body's natural survival reaction. When someone is in real or perceived danger the logical part of the brain shuts down and the survival part kicks in.

This is where the common misconception of fight or flight comes into play. People tend to assume that we get to choose one option or the other, and we think we know what we would choose if we found ourselves in a dangerous situation. However, science indicates there is often no choice involved. It's not that we can't logically think in such a situation it's just that our thoughts are often habitual. Few people have habitual thoughts or behaviors that will be of any use to them during a sexual assault. When under attack the victim will fall back on habits and reflexes.

Survivors are shamed and blamed because they didn't mobilize, fight and make an effort. We hear a lot about fight or flight instincts but less about freeze. When the brain senses danger it often freezes briefly while scanning the environment, assessing the threat, and then reacting or responding to that threat. If no threat is detected the brain is able to return to thinking logically and rationally. This fear response doesn't happen in consensual sex.

The freeze response developed through evolution serves several important purposes. One is to prevent detection by a predator. Just think of the deer in the headlights. The reason the deer freezes is because the car is identified as a threat, and the deer's response was developed to respond to their primary threat, a predator. If that deer was in the forest, and a mountain lion entered the vicinity, the frozen deer may not be seen by

the mountain lion. The mountain lions predatory instincts evolved to detect movement. Unfortunately this freeze response that evolved to protect the deer from the mountain lion leaves it completely unprotected against the threat of a car.

Sexual assault victims are often questioned about their decision not to flee when others perceive that there was an opportunity to do so. However, without the ability to think logically and analyze the situation rationally, what may appear to be an "easy" escape route might not be as easy as it seems.

This freeze response that can occur during a traumatic event means that some victims become literally paralyzed with fear by a neurobiological condition known as "tonic immobility" or "rape-induced paralysis." Mentally the victim knows what's happening but is physically unable to move. The rate of rape victims who were affected by this paralysis at the time of the assault may be as high as 50 percent. Because they were unable to move their limbs, it became impossible for them to fight back or flee as they were literally paralyzed by the attack due to the body's response. This response is normal in fearful situations. It is also more common if the person has a prior history of sexual assault.

The point that we have to understand is that when a person has a reaction or response to a sexual assault, the body interprets the traumatic event as a life threat. Many victims feel guilty or ashamed because they "froze" and many people blame them for doing so. It is important to remember that these physical reactions are natural responses and instantaneous. In conclusion our responses to threats will often not be logical, reasoned or thought-out because the logical part of the brain is impaired. We respond to threat largely without thinking or planning. Of course this is a very simplified version of what happens to the brain during a sexual assault but I hope that this explains why victims might not fight back or flee.

"Understanding the Neurobiology of Trauma and Implications for Interviewing Victims" End Violence Against Women International

CASS LAKE-BENA SCHOOL DISTRICT NO. 115
Regular School Board Meeting • Wednesday, August 14, 2019
6:00 p.m. – Cass Lake-Bena High School Media Center

~ AGENDA ~

- Call to Order
- Roll Call of Attendance
- Pledge of Allegiance
- Agenda Approval
- Public Comment
- Consent Agenda
 - Approve the following meeting minutes:
 - July 17, 2019 Regular School Board Meeting
 - July 24, 2019 Special School Board Meeting
 - Approve accounts payable list
 - Approve the hire of SY 2019-20 staff
 - Approve the hire of 2019-20 extra-curricular coaches and advisors
- New Business
 - Motion to award the bids for the 2019-20 school year as presented.
 - Milk
 - Bread
 - Refuse
 - Lawn Mowing
 - Snow Plowing
 - Presentation by Jon Huseby, School District Attorney
 - Land exchange with the Leech Lake Band of Ojibwe
 - Motion to proceed with the land exchange as presented.
 - Motion to enter into a closed session in accordance to Minnesota Statutes 13D.05, subdivision 1(d) attorney-client privilege.
 - Meeting resumes.
 - Motion to enter into a closed session in accordance to Minnesota Statutes 13D.05, subdivision 2(a) to discuss contract negotiation strategies.
 - Meeting resumes.
- Upcoming Meetings and Events
 - Wednesday, August 21, 2019; Regular School Board Meeting; 6 p.m. – High School Media Center
- Adjournment

Cass County Most Wanted

Anyone who knows the location of any person(s) pictured or listed in this column is asked to please contact your local law enforcement agency or the Cass County Sheriff's Department at (800-450-2677. For your own safety do not try to apprehend them. Please call law enforcement immediately.

 Matthew Thomas Blackmarr DOB: 2/1/1979 Warrant: Controlled Substances ***	 Scott Lee Gerber DOB: 9/18/1977 Warrant: Controlled Substances ***	 Christopher Michael Ellsworth DOB: 3/10/1976, Warrant: Controlled Substances ***	 Gunter Allen Hartman DOB: 6/17/1978 Warrant: Controlled Substances ***
 Kateri Theresa Ann Goodshield DOB: 6/26/1988 Warrant: Controlled Substance ***	 Gordon Nathaniel Jones DOB: 3/24/1984 Warrant: Controlled Substances ***	 David Lee Kingbird DOB: 6/11/1990 Warrant: Controlled Substances ***	 Terrance Lee Jones DOB: 4/5/1978 Warrant: Controlled Substances ***
 Daniel Paez Orozco DOB: 11/25/1989 Warrant: Controlled Substances ***	 Delphine Serena Littlewolf DOB: 6/27/1983 Warrant: Controlled Substances ***		

Black and white

Most of life isn't cut and dried – unless you are an herb. The bulk of our days operate on a continuum, with each of us finding our own way forward in our own way. There's lots of room for middle ground. You may give a book or movie three or four out of five stars. You might kind of sort of like your uncle Jim, but only in small doses.

People, places, jobs, homes and our neighborhood all fall on a spectrum that can vary from day to day.

But some things are black and white, with nary a shade of gray. There is no time for dangling your feet in the water. You are either in the pool or out. You are either wet or you are dry. You can't have it both ways—despite the fact that the word "damp" exists.

There are many important and not so important areas where we choose between black and white, so to speak.

Let's start with the obvious: spiders. No one wants spiders inside the house, but when they do creep in, what you do next comes down to a black and white reaction. You either bring the spider outside, or you kill it. One or the other. Black or white.

Speaking of that, there's coffee. You take it black or you take it white (with cream). Or you don't drink coffee at all, but that's another story.

Squash (as in acorn or butternut) is flanked by two groups: the lovers and the

Slices of Life

By Jill Pertler

Apparently when it comes to toilet paper you can't be soft and strong at the same time, so you have to pick. (There's an invention waiting to happen.)

Vacation transportation preference falls into two factions: the drivers and the fliers. Drivers prefer to see the countryside. They want to be in control of getting from point A to point B. Fliers are anxious to get to their destination and see driving as a waste of time. Drivers hate flying and fliers hate driving – unless it is in a rental car, preferably a convertible.

The next area can be summed up in one word: skydiving and bungee jumping. You are either in or out. In a transposed sort of way, those who are in are actually out and those who are out actually stay in. Get it?

I hesitate to mention the elephant in the column – the "P" word: politics. If ever there was a topic that was black and white, I think the "P" word fits the bill. Unfortunately.

Some things in life you love; others you dislike completely. Other people (even people you live with) may have completely opposite opinions. That's okay. Even though issues may be black and white, there are no "right" or "wrongs." Eating a breakfast of a slice of creamy peanut butter toast topped with a brown banana and accompanied by a cup of black coffee might not be everyone's cup of tea, but it doesn't have to be.

As long as we can agree to disagree and no one gets hurt, I think we'll be all right.

Jill Pertler is an award-winning syndicated columnist, published playwright, author and member of the National Society of Newspaper Columnists. Don't miss a slice; follow the Slices of Life page on Facebook.

PUZZLE SOLUTIONS

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

LUCAS **USA** **GALL**
ANENT **ROB** **ELLIS**
IDLER **GSA** **NOTED**
COLLEGE **COMMON**
EAR **FINE**
FAD **MARE** **ESTEEM**
AMEN **BODY** **HALVE**
FOCI **STEED** **RIAL**
SNAKY **ERGO** **EDDO**
AGLEAM **AGRA** **EEN**
HOWL **IDS**
WAHWAH **ICEPACK**
CANOE **IMF** **PAULI**
FROSH **RAF** **TITUS**
CENT **SPY** **SNOBS**