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McIntosh, Minnesota

McIntosh hosts annual blood drive during nationwide low blood emergency



Mary Goodwin and Garnet Aanenson spend a day each January working to help those who wish to donate blood during the Annual Blood Drive held at the McIntosh Community Center.

Donors needed to make up for 50% decline in donations at business blood drives

The Friends of McIntosh Veteran's recently held their annual blood drive at the McIntosh Community Center.

On Tuesday, January 31st Vitalant set up a blood donation site at the McIntosh Community Center and many members of the community were on hand to offer support and donate blood.

The blood supply for about 900 hospitals nationwide recently dipped to its lowest level in a year at Vitalant, triggering a blood emergency for the nonprofit blood services provider.

Eligible donors of all blood types, especially type O, are needed now to schedule an appointment and donate in the days and weeks ahead to prevent delays for patients who need transfusions.

Changes in how people work, live and play since the start of the pandemic created lasting challenges to maintaining an adequate blood supply. As many people continue to work remotely, blood donations at business-hosted blood drives are down by 50% in 2022 from 2019, a decline of 90,000 donations.

Overall, the number of people donating with Vitalant has dropped about 20% in the last three years, while patients' needs remain strong.

"New donors and those who haven't donated recently are critical to helping end this shortage. Patient needs continue but societal shifts have kept blood donations from rebounding to pre-pandemic levels," said Cliff Numark, Vitalant senior vice president. "Starting the new year by scheduling a blood donation can make an incredible impact in your community."

In addition, recent blood drive cancellations forced by severe winter weather and ill-



In town for a visit, Steven Aanenson helped the national blood shortage by giving blood during the annual McIntosh Friends of Veteran's Blood Drive on Tuesday, January 31st.

nesses have compounded the shortage. Blizzards and extreme cold caused more than 2,000 donations to go uncollected in December and early January.

Donors of every blood type are critical to ending this shortage and maintaining an adequate supply. The need is most acute for type O blood and platelets. Type O-positive is the most transfused blood type while O-negative can help patients of any blood type. Do-

nated platelets, which often help cancer patients, must be used within a week.

The Friends of McIntosh Veteran's are looking for volunteers to assist with future blood drives in the coming years. If you are interested, please contact a member.

Learn more about hosting blood drives, donating blood and make an appointment to give at vitalant.org, download and use the Vitalant app or call 877-25-VITAL (877-258-4825).



Giving blood during the recent Friends of McIntosh Veteran's Annual Blood Drive was Roger Rolf. The event was held on Tuesday, January 31st.

Prevent lung cancer by testing your home for Radon

About 3.5 in 5 homes in Polk County have dangerous levels of radon; every home should be tested.

Polk County Public Health urge everyone to test their home for radon, the invisible radioactive gas found at elevated levels in many Minnesota homes. R

adon is an odorless, colorless, and tasteless gas that occurs naturally in Minnesota

soils. The only way for residents to know if their home has radon is to test. More than 21,000 lung cancer deaths are attributed to radon each year in the United States. Radon is the leading cause of lung cancer among people who never smoked. Fortunately, the risk is largely preventable through testing homes and fixing radon problems.

Minnesota radon key findings include:

- About 40% of Minnesota homes have dangerous levels of radon.
- The average radon level in Minnesota homes is about 4.2 pCi/L compared to 1.3 pCi/L nationwide.
- Of the homes tested in Polk County from 2010-2020, 70% had radon levels at 4 pCi/L or higher.
- Testing and mitigation is less frequent in communities with lower incomes and more renters.

Tests should be done in the lowest level of the home that is frequently occupied. Test devices are usually placed in the home for 2-5 days. The best time to test is during the heating season, but testing can be done year-round. With more people working and schooling from home, it's even more important to test homes.

Polk County Public Health offers free radon test kits to be pick-up at our three locations (Crookston, East Grand Forks, and McIntosh). Other agencies and vendors can be found on Minnesota Department of Health's Radon Testing website. Hardware stores may stock test kits and licensed professionals can also conduct testing.

Health professionals recommend testing every 2-5 years and during real-estate transactions. In homes found to have high radon levels, radon reduction typically involves installing a venting pipe and fan to pull the gas from under the home to the outside. This reduces the amount of radon in the home to low levels. A list of currently licensed radon mitigation professionals can be found on the Find a Radon Mitigation Professional page on the MDH website.



Beth Hagen was one of many community members who were able to donate blood recently.

How to use diet to combat age-related bodily changes that can affect your health

The human body is a marvel. How the body transforms over the course of an individual's life is one of its more remarkable qualities, and those changes never cease, even as individuals near retirement age.

The changes associated with aging include physical transformations but also more subtle shifts the naked eye cannot see. For example, metabolism slows as individuals grow older, and aging also can lead to a decrease in bone density and muscle mass.

These changes affect how men and women at or nearing retirement age should approach their diets in recognition of the various ways their nutritional needs change at this point in their lives. Any modifications to a diet should first be discussed with a physician, but the following are some ways aging adults can use diet to combat age-related changes to their bodies.

Prioritize protein. The authors of a 2010 study published in the journal Current Opinion in Nutrition and Metabolic



Care recommended that older adults consume between 25 and 30 grams of protein with each meal. The researchers behind the study concluded that such consumption could limit inactivity-mediated losses of muscle mass and function.

Overcome reduced production of vitamin D. WebMD notes that people over 65 typically experience a decrease in natural production of vitamin D. Vitamin D is not naturally found in many foods, so aging men and women may need to rely on supplementation to ensure their bodies get enough of it. Vitamin D helps with anti-inflammation, immune system support and muscle function,

among other benefits. So it's vital that aging men and women find ways to get sufficient vitamin D.

Consume ample dietary fiber. The National Resource Center on Nutrition & Aging notes that fiber plays an important role in the health of older adults. Fiber has been linked with heart health, healthy digestion, feeling full, and preventing constipation, which the online medical resource Healthline notes is a common health problem among the elderly.

Though the NRCNA notes that older adults need slightly less fiber than their younger counterparts, it's still a vital

component of a nutritious diet. The feeling of fullness that fiber consumption can provide also is significant, as it can ensure adults who aren't burning as many calories as they used to aren't overeating in order to feel satisfied. That can make it easier for such adults to maintain a healthy weight.

Monitor intake of vitamin B12. The NRCNA notes that vitamin B12 is involved in a host of important functions in the body, including nerve function and the formation of red blood cells. Vitamin B12 is most easily found in animal products, which many aging men and women must largely avoid due to other health concerns.

In such instances, men and women can discuss supplementation with their physicians as well as alternative food sources of B12, such as fortified cereals, salmon and other items.

Bodily changes related to aging increase the likelihood that men and women will need to alter their diets in order to maintain their overall health



Giving blood annually, Stephanie Halland takes part in the recent blood drive hosted by the Friends of McIntosh Veteran's.

Prohibition era presentation in Fosston Feb. 19th

“Peddler’s Cure-All’s to Secret Liquor Halls” will be presented on February 19, 2023 in Fosston. Sponsored by the East Polk Heritage Center (EPHC) and given by Caleb Curfman, the event will cover many details of the prohibition era in the United States (1920 – 1933), with specific reference to Mark’s Pharmacy in Fosston, MN. During Prohibition, the U.S. Treasury Department authorized physicians to write prescriptions for medical alcohol. This was one of the few legal exceptions to the 13-year ban on the production, sale and distribution of alcohol, initiated

in 1920 by the 18th Amendment. In addition to the presentation, EPHC will exhibit historic pharmaceutical artifacts from its collection. Refreshments will be served to include a variety of “Mocktails” – fruit-juiced, non-alcoholic drinks that gained popularity during the prohibition era. Curfman is a member of the EPHC Board of Directors. He is the History Instructor at Northland Community Technical College and has taught at the college, first as adjunct, and full-time since 2018. He is an avid historic researcher

with special interests in the American Civil War, Early American History, Ancient World History, Religious History, and Presidential History. EPHC is offering this presentation as part of its 2023 programming that will include additional history activities including a History Book Club facilitated by Curfman. This event will be held at the Fosston Arts Center Theater, 403 N. Foss Avenue. Doors will open at 5:00 PM with the presentation beginning at 6:00 PM. There is no admission and all are invited to attend.



McIntosh City Council Minutes for February 2023

Regular Council Meeting Tuesday, February 7, 2023 5:30 p.m. Community Center
Call to Order:
Mayor Strom called the meeting to order at 5:30.
Pledge of Allegiance.
Roll Call:
Members present: Toby Strom, Jordan Gunufson, Luke Burd, and Beth Hagen.
Member(s) absent: Luke Syverson
Peter Tranby – Public Works Supervisor
Melissa Finseth – Clerk/Treasurer
Rebecca Boehrnsen - Licensed Assisted Living Director for Poplar Meadows of McIntosh
Determination of Quorum:
Quorum was met.
Agenda Additions.
Approval of Minutes:
a. January 12, 2023 Regular council meeting.
Motion by Jordan Gunufson and seconded by Luke Burd to approve the January 12, 2023 regular council meeting minutes. passed unopposed.
Public Concerns:
none
MEDA and Poplar Meadows:
a. Rental Status
There are currently twenty-three residents. one – two bedroom apartments and three one bedroom apartments available for rent.
b. Approve poplar meadows monthly bills.
Motion by Beth Hagen and seconded by Jordan Gunufson to approve the monthly bills in the amount of \$68,538.20. passed unopposed.
c. Debt Payment
Motion by Luke Burd and seconded by Jordan Gunufson to waive a debt payment for the month of february, due to the pre-payment made in december 2022. Passed unopposed.
d. Carpet Bid
Rebecca Boernsen informed the council that Murphy Flooring came in with a bid of \$416.00 to replace carpeting at Poplar Meadows in one of the rooms. Since the dollar amount was less than \$500.00, no council approval was needed.
Old Business:
a. Water Tower

The project bid opening was held on Monday, February 6, 2023 at 1:00. Bids were opened publicly through questcdn’s on-line bidding platform. Melissa Finseth and Peter Tranby participated, via the zoom app, to watch the bidding process and to ask or answer questions if necessary. Benjamin Feldman, of KLM Engineering, Inc., handled the bidding process on behalf of the City of McIntosh. Mr. Feldman wrote the following in his bid evaluation: “in review of documentation provided by each of the bidders, all bidders meet the qualifications of the specifications and are considered responsible bidders eligible for award of this project. based on references, the low bidder, Tanksco, Inc., is highly recommended, has successfully completed recent project, and has experience with third party inspection oversight. Tanksco, Inc. was also contacted to confirm their intent to honor their base bid and alternate amounts and is aware of the project expectations. KLM recommends awarding the contract to the lowest bidder, Tanksco, Inc., for either the base bid total of \$346,500.00 or the base bid plus deduct alternate #1 (elimination of the flag logos) total amount of \$343,500.00.”
Motion by Luke Burd and seconded by Beth Hagen to accept the bids as presented. passed unopposed. the project is slated to begin May 1, 2023 through mid June.
New Business:
a. Replace carpets in community center offices.
The city will be looking for quotes to replace the carpeting in the Community Center offices. the carpet is original to the building and is over thirty years old.
Approval of Monthly Bills:
Motion by Luke Burd and seconded by Jordan Gunufson to approve the monthly bills in the amount of \$20,438.39. passed unopposed.
Council & Staff Reports:
Beth Hagen was approached on the status of the Community Center kitchen. Years ago, the city was instructed, by the State, to stop using the kitchen to serve the public for events like Swing into Spring etc – the

state deemed it to be in non-compliance. The city’s current policy is to allow private events either cook the food at home and bring it in, or to have the event professionally catered. Melissa Finseth informed the council that Governor Walz signed Juneteeth into law on February 3, 2023. Juneteen joins eleven other holidays in which city halls are to be closed for business according to State law.
Notices & Correspondence:
Adjournment:
Motion by Jordan Gunufson and seconded by Luke Burd to adjourn at 5:56. Passed unopposed.



Mary Lerfald gives blood during the annual blood drive at the McIntosh Community Center and hosted by the Friends of McIntosh Veteran’s.

Lent begins February 22nd

Each year Christians embark on spiritual journeys that culminate with Easter celebrations. Easter is preceded by a period of six weeks that begins on Ash Wednesday in Western churches and ends the Thursday before Easter Sunday. In Eastern churches only, Lent begins on the Monday of the seventh week before Easter and ends on the Friday nine days before Easter. During Lent, Christians participate in fasting, repentance, self-denial, spiritual discipline, and other preparations for Easter. According to the resource Learn Religions, the Lenten season was established to serve as a time for reflection on Jesus Christ, particularly to be more aware of his suffering and sacrifice. On Ash Wednesday, some Christians mark their foreheads with ashes made from palm fronds, as symbols of sorrow and mourning for their sins. Periods of fasting and abstinence also are part of Lenten observances. The fasting likely serves as an imitation of Jesus Christ’s fasting in the wilderness for 40 days and nights

before beginning his public ministry. During that time, Christ was tempted by Satan and wrestled with temptation. During Lent, individuals also prepare simple meals and avoid ingredients that would be considered luxurious. In accordance with that, Fridays during Lent are set aside as meat-free (including poultry) since meat long has been considered an indulgence. Furthermore, people often “give up” something they enjoy, whether it’s sweets, alcohol or celebratory behaviors. Sundays throughout Lent are excluded from the fasting and abstinence requirements because they are times to enjoy Mass, which is a celebration. Therefore, if one gave up chocolate for Lent, he or she can enjoy it on Sunday. Lent is supposed to be a time of repentance, but not shame. Instead, sinners seek cleansing from their sins and contemplate what the Lord did when He sacrificed himself on the cross. Protestants also take part in Lent, but Catholic churches are particularly associated with the more well-

known Lenten requirements. Parishioners may notice that Mass is different during Lent. The Gloria, a prayer normally used after the penitential rite near the beginning of the service, is omitted. Furthermore, suppression of the word “Alleluia” also occurs, and any hymns containing the word “Alleluia” are avoided. In 2023, among Western churches, Lent begins on Wednesday, February 22 and ends on Thursday, April 6. Easter will be celebrated on Sunday, April 9, 2023.



ST. MARY’S CHURCH
Fosston
Fr. John Suvakeen,
Pastor

Wed. Feb. 15: Noon - 8:00pm Adoration
Sun. Feb. 19: 8:00am Confession; 8:30am Mass at St. Mary’s, Fosston; 10:30am Mass at St. Joseph’s, Bagley
Wed. Feb. 22: Noon - 8:00pm Adoration
Sun. Feb. 26: 8:00am Confession; 8:30am Mass at St. Mary’s, Fosston; 10:30am Mass at St. Joseph’s, Bagley
Wed. Mar. 1: Noon to 8:00 pm Adoration; 11:30am Mass

OURS SAVIOR’S LUTHERAN CHURCH (ELCA)
McIntosh
Pastor Rene Mehlerberg
Synodical Authorized Minister Katie DeMarais

Sun. Feb. 19: 10:00am Coffee Hour; 10:30am Worship Services
Sun. Feb. 26: 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
9:30am Trinity
Sunday School
10:45am Trinity
9:45am Mt. Carmel

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church

Sun, Feb. 19: 9:30am. Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)
Tues, Feb. 21: 10:00am. Sunday worship service telecast on GVTV--30
Wed, Feb. 22: 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. Feb. 19: 9:00am Worship
Sun.Feb.26: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,

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

CALVARY LUTHERAN CHURCH
Winger

Sundays: 9:45am Sunday School; 10:00am Coffee Fellowship; 10:30am Worship

GRACE LUTHERAN CHURCH-NALC
Erskine
Rev. Pam Thorson

Sundays: 10:30am Worship

Please contact the McIntosh Times if you move or have a change in your address so we can keep the paper coming to your home on time.

NOTICE SLETTEN TOWNSHIP

Sletten Township will hold its election on March 14 from 5:00 p.m. to 8:00 p.m. at the town hall. We are voting for

- One supervisor (three year term) and
- One treasurer (two year term)

The annual meeting will be held after the election.
Terri Kaupang, Township Clerk

M47-48C

Notice for Public Hearing

There will be a public hearing on Thursday, March 9, 2023, at 6:30 pm. At the McIntosh Community Center, located at 115 Broadway NW, McIntosh MN for the purpose of receiving public comment on the request to allow chickens, in the city limits, on lots less than ten acres.

M48-49C

LSS
Meals Menu
687-2262

Call to reserve your meal. Indoor dining at 11:30 am; drive-up available at 11:00 am.

Mon. Feb. 20: Closed - President's Day

Tues. Feb. 21: *Bingo* Chicken Ala King over Butter-milk Biscuits - Peas & Carrots - Pineapple - Rice Krispie Bars - Milk

Wed. Feb. 22: Sweet - n- Sour Meatballs - Boiled Potatoes - Green Beans - Wheat Rolls - Pumpkin Bars - Milk

Thur. Feb. 23: *Bingo* Pork Loin - Sweet Potatoes - Broccoli Normandy - Wheat Rolls - Brownies - Milk

Fri. Feb. 24: Lemon Pepper Fish Fillet - Baked Potato - Coleslaw - Wheat Bread - Apple Crisp - Milk

Community Birthday and Anniversary Calendar

Wed. Feb. 15: Bryce Stordahl, Parker Wirth, *Mike & Jane Aakhus

Thurs. Feb. 16: David Rolf, Kimberlee Mandt

Sat. Feb. 18: Taylor Schulz, Karen Olson

Sun. Feb. 19: Bruce Grundyson, Remy Goodwin

Mon. Feb. 20: Kolton Schow, Kinlee Faldet, Katie Roed

Tues. Feb. 21: Marea Schommer, Dave Erickson, Jason Svalen, Laura Evens

McINTOSH Times

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Col. Rodmen Smith, DNR Enforcement Division director, presented CO Jeremy Woinarowicz with an award for being named 2022 Conservation Officer of the Year. Photo credit: Minnesota DNR

NW MN’s Woinarowicz named
DNR Conservation Officer of the Year

Minnesota Department of Natural Resources Conservation Officer Jeremy Woinarowicz has been named the 2022 DNR Conservation Officer of the Year, which is an annual award presented to an officer for outstanding overall career performance. Col. Rodmen Smith, director of the DNR Enforcement Division, presented awards to Woinarowicz and four other officers earlier this week at Camp Ripley.

Woinarowicz works the Thief River Falls West station, where he’s been since joining the DNR in 2004. His station includes parts of Marshall, Pennington and Polk counties, but he also often covers stations that include the rest of Marshall County, as well as Beltrami and Kittson counties. Before joining the DNR, Woinarowicz spent several years as a police officer in East Grand Forks, Minnesota, and Grand Forks, North Dakota. In addition to his regular duty as a conservation officer to protect Minnesota’s people and natural resources, Woinarowicz spends time every year training the state’s newest conservation officers.

“Jeremy is a highly visible and well-known conservation officer, and we couldn’t ask for a better representative of the DNR,” Smith said. “With Jeremy, you know what you’re going to get day in and day out: A conservation officer who is firm but fair and does his best every day to protect the things Minnesotans care so deeply about.”

In addition, Woinarowicz was named the 2022 Minnesota Wildlife Officer of the Year by the Shikar Safari Club International.

Other Enforcement Division honorees include:

Boat and Water Safety Achievement Award – CO Brice Vollbrecht

CO Brice Vollbrecht, who is stationed in Bemidji, prioritizes time on the water to keep boaters safe. He’s been a CO since 2008 – first in Blackduck, before moving to Bemidji in 2011 – and is a consistent presence on waters in his area as well as on the busiest lakes and rivers throughout the state.

“Throughout his career, Brice has taken tremendous initiative to ensure our lakes and rivers are safe for everyone who uses them,” Smith said. “Almost every boater with whom he interacts rides away with more knowledge about staying safe on the water.”

Waterfowl Enforcement Achievement Award – CO Tom Hutchins

CO Tom Hutchins, who is stationed in Crookston, has been a conservation officer

since 2004. During his nearly two-decade career, Hutchins has been a leader in waterfowl-related enforcement and made educating people about the vital importance of habitat a top priority.

“Waterfowl hunters tend to be extraordinarily dedicated to their craft, and that type of dedication is also what it takes to do a great job in the waterfowl-enforcement realm,” Smith said. “Tom does a great job on the education piece, but one of the things that really sets him apart is his willingness to go to those out-of-the-way, hard-to-reach areas where hunters simply don’t expect to see law enforcement officers.”

Willard Munger Wetlands Achievement Award – CO Trent Seamans

CO Trent Seamans, who is stationed in Big Lake and has been a conservation officer since 2015, places a high priority on investigating and resolving complaints and violations related to the wetlands and water resources in his area. He treats all instances of environmental degradation the same, whether there is a simple resolution or other agencies and the courts will need to be involved.

“The conservation officers who win this award have several things in common: They’re able to prioritize, they’re knowledgeable about complex environmental regulations, they’re professional in their dealings with everyone involved, and they’re extremely thorough,” Smith said. “All of those are apt descriptions of Trent.”

Enforcement Education Achievement Award – CO Jake Willis

CO Jake Willis, who is stationed in Brookston and has been a conservation officer since 2016, has prioritized safety education and training since he became a law enforcement officer more than 15 years ago. He works tirelessly to provide outdoor safety education to youth and adults, and is active in training his law enforcement peers to ensure they have the knowledge they need to stay safe while doing their jobs.

“Conservation officers aren’t traditional educators, but teaching is one of the most important roles they play,” Smith said. “There are many people in Minnesota who will be safer going forward because of Jake’s efforts.”

In addition to the awards above, Smith presented five conservation officers with life-saving awards to recognize the crucial role they played in saving someone’s life. They are:

Os Anthony Bermel (Bab-

bitt) and Mitch Lawler (Alexandria). They were fishing in the Boundary Waters Canoe Area while off-duty in March 2022 when they received a report of an individual on the same lake possibly having a heart attack. They assisted the victim and rescue personnel, and played key roles in ensuring the victim had quick access to life-saving medical attention.

COs Dan Starr (Onamia) and Tou Vang (Pierz). Starr was off-duty in May 2022 when he was checking a culvert that had washed out due to heavy rainfall. He happened upon a woman in the cold, rushing water who was holding up the head of a man who was submerged in water up to his head. The man was stuck in an all-terrain vehicle that had flipped on its side into the creek. Starr waded into the water and helped get out the individuals, who had been there nearly two hours and were sapped of strength. He immediately called 911, and Vang was among the first rescue personnel to respond. Vang and other first responders rendered first aid and helped to ensure the man made it to the hospital, where he later recovered.

CO Joel Heyn (Plainview). Heyn, along with Wabasha County Sheriff’s Office Deputy Jason Bade, responded to a call about an individual who was struggling to swim across Lake Pepin. The individual, who was treading water and floating with his face in the water, refused initial attempts to assist him. Heyn and Bade eventually decided to bring the man aboard their boat, where he appeared exhausted and incoherent. They eventually got him to a waiting ambulance, which delivered him to a hospital.

MFU member calls for
MinnesotaCare public option

Minnesota Farmers Union (MFU) testified before the Minnesota House Commerce Committee in support of House File 96, Representative Jamie Long’s bill to expand MinnesotaCare with a public option.

“Unaffordable health insurance forces many family farmers to seek off-farm jobs in order to access affordable health insurance for their families,” said MFU President Gary Wertish. “Our members have consistently placed affordable health insurance and accessible health care atop their list of policy priorities. This is the year to make it happen.”

MinnesotaCare provides health insurance coverage to people who do not have access to affordable health insurance. Most members pay a monthly premium and the premium is based on the member’s income. The public option allows all

Minnesotans to buy-in to this health insurance. Farmers’ incomes are typically variable, rising when product prices are high and falling when product prices fall. This means farmers may qualify in some years and not others.

Danny Lundell, who farms near Cannon Falls with his wife, Mary, said the rising cost of purchasing health insurance on their own forced them to seek other options.

“At one point, we had a \$20,000 deductible and were allowed \$100 to use for wellness visits,” Lundell said. “That was a joke as it didn’t cover the doctor’s visit, let alone any lab fees.”

Now, Mary is employed off-the-farm to provide health insurance coverage for the couple.

“Everyone needs and deserves health care, and it needs

to be accessible and affordable,” Lundell said. “A MinnesotaCare buy-in option would provide health care insurance that we and other farmers could actually afford to purchase and use while providing high-quality care. It would allow the next generation of family farmers the ability to live and work in rural communities. Let’s get this done.”

About Minnesota Farmers Union

Minnesota Farmers Union works to protect and enhance the economic interests and quality of life of family farmers and ranchers and rural communities. MFU is a nonprofit membership-based organization. Membership is open to everyone. Learn more and join at www.mfu.org and follow MFU on Facebook, Twitter and Instagram.

Illnesses attributed to radon exposure

Contaminants in air can contribute to a variety of negative health outcomes. It can be easy to assume that only chemicals that enter the air from fossil fuels or products used in manufacturing or other activities are dangerous. However, even natural substances can be hazardous.

Radon is a naturally occurring radioactive gas that forms when uranium, thorium or radium break down in rocks, soil and groundwater. In some instances, radon may be found in high concentrations indoors, such as in homes and workplaces.

People are regularly exposed to radon. Even though radon is something that comes naturally from the earth, that does not make it safe - particularly in high doses.

If there are high levels of radon and extra measures are needed.

- **Improve ventilation in the house** by opening windows and using fans to circulate air as a temporary strategy to reduce radon.
- **Ask for radon-resistant construction** techniques to be built into new homes.
- **Mitigation contractors may recommend soil suction, which prevents radon** from entering the home by drawing the radon from below and venting it through a pipe or pipes into the air above the home where it is diluted.

- **Crawlspace sheeting can be used in homes** with crawlspaces. This involves covering the earthen floor with high-density plastic sheeting, used in conjunction with a vent pipe and fan.

Radon occurs naturally but it can have lasting health effects. It’s best to address radon issues early on and to take the correct preventative or remediation measures to address high radon levels.



MnDOT winners of 2023
“Name a Snowplow” contest

Yer a Blizzard, Harry and Blizzo join the state’s snowplow fleet as winners of the 2023 “Name a Snowplow” contest, along with six other popular names, the Minnesota of Transportation announced today. More than 64,000 voters cast a ballot in the contest. One newly named snowplow will be assigned to each of MnDOT’s eight districts.

The winning names, in order of vote totals, and their future homes are:

Yer a Blizzard, Harry – District 8 (Southwest Minnesota)

Blizzo – Metro District (Twin Cities)

Clearopathra – District 1 (Northeast Minnesota)

Better Call Salt – District 3 (Central Minnesota)

Han Snowlo – District 7 (South Central Minnesota)

Blader Tot Hotdish – District 2 (Northwest Minnesota)

Scoop! There it is – District 6 (Southeast Minnesota)

Sleetwood Mac – District 4 (West Central Minnesota)

Tallies for all 60 finalists can be found on MnDOT’s Name a Snowplow website. *

The agency invited people to submit creative ideas for snowplow names in December 2022. After receiving more than 10,400 name ideas, MnDOT staff narrowed the list to 60 finalists for the public to vote on. This is the third year that MnDOT has hosted the annual Name a Snowplow contest.



MnDOT now has 25 named snowplows statewide, including Plow McPlowFace, Betty Whiteout, Duck Duck Orange Truck and The Big Leplowski. In addition to the 24 named snowplows selected through “Name a Snowplow” contests, staff in District 1 chose to add a named snowplow to their region in 2022. Giwwedin, the Ojibwe word for the North Wind, is stationed at MnDOT’s Duluth Truck Station and covers Highway 33 near the Fond du Lac Reservation.

MnDOT will share additional information on its social media pages once the new 2023 names are placed on the snowplows.

**Note: Individuals were able to vote for up to eight choices, so the final totals will differ from the overall number of votes. There was a total of 64,075 unique voters.*



Davra Carlson (foreground) and Sally Amundson (background) each were blood donors during the recent blood drive held by the Friends of McIntosh Veteran’s at the McIntosh Community Center.

Superintendents Notes

By Randy Bruer

Minnesota may have free breakfast and lunch for all Public-School students next year.

The days of students going hungry in Minnesota's K-12 schools may soon be a thing of the past. The House voted 70-58 to pass HF5, which would institute universal no-cost school meals statewide. The bill now moves to the Senate and the measure is a major priority of Gov. Tim Walz's administration, so his signature is assured if that body acts favorably as well.

The bill is this — one breakfast and one lunch would be guaranteed every school day for any student who wants them. Students would not be charged for these meals.

Currently, schools provide free and reduced-price breakfast and lunch to many students. However, these programs require families to be income qualified and leads to much paperwork on the part of school districts.

This bill would remove those barriers by requiring qualifying schools to participate in a federal program known as the Community Eligibility Provision. This program allows for schools to provide meals to all students, regardless of family income. Work will need to be completed on how Compensatory Funding will be counted



needed now. Substitute positions are needed at the school. If you are interested in working select days subbing for a cook, custodian or have a 4-year degree or teacher license, please give us your contact information. School Bus Drivers are needed.

This is open to both male and female drivers. It does require a written test, behind the wheel test, a pre-trip inspection and a physical which all take time to schedule. The School will assist you with all the needed expenses and training to get the license. We need you; so if you have the desire to work at school for a short time during the day with a great wage and benefits, please email or call the Superintendent's Office. An application is available on the school's website at wemschools.org. Its located under the District; Employment Opportunities.

Contact info: rbruer@win-e-mac.k12.mn.us or 218-563-2900

Ice Castle Sale

The school construction class built an Ice Castle Fish house last year. It's a 16 x 8-foot house with 8 holes built on a movable trailer. Insulated with heat. If you are interested, please call to make arrangements to come and see it. Contact info: rbruer@win-e-mac.k12.mn.us or 218-563-2900.

because Win-E-Mac collects over \$400,000 in aid based on Free and Reduced applications.

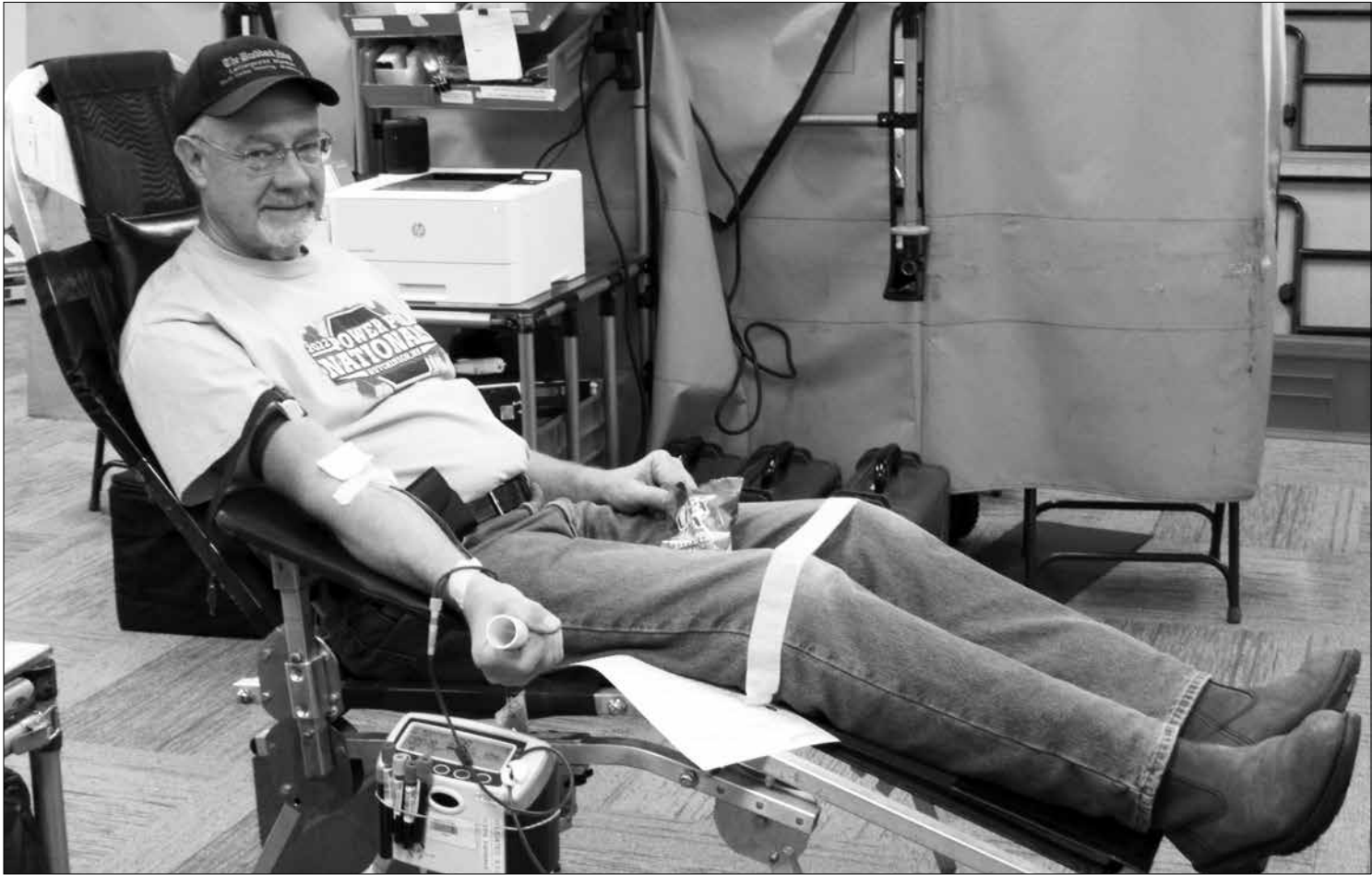
Funds from the federal government reimburse most costs to school districts under CEP. Schools that don't qualify for the provision or would not receive a full reimbursement under CEP would continue to make use of other federal subsidies and then receive state aid to cover the remaining costs for feeding students. State payouts to local schools would amount to around \$400 million for the upcoming biennium.

Employee Positions

We need your help. Paraprofessional positions are



Taking time out of his busy day to give blood was Philip Lee during the McIntosh Friends of Veteran's Annual Blood Drive.



Gene Haugom donated blood during the annual blood drive held at the McIntosh Community Center on January 31st.

6 strategies to get more organized

Now that we are into the new year, many people have focused on changes that can be implemented in the months of come. Winter is not over, but now is a popular time to clean and organize homes and offices and get ready for spring.

There are plenty of things that can use a little organizational attention. There's no ideal way to get organized. Whatever works is a good approach, but the following are six strategies to help individuals clear the clutter.

1. Utilize to-do lists

People tend to be less productive when they're storing all of their tasks in their brains. The first step to getting organized is to remove those plans from the head and put them down on paper or in some other tracking tool. A digital to-do list manager, for example, enables you to see all of your tasks, deadlines and due dates in one place so you can get things done more efficiently. Carry around a notepad or use the digital notes app on a phone to jot down thoughts and needs as they come up.

2. Corral your "smalls"

Smalls are keys, phones, chargers, wallets, headphones, and other accessories. When these items are grouped together, they're easier to find so you can stay on track. Invest in an attractive organizer and install it by the front door or another high-traffic area. You'll cut down on trying to find those smaller items when running errands.

3. Conquer clutter regularly

It's easy to be put off by cleaning and organizing when clutter has gotten out of control. Instead, by cleaning up items on a daily or weekly basis, it's much easier to keep ahead of clutter. Treat it like a daily job, including sorting mail and tossing unnecessary items; emptying waste pails; dusting the desk; deleting

emails; and putting items back where they belong.

4. Categorize emails

Utilize the folder creation option from popular email providers to sort your messages. Drop messages that need attention into categories of your choosing, such as school, health and receipts. Then you'll know which folder to go into when searching for what you need, eliminating the time-consuming task of scrolling through a full inbox.

5. Give one; toss one

When bringing new items into the home, follow the procedure of giving away or throwing out one item for each new item that is received or purchased. This can help to tame

clutter.

6. Mise en place your life

"Mise en place" is French for "put in place." It is used in the kitchen to refer to preparing and setting out all ingredients needed in a recipe. The same concept can be used elsewhere. Lay out clothing on the dresser for the next day at work or school. Prep the foyer of a home with items you need, like an umbrella, shoes and paperwork. Organize backpacks so they're ready for the school day. Establish a to-go bag at work for items that need to be brought home.

Getting organized can be as simple as taking small steps that have lasting impact.

Spaghetti is a versatile component in many meals

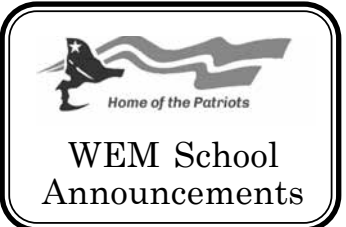
Spaghetti has been enjoyed around the world for centuries. While spaghetti is most often associated with Italy, pasta has deep ties to other Mediterranean nations like Greece, and several territories of the Middle East and Arabian Peninsula.

In fact, centuries ago dry durable pasta was one of the main sources of nutrition for Arab traders, including those who landed in Sicily. The flavor profile of spaghetti can change significantly depending on which ingredients are added.

Cooks needn't feel beholden to the standard "spaghetti and meatballs" recipe. "Spaghetti with Shrimp, Feta and Dill," for example, may take its inspiration from Greek cooking. Enjoy this recipe, courtesy of "Real Simple Dinner Tonight: Done!" (Time Home Entertainment) from the editors of Real Simple.

Spaghetti with Shrimp, Feta and Dill
Serves 4
12 ounces spaghetti (3/4

box)
1/4 cup plus 1 tablespoon olive oil
1 pound peeled and deveined large shrimp
Kosher salt and black pepper
2 tablespoons fresh lemon juice
1 teaspoon grated lemon zest
3 ounces feta, crumbled (3/4 cup)
2 tablespoons coarsely chopped fresh dill
Cook the pasta according to the package directions, drain and return it to the pot.
Meanwhile, heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season the shrimp with 1/2 teaspoon salt and 1/4 teaspoon pepper and cook, tossing occasionally, until opaque throughout, 3 to 4 minutes. Stir in the lemon juice and zest.
Add the shrimp mixture to the pasta, along with the feta, dill, the remaining 1/4 cup of oil, and 1/4 teaspoon each salt and pepper.
Toss to combine.



Prom Sign-up

Prom - Saturday, May 6th, 2023

Complete sign-up by February 25, 2023

All prom attendees must be signed-up and pay attendance fees ahead of time. Win-E-Mac seniors/juniors are invited to attend the prom. Attendees are expected to wear formal attire if possible. Sophomores and former graduates (under age 21) may attend as a guest of a WEM senior or junior. The cost to attend is \$20 each. Return forms (from Mrs. Winter's room) with payment directly to Mrs. Winter.

Reminder: School will dismiss at 12:30 on Wednesday February 15th. Buses will run shortly after dismissal.

Reminder: School will be dismissed on Thursday, February 23rd at 12:45 pm due to Parent-Teacher Conferences. Buses will run shortly after dismissal.

Preschool/Early Childhood Screening is a free and simple check of your child's growth, development, and learning.

A trained professional will check the following:

- 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.

Polk County Public Health (Bjella Building) in McIntosh



Pictured are different views of the portable ice fishing shelter built by the Industrial Technologies class at Win-E-Mac School. The shelter is currently for sale.

Contact Heather Earls at Win-E-Mac to schedule an appointment for your child to be screened. earls@win-e-mac.k12.mn.us; Win-E-Mac: 218-563-2900

Open gym will be cancelled on Sunday February 26th due to an event held at the school.

Memory Night Boy/Mom Style is Saturday, April 15th.

To register or for more information see form on school website www.wemschools.org

A Night to Remember for dads and daughters is Saturday, March 18th. A special night for young girls ages 4 years old to 6th grade. Please go to www.wemschools.org to register for the evening or for more information.