



McINTOSH

Hub of the Thirteen Townships

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Times

McIntosh, Minnesota

Essentia Health faces off with City of Fosston over birthing services

About 40 community members gathered at Fosston City Hall Tuesday, January 30th to tune into a virtual public hearing on the matter of Essentia Health's closure of the labor and delivery services at Essentia Health's Fosston location. There were also over 100 others who joined online, along with four of Essentia Health's administrators and the Minnesota Department of Health's Stacy Shogren as the moderator.

The Minnesota Department of Health (MDH) held this for 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.

The hearing was an information only venue and an opportunity for public comment,

there was no bearing on the decision made by Essentia Health to cease services, nor on the City of Fosston's course of action due to a breach of the 2009 contract between the City of Fosston and Essentia Health. Among other services in this contractual agreement with the city is obstetric care. Essentia put a pause on OB care in June 2022, and since that time, Fosston has worked to meet the requirements from Essentia to return this care, despite some changes along the way.

According to Essentia Health, labor and delivery services have been diverted to St. Mary's Regional Health Center, an Essentia facility in Detroit Lakes, more than 60 miles from Fosston, as the company feels this shared maternity care model provides safer, coordinated care for the

residents of Fosston, and the surrounding communities, which also use the hospital and clinic as their primary health provider. During the meeting, Essentia Health officials stated that low-volume birthing centers have more risks that impact the well-being of moms and babies, as well as complications recruiting physicians and staff to low-volume birthing centers.

The City of Fosston is poised to terminate the agreement and regain operational control of the hospital. On September 19, 2023, The Fosston City Council voted to enter into mediation with Essentia Health during an informal meeting where over 100 community members gathered. Mediation, which took place in October 2023 between the City of Fosston and Essentia Health was unsuccessful.



The City of Fosston is ready to take back the hospital if Essentia refuses to provide labor and delivery services.

The next step will be an arbitration panel which will probably take place during late spring or early summer of this year. Should Essentia Health not bring back birthing services to the Fosston Hospital, the City of Fosston will end the operation contract entirely and put the hospital back under the control of First Care Medical Services.

If the city ends their contract with Essentia Health, the provider will have 12 more months of service before they will no longer operate the hospital and the facility will return again to being an independent hospital.

The closure of labor and delivery services in rural areas is a challenge affecting communities nationwide. This

phenomenon is not confined to Essentia Health's Fosston hospital. With the closure of these birthing departments, there are questions about access to crucial healthcare services in rural communities. The repercussions are profound, impacting not only the community's health but also the local economy and population trends.

Candlelight Ski & Owl Prowl at Rydell

On Saturday, February 17th, the Friends of Rydell and Glacial Ridge Refuges Association will be hosting a Candlelight Ski and Owl Prowl at Rydell National Wildlife Refuge near Erskine, MN from 6:00 pm to 9:00 pm. The timing of this event will coincide with the breeding season of several local owl species, and hopefully clear skies and moderate temperatures!

The Refuge's Golden Pond and Church Lake trails will be groomed and lighted for this event. Visitors will be able to ski, snowshoe, or walk the trails during this event. There will be several pairs of adult and child size skis as well as snowshoes available for visitors to use free of charge on a first come, first served basis. Even though luminaries will be lit along the trails, we recommend that visitors bring a headlamp if they have one.

Along one of the groomed and lighted trails, an owl calling station will be set up where

the calls of several owl species (e.g., saw whet, barred, great horned) will be projected into the woods to try and generate a response from a resident owl or two. There will also be an owl education station and a black bear education table set up in different gazebos along the trails.

The Visitor Center will be open throughout the event for warming up and refreshments will be provided, courtesy of the Friends of Rydell and Glacial Ridge Refuges Association.

If on February 17th trail conditions lack snow for skiing or snowshoeing and the trails are not too icy, the event will be changed to a hike. If forecasted temperatures are below zero or wind chills in the double-digits below zero or the trails are too icy, the event will be canceled and potentially rescheduled for a later date.

If you have questions or want more information, contact Larissa Fitzgerald at (571) 499-3880



Community members gather at the Fosston City Hall for a digital public meeting with the Minnesota Department of Health about Essentia Health ending birthing services in the Fosston Hospital.

Polk County Sheriff's K9 Jax receives donation of body armor

Polk County Sheriff's Office member, K9 Jax has received a bullet and stab protective vest thanks to a charitable donation from non-profit organization Vested Interest in K9s, Inc. K9 Jax's vest was sponsored by Joan and Mark Lee of McIntosh, Minnesota and embroidered with the sentiment "Born to Love - Trained to Serve - Loyal Always".

Vested Interest in K9s, Inc., established in 2009, is a 501(c)(3) charity whose mission is to provide bullet and stab protective vests and other assistance to dogs of law enforcement and related agencies throughout the United States. This potentially lifesaving body armor for four-legged K9 officers is U.S. made, custom fitted, and NIJ certified. Since its inception, Vested Interest in K9s, Inc. has provided over 5,435 vests to K9s in all 50 states at a value of \$6.9 million, made possible by both private and corporate donations.

The program is open to U.S. dogs that are at least 20



months old and actively employed and certified with law enforcement or related agencies.

K9s with expired vests are also eligible to participate.

There are an estimated 30,000 law enforcement K9s throughout the United States.

Vested Interest in K9s, Inc. accepts tax-deductible contributions in any amount, while a single donation of \$985 will sponsor one vest.

Each vest has a value of \$1800.00, weighs an average of 4-5 lb., and comes with a five-year warranty. For more information, or to learn about volunteer opportunities, please call 508-824-6978.

Vested Interest in K9s, Inc. provides information, lists events, and accepts donations at www.vik9s.org, or you may mail your contribution to P.O. Box 9, East Taunton, MA 02718.

K9 Jax's partner Deputy Gunderson would like to add a special thank you to both Vested Interest in K9s, Inc. and Joan and Mark Lee for their generous donation. K9 Jax is a dog of few words, however, we could tell by his excited "WOOF" that he is grateful to have his new gear.



How to celebrate Chinese New Year

Saturday, February 10, 2024, marks the date when various nations will celebrate the new year as indicated by the traditional lunisolar calendar. The Lunar New Year coordinates with the phases of the moon, and while some refer to it as Chinese New Year, the event is celebrated outside of China as well. It is a 15-day celebration that begins on the new moon that occurs sometime between January 21 and February 20 and ends on the following full moon.

Celebrants often have time off from work to commemorate this time, and the period also may be referred to as the "Spring Festival," according to Britannica. Many traditions and customs are intertwined in Chinese New Year celebrations. Those looking to participate in traditional fashion can explore these common sights and sounds.

Red envelopes
Celebrants hand out red envelopes filled with money called "hong bao" in Mandarin. These envelopes are given to children or unmarried adults who are not working. Red denotes good luck and fortune as well as happiness and abundance in Chinese culture.

Dragon
The dragon is an important symbol that represents prosperity, good luck and good fortune. A performance of a dragon or lion dancing during Chinese New Year is commonplace. There are additional lucky mascots as well, including the phoenix, unicorn and

dragon turtle.
Loud noises and bright lights
Fireworks and other noisemakers are used during Chinese New Year. One legend says a monster named Nian would attack villagers at the start of every new year. Since it was afraid of loud noises, bright lights and the color red, people used these things to chase away the beast.

Deep cleaning
People traditionally conduct a thorough cleaning of their homes during the New Year celebration to get rid of any lingering bad luck. Other "old" and "bad" things may be removed from the home and one's life.

Nian Ye Fan
Families will gather together at a big table to have New Year's Eve dinner. This is known as "Nian Ye Fan." Children and adults will thoroughly bathe and dress in new clothes for the festive occasion. Red decorations and lanterns are usually hung inside and outside the home. China is a vast nation so foods will differ based on region.

Lantern festival
One of the final events of Chinese New Year is the lantern festival. This is when people hang glowing lanterns in temples or carry them during a nighttime parade. Praying to ancestors is also an important component of the celebration.
Chinese New Year celebrations include many time-honored traditions that promote good luck and prosperity

Accounts vary on Valentine's Day origins

Valentine's Day is a bright light in the middle of the winter. Come February 14, sweethearts celebrate their love and affection for one another on this day devoted to happy couples.

The origin of Valentine's Day has generated much speculation over the years. Most early accounts do not point to heart-shaped boxes filled with chocolates. Rather, a few distinctive tales may paint the picture of early Valentine's Day, and they have nothing to do with stuffed animals or romantic dinners.

Roman festival
One of the earliest records of the term Valentine's Day is traced to the Roman festival of Lupercalia, which was a fertility festival. This annual event held on February 15 included animal sacrifices and priests called the Luperci who would



take pieces of animal hide and touch it to the foreheads of women in the hopes it would make them more fertile. Fortunately for the squeamish (and the sacrificial animals), Pope Gelasius I ended Lupercalia and replaced it with St. Valentine's Day by the end of the fifth century.

Two or three St. Valentines?
Most people attribute the origins of Valentine's Day to the holiday's namesake, St. Valentine. But it seems that Valentine was the surname of a few different individuals.

According to History.com, the Catholic Church recognizes at least three different saints named Valentine or Valentinus. One Valentine was a priest during the reign of Emperor Claudius II, who decided that single men made better soldiers than those with families or wives. Claudius outlawed marriage for young men. Valentine disagreed with the decree and would perform marriages in secret. Others believe it was St. Valentine of Terni, a bishop beheaded by Claudius II outside of Rome, who was the true namesake.

Lucky Chinese New Year foods to greet the Year of Dragon

Certain dishes are eaten during the Chinese New Year for their symbolic meaning. Lucky food is served during the 16-day festival season, especially on Chinese New Year dinner on New Year's Eve, which is meant to bring good luck for the coming year.

The symbolism of these traditional Chinese New Year foods is based on their pronunciations or appearance. Not only do the dishes themselves matter, but also the preparation, and ways of serving and eating mean a lot.

The most common Chinese New Year foods include dumplings, fish, spring rolls, and niangao. Here are 8 essential Chinese, or Lunar, New Year dishes, and also the symbolism behind them all.

Fish: An Increase in Prosperity
In Chinese, fish sounds like surplus. Fish is a traditional Chinese New Year dish on the Chinese New Year dinner menu.

The fish should be the last dish left with some left over, as this has promise for there being surpluses every year. Steamed fish is one of the most famous Chinese New Year recipes.

Chinese Dumplings: Wealth
With a history of more than 1,800 years, dumpling is a classic lucky food for Lunar New Year, and a traditional dish eaten on Chinese New Year's Eve.

Chinese dumplings can be made to look like Chinese silver ingots (which are not bars, but boat-shaped, oval, and turned up at the two ends). Legend has it that the more dumplings you eat during the New Year celebrations, the more money you can make in the New Year.

Dumplings generally consist of minced meat and finely-chopped vegetables wrapped in a thin and elastic dough skin. Popular fillings are minced pork, diced shrimp, fish, ground chicken, beef, and vegetables. They can be cooked by boiling, steaming, frying or baking.

Whole Chicken: Luck and wholeness
Chicken is usually served whole, head and feet included, to symbolize unity and wholeness, while also signifying a good beginning and end to the year.

Chicken is typically braised or roasted for the meal with simple ingredients such as ginger or soy. Traditionally, a whole chicken is first offered to one's ancestors and gods for blessings and protection.

It is interesting to note that the chicken feet are usually eaten by the breadwinner in the family, as they might help them 'grab' onto wealth.

Longevity Noodles: Happiness and longevity

Longevity noodles unsurprisingly symbolize a wish for longevity. Their length and unsevered preparation are also symbolic of the eater's life.

It is a lucky food eaten on Chinese New Year Day in North China.

They are longer than normal noodles and uncut, either fried and served on a plate, or boiled and served in a bowl with their broth.

Lion's Head Meatballs: Family Unity
Tender and juicy homemade pork meatballs are steamed/braised, served with vegetables, and tossed in a sweet and sticky sauce. They are so named because of their shape, which resembles the head of a lion.

Lions represent strength in Chinese culture, while the meatballs signify family unity (because of their roundness).

Shrimp: Happiness
Shrimp is a popular Chinese New Year dish among Cantonese people. Shrimp represents

liveliness, as well as happiness and good fortune, because the Cantonese word for shrimp, ha, sounds like laughter.

Vegetables: Spring, wealth, and more
Chinese New Year's reunion dinner menu is not complete without vegetables. Vegetables signify spring, renewal, energy, progress, and wealth. There are several traditional vegetables, each of them symbolizes something specific.

Lettuce: In Chinese and Cantonese, a word for lettuce sounds a lot like a word for becoming wealthy. Baby bok choy: It can symbolize wealth and luck for the year as well as good fortune for the future.

Fruit: Fullness and wealth
Certain fruits are eaten during the Chinese New Year period, such as tangerines and oranges, and pomeloes. They are selected as they are particularly round and golden in color, symbolizing fullness and wealth, but more obviously for the lucky sound they bring when spoken.
Eating and displaying tangerines and oranges is believed to bring good luck and fortune. The Chinese for orange sounds the same as the Chinese for success.

Will this winter warmup cause sap to flow?

Extension offices from across the region have been receiving calls and emails about this warmer weather, wondering how it might affect everything from the soil to drought to syrup tapping. There are reports from people who have tapped trees that the sap is flowing.

Stuart Peterson is a large maple producer and mentioned the following in an email to Extension last week: "It seems a lot of (newer) producers are concerned about the predicted warmup next week. I run my season (Otter Tail County) based on the calendar...i.e., we

tap in February to be ready by March 1st. Folks in the cities or farther south can be 10 days to maybe two weeks ahead of us. It is possible that the trees will drip with the coming warmup, but the first thaw is almost always a teaser. History says our sap runs happen between March 15 and April 15. Most likely, we're still going to get some real snow and cold. Don't panic!"

Like Peterson, folks shouldn't worry. The large commercial maple syrup operations will likely wait to tap the majority of their trees. The hobbyist with less than 10

trees to tap may consider tapping for these two weeks, but I'll caution that it may be a short sap run.

Sap begins running when the temperature is mild or above freezing during the day and freezing at night, but it's a small window. If temperatures drop below freezing during the day, the sap will stop running. If it's too warm during the day - usually above 55 degrees - and temperatures remain above freezing at night, the sap dries up.

New recommendations advise making only one tap per tree. If you decide to tap now during this likely short sap run, it is recommended that you try tapping a different tree later in the season.



- Wed. Feb. 7:** Mavis Finseth, Tori Lee Weber, Lydia Herem, Hazel Burthwick, *Ron & Nicole Grande
- Thurs. Feb. 8:** Renee Brekke
- Fri. Feb. 9:** Erich Gensburger
- Sat. Feb. 10:** Mel-ford Grundyson, Nicole Grande, Ashleigh Bartz
- Sun. Feb. 11:** Julie Sultvedt, Clay Syverson, Garrett Nornes, *Mark & Brook Simonson
- Mon. Feb. 12:** Jan Langemo
- Tues. Feb. 13:** Clellie Kiecker

2023 One Fund Drive results

- Hill River Township
- Multiple Sclerosis - \$90
- Salvation Army - \$150
- Diabetic Research - \$170
- Heart Fund - \$230
- Cancer Fund - \$410
- Red Cross - \$180
- DAC - \$170
- Leukemia Society \$25
- DTOM Veteran's Ranch - \$125
- MN Medical Foundation - \$25
- Samaritan's Purse - \$275
- Total: \$1825**
- Solicitors:** Richard Hendrickson, Sylvia Munter, Leah Smeby, Blake Olson
- Chairperson:** Betty Syver-son

LEGAL NOTICES

2024 Election In-Person Voting Reminder
The City of McIntosh hereby notifies residents that voting in the 2024 Presidential Nomination Primary Election will be done in person at the McIntosh Community Center located at 115 Broadway NW McIntosh, MN 56556.
Voters may continue to cast ballots by mail using Minnesota's Absentee Voting process, if they choose to do so. Absentee Ballots must be requested from the Polk County Taxpayer Service Center 612 N. Broadway Suite 213, Crookston, MN 56716
Additional information on voting procedures can be obtained from Melissa Finseth, City of McIntosh Clerk, or by calling 218-563-3043
2024 voting dates: March 5th, August 13th, November 5th.
M47-48C

Legal Notice
Notice is hereby given that a hearing has been set for February 23, 2024 at 9:03 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave, Crookston, Minnesota, to consider the of Casey Hammer & John Reitmeier, 26850 US Hwy 2, Crookston, MN 56716 for a Variance to allow access to a convenience store off a non-paved road on a parcel of land located at: 24900 270th Ave SW, Crookston, MN 56716 and described as: The South 400.00 feet of the West 263.10 feet of the Southwest Quarter of Section 13, Township150 North, Range 47 West, of the Fifth Principal Meridian, Polk County, Minnesota EXCEPT the U.S. Highway No. 2 Right of Way, parcel #49.00057.02. All property owners within 500 feet of the proposed Variance are invited to appear at said hearing.
Dated: February 1, 2024
Jacob J. Snyder
Planning & Zoning Administrator
M47C

Legal Notice
Notice is hereby given that a hearing has been set for February 23, 2024 at 9:25 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave, Crookston, Minnesota, to consider the of application Kyle Schafer, 1110 Walsh Street, Crookston, MN 56716 for a Variance to reduce the property line setback from 10' to 5' for a septic tank on a parcel of land located at: 14259 Maple Inn Road SE, Mentor, MN 56736 on the backlot parcel which is described as: Lot 21, Second Bliven Subdivision in Government Lot 7, Section 5, Township 148, North of Randy 43, West of the Fifth Principal Meridian, according to the Official Plat thereof on file and of record in the Office of the County Recorder in and for the County of Polk and State of Minnesota, parcel #74.00814.00. All property owners within 500 feet of the proposed Variance are invited to appear at said hearing.
Dated: February 1, 2024
Jacob J. Snyder
Planning & Zoning Administrator
M47C

Legal Notice
Notice is hereby given that a hearing has been set for February 23, 2024 at 10:03 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave, Crookston, Minnesota, to consider the application of Kyle Shafer, 1110 Walsh Street, Crookston, MN 56716 for a Conditional Use Permit to hook a new septic system to an existing accessory structure on a parcel located at: 14259 Maple Inn Road SE, Mentor, MN 56736 on the backlot parcel that is described as: Lot 21, Second Bliven Subdivision in Government Lot 7, Section 5, Township 148, North of Randy 43, West of the Fifth Principal Meridian, according to the Official Plat thereof on file and of record in the Office of the County Recorder in and for the County of Polk and State of Minnesota, parcel #74.00814.00. All property owners within ¼ mile of the proposed Conditional Use Permit are invited to appear at said hearing.
Dated: February 1, 2024
Jacob J. Snyder
Planning & Zoning Administrator
M47C



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Grace Community Food Shelf

The food shelf is located behind Grace Lutheran Church in Erskine.
Open: Thursday, February 8th - 2:00 pm to 6:00 pm.
Thursday, February 15th - 10:00 am to 2:00 pm.
Contact: 218-687-2250 or foodshelf@gracechurchers-kinine.org.



ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

Wed. Feb. 7: 11:30am Mass; Adoration 12:00-8:00pm
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 12:00- 6:30pm
Sun. Feb. 18: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Feb. 21: 5:30am Mass; Adoration 12:00-5:00pm

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh

Pastor Rene Mehlberg
Synodical Authorized Minister Katie DeMarais

Sun. Feb. 11: 10:00am Coffee Hour; 10:30am Worship Services
Sun. Feb. 18: 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. 11: 9:30am Sunday School and Adult Bible Study
Tues, Feb. 13: 10:00am. Sunday worship service tele-cast on GVTV--30
Wed, Feb. 14: 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. 11: 9:00am Worship
Sun. Feb. 18: 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.

The County Line

By Warren Strandell
Polk County Commissioner, Dist. 2

I'm often asked, "So, as a commissioner, what do you do? Just go to a few County Board meetings every month?"

No, there a little more to it than that. As a commissioner, beyond participation in those regular County Board meetings, you, either by assignment and or by choice, become involved with a number of other boards, commissions, councils, and advisory bodies.

Many of them have taxpayer-funded budgets for which you are responsible. Others are more of the oversight, advisory and planning nature.

County and other committees

Some just deal just with Polk County and local matters... like committees for social services, personnel, public health, dispatch, solid waste, budget, law enforcement, buildings & grounds, watersheds, planning and zoning, public works, ditches, parks, emergency management, aquatic invasive species, boards of health, mental health, parks, the Extension Service, emergency communications, the Tri-Valley Opportunity Council, the Grand Forks-East Grand Forks Metropolitan Planning Organization, and many more.

There are more than 60 different ways to be involved in local government right here in Polk County. Each of us commissioners has a portfolio, an array, if you will, of all of the different areas of local service and government. And there are regional bodies, too. Some others are statewide, like the Association of Minnesota Counties to which all five of us commissioners have specific involvement areas. And there are national associations. Each of us commissioners has his/her own line-up of these jobs and responsibilities.

Regional

Corrections Board

One of my most important assignments involves serving on the three-county Regional

Corrections Board (Polk, Norman and Red Lake counties) that oversees operation of the 200-bed Northwest Regional Corrections Center jail, the Red River Valley Juvenile Center and provides probation services for the three counties.

Another of my assignments is with the Northwest Regional Development Commission (NWRDC). This covers seven counties (Polk, Kittson, Roseau, Pennington, Red Lake, and Norman) in our northwest corner of the state. I'm also on that organization's Transportation Advisory Committee.

And I'm a member of the Northwest Minnesota Area Transportation Partnership, which is made up of a combination of county engineers and commissioners from eight counties (the seven listed earlier plus Lake of the Woods), and Minnesota Department of Transportation engineers.

Drug Task Force

Another of my involvements is with the Pine to Prairie Drug Task Force. That's an 8-county organization to which Polk County contributes a working deputy and the cities of East Grand Forks and Crookston each provide an officer. The other Task Force members either provide officers and/or otherwise assist in making about

200 arrests each year. There's a lot more drug activity that goes on in our portion of the state than most realize.

Another matter that has come front center for me in the last few months deals with formation of the West Central Regional Water District.

The purpose of this three-county (Polk, Norman and Clay) organization will be to provide the opportunity for up to 41,000 people in 30 communities and rural areas to receive good quality water. This to eliminate the arsenic water issue that is prevalent in many private wells and to address quality and service problems in aged municipal systems that need expensive repair or replacement.

Water from North Dakota

Formation of the district began after the City of Climax sold \$1.5 million in bonding to finance a project for it to receive water from an aquifer in North Dakota. That water, treated in Larimore, is pumped under the Red River to Climax by the East Central Regional Water District organization in North Dakota.

County Line...

Continued on page 3....

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
M45-50C

BUSINESS & PROFESSIONAL GUIDE

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*Licensed Funeral Director
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Toll free: 866-935-9009

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M3-28C

POLK COUNTY NOTICE OF EXPIRATION

NOTICE OF
EXPIRATION OF REDEMPTION
OF TAXES PAYABLE IN 2020
OFFICE OF THE POLK COUNTY TAXPAYER SERVICES

State of Minnesota) ss
County of Polk)

TO: ALL PERSONS WITH A LEGAL INTEREST IN THE PARCELS OF REAL PROPERTY
DESCRIBED IN THE FOLLOWING NOTICE

You are hereby notified that the parcels of real property hereinafter described below and located in Polk County, Minnesota, are subject to forfeiture to the State of Minnesota because of the nonpayment of delinquent property taxes, special assessments, penalties, interest, and costs levied on those parcels.

The time for redemption from forfeiture expires if a redemption is not made by the later of (1) 60 days after service of this notice on all persons having an interest in the parcels or (2) May 10, 2024. The redemption must be made in the Polk County Taxpayer Service Center.

The following information is listed below: the names of the property owners, taxpayers, and interested parties who have filed their addresses under M.S. 276.041; the addresses on file for the parties; the legal description and parcel identification number of each parcel; and the amount necessary to redeem a parcel as of the date listed below.

Names/Addresses	Tax Parcel Number & Legal Description	Amount Necessary to Redeem
Kimberly & Rita Anderson 39418 US Hwy 2 SE Fosston MN 56542	<u>12.00161.00</u> The Southeast Quarter of the Southwest (SE1/4SW1/4), Section Twenty-one (21), Township One Hundred Forty-seven(147) North, Range Thirty-nine(39) West of the Fifth PM	\$9,780.48
Keith Danks Jr 205 N 3rd St Grand Forks ND 58203	<u>12.00259.00</u> The Southeast Quarter of the Northwest Quarter (SE1/4NW1/4), Section 33-147-39, Except Spruce Grove Subdivision and Except the following described tract: All that part of the SE1/4 of NW1/4, Section 33-147-39 lying Westerly of the Southerly extension of the East line of Spruce Grove Subdivision, according to the recorded plat thereof, except the plat of Spruce Grove Subdivision. AND The North 60 rods of the Northeast Quarter of the Southwest Quarter (NE1/4SW1/4), Section 33-147-39	\$188.88
Vincent Simon 18240 Anderson Rd SE Ersine MN 56535	<u>27.00260.00</u> Lot Two (2) Block One (1) Simon Second Addition	\$545.57
Kristen Sobolik 25772 180th St NW Warren MN 56762	<u>36.00043.02</u> That part of the Southwest Quarter of the Southwest Quarter (SW1/4SW1/4) of Section Twenty (20) in Township One Hundred Fifty-four (154) North, Range Forty-six (46) West of the Fifth Principal Meridian described as follows: Beginning at the Southwest corner of the Southwest Quarter of the Southwest Quarter (SW1/4SW1/4) Section Twenty (20) in Township One Hundred Fifty-four (154) North, Range Forty-six (46) West; thence East along the South edge of the said Southwest Quarter of the Southwest Quarter (SW1/4SW1/4) a distance of One Thousand Sixty-two (1,062) feet; thence North at right angles a distance of Four Hundred Fifty-eight (458) feet to the point of beginning of the tract conveyed; thence continuing Northerly along the same line a distance of Two Hundred Ten (210) feet; thence West at right angles a distance of four hundred forty-nine (449) feet; thence South at right angles a distance of Two Hundred Ten (210) feet; thence East at right angles a distance of Four Hundred Forty-nine (449) feet	\$2,160.13

	to the point of beginning, containing approximately 2.16 acres; together with an easement to the driveway located in the Southwest Quarter of the Southwest Quarter (SW1/4SW1/4) of Section Twenty (20) in Township One Hundred Fifty-four (154) North, Range Forty-six (46) West, which lies Easterly of the conveyed parcel extending Easterly and Southerly to the township road.	
Charles Skornicka 612 N Broadway Ste 207 Crookston MN 56716	<u>54.00100.01</u> A strip of land 55 feet in width(inclusive of the present road right of way) lying south of and parallel to the North line of Section 16, Township 153, Range 49 and more particularly described as follows: Beginning at the Northeast corner of the Northwest Quarter of the Northwest Quarter (NW1/4NW1/4) of Section 16, Township 153, Range 49, thence proceeding easterly of the north line of Section 16 to the North quarter corner of said Section 16, Township 153, Range 49.	\$23.75
Paul Eastman 32453 320th St SW Climax MN 56523	<u>60.00126.01</u> That part of the NW1/4NE1/4 of Sec. 25-149-48, described as follows: Commencing at an iron monument at the northeast corner of the said NE1/4; thence south 89 degrees 39 minutes 35 seconds west, assumed bearing, along the north line of the said NE1/4 a distance of 1954.40 feet to the point of beginning of the parcel to be described; thence south 00 degrees 45 minutes 01 seconds east 550.94 feet to an iron monument; thence north 88 degrees 29 minutes 51 seconds west 712.51 feet to an iron monument on the west line of the said NW1/4NE1/4; thence north 00 degrees 13 minutes 41 seconds west along the said west line 528.01 feet to the northwest corner of the said NW1/4NE1/4; thence north 89 degrees 39 minutes 35 seconds east along the north line of the said NW1/4NE1/4 a distance of 707.16 feet to the point of beginning.	\$7,253.24
Darren Barstad 29314 430th St SE Fosston MN 56542	<u>65.00073.01</u> That part of the Southwest Quarter (SW1/4) of Section Fourteen (14), Township One Hundred Forty-seven (147) North, Range Forty-one (41), West of the Fifth Principal Meridian, described as follows: Commencing at the intersection of the center line of the Sletten Township road lying between said Section 14 and Section 15, Township 147, Range 4, And the north right-of-way line of Polk County Hwy #1, thence east along said right-of-way line a distance of 1,571 feet to the point of beginning, thence north and parallel to the aforesaid center line a distance of 580 feet to a point, thence east and parallel to the aforesaid right-of-way line a distance of 270 feet to a point, thence south and parallel to the aforesaid center line to a point on the aforesaid right- of-way line. Thence west along said right-of-way line to the point of beginning.	\$89.66
Brian Kamrowski 629 4th Ave S Grand Forks ND 58201	<u>74.01240.00</u> Lot Nine (9) Block One (1), Simon Second Addition	\$7,322.96
Larry Monson 111 1/2 W Robert St #4 Crookston MN 56716	<u>80.00017.00</u> A tract commencing 70 feet East and 84 feet North of the southeast corner of Lot 1, Block 9, First Addition to Beltrami City, East 480 feet to East line of NW1/4, South 167 feet, West 480 feet to East line of Desota Avenue and North 167 feet to point of beginning in Section Twenty-one (21), Township One Hundred Forty-seven (147) North of Range Forty- six (46) west of the Fifth Principal Meridian	\$171.37
Marshall T & Lorna M Cooper 25032 Hardwood Dr Nevis MN 56467	<u>81.00001.01</u> That part of the Southwest Quarter of the Northwest Quarter (SW1/4NW1/4), and the Northwest Quarter of the Southwest Quarter (NW1/4SW1/4) of Section Twenty-Nine (29), Township	\$2,462.29

County Line...

Continued from page 2

The original plan for an 8-inch line to serve Climax was expanded to a 12-inch line when the Polk County Board agreed to contribute \$584,674 to the project, this money coming from its American Rescue Plan Act (ARPA) federal government allotment. The pipe size increase provides capacity to extend service to areas east and south of Climax. As the district develops, additional across-river distribution lines are planned for users in Nor-

man and Clay counties.

Climax residents have been getting this new treated water for several months and are more than happy with the supply.

At best, a half-time job

So, that's some of what I do as a commissioner. There's more to it, too. For me, it takes 20-25 hours a week, sometimes more.

It is a very demanding part-time job, but one that is generally very, very rewarding.

Should you ever want to become a commissioner, I suggest that you should either be self-employed or unemployed. Self-employed, so that you can arrange the time that is needed; unemployed meaning that you are able to get along without a job, are wealthy enough to not need one, or are retired. There aren't many employers who will put up with the time a commissioner will need to be away from the job

Thoughts for the day:

	One Hundred Forty-Eight (148), North of Range Forty-Eight (48) West of the Fifth Principal Meridian, described as follows: Commencing at a point 261 feet South and 214 feet East of the Southeast corner of Block Three (3) of Bennitt & Wisner's Addition to Climax; thence East 165 feet, thence North 1559 feet, thence West 59 feet to the actual point of beginning, thence West 367 feet, thence South 188 feet, thence East 47 feet, thence South 13.5 feet, thence East 320 feet, thence North 201.5 feet to the point of beginning; excepting therefrom that part of the Southwest Quarter of the Northwest Quarter (SW1/4NW1/4), and the Northwest Quarter of the Southwest Quarter (NW1/4SW1/4) of Section Twenty-Nine (29), Township One Hundred Forty-Eight (148), North of Range Forty-Eight (48) West of the Fifth Principal Meridian, described as follows: Commencing at a point 261 feet South and 214 feet East of the Southeast corner of Block Three (3) of Bennitt & Wisner's Addition to Climax; thence East 165 feet, thence North 1559 feet, thence West 270 feet to the actual point of beginning of said exception, thence continuing West 156 feet, thence South 188 feet, thence East 156 feet, thence North 188 feet to the point of beginning of said exception.	
Tammy Strommen 17193 Sandy Ln SE Mentor MN 56736	<u>82.00740.00</u> Lot Eight (8), Block Five (5), L. Fletcher's Addition to the City of Crookston.	\$8,911.99
Chad Manderud 315 Cromb St Crookston MN 56716	<u>82.01047.00</u> Lot Twenty-one (21), Block Seven (7), Cromb & Sletten's Subdivision of Outlets in Hurlbut's Addition to Crookston.	\$4,197.21
Brent VonRueden 508 Stuart Ave Crookston MN 56716	<u>82.01120.00</u> The South Half(S1/2) of Lot Thirteen (13) and all of Lots Fourteen (14) and Twenty-one (21) and the S1/2 of Lot Twenty-two (22), Block One (1), McManus Subdivision of Outlets in Hurlbut's Addition to Crookston, Minnesota.	\$1,782.58
David Seddon 336 Central Ave N Crookston MN 56716	<u>82.01574.00</u> Lots Four (4), Five (5), Six (6) and Seven (7), Block "C", McDonald's Addition to the City of Crookston, Minnesota.	\$3,078.37
Garland Bartrum II 208 State St Crookston MN 56716	<u>82.01843.00</u> Lot Four (4) and the Northwesterly Ten (10) feet of Lot Five (5), in Block Fourteen (14), Jerome's Addition to Crookston, according to the Official plat thereof on file and of record in the Office of the County Recorder in and for the County of Polk and State of Minnesota.	\$4,347.52
Matthew & Brandy Murphy 212 State St Crookston MN 56716	<u>82.01844.00</u> The Southeasterly Fifteen (15) feet of Lot Five (5) and the Northwesterly Twenty-three (23) feet of Lot Six (6), all in Block Fourteen (14), Jerome's Addition to Crookston, Minnesota.	\$5,195.65
Gunnar Kronholm 612 N Broadway Ste 207 Crookston MN 56716	<u>82.02021.01</u> That part of Lot 22 described as follows: Beginning at the Southeasterly point of said Lot 22, Block 2, running thence from said point West along the South side of said Lot 22 a distance of 16 feet; thence Northerly a distance of 60 feet to a point on the West line of the alley as now laid out thru said Block 2; thence Southeasterly along said Westerly line of said alley to the place of beginning, said tract of land to be used as a public alley or driveway only; all in Block 2 of Highland Park Addition to the City of Crookston, according to the Official plat there on file and of record in the Office of the County Recorder in and for the County of Polk and State of Minnesota.	\$102.21
Thomas & Marlo Thygeson 116 Adams St Crookston MN 56716	<u>82.03106.00</u> Lot One (1) , Block Two (2) , Nimens' Subdivision to the City of Crookston, Polk County, Minnesota	\$9,486.59
Chad Gibbs Rentals LLC 204 Circle Hills Dr Grand Forks ND 58201	<u>83.00083.00</u> That part of the Southeast Quarter of the Southeast Quarter (SE1/4SE1/4), Section Thirty-five (35), Township One Hundred Fifty-two (152), North of Range Fifty (50), West of the Fifth Principal Meridian, described as follows: Beginning at a point 14 rods north and 54 rods west of the Southeast corner of said Section 35; thence running west 259 feet parallel with the Town line to the true point of beginning; thence running west 140 feet parallel with the Town line; thence running north 6 rods; thence running east 140 feet; thence running south 6 rods to the place of beginning.	\$36,667.44
Michelle Jespersen 1409 17th Ave SE East Grand Forks MN 56721	<u>83.00113.89</u> That part of the Northeast Quarter of the Northwest Quarter (NE1/4NW1/4) of Section Eighteen (18), Township One Hundred Fifty-one (151) North, Range Forty-nine (49), West of the Fifth Principal Meridian described as follows: Beginning an iron monument marking the Northwest corner NE1/4NW1/4 of Section 18; thence south on the West boundary of said NE1/4NW1/4 820.00 feet to the point of beginning; thence at right angles East 323.00 feet; thence at right angles South 155.00 feet; thence at right angles West 323.00 feet to the West boundary of said NE1/4NW1/4; thence at right angles North along said West boundary 155.00 feet to the point of beginning, containing 1.15 acres. The same being subject to road easement along the Westerly side.	\$12,016.77
Green Acres II LLP 1720 5th Ave NE #D7 East Grand Forks MN 56721	<u>83.04463.00</u> Lot B, Block One (1) of the Replat of Outlots 77, 78, 79, 80 and 94 of Auditor's Plat of Outlots 65 through 94, Section 36, Township 152 North, Range 50 West, to the City of East Grand Forks, Minnesota.	\$1,974.93
Green Acres II LLP 1720 5th Ave NE #D7 East Grand Forks MN 56721	<u>83.04464.00</u> Lot C, Block One (1) of the Replat of Outlots 77, 78, 79, 80 and 94 of Auditor's Plat of Outlots 65 through 94, Section 36, Township 152 North, Range 50 West, to the City of East Grand Forks, Minnesota.	\$307,909.98
Green Acres II LLP 1720 5th Ave NE #D7 East Grand Forks MN 56721	<u>83.04465.00</u> Lot D, Block One (1) of the Replat of Outlots 77, 78, 79, 80 and 94 of Auditor's Plat of Outlots 65 through 94, Section 36, Township 152 North, Range 50 West, to the City of East Grand Forks, Minnesota.	\$307,909.98
Green Acres 1800 5th Ave NE East Grand Forks MN 56721	<u>83.04466.00</u> Lot E, Block One (1) of the Replat of Outlots 77, 78, 79, 80 and 94 of Auditor's Plat of Outlots 65 through 94, Section 36, Township 152 North, Range 50 West, to the City of East Grand Forks, Minnesota.	\$102,107.00
Green Acres 1800 5th Ave NE East Grand Forks MN 56721	<u>83.04467.00</u> Lot F, Block One (1) of the Replat of Outlots 77, 78, 79, 80 and 94 of Auditor's Plat of Outlots 65 through 94, Section 36, Township 152 North, Range 50 West, to the City of East Grand Forks, Minnesota.	\$256,653.31
Green Acres 1800 5th Ave NE East Grand Forks MN 56721	<u>83.04468.00</u> Lot G, Block One (1) of the Replat of Outlots 77, 78, 79, 80 and 94 of Auditor's Plat of Outlots 65 through 94, Section 36, Township 152 North, Range 50 West, to the City of East Grand Forks, Minnesota.	\$50,485.63
Anthony Herbert 412 3rd St S Ersine MN 56535	<u>84.00172.01</u> West Half of Lot 004 Block 002 Third Addition to Erskine, according to the official plats thereof on file and of record in the office of the County Recorder in and for the County of Polk and State of Minnesota.	\$2,932.03

Polk County Expiration of Redemption Continued on next page

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Darren Barstad 29314 430th St SE Fosston MN 56542	84.00299.00 The Southerly one-half of Lot Three (3) and the Easterly one-half of the Southerly one-half of Lot Two (2) in Block Two (2) in Trovaten's Second Addition to Erskine, according to the official plat thereof on file and of record in the office of the Register of Deeds in and for Polk County, Minnesota, and more particularly described as follows: Commencing at the Southeast corner of Lot Three (3) of Block Two (2) of Trovaten's Second Addition to Erskine; thence Westerly along the Northerly line of Mossefin street a distance of 75 feet; thence at right angles Northerly a distance of 70 feet; thence at right angles Easterly a distance of 75 feet to the Easterly line of said Lot 3; thence Southerly along the Easterly line of said Lot 3 to the place of beginning.	\$83.98
Kraig & Torrey S Ostgaard 401 Demers Ave Mentor MN 56723	86.00105.00 Lots Seventeen (17), Eighteen (18), Nineteen (19), Twenty (20), Twenty-one (21) and Twenty-two (22) in Block Eleven (11), Demers and Thompson's Addition to Fisher.	\$11,935.77
Ruth Calarese 36 Mt Vernon St Gloucester MA 01930	89.00041.00 The South Half (S-1/2) of Lot Seven (7) and all of Lot Eight (8). Block Three (3), Original Townsite of Lengby.	\$2,643.87
Ruth Calarese 36 Mt Vernon St Gloucester MA 01930	89.00046.00 Lots Thirteen (13), Fourteen (14), Fifteen (15), Sixteen (16), Seventeen (17), Eighteen (18), Nineteen (19), and Twenty (20), Block Three (3) of Original Townsite of the Village of Lengby. And Dove Avenue between Block Three (3) Original Townsite and Block Eleven (11) First Addition to the Village of Lengby except the East 40 feet of vacated Dove Avenue adjacent to lots 21, 22, 23 and 24.	\$335.55
Ruth Calarese 36 Mt Vernon St Gloucester MA 01930	89.00083.00 South Ten (10) feet of Lot Four (4) of Block Eleven (11), First Addition to Lengby	\$34.35
Ruth Calarese 36 Mt Vernon St Gloucester MA 01930	89.00084.00 Lots Five (5) and Six (6) of Block Eleven (11), First Addition to Lengby	\$162.36
Jeffrey Abeldgaard 4 Park Drive E Circle Pines MN 55014	89.00115.00 Beginning at the Northeast corner of Block "I" in the First Addition to Lengby; thence in a Southwesterly direction a distance of 140 feet along the East boundary line of said Block; thence at right angles in a Westerly direction a distance of 100 feet; thence at right angles and in a Northerly direction a distance of 20 feet; thence at right angles and in a Westerly direction parallel to the North boundary line of said Block. To the West boundary line of said Block; thence along the said Westerly line of said Block in a Northerly direction to the Northwest corner of said Block; thence along the North boundary line of said Block in a Southeasterly direction to the point of beginning.	\$4,221.19
Lenny Jensen & Tammy Wiese 355 5th St NE McIntosh MN 56556	90.00334.00 Lots Ten (10) Eleven (11) and Twelve (12), Block Two (2), Riverside Addition to the Village of McIntosh	\$11,226.34
Lara Routier 101 Hwy 75 S PO Box 35 Nielsville MN 56568	92.00049.00 That part of the Northwest Quarter of the Northwest Quarter (NW1/4 NW1/4) of Section Twenty-nine , Township One Hundred Forty-seven (147) North of Range Forty-eight (48) West of the Fifth Principal Meridian, described as follows: Beginning at a point 33 1/2 rods South of the Northwest corner of Section 29, Township 147 North of Range 48 West, thence running East 16 rods, thence South 5 rods, thence West 16	\$412.35

rods, thence North 5 rods to the place of beginning, containing 1/2 acre, more or less.

FAILURE TO REDEEM SUCH LANDS PRIOR TO THE EXPIRATION OF REDEMPTION WILL RESULT IN THE LOSS OF THE LAND AND FORFEITURE OF SAID LAND TO THE STATE OF MINNESOTA.

The amount listed above must be paid to redeem if paid on or before February 29th, 2024. Please contact the Polk County Taxpayer Service Center office to verify the amount due if paid after February 29th, 2024.

Inquiries as to the proceedings set forth above can be made to the Director of Property Records for the County of Polk, whose address is set forth below.

Witness my hand an official seal this 31st Day of January 2024.



Samuel W Melbye
Polk County Auditor



OFFICIAL SEAL

Polk County Taxpayer Service Center
612 North Broadway, Suite 207
Crookston, MN 56716
(218) 281-2554



Win-E-Mac Girls Basketball Kids' Night took place on Thursday, February 1st. The team lined up and signed t-shirts for the kids in attendance. Pictured getting their shirts signed are Jackson Kaupang and Grace Roed.



Minnesota State University Moorhead Art-a-Fair was a wonderful experience for our Win-E-Mac Patriot artists, as usual. This event, filled with workshops, on campus studio visits, a professional gallery exhibition, awards ceremony, and free lunch is a favorite for the students who attend. This year Win-E-Mac students were honored with 2 Honorable Mentions! Emily Strom in the category of drawing and Jaime Stuhr in 2D Mixed Media. Congratulations Emily & Jaime. And fabulous job to Ella Strom, Annika Shimpa, Alyssa Morberg and Callista Lewis for it takes a lot of courage to show off your artwork. (Pictured center with the students is Mrs. Aakre, art teacher at Win-E-Mac School.)

Win-E-Mac announces 2nd quarter Honor Roll

The following Win-E-Mac Junior and Senior High School Students have attained either an “A” or “B” average in academic subjects for the second quarter of the 2023 – 2024 school year. To be eligible for the “A” Honor Roll, you need to have attained a 3.76 – 4.00 GPA (grade point average). To be eligible for the “B” Honor Roll, you need to have attained a 3.00 – 3.75 GPA. Congratulations to the following students:

Seniors

“A”

Justin Courneya
Ava Howard
Oscar Moldestad
Emily Olson
Emily Strom
Luella Strom
Kyra Stuhau
Jaime Stuhr
Kianna Tadman

“B”

Dylan Hagen
Ryan Kangas
Kailee Kramer
Kayleena Kutsev
Preston Lecy
Alyssa Morberg
Isabelle Morinville
Claire Stuhau
Sydney Svalen
Hana Thompson
Brooke Tofstad

Juniors

“A”

Arianna Dickinson
Kaylee Dickinson
Josie Fortman
Mason Halstad
Livaeh Kiecker
Shelby Long
Colten Mandt
Shelby Mandt
Evelyn Ryan
Abigail Sauer
Danielle Winter

“B”

Clay Below
Emelia Boianoff
Sava Erofeeff
Braylon Hamre
Jonathon Haverkamp
Calvin Hill
Bergen Howard
Julian Janisch
Ericka Kramer
Callista Lewis
Kassidi Qualey

Brayden Sander

Sophomores

“A”

Paige Breitbach
Josie Johnson
Lauren Kaupang
Joy Neubert
Adrian Ryan
Karlie Schow

“B”

Daniel Boianoff
Cambell Brown
Jordyn Halstad
Cody Johnson
Claire Juve
Riley Kochmann
Alexa Morberg
Hudson Smeby
Cameron Svalen

9th Grade

“A”

Joe Courneya
Chloe Howard
Austin Johnson
Hayden Johnson
Austin Langseth
Lillian Shimpa
Nathaniel Spry
David Zarkoff

“B”

Ashton Anderson
Rian Bergh
David Cymbaluk
Cora Earls
Carter Forman
Macie Haskett
Caralina Janisch
Clara Kolden
Theodore Moritz
Kalli Roy
Kolten Schow
Tayyib Tameem
Jareth Walk

8th Grade

“A”

Andrew Austin
Charles Carlson
Abraham Cheremnov
Jayden Close
Lukas Gensburger
Callie Herriman
Adylaide Hickman
Malaina Jax
Stephen Kutsev
Ella Langemo
Khloe Luckow
Nickolas Schow
Kristi Shimpa
Kale Smeby
Owen Strom

Ella Subbert

“B”

Samantha Armye
Haylee Beckett
Kendra Cherf
Addison Clow
Garrett Davis
Susana Erofeeff
Axel Fuglseth
Cooper Gieseke
George Juve
Eleanor Kaiser
Adara Peterson
Peyton Solie

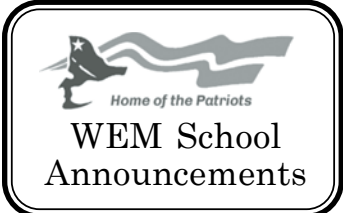
7th Grade

“A”

Bennett Bailey
Grady Breitbach
Emma Determan
Aria Doyle Anan Kolden
Megan McGlynn
Mya Strom

“B”

Stephanida Anufriev
Stella Davis
Carson Fortman
Ethan Geray
Adrienne Goldsmith
Vivea Kutsev
Alexander Molina
Corbin Moran
Liam Schow
Shelby Shimpa



Parent-Teacher Conferences will be held at the Win-E-Mac School on Thursday, February 22nd from 1:00 p.m.-7:30 p.m. Parents of students in grades K-6 should have made appointments to see their respective teachers. Parents of 7th - 12th grade students, conferences will be self-led by the students, with their homeroom teachers. Signup sheets will be sent home with students to schedule a time. Students will be dismissed at 12:30 with buses running shortly after dismissal.

Counting calories is only part of a healthy diet

There's no one-size-fits-all strategy when it comes to calorie consumption, and that can contribute to some confusion as adults try to achieve and maintain a healthy weight.

Dietary guidelines established by the United States Department of Health and Human Services promote nutrient-dense foods and beverages, but many people prefer to know how many calories they should consume each day.

Though that's understandable, the quality of the calories consumed goes a long way toward determining how nutritious a diet is. The Cleveland Clinic notes that the DHHS guidelines have historically recommended adults 21 and over consume between 1,600 and 3,000 calories per day. However, staying within those parameters does not necessarily mean a person's diet is healthy.

Though individuals should keep total calorie consumption

in mind when planning their diets, it's equally important to recognize what else the DHHS has to say about diet, particularly foods to avoid.

The DHHS recommends limiting consumption of foods and beverages that are high in added sugars, saturated fat and sodium. Limiting consumption of alcoholic beverages is another way to ensure your diet is working for you and not against you.