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Along with her classmates, Mae Breckel a student at Faith Christian Academy in Erskine, makes valentines for the residents of the nursing homes in Fertile.



Iris Howard releases a balloon for a science experiment during February activities at Faith Christian Academy in Erskine.

Spring ahead: Changing clocks and change batteries to prevent carbon monoxide poisoning

Change your clocks, change your batteries! Polk County Public Health and Norman-Mahnomen Public Health encourage community members to change their smoke and carbon monoxide (CO) detector batteries when turning ahead the clock on Sunday, March 12, 2023.

Smoke and CO detectors save lives every day, but many families do not check their detectors routinely. Remember, having one and not checking it or replacing it in a timely fashion, puts your family at risk.

Carbon Monoxide (CO) is an odorless and colorless gas that can often go undetected in homes. CO poisoning occurs when the gas builds up in your home, fish house, garage, or cabin/boat.

Sources of CO include furnaces/boilers, gas stoves,

fireplaces (BOTH wood and gas burning), water heaters, clothes dryers, wood stoves, power generators, motor vehicles, and power tools/lawn equipment.

Recreational sources are camp stoves, grills, lanterns, boats, heaters, and generators.

Since CO is odorless, tasteless, and colorless it can be hard to tell if there is CO build up. Initial symptoms of CO poisoning resemble the flu, such as headache and shortness of breath that worsen with continued exposure.

Symptoms progress to severe headache, dizziness, fatigue, and nausea then confusion, irritability, impaired judgment, and coordination, culminating in loss of consciousness.

CO detectors save lives, but like many other things, they

have an expiration date. Most CO detectors are good for an average of 5-7 years.

Check your product packaging or go on-line to check the manufacturer website to determine how long the CO detector is safe to use.

Remember, many plug-in detectors also have a battery backup, be sure to check your detector and replace the battery.

Polk County Public Health and Norman-Mahnomen Public Health offer Healthy Homes Assessments, a health and safety assessment of a home completed by a trained nurse.

This service is provided free of charge for residents of Polk, Norman, or Mahnomen County, and includes privately owned or rental homes.

For more information, please contact Polk County Public Health at 218-281-3385, or Norman Mahnomen Public Health at 218-280-3125.

Know the symptoms of CO poisoning

Identifying CO poisoning can be difficult because the symptoms are similar to the flu. CO is often called the “silent killer” because people will

ignore early signs and eventually lose consciousness and be unable to escape to safety.

For most people, the first signs of exposure include mild headache and breathlessness with moderate exercise. Continued exposure can lead to more severe headaches, dizziness, fatigue and nausea. Eventually symptoms may progress to confusion, irritability, impaired judgment and coordination, and loss of consciousness.

You can tell the difference between CO poisoning and the flu with these clues:

- You feel better when you are away from home.
- Everyone in the home is sick at the same time (the flu virus usually spreads from person to person).
- The family members most affected spend the most time in the house.
- Indoor pets appear ill.
- You don't have a fever or body aches, and you don't have swollen lymph nodes that are common with the flu and some other infections.

Symptoms appear or seem to get worse when using fuel-burning equipment.

Where does Daylight Savings Time stand going forward?

Each March, Daylight Saving Time (DST) is welcomed by millions of people in the northern hemisphere, especially those who lament the lack of sunlight when leaving their offices in the evenings throughout winter.

The future of DST is an open question in the United States and elsewhere, but the clock switching that is synonymous with DST will again take place in participating locales in March 2023. This year, DST will take place at 2 a.m. on Sunday, March 12, at which time clocks will be moved forward one hour. That means sunset will take place one hour later that night, providing that much-loved extra hour of evening sunlight.

The tradition of DST could soon end in the United States. That's because the United States Senate passed the Sunshine Protection Act of 2021, which makes DST permanent, thus removing the need to change clock times twice a year. However, the bill stalled in the U.S. House of Representatives, and thus never became law. So while Americans could one day soon stop changing their clocks twice a year, they will still be doing so in 2023, and perhaps beyond.

The reason the Sunshine Protection Act of 2021 stalled in the House can be traced to a debate regarding which time should be permanent should DST be abandoned. Some support making DST time the permanent time, while others insist standard time is the



safer option. In addition, certain advocates for abandoning DST simply say that changing clocks is the real threat, and that any fixed permanent time, be it DST or standard time, is a favorable alternative to switching clocks twice per year. Among the concerns on both sides of the debate are the effects of DST on human health and its potential link to traffic accidents. The issue of DST and health is not insignificant, as AARP reports that a 2020 analysis of more than 6,000 patient admissions at the Montefiore Medical Center in New York found that admissions for atrial fibrillation, a type of heart arrhythmia often referred to as "AFib," surged in the days following spring DST. The American Heart Association suggests that spike could be linked to a disruption in the body's circadian rhythm caused by DST.

The debate in the U.S. is not isolated and has even prompted discussions in other locales, including various areas of Canada, where DST is observed in nine of ten provinces and two of three territories.

Though the future of DST is in doubt, individuals will once again change their clocks in March 2023.

Grazing opportunity at Glacial Ridge NWR

The U.S. Fish and Wildlife Service is accepting proposals for private landowners to graze cattle on parts of Glacial Ridge National Wildlife Refuge, beginning in May of 2023.

The selected landowner will enter into a Cooperative Agricultural Agreement to conduct grazing on specified units of the Refuge. This conservation grazing opportunity has the potential to last through August of 2025. Cattle will be rotated at specific intervals through multiple different pastures within the Refuge. More than 1,600 of the Refuge's 23,000 acres will be grazed in 2023.

The objective of grazing on the Refuge is to manage its grassland and wetland habitats and improve conditions for migratory birds and other ground-nesting birds. Rotational grazing is used in conjunction with prescribed fire and other management activities to mimic the historical disturbances that the tallgrass prairie of western Minnesota evolved with.

Glacial Ridge National Wildlife Refuge was established in 2004 as the 545th refuge in the National Wildlife

Refuge System, and is located 10 miles east of Crookston, MN in Polk County. The Glacial Ridge Project is the largest prairie-wetland restoration ever undertaken in the U.S., and began with the acquisition and restoration of more than 20,000 acres of land by The Nature Conservancy and numerous partners.

This grazing opportunity will be awarded through a closed-request process. Proposals are due March 20, 2023. Interested people can ask questions or request a copy of the grazing proposal package by contacting Gregg Knutsen, Refuge Manager, at 218-687-2229, 218-686-4329, or gregg_knutsen@fws.gov. The grazing proposal package is also posted on the Glacial Ridge National Wildlife Refuge webpage (<https://www.fws.gov/refuge/glacial-ridge>). Additionally, these packages can be picked up directly at the Glacial Ridge and Rydell National Wildlife Refuge Office, located approximately 4 miles southwest of Erskine, MN on County Road 210.

For more information please contact Gregg Knutsen, Refuge Manager.



The Win-E-Mac Fifth graders got the opportunity to have a “Cops vs. Kids Day” with Deputy Wills during Mrs. Heather Burds' PhyEd class in February. The lesson being taught this week is empathy. The students applied what they’ve learned this week to the game of dodgeball. Deputy Wills was glad to help teach and play a fun game with the kids.

Invisibility, leprechauns & national pride tied to wearing green

Part of what makes celebrating St. Patrick's Day so enjoyable is the scores of traditions surrounding the holiday. The month of March ushers in parades, festive foods, lively music, and as much green attire as a person can handle.

As ubiquitous as it is each March, green attire has not always been symbolic of St. Patrick's Day or Ireland. In fact, earlier depictions of St. Patrick had him royally clothed in a rich shade of blue. Some ancient Irish flags even sported the color blue. According to National Geographic, the color green became associated with St. Patrick's Day in the 18th century, when the shamrock became a national symbol of Ireland. The color of the shamrock and Ireland's natural landscape forever linked green to St. Patrick's Day celebrations and the Emerald Isle.

There are reasons for donning green clothing on St. Patrick's Day. If a person isn't in green, he or she just may get



pinched. According to Irish folklore, leprechauns wore green, and if anyone else wore the color that individual would be invisible to leprechauns. Leprechauns are ornery sorts who like to pinch anyone they can see. Therefore, by wearing green clothing, a person is sure to avoid a painful tweak. It's not only the leprechauns who might do the pinching. Celebrants are inclined to pinch people who don't wear green as a reminder that leprechauns might sneak up on them at any time.

Beyond shamrocks and leprechauns, other people are inclined to wear green on St. Patrick's Day as a symbol of good luck and to honor their Irish

ancestry. According to Brian Witt, the cultural exhibits coordinator for Milwaukee Irish fest, Irish Americans would wear green as a reminder that they are nationalists first and foremost. The Irish flag colors are green, white and orange. The green symbolizes Irish nationalism, the orange represents the "Orangemen" of Northern Ireland, which is an Irish Protestant political society, and the white symbolizes peace.

Green is an integral color during St. Patrick's Day celebrations and it is tied to many different traditions.



The family of
Harald Thompson
invites the community to help
Harald Celebrate
his
95th birthday
on Sunday, March 19
from 2:00 - 4:00 PM
at Poplar Meadows.

The significance of Croagh Patrick

Croagh Patrick is a steep mountain in County Mayo in Ireland. It is situated five miles from the town of Westport.

The mountain's summit soars above the surrounding countryside and enables those who manage to reach the top a magnificent view of Clew Bay.

The mountain is significant in Irish history because it was both a place of worship predating the arrival of Christianity in the country, but also the place St. Patrick was purported to have completed a 40-day Lenten ritual in the 5th century. Croagh Patrick is considered the holiest mountain in Ireland.

Each year on the last Sunday of July, which coincides with the pagan festival of Lughnasadh, thousands of people climb Croagh Patrick, also called The Reek or Patrick's Sacred Mountain, to reach the summit.

The Irish heritage resource YourIrish.com estimates that between 30,000 and 40,000

people make the pilgrimage each year, most of them barefoot. Most consider it an important spiritual milestone.

Weather may prevent individuals from scaling the mountain during the month of March, but visiting the site is something that many tourists and native Irish alike aspire to do at some point in their lives. According to the Croagh Patrick Visitor Centre, the first stop is the Saint Patrick's statue, which was erected in 1928 by Reverend Father Patterson. In addition to viewing the statue and taking in some amazing views, visitors can stop in the Visitor Centre, known as "Teach na Miasa," which means "house of the dishes." It is believed the monks of nearby Murrisk Abbey washed their utensils in the stream that runs alongside the road to the center, called "Bóthar na Miasa (road of the dishes)," hence the name.

A restaurant and craft shop are housed in Teach na Miasa.

Potato Klub Lunch

Hosted by the Calvary Sunday School
Calvary Lutheran Church, Winger, MN
March 19th from 11:30 - 1:30 PM
Free will offering to support the church's general fund.



LESSOR TOWNSHIP ELECTION AND ANNUAL MEETING NOTICE

The annual election and meeting of Lessor Township, County of Polk, State of Minnesota, will be held on Tuesday, March 14, 2023 at Trinity Lutheran Church, Rural McIntosh.

The Polls will be open from 3:00 pm - 6:00 pm to elect One (1) Supervisor for a term of three (3) years and One Clerk for a term of two (2) years.

The Annual Meeting will start at 6:00 pm.

If necessary, the storm date will be March 21, 2023.

NOTICE: Immediately following the annual meeting of Lessor Township there will be a SPECIAL MEETING regarding the closing of 330TH ST SE IN SECTION 30 OF LESSOR TOWNSHIP. Any interested persons should attend.

Albert Plante, Lessor Township Clerk

RiverView Foundation wins top Giving Hearts Honor, surges beyond \$203K in donations

Giving Hearts Day 2023 is the gift that keeps giving for the RiverView Foundation. As was previously announced, the February 9th online fundraiser for non-profits was a huge success with 242 gifts given to the Foundation by generous donors for more than \$193,000. Since that announcement, the Dakota Medical Foundation has crunched the numbers and revealed that the RiverView Foundation placed first in raising funds in its division.

The recent news brings a prize of \$10,000 to elevate the Foundation's 2023 event total to more than \$203,000.

"When I heard the news from Dakota Medical concerning the award and their gift to 2023 Giving Hearts Day, I



was so thankful," Foundation Director Randy Schoenborn shared.

"I know that we could not do it without the generous support of our donors, who are the reason for our success.

"Thank you to Dakota Medical and all the generous people for their level of confidence, support, and trust to help keep quality medical care close to home."

According to the Dakota Medical Foundation, this year, 560 nonprofits throughout North Dakota and northwest Minnesota raised \$26,155,280 through 41,907 donors. Charities have now raised nearly \$165 million since the event's inception in 2008.

The top five charities in small-, medium-, and large-budget categories were as follows:

- Small**
 - Riverview Foundation
 - Memory Care of the Red River Valley
 - Landon's Light Foundation
 - Cat's Cradle Shelter
 - HOPE, Inc.
- Medium**
 - West River Health Services Foundation
 - St. Gianna & Pietro Molla Maternity Home
 - Park Christian School
 - Amistad Worldwide
 - Homeward Animal Shelter
- Large**
 - Fargo Park District Foundation
 - YWCA Cass Clay
 - Oak Grove Lutheran School
 - New Life Center
 - Great Plains Food Bank

Soup's On (Two Ways)

As winter drags on, keep yourself nourished with a hearty vegetable soup. Start with a large pot of vegetables and then add extra ingredients like sausage, beans, or pasta to add richness and variety to your week.

A vegetable soup is infinitely variable and this recipe is meant as inspiration to get you started. Do you love potatoes more than anything? Is there a limp head of celery in your refrigerator? Add them in! Can't stand cabbage? Cut it out. No corn? No worries. Make this soup your own by using up what you have and adding what you love.

- Ingredients:
- 2 tbsp olive oil
 - 2 tbst butter
 - 1 large yellow onion
 - 1/4 head green cabbage
 - 2 carrots
 - 6 cups vegetable stock (or chicken stock, or even just water)
 - 14.5 oz can chopped tomatoes

- Salt and pepper to taste
- 16 oz bag frozen spinach
- 1 cup frozen corn
- Optional Add-ins:
- Cooked pasta (shells or small tubes work great)
 - Canned beans (try pinto, cannellini, or garbanzo)
 - Smoked Sausage
 - Shredded rotisserie chicken
- Directions:
1. Chop onion, cabbage and carrots into 1/4 inch cubes. You want the vegetables to be roughly the same size when they fit on your spoon.
 2. In a large stock pot, heat oil and butter just until butter is melted. Add onions and cook until they start to become translucent. Add cabbage, carrots, and a generous amount of salt, and cook until vegetables begin to soften, about 5 minutes, stirring regularly.
 3. Add stock, tomatoes, and



salt and pepper to taste. Simmer until cabbage is tender, about 30 minutes.

4. Add corn and spinach and cook until heated through and spinach is wilted. Add additional stock or water if you like a brothier soup. Adjust salt and pepper to your liking.

5. Enjoy your soup as is, or add in any of the additional ingredients that fit your fancy. Just add them to the soup and cook for a few minutes until everything is heated through and the flavors meld.

Note: If using vegetables

McIntosh Community Calendars

McIntosh Community Calendars are now available at the First National Bank of McIntosh. There are plenty for sale and the price is still \$6. Pick up yours today!

LSS Meals Menu

687-2262

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

Mon. March 13: *Call with your choice* Liver & Onions or Poor Man's Steak - Mashed Potatoes & Gravy - Stewed Tomatoes - Wheat Rolls - Banana Bars - Milk

Tues. March 14: *Bingo* Chicken Ala King over Buttermilk Biscuits - Peas & Carrots - Pineapple - Lemon Bars - Milk

Wed. March 15: Sloppy Joe on Bun - Potato Wedges - Baked Beans - Fruit - Peanut Buttern Cookies - Milk

Thur. March 16: *Bingo* American State Bank Day: Reserve your meal before noon on Wednesday - Giner/Orange Chicken Breast - Rice Pilaf - Peas & Carrots - Wheat Bread - Peach Crisp/Whipped Topping - Milk

Fri. March 17: Pork Loin - Boiled Potatoes & Gravy - Cabbage & Carrots - Wheat Rolls - Lime Jello with Pears - Milk



Community Birthday and Anniversary Calendar

Wed. March 8: Tanner Graff, Michael Sylstad, Tara Burthwick, Wade Hedlund

Thurs. March 9: Dennis Boucher

Fri. March 10: Lori Roed, Anna Tofstad, *Scot & Emily Carlson

Sat. March 11: Albert Plante, Karen Thompson

Sun. March 12: Sheldon Burslie, Rebecca Schommer, Kris Rue, Rachel Carlson, Cindy Lecy

Mon. March 13: Sylvie Strom, Christian Widman, Henry Swanson

Tues. March 14: Barbara Rolf

that need to cook a bit, like potatoes, turnips, or winter squash, add them when adding the cabbage. Toss in more tender vegetables like greens, towards the end. You can also experiment with herbs like thyme or rosemary. Add dried herbs when sautéing the onions, add fresh herbs (like parsley) towards the end.

Stay warm and eat soup.



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

Wed. March 8: 5:30pm Mass at St. Mary's, Fosston
Fri, March 10: 8:45am Mass at St. Mary's, Fosston
Sun. March 12: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Mar. 15: 5:30pm Mass at St. Mary's, Fosston
Fri, March 17: 8:45am Mass at St. Mary's, Fosston
Sun, March 19: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

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

Sun. March 12: 10:00am Coffee Hour; 10:30am Worship Services

Sun. March 19: 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, March 12: 9:30am. Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, March 14: 10:00am. Sunday worship service telecast on GVTV--30

Wed, March 15: 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. March 12: 9:00am Worship
Sun. March 19: 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.

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MnDOT launches first multimodal trip planner to focus on rural transportation services

Mobile app to make travel easier in Greater Minnesota, Rochester, Mankato.

When a person wants to take a trip across the country, they can choose from a variety of travel planning apps to help make that happen. But what if the trip they want to take is from Mankato to New Ulm, or within their own community, using non-personal transportation?

The Minnesota Department of Transportation has launched a pilot project to bring trip planning and payment technology for daily trips in areas less dense than in an urban setting.

Residents and visitors in southern and western Minnesota now have the ability to plan for and, in some cases, pay for public transit and intercity bus trips by using the Transit app. Travel and route information for these agencies went live within Transit on March 1. Transit, a free app available for download in Google Play or the Apple App Store, is used in more than 300 cities around the world. It allows users to see route and travel options for public transit and connecting services. Select transit agencies will also have in-app ticketing, allowing riders to pay for fares electronically and show their device to bus drivers to ride.

“This pilot with Transit app focuses on rural areas because this technology has not yet been made available outside of Minnesota’s big cities,” said Elliott McFadden, who serves

as MnDOT’s Greater Minnesota Shared Mobility program coordinator. “The project will be the first to bring the latest technology to make it easier to plan and take trips in many communities in Greater Minnesota.”

The pilot will run through April 2024 and is funded by two innovation grants from the

Enroll in USDA’s Key Commodity Safety Net Programs by March 15th

Agricultural producers who have not yet enrolled in the Agriculture Risk Coverage (ARC) or Price Loss Coverage (PLC) programs for the 2023 crop year have until March 15, 2023 to elect and enroll a contract. The U.S. Department of Agriculture (USDA) offers these two safety net programs to provide vital income support to farmers experiencing substantial declines in crop prices or revenues.

Producers can elect coverage and enroll in ARC-County or PLC, which are both commodity-by-commodity, or ARC-Individual, which covers the entire farm. Although election changes for 2023 are optional, producers must enroll through a signed contract each year. Additionally, if a producer has a multi-year contract on their farm and makes an election change for 2023, they will need to sign a new contract.

If producers do not submit

Federal Transit Administration at a cost of \$1.9 million. Researchers from the University of Minnesota will study both of the projects to help determine whether this technology should be scaled to the rest of the state, with the goal of better informing future public transit investment in Greater Minnesota.

an election by the March 15, 2023, deadline, the election remains the same as the 2022 election for commodities on the farm. Farm owners cannot enroll in either program unless they have a share interest in the commodity. In Minnesota, producers have completed 81,878 contracts to date, representing 78.63% of the more than 104,135 expected contracts.

Producers who do not complete enrollment by the deadline will not be enrolled in ARC or PLC for the 2023 year and will not receive a payment if triggered.

A news release containing additional information about the ARC & PLC March 15, 2023 deadline has been posted to our state FSA website and can be accessed at the following link: Agricultural Producers Have Until March 15 to Enroll in USDA’s Key Commodity Safety Net Programs

MDA offers mini-grant for produce growers

Reimbursement possible for water testing, harvest supplies, and other expenses

St. Paul, MN: Minnesota produce farmers who improve on-farm food safety systems may be eligible to reimburse their expenses through the Minnesota Department of Agriculture’s (MDA) 2023 Produce Safety Mini-Grant, which is now accepting applications.

The Produce Safety Mini-Grant will distribute a total of approximately \$26,400. Awardees will receive up to \$800 per farm. No matching funds are required.

Applicants must be a Minnesota produce farmer that sells one or more of the following crops to be eligible: leafy



greens, apples, berries, carrots, cucumbers, garlic, green beans, herbs, melons, microgreens, mushrooms, onions, peppers, sprouts, summer squash/zucchini, or tomatoes.

Growers may be reimbursed for past expenses occurring January 1, 2022 – March 25, 2023, and future expenses taking place March 26, 2023 – July 14, 2023.

Examples of

eligible expenses include:

- Supplies to build or purchase a portable handwashing

station

- Harvest totes or collection

tools

- Water testing for generic

coli

- Consultation fees for developing an on-farm food safety plan

- Waxed boxes and market containers

Additional information and the online application are available on the MDA website at www.mda.state.mn.us/mini-grant.

Farmers can contact the MDA Produce Safety Program at 651-539-3648 to request a paper copy. Applications will be accepted through 11:59 p.m. on March 25, 2023.

Did you know?

Consumers familiar with the disparity in price between organic fruits and vegetables and conventional alternatives may be curious if that difference in price pays off with healthier foods.

According to a 2014 study published in the British Journal of Nutrition, it does. Researchers behind the study concluded that the antioxidant compounds in organic fruits and vegetables deliver between 20 and 40 percent higher antioxidant activity.

That’s a significant benefit, as the Harvard T.H. Chan School of Public Health notes that antioxidant-rich fruits, vegetables and legumes are associated with a lower risk of various diseases, including cardiovascular diseases and cancer, and deaths from all causes. In addition, the Mayo Clinic notes that organically grown produce has traditionally had lower levels of pesticide residue than conventionally grown alternatives, though safety measures governing conventional produce and residue levels have changed in recent years and reduced that gap.

Be part of the DNR weather team

Do you have an interest in the weather? Are you looking for a way to do something for the environment from your location? Or how about a great classroom or family activity that provides an easy way for kids to get involved with science?

Volunteer as a rainfall monitor for the Community Collaborative Rain, Hail and Snow Network (CoCoRaHS) coordinated through the state climatology office in the Minnesota Department of Natural Resources.

The network includes more than 20,000 volunteers nationwide who measure rainfall in their backyards using a standard 4-inch diameter rain gauge and submit their reports online. The program also collects snowfall and reports hail among other weather observations.

The data is used by the National Weather Service, researchers, cities and a wide range of industries.

Data provided by volunteers:

- Verifies high rainfall totals after big events
- Provides critical information during flooding events
- Monitors drought conditions

- Provides needed guidance on Minnesota’s changing climate

To become a Rainfall Monitor, you must: Have internet access to submit reports by computer or using the CoCoRaHS Observer weather app on your smartphone; Provide or purchase a standard 4-inch rain gauge (discounts are available through CoCoRaHS); Complete online training on how to observe weather trends and how to submit precipitation and weather event reports online; Commit to submitting reports for at least one season

Volunteers are particularly needed in Greater Minnesota outside the Twin Cities metro area.

To sign up: Complete the CoCoRaHS.org application or Contact Luigi Romolo, State Climatologist, at luigi.romolo@state.mn.us



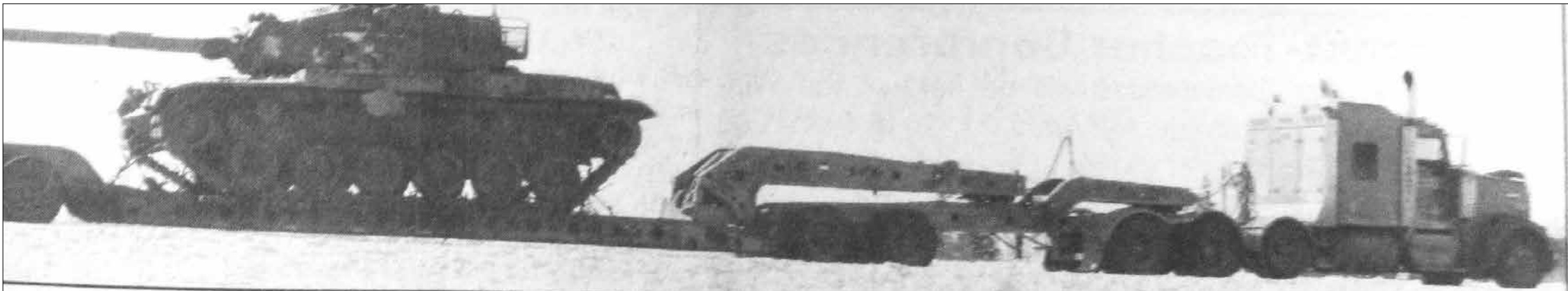
40 years ago...1983: Francis and Ruth Tangen enjoyed a warm open house last week on Francis' last day as Winger Post Master. The couple will be leaving Winger for Twin Valley, where Francis will assume the Post Master's position.



30 years ago...1993: Lee and Mark Hartel of McIntosh were the dairymen from East Polk County to be recognized at the Honored Dairymen's Banquet on Friday, February 12th, during the Red River Valley Winter Shows in Crookston. Region I American Dairy Association Princess Janell Leverington, of Pine River, is shown presenting a trophy to Lee Hartel, Peggy Hartel and Mark Hartel.



20 years ago...2003: Members of the McIntosh VFW Post #6891 recently honored three veterans with plaques of appreciation for their years of dedication and service. (L-R) Ron Strom was recognized for serving for 18 years as Quartermaster; Charles Svalen has served 17 years as the Gambling Manager; and Hilmer "Clipper" Carlson was honored for many years of outstanding dedicated service.



10 years ago...2013: On Valentine's Day, around lunchtime there was more than just flowers and candy being delivered around McIntosh. A 100,000 lb. M60 Army Battle Tank rolled into town on a 125-foot flatbed trailer from its former home. The tank, which is property of the U.S. Department of Army, will make its new home in Roholt Park.

Summer Rec
and Activity Programs
“BEYOND THE BELL” and
“Century 21 Program”

Summer is just around the corner and we are in the process of putting together a great summer program including recreation under 'Beyond the Bell'. The program will allow children to be supervised in a school setting that would give them access to technology activities, academic based activities, arts and crafts, physical education activities, field trips and access to summer recreation activities such as baseball, softball and swimming lessons.

This year Jeremy Morgenroth will be working with the baseball/softball games. This will be the last summer for free Century 21 programming as the grant will end the last day of August. We will be discussing a cost for the program for the 23/24 school year.

Summer programs would again consist of some Plans that could be purchased separately. This is open to all students. Once we finalize plans, they will be explained to the family, and you can pick and choose what fits your needs. Sign-up will be in April with more information to come.

Breakfast and Lunch will be provided during the day as part of the program for all students. If other students would like to eat here at school dur-



ing the summer, please notify the Hot Lunch Dept. We will serve all students during the summer.

Win-E-Mac Schools

We need your help to identify those Pre-K students who did not attend our program this year but will attend Kindergarten this Fall. Please call the District Office to sign-up your child for the Pre-School Screening, Fall Pre-School Program or Kindergarten this Fall if you have not already done so. We need this information ASAP to begin planning of staff, space and materials for next year. Preschool Screening is set up for March 28th in McIntosh. For more information call the District Office.

Locker Room Remodel

On March 20th construction will begin on the Boys and Girls Locker rooms. We will be redoing the showers to separate rooms with a new look to

the locker rooms. Students will then be directed to the Fitness Rooms locker rooms to use during the day. We will ask our public using the fitness locker rooms to take your belonging out of the rooms till June 1st. The locker rooms will be closed to the public till then.

House Construction

The school Construction class will be building a house this coming school year. If you or a friend is interested in the purchase of the house, call the District Office for bidding materials. We are going to pre-sell the house, so a bid is required by March 16th. We will work with the owner to build the house they desire.



Last call for 2023 year-book orders. Sale Ends March 25th when the book is submitted. Cost is \$40. Forms in the office or Mrs. Winter's room.

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 from young girls ages 4 years old to 6th grade. Please go to www.wemschools.org to register for the evening or for more information.

Prom Sign-up

Prom - Saturday, May 6 th , 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; Win-E-Mac: 218-563-2900

The basics of consumer credit

A strong credit score is an undeniable asset for consumers.

A strong standing in the eyes of potential creditors can save consumers money on relatively short-term expenses like vehicles and long-term purchases like homes.

Consumer credit is so influential in the lives of the average person that it pays to have some knowledge of what it is and how individuals can use it to their advantage.

Who issues consumer credit? Consumer credit is typically issued by banks and retailers.

One common question consumers have is who owns credit cards, which are among the most recognizable and widely used forms of consumer credit. Many credit card companies, including Visa, are now publicly held companies after years of being owned by banks. However, many major banks, including Capital One and Bank of America, issue credit cards as well.

What is a credit score? According to the credit reporting agency Equifax®, a credit score is a three-digit number which represents an individual consumer's credit risk. Credit risk refers to the likelihood that a borrower will pay their bills on time. Scores are typically between 300 and 850, and the higher the score, the more creditworthy and less risky a consumer is in the eyes of creditors.

How are credit scores calculated? Three different consumer reporting agencies (CRAs), including Equifax®, determine credit scores. That's why it's not uncommon for a single consumer to have three different scores. Those scores should be similar, and if they're not it's likely that one or more CRA reports has an error or errors. A host of variables are considered when determining a credit score, and

these include:

- Payment history
- Credit utilization ratio, which is the amount of credit used versus the total available credit
- Types of credit accounts a consumer has. This includes revolving credit accounts, like consumer credit cards, and installment accounts, which include mortgages and auto loans.
- Credit history length
- Frequency of credit inquiries (numerous inquiries in a short period of time generally lower a consumer's credit score)

So why is a credit score

Improve your credit score during National Credit Education Month

An estimated 11% of Americans have poor credit, according to FICO, the largest and best-known company that provides credit scores.

March is National Credit Education Month, a month dedicated to teaching people about credit and how it can affect them. It is a great time to learn some of the ramifications of having a low credit score and what steps can be taken to boost your score.

According to Experian, one of the major credit reporting bureaus, FICO credit scores can range anywhere from 300-850. Credit scores from 670-739 are considered "good," credit scores from 740-799 are considered "very good" and 800-850 are considered "exceptional." On the other side of good credit are credit scores from 669-580 which are considered "fair" and finally, credit scores from 579-300 are considered "poor".

While barriers may exist with higher credit score ranges, these barriers become considerably more apparent with lower credit scores.

"Many people may know what makes a good credit score but aren't aware of the issues

so important? Credit scores are so significant because they can cost or save consumers a substantial amount of money. Consumers with poor scores, which are generally considered scores between 300 and 669, may not be eligible for auto or mortgage loans and may only be able to secure credit cards with high interest rates.

By contrast, consumers with scores considered very good to excellent (740 and above) generally get more favorable interest rates on sizable purchases like cars and homes, which can save borrowers tens of thousands of dollars over their lifetimes.

that can arise from having low credit scores," states Dan Park, financial counseling supervisor for LSS Financial Counseling, a service of Lutheran Social Service of Minnesota.

Park points out some of the barriers that can arise from having a low credit score: Utility companies may charge more for a deposit or even deny access; Both automobile and home insurance premiums can increase; Individuals can pay higher interest on loans; Accessing a loan may be difficult; Employers may take credit score into consideration, affecting employment prospects.

While these issues can exist, action can be taken to improve credit scores. One of the most important things someone can do is thoroughly review their credit report to look for any errors and dispute them if any are found.

LSS Financial Counseling can also help individuals and families develop a budget, prioritize which debts should be addressed first, and explore beginning a Debt Management Plan. For an appointment, call 888.577.2227 or visit lssfinancialcounseling.org.

Minnesota State Community and Technical College awarded \$4.2 million labor department grant

Funds will go toward equitable access training and career pathway programs to help meet healthcare needs

Minnesota State Community and Technical College, or M State, has been awarded a \$4.2 million grant from the U.S. Department of Labor to expand equitable access to training for good-paying jobs in key regional industries, particularly healthcare.

M State's award was announced as part of the labor department's third round of Strengthening Community Colleges grant awards, which total \$50 million to help 15 community colleges in 14 states. Combined with the first and second rounds of these awards, announced in 2021 and 2022, \$135 million has been invested in the nation's community college system.

The 2023 grants are intended to increase educational and economic opportunities for people in underrepresented communities, with colleges using the funds to design and align accelerated learning pathways in response to their local labor

market needs.

Plans for M State's grant award, titled "Pathways to Accelerated Training in Healthcare-Minnesota," or PATH-MN, include:

- **Building** a regional healthcare professionals pipeline that connects students to M State.
- **Modernizing** and upgrading simulation equipment.
- **Implementing** a student success program to increase persistence and completion in healthcare programs.
- **Closing** equity gaps in healthcare programs.
- **Implementing** a professional development program to provide systemic improvements for historically underrepresented students.

M State is working on these plans in partnership with Central Lakes College in Brainerd, in order to support students throughout the entire region. M State's four campuses are in Detroit Lakes, Fergus Falls, Moorhead and Wadena.

"This is such exciting news for M State, our healthcare programs and partners, and

our region," said M State President Carrie Brimhall.

Ken Kompelien, Dean for the School of Health Sciences, Human Services and Nursing at M State, added, "This initiative will be a transformative time for our health sciences programs and will provide cutting edge tools and activities to equip our students for career success for many years to come."

The Bureau of Labor Statistics reported in January that full-time college graduates earn almost twice as much per week as workers with high school diplomas. Yet a lack of access to education and training can hinder career pathways and worsen economic disparities for people in underrepresented communities.

"Community colleges offer accessibility and is affordable making them great options for people in marginalized and underrepresented communities to learn the skills needed to succeed in the workforce," said U.S. Secretary of Labor Marty Walsh in a press release from the labor department.

Talking spring break safety with University of Minnesota

Spring break trips are a time for sun, fun and memories, but it's important to keep health and safety in mind.

James Miner, MD, with the University of Minnesota Medical School talks about how families and young adults can stay safe while enjoying their spring break, especially if they're heading on a trip somewhere with warmer weather.

Q: How can families stay safe while playing at a pool or beach?

Dr. Miner: The best way to stay safe around the water is to learn to swim. While it may be too late to start lessons before this spring break, consider contacting your local American Red Cross or community center in the future for boating and water safety courses. Wear a life jacket if you don't know how to swim or you're not a strong swimmer.

It's also important to remember that children require close supervision. Whoever is watching them should always keep them in their direct line of sight whenever they are in or around the water.

Swimming in pools and the ocean is a lot of fun, but swimming in the ocean is trickier than a lake or pool because of waves, currents and tides. Waves and currents can knock you down or pull you into the water. If you are caught in a current, swim parallel to the shore, rather than toward it until the water stops pulling

you.

Know your limits, so if you start feeling tired, get out of the water and rest.

Q: How can people protect their skin and stay safe in the sun?

Dr. Miner: Heading to warm destinations for spring break can expose us to a lot more sun than we are used to in the winter. You can stay protected from the sun by staying in the shade, like under an umbrella, or keeping your skin covered with lightweight clothes. Remember to always put on plenty of sunscreen before you go outside and wear sunglasses with UV protection and a wide brimmed hat to protect your skin from the sun's harmful rays. I would recommend using broad spectrum sunscreen of at least SPF 30 and reapply at least every two hours. Don't forget — you can still get sunburned on a cloudy day, so it's important to always wear sunscreen.

Finally, if you think you may be sunburned, you definitely are. Cover that skin and get out of the sun to prevent further damage.

Q: What should people know about safe drinking during spring break?

Dr. Miner: Drinking can impair decision making. If people drink more than they are used to, they may lose track of how impaired they are. People are also often in unfamiliar places and situations during



spring break celebrations, and can't rely on routine decisions to keep safe. Be sure to track how much you are drinking and stay aware of your surroundings.

Other tips to keep in mind:

- Know what you're drinking.
- Don't accept drinks from people you don't know or trust.
- Don't leave a drink unattended. You may also want to consider using a product to detect whether something has been added to your beverage.
- Know your limits and when to say no.
- Never drive or take part in an activity that requires close attention if you have been drinking.

Q: If you find yourself in need of medical care while on your vacation, what should you do?

Dr. Miner: If you develop a medical problem and can't wait to see a health care provider at home, you shouldn't wait while you are on vacation. Most of the time, this means finding an urgent care or emergency department.

If you're traveling abroad, getting medical care can be a little more complicated. Some countries have government funded hospitals that offer services similar to what we are used to in the U.S. Others, like the Dominican Republic, Jamaica and Barbados have good private health services that can handle anything you would need as a tourist with an unanticipated medical problem. In countries with less developed medical systems, you may want to look into the best place for you to go.

Some resources that can help you find the best place to

go include:

The International Society of Travel Medicine has listings of recommended doctors and travel clinics.

Joint Commission International (JCI) for medical centers and hospitals that meet the standards for the JCI Gold Seal of Approval.

International Association for Medical Assistance to Travelers for English-speaking doctors in your destination

Q: In general, what can families and young adults do to ensure a safe and healthy spring break trip?

Dr. Miner: If you are in an unfamiliar place, pay extra attention to your safety and stay in groups. Know where you're going, what you're doing and have a plan to get around. Stay hydrated. Warmer weather, alcohol consumption and time in hot tubs all have the potential to dehydrate you quickly, so be sure to drink plenty of water.

Lastly, don't use drugs. This is often what precedes some of the worst things that happen to people on vacation and lands them in the emergency department.

James Miner, MD, is a professor in emergency medicine at the University of Minnesota Medical School and Chair of Emergency Medicine at Hennepin County Medical Center. Dr. Miner conducts research in the areas of pain management, procedural sedation, altered mental status, shock and moni-

toring during critical care in the Emergency Department.

About

"Talking...with U of M"

"Talking...with U of M" is a resource whereby University of Minnesota faculty answer questions on current and other topics of general interest. Feel free to republish this content. If you would like to schedule an interview with the faculty member or have topics you'd like the University of Minnesota to explore for future "Talking...with U of M," please contact University Public Relations at unews@umn.edu.

About the University of Minnesota Medical School

The University of Minnesota Medical School is at the forefront of learning and discovery, transforming medical care and educating the next generation of physicians. Our graduates and faculty produce high-impact biomedical research and advance the practice of medicine. We acknowledge that the U of M Medical School, both the Twin Cities campus and Duluth campus, is located on traditional, ancestral and contemporary lands of the Dakota and the Ojibwe, and scores of other Indigenous people, and we affirm our commitment to tribal communities and their sovereignty as we seek to improve and strengthen our relations with tribal nations. For more information about the U of M Medical School, please visit med.umn.edu.