



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Congratulations to the Win-E-Mac Vex-IQ Robotics team 53162D "Mac-Winger Scots" for taking first place at their tournament and qualifying for the state tournament. This team consists of Ana Kolden, Emma Determan, and Elizabeth Determan.

Looking back on 2023: Year in review

The final months of the year 2023 included more conflict in the world, first time sports champions and Minnesota turkeys receiving sanctuary far away from any ovens.

The weather for the end of the year was mild, yet there were many days that traveling in Northwest Minnesota was questionable and unadvised.

Locally, we celebrated the holiday season, and had many opportunities to visit with our community members, friends and family.

The McIntosh Times wishes each and every one a happy and satisfying 2024.

October 2023:

Palestinian militant groups launched a surprise attack on southern Israel from the Gaza Strip, starting the most significant military escalation in the region, exactly 50 years after the Yom Kippur War

An annular solar eclipse occurred on October 14, 2023. An annular solar eclipse occurs when the moon's apparent diameter is smaller than the sun's, blocking most of the sun's light and causing the sun to look like an annulus (ring).

On Monday, October 3rd, Win-E-Mac School held an induction ceremony for its chapter of the Minnesota Honor Society. New members included: Dani Winter, Evie Ryan, Livaeh Kiecker, and Shelby Mandt.

Saturday, October 7th, Jim and Nina Palubicki of Fosston, Minnesota and Rick and Cheryl Molin of Gonvick,

Minnesota set off on a vacation and tour of Israel on a Delta Airline flight out of New York. Shutting off their phones for the 12 hour flight, the two couples were unaware of what was happening and landed in Israel during the start of the war between the country of Israel and Palestinian Hamas militants. Ten days later the two couples were able to make their way to Jordan, boarded a plane to Paris and then were able to return home.

The Shoppes of McIntosh Haunted Marketplace event that was held on Saturday, October 21st, where kids and adults had fun on the Main Street of McIntosh dressed in costumes and enjoying treats and Halloween fun.

Win-E-Mac Elementary students discovered that there truly is a lot to discover in nature at the "Water Wonders of the Sand Hill River" program held at the Agassiz Environmental Learning Center near Fertile.

The Win-E-Mac School's Junior High Student Council hosted the annual Elementary Halloween Party. Held on Friday, October 27th, kids up to 6th grade joined in the fun with games and treats.

A Halloween party on Saturday, October 28th at the Winger Community Center gave community children a chance to play games, do some crafts, have a cupcake walk, a haunted stage and pumpkin painting. There was even bingo!

Trick or Treating on Halloween was available to the kids of McIntosh at both McIntosh Senior Living and Poplar Meadows Senior Living. The residents gathered in the lobby to see the kids in their costumes and hand out candy.

November 2023:

The Texas Rangers won baseball's World Series in November, defeating the Arizona Diamondbacks for their first championship in franchise history.

At the 76th National Thanksgiving Turkey Presentation, National Turkey Federation (NTF) Chairman Steve Lykken, group vice president for Hormel Foods and president of Jennie-O Turkey Store, presented Liberty and Bell to President Biden in a ceremony on the White House lawn, where the President granted them a formal, official pardon from the dinner table. University of Minnesota Interim President Jeff Ettinger and CFANS Dean Brian Buhr were on hand to celebrate the special occasion. The two birds will retire at the University of Minnesota and live out their lives in comfort.

The Win-E-Mac School in conjunction with area Veteran's organizations held a Veteran's Day program at the high school gymnasium on Friday, November 10th. David Ramsey and Phillip Quam were presented with Quilts from the Quilters for East Polk County group during the Veteran's Day program.

The Friends of McIntosh Veterans aired a program on GVTV Channel 30 and on the group's Facebook page and on the website, www.friendsofmcintoshveterans.com. Included in the program was an interview with McIntosh native and US Navy veteran, Ben Ramse.

The Annual Spears, Beers and Decoy show was held Saturday, November 18th at the Lean To Tavern and Peachy's Pub on Main Street in Bejou, Minnesota. A vendor show, live auction, drawing and food were a part of the event. Along with the show, Frannie Langemo, Suzanne Weik, and Kelsi Gunufson, staff at Win-E-Mac School, had the concession stand and all the money raised was donated to the Win-E-Mac BoxTops for Education.

Friday, November 17th, the ladies from East Polk County Quilters and guests were kept busy making quilt kits to sew the next day and throughout the year. The ladies cut and created 17 kits throughout the long day. The quilts were sewn into quilt tops the following weekend by the same group of dedicated ladies.

Students in Win-E-Mac Elementary were visited by Mentor Fire and Rescue Department, Heather Burd, for Fire Prevention Training. They talked about "get low, get fast, get out", how to check a door before getting out, having two ways to get out, and how

Review... Continued on page 4 ...

Stay active and celebrate winter with Winter Walk to School Day & Fitness Fever this February throughout Polk County

Winter has arrived, but that doesn't mean an end to being active. In fact, it's the perfect time to get outside and enjoy the variety of active living choices we have available right here in our area, whether that's sledding, snow shoeing, cross-country skiing, curling, ice fishing, hockey, or ice skating. Both February Fitness Fever and Winter Walk to School Day are being celebrated across Polk County with some great community partners and volunteers and will feature wonderful activity locations in our region.

The Minnesota Safe Routes to School 'Winter Walk to School Day' is planned for Feb-

ruary 7th in partnership with the Statewide Health Improvement Partnership (SHIP) and Safe Kids Grand Forks. Highland Elementary School in Crookston and Fisher School will both be celebrating with designated walking routes, volunteers, hot cocoa, reflective gear, and community members including fire and police departments and the Polk County Sheriff's Office.

Highland School drop-off will be at the bus garage on Barrette St & 3rd Ave NE. The Fisher School drop-off will be in the parking lot of Fisher Lutheran Church on 2nd St. Students who regularly get dropped off at their school

by caregivers can also join at these drop-off locations to be a part of the fun as well!

When students walk to school they spend more time with friends, family, and community, get necessary physical activity, have fun, and learn better. Safe Routes to School programs help students better focus in the classroom; studies have shown after 20 minutes of physical activity, students tested better in reading, spelling, and math and were more likely to read above their grade level. Increasing the number of children safely walking and biking to school can also reduce traffic congestion and improve air quality, and these events help

in making walking and biking more visible, fun, rewarding and healthy for children. We encourage parents, caregivers, students, and families to make walking and biking to school a habit and witness the value of walkable and bikeable communities.

Getting outside and remaining active – especially in winter – improves everyone's physical health, mental well-being, and social connectedness. Wintertime is an important time to get outdoors and find ways to connect with others and connect to the outdoors. February Fitness Fever activities can provide positive experiences and resources that make it eas-

ier to get out, have fun, move your body, and remain active this winter. Outdoor family activities will be offered every Sunday in February across Polk County and are free for the entire region.

Sunday, February 4: Open Gym Day at Win-E-Mac gymnasium (23130 345th St SE, Erskine); 1-3pm

Sunday, February 11: Winterfest in the Fertile Sandhills at the Agassiz Environmental Learning Center (400 Summit Ave SW, Fertile, MN); 1-4pm: enjoy cross-country skiing, snowshoeing, schoosh races, snow races, activity stations, sleigh rides, prizes, and refreshments.

Sunday, February 18: Sledding Day at McIntosh Hill (behind Polk County Social Services and Public Health Building, 275 SW Cleveland Ave, McIntosh); 1-3pm (bring your own sled)

Sunday, February 25: Ice Skating Day at Crookston Sports Center (801 Fisher Ave, Crookston); 1-3pm (ice skates in various sizes will be available for youth; limited adult sizes available or bring your own skates)

**All outdoor activities are weather dependent. Children and adults of all ages and skill*

Stay active... Continued on page 2 ...



The Win-E-Mac One Act Play was a success! A huge congratulations goes to the cast and crew of "Bus Stop" for taking second place at the One Act Play Sub-section Contest on Friday evening at the Win-E-Mac Arts & Event Center. They will compete at the Section 8A Contest next Saturday, February 3rd, at Bagley High School. Pictured: Ella Strom, Kaylee Kramer, Alyssa Morberg, Josie Fortman, Sam Lundy, Campbell Brown, Cameron Svalen, Sydney Svalen, Hana Thompson, Bergan Howard, Evelyn Ryan, Lily Shimpa, and Jereth Walker.

Behold, the January Thaw!

It's a scene familiar to most Minnesotans: after a period of deep cold during January, we experience a run of mild conditions, often pushing temperatures above freezing. Indeed, the famed "January Thaw" is a common creature of Minnesota's winter, especially in western and southern parts of the state.

A January Thaw is defined as two or more consecutive days with maximum temperatures above 32 degrees F. These thaw episodes are a regular part of Minnesota's climate, bringing a brief respite to a Minnesota winter. January Thaws are most common and often most dramatic in southwestern Minnesota, where the local topography can boost daytime temperatures above freezing with relative ease, and sometimes even above 60 F.

Although less extreme, January Thaws also occur most

years throughout northern and eastern Minnesota.

In the Twin Cities, January Thaws have occurred 82% of the time historically (back to 1873).

For comparison, a "White Christmas" in the Twin Cities (one inch or more of snow cover on Christmas Day) occurs about 72% of the time, meaning we are more likely to have a January Thaw than a White Christmas, and this is true in all but the northern third or so of the state.

With one January Thaw now recorded in 2024, the streak is currently 13 years and counting; the last winter without a January Thaw in the Twin Cities was 2011.

Given that some January Thaw events begin in December or end in February, we include these overlapping events when ranking thaw length, as long as the run of consecutive days includes at least two

days in January. The longest thaw on record length is 21 days, from December 19, 2006 to January 8, 2007. For thaws contained entirely within January, the longest on record is 18 days, spanning January 13th through 30th of 1944. That run of warm weather included a reading of 58 degrees F on the 25th, which still stands as the single warmest January day on record in Minneapolis.

January Thaws exhibit some interesting long-term behavior, especially given the unmistakable trends in recent winters.

For instance, January is Minnesota's fastest-warming month, with temperatures across the state increasing by 7-10 degrees F between 1970 and 2023. Yet the frequency of January Thaw events remains largely unchanged, and the length of these events shows no sign of increasing

Two in five Minnesota homes have high radon levels posing cancer risks

Radon is leading cause of lung cancer in people who never smoked.

More than 40% of Minnesota homes have dangerously high radon levels. That concerns health officials, because radon — an odorless, colorless radioactive gas — is the leading cause of lung cancer in people who have never smoked.

Together with public health organizations across the country, the Minnesota Department of Health (MDH), the American Cancer Society, A Breath of Hope Lung Foundation and the American Lung Association urge homeowners and renters alike to test their home for radon in January, during National Radon Action Month.

"The only way to know if your home has high radon levels is to test, but only about 1% or 2% of Minnesota homes are tested annually," said Dr. Brooke Cunningham, Commissioner of the Minnesota Department of Health. "Another concern is that, although radon occurs throughout the state, there are notable disparities in where the testing and mitigation are taking place."

Interactive maps on the MDH website show that in the Twin Cities metro area, testing and mitigation are less frequent in communities with lower incomes and more renters. Statewide, they are lower in Minnesota's northern and southwestern regions.

New U of M initiative encourages small communities to dream

A new University of Minnesota program is working to make big waves in small places. The Empowering Small Minnesota Communities program (ESMC) will funnel a substantial amount of U of M capacity into small communities across the state. Momentum for the new program is coming from changes at a federal level.

"This is basically the first time this many resources have been flooding into communities since 'The New Deal,'" says Andi Sutton, of U of M Extension's Regional Sustainable Development Partnerships (RSDP.)

ESMC wants to make sure Minnesota's small communities are a part of that investment. "We know through our work at RSDP that many small communities don't have the staff or the capacity needed to absorb the load involved in taking advantage of funding opportunities like these. And yet there's an abundance of ideas and opportunities waiting to be supported in small communities! That's where we come in."

The initiative is structured to put small Minnesota communities in the driver-seat, focusing on populations under 15,000, with special attention being given to populations under 5,000.

Selected communities will receive support to advance projects and position them to

Minnesota has unusually high radon levels due to its unique geology and cold climate. The average radon level in Minnesota is more than three times higher than the U.S. radon level: 4.2 pCi/L (picocuries of radon per liter of air) compared to 1.3 pCi/L.

A recent American Lung Association analysis estimated that in 2018, 638 lung cancer cases in Minnesota were radon-induced (17.8%), out of the 3,587 lung cancer cases diagnosed.

"Radon is a serious public health issue in Minnesota, and we urge everyone to test their home for radon this month," said Jill Heins-Nesvold, national senior director of Health Systems Improvement and Indoor Air Quality at the American Lung Association.

Testing is easy and inexpensive
MDH expects to send out more than 6,000 kits to health departments and other partners, who will distribute them statewide at low or no cost. Test kits also can be purchased at hardware and home improvement stores or ordered at mn.radon.com. Licensed professionals can conduct testing, too.

"Radon is the number one cause of lung cancer in never-smokers," said Nancy Torrison, executive director of A Breath of Hope Lung Foundation. "We will continue to educate the public about radon testing and

ward receiving federal, state, and local funds.

Project ideas can fall under many different areas, including: water, parks, trails, tourism, buildings, emergency & weather readiness, energy efficiency, economic & cultural vitality, and housing.

"It's a chance to dream with the support of experienced researchers and student capacity. They will help walk communities through a process to turn those dreams into concrete, fundable realities," says Sutton.

Opening the door to small communities

Five separate groups from the U of M have joined forces under the new program: the Center for Transportation Studies, U of M Extension Regional Sustainable Development Partnerships, Minnesota Design Center, Humphrey School of Public Affairs, and Center for Urban and Regional Affairs.

"Within this powerful ensemble, RSDP serves as the doorway to rural Minnesota," says Kathy Draeger, Statewide Director for RSDP. Draeger is also a proud resident of rural Clinton, a town in western Minnesota with a population under 400 people.

"There's been a lot of loss in my hometown. We've lost the pharmacy and the cafe. We're struggling to keep our care center open. We'll soon lose

mitigation in hopes that one day, Minnesota's families and homes are safe from this naturally occurring deadly gas."

In the winter, home heating systems tend to draw in radon gas from the soil, increasing radon levels inside the home. Many Minnesotans also use basements as living spaces, which can increase radon exposure. Renters, especially those in ground or garden level units, should test their homes or ask their landlords to test. Although testing can be done year-round, the best time to test is during the heating season.

In homes found to have high radon levels, the fix typically involves installing a ventilating pipe and fan to pull air out from under the home. This reduces the amount of radon entering the home.

"I tested my house, and the result was 9, which is above the action level of 4 pCi/L," said Matt Flory, associate director of State Partnerships at the American Cancer Association. "I hired a professional. They installed a radon system, which reduced radon to a low level."

More information about radon in Minnesota is available on Radon in Homes website (<https://www.health.state.mn.us/communities/environment/air/radon/index.html>) or by calling the MDH Indoor Air Unit at 651-201-4601 or 1-800-798-9050.

the elementary school in town. People feel downhearted," says Draeger. "So I know first hand as someone living in a rural community, sometimes you need a fresh perspective and support in envisioning what can be."

Draeger feels this program is essential not only to small communities, but to maintaining the well-being of broader Minnesota.

"Small communities are essential to how our state and society functions.

"They're often at the heart of the systems we depend on, like food production, and increasingly energy production. We neglect rural communities at our own peril."

Does alcohol have a casual link to cancer?

Though no one can completely eliminate their risk of developing cancer, the World Health Organization estimates that between 30 and 50 percent of all cancer cases across the globe are preventable. That's a significant assertion with a wide-ranging assortment of consequences, including ones with social and economic implications. One example that can illustrate how preventable many cancers may be surrounds alcohol consumption. According to the WHO, alcohol is causally linked to seven types of cancer and asso-

Snowmobile safety class to be held in McIntosh

Polar Beach Snowmobile Club is hosting a traditional snowmobile safety class. Class will be on Saturday, February 10, 2024 starting at 8:00 am at the McIntosh Community Center and will run until roughly 4:00 pm.

A light breakfast and lunch will be provided by the Polar Beach Snowmobile Club. This is a 2-part class that requires a driving portion that will be conducted on Sunday, February 11, 2024, at the Polar Beach Snowmobile Club's clubhouse, next to the old football field in McIntosh. The driving portion will begin at 12:00 pm. There will also be the on-

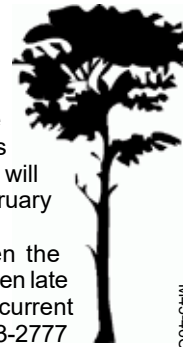
line, hybrid, class offered by Polar Beach Snowmobile CLUB on Saturday, February 11th at the Polar Beach Nowmobile Club's clubhouse. Class starts at 12:00 pm. Please remember to bring your printed completion paper from the online course to do the driving course.

Please remember to dress appropriately for the driving test. Helmets are required for anyone under 18 years old in Minnesota and proper cold weather gear is required because the driving test will be outside. The club has a very limited amount of helmets to borrow for the test or students can share them if they would

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 at wiersma.eastpolk@gmail.com.



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

Stay active...

Continued from page 1

levels are welcome and encouraged to attend these free events.

Don't let the cold weather keep students and families from staying active; bundle up and celebrate with us this February with Winter Walk to School Day and February Fitness Fever!

Walk to school tips from Safe Kids GF

With the right preparation, walking to school and getting outdoors in the winter can be fun, enjoyable, and healthy! Dress in layers for all outdoor activities. Follow these six helpful tips to encourage students to continue walking to school all winter long:

- Check the forecast and avoid days that are too cold, windy, or snowy.
- Dress in layers to help regulate your body's temperature.
- Keep your toes warm by wearing winter boots and warm socks.
- Take your time and enjoy a leisurely pace.
- Wear hats and mittens to keep your head and hands warm.
- Stay hydrated by drinking water before and after your time outside.

Drivers should always look out for pedestrians, but they have some added responsibilities when driving in winter conditions as walkers may be moving slowly and might slip and fall on ice. There may be large snowbanks which can make visibility difficult. Drivers should look out for people

walking and begin braking earlier when approaching crosswalks or areas where pedestrians may be crossing. Homeowners can support pedestrians as well, by keeping their sidewalks clear and not allowing large piles of snow to accumulate at corners where walkers may cross.

For additional information about Minnesota Safe Routes to School, visit <https://www.dot.state.mn.us/saferoutes>

For questions or more information, contact Polk County Public Health at 218.281.3385 or email pcphreferral@co.polk.mn.us or Safe Kids GF at 701.780.1489 or email safekids@altru.org.



Thurs. Feb. 1:
Scott Grove, Todd Tranby, Dakota Hedlund, *Mark & Danette Strom

Sat. Feb. 3: Felicity Address, Katelyn (Johnson) Probst, Jazmine Burthwick, Floyd Wooliscroft

Sun. Feb. 4: Paul Schow

Mon. Feb. 5: Rebecca (Lee) Kleven, Rhett Roed, *Craig & Lynette Espeseth

like to. Also the driving test will be conducted on the snowmobile clubs machines only for insurance reasons.

For questions contact Josh Bartz at 218-280-3562 or on the Polar Beach Snowmobile Club's Facebook page.



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

Sun. Feb. 4: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Feb. 7: 11:30am Mass; Adoration 12-8pm

Sun. Feb. 11: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Feb. 14: Ash Wednesday 7:00pm Mass; Adoration 12- 6:30pm

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

Sun. Feb. 4: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Feb. 11: 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 Pastor: Nathan Dalager

Trinity: (27262 315th St. SE, McIntosh) Sunday Worship: 11:00am; Sunday School: 9:45am

Mt. Carmel: (305 State St. NE, McIntosh) Sunday Worship: 9:30am; Sunday School: 10:45am

Lutheran Parish YouTube Channel

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

Sun, Feb. 4: 9:30am Sunday School and Adult Bible Study

Tues, Feb. 6: 10:00am. Sunday worship service telecast on GVTV--30

Wed, Feb. 7: 6:30pm Bible Study at Sharon Ramberg's home

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

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
PastorLee Laaveg

Sun. Feb. 4: 9:00am Worship

Sun. Feb. 11: 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: 10:30am Coffee Fellowship; 11:00am Worship

GRACE LUTHERAN CHURCH- NALC
Erskine
Rev. Pam Thorson

Sundays: 9:15am Sunday School; 10:30am Worship

Come early and enjoy fellowship and a good cup of coffee. It will also be available at the same time on Garden Valley Channel 30, Facebook and YouTube.

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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Did you know?

Live sports can be wildly entertaining, giving viewers lots of ups and downs to enjoy (or endure). That emotional roller coaster has made live sports, and football in particular, especially popular among television viewers. Data from Nielsen indicates that the National Football league was responsible for 45 of the 50 larg-

est Nielsen-measured sports audiences in 2022. In fact, the top 32 events were all NFL games, with the 2021-22 College Football Playoff National Championship Game between Georgia and Alabama coming in at no. 33 among the year's most watched sporting events. Even the thrilling World Cup Final between Argentina and

France was no match within the United States for the NFL, garnering 22.32 million viewers. By comparison, that year's Super Bowl between the Rams and Bengals attracted 99.18 million viewers. Curiously, despite baseball's designation as "America's pastime," Major League Baseball did not have a single game place among the 50 most watched sporting events of 2022.

Giving Hearts Day is Feb. 8: Donate to the for a healthier community

The excitement is building for Giving Hearts Day on Feb. 8! Please support RiverView Health through a donation to the RiverView Foundation to help ensure the lifesaving services our community hospital provides stay intact.

This year marks the 17th

year of the online fundraiser for non-profits. The RiverView Foundation has participated in the event since the beginning. Many projects, programs, and funds exist because of Giving Hearts Day. Donations and gifts given in memory or honor of loved ones have been used to purchase essential equipment to keep our community healthy.

Undesignated funds to be used for surgical sterilizers

The RiverView Foundation Board has determined that undesignated 2024 Giving Hearts Day contributions be used to assist in the cost of replacing sterilizers in the Surgical Services Department.

One large and one small sterilizer will be replaced with three smaller sterilizers. The additional unit will be available in case of equipment malfunction or maintenance. In addition, sterilization time will decrease because of the added equipment, allowing for the scheduling of more patients.

The vital equipment will ensure the safety of patients and allow RiverView Health to

- ♥ Increase the number of surgical hours by 7%
- ♥ Reduce the amount of

downtime associated with maintenance repairs by 50%

♥ Reduce the number of cancellations and reschedules by 25%

The Dakota Medical Foundation (DMF), Impact Foundation, and Alex Stern Family Foundation host Giving Hearts Day. On Feb. 8, DMF and other generous donors will provide up to \$60,000 in match contributions to the RiverView Foundation to stretch donations even further to make the maximum impact.

Early Giving Now Open

If you do not want to wait until Feb. 8, you can give your gift now, ahead of the big day, by going to www.riverviewhealth.org and clicking "Donate" at the top of the page.

"Thank you for your past support and consideration of a gift to Giving Hearts Day 2024," stated Foundation Director Randy Schoenborn. "Your belief and trust in our mission will make a positive difference in the future health and vitality of our rural region."

For more information about the Giving Hearts Day program, contact Schoenborn at rschoenborn@riverviewhealth.org or call 281-9249.

Strategic Farming: Let’s talk crops! focused on big data and corn genomics

What does the use of big data in corn genomics mean for today's producers? "If we can understand what makes a particular hybrid perform the way it does in a particular environment, different hybrids could be placed strategically where they would perform the best," states Dr. Candice Hirsch, a corn geneticist and genomics professor at the University of Minnesota.

Hirsch's Maize Translational Genomics lab generates big data to study these relationships between corn genetics, the environment and phenotypic variation under different growing conditions. Getting that data, however, is labor intensive. Plants are sampled from the field, then DNA is isolated and sequenced. The result is terabytes worth of data to try and make sense of.

Each plant has 2.3 billion genomic bases and these are compared against all other plant samples.

There is a surprising amount of genetic diversity among corn hybrids, according to Hirsch. To illustrate, 26 corn plants were analyzed and each had about 40,000 genes. However, they found 100,000 unique genes across all varieties. That translates into 60,000 extra genes that are sometimes present within each genotype.

As corn genomic data expands, it will allow plant breeders to predict performance for a large number of progeny without having to grow every individual in every field environment. Big data can help us understand how different genotypes interact with the environment.

Recent studies have shown that different genes control a plant's performance potential versus its ability to react to its environment – or plasticity. Other studies suggest that corn breeding may have reduced this genomic plasticity.

To study plasticity, Dr. Hirsch's group measured the height of every plant in 500 different varieties in several environments at several times during the growing season using drones. The resulting plant growth curves could be compared.

Their results showed significant diversity in the growth curves, even when varieties ended the season at the same height. Data like this helps quantify the genetic elements that contribute to stable growth patterns across environments and improved corn crops.

Hirsch's group wondered if they could also use drones to study how plants interact with different management practices. Unfortunately, a massive wind event occurred, and their plans shifted into studying



lodging and recovery.

A repeated study the following year also had a lodging event, so they took a closer look at the underlying variation affecting lodging and recovery instead. They identified high plant densities and corn stage as important factors affecting lodging and recovery.

What about climate change? Tom Hoverstad, researcher at the Southern Research and Outreach Center, observes that as the climate gets warmer and wetter, corn genetics also change. "Since corn is bred, selected and tested where they're going to be grown," he states, "new hybrids are adapted to that changing environment." However, if the climate starts to change more rapidly, it may be a challenge for corn genetics to keep up.

Will the warming climate translate into growing longer relative maturity hybrids? Not necessarily, according to Hoverstad. "Even if we gained a few growing degree days during the spring, soils still need to dry out before planting. More importantly, the risk of frost hasn't changed," he states. Since first fall frost dates haven't shifted dramatically, maturity ratings haven't moved.

Hirsch's lab has documented an incredible amount of genetic diversity in corn plants. "The use of big data allows us to maximize yield increases under increasingly stressful conditions," concludes Hirsch.

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.

Story to Share?

If you have a story or photos you want to share, please send to: mcintoshtimes@gmail.com

POLK COUNTY COMMISSIONERS MINUTES

JANUARY 16, 2024 BOARD MINUTES

Pursuant to motion of adjournment, the Polk County Board of Commissioners met in regular session at 9:30 o'clock a.m., January 16, 2024. Members present: Commissioner Paul Reese, Commissioner Warren Strandell, Commissioner Gary Willhite, Commissioner Joan Lee, and Charles S. Whiting, County Administrator, Clerk of the Board. Others present Samuel Melbye, Deputy Clerk of the Board. Members absent: Commissioner Mark Holey.

REVISED AGENDA

A motion was made by Commissioner Lee seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the revised January 16, 2024, agenda adding No. 4 under Karen Warmack, Social Services.

CONSENT ITEMS

A motion was made by Commissioner Reese seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve the January 16, 2024, consent items:

- 1.Approve Commissioner Warrants: General Revenue Fund, \$212,793.40; Public Works Fund, \$233,402.11; Public Safety Fund, \$64,626.43; Public Health Fund, \$39,774.46; Forfeited Tax Sale Fund, \$280.00;SpecialAssessments(Ditch) Fund, \$24,900.95; Environmental Services Fund,\$10,747.38; Resource Recovery Fund,\$203,574.35; Landfill Fund, \$101,594.91; Per Diems, \$2,175.00; Meal Reimbursements (without overnight lodging), \$0.00 and Sign Audit List.
- 2.Approve the January 2, 2024, Board minutes.
- 3.Approve payment to US Bank, St. Louis, MO in the amount of \$65,443.03 for procurement card purchases.
- 4.Approve Change Order No. 3 from CL Linfoot, Grand Forks, ND for a -\$5,000.00 deduct for the roofing project at the Justice Center. (The deduct is for the roofing which was not replaced under the roof top Chillers x 2)
- 5.Approve for payment Lost Warrant No. 575180 dated December 1, 2023, issued to Higdem Township in the amount of \$51,097.43.

COUNTY BOARD MEMBER ISSUE FORUM

- 1.A motion was made by Commissioner Lee seconded by Commissioner Reese and adopted by unanimous vote of the Board to re-appoint Commissioner Strandell to the Grand Forks-East Grand Forks Metropolitan Planning Organization's Executive Policy Board.
- 2.Commissioner Reese brought forth that he attended the following meetings:
 - a.Tri-Valley Opportunity Council meeting.
 - 3.Commissioner Strandell brought forth that he attended the following meetings:
 - a.Completed County Board of Appeal and Equalization Training.
 - b.Tri-County Community Corrections meeting.
 - c.Phone call from Keith Mykleseth, City of East Grand Forks Water & Lights General Manager, regarding possible wind farm for the City of East Grand Forks.
 - 4.Commissioner Willhite brought forth that he attended the following meetings:
 - a.Tri-Valley Opportunity Council meeting.
 - 5.Commissioner Lee brought forth that she attended the following meetings:
 - a.Northern Minnesota Board of Water and Soil Resources (BWSR) Board meeting regarding Sand Hill River Watershed – One Watershed One Plan.
 - b.Monthly Radio Program.
 - c.Bi-monthly virtual meeting of women county commissioners.
 - d.Association of Minnesota Counties Education and Training meeting.
 - e.State Community Health Services Advisory Committee (SCHSAC) Executive Committee meeting.

HIGHWAY

Richard Sanders, Polk County Highway Engineer came before the Board with matters pertaining to his department:

1.Raise Grant Application

Discussion along with a handout was presented to the Board regarding Grand Forks County, City of Grand Forks and the City of East Grand Forks approved spending funds to have SRF complete the Raise Grant Application for the Merrifield Bridge/ Inner City Bridges. The cost would be \$28,404.00 with the cost being split 4 ways between the 4 governing

agencies. A motion was made by Commissioner Strandell seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve spending \$7,101.00 to have SRF put together a Raise Grant Application for the Merrifield/Inner City Bridges. (Handout on file in the Administrator's Office)

2.Route and Seal Contract CP 123-03-1410 Etc.

Discussion along with handouts were presented to the Board regarding Route & Seal Contract CP 123-03-1410, etc. A motion was made by Commissioner Reese seconded by Commissioner Strandell and adopted by unanimous vote of the Board to cancel CP 123-03-1410 etc. which was awarded to MP Asphalt Maintenance LLC of Clearlake, MN in the amount of \$127,100.00 on February 28, 2023. (Handouts on file in the Administrator's Office)

3.Contractor Payments

Currently Polk County Public Works has approval to pay its contracted road and bridge contracts on a weekly basis. Polk County also uses its equipment bid and quotes to employ contractors to perform the following types of work: snow and ice removal of parking lots, lawn care, ditch cleaning/beaver dam removal and beaver trapping. Polk County Public Works is requesting the ability to pay all these types of contractors work on a weekly basis as well. A motion was made by Commissioner Reese seconded by Commissioner Lee and adopted by unanimous vote of the Board to allow Polk County Public Works to make contractor payments on a weekly basis whether contracted, by quote or direct hire.

4.Replace GIS Supervisor Position/GIS Technician Position

Due to a resignation a motion was made by Commissioner Strandell seconded by Commissioner Lee and adopted by unanimous vote of the Board to allow the Polk County Highway Department to fill the GIS Supervisor position, or the GIS Technician position as needed based on applicants' experience.

SHERIFF

James Tadmam Polk County Sheriff came before the Board with matters pertaining to his department:

1.Monthly Sheriff Reports

The December 2023 monthly sheriff reports were discussed and presented to the Board. (Reports on file in the Administrator's Office)

2.2024 State of Minnesota Federal Boating Safety Supplemental Equipment Grant Contract

A motion was made by Commissioner Reese seconded by Commissioner Lee and adopted by unanimous vote of the Board to accept and approve the Federal Boating Safety Equipment Grant for \$2,893.00 as presented to the Board. (Grant on file in the Administrator's Office)

SOCIAL SERVICES

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

1.Social Worker CPS Replacement Request

A motion was made by Commissioner Lee seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve filling a Social Worker CPS position and to fill any internal subsequent position vacancies occurring because of this action.

2.Fiscal Supervisor I Replacement Request

A motion was made by Commissioner Reese seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve filling the Fiscal Supervisor I position and any internal subsequent position vacancies occurring because of this action.

3.Personal Money Management Contract Approval

A motion was made by Commissioner Strandell seconded by Commissioner Willhite and adopted by unanimous vote of the Board to approve the 2024 contract with the Personal Money Management for \$15,000.00 as presented. (Contract on file in the Administrator's Office)

4.*Tri-Valley Opportunity Council Transportation and Senior Companion Contract Approval

A motion was made by Commissioner Reese seconded by Commissioner Willhite and adopted by unanimous vote of the Board to approve the 2024 Tri-Valley Opportunity Council Transportation and Senior Companion Contracts as presented to the Board. (Contract on file in the Administrator's Office)

PLANNING AND ZONING

Jacob Snyder, Environmental Services/Planning & Zoning Administrator came before the Board with matters pertaining to Planning

and Zoning:

1.Syverson Family Cemetery Final Plat– Parcel No. 38.00097.00

Discussion along with handouts were presented to the Board regarding the Syverson Family Cemetery Final Plat. The applicants (Dawn Carpenter, and co- applicant husband Jeff Carpenter) along with eight family members as shown on handout, propose to plat a private cemetery on a 3.5-acre portion of land on Parcel No. 38.00097.00, located in Section 18 of Hill River Township. The Syverson family wishes to Plat a private cemetery which would create 56 grave sites. The portion of land identified as the cemetery on the proposed plat is a 3.5-acre portion of Parcel No. 38.00097.00 located in Section 18 of Hill River Township and would have road access off County Highway 5. A motion was made by Commissioner Lee seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the Final Plat "Syverson Family Cemetery" as presented to the Board. (Handouts on file in the Administrator's Office)

ADMINISTRATION

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

1.Resolution (2024-05) Adopting County Board Operating Procedures and Livestreaming County Board Meetings

RESOLUTION (2024-05)

Adopting County Board Operating Procedures And Livestreaming County Board Meetings

The following resolution (2024 -05) was offered by Commissioner Strandell:

Vendor Name	Amount
Altru Health System	2,084.06
Applied Concepts Inc	13,022.50
Assoc Of Mn Counties	21,000.00
Association of Minnesota Counties	2,249.00
Association of Mn Counties	4,932.00
Baldwin Supply Company	11,885.62
Barr Engineering Co	4,279.00
Beltrami Industrial Services	53,378.82
Bert's Truck Equip Of Moorhead	11,148.00
Brault Construction LLC	23,370.30
Brost Chevrolet Inc	5,120.86
Church & Dwight Co Inc	12,642.52
CNH Industrial Accounts	24,138.09
Country Pet Foods, LLC	6,271.02
Crookston Fuel Company	5,175.00
Daryl P Johnson Revocable Trust	8,207.50
Destination Transport	2,190.00
DTN LLC	67,200.00
East Grand Forks City	6,694.98
Evenaire Systems Inc	3,244.50
GP Excavating LLC	7,380.00
Higher Ground	3,317.70
KNOWINK	16,637.50
Kustom Collision LLC	6,877.46
LEADS ONLINE	3,016.00
League Of Minnesota Cities	2,430.00
Level 5 Services	3,969.00
Little Falls Machine Inc	4,315.03
LSQ Funding Group LC	2,975.16
MCIT	6,362.00
McKesson Medical Surgical	2,536.54
Mn Dept Of Transportation	2,919.60
MnCCC Lockbox	100,755.16
MNCCC MI 33	11,463.60
Motorola Solutions Inc	6,685.92
Northdale Oil Inc	4,018.35
Northern Lumber	2,969.11
Polk County	3,859.81
Polk County Environmental Services	79,828.57
Polk County Highway Department	18,228.43
POMPS Tire Service Inc	5,307.52
Primrose Oil Co	2,117.45
Pro West & Associates Inc	3,335.00
RJ Zavoral & Sons Inc	32,300.00
Road Machinery and Supplies Co.	5,201.17
Samletech	16,945.00
Stantec Consulting Services Inc	6,360.25
Sterling Carpet One	4,675.00
Stone's Mobile Radio Inc	16,113.00
Streicher's	4,256.80
Team Laboratory Chemical LLC	74,037.50
The Babcock & Wilcox Company	2,450.00
The Master's Touch	6,933.24
Trudeau/Ronald	3,875.00
Univar Usa Inc	36,648.40
UpNorth Engineering LLC	5,410.00
Ziegler Inc	4,229.70
199 Payments less than 2000	82,720.25
Final Total:	891,693.99

With no further business the Board adjourned to reconvene at 8:00 o'clock a.m., January 23, 2024.

Gary Willhite, Chair

ATTEST:

Charles S. Whiting, County Administrator
Clerk of the Board M46C

When building a skin care routine, it's important to remember that products don't need to be expensive to be effective.

Adopting a simple, three-step approach that includes cleansing, moisturizing, and protecting your skin can help reduce skin care costs while keeping your skin healthy.

Limiting the number of products you use can also help, as using several different products can be costly. It can also irritate your skin and make signs of aging more noticeable.

In addition to simplifying your approach, follow these tips from board-certified dermatologists to be skin and savings smart:

1. **Cleanse your skin** before applying skin care prod-

ucts and before going to bed. A gentle cleanser removes dirt, oil, and debris, and helps prevent clogged pores and breakouts. To prevent irritation, limit face washing to twice a day and after sweating.

2. **Get the most from your moisturizer** by applying it to damp skin. Moisturizer traps water in your skin, helping it look brighter and younger. Remember to moisturize your face, body, and lips, even if you have oily skin.

3. **Use sun protection** to help prevent wrinkles, age spots, and skin cancer. Whether you seek shade, wear sun-protective clothing, or apply sunscreen, sun protection is an important part of your daily skin care. Apply sunscreen to all skin not covered by cloth-

ing.

Consider using dual-function products, such as a moisturizer with sunscreen. Make sure the sunscreen is broad-spectrum and has an SPF of 30 or higher, and remember to re-apply every two hours or after swimming or sweating.

Read the label. Look for products for your skin type that say "non-comedogenic" or "won't clog pores."

Consider using petroleum jelly. This inexpensive product can have several uses, including moisturizing dry skin and nails and treating minor injuries.

To maximize results and minimize potential irritations, choose products that will work best for your skin type.



October 2023: Jim and Nina Palubicki and Rick and Cheryl Mollin on there recent trip to Jerusalem.



December 2023: The judges of the first annual Sausage Cooking Contest at Neil's Quality Meats & More had a difficult time picking winners as each dish offered something special. This years judges were (l-r) Stephanie Anderson, Roxanne Stordahl, Jake Birkemeyer and Bobby Bursheim.

The long-term effects of proper childhood dental care

Parents of young children are undoubtedly familiar with the morning and nighttime ritual of getting kids to brush their teeth.

Kids may or may not embrace that routine no matter how hard parents try to relate the benefits of proper oral hygiene, but moms and dads can take solace in the knowledge that childhood dental care can have a positive and lasting effect on kids' overall health.

Dental care and heart disease: Harvard Health Publishing notes that numerous studies have now shown that people with poor oral health exhibit higher rates of cardiovascular issues, including heart attack and stroke.

The reason behind that remains something of a medical mystery, but some theorize that bacteria that infects gums and causes conditions such as gingivitis and periodontitis trigger an immune response, inflammation, that then contributes to vascular damage.

Dental care and Alzheimer's disease: The National Institute on Aging reports that a recent analysis published in the Journal of Alzheimer's Disease noted the bacteria that

cause gum disease are also linked with the development of Alzheimer's disease.

That analysis found that older adults with signs of periodontitis, a condition marked by inflammation of tissue around the teeth that can cause loosening of the teeth, were more likely to develop Alzheimer's disease. Dental care that protects the gums could very well reduce individuals' risk for dementia.

Dental care and cancer risk: Cancer is among the leading causes of death across the globe, affecting people from all walks of life. Researchers at Harvard's T.H. Chan School of Public Health discovered a link between dental care and cancer risk.

In a letter published in the journal Gut in 2020, researchers reported that they found that people with a history of gum disease have a higher risk of stomach and esophageal cancers than people with no such history. And that risk was not exactly minimal, as researchers reported a 43 percent higher risk for esophageal cancer and a 52 percent higher risk for stomach cancer.



Seven year old Alanna Willis doing her Auxiliary Jr. volunteering at the concession stand during bingo at Bagley American Legion Post 16, Friday January 26th. Alanna was with her mom, Amanda (Chairperson Auxiliary Juniors).

Alanna has been an Auxiliary Junior member since she was born. Alanna is eligible for Auxiliary Juniors through her maternal grandfather, Tom Norgaard. Tom served in the Army, and was a Vietnam Veteran. Tom was also Post Commander for The American Legion Post 16, Bagley.

The concession stand is the main fund raiser for the American Legion Auxiliary Unit 16. It is open Friday nights during the bingo season. The concession stands starting selling items about 5pm-5:30pm, and goes through the bingo break. Items sold include bingo daubers, glue, soda, water, chips,

and candy bars, along with desserts and sandwiches, which are made by the members of the American Legion Auxiliary, often the ones volunteering.

Serving our veterans and community is truly an honor. Besides giving back to those who served, membership in the American Legion Auxiliary and Auxiliary Juniors has additional benefits, such as the Auxiliary Emergency Fund, retails discounts, and various insurances options such as vision, dental, life to name a few.

To be a member of the American Legion Auxiliary and/or Auxiliary Juniors, one must be a spouse, female child, female grandchild or a sibling of a military veteran. Applications can be obtained at your local American Legion. For additional information, questions, feel free to call 218-401-1651.

Review..

Continued from page 1.....

a firefighter looks when they come to help. The older kids even got to learn how to use a fire extinguisher.

Sunday, November 26th a pancake and sausage breakfast, cooked by the McIntosh Fire Department and show support for Dan Salvhus and his family while he is undergoing treatment for esophageal cancer.

December 2023: *The Detroit Lions win their first divisional title in 30 years Taylor Swift's The Eras Tour becomes the first tour to gross over one billion dollars, making it the highest-grossing tour and Swift the first artist to reach the one billion mark.*

Carole Burslie celebrated her 90th Birthday on Saturday, December 2nd with her family and friends at Our Savior's Lutheran Church.

A Very Merry McIntosh was held on Saturday, December 2nd in downtown McIntosh. Santa and Mrs. Claus made an appearance at Neil's, the Shoppe's of McIntosh were

open for holiday shopping and there was a Winter Light Pole Decorating Contest sponsored by The McIntosh Community Club. The winner of the contest was FarmChek with a Grinch themed light pole.

The Annual Winger Lions Breakfast with Santa will be this Saturday, December 9th. A pancake breakfast with a visit from Santa and his elf along with many activities from the Winger ladies. The weather was frightful but the Winger Lions pulled of another delightful Breakfast with Santa event at the Community Center.

Santa Claus Day was held in McIntosh on Saturday, December 16th. Sponsored by the McIntosh Community Club kids from the community were able to enjoy goodies, a warm beverage, check out the Santa Letter mailing station to make sure Santa received any last-minute requests. Santa and Mrs. Claus arrived after some songs with Sue Lee and visited with the kids before heading off



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.

Win-E-Mac Snowfest is this week at Win-E-Mac School and there will be a pepfest on Friday, February 2nd.

This years snowfest dance will be held on February 2nd from 9-11:30 PM! The entrance fee will be \$10. Hope to see you there! *Note: Guests must be signed up in office prior to dance

to the North Pole for their final preparations before Christmas Eve.

Win-E-Mac School added two activities in 2023 for students. Esports is a gaming activity in which students play computer games with neighboring districts and schools outside Minnesota. There are strict eligibility rules just like any other sports so the students have to be in good standing to participate. Kids are gaming all the time, and this is an opportunity for them to play and attend tournaments. The district also formed a coop in wrestling with Fertile. Not all students play BB ball or other winter activities so now there are other options.

The Win-E-Mac Senior class had a new, great fundraiser over the holiday season. The Win-E-Mac escape room has participants follow a series of puzzles and clues to accomplish a goal in a limited time. There are two different rooms: Game Night and Art Studio.



November 2023: Mrs. Gunufson's and Mrs. Langemo's first grade classes wrote Thank You notes and created soldiers to display for the Veteran's Day program held at Win-E-Mac School on Friday, November 11th.