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McIntosh, Minnesota

Looking back: 2023 in review

The second half of 2023 had many highs and lows from blockbuster movie releases to wildfires and destruction. The heat and the lack of precipitation led to high levels of drought building back into Minnesota for the third straight year

July:
Warner Bros.' Barbie and Universal's Oppenheimer are both released, causing the Barbenheimer cultural phenomenon, which encouraged moviegoers to see both films as a double feature. The two movies end up being the highest and third highest grossing movies of the year, respectively.

From Wednesday, July 5th through Sunday, July 9th, the Polk County Fair was in full swing at the Fertile Fair Grounds. The Polk County Fair has been entertaining families for over 120 years.

The McIntosh water tower update starting in May and completed both the inside and the outside with a new paint color and logo.

An annual tradition, to remember why we, as Americans, celebrate the 4th of July, around 50 - 60 people gathered at the home of Dan & Darlene Dierkes in rural McIntosh on July 4th for the annual reading of the Declaration of Independence by Ben Ramse.

The rain kept away the classic cars on Thursday, July 13th for the 2nd Annual Neil's Memorial Cruise-In in downtown McIntosh, but there was a crowd of people who came for the good food, cooked by Neil's son, Bob Bursheim, and the kid's craft tables at both Neil's Quality Meats & More and Minnesota Rust. A fun night was had even though the rain kept people from the streets.

On Saturday, July 29th, there was a celebration with the new owners of Oak Lake Golf Course, Susan and Curtis Olson.

The McIntosh Heritage and Arts Center had a reorganizational meeting on July 6, 2023, and elected new officers and formed several committees to help reestablish the organization to prominence within the community, and to move the mission of MH&AC forward. There were 13 members in attendance, and new officers were named to a 2 year term, including President: Steve Aanenson, Vice President: Darlene Dierkes, Treasurer Donna Larson, and Secretary: Arlene Eggers. As a token of appreciation and respect, John Peterson was bestowed the title of President Emeritus to recognize his past work with the organization and for being the first member.

Saturday, July 22nd fans at the Erskine Rodeo were able to see a familiar face, as Remy Goodwin was one of the bull riders for the night.

This year's winning team at the Annual Win-E-Mac Football Golf Scramble were Brady Langemo, Bryce Stordahl, Travis Nelson, and Steve McMullen. This winning team who donated back their prize money to the Win-E-Mac Patriots football program The Win-E-Mac Football Golf Scramble is an annual event held at Oak

Lake Golf Course where several teams participated on Friday, July 21st as a fundraiser to help the Win-E-Mac football program with their efforts in raising money to add outdoor bathrooms, locker rooms and a new concession stand to the football field at the school.

The Winger Fire Department hosted a Fireman's Street Dance on Friday, July 28th at Liquor Pigs on Main Street. They also honored the bar owners, Jessica and Ben Hogishimer as honorary members in appreciation of all the time they put into the community and community events.

The Class of 1961 met at the Ostenson farm on July 20th for their 80th birthday party. After a morning brunch they shared humorous memories and enjoyed each other's company. Later on, following cake and ice cream, a catered meal from Erickson's Smoke House arrived. Attending the reunion were: Karen Johnson, Faye Horn, Carol Burshiem, Darlene Hulteen, Lois Carlson, Mary Nell Preisler, Bonnie Peterson. David Grundyson, Amy Schaefer, Grant Oppegard, Ben Ramse, Maury Ferden, Bob Hixdem, Don Ostenson, Carol Fox, Wayne Swanson, Paul Molstre, David Benish, and Gerald Eggers

August:
Cannabis legalization takes effect in Minnesota; Minnesota becomes the 23rd state and 27th U.S. jurisdiction overall to legalize cannabis for recreational use.

Wildfires caused by high winds from Hurricane Dora strike the island of Maui in Hawaii, almost completely destroying the town of Lahaina. As of August 25, 115 people have been killed, 67 have been injured, over 380 people are missing, and 2,207 buildings have been destroyed.

The Calvin and Anne Schow family of McIntosh was named Polk County's "2023 Farm Family of the Year" by the University of Minnesota.

The Winners of the 9th Annual Bryan Stordahl Memorial Golf Event for 2023 were Mason Nowacki, Ethan Finseth, Travis Nelson, and Sam Finseth. Every year this event is held in memory of Bryan Stordahl and to help raise awareness and funds for The V Foundation for Cancer Research.

Jered's Grocery the place where you stop when you need some groceries in McIntosh, became an off-sale liquor, beer and wine store as well.

The McIntosh Community Club hosted one of everyone's favorite fundraisers of the year. Corn for kids, an event that serves delicious, fresh, corn on the cob, hot dogs, and more at Roholt Park and raises money for kids events in McIntosh such as Santa Claus Day and the annual Easter Egg Hunt.

The 1st Annual Lynn Lucken Memorial Car Show was held in Winger at the Depot on Saturday, August 20th. There were many cars to see, including a lot of "monster" trucks and all things that Lynn loved. His friends and family joined together to honor his memory and enjoy one of his favorite

past-times.

The McIntosh high school class of 1959 had their annual reunion at Ness Cafe in Erskine on August 11, 2023. Classmates attending were: Ardis Locken Qualley, Marjorie Swanson Penner, Dick Hagen, class of '58, Milford Rustad, Orris Flermoen, Janet Johnson Hamre, Karen Hegland Hagen, Olive Roed Ferden, Patsy Rustad, (wife of Harlan, and Delores Millander Rice. This has been an annual event for about 20 plus years. Next planned reunion is August 14, 2024, the second Friday of August at 12:00 noon (or earlier) at Ness Cafe in Erskine.

The Annual McIntosh Tractor Day took place on Saturday, August 26th. The day started with a pancake breakfast at the McIntosh Fire Hall served by Fire & Rescue Squad, the Antique Tractor Parade at 11:00 am down the Main Street of McIntosh. Following the parade was a Kid-die Pull in front of the Fire Hall, followed by the Tractor Pull on the old football field.

The Win-E-Mac School welcomed back students for the 2023 - 2024 school year with an open house on Wednesday, August 30th. Parents and students had the opportunity to meet their new teachers, visit their new classrooms, drop off school supplies and see all their friends.

September:
Coco Gauff wins the women's singles in the US Open, making her the first teenager to win the title since Serena Williams in 1999.

13-year-old Alice Lee of North Oaks, Minnesota is the youngest American girl to become a chess international master.

On Tuesday, September 5th, a group of Vietnam Veteran's from around the area visited with all the Veteran's at McIntosh Senior Living. The group does many service related projects in Northwest Minnesota and has visited at many senior living facilities. The Vietnam Veteran's group includes Joe Baron, Brent Thompson, John Pearce, Keith Baumann, John Reuter and Mike LaVoie. The Veteran's from McIntosh Senior Living: Gelloyd Bjerke (Army), Robert Hegland (Air Guard), Dale Hickman (Army), Dan Malone (Army), Mike Olson (Army), and Kenneth Sorenson (army). Veteran that is not pictured from MSL is Luther "Norm" Newton III (Navy).

Pam Aanenson, a 1978 graduate of McIntosh-Winger High School and former business owner and city attorney, held a benefit concert and membership drive for the McIntosh Heritage and Arts Center, Saturday, September 16th, in the McIntosh Community Center.

McIntosh Harvest Festival was Saturday, September 16th downtown. There was craft and food vendors along Main Street, an airplane drop for the kids, pie and coffee at the community center, a pie eating contest, baking contest along with many other fun activities all over town.



The 2024 Win-E-Mac School District Spelling Bee was held at 8:30 on Tuesday, January 16th in the Arts & Events Center. Fifteen spellers from fifth through eighth grades competed in the Spelling Bee. In the end, Megan McGlynn, a seventh-grader, was the champion and will be competing at the Regional Spelling Bee in Thief River Falls on Wednesday, February 7th. Taking second place was Logan Johnson, from sixth grade. Taking third place was Charley Carlson, an eighth-grader. In all, 126 words were used in the competition throughout 17 official rounds (plus a practice round). The championship word was "fluke". This is Megan's second year going to the Regional Spelling Bee, so you know her winning wasn't a "fluke"! Pictured (L-R) are Megan McGlynn, Charley Carlson, and Logan Johnson. The pronouncer was Andrew Hanson, and the judges were Adam Jore and Katrina Courneya.

WEM to host One-Act Play Contest this Friday

Win-E-Mac is hosting subsection 29 Once Act Play Competition this year. The first play will start at 4:30 pm, with Win-E-Mac's play slated for 6:45 pm. A reminder that the doors to the theater will be locked for each performance, so don't be late.

Instead of a public performance this year, the cast and crew are inviting anyone who wants to see the Win-E-Mac One-Act Play to come to the contest. Win-E-Mac will perform at 6:45 pm. The other plays are at 4:30, 5:15, and 6:00.

The play that Win-E-Mac is performing is "Bus Stop" by Kendra Thomas this year. Here's the "official" synopsis from the website:

Displaced, distrustful Ava has a hard time adjusting and fitting in after being separated from her dysfunctional parents and put into a foster home. And when Ava shows up one

morning at a school bus stop, skeptical longtime friends Jillian and Chloe struggle to get to know the elusive newcomer, who comes off as distant and unfriendly.

But Ava is fighting personal battles they cannot see: adjusting to her new foster home, enduring regular therapy and court appointments, and missing her parents.

She especially longs to be back with her mother, who's locked in her own battle with drug addiction as she separates from Ava's deadbeat alcoholic dad, who eventually disappears altogether.

Still, Jillian won't relent, and soon she and Chloe form a strong bond with Ava, who begins to experience a "normal" life of sports, school activities, and sleepovers just as her mother gets clean and finds a way to get her daughter back.

Soon, Ava finds herself once again facing uncertainty, but

grateful for what little family she has in this story about unlikely friendships, family, recovery, and growth.



WEM Snowfest

Snowfest is coming to Win-E-Mac School from Monday, January 29th - Friday, February 2nd!

Dress up Days for snowfest are as follows:

- :Monday: PJ day
- Tuesday: Students dress as a teacher, Teachers dress as Students
- Wednesday: Dress as something starting with the first letter of your name
- Thursday: BBQ Dad and Soccer Mom
- Friday: Spirit Day
- There will be a pepfest on Friday, February 2nd!

Public hearing set for Jan. 30th on closure of Essentia - Fosston labor and delivery services unit

The Minnesota Department of Health (MDH) will hold a public hearing on January 30, 2024 at 6:00 p.m. on Essentia Health-Fosston's closure of its labor and delivery services unit.

According to the submission filed by Essentia Health, labor and delivery services have been diverted to St. Mary's Regional Health Center, an Essentia facility in Detroit Lakes. Essentia Health-Fosston will continue to provide prenatal and postpartum obstetrics services.

The hearing will be hosted by MDH's Health Regulation Division to provide a forum for the greater Fosston community to discuss the change in services.

Those interested in participating can join the public hearing via the Microsoft Teams event: Essentia Health-Fosston Relocation of Services Public Hearing or by calling 651-395-7448 and using the access code 410 817 281#. More information about the hearing, including accessibility accommodations and a form to submit public comments or questions is available on the Essentia Health-Fosston Public Hearing webpage.

The Minnesota Department of Health serves as a facilitator to ensure there is public discussion and engagement

for any proposed closure, reduction of services or relocation of services for a hospital or hospital campus as outlined in Minnesota Statutes Section 144.555. This statute gives MDH the authority to hold the meeting and to inform the public but not to change, delay or prevent the proposed changes, closures or relocations.

The City of Fosston released a public notice stating the following:

"Minnesota Statutes, Section 144.555, Subd.1a requires a hospital to notify the Minnesota Commissioner of Health and the public at least 120 days before the hospital ceases offering maternity care and newborn care services.

"Essentia Health stopped providing OB labor and delivery services in June of 2022 without providing notification in accordance with Section 144.555. The City of Fosston and community stakeholders made great efforts to assist Essentia Health in restarting OB labor and delivery services at the hospital in Fosston, but Essentia Health refused to restart those services.

"On or about July 12, 2023, the City of Fosston notified Essentia Health of its violation of Section 144.555 and requested that Essentia Health remedy the violation.

"On July 18, 2023, Essen-

tia Health advised the City of Fosston that Section 144.555 did not apply to its decision to stop providing OB labor and delivery services and took no efforts to remedy the violation.

"On August 24, 2023, due to Essentia Health's unwillingness to cure its violation, the Fosston City Administrator notified the Minnesota Department of Health of Essentia Health's Violation of Section 144.555, Subd.1a.

"The Minnesota Department of Health subsequently investigated Essentia Health's violation of Section 144.555, subd.1a and is now requiring Essentia Health to hold the public hearing which is required by Section 144.555.

"The public hearing is scheduled for January 30, 2024 at 6:00 pm. The purpose of the public hearing is to require Essentia Health to explain the reasons for ceasing to offer maternity care services at the hospital and to provide an opportunity for public testimony on the discontinuation of maternity care services.

"(Fosston) City Hall will be open for viewing and/or participation in the public hearing. Doors will open briefly before 5:30 pm and city representatives will give an update on the city's dispute with Essentia regarding the discontinuation of OB in Fosston."



The Win-E-Mac Literacy Committee provided a fun treat for the Elementary students and staff as a way to say "Thank You for doing your best this Semester!" and to remind students to "DoNUT Stop Reading!" Hugo's helped with the donuts and support for the program. Pictured is 6th grade Breelyn Hegre and 2nd grader EmmaLynne Alberts.

Talking financial fitness with U of M

A new year brings the opportunity to ring in resolutions focused on positive changes. While many resolutions revolve around physical health, it's equally important to consider another vital aspect of health — financial well-being. Extension Educator Dung Mao answers questions about making financial goals and building a habit of saving.

Q: How can I make saving money a habit?

Mao: Consistency is key, no matter how much you save. Start by saving as little as a dollar each week. It may not seem like a lot, but being able to save that dollar shows you can save. Your goal could grow to \$10 or \$100 each month in the future.

Another way is to put away a percentage of your paycheck. Try saving 1% and see how you feel. If it doesn't hurt too much, save 2% the next month, then 3% and so on. Saving might be tough at first — giving up your morning coffee to save some money could feel like a loss. It's important to remember that saving for your needs and future emergencies is actually a win. It's something to be proud of.

Q: How can investments be part of my saving strategy?

Mao: Investments can be a powerful tool — helping to potentially grow your money over time by putting it into different investment options, such as stocks, bonds or mutual funds. Growth is often seen in the form of interest or dividends. This growth can help you reach your savings goals faster than just setting cash aside. That said, investments come with certain risks and losing money is possible. It's important to understand these risks, be an informed investor and adjust your strategy based on your comfort level and saving goals.

Q: What is your advice for dealing with financial

setbacks?

Mao: First, life happens and it is important to be kind to yourself when it does. It is common to have an illness, car problem, or something else that knocks us off the path toward our financial goals. When setbacks happen, we tend to want to blame ourselves and run away or give up. Here is what to do instead: take a deep breath, know that this is temporary and remind yourself that you can succeed. Adjust your plan and do it again. You got this!

Q: How do emotions affect our relationship with money?

Mao: It seems whenever people talk about money, it is usually in the form of numbers, charts, logic and material wealth. When we see that, it is easy to forget that money is deeply emotional. I am willing to predict that most of us don't work for money solely to accumulate piles of paper or to see the numbers in our bank accounts grow.

We work for money because of what money can give us, such as the joy in knowing we can provide for ourselves and our families. Joy could also come from knowing we could purchase gifts or afford enriching experiences for our loved ones. On the other hand, money can also evoke anxiety and stress, especially the feeling we get when we are not able to meet our necessities.

Either way, recognize that money can directly affect our emotions and be mindful of that connection to help improve your overall mental health as well as how you make financial decisions.

Q: What resources are available to help me work on my financial well-being?

Mao: Extension offers many resources and guidance to help with your financial journey, including budgeting, debt management, retirement planning

and more. Some people prefer to create a detailed plan, while others take a more relaxed approach. No matter your situation, Extension's resources can help you meet your goals. Visit Extension's Spending, saving, and retirement webpage to learn more: extension.umn.edu/personal-finance/spending-and-saving.

Dung Mao is an Extension Educator in the Department of Family, Health and Well-being, specializing in financial literacy and financial capability. He is based out of the regional office in Andover and welcomes any thoughts and comments you may have around money at maox0025@umn.edu.

2024 Youth Snowmobile Safety class

Born after December 31st, 1976? Then you need to successfully complete a Minnesota-approved Snowmobile Safety Course before riding on public lands.

The Lengby-Fosston Knightriders Snowmobile Club will be conducting their annual snowmobile safety class Sunday January 28, 2024 at 2:00 pm.

This will be the field day and review for the online snowmobile safety training.

Students must first complete an online class from the MN DNR website. <https://www.snowmobilecourse.com/usa/minnesota/>

Students must be at least 11 years of age.

Training will be at the Knightriders Groomer Facility

two miles East of Fosston at 42582 360th Ave. SE Fosston, MN 56542.

Remember to bring your printed voucher from the com-

pletion of the online portion.

For questions or to register please contact:

Paul Nelson (218)280-0133.

2024 SPRING TREE SALE

East Polk SWCD is now accepting orders for the Spring 2024 tree sale. We have a wide assortment of bare root trees, shrubs, and conifers sold in packs of 5 or in bundles of 25. Orders will need to be paid in full and placed by Friday, February 16th, 2024.

The East Polk SWCD will contact you when the orders are ready, which should be expected between late April/early May depending on the weather. For a current list of available trees please contact us at (218) 563-2777 or visit our website, www.eastpolkswcd.org. Order forms are available at our office, 240 Cleveland Ave, McIntosh, MN, or on our website. For further assistance please call (218) 563-2777 or email jenna@wiersma.eastpolk@gmail.com.



MAS-40C



July 2023: The McIntosh water tower received a facelift this spring along with many repairs the tower was repainted.

Baby names range from classic to adventurous in 2023

Oh, baby, 2023 was full of adorable little ones born at RiverView Health!

In all shapes and sizes, and with names ranging from classics - like Ruth and Theodore - to the unique - like Rippen River - these babies made their

way into the world at all hours of the day and night.

Boys outnumbered girls by one in 2023, with 44 boys born to 43 girls.

Names stretched from Alijah to Turner on the boys' side and Aaliyah to Zhya for the

girls. Charlie David made the list for the boys and Charli Mae for the girls.

Benjamin, Hudson, and Jesse tied for the top male name. Sometimes spelling makes a difference; in this case, two boys with the same name were born close together, one spelled Emmitt and the other Emmett. Baby boys Alijah and Elijah also made the list.

There were no ties on the girls' side, with Sutton standing alone at the top of the list. Several names generally considered masculine made for middle names for several baby girls, including James and Matthew. There were several baby girls with the same middle name but spelled differently, including Jean/Gene, Lyn/Lynn, and Mae/May.

Watch for news of the first baby of 2024 in the coming weeks!



August 2023: Pictured with his 1957 Ford Fairlane are Liberty, Shelly, Sara and Tal Lucken, the family of Lynn Lucken were honored guests at the 1st Annual Lynn Lucken Memorial Car Show held in Winger at the Depot on Saturday, August 20th. There were many cars to see, including a lot of "monster" trucks and all things that Lynn loved. His friends and family joined together to honor his memory and enjoy one of his favorite past-times.



September 2023: On Tuesday, September 5th, a group of Vietnam Veteran's from around the area came to visit with all the Veteran's at McIntosh Senior Living. The group does many service related projects in Northwest Minnesota and has visited at many senior living facilities. Pictured from the Vietnam Veteran's group are Joe Baron, Brent Thompson, John Pearce, Keith Baumann, John Reuter and Mike LaVoi. Pictured as well are the Veteran's from McIntosh Senior Living: Gelloyd Bjerke (Army), Robert Hegland (Air Guard), Dale Hickman (Army), Dan Malone (Army), Mike Olson (Army), and Kenneth Sorenson (army). Veteran that is not pictured from MSL is Luther "Norm" Newton III (Navy).



Community Birthday and Anniversary Calendar

Wed. Jan. 24: Angela Lindseth
Thurs. Jan. 25: *Tom & Eileen Hegg
Fri. Jan. 26: Cindy Ostena
Sat. Jan. 27: Ella Langemo, Krystal Haugen
Sun. Jan. 28: Shirley Carver, Robert Landsverk
Mon. Jan. 29: Roman Shultz, Rachell Finseth, *Wes & Debbie Kaupang
Tues. Jan. 30: Vicki Antonio

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Winger

Sundays: 10:30am Coffee Fellowship; 11:00am Worship

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Menopause services at RiverView

Menopause is inevitable for any woman who lives long enough. It's a natural part of aging.

While menopause can be a blessing for those with a history of heavy periods and pelvic pain, for most, it comes with hot flashes, mood swings, and a host of other undesirable symptoms. However, while it's true that symptoms can be unpleasant and can last for many years, help is available.

Dr. Kari Wessman, OB/GYN at RiverView Health, helps women experiencing the unwanted symptoms of menopause in her practice in Crookston and East Grand Forks. From lifestyle changes to a variety of therapies, she helps women get through the stages of menopause and move on to symptom-free years.

According to the American Congress of Obstetricians and Gynecologists, an estimated 6,000 U.S. women reach menopause every day (over 2 million per year), with the average age being 51.

Is it Menopause?

While you may suspect you've entered a stage of menopause if you haven't had a menstrual cycle in many months and you're dealing with unpleasant symptoms, Dr. Wessman said it's important to determine if those factors are due to menopause or something else like medications, other endocrine disorders, certain mood disorders, etc., before starting any treatment.

For women who do not have a functioning uterus, Dr. Wessman often has the patient take a blood test to check for elevated levels of follicle-stimulating hormone to suggest menopause or perimenopause. If the patient is menopausal, Dr. Wessman and the patient discuss the risks, benefits, and alternatives of different treatments so they can agree on a treatment plan, if needed.

There are many ways to manage menopausal symptoms, including making healthier choices, non-hormonal medications, or hormone replacement therapy, Dr. Wessman reported.

The Stages of Menopause



Prom Sign-up: you must complete sign-up by February 25, 2024. Prom will be held on Saturday, May 6, 2024. 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 with payment directly to Mrs. Winter.

The Win-E-Mac Yearbook staff is taking pre-orders for this year's book to be distributed upon completion in May of 2024. Cost is \$40. Yearbooks can be purchased in the office or from Mrs. Winter (room 51) before or after school or during students' noon hours. Complete the form and return it with your payment.

Win-E-Mac Kids Night is **Thursday, February 1st**. WEM students pre-school through 6th grade will get a free t-shirt, pictures and autographs with your favorite players from 5:30 pm to 7:00 pm. The Lady Patriots take on Norman County East/Ulen-Hitterdahl. The event is psonored by the Erskine American Legion.

Kids Night for Boy's Basketball is **Tuesday, February 13th**. Bring the kids to the gam and they will go home with a free t-shirt and an autographed picture of the team. Autographs will take place after the varsity game that starts and 7:30 pm. The Patriots take on Norman County East/Ulen-Hitterdah. Wear Patriot colors to fill the stands with red, white and blue.

Menopause happens gradually and is defined by three stages:

Perimenopause: This is the transition stage leading up to menopause. During this time, a woman's ovaries gradually produce less estrogen. Decreased estrogen leads to bone loss, higher risk of heart attacks and stroke, frequent urination, and can leave a woman susceptible to increased vaginal and urinary infections. Most women are in their 40s when perimenopause starts, with it lasting about 3-4 years. In the final one to two years of perimenopause, the drop in estrogen accelerates and many women experience hot flashes, mood swings, and a variety of other bothersome symptoms. Perimenopause ends when ovaries stop releasing eggs, at which time menopause begins.

Menopause: When you've gone without a menstrual period for 12 months, you've reached menopause. Most women enter menopause between the ages of 45-55. This marks the end of a woman's reproductive years. The ovaries no longer release eggs and hormones. Symptoms vary for each woman, but many experience hot flashes, night sweats and/or cold flashes, vaginal dryness, urinary urgency, insomnia, emotional changes, breast tenderness, and more.

Postmenopause: The good news - During this stage, menopausal symptoms may get better. The not-so-good news - Because of a lower estrogen level, people in the postmenopausal phase are at an increased risk for several health conditions, such as osteoporosis and heart disease.

Dealing with Symptoms

"Hot flashes, night sweats, mood lability, and vaginal dryness seem to be the most frequent concerns," Dr. Wessman said of her patients' menopausal symptoms. "Bladder frequency, osteoporosis, and libido also rank up there."

Lifestyle changes - limiting caffeinated beverages and alcohol, exercising, a well-balanced diet, maintaining a healthy weight, not smoking, and managing chronic health conditions, such as high cholesterol or high blood pressure - may bring relief from some symptoms.

Over-the-counter medications and non-hormonal prescriptions may also help. There are three major categories of non-hormonal medications used to manage the symptoms of menopause:

SSRI antidepressants such as Paxil, Prozac, Zoloft, and Lexapro can help reduce symptoms like hot flashes and night sweats. If depression is one of the menopausal symptoms, these medications can also help with that.

Blood pressure medications can help with vasomotor symptoms like hot flashes, rapid heartbeat, and sweating.

Medications to treat and prevent osteoporosis can be used to strengthen bones and prevent bone loss.

If these routes don't bring



Dr. Kari Wessman (pictured on the left) sees patients in Crookston and East Grand Forks.

relief, many women turn to hormone replacement therapy (HRT).

Hormone Replacement Therapy

HRT is considered one of the most effective treatments for menopause management. This treatment aims to replace the estrogen and progesterone your body no longer makes during menopause to alleviate unwanted menopause-related symptoms, like hot flashes.

While HRT has been proven to prevent bone loss and reduce fractures in postmenopausal women, it also comes with risks. Research has shown that long-term use (5 years or more) may increase the risk of breast cancer, blood clots, heart attacks, and stroke.

If it's determined HRT benefits outweigh the risks, Dr. Wessman works with the patient to use the lowest effective dose for the shortest amount

of time needed to treat symptoms.

Estrogen is available in the form of a pill, patch, gel, vaginal cream, or slow-releasing suppository or ring that you place in your vagina.

"Nothing is better than estrogen replacement therapy for treating symptoms, but there are risks," Dr. Wessman reiterated.

Follow-up care is important to determine if HRT continues to benefit the patient. Regular screenings such as mammograms and pelvic exams are also vital.

Don't shrug off the symptoms associated with menopause as an unpleasant part of getting older. Address symptoms that interfere with your quality of life. Help is available. Schedule an appointment with Dr. Wessman at 281.9595, and feel better during this stage in life.

Strategic Farming: Let's talk crops! focused on grain markets

With recent softening in the grain markets, what is the outlook for 2024? Dr. Frayne Olson, Crop economist and marketing specialist from North Dakota State University, expects the January 12 USDA reports to set a reference point for the markets going forward. Crop inventories, consumption and South American crops will all play roles in 2024.

Increased acreage led to a record corn crop in 2023. Although demand has been relatively strong, ending stocks and the stocks-to-use ratio are relatively high. Average prices tend to be lower and more stable when the ratio is high because the inventory acts as a buffer.

Corn consumption is key. The livestock sector consumes the most corn and demand is relatively stable. Ethanol production is second in corn use and these numbers don't vary much, according to the Department of Energy's weekly tracking.

"If there's a shock to the system," Dr. Olson explains, "it will likely come from the export market." While the U.S. has many regular grain customers, China has been very volatile. After being one of the top importers of US corn, Chinese

demand dropped significantly when they purchased from Brazil instead.

Despite this volatility, Japan is increasing its import volume. While export volume is trending higher, the U.S. does have competition. After leading corn exports for decades, Brazil has taken that number one spot.

The South American crop is also key. After drought in Argentina, weather and yield outlooks are more favorable. Brazil is the larger exporter, producing two crops of corn and one of soybeans.

In the south, first crop corn and soybeans are grown simultaneously. After early drought, weather conditions are more normal conditions and exportable stocks are expected. With corn harvest in March and April, southern Brazil generally competes with us during our summer months. The larger, second corn crop - called sefrinha - is grown further north and is planted after the soybean crop, typically during January and February.

Yields of Brazil's current soybean crop are starting to stabilize after early drought damage. The exception may be part of the northern region where yields have been re-



Save some money on travel

Many people are feeling the pinch of a higher cost of living, as prices for everything from food to gasoline to utilities have increased over the last few years. Some individuals are being much more budget-conscious and scaling back their discretionary spending. Travel may have fallen victim to this perfect storm of rising costs and personal financial austerity.

Rather than giving up travel altogether, which can be a detriment to personal health and well-being, individuals concerned about vacation costs can look to ways to save some money.

Avoid checked-bag fees. Packing light can help travelers avoid paying extra for checked baggage or overage fees on heavy suitcases. Maximize space in carry-ons so you won't need to confront higher costs at the airport.

Use a flight search aggregator. Sites like Google Flights will pull together several flight options based on the criteria entered. This helps customers figure out where they can get the best deals on flights. Flying out of an airport that's a little further away may help travelers save some money.

Travel off-season. Avoiding peak seasons for certain desirable destinations will help travelers save on everything from transportation to accommodations. Furthermore, tourists will be less plentiful when the season isn't at its peak.

Travel at off-peak times. Similar to traveling off-season, try booking trips earlier in the week, as Monday, Tuesday and Wednesday could translate to better deals on flights and hotel rooms.

Utilize a mileage credit card. Credit cards often have built-in perks. Some give cash-back on a percentage of money spent while others geared toward travel may offer airline mileage or discounts on hotels or resorts. For those who will be spending anyway, it can pay to use a card that will reward that spending on travel.

Sign up for a loyalty program. Hotel chains may waive certain fees for loyalty members. Often loyalty clubs are simple to sign up for and include perks like extended check-in or check-out times, meal vouchers or even discounted rates.

Consider an Airbnb. The debate over the merits of a traditional hotel or an Airbnb continues. While one is not inherently cheaper than the other, an Airbnb could be a better bet for large families or those traveling with extra people. That's because Airbnb lodgings may have extra square footage that prevents the need to secure two or more hotel rooms. Also, being able to cook some meals on premises will reduce dining expenses in the long run.

Many are concerned with travel costs. However, by exploring money-saving tips, it's possible to enjoy an affordable getaway.

ing demand is relatively stable, but like other crops, the export market has been volatile. Russia has produced large crops, especially winter wheat, that are competitive. Since agricultural products are not included in the sanctions, grain export has not been hindered. Spring wheat inventories are adequate and exports are better than expected, due to increased sales to Mexico. The Philippines continue to be a very stable, big buyer. A steady export pace should help the struggling market.

Olson suggests that reasons for nervousness might be changing. The USDA reports usually hit a reset button on people's perspectives. Given lower price levels, he expects to see some increase in export volumes. Finally, markets will be engaged as the South American crops progress.

For more information from University of Minnesota Extension, visit extension.umn.edu/crop-production.

Thanks to the Soybean Research and Promotion Council and the Corn Research and Promotion Council for their generous support of this program.

Polk County Summary Budget 2024 Fiscal Year

The following is a summary of the operating budget for 2024 fiscal year for Polk County. This summary is published in accordance with M.S. section 375.169. The detail budget is on file in the offices of the County Administrator at the Polk County Government Center, Crookston, MN and may be viewed during normal business hours: 8:00 a.m., to 4:30 p.m. Monday through Friday.

	REVENUES			EXPENDITURES	
	2024 Budget	2023 Budget		2024 Budget	2023 Budget
			GENERAL GOVERNMENT	\$ 17,797,929	\$ 18,133,592
FEDERAL	\$ 8,473,349	\$ 6,664,422	PUBLIC SAFETY	\$ 13,195,842	\$ 12,638,937
STATE CATEGORICAL AID	\$ 21,721,396	\$ 19,625,284	HIGHWAY & STREETS	\$ 20,694,714	\$ 17,812,891
STATE GENERAL PURPOSE AID	\$ 2,192,657	\$ 1,692,824	SOCIAL SERVICES	\$ 20,872,001	\$ 19,181,713
			HEALTH	\$ 3,961,812	\$ 3,721,808
CHARGES FOR SERVICES	\$ 13,772,616	\$ 12,451,638	LIBRARY	\$ 299,320	\$ 290,870
FINE & FORFEITS	\$ 4,000	\$ 4,000	SOLID WASTE	\$ 16,059,105	\$ 14,427,596
LICENSES & PERMITS	\$ 119,600	\$ 102,600			
INTEREST ON INVESTMENTS	\$ 355,000	\$ 125,075			
SALE OF MATERIALS	\$ 1,311,825	\$ 1,458,000			
OTHER FEES AND TAXES	\$ 5,894,897	\$ 3,519,397	TOTAL EXPENDITURES	\$ 92,880,723	\$ 86,207,407
REFUNDS AND REIMBURSEMENTS	\$ 3,388,308	\$ 3,433,932			
MISC. REVENUES	\$ 394,742	\$ 732,852			
INTERNAL TRANSFERS	\$ 3,785,585	\$ 6,236,256			
BUDGETED USE OF FUND BALANCE	\$ 3,896,593	\$ 3,263,415			
COUNTY PORTION TAX LEVY	\$ 27,570,155	\$ 26,897,712			
TOTAL REVENUES	\$ 92,880,723	\$ 86,207,407			

Polk County Commissioners Minutes

JANUARY 2, 2024
BOARD MINUTES

Pursuant to motion of adjournment the Polk County Board of Commissioners met in regular session at 8:00 o'clock a.m., January 2, 2024, in the Commissioners Room, Government Center, Crookston, MN. Members present: Commissioner Paul Reese, Commissioner Warren Strandell, Commissioner Gary Willhite, Commissioner Joan Lee, Commissioner Mark Holy and Charles S. Whiting, County Administrator, Clerk of the Board. Others present Samuel Melbye, Deputy Clerk of the Board.

CALL TO ORDER

Warren Strandell, Chair of the Board called the meeting to order and proceeded to call for nominations for the Office of Chair of the Polk County Board of Commissioners for 2024.

ELECTION OF OFFICERS

The Chair called for nominations for the Office of Chair of the Polk County Board of Commissioners for 2024. Commissioner Lee nominated Commissioner Willhite and adopted by unanimous vote of the Board for Commissioner Willhite to serve as Chair of the Polk County Board for 2024. Commissioner Willhite assumed the Chair.

The Chair of the Board asked for nominations for the office of Vice-Chair of the Board. Commissioner Holy nominated Commissioner Lee and Commissioner Strandell nominated Commissioner Holy. Commissioner Holy was adopted by 4-1 vote (Commissioner Holy voting NAY of the Board to serve as Vice-Chair of the Polk County Board for 2024).

AGENDA

A motion was made by Commissioner Strandell seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve the January 2, 2024, agenda.

CONSENT ITEMS

A motion was made by Commissioner Lee seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the January 2, 2024, consent items:

1. Approve the December 19, 2023, Board Minutes.

2. Approve Auditor Warrants.

COUNTY BOARD

MEMBERS ISSUE FORUM

1. A motion was made by Commissioner Holy seconded by Commissioner Strandell and adopted by unanimous vote of the Board to re-appoint Jason Stordahl to the Marshall & Polk Rural Water System Board for a four-year term, to expire December 31, 2027.

2. Commissioner Reese brought forth that he attended the following meetings:

a. No meetings.

3. Commissioner Strandell brought forth that he attended the following meetings:

a. Grand Forks-East Grand Forks Metropolitan Planning Organization meeting.

4. Commissioner Lee brought that she attended the following meetings:

a. Toward Zero Deaths meeting.

5. Commissioner Holy brought forth that he attended the following meetings:

a. Red Lake Watershed One Watershed One Plan meeting.

b. Middle Snake Tamarac Rivers Watershed One Watershed One Plan meeting.

6. Commissioner Willhite brought forth that he attended the following meetings:

a. No meetings.

SOCIAL SERVICES

Karen Warmack, Social Services Director, came before the Board with matters pertaining to her department:

1. Approval of Department of Human Services Respite Care Grant Contract

A motion was made by Commissioner Lee seconded by Commissioner Reese and adopted by unanimous vote of the Board to amend the Children Mental Health Respite Care Grant contract in the amount of \$60,540.00 for total contract amount of \$303,340.00 valid through December 31, 2024.

2024 PUBLICATION BIDS

Pursuant to published notice bids were opened and publicly read at 9:22 a.m., for the Official Newspaper and the Delinquent Tax List:

Official Newspaper	
Bidder Bid Per Column Inch	
Crookston Times	\$6.25
The Exponent	\$4.00
Fertile Journal	\$4.00
McIntosh Times (Richards Publishing)	\$2.50
The Thirteen Towns	\$5.65
Delinquent Tax List	
Bidder Bid Per Column Inch	
Crookston Times	\$6.25
The Exponent	\$5.00
Fertile Journal	\$4.00
McIntosh Times (Richards Publishing)	\$2.50
The Thirteen Towns	\$5.65

1. Resolution (2024-01) Designating The Polk County Official Newspaper

RESOLUTION (2024-01)

Designating The Polk County Official Newspaper

The following resolution (2024-01) was offered by Commissioner Strandell:

BE IT RESOLVED, By the Board of County Commissioners of Polk County that the McIntosh Times (Richards Publishing) be and the same is hereby designated by the Board of County Commissioners of Polk County as the Official Newspaper of Polk County for 2024 and as such is the newspaper designated in which shall be published all notices and publications which the County is required to publish during the year of 2024.

BE IT FURTHER RESOLVED, That the bid of \$2.50 per column inch be accepted for the official publications of Polk County.

BE IT FURTHER RESOLVED, That the publication of notices and other publications shall be at the rates as established in the bids and as accepted by the Board.

Commissioner Lee seconded the foregoing resolution and it was declared adopted upon the following

vote: YEAS: Commissioner Reese, Commissioner Strandell, Commissioner Willhite, Commissioner Holy, and Commissioner Lee. NAYS: None.

2. Resolution (2024-02) Designating Publication Of The Delinquent Tax List Statement Of Polk County

RESOLUTION (2024-02) Designating Publication Of The Delinquent Tax List Statement Of Polk County

The following resolution (2024-02) was offered by Commissioner Lee:

BE IT RESOLVED, By the Board of County Commissioners of Polk County that the Fertile Journal with a bid of \$4.00 per column inch be and the same is hereby accepted for the Publication of the Delinquent Tax List Statement of Polk County to be published in 2024.

Commissioner Reese seconded the foregoing resolution and it was declared adopted upon the following vote: YEAS: Commissioner Reese, Commissioner Strandell, Commissioner Willhite, Commissioner Holy, and Commissioner Lee. NAYS: None.

PROPERTY RECORDS

Samuel Melbye, Property Records Director came before the Board with matters pertaining to his department:

2. Filling Appraiser II Vacancy

Due to a resignation, a motion was made by Commissioner Reese seconded by Commissioner Lee and adopted by unanimous vote of the Board to authorize the posting, advertising, and filling of the Appraiser II position and any subsequent internal vacancies occurring as-a-result of this action.

3. Lease for Extension – McIntosh

A motion was made by Commissioner Lee seconded by Commissioner Strandell and adopted by unanimous vote of the Board to authorize the signing of the lease between Polk County University of Minnesota Extension Services (Tenant) and the City of McIntosh (Lessor) for 2024 by the Polk County Chairman of the County Board and the Polk County Administrator as presented to the Board. (Lease on file in the Administrator's Office)

ADMINISTRATION

Chuck Whiting, Polk County Administrator came before the Board with matters pertaining to his department:

1. Request to Fill Vacancies

a. Account Clerk IV

A motion was made by Commissioner Reese seconded by Commissioner Holy and adopted by unanimous vote of the Board to authorize the posting, advertising, and filling of the Account Clerk IV position in the Administrator's Office.

b. Administrative Assistant II

A motion was made by Commissioner Lee seconded by Commissioner Strandell and adopted by unanimous vote of the Board to authorize the posting, advertising, and filling of the Administrative Assistant II position in the Administrator's Office.

2. Resolution (2024-03) Designating Polk County's Website For Publications Of Invitations To Bid On Polk County Transportation Projects

RESOLUTION (2024-03) Designating Polk County's Website for Publications of Invitations to Bid On Polk County Transportation Projects

The following resolution (2024-03) was offered by Commissioner Holy:

BE IT RESOLVED, By the Board of County Commissioners of Polk County that pursuant to M.S. 331A.12, Polk County's web site; http://www.co.polk.mn.us be and hereby is designated by the Board of County Commissioners of Polk County as the official site for the publications of invitations to bid on Polk County transportation projects.

Commissioner Reese seconded the foregoing resolution, and it was declared adopted upon the following vote: YEAS: Commissioner Lee, Commissioner Holy, Commissioner Strandell, Commissioner Reese, and Commissioner Willhite. NAYS: None.

3. Resolution (2024-04) Designating Delegates To The Association Of Minnesota Counties & Payment Of Dues

RESOLUTION (2024-04) Designating Delegates To The Association Of Minnesota Counties & Payment Of Dues

The following resolution (2024-04) was offered by Commissioner Lee:

WHEREAS, The Board of County Commissioners of Polk County, Minnesota, has availed itself of the authority granted under Section 375.163, M.S.A., and will pay the dues of said County to the State and National Association of County Commissioners for the year 2024 and it is the intention of said Board of County Commissioners to designate individuals to attend meetings of said Association.

NOW THEREFORE BE IT RESOLVED, That the Board of County Commissioners of Polk County Minnesota, does hereby designate all of its members as delegates from said County to serve on various committees of that Association.

BE IT FURTHER RESOLVED, That upon presentation of a properly verified claim, the finance department be and hereby is authorized to reimburse each of said person for their actual and necessary expenses in attending such meetings, and to pay the annual dues of the County for membership in the Association of Minnesota Counties.

BE IT FURTHER RESOLVED, That the following named individuals are Polk County's official delegates to the Association of Minnesota Counties: Commissioner Reese, Commissioner Strandell, Commissioner Willhite, Commissioner Lee, Commissioner Holy, Charles S. Whiting, County Administrator, Samuel Melbye, County Director of Property Records, and Richard Sanders,

County Highway/Ditch Engineer.

Commissioner Willhite seconded the foregoing resolution, and it was declared adopted upon the following vote: YEAS: Commissioner Reese, Commissioner Strandell, Commissioner Willhite, Commissioner Holy, and Commissioner Lee. NAYS: None.

4. 2024 Mileage, Meals, and Lodging Reimbursement Rates

A motion was made by Commissioner Lee seconded by Commissioner Strandell and adopted by unanimous vote of the Board to adopt the IRS 2024 mileage rate of \$0.67 per mile for county business travel with a personal vehicle.

A motion was made by Commissioner Holy seconded by Commissioner Strandell and adopted by unanimous vote of the Board to adopt the 2024 federal meal reimbursement rates as listed for Minnesota, and for out of state travel at federal rates for the given state. (List on file in the Administrator's Office)

A motion was made by Commissioner Strandell seconded by Commissioner Holy and adopted by unanimous vote of the Board to adopt the 2024 federal lodging reimbursement rates for lodging for

personal lodging expense incurred on county business. (Federal lodging rates on file in the Administrator's Office)

5. Review of Draft Board Operating Procedures Handbook

A motion was made by Commissioner Reese seconded by Commissioner Strandell and adopted by unanimous vote of the Board to adopt the Board Operating Procedures Handbook as presented to the Board. In discussion Administrator Whiting noted only a draft was brought forward. Reese withdrew his motion. A final document will be brought forward on January 16.

AUDITOR WARRANTS

A motion was made by Commissioner Lee seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the following Auditor Warrants for payment:

With no further business the Board adjourned to reconvene at 9:30 o'clock a.m., January 16, 2024.

Gary Willhite, Chair

ATTEST

Charles S. Whiting, County Administrator

Clerk of the Board

AUDITOR WARRANTS 12/01/2023	
Vendor Name	Amount
Andover Township Treasurer	52,448.59
Angus Township Treasurer	22,014.88
Badger Township	20,233.01
Belgium Township Treasurer	21,417.23
Beltrami City Clerk- Treasurer	25,551.17
Brandsvold Township Treasurer	33,731.91
Brandt Township Treasurer	22,251.03
Bremer Bank Na	2,789,001.75
Bremer Bank Na	194,246.43
Bremer Bank Na	97,006.66
Brislet Township Treasurer	28,701.24
Bygland Township	25,324.84
Chester Township Treasurer	2,030.00
Climax City Treasurer	24,790.30
Columbia Township Treasurer	36,746.84
County Emergency Medical Serv.	96,603.09
Crookston Area Ambulance Inc	81,393.10
Crookston City	1,456,679.22
Crookston Township Treasurer	41,835.91
Eden Township Treasurer	10,714.21
Erskine City Clerk- Treasurer	82,249.01
Esther Township Treasurer	28,521.82
Euclid Township Treasurer	47,742.45
Fairfax Township Treasurer	38,589.65
Fanny Township Treasurer	40,747.91
Farley Township Treasurer	30,542.68
Fertile City	95,827.51
First Care Medical Services	60,249.81
Fisher City	103,369.60
Fisher Township Treasurer	21,207.94
Fosston City	316,799.67
Garden Township Treasurer	35,208.66
Garfield Township Treasurer	45,618.25
Gentilly Township Treasurer	13,722.14
Godfrey Township Treasurer	61,089.22
Grand Forks Township Treasurer	17,098.40
Grove Park Tilden Township	32,010.42
Gully City	7,676.17
Gully Township Treasurer	7,172.01
Hammond Township Treasurer	28,769.80
Helgeland Township Treasurer	11,808.71
Higdem Township Treasurer	51,097.43
Hill River Township Treasurer	17,322.06
Hubbard Township Treasurer	30,950.59
Huntsville Township Treasurer	54,200.21
Johnson Township	14,594.97
Kertsonville Township Treas	7,805.22
Keystone Township Treasurer	23,598.97
King Township Treasurer	18,858.19
Knute Township Treasurer	31,716.99
Lengby City	4,633.47
Lessor Township Treasurer	18,932.21
Liberty Township Treasurer	22,520.41
Lowell Township Treasurer	42,770.03
Maple Lake Imprvmnt District	24,054.15
Marshall Polk Rural Water Sys	28,043.66
McIntosh City	114,403.51
Mentor City	21,391.26
Middle-Snake- Tamarac Rivers Wtrshd Di	290,406.25
Nesbit Township Treasurer	36,562.34
Nielsville City	11,749.65
Northland Township Treasurer	22,192.04
NW Regional Development Comm	44,782.76
NWMN HRA	98,588.50
Onstad Township Treasurer	13,627.00
Parnell Township Treasurer	16,691.10
Queen Township Treasurer	33,981.94
Red Lake Watershed District	637,402.00
Reis Township Treasurer	10,129.94
Rhinehart Township Treasurer	27,805.94
Roome Township Treasurer	26,767.96
Rosebud Township Treasurer	29,256.19
Russia Township Treasurer	37,006.68
Sand Hill River W S District	253,767.21
Sandsville Township Treasurer	39,498.08
Scandia Township Treasurer	15,401.66
School District 2176 Treas	150,012.42
School District 2176 Treas	93,260.09
School District 2311 Treas	12,595.24
School District 2609 Treas	83,427.60
School District 2906 Treas	9,830.02
School District 592 Treas	59,334.70
School District 593 Treas	307,592.18
School District 600 Treas	158,424.83
School District 601 Treas	176,439.11
School District 630 Treas	4,461.69
Sletten Township Treasurer	36,498.74
Sullivan Township Treasurer	35,014.36
Tabor Township Treasurer	28,319.25
Tynsid Township Treasurer	7,494.80
Union Lake Sarah Improvement Dist	5,113.89
Vineland Township Treasurer	27,892.97
Wild Rice Watershed Dist Treas	12,311.84
Winger City Clerk Treasurer	33,927.23
Winger Township Treasurer	21,827.68
Woodside Township Treasurer	113,276.72
4 Payments less than 2000	2,620.42
Final Total:	9,760,929.59

AUDITOR WARRANTS 12/05/2023	
Vendor Name	Amount
BELTRAMI COUNTY SOLID WASTE	8,627.43
C L Linfoot Co	156,925.75
Davidson Construction	72,500.68
Fertile Oil Company	19,999.50
Hoffman,Philipp, & Martell, PLLC	51,395.00
Liberty Business Systems Inc	6,415.18
Polk County Public Health	13,225.00
9 Payments less than 2000	3,288.01
Final Total:	332,376.55
AUDITOR WARRANTS 12/12/2023	
Vendor Name	Amount
BELTRAMI COUNTY SOLID WASTE	9,701.05
BELTRAMI COUNTY SOLID WASTE	5,557.22
C L Linfoot Co	71,891.63
ENTERPRISE FM TRUST	10,137.53
Lenes Sand & Gravel Inc	59,015.69
Lenes Sand & Gravel Inc	6,660.00
Lepier Oil Company Inc	6,006.14
Northdale Oil Inc	4,758.08
Peterson Sheet Metal Inc	62,249.42
Polk County Environmental Services	6,863.19
Proulx Refrigeration	3,947.83
US Bank Voyager Fleet Sys	4,710.72
24 Payments less than 2000	14,914.45
Final Total:	266,412.95
AUDITOR WARRANTS 12/19/2023	
Vendor Name	Amount
Altru Health System	2,653.00
AT&T Mobility	2,668.01
BELTRAMI COUNTY SOLID WASTE	9,214.02
BELTRAMI COUNTY SOLID WASTE	4,412.85
DDA Human Resources Inc	20,250.00
ENTERPRISE FM TRUST	29,936.37
Fischer Rust Law Firm PLLC	2,720.00
Fosston Municipal Utilities	46,969.51
Fosston Municipal Utilities	2,648.01
Great Plains Natural Gas Co	9,329.84
Ottertail Power Co	29,363.71
Polk County	4,100.00
Polk County	95,169.20
Polk County Highway Department	10,152.25
Polk County Social Services	41,016.91
Regents Of The Univ Of Mn	40,512.40
TriTech Software Systems	49,307.59
Verizon Wireless	2,947.78
Ziegler Inc	10,525.74
32 Payments less than 2000	17,903.75
Final Total:	431,800.94
AUDITOR WARRANTS 12/26/2023	
Vendor Name	Amount
Lenes Sand & Gravel Inc	55,734.85
Norman County Public Health	6,066.75
Northland Business Systems Inc	6,810.57
Ottertail Power Co	3,092.91
Polk County Public Health	13,664.61
13 Payments less than 2000	6,994.38
Final Total:	92,364.07
MANUAL WARRANTS 12/01/2023	
Vendor Name	Amount
Mn Dept Of Rev Tax Division	45,659.08
Final Total:	45,659.08
MANUAL WARRANTS 12/11/2023	
Vendor Name	Amount
Internal Revenue Service	188,437.91
Minnesota Revenue	32,525.68
Final Total:	220,963.59
MANUAL WARRANTS 12/20/2023	
Vendor Name	Amount
Minnesota Revenue	5,828.00
Minnesota Revenue	497.61
Mn Dept Of Rev Tax Division	85,915.64
Mn Dept Of Revenue	164.00
Mn Dept Of Revenue	708.00
Final Total:	93,113.25
MANUAL WARRANTS 12/20/2023	
Vendor Name	Amount
Mn Dept Of Revenue	1,782.00
Final Total:	1,782.00
MANUAL WARRANTS 12/22/2023	
Vendor Name	Amount
U.S. Bank Corporate Payment Systems	83,511.32
Final Total:	83,511.32
MANUAL WARRANTS 12/22/2023	
Vendor Name	Amount
U.S. Bank Corporate Payment Systems	1,043.30
Final Total:	1,043.30
MANUAL WARRANTS 12/22/2023	
Vendor Name	Amount
1 Payments less than 0	-5,597.99
Final Total:	-5,597.99
MANUAL WARRANTS 12/22/2023	
Vendor Name	Amount
Internal Revenue Service	186,176.34
Minnesota Revenue	31,906.22
Final Total:	218,082.56
MANUAL WARRANTS 12/22/2023	
Vendor Name	Amount
Minnesota Revenue	391.50
Final Total:	391.50
M45C	

NOTICE OF ELECTIONS
LESSOR TOWNSHIP

Notice is hereby given to the qualified voters of Lessor Township, County of Polk, State of Minnesota, that the Annual Election of Town Officers and Annual Township Meeting will be held on Tuesday, March 5, 2024. In case of inclement weather, the meeting and election may be postponed until the third Tuesday in March.
The Election Poll Hours will be open from 4:00 p.m. to 7:00 p.m., at which time the voters will elect:
Town Board Supervisor, three year term
Town Board Treasurer, three year term
The Annual Meeting will commence at 7:00 p.m. to conduct all necessary business prescribed by law. The Annual Election and Meeting will be held at Trinity Lutheran Church, rural McIntosh.
Dennis Boucher
Lessor Township Clerk

M45-S0C