

Phil has spoken: Six more weeks of winter

*By Matthew Triponey
Punxsutawney Spirit
Times-Record sister paper*

PUNXSUTAWNEY, PA— Those who braved the cold of a February morning at Gobbler’s Knob hoping for a promise of relief from the icy chill ultimately walked away disappointed Thursday, when Punxsutawney Phil — Seer of Seers, Prognosticator of Prognosticators — proclaimed that six more weeks of winter awaited his adoring public.

His chosen scroll read:

“I see the morning has brought the finest people. I see their bravery and spirit. The time has come, I can feel it; the excitement, I can hear it. I see the folks with gray in their hair, and I see the kids all young and scrawny, their eyes and cheeks aglow from the cold, clean air of sweet Punxsutawney. I see that everyone knows their part, and I am merely the sage. But above all else I see a shadow on my stage. And so no matter how you measure, it’s six more weeks of winter weather.”

As with every Groundhog Day, people crowded Gobbler’s Knob well

before the break of dawn. Members of the Groundhog Club Inner Circle did their best to keep the crowd warm and entertained for hours prior to the 7:30 a.m. prognostication. The finalists from Wednesday’s Gobbler’s Knob Got Talent competition — opera singer Payton Tanner of Vera Beach, Florida, and Rockton duo Denny and Sue Shaffner with their Phil-themed take on the old standard “The Wellerman” — performed one last time. Tanner was declared the winner of the \$500 grand prize, and was invited back to the stage later for the singing of the national anthem.

Also helping with the entertainment were the Philette dancers from the Punxsutawney Area High School, Miss Pennsylvania Alysa Bainbridge and Miss Virginia Victoria Chuah.

Another special guest was Josh Shapiro, making one of his first public appearances after taking office as Pennsylvania’s governor a few short weeks ago. He brought his family to see the sights as well.

“I’m thrilled to be here and grateful



Photo by Alan Freed/Punxsutawney Spirit

that the Inner Circle included me,” he said. “How cool are these guys from the Inner Circle, and how amazing is Punxsutawney, Pennsylvania?”

“Phil may be the draw, but you’re the reason I’m here, because you’re the very best of Pennsylvania,” he told the crowd. “You’re tough, you’re resilient, and you know how to have a good time.”

He encouraged those in attendance to start thinking about making the trek again next year — and those watching from the warmth of their homes to join the festivities in person next time.

Following Phil’s prognostication, his Phaithful Phollowers dispersed from Gobbler’s Knob at the dawn of a crisp, sunny winter day.

It was still very, very cold.

The North Dakota Dementia Care Services Program Presents

10 Warning Signs Of Alzheimer's

Class Description

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others.

The one-hour program covers

- Typical age-related changes.
- Common warning signs of Alzheimer's.
- How to approach someone about memory concerns.
- Early detection, the benefits of a diagnosis and the diagnostic process.
- Alzheimer's Association resources.

Upcoming Class

Tuesday, February 7, 2023
12 noon - 1 pm Brown Bag Lunch and Learn

As an added bonus you will hear from Theresa Will from City-County Health District about their exciting new Healthy Brain Initiative Roadmap for Barnes County Grant

Valley City Barnes County Library - lower level
410 Central Ave., Valley City ND

Questions contact Beth Olson, Regional Care Consultant, Maddock ND 701-952-0800

24/7 Helpline 800.272.3900
alz.org/mnnd

NORTH Dakota | Human Services
Be Legendary

This project is supported by funding through the North Dakota Department of Human Services, Aging Services Division.

A Free Alzheimer’s Presentation will be held in Valley City, Feb. 7

Courtesy of Alzheimer’s Association

Maddock, ND (January 24, 2023) – The Alzheimer’s Association will offer a free presentation titled, Know the 10 Warning Signs. This presentation will take place on Tuesday, February 7, 2023 from Noon-1 p.m., at the Valley City Barnes County Public Library, 410 Central Ave N, Valley City ND. This presentation is free and open to the public; registration is not required. This project is supported by funding granted through the North Dakota Department of Human Services, Aging Service Division.

More about the presentation:

Alzheimer's and other dementias cause memory, thinking, and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to

approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

About the Alzheimer’s Association Minnesota-Dakota Chapter

The Alzheimer’s Association is the world’s leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer’s. Visit alz.org/mnnd or call the 24/7 Helpline 800.272.3900 for support.

Heart health screenings available February 10 at CCHD

Special to Times-Record

“February is American Heart Month. City-County Health District is offering heart health screenings. By checking your blood pressure, fasting cholesterol, blood glucose and tobacco use, you can better understand your heart health. If you find less than ideal results, you can use the information to change your health and work with your healthcare provider” states Theresa Will, City-County Health District Administrator.

A cholesterol test is a simple blood test. You will need to prepare for this test so that your results are accurate. To prepare:

- No alcoholic beverages for 3 days prior to testing.
- You will also fast – meaning no food or drink for 12 hours prior to the screening. You may take any medications needed with a small amount of water.

You can find out what your fasting glucose level at the same time as

your cholesterol test.

City-County Health District and CHI Mercy Health (hospital) will hold a fasting community cholesterol and blood glucose screening Friday, February 10, from 7-9 a.m. It will be held at the CCHD facility located at 415 2nd Ave. NE, Ste. 101. This test will include your total cholesterol, HDL/LDL cholesterol, plus your blood glucose and triglycerides. The cost for the cholesterol (total lipid profile) screening is \$35.

If you are interested in participating in this screening, you must pre-register by calling City-County Health District

at (701) 845-8518. The number of participants is limited, and names will be taken on a first-call basis.



Bulletin Announcement A day for Widowers set

Special to Times-Record

The Jamestown Area Grief Support Team is offering “Just For Men – A Day For Widowers” on Saturday, February 11, 2023 in the Anton Klaus Room at the Gladstone Inn and Suites, 111 2nd Street NE in Jamestown from 10:00 am to 3:00 pm. Continental breakfast and lunch will be included. Special guest speaker, Dan Borsheim will explore the issues of becoming a widower.

Experiencing the death of a wife is likely the most difficult thing a man will ever have to face. In the blink of an eye his life was forever changed and he is left learning how

to live a life without her. Spending time with others who have also experience the death of a wife is one of the most therapeutic ways to deal with this loss.

Any man who has experienced the death of his wife is invited to join us for this day offering an opportunity to spend time with other men who understand what this experience is like. The event is free of charge, however a \$20.00 registration fee is required. The \$20.00 will be returned to you when you check in. To register, please call Eileen at 701-269-4521.

On behalf of Don and Pat Malec, Ariyana and Kaynen Malec, And Dawn, Brent, Alyssa and Chesney Thomsen we would like to express our appreciation to Stoudt/Miller Ford Dodge for organizing and promoting, Eagles club and Jenny and her crew the fine facility and food and Jim Lochow Accounting for Marque promotion & all silent auction & bake sale donors.

The overwhelming attendance showing love and support for Pat in her battle with metastatic breast cancer was unbelievable. We want to say thank you to all who came. It makes us proud to live in such a caring community, we love you all.

PUBLIC NOTICE

Barnes County Commission
Tuesday, February 7, 2023
8:00 A.M. Barnes County Courthouse
Commission Chambers – 2nd Floor

(Approximate times – subject to change)
8:00 Pledge of Allegiance / Agenda corrections & additions
8:00 Policy Committee – 2023 Employee Policy Recommendation
8:15 Weed/Highway Building
8:30 Highway Department – Chip Sealing 2023
9:00 Auditor’s Office – Approval of minutes
9:15 Break
9:45 Commission Discussion
We have implemented an option by which the public may tune in to the Commission meeting via teleconference. Simply dial the number below and follow the instructions for the conference ID. Please note, this is a Fargo number, so use of cell phone, rather than landline, is recommended, to avoid charges. As callers join the meeting, we will be “muting” them to avoid unnecessary feedback and background noise. Callers may use *6 to unmute themselves and speak to the commission.
Microsoft Teams meeting
Join on your computer, mobile app or room device
Click here to join the meeting
Meeting ID: 275 067 982 285
Passcode: Rp4Abx
Download Teams I Join on the web Or call in (audio only)
+1 701-409-8463,,2051048# United States, Fargo
Phone Conference ID: 205 104 8#
Please check the online agenda for updates:
<http://www.co.barnes.nd.us/>

(Feb. 3, 2023)

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Attorney for Personal Representative
Court File No. 02-2023-PR-00004
IN THE DISTRICT COURT OF BARNES COUNTY, STATE OF NORTH DAKOTA
In the Matter of the Estate of John H. Formo, Deceased
NOTICE OF HEARING
11. NOTICE IS GIVEN that on February 21, 2023, at 8:00 a.m., before the Honorable Jay A. Schmitz, a hearing will be held in this court at Valley City, North Dakota, on the Petition for Formal Probate of Will and Formal Appointment of Personal Representative. Any objections to the petition must be filed with the court prior to or raised at the hearing. If proper and if no objections are filed or raised, the Court will then grant the Petition.
Dated: January 25, 2023.
s/s Marshall W. McCullough
Attorney ID#05298
Attorney for Dianna D. Formo, Personal Representative
OHNSTAD TWICHELL, P.C.

(Jan 27, Feb. 3 & 10)