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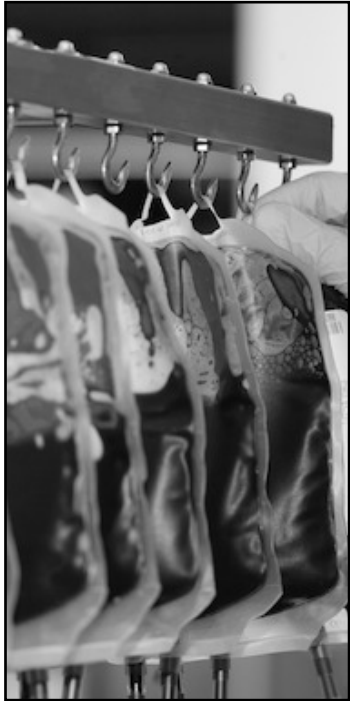
McIntosh blood drive brings in 45 volunteers

The McIntosh community hosted a blood drive with Vitalant on January 31st at the McIntosh Community Center which helped collect a total of 46 units of blood products for patients in need.

A total of 45 individuals volunteered to donate blood and 43 individuals were able to successfully donate at the Vitalant blood drive on January 31.

A total of three donors also came forward to donate Power Red Cells (2RBC) which collects two units of red blood cells while returning platelets, plasma and a saline solution back to the donor. There were nine people who volunteered for the first time!

Vitalant expressed their gratitude to Mary Goodwin, who coordinated the drive, the McIntosh friends of Veterans which sponsored the blood drive, and the McIntosh Community Center which provided the location.



Living through a pandemic can lead to many uncertainties, although one thing we

are sure of, is that the need for blood never ceases. Blood is only useable for 42 days, so a constant supply is always needed, no matter the season. Winter has challenges with the threat of weather/travel and planning, but the winter weather is no wonderland for hospital patients who depend on blood to keep them healthy and alive.

Donors can make a convenient appointment to give blood at [www.donors.vitalant.org](http://www.donors.vitalant.org) or by calling 877-25-VITAL. With each donation, donors receive a free total cholesterol test and earn reward points.

Blood donation takes about an hour from check-in to refreshments, while the blood draw typically taking less than 10 minutes.

Donors can save about 20 minutes by completing their Health History Questionnaire the day they donate on [www.vitalant.org/health](http://www.vitalant.org/health)



From blizzard conditions to Winter Weather Advisories bring little snow to NW MN

A warm, wet, and fast-moving storm system covered much of Minnesota with moderate to heavy rain on Tuesday February 14, 2023, before an intrusion of strong winds and cold air produced a short-lived but dangerous blizzard in western Minnesota and a "flash-freeze" over the rest of the state on Wednesday.

The storm made it the wettest, rainiest Valentine's Day on record in some areas of Minnesota.

A low-pressure system formed in southeastern Colorado early on Valentine's Day 2023, and traveled over 1000 miles within 24 hours. The path of the storm drew warm and moist air into Minnesota, leading to an unusually large shield of winter rain enveloping nearly the entire state during the day and into the night.

As the center of the system passed, strong northwesterly winds developed behind and pushed a strong cold front with rapidly-falling temperatures eastward across the state.

The advancing cold air changed the rain to wet snow in northern Minnesota, and winds gusting from 40 to 55 mph reduced visibilities and produced occasional whiteout conditions in open areas.

Although snowfall accumulations were minor compared to other winter storms, just 1 to 4 inches, the wind, snow, wet surfaces, and falling temperatures combined to produce dangerous conditions in northwestern Minnesota for several hours, as visibility dropped to below 1/4 mile at times and wet surfaces became icy.

The cold air charged eastward across the state on Wednesday, leading to a "flash-freeze" of the wet surfaces and standing water left behind by the heavy rain. Fresh sheets of ice blanketed much of Minnesota by Wednesday night.

The snowy winter has put a bit of a dent in the drought that began in 2022. So far the peak of the Drought of 2022-23 was in November, 2022. There's been gradual improvement

since then. The US Drought Monitor map released on January 10, 2023 depicts 31% of the state free of drought designation.

About 32% of the state was Abnormally Dry, and 30% of the state in Moderate Drought conditions, and 6.5% in Severe Drought conditions. The U.S. Drought Monitor index is a blend of science and subjectivity where drought categories (Moderate, Severe, etc.) and are based on several indicators.

Drought conditions for Polk County keep 55.8% of the county currently affected by drought. January 2023 was the second driest January on record over the past 129 years with precipitation down slightly over half of an inch from normal.

The farmers' almanac winter forecast predicts that there might be a snowstorm in Minnesota around March 6th - 9th, as well as March 25th - 27th, anticipating a colder, snowier spring season.

A homeowner's guide to ice dams

Cold weather contributes to many different conditions that can affect homes.

When winds are blowing fiercely, homeowners may soon discover deficits in insulation or in caulking around windows and doors. Icy conditions can cause walkways and stairs to become slick.

One winter condition can cause extensive headaches and damage and could be a mystery to many homeowners. Ice dams occur when warm air in the attic heats up the roof and melts accumulated snow.

Water from this melt runs down the roof and refreezes when it reaches the colder roof edge. A mound of ice forms at the lower edge of the roofline as a result.

Ice dams may help create a picturesque winter vista, with icicles hanging and glinting in the sunlight, but they can cause significant damage.

According to experts, ice dams can weigh hundreds of pounds if they get large enough, potentially affecting the structural integrity of roof eaves.

In addition, ice dams can cause melted runoff to back up under roof shingles. This water can eventually make its way inside, ruining ceilings and walls. The roof, gutters, insulation, interior drywall,

and other home surfaces can be damaged if ice dams are left unchecked.

The following are some conditions that make a home vulnerable to ice dam formation:

1. The presence of snow on the roof.
2. An average outdoor temperature that is 32 F or lower.
3. A roof surface temperature above 32 F at its higher points and below 32 F at the lower end.
4. Indoor heat making its way to the underside of the roof.

Homeowners should take a few steps to address ice dams. The first is preventing future ice dams from forming. According to First American Roofing and Siding, LLC, improving insulation in the ceiling below the attic and addressing any inefficiencies in the home is necessary.

A professional can do a blower door test, which works by depressurizing the home and using a thermal camera to find areas where insulation is poor.

In addition, adequate ventilation under the roof deck is necessary so cold air can circulate and prevent the attic from getting so warm that it will melt the snow on the roof.

The next step is to remove excess snow from the roof with

a roof rake and keeping gutters clear. If ice dams have already formed, hire a professional to remove them, as it can be dangerous to do it oneself.

Snow-covered roofs and landscapes can be beautiful, but also dangerous if conditions that cause ice dams to form are not addressed.

On the evening of Saturday, March 4th the Friends of Rydell and Glacial Ridge Refuges Association will host the 5th Annual Candlelight Ski and Owl Prowl event at Rydell National Wildlife Refuge near Erskine, MN.

The timing of this event will coincide with the breeding season of several local owl species, and hopefully good snow conditions, clear skies, and moderate temperatures! The Rydell Visitor Center will be open throughout the event, which will run from 6:30pm to 10:00pm. The Refuge's Golden Pond and Church Lake trails will be groomed and lighted for this event.

Visitors can ski, snowshoe, or even just walk the trails during this event. Even though luminaries will be distributed



along these two trails, we recommend that visitors bring a headlamp, if they have one. Along one of the groomed and lighted trails, an owl calling station will be set up where the calls of several owl species (e.g., saw whet, barred, great

horned) will be projected into the woods to try and generate a response from a resident owl. Who-who-who knows what you might hear! We will also have an owl education station set up inside the visitor center, where visitors can

learn more about owls that call the Refuge home.

We will have several pairs of adult and child size skis, as well as snowshoes, available for visitors to use - free of charge, on a first come, first served basis. When warming up in the Visitor Center, participants will be able to enjoy snacks and refreshments, courtesy of the Friends of Rydell and Glacial Ridge Refuges Association.

If you have questions or want more information, contact Gregg Knutsen, Refuge Manager, at 218-686- 4329 or [gregg\\_knutsen@fws.gov](mailto:gregg_knutsen@fws.gov). If forecasted temperatures for March 4th are below zero or wind chills in the double-digits below zero, the event will be cancelled and potentially rescheduled at a later date.



Sometimes snow is fun! The Snow Fort Unit in Win-E-Mac's Mrs. Burd's class got to be during Snofest this year due to the wonderful weather. The Snow Fort Unit works on the social skills of taking turns, patience, working with others, kindness, and much more. We even had our primary elementary students have a "Cops/Kids Day" where our friends from the Polk County Sheriff's Department came to build snow forts together, and talk to the kids about kindness, working with others, and being great citizens.



## Creating dementia-friendly communities

The Dementia - Friendly Communities movement is alive and well throughout Minnesota as organizations work together to raise awareness about the importance of memory-screenings and early detection. The Clay County Age Well coalition strives to provide older adults and family care partners with opportunities to age well in their community.

"In rural communities your neighbors are often your most important resource for health and safety," said Jen Rooney, the ACT on Alzheimer's Coordinator in Minnesota. "We all need to understand what dementia looks like and how we can be helpful to each other."

The Clay County Age Well coalition sponsors a variety of programs to bring people together (in-person and virtually) to learn more about dementia.

One tool that has been very effective in raising awareness is The Remember Project, which began in 2015 following nearly two years of planning. In 2020, this program joined the family or programs and services at Trellis, a multi-state service organization committed to vital aging.

"We joined the dementia-friendly community (DFC) movement in response to the alarming statistics that the occurrence of dementia was likely to double or triple by 2030," said Danette McCarthy, founder of The Remember Project. "With well over one hundred types of dementia (Alzheimer's disease being the most well-known and feared), we wanted to do our part to raise awareness and to reduce fear, stigma, and isolation for those living with dementia as well as their care partners."

A dementia-friendly community is a town, village, or city where people with dementia are understood, respected, and supported. In a dementia-friendly community, people are aware of and understand dementia so that people with dementia can continue to live in the way they want to and in the community they choose.

Like so many things, the key to creating a truly dementia-friendly community, region, and state comes down to awareness and understanding. This is made more difficult when the stigma is so great around memory loss and other types of cognitive decline. Without understanding and awareness, people can easily --- as most do --- put off planning for the future of aging family members without even realizing that age-related changes to the brain are joined by many other avenues for a dementia diagnosis.

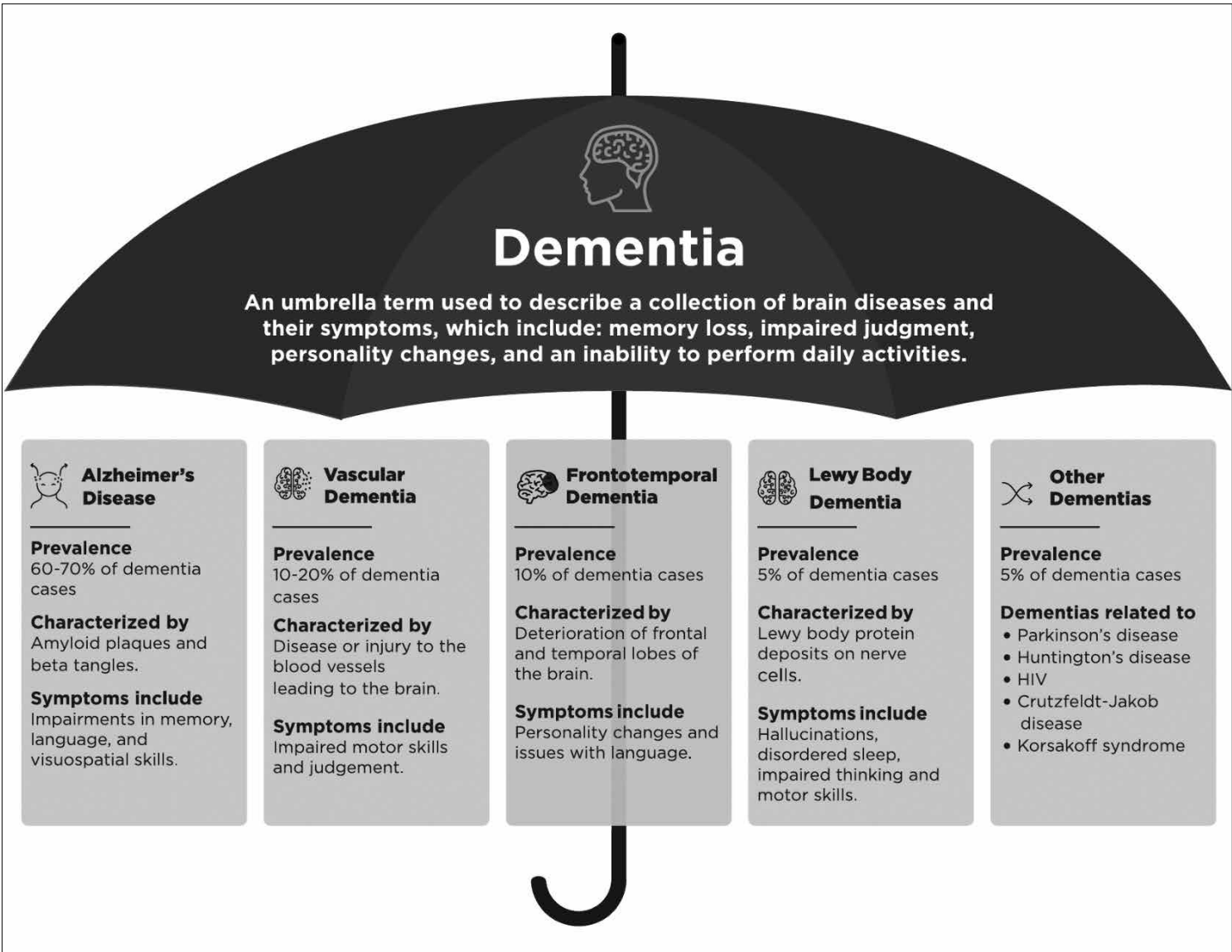
Traumatic brain injuries, adverse reactions to prescription drugs, dietary issues, diabetes, and depression are just some of the risk factors associated with decline in brain function. Dementia does not only affect older adults.

"We believe that it is essential for people of all ages to be knowledgeable about dementia," said McCarthy, "and our unique program is designed for high school students through older adults. This way entire families within an entire community can come to a better understanding of the issues we face together as we ensure that all options exist for anyone, at any stage of life, can live their best life where they want. Fear can stand in the way of talking about this subject. It can stand in the way of getting a memory screening. Stigma can keep us from living a full social life and this can lead to isolation. Fear, stigma, and isolation all contribute to a downward cycle that makes it more difficult to live in your own home, which most people want."

Clay County Age Well will host The Remember Project's play "In the Garden" on March 8th through a combination of in person viewing rooms as well as the opportunity to participate from home. This virtual event can be attended in person at the Barnesville Senior Center, the Detroit Lakes Public Library, the Hjemkomst Center in Moorhead, the Fergus Falls Library, and Our Savior's Lutheran Church in Barnesville. The event runs



"In the Garden" with Jim Pounds as Arthur Monsetin discovers a lost toy as his daughter & care partner looks on (Karen played by Megan Hanks).



The umbrella term "dementia" has well over one hundred types of diagnoses. Alzheimer's disease is the most well known.

from 3:00 to 5:00 pm. Attendance is free of charge, though registration is required by calling the Barnesville Helpers at 218-354-7090 or online at CCAW-garden2023.eventbrite.com.

## MN Grown encourages CSA food subscriptions

Minnesota Grown, the Minnesota Department of Agriculture's (MDA) "buy local" program, is participating in National CSA Week from February 20-26 to encourage participation in CSAs (community supported agriculture).

A CSA is a farm membership system that allows consumers to sign up to receive a season's worth of a farm's products (such as fruits and vegetables, cheese, meat, or flowers) on a weekly or bi-weekly basis. Many offer products throughout the summer growing season; however, there are winter or year-round CSAs available to consumers. A CSA subscription is also an active way to support local farmers and get to know the people that grow and raise your local foods.

National CSA Week is hosted by the CSA Innovation Network, a national network for local CSA farms. During this week, Minnesota Grown will feature in-depth profiles of local CSA farmers on their website and social media accounts, along with information about different types of CSAs available to Minnesotans.

Minnesota Grown makes



locating CSAs easy through its online directory, which lists 95 CSA farms with over 375 pick-up locations around the state. The number of pick-up sites listed in the directory has more than doubled in the past two years, making it even more convenient to source fresh, local, and affordable foods.

Farmers attest to how CSAs members contribute in more ways than dollars. "Whenever the work is exceptionally hard, or the weather is exceptionally bad, knowing the people who are fed by our hard work makes it all worthwhile," shared Janaki Fisher-Merriitt

of Food Farm in Wrenshall. "Being able to repay their support with the highest quality food makes this the most rewarding work a person could ask for."

Minnesota Grown member Sprout MN runs a multi-farm food hub in Little Falls. Food Hub Director Jessie Bavelli said, "The direct connections between consumers and producers formed through CSA contribute to stronger economies, healthy members of our community, and a more resilient agriculture system and environment."

Minnesota Grown spokesperson Rachel Wandrei says since each CSA program is unique in what it offers, it's a good idea to review the options in the online directory to find what is right for you or your family. "Some CSAs offer smaller shares for folks living alone or in couples, some offer eggs, baked goods, or flower bouquet add-ons, while others are choose-your-own or customizable," she said. "Most importantly, pick a CSA with a convenient pick-up location, and be ready to enjoy what is in season!"

## USDA announces Conservation Reserve Program signup for 2023

Agriculture Secretary Tom Vilsack announced that agricultural producers and private landowners can begin applying for the Conservation Reserve Program (CRP) General signup starting February 27 through April 7, 2023. CRP is a cornerstone voluntary conservation program offered by the U.S. Department of Agriculture (USDA) and a key tool in the Biden-Harris administration's effort to address climate change and help agricultural communities invest in the long-term well-being of their land and natural resources.

"The Conservation Reserve Program is one of the largest private lands conservation programs in the United States, offering a range of conservation options to farmers, ranchers and landowners," said Whitney Place, FSA State Executive Director in Minnesota. "CRP has and continues to be a great fit for farmers with less productive or marginal cropland, helping them re-establish valuable land cover to help improve water quality, prevent soil erosion, and support wildlife habitat. Under this administration, we have made several updates to the program to increase producer interest and enrollment, strengthen the climate benefits of the program and help ensure underserved producers can find a pathway to entry into CRP."



Producers and landowners enrolled more than 5 million acres into CRP through signups in 2022, building on the acceptance of more than 3.1 million acres in the largest Grassland CRP signup in history. There are currently 23 million acres enrolled in CRP, with 1.9 million set to expire this year. USDA's Farm Service Agency (FSA) is aiming to reach the 27-million-acre cap statutorily set for fiscal year 2023.

**General CRP**  
General CRP helps producers and landowners establish long-term, resource-conserving plant species, such as approved grasses or trees, to control soil erosion, improve water quality and enhance wildlife habitat on cropland. Additionally, General CRP includes a Climate-Smart Practice Incentive

to help increase carbon sequestration and reduce greenhouse gas emissions by helping producers and landowners establish trees and permanent grasses, enhance wildlife habitat, and restore wetlands.

**Continuous CRP**  
Under Continuous CRP, producers and landowners can enroll in CRP throughout the year. Offers are automatically accepted provided the producer and land meet the eligibility requirements and the enrollment levels do not exceed the statutory cap. The Climate-Smart Practice Incentive is also available in the Continuous CRP.

FSA offers several additional enrollment opportunities within Continuous CRP, including the Clean Lakes Estuaries and Rivers Initiative (CLEAR30), the State Acres for

Wildlife Enhancement (SAFE) Initiative, the Farmable Wetlands Program (FWP), and the Conservation Reserve Enhancement Program (CREP). The CLEAR30 Initiative, which was originally piloted in twelve states in the Great Lakes and Chesapeake Bay watershed, has been expanded nationwide, allowing producers and landowners to enroll in 30-year CRP contracts for water quality practices. Under this administration, FSA also moved SAFE practices back to the Continuous CRP signup, giving producers and landowners more opportunities to participate in the initiative. Through the FWP, producers and landowners can enroll land in CRP as part of their efforts to restore previously farmed wetlands and wetland buffers, to improve both vegetation and water flow.

This administration has also made significant improvements to CREP, which leverages federal and non-federal funds to target specific State, regional or nationally significant conservation concerns. Specifically, USDA made significant improvements to CREP to reduce barriers and make the program more accessible to a broad range of producers and new types of partners. These updates included flexibility for partners to provide matching funds in the form of cash, in-

kind contributions, or technical assistance, along with an investment in additional staff to work directly with partners. Through CREP, for the first time ever, three Tribal Nations are now partnering with USDA to help conserve, maintain, and improve grassland productivity, reduce soil erosion, and enhance wildlife habitat.

**Grassland CRP**  
FSA will announce the dates for Grassland CRP signup in the coming weeks. Grassland CRP is a working lands program, helping landowners and operators protect grassland, including rangeland and pastureland and certain other lands, while maintaining the areas as working grazing lands. Protecting grasslands contributes positively to the economy of many regions, provides biodiversity of plant and animal populations, and provides important carbon sequestration benefits to deliver lasting climate outcomes.

**How to Sign Up**  
Landowners and producers interested in CRP should contact their local USDA Service Center to learn more or to apply for the program before their deadlines.

Producers with expiring CRP acres can use the Transition Incentives Program (TIP), which incentivizes producers who sell or enter a long-term lease with a beginning, vet-

eran, or socially disadvantaged farmer or rancher who plans to sustainably farm or ranch the land.

**More Information**  
Signed into law in 1985, CRP is one of the largest voluntary private-lands conservation programs in the United States. It was originally intended to primarily control soil erosion and potentially stabilize commodity prices by taking marginal lands out of production. The program has evolved over the years, providing many conservation and economic benefits.

USDA touches the lives of all Americans each day in so many positive ways. Under the Biden-Harris administration, USDA is transforming America's food system with a greater focus on more resilient local and regional food production, fairer markets for all producers, ensuring access to safe, healthy and nutritious food in all communities, building new markets and streams of income for farmers and producers using climate smart food and forestry practices, making historic investments in infrastructure and clean energy capabilities in rural America, and committing to equity across the Department by removing systemic barriers and building a workforce more representative of America. To learn more, visit usda.gov.



The mild weather allowed the Win-E-Mac Elementary students to enjoy some fun times with Mrs. Burd's snow fort unit during Phy-ed.

## Types of bird feed for backyard feeders

Birding is a wildly popular hobby. According to the U.S. Fish & Wildlife Service, about 45 million Americans are birders, while data from the popular bird observation app eBird indicates that submissions from Canadian birders increased by 34 percent in 2020.

It's not uncommon for birding enthusiasts to travel great distances to see beautiful birds in serene settings. But individuals also can entice beautiful birds to come to them. Bird feeders beckon birds to millions of backyards every day, making them an ideal addition to properties owned by people with an affinity for avians. After choosing a bird feeder, novices may not know which food to fill it with.

This breakdown, courtesy of

the National Wildlife Federation®, can help anyone find the right food for their feeders.

- **Nectar:** Individuals who want to attract hummingbirds can do so with nectar, which the NWF describes as colored sugar water. Nectar must be placed into a hummingbird feeder and also might attract orioles to the backyard.
- **Black-oil sunflower:** The NWF notes that black-oil sunflower is the most popular bird seed. Black-oil sunflower attracts an array of birds, including blue jays, cardinals, chickadees, and sparrows. Novices may like that black-oil sunflower seed can even be found at many grocery stores, which can appeal to individuals who live in remote locations without specialty bird stores nearby.

- **Mixes:** Seed mixes also can be found at grocery stores and appeal to a variety of birds. Individuals who want to keep their feeders close to their decks or patios may want to look for mixes described as "no-mess." The NWF indicates that these mixes have been de-hulled, which means there won't be as big a pile of unwanted seeds beneath the feeder. That tends to be the case with regular mixes that birds pick through as they choose which seeds they want and discard the others, often dropping them to the ground beneath the feeder. The NWF reports that mixes tend to attract ground-feeding birds, such as doves and sparrows.
- **Suet:** Suet is sought after in winter by bird lovers who want to help birds stay healthy

and strong during times of year when food sources are scarce. Suet requires a suet feeder, which is unlike most bird feeders. Suet comes in squares and isn't in seed form, though seeds are typically mixed in to the gelatinous cake. Despite its appearance, which can seem like a square block of fat, suet is an excellent source of protein for birds in winter.

- **Thistle or nyjer:** The NWF notes that goldfinches

love this small, high-quality seed. Because thistle or nyjer is something of a specialty seed, birders who want to put it out will need to purchase a finch feeder.

Birding has millions of devotees across the globe. Knowing what to feed birds can be a great way for birding enthusiasts to attract these beautiful creatures to their own backyards.

## Bird identification apps for every bird watcher

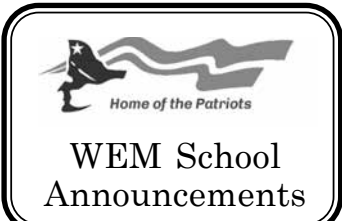
If you enjoy bird watching, you might be interested in this list of bird identification apps for iPhone and Android devices.

These apps have pictures, information, and, in some cases, songs of a wide variety of birds. A few even have special search features so that you can find a bird by color and/or location.

- Audubon Bird Guide by National Audubon Society: iPad – iPhone – Android
- Merlin Bird ID by Cornell Lab of Cornell University: iPhone – Android
- iBird Lite Guide to Birds

- by Mitch Waite Group: iPad – iPhone – Android
- iBird Pro Guide to Birds by Mitch Waite Group: iPad – iPhone – Android
- Bird Id North America by Sunbird Images: iPad – iPhone – Android
- BirdID Nord University by Audun Eriksen: iPad – iPhone – Android
- US Birds by Galaxy Pty. Limited: iPad – iPhone – Android
- Peterson Bird Field Guide by gWhiz, LLC: iPad – iPhone – Android.

Bird apps are a great way to enhance your birding hobby.



**Drivers Education classroom instruction** will begin February 28. Class will be daily for 10 days with 1 free makeup day if needed. Attendance is mandatory and will be on the following date: February 28, March 1-3, March 6-10, and March 13 from 3:15-6:00 P.M. Classes will be held in the PLTW room. Payment should be sent in with registration form by Thursday, February 23rd. Cost is \$120. Class is limited to the first 20 students who pay.

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

**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.

**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 Contact Heather Earls at Win-E-Mac to schedule an appointment for your child to be screened. [hearsl@win-e-mac.k12.mn.us](mailto:hearsl@win-e-mac.k12.mn.us); Win-E-Mac: 218-563-2900

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Pictured above, back row, left to right: Jim Borkowski, Jerry Lindsay, Ann Graham, Scott Kleven, Marlene LeBlanc, Greg LeBlanc and Ray Dusek. Front: Betty Arvidson, RiverView Health; Terry Dusek; Kathy Borkowski; Jackie Lindsay; Jean Tate, RiverView Health; and April Grunhvd, RiverView Health.

## Community Food Basket receives RiverView Health honor

The Crookston Community Food Basket Committee was recently awarded RiverView Health's 2022 Reaching Out to Serve Award for its 30+ years of providing meals and nutrition for local families.

For over 30 years, RiverView has recognized individuals, groups, and programs with the Reaching Out to Serve Award. The award symbolizes RiverView's mission of serving the region while demonstrating innovativeness, voluntary of self-initiated efforts and improving the access, quality, or cost-effectiveness of healthcare.

**Helping Families at Christmas**  
The idea for the program came from Deloryce Bertils in the late 1980s, in conjunction with the Trinity Lutheran Church Social Concern Board. Created to help families during the Christmas season, donations were sought initially

from local churches by putting out boxes for food donations.

In the early 2000s, Deloryce handed the idea over to new committee members and chairpersons, and the Crookston Community Food Basket Committee was formed. At that time, food donation changed to people and businesses donating money, allowing food to be purchased in volume at Hugo's and Walmart.

Due to COVID-19, there were no food baskets in 2020. In 2021 and 2022, a challenge was created by local high school student-athletes to raise money to go with the regular donations, resulting in gift cards for families. In 2022, 268 families received gift cards for a total of \$14,665.

**Working Together**  
Many organizations have helped over the years, including local 4-H clubs, RiverView nursing home, Leo Club, Books for Kids, Trinity release time

kids, Our Saviors and Cathedral Schools, Spokley Potatoes, American Crystal, North Country Food Banks, Regional Sanitation, Greg Garman and student-athletes, Highland 6th graders, Hugo's, KROX, and many others too numerous to mention.

Marlene Leblanc accepted the award on behalf of the committee. She stated: "We wouldn't be able to accomplish what we do without the help of our committee members and also from the individuals and businesses in the community who donate and help out with this project. So thank you very much."

Committee members are Jim and Kathy Borkowski, Ray and Terry Dusek, Pete and Ann Graham, Gerry and Jackie Lindsay, Greg and Marlene LeBlanc, Jean Tate, Scott and Julie Kleven, and Shelamar Henderson/Tri-Valley.

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