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McIntosh, Minnesota



Izabelle Burthwick was one of many kids who enjoyed the McIntosh Library program, Pint Sized Polkas, held at the Community Center as part of the library's summer reading program. Accordion player Mike Schneider performed for the kids who were able to sing and dance along.

# Your voice matters: Public Health seeks responses on Community Health Assessment Survey

Polk County Public Health (PCPH) and Norman-Mahnomen Public Health (NMPH) invite adults living in Polk, Norman, and Mahnomen County to complete the 2022 Community Health Assessment (CHA) survey.

“Your local voice matters, and we need your input to be successful. This online survey will ask basic questions about your health and quality of life, access to healthcare, what makes being healthy easy or difficult, and how well our communities are supporting your health and mental well-being” said Sarah Reese, Polk-Norman-Mahnomen Community Health Services Administrator/PCPH Director. “The information collected will help us identify strengths and opportunities to improve overall health and wellness in Polk, Norman, and Mahnomen County” said Sarah Kiono, NMPH Director.

The online survey is available until July 30, 2022. Your survey responses will remain anonymous and will take approximately 10-15 minutes to complete. To be entered into a drawing for one of five \$25 gift cards, simply insert your phone number at the end of the survey.

The preferred method of completion is taking the survey online at the following link: <https://bit.ly/3OcbNYk>, which is also posted on our public health websites. Those without computer or internet access can stop at a Polk County Public Health or Norman-Mahnomen Public Health office to get a copy or call/text 218-521-8348 to have a survey mailed directly to you.

To learn more: Visit the Polk County Public Health website <http://www.co.polk.mn.us/191/Public-Health>, the Norman-Mahnomen Public Health website [www.co.norman.mn.us/publichealth](http://www.co.norman.mn.us/publichealth), or find us on social media.

Together We Can!

## MN among states to roll out 988 mental health crisis lifeline

Beginning this past Saturday, July 16th, people facing a mental health crisis can now dial 988 to connect to support. The change is part of a nationwide effort to transition the National Suicide Prevention Lifeline to a phone number people can more easily remember and access in times of crisis. The shift also includes an online chat feature and new texting option.

The new 988 dialing code serves as a universal entry point, so people can reach a trained crisis counselor who can help regardless of where they live. Anyone can dial or text 988 24 hours a day, seven days a week, to reach crisis support or to use an online chat feature to connect with crisis support. People can also dial 988 if they are worried about a loved one who may need crisis support.

The Lifeline 10-digit number, 1-800-273-TALK (8255), will continue to be available and will route people to the same resources. People should call 911 if they suspect drug overdose or need immediate medical help.

Suicide is a serious and growing public health concern across the United States and in Minnesota. The number of suicide deaths and the suicide rate in Minnesota has increased consistently for 20 years.

MDH data shows:

- From 2016 through 2020, there were more than 10,000 hospital visits for self-harm injuries (i.e., suicide attempts) in Minnesota, and those were mostly among people ages 10-19.

988... Continued on page 2 ...

# Polk County’s Thompson & Smith receive GIS Award at International Conference

Polk County GIS Department staff Rick Thompson and Nathan Smith have received a prestigious technology industry award recognizing their innovative use of geographic information systems (GIS).

Thompson and Smith received the Esri Special Achievement in GIS (SAG) Award last week at the 2022 Esri International User Conference in San Diego, CA. Esri is the global market leader in geographic information systems (GIS) technology which is used by almost all local governments across the US. Esri software is used for mapping and spatial analysis, helping counties share information with residents and providing “location intelligence” to accomplish tasks in areas such as property assessment, public works, emergency management and elections.

Polk County’s GIS Department has been a leader in the use of GIS technology amongst local governments – particularly smaller size governments – for decades.

The County pioneered the use of a GIS-based “hub” to help ensure fair property assessment with its “Equitable Property Value Hub” (Equitable Property Value | Polk County, Minnesota (arcgis.com)).

This same technology is used by the county to share county road information with its “Roads and Highways Hub” (Roads and Highways | Polk County, Minnesota (arcgis.com)).

The public can find or request a rural address with the “Addressing Hub” (Addressing | Polk County, Minnesota (arcgis.com)).

Local voting locations and information can be found with the “Promoting Transparent Elections Hub” (Promoting Transparent Elections | Polk County, Minnesota (arcgis.com)).

Sharing free public data, tools and resources has become very easy with the “Open Data Portal Hub” (Open Data Portal | Polk County | Minnesota (arcgis.com)).

Rick Thompson, GIS Coordinator for Polk County, has continually expanded the county’s GIS program to improve the efficiency of many processes that are vital to its daily operations, and to make sure residents can find important information easily, without having to call or visit county offices. This accelerated during the COVID-19 pandemic, when remote services were widely implemented as an alternative to close contact in an office.

Thompson, along with GIS Specialist Nathan Smith, received the award at a ceremony in San Diego, Wednesday, July 13th. They were joined by team members from Pro-West & Associates, a GIS services business based in Walker, MN, that collaborates with the county to help achieve its GIS goals.

Thompson commented: “We are very thankful to Polk County... Continued on page 2 ...



MN, that collaborates with the county to help achieve its GIS goals.

Thompson commented: “We are very thankful to Polk County... Continued on page 2 ...

# WEM Activity meeting

Parent Activity Meeting & Sign Up for ALL sports/activities for the upcoming 2022-2023 school year will be held on Thursday, July 28th at 6:30 pm in the Win-E-Mac commons.

Sports physicals are needed every 3 years, so typically 7th grade and 10th grade students should be getting them. Fall sports coaches will also be on hand to go over the upcoming season’s schedule. Students and parents should attend.

# Youth Fishing Day – July 23rd at Rydell National Wildlife Refuge

Rydell National Wildlife Refuge (NWR) and the Friends of Rydell and Glacial Ridge Refuges Association will be hosting their 5th Annual Youth Fishing Day at Rydell NWR on Saturday, July 23rd, from 9:00am - 1:00pm. This free event is targeted towards youth age 15 or younger. Anglers age 16 and older must possess a valid Minnesota DNR fishing license to fish on the Refuge. A limited amount of fishing tackle (rods and reels) will be available, or youth anglers are welcome to bring their own. Bait will be provided, free of charge. The fish won’t be the only ones eating for free – lunch will be provided for all participants.

The event will also include a fish cleaning demonstration and a casting seminar and contest. Certificates will be given to participants who catch their first fish, as well as for the biggest fish of each species and the winner of the casting contest. Other surprise prizes will be awarded to participants as well!

Fishing within Rydell NWR is only allowed from piers on Tamarac Lake. Shuttles will transport participants from the Refuge Visitor Center to Tamarac Lake and back.

Pre-registration is required. Please call or email one of the below contacts no later than Thursday, July 21st to sign up for the event.

All participants should check in at the Refuge Visitor Center on the day of the event. Rydell NWR is located 3 miles south of Highway 2, between Mentor and Erskine, at 17788 349th St SE.

To register or for more information, please contact Gregg Knutsen, Refuge Manager, at 218- 686-4329 / [gregg\\_knutsen@fws.gov](mailto:gregg_knutsen@fws.gov) or Bryce DuChamp, Visitor Services Intern, at 218-637- 1060 / [bryceduchamp@gmail.com](mailto:bryceduchamp@gmail.com)



Community Kids gathered at the McIntosh Community Center for the McIntosh Library's summer program Pint Sized Polkas.

# Flood damage to private property in Polk County

Minnesota Homeland Security and Emergency Management officials are requesting damages to private property due to recent flooding.

All property owners in Polk County who sustained flood damage to their private property from April 22, 2022, to present, are asked to complete a damage assessment survey by no later than Friday, July 15th.

The worst of the flooding damages during this time occurred in the cities of Crookston, Fisher, and East Grand Forks, however flooding

also affected many other areas throughout Polk County.

Damages must be to primary homes (non-agricultural). Damage must be in an essential living space. FEMA's definition of an essential living space is as follows: "a room within a home that serves the function of a bedroom, bathroom, kitchen, and/or living room that is regularly occupied or used by one or more members of the household and requires repair to bring its functionality back to the home." You are also requested to list any damages to privately owned driveways,

roads, bridges, wells, and septic tanks.

It has not yet been determined if federal assistance will be made available to private property owners. People are asked to complete the survey should assistance be made available.

For more information on obtaining and submitting a Private Property Damage Assessment form, please go to: <https://www.co.polk.mn.us/545/Private-Property-Initial-Damage-Assessme> or call 218-470-8263. Jody Beauchane, Polk County Emergency Manager

# How to improve the flavor profile of grilled food

Many people insist grilling has no peers when it comes to cooking methods. Part of the allure of grilling is undoubtedly the chance to spend time outdoors in warm weather, which is when many people do the bulk of their cooking over an open flame. But grilling also produces unique flavors that simply can't be replicated.

It might be impossible to match the flavor of foods cooked over an open flame, but that doesn't mean those flavors can't be augmented.

Grillmasters can try these strategies to improve the flavor profile of their favorite grilled dishes.

· **Add some wood.** Wood is often utilized to add some extra flavor when smoking foods, but it also can add flavor when grilling in a more traditional way. Wood chips can be soaked in water or even wine or beer so they don't burn so quickly that the flavor gains are negligible. Wood chunks or logs will burn slower than chips, so

there's no need to soak them. Wood imparts a unique flavor to grilled foods, making meals even more delicious.

· **Apply a dry rub to the food.** Dry rubs are made from dry ingredients like herbs and spices. Dry rubs don't penetrate the meat too deeply, which means they don't need much time to add flavor. That's ideal for people who decide to grill at the last minute and want to add flavor even if they don't have the time to marinate their meat.

· **Bring meat to room temperature prior to putting it on the grill.** Meat that goes directly from the refrigerator to the grill is likely to cook unevenly, which can affect the overall flavor of the meal. But this issue is easily overcome by taking the meat out of the fridge about 20 to 30 minutes before putting it on the grill. Doing so lets the meat reach room temperature and increases the likelihood it will cook evenly.

# Fire up the grill for fish

Individuals looking to stray from grilling season staples like hot dogs and hamburgers can try this recipe for "Mojito Fish Steaks" courtesy of Andrew Schloss' "Cooking Slow: Recipes for Slowing Down and Cooking More" (Chronicle Books).

## Mojito Fish Steaks

Makes 4 servings  
4 firm-fleshed fish steaks, such as salmon, swordfish, kingfish, or sable, each 6 to 8 ounces, about 3/4-inch thick  
2 tablespoons olive oil, plus more for brushing  
Sea salt and freshly ground black pepper  
For the Mojito Mop:  
3 tablespoons light rum  
Juice and finely grated zest of 1 large lime  
1 tablespoon canola oil  
1 teaspoon hot-pepper sauce  
1 tablespoon sugar  
4 tablespoons chopped fresh mint leaves

Light a grill for indirect low heat, about 200 F. If using a charcoal grill, build a small charcoal fire at one end of the grill. If using a gas grill, set a burner at one end of the grill to medium-low.

Put the grill grate on the grill and clean the grill grate with a wire brush.

Coat the fish steaks with 2 tablespoons olive oil and season with salt and pepper. Set aside for 5 minutes.

Meanwhile, make the mop: In a small bowl, stir together the rum, lime juice, canola oil, hot-pepper sauce, sugar, and 3 tablespoons of the mint leaves.

Brush the grill grate with olive oil. Put the fish on the grill away from the heat, spoon 1 tablespoon of the mop over each fish steak, cover the grill, and cook until the fish steaks flake to gentle pressure, about 1 hour, basting with mop about every 5 minutes.

# WEM preschool screening August 8th

Win-E-Mac Preschool/Early Childhood Screening is a free and simple check of how your child is growing, developing and learning.

A trained professional will check:

- Vision and hearing
  - Height and weight
  - Immunizations (shots)
  - Large and small muscles
  - Thinking, language and communication skills
  - Social and emotional development
- Preschool/Early Childhood Screening is open to all children, ages three years old and up, who have not been screened. Children must be screened before entering preschool and kindergarten. The screening will take



place at the Polk County Public Health (Bjella Building) in McIntosh.

Contact Heather Earls at Win-E-Mac to set up an appointment time for your child to be screened.

E-mail: [hearsl@win-e-mac.k12.mn.us](mailto:hearsl@win-e-mac.k12.mn.us) and phone Win-E-Mac: 218-563-2900.

## 988...

Continued from page 1 ...

24, predominantly females.  
▪ Each year about 75-80% of suicide deaths are among males.

▪ Each year about 50% of suicide deaths are the result of a firearm injury. Suicide usually represents 70-80% of all firearm deaths.

Moving to a shorter dialing code is an important step to help reduce suicide, and it is part of a larger push to improve options for Americans facing a mental health crisis. In moments of crisis, it can be challenging to look for resources or even just remember what number to call. Through 988, the Lifeline number will be easier to remember, and more accessible through chat and text. This will create more ways and make it easier for the public to find support.

## About 988 in Minnesota

The Lifeline is a national network of over 200 call centers. Minnesota has four Lifeline centers that connect callers to nearby or state-specific resources and services quickly and efficiently.

Minnesota calls may be routed to the Lifeline's national back-up centers when the four call centers are at capacity. The National Suicide Prevention Lifeline has several back-up centers that answer the overflow of calls from across the country. This will not change level of service.

Interpretation services are available through calling the number. Currently, chat and text are only available in English.

To reach the Veterans Crisis Line, dial 988 and press 1. Calls will route to the same trained Veterans Crisis Line responders. The Veterans Crisis Line will still be available by chat ([VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/Chat)) and text (838255).



## Community Birthday and Anniversary Calendar

**Wed. July 20:** Darlene Solie  
**Thurs. July 21:** Patrick Polk, Lukas Lindseth, \*Sam & Amber Finseth  
**Fri. July 22:** Madchen (Mae) Knowles, Peyson Thode  
**Sat. July 23:** Charley Carlson, Nicolai Sveen, Brady Langemo, Mary Kroening, Shannon Svalen, \*Garrett & Megan Rock  
**Mon. July 25:** Easton Vettleson, Angela Olson  
**Tues. July 26:** Parker Graff, Wayne Brekke, Liam Schow, Kimberly Carlson

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**"Serving the Win-E-Mac area"**

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The Gosen Luther League meets on Sunday evening, July 24th, at 7 o'clock. Kent and Shantel Dudley and Bended Knee will be in concert. Accompanying Kent on rhythm guitar is his wife Shantel and Rod Rock on bass guitar. Together they present Christian country music along with testimony. Refreshments will be served following the program. Join us for an inspirational evening in honor of our Lord Jesus Christ. Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

## Polk County...

Continued from page 1 ...

receive this award from Esri, recognizing not just the work of the county but our community, which is embracing the benefits of GIS technology to enhance our daily lives. Polk County is a great place to live and seeing it represented on an international stage is a great accomplishment."

"GIS has become a vital technology for Polk County staff and residents. It makes us more efficient as an organization, which benefits taxpayers, and allows us to spend more time focusing on work that moves our community forward and brings value to our residents."

"County residents can find a wealth of information at their fingertips using GIS tools. They are using the technology to find comparable sale prices for properties in their desired area or see where road closures might affect their commute. Staff can use it to track zebra mussel infestations at public water access points or find information about roads during the survey process when planning construction projects. The list goes on."

Visit Polk County's Geospatial Hub: Polk County Hub ([arcgis.com](http://arcgis.com))

# BUSINESS & PROFESSIONAL GUIDE

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**Mon. July 25:** Fish Square, Pollack - Scalloped Potatoes - Oriental Blend Vegetables - Apple Slices - Ice Cream - Milk

**Tues. July 26:** \*Bingo\* Turkey Gravy over Mashed Potatoes - Dressing - Peas & Carrots - Wheat Rolls - Fruit Crisp - Milk

**Wed. July 27:** Baked Ham - Pasta Salad - Broccoli - Canteloupe - Peanut Butter Cookies - Milk

**Thur. July 28:** \*Bingo\* Swedish Meatballs - Mashed Potatoes & Gravy - Carrots - Wheat Bread - Pineapple Cake - Milk

**Fri. July 29:** Tator Tot Hotdish - Green Beans - Peaches - Wheat Rolls - Vanilla Pudding - Milk

**ST. MARY'S CHURCH**  
**Fosston**  
**Fr. John Suvakeen,**  
**Pastor**

Fri. July 22: 8:30am Mass at St. Mary's, Fosston  
Sun. July 24: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley  
Sun. July 31: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley  
Wed. Aug. 3: 11:30am Mass at St. Mary's, Fosston  
Fri. Aug. 5: 8:30am Mass at St. Mary's, Fosston  
Sun. Aug. 7: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley  
Wed. Aug. 10: 11:30 am Mass at St. Mary's, Fosston

**OURS SAVIOR'S LUTHERAN CHURCH (ELCA)**  
**McIntosh**  
**Interm Pastor Keith Zeh**  
**Synodical Authorized Minister Katie DeMarais**

Sun. July 24 10:00am Coffee Hour; 10:30am Worship Services  
Sun. July 31: 10:00am Coffee Hour; 10:30am Worship Services  
Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit - The Journey. Our Saviors service will be available by 8:30 am each Sunday until further notice.

**MCINTOSH AFLC**  
**McIntosh Trinity / Mount Carmel:**  
**Interim Pastors John Anderson and Phil Rokke**

**Sunday Services**  
11:00am Mt Carmel  
9:45am Trinity  
**Sunday School**  
10:45am Trinity  
9:45am Mt. Carmel

**GOSEN LUTHERAN CHURCH**  
**Independent**  
**Gary Johnson, Pastor**  
**[www.gosen-church.com](http://www.gosen-church.com)**  
**Face Book: Gosen Church**

Sun, July 24 :9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: [gosenchurch](https://www.facebook.com/gosenchurch) and [gosenchurch.com](https://www.facebook.com/gosenchurch.com)); 7:00pm Gosen Luther League (see article elsewhere in paper)

Tues. July 26: 10:00am Sunday worship service telecast on GVTV--30

Wed. July 27: 6:30pm Bible Study at Sharon Ramberg's home

*Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.*

**VERNES LUTHERAN CHURCH (LCMC)**  
**McIntosh**  
**PastorLee Laaveg**

Sun. July 24: 9:00am Worship  
Sun. July 31: 9:00am Worship

**IMMANUEL LUTHERAN CHURCH**  
**McIntosh**  
**Pastor Bruce Blocker**

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

M3-28C

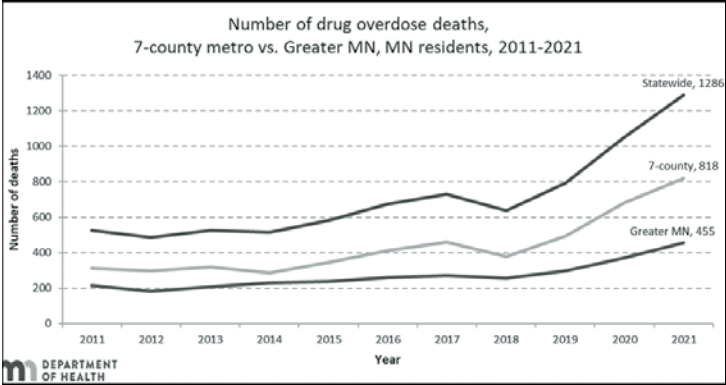
State reports record  
drug overdose deaths in 2021

*Increasing prevalence of fentanyl thought to be a contributing factor.*

State reports record drug overdose deaths in 2021. Increasing prevalence of fentanyl thought to be a contributing factor. Minnesota public health officials reported a record number of overdose deaths in 2021, following an alarming pattern seen in many other states in recent years. According to a new report issued this week by the Minnesota Department of Health (MDH), most overdose deaths in 2021 were associated with fentanyl, a powerful drug that continues to become more common across the country.

The 1,286 overdose deaths reported to MDH last year represented a 22% increase from the 2020 total. This averages more than three people dying every day from an overdose of any drug type. For the first time since 2014, there was a larger percentage increase in overdose deaths in Greater Minnesota (23%) than in the seven-county metropolitan area (20%).

"This increase in drug overdose deaths is alarming, but there are things we can do about it," said Minnesota Commissioner of Health Jan Malcolm. "One important step is to expand programs that make it easier for people to access naloxone – a medication that



can reverse overdoses and save lives."

Preliminary data from 2021 showed a 35% increase in the total number of overdose deaths involving opioids since 2020 (an increase from 685 deaths in 2020 to 924 deaths in 2021). Drug overdoses from non-opioids also increased from 2020 to 2021, including a 34% increase in overdose deaths involving methamphetamine (338 in 2020 to 454 in 2021) and 81% increase from overdose deaths involving cocaine (85 in 2020 to 154 in 2021).

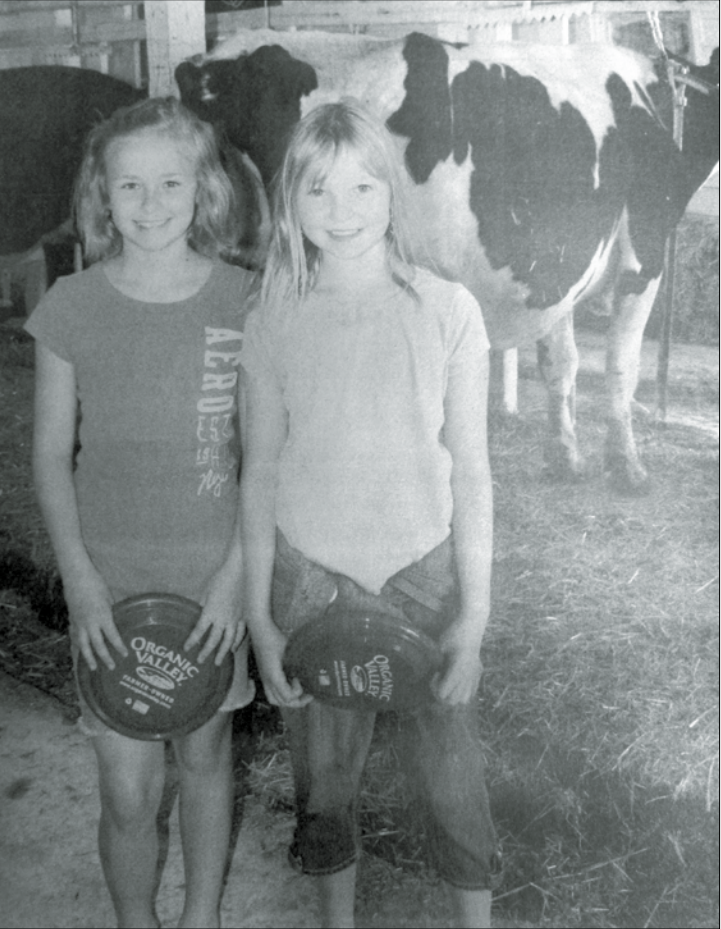
Many of the opioid overdose deaths involved synthetic opioids, including fentanyl. These deaths increased from 560 in 2020 to 834 in 2021. Through analysis of death certificates, MDH found that fentanyl was involved in 90% of all deaths involving opioids. Fentanyl is a highly potent synthetic opioid.

A dose as small as three grains of rice can be lethal. Fentanyl is becoming more common in illicit drugs, even laced in other drugs like cocaine or methamphetamine.

The rise in fentanyl circulating in communities could be a contributing factor in the increase in overdose deaths. Resources like fentanyl test strips can help prevent overdose and are available through community partners and local public health agencies. The Naloxone Finder on the Know the Dangers website can help people locate naloxone, which can be picked up at any time and kept in case of an overdose.

*NOTE: 2021 data is preliminary and likely to change when finalized. The totals for seven-county and Greater Minnesota do not equal the statewide total because some deaths were missing county of residence.*

Pictured below: 30 years ago...1992: Students and teachers of the Wide Awake Country School gathered in the Winger Hall to celebrated a reunion. Those present were: (front) Betty Lou (Flermoen) Myhrum, Belinda Evenson, Edith Ansen (teacher), Mabel Anderson (teacher), Florence Carlson (teacher), Gerri (Engdehl) Sollie, Delois (Flermoen) Truchl, Cheryl (Hustad) Bursheim; (middle) Carol (Solie) Fjelstul, Shirley (Stone) Jacobsen, Meredith (Rasen) Bursheim, Ida (Ostmoe) Johnson, Lorene (Heideman) Johnson, Jessie (Hustad) Anderson, June (Engesether) Versdahl, Hazel (Flermoen) roed, Lily Ann (Flermoen) Hamre, Arlene (Ellingson) Tenney; (back) Eberhard Helling, Ina (Helling) Mosser, Bill Raaen, Ingvald Messelt, Orrie Flermoen, Iver Stone, Severt "Jerry" Hustad, and Kenneth Helling.



10 years ago...2012: Paige Breckel and Grace Kaupang checking out the cows at "Breakfast on the Farm" last Saturday.



20 years ago...2002: The umpires, coaches and the three Win-E-Mac Seniors, Kevin Branstner, Ambrose Anderson and Travis Kolden get the rules before the quarter final game at the Mini meet in Jordan.

PIECES FROM THE PAST  
The Winger Enterprise is proud to present a series of historical photos and stories from the community. This section is dedicated to preserving the memories of our residents and the events that have shaped our town. We hope you enjoy these glimpses into our past.



50 years ago...1972: "Bullseye!" "Two inches from center to three o'clock", were common responses given by instructors at the students of the McIntosh Firearms Safety Training class were range shooting last Friday. Instructors Ron Flemming and Garland Iseler were keeping a close eye on correct shooting forms, safety practices, and accuracy of the students. In the picture, Pam Aanenson demonstrates the prone position, and Gail Henney the sitting position. Next is Donna Knutson, coaching Kristine Bergman in the kneeling position and on the right Tim Rolf observes as Gladys Finseth demonstrates the standing position of firing. Seventeen students have completed the course and climaxed their instruction with a field trip to the Wildlife Museum at Bagley to learn to better identify game and wild fowl. Class members will receive their certifications and patches in about six weeks.



40 years ago...1982: Lefty Mic Schimanski awaits the pitch, Tuesday at Fosston.

## Young athletes' offseason training options

Summer vacation and holidays from school present opportunities for young athletes to take well-deserved breaks from their sports.

However, staying in shape during the offseason can help athletes maintain their performance when a new season begins.

Many sports have clearly defined offseasons, while others are a bit more vague. Complicating the issue even further is that some athletes play in multiple leagues.

That means they be committed to play for school teams, all-star teams or even travel teams. This can shorten, if not eliminate, traditional off-seasons.

According to the fitness experts at the International Youth Conditioning Association, all young athletes should have some form of an off-season. Time away from competition can be used to focus on improving movement patterns, building general strength and conditioning and recovery.

Time off also gives the body and mind a break from the stress of competition.

But athletes need not spend an entire offseason resting on



their laurels.

Here are some offseason training tips that can ensure athletes recover without compromising their ability to perform once a new season begins.

- **Emphasize new activities to avoid overuse injuries.** Josh Adams, a certified strength and conditioning specialist with Children's Health Andrews Institute Sports Performance, says focusing on one sport all year can lead to overuse injuries. Opt for a new workout that's different from your in-season workout routine. Doing so can strengthen other areas of the body and reduce risk for overuse injuries.

- **Focus on new interests to avoid mental burnout.** Young athletes can get stuck in a competitive groove, feeling that they have to win to be successful. The offseason can be used to provide a mental rest during which athletes can focus on interests other than sports.

- **Emphasize aerobic training.** The IYCA reports that most young athletes do

not realize the vital role aerobics play in building the stamina that powers high-intensity work intervals sports play often requires. Taxing the cardiovascular system helps deliver oxygen to working muscles and boosts performance. Athletes can spend the offseason cycling, running and swimming to benefit their bodies and give some muscles a break.

When it is time to return to competitive play, athletes won't need as much time to return to in-season status if they continue training during the offseason.

According to Sports Fitness Advisor, when a training stimulus is removed, physiological adaptations begin to revert to pre-training levels.

By maintaining a fitness level training schedule that's between 50 and 60 percent of their in-season regimen, athletes can return to their sports with much less effort than if they were to start from scratch.

The offseason gives athletes a chance to back off of intense competition and training, but continue a fitness regimen that helps them get back into game shape more quickly when play resumes.



Above and below: The kids enjoyed the music provided by accordion player, Mike Schneider during his performance at the McIntosh Library. The kids were able to dance and enjoy the program with their friends.



Clara Roed sits with her friends to clap and listen to the Pint Sized Polkas program held recently at the McIntosh Library.

## M State and Arizona State University partner to offer college students a simplified transfer pathway

Minnesota State Community and Technical College is pleased to announce a new alliance with Arizona State University to provide students a seamless transfer experience with the MyPath2ASU™ program.

MyPath2ASU allows students to take the steps needed, at the start of their college experience, to successfully plan their transfer to ASU, ensuring a smooth transition process and student success.

MyPath2ASU is a set of customized tools available to transfer students from accredited, U.S. regional institutions. These tools ensure a seamless transfer experience to ASU after earning credits or an associate degree from a community college or university and shortening the time to degree completion.

"This partnership makes it possible for M State students to pursue a bachelor's degree of their choosing at ASU, without complication and with minimal credit loss," said Carrie Brimhall, President of M State. "The collaboration is a great example of schools working together for the benefit of their students."

ASU and M State work to promote educational degree pathways containing ground and online course offerings. These pathways ensure students' courses are applicable toward a degree in their cho-

sen major, minimizing the loss of credits when transferring.

Through the partnership, students will have access to personalized benefits that help them navigate the transfer experience, to include:

- End-to-end learner navigation through course-by-course guided pathways. There are more than 400 course-by-course guided pathways into immersion and online ASU degree programs.

- Ensured course applicability by assisting students in the selection of courses that apply to their associate degree and ASU bachelor's degree.

- Guaranteed general admission to ASU and admission into MyPath2ASU major choice if all requirements are satisfied; some majors have additional or higher admission requirements.

- Self-service degree progress tracking through My Transfer Guide, minimizing loss of credit.

- A connected experience through personalized ASU communications to prepare academically and build a connection to ASU.

As a member of the Minnesota State system, M State serves more than 8,000 students in credit courses each year in over 80 career and liberal arts programs online and at its campuses in Detroit Lakes, Fergus Falls, Moorhead

and Wadena. By partnering with communities, the college also provides workforce development services and other responsive training programs.

For more information about M State, visit minnesota.edu.



| NOTICE OF GENERAL ELECTION                                                                                                                                                                                                                                                                                                                                                                                                              |                                     |                                                                                                                 |                     |
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| Pursuant to Minnesota Statute 204C.05, a State General Election will be held on Tuesday August 9, 2022 in the State of Minnesota, the County of Polk                                                                                                                                                                                                                                                                                    |                                     |                                                                                                                 |                     |
| County of Polk for the purpose of nomination the following officer's to wit:                                                                                                                                                                                                                                                                                                                                                            |                                     |                                                                                                                 |                     |
| State General Election voters must be registered to vote pursuant to Minnesota Statute 201.054, subdv. 1.                                                                                                                                                                                                                                                                                                                               |                                     |                                                                                                                 |                     |
| TOWNSHIP/CITY                                                                                                                                                                                                                                                                                                                                                                                                                           | POLLING LOCATION                    |                                                                                                                 | VOTING HOURS        |
| Brandsvold                                                                                                                                                                                                                                                                                                                                                                                                                              | BRANDSVOLD TOWN HALL                | 34315 370th St SE, Fosston, MN 56542                                                                            | 10:00am - 8:00pm    |
| Bygland                                                                                                                                                                                                                                                                                                                                                                                                                                 | BYGLAND TOWN HALL                   | 40966 235th St SW, Fisher, MN 56723                                                                             | 10:00am - 8:00pm    |
| Columbia                                                                                                                                                                                                                                                                                                                                                                                                                                | LENGBY COMMUNITY HALL               | 104 Main Ave N, Lengby, MN 56651                                                                                | 7:00am - 8:00pm     |
| Crookston Ward 1                                                                                                                                                                                                                                                                                                                                                                                                                        | ST. PAULS LUTHERAN CHURCH           | 1214 University Ave., Crookston, MN 56716                                                                       | 7:00am - 8:00pm     |
| Crookston Ward 2                                                                                                                                                                                                                                                                                                                                                                                                                        | ST. PAULS LUTHERAN CHURCH           | 1214 University Ave., Crookston, MN 56716                                                                       | 7:00am - 8:00pm     |
| Crookston Ward 3                                                                                                                                                                                                                                                                                                                                                                                                                        | FIRST PRESBYTERIAN CHURCH           | 510 Broadway ST N, Crookston, MN 56716                                                                          | 7:00am - 8:00pm     |
| Crookston Ward 4                                                                                                                                                                                                                                                                                                                                                                                                                        | FIRST PRESBYTERIAN CHURCH           | 510 Broadway ST N, Crookston, MN 56716                                                                          | 7:00am - 8:00pm     |
| Crookston Ward 5                                                                                                                                                                                                                                                                                                                                                                                                                        | FIRST PRESBYTERIAN CHURCH           | 510 Broadway ST N, Crookston, MN 56716                                                                          | 7:00am - 8:00pm     |
| Crookston Ward 6                                                                                                                                                                                                                                                                                                                                                                                                                        | ST. PAULS LUTHERAN CHURCH           | 1214 University Ave., Crookston, MN 56716                                                                       | 7:00am - 8:00pm     |
| East Grand Forks Ward 1                                                                                                                                                                                                                                                                                                                                                                                                                 | EAST GRAND FORKS SENIOR CENTER      | 538 Rhinehart Dr. SE, East Grand Forks, MN 56721                                                                | 7:00am - 8:00pm     |
| East Grand Forks Ward 2                                                                                                                                                                                                                                                                                                                                                                                                                 | EAST GRAND FORKS CITY HALL          | 600 DeMers Ave NW, East Grand Forks, MN 56721                                                                   | 7:00am - 8:00pm     |
| East Grand Forks Ward 3                                                                                                                                                                                                                                                                                                                                                                                                                 | EAST GRAND FORKS SENIOR HIGH SCHOOL | 1420 4th Ave NW, East Grand Forks, MN 56721                                                                     | 7:00am - 8:00pm     |
| East Grand Forks Ward 4                                                                                                                                                                                                                                                                                                                                                                                                                 | EAST GRAND FORKS SENIOR HIGH SCHOOL | 1420 4th Ave NW, East Grand Forks, MN 56721                                                                     | 7:00am - 8:00pm     |
| East Grand Forks Ward 5                                                                                                                                                                                                                                                                                                                                                                                                                 | EAST GRAND FORKS SENIOR HIGH SCHOOL | 1420 4th Ave NW, East Grand Forks, MN 56721                                                                     | 7:00am - 8:00pm     |
| Fertile City                                                                                                                                                                                                                                                                                                                                                                                                                            | FERTILE COMMUNITY CENTER            | 101 Mill St S, Fertile, MN 56540                                                                                | 7:00am - 8:00pm     |
| Fosston City                                                                                                                                                                                                                                                                                                                                                                                                                            | FOSSTON EMBASSY COMMUNITY CENTER    | 603 3rd St NE, Fosston, MN 56542                                                                                | 7:00am - 8:00pm     |
| Garfield                                                                                                                                                                                                                                                                                                                                                                                                                                | GARFIELD TOWN HALL                  | 502 Elm St. SW, Fertile, MN 56542                                                                               | 10:00am - 8:00pm    |
| Hill River                                                                                                                                                                                                                                                                                                                                                                                                                              | HILL RIVER TOWN HALL                | 32526 345th Ave SE, Fosston, MN 56542                                                                           | 10:00am - 8:00pm    |
| Huntsville                                                                                                                                                                                                                                                                                                                                                                                                                              | MALLORY TOWN HALL                   | 20047 400th Ave SW, East Grand Forks, MN 56721                                                                  | 7:00am - 8:00pm     |
| Lengby City                                                                                                                                                                                                                                                                                                                                                                                                                             | LENGBY COMMUNITY HALL               | 104 Main Ave N, Lengby, MN 56651                                                                                | 7:00am - 8:00pm     |
| McIntosh City                                                                                                                                                                                                                                                                                                                                                                                                                           | MCINTOSH COMMUNITY CENTER           | 115 Broadway NW, McIntosh, MN 56556                                                                             | 7:00am - 8:00pm     |
| Queen                                                                                                                                                                                                                                                                                                                                                                                                                                   | QUEEN TOWN HALL                     | 36481 400th Ave SE, Fosston, MN 56542                                                                           | 10:00am - 8:00pm    |
| Sletten                                                                                                                                                                                                                                                                                                                                                                                                                                 | SLETTEN TOWN HALL                   | 28488 430th St SE, Fosston, MN 56542                                                                            | 10:00am - 8:00pm    |
| Sullivan                                                                                                                                                                                                                                                                                                                                                                                                                                | SULLIVAN TOWN HALL                  | 11542 430th Ave SW, East Grand Forks, MN 56721                                                                  | 10:00am - 8:00pm    |
| Woodside                                                                                                                                                                                                                                                                                                                                                                                                                                | WOODSIDE TOWN HALL                  | 36817 160th Ave SE, Erskine, MN 56535                                                                           | 7:00am - 8:00pm     |
| NOTICE IS FURTHER GIVEN that the voters in the following precincts will be receiving ballots and voting by mail as requested by the respective township/city boards:                                                                                                                                                                                                                                                                    |                                     |                                                                                                                 |                     |
| Andover Township                                                                                                                                                                                                                                                                                                                                                                                                                        | Fairfax Township                    | Higdem Township                                                                                                 | Onstad Township     |
| Angus Township                                                                                                                                                                                                                                                                                                                                                                                                                          | Fanny Township                      | Hubbard Township                                                                                                | Parnell Township    |
| Badger Township                                                                                                                                                                                                                                                                                                                                                                                                                         | Farley Township                     | Johnson Township                                                                                                | Reis Township       |
| Belgium Township                                                                                                                                                                                                                                                                                                                                                                                                                        | Fisher City                         | Kertonville Township                                                                                            | Rhinehart Township  |
| Beltrami City                                                                                                                                                                                                                                                                                                                                                                                                                           | Fisher Township                     | Keystone Township                                                                                               | Roome Township      |
| Brandt Township                                                                                                                                                                                                                                                                                                                                                                                                                         | Garden Township                     | King Township                                                                                                   | Rosebud Township    |
| Brislet Township                                                                                                                                                                                                                                                                                                                                                                                                                        | Gentilly Township                   | Knute Township                                                                                                  | Russia Township     |
| Chester Township                                                                                                                                                                                                                                                                                                                                                                                                                        | Godfrey Township                    | Lessor Township                                                                                                 | Sandsville Township |
| Climax City                                                                                                                                                                                                                                                                                                                                                                                                                             | Grand Forks Township                | Liberty Township                                                                                                | Scandia Township    |
| Crookston Township                                                                                                                                                                                                                                                                                                                                                                                                                      | Grove Park-Tilden Township          | Lowell Township                                                                                                 | Tabor Township      |
| Eden Township                                                                                                                                                                                                                                                                                                                                                                                                                           | Gully City                          | Mentor City                                                                                                     | Trail City          |
| Erskine City                                                                                                                                                                                                                                                                                                                                                                                                                            | Gully Township                      | Nesbit Township                                                                                                 | Tynsid Township     |
| Esther Township                                                                                                                                                                                                                                                                                                                                                                                                                         | Hammond Township                    | Nielsonville City                                                                                               | Vineland Township   |
| Euclid Township                                                                                                                                                                                                                                                                                                                                                                                                                         | Helgeland Township                  | Northland Township                                                                                              | Winger City         |
|                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                     |                                                                                                                 | Winger Township     |
| Eligible voters that live in a mail ballot precinct who did not receive a ballot in the mail may vote by absentee ballot at the office of the Taxpayer Service Center at the Polk County Government Center, 612 N. Broadway, Ste 207, Crookston, MN 56716 until 8:00 p.m. on Election Day. Mail Ballots and Absentee Ballots will be tabulated at the Polk County Government Center at the close of polls on August 9 2022 at 8:00 p.m. |                                     |                                                                                                                 |                     |
| Dated: July 12, 2022                                                                                                                                                                                                                                                                                                                                                                                                                    |                                     | /s/ Michelle M. Cote<br>Michelle M. Cote<br><br>Polk County Director of Property Records/Election Administrator |                     |