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McIntosh, Minnesota



Congratulations to all the Win-E-Mac Robotics teams who competed at the Vex State Robotics Tournament in St. Cloud, Minnesota last week. They competed and represented Win-E-Mac well. A special congratulations to team 5300D, Ferdaboyz, a team comprised of Nathaniel Spry, Carter Fortman, Hayden Johnson, and Taysyib Tameem (pictured above). This Patriot's team has qualified to compete at the Vex World Robotics tournament in Dallas, Texas at the end of April.

A few tips for adjusting to Daylight Saving Time

Don't forget to "spring ahead" on Sunday, March 10, when daylight savings time (DST) begins at 2 am. Most U.S. residents – with the exception of those in Arizona and Hawaii – follow the Uniform Time Act of 1966, which mandates states use DST, meaning we will lose one hour of sleep with Sunday's time change.

"While this shift in time may seem minor, it can significantly impact our sleep patterns and overall well-being," Dr. Arveyty Setty, RiverView Health Sleep Center medical director stated. "As a sleep doctor, I've witnessed firsthand how daylight savings time affects individuals across different regions, including those living in Minnesota and North Dakota... Everyone responds differently to daylight savings time. Some people adapt quickly, while others may take longer. Be mindful of your sleep patterns during this transition, and prioritize good sleep hygiene to minimize disruptions."

According to Dr. Setty, sleep medicine specialist and pediatrician, following DST disrupts our circadian rhythms, the 24-hour cycles that regulate sleep and other key bodily functions such as appetite and mood. These rhythms are largely dependent on light exposure. In order to reset each day, they must be synchronized with



Dr. Arveyty Setty.

natural light-darkness cycles to ensure healthy, high-quality sleep.

The transition from Standard Time to DST means darker mornings and more evening light, which can essentially delay the sleep-wake cycle, making you feel tired in the morning and alert in the evening. Circadian misalignment can contribute to sleep loss, as well as "sleep debt," which refers to the cumulative effect of not getting enough sleep on a regular basis.

Start now to prepare for DST

Dr. Setty recommends the following to ease the transition to DST:

- **Gradual Wake-Up:** In this week before DST, wake up

15-20 minutes earlier each day. By the time the clocks change on Sunday, your body will have adjusted incrementally.

- **Saturday Reset:** Saturday, before DST, set your alarm back by an additional 15-20 minutes. This gradual approach helps your body align with the new schedule.
- **Sleep Hygiene:** Create a relaxing bedtime routine to promote better sleep by limiting exposure to screens (phones, computers, television) before bedtime and keeping your sleep environment cool, dark, and quiet.

To get through DST fatigue, the National Sleep Foundation recommends spending time in bright light during the day to regulate your body clock, eating meals at consistent times daily, and establishing a relaxing pre-sleep routine.

"You need to take care of your sleep, and consider implementing strategies to maintain a consistent sleep schedule despite the time change," Dr. Setty continued. "Prioritize your sleep health during this time. Remember, a well-rested you is better equipped to embrace the changing seasons and march forward into brighter days."

Rest assured with services from DST...

Continued on page 2 ...



MN's unprecedented ice conditions

It has been a particularly deadly winter season on Minnesota waters, with at least four people dead after falling through the ice.

While some lakes are largely ice-free, people are still ice fishing on others, particularly those in the north.

Reminders of ice safety:

- The late-ice season can be particularly dangerous and in recent days, Minnesota Department of Natural Resources conservation officers have received numerous reports of vehicles falling through thin ice.
- No matter how people choose to drive on the ice, whether in a motor vehicle or on a recreational vehicle, they should check the thickness frequently. Ice is never 100% safe.
- Follow DNR ice thickness recommendations. Always double the recommendations when traveling on white ice.
- Have safety gear, including ice picks and a life jacket or float coat, easily accessible. Do

not wear buoyant gear in an enclosed vehicle as it can make escape from a sinking vehicle very difficult. Roll down the windows and unlock the doors.

- If a vehicle plunges through the ice, the best time to escape is before it sinks. It will stay afloat a few seconds to several minutes.
- While the car is still afloat, the best escape hatches are the side windows, since the doors might be held shut by the water pressure. If the windows are blocked, use an emergency safety tool, like a spring-loaded emergency hammer or an object from inside the vehicle to break the glass.
- Depending on the conditions, it can cost several thousand dollars or more to remove a vehicle that's broken through the ice. It often takes specialized equipment.
- If a vehicle breaks through the ice, state statute requires the owner of the vehicle report the date and the

circumstances surrounding the submergence to the sheriff of the county where the body of water is located within 48 hours of the vehicle entering the water.

- Removal must be completed within 30 days of the vehicle entering the water or being discovered in the water.
- The owner of the vehicle is subject to a civil penalty of not less than twice nor more than five times the costs incurred by the political subdivision to remove, process, and dispose of the vehicle.



Celebrate Read Across America this week at Win-E-Mac school

Win-E-Mac Elementary students will celebrate Read Across America this week, March 4th through March 8th with fun activities and, of course, a week worth of dressing up!

On Monday, the kids wore as many colors as they could, and on Tuesday, they wore their favorite hat and enjoyed a Green Eggs & Ham breakfast. The rest of the week is: Wordy Wednesday, wearing a shirt with words on it; Theodore Thursday, kids will dress like their favorite book character; and Fall Asleep Friday, where coming to school in your comfiest pajama's will end the week.

The act of reading has been around for thousands of years, since the invention of the written word. In the earliest years, reading was a skill that only a wealthy, educated segment of society had. Over time, more and more people learned to read and write, and reading came to be the common skill that it is today.

Since the first book that was ever written, many authors have made their mark and been remembered for their remarkable work. One such author is Theodor Seuss Geisel,

better known by his pen name, Dr. Seuss. He has authored some of the most popular children's books of all time, selling over 600 million copies.

In addition to being an author, Dr. Seuss was also an illustrator and cartoonist. After publishing his first children's book, he took a break to illustrate political cartoons and joined the animation and film department in the United States Army. In this role, he wrote, produced and animated several projects and gained recognition for them. Following this, he returned to writing children's books and how! He went on to write 60 books, a majority of which were critically acclaimed. His work is not only enjoyed by children to this date; it is also a part of many different adaptations in other mediums.

The National Education Association launched Read Across America in 1998 as a program to celebrate reading. Given Dr. Seuss' impact on the reading world, his birthday (March 2nd) was declared Read Across America Day. This also commences Read Across America Week and Read Across America Month.



Mrs. Boa and Mrs. Earls preschool class started off Read Across America week wearing the most colorful clothing they could.

Talking processed foods

March is National Nutrition Month, an opportunity to focus on healthy and informed food choices. When people try to eat healthier, they may start by cutting processed foods. But are all processed foods bad for you?

Job Ubbink, a professor and head of the Food Science and Nutrition Department at the University of Minnesota, answers questions about the difference between unprocessed, processed, and ultra-processed foods and how to make nutritious choices.

Q: Can you explain the difference between unprocessed, processed, and ultra-processed foods?

Prof. Ubbink: Unprocessed foods are often also called minimally processed foods, as literally every food has seen some processing. Think of fresh or frozen fruits and vegetables, meat and seafood, pasteurized milk, dry beans and pulses, and whole grain flours. Processed foods are those that are prepared from unprocessed foods, often by using processed culinary ingredients, such as cooking oil, refined flour, sugar and butter. Processed foods include many of our daily foods, such as bread, cheese, yogurt, cured and processed meats, and many of the options in the deli department. Ultra-processed foods contain high amounts of sugar, salt and fat, count a lot of calories and are otherwise nutrient poor. They are also often very appealing and easy to eat, inviting overconsumption. Typical products are candy bars, frosted breakfast cereals, fast food, pastries and crispy snacks.

Q: Can processed foods offer unique nutritional benefits?

Prof. Ubbink: One of the main reasons we process foods is to increase shelf life. Think of the pasteurization of milk or the freezing or the canning of foods. Food processing can provide specific nutritional benefits. An example is lactose-free milk, which can accommodate those who are lactose intolerant. Lycopene, an antioxidant in tomatoes, is more bioavailable in tomato paste, and nixtamalized corn flour, which is traditionally prepared by the Native Americans by cooking corn in lye, has a much improved bioavailability of niacin, also known as vitamin B3. Processing can also have negative effects. Refined, white flours, have a high glycemic index and lack important nutrients and fibers. Chemical hardening led to trans fats, which are unhealthy and should be avoided. Processing may also lead to loss of nutrients, even though we are getting better and better at preserving these. Think of frozen vegetables and fruits, which have a better nutrient retention than canned or, after prolonged storage, even fresh ones.

Q: What role do processed foods play in rural communities?

Prof. Ubbink: Rural communities traditionally prepared and preserved many of their foods themselves, often using their own produce. While there is a renewed interest in



pickling, canning and fermenting foods, we now rely on grocery stores for the bulk of our supplies. Distances to grocery stores are large in rural areas, and inclement weather, such as blizzards, occasionally may prevent a trip to the store. So, many in rural areas stock up on shelf-stable processed foods in their pantry and freezer. A concern are so-called food deserts: In very remote and often poor areas, a convenience store may be the only place that is relatively nearby that sells food, leading to an overreliance on ultra-processed and fast food.

Q: What advice would you offer for helping consumers make informed decisions at the grocery store?

Prof. Ubbink: Purchase fresh and minimally processed foods first: veggies, fruits and a protein source. Go with the seasons — buy cabbage or root vegetables instead of leafy greens in winter. Processed foods are needed in a modern lifestyle, but look at the nutrition facts panel on the backside of the packaging, and avoid those that are high in added sugar, salt and saturated fats. Limit purchasing ultra-processed foods — this can be challenging, as they can be really tempting and convenient. Stick to your shopping list and don't go to the grocery store on an empty stomach!

Q: How are University of Minnesota researchers working to better understand and utilize processed foods?

Prof. Ubbink: We are looking specifically at the group of ultra-processed foods. This food category was introduced about 15 years ago by researchers from Brazil, and has started an important global debate about the role of industrially-formulated foods in the obesity pandemic. Now, while the concept in itself is useful, it is also flawed. For many of the ultra-processed foods, it is not so much that they are intensely processed, but rather that they are formulated to contain high levels of sugar, salt and fats, are high in energy and have little nutritional value. We explicitly recognize this by differentiating the processing from the formulation. This allows to better define ultra-processed foods, and can for instance be used in defining nutrition research. It also shifts the focus from processing, which is critical to our food supply, to the way industry makes choices on the formulation of foods. This may also provide a route to more wholesome foods — there is no reason that formulated foods cannot be healthy.

Job Ubbink is a professor and head of the Food Science and Nutrition Department at

the University of Minnesota. His areas of expertise include food customs and culture and innovation in the food industry.

Rainfall monitoring network seeks volunteers

Participants provide important data about precipitation, climate trends.

The Minnesota State Climatology Office is seeking rainfall monitors for the Community Collaborative Rain, Hail and Snow Network. The network includes more than 20,000 volunteers nationwide who measure precipitation in their backyards using a standard 4-inch diameter rain gauge.

Participants submit their precipitation reports online. The data from backyard rain gauges are a critical source of information and it's beneficial to add more volunteer weather observers each year, even in areas where there are already volunteers.

"Rainfall and snowfall amounts can vary widely over a short distance, so a variety of reports is helpful in the same community or area," State Climatologist Luigi Romolo said. "We have some areas in greater Minnesota that have very few reporting stations. The more we have across the state, the better information

DST....

Continued from page 1

RiverView's Sleep Center
Whether you are having trouble adjusting to DST or have other issues with sleep, RiverView's Sleep Center offers services to individuals from birth through the end of life.

The symptoms of sleepiness, snoring, or an inability to concentrate may not seem like reasons to seek medical attention; however, in addition to the psychological and social effects, any of these symptoms could be the result of an undiagnosed medical condition. Left untreated, sleepiness and sleep-wake disorders can lead to serious health problems, including cardiovascular disease, diabetes, stroke, or accidents due to untreated sleep issues.

RiverView's Sleep Center, accredited by the American Academy of Sleep Medicine, offers an experienced, objective, and systematic approach to diagnosing and treating sleep-wake disorders.

Offering sleep studies since 1996, RiverView's Sleep Center provides help for:

Insomnia: Difficulty falling asleep, staying asleep, or waking up too early.

Sleep Apnea: Disruption of breathing during sleep, with brief periods throughout the night when breathing stops. People with sleep apnea may not get enough oxygen and have inadequate sleep. The most common symptoms of sleep apnea are loud snoring, waking up feeling unre-

We wish to thank the many people who have been so kind and generous as we navigate through this time of grief.

Thank you to Essentia Hospice Care for the wonderful care given to Paul during his illness. Thank you to Carlin Funeral Service for the compassion shown to us during this time. Thank you to Pr. Thorson and Pr. Lundeen for your part in the service. Thank you to the Win-E-Mac School for the use of the building, to the custodial staff, to the food service staff and to those who worked behind the scenes. Thank you to The Erskine Legion Post #596 for your gracious gift. Thank you to Ness Café for the wonderful food served at the service. Thank you for the many cards, food brought to our home, and beautiful plants and flowers. Thank you to the Erskine Fire Department for all of your support. Thank you to the area fire departments who were present at the service. Thank you to my family who opened their home and hosted us for the weekend.

We have been the recipients of a kind of love that you find only in a small town and surrounding area full of people and friends who want to take care of you. Your thoughtfulness, your generosity, your kindness, your respect for Paul, will always hold a special place in our hearts.

Kim Mahlen
Nathan & Rochelle and family
Jay & Leah and family
Matthew & Ashlie and family

M51C



Bingo at FCA

Freedom Christian Academy will host a Meat Bingo night on Friday, March 15th starting at 6:30 pm at the Erskine Community Center, 105 Ross Avenue. This will be a fundraiser for the school and bingo winners will win meat bundles as prizes. For more information visit fcaerskine.org.

King Township Annual Meeting

King Township, County of Polk, State of Minnesota, will hold its annual meeting and elections at the McIntosh Community Center, 115 Broadway Ave, on Tuesday, March 12, 2024. The Annual meeting will begin promptly at 3:00 pm. Voting for Board positions that are up for election, will take place after the meeting from 4:00 pm to 8:00 pm.

Lucas Thom
King Township Clerk



Thurs. March 7:
Jarid Graff, Hannah Smeby, Joe Shimpa, Felly Catahan

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

Sat. March 9:
Dennis Boucher

Sun. March 10:
Lori Roed, Anna Tofstad

Mon. March 11:
Albert Plante, Karen Thompson

Tues. March 12:
Sheldon Burslie, Rebecca Schommer, Kris Rue, Rachel Carlson, Cindy Leey

NOTICE ELECTION AND ANNUAL MEETING HILL RIVER TOWNSHIP

The annual election and meeting of the Township of Hill River, County of Polk, State of Minnesota, will be held on Tuesday, March 12, 2024 at the Hill River Town Hall. The Polls will be open from 5:00 p.m. to 8:00 p.m. to elect two (2) Supervisors for a term of three (3) and two (2) years and one (1) Clerk/Treasurer for a period of two years.

The annual meeting will start as soon as possible after the polls close to conduct all and any business that comes up at the meeting. If necessary, the storm date shall be one week later. Notice will then be given over the Fosston Radio Station.

Raymond O. Sundrud, Clerk/Treasurer
Hill River Township

NOTICE OF POLK COUNTY ROAD RESTRICTIONS March 2024

The effective date of road restrictions on all Polk County roads will be concurrent with the placement of restrictions on Minnesota Trunk Highways in the North Central Zone of Minnesota. MNDOT's Road Restriction announcements are published at <http://www.dot.state.mn.us/materials/index.html> and click on Seasonal Load Limits.

Restriction limits are based on gross axle weights and includes weight of both the vehicle and the load it carries.

The erection of signs on any highway governs the effective date of the restriction. As long as signs remain in place, restrictions are in effect.

No permits for overweight axle loads exceeding legal or posted axle weights will be issued during this time.

During the period when road restrictions are in effect, any county or town road is restricted to 10,000 pounds gross weight per axle unless otherwise posted. If no signs are erected, the 10,000 pound gross weight provision shall apply.

Richard C. Sanders
Polk County Engineer

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"Serving the Win-E-Mac area"

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MCCL

Meeting in McIntosh

Minnesota Citizens Concerned for Life (MCCL) Chapter No. 45 will hold its monthly meeting March 21, 2024, at 7:00pm, at Mt. Carmel Church in McIntosh. All who value every human life from womb to tomb are encouraged to attend.



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

Wed. March 6: 5:30am Mass; 6:30pm Stations of the Cross

Fri. March 8: 11:30am Mass at St. Mary's, Fosston

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

Wed. March 13: 5:30am Mass; 6:30pm Stations of the Cross

Fri. March 15: 11:30am Mass at St. Mary's, Fosston

Sun. March 17: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. March 20: 5:30am Mass; 6:30pm Stations of the Cross

Fri. March 22: 11:30am Mass at St. Mary's, Fosston

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh
Pastor Rene Mehlberg
Synodical Authorized Minister Katie DeMarais

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

Sun. March 17: 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, March 10: 9:30am Sunday School and Adult Bible Study

Tues, March 12: 10:00am. Sunday worship service telecast on GVTV--30

Wed, March 13: 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
Pastor Lee Laaveg

Sun. March 10: 9:00am Worship

Sun. March 17: 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.

Let’s talk crops!
Discussion on thirsty cover crops

Cover crops are thirsty, but they also protect the soil surface and provide other benefits. How does this push-pull relationship play out in a drought year?

Dan Smith, nutrient and pest management outreach specialist at the University of Wisconsin, dug into their 2023 cropping systems study for some answers in June. Corn plants from the full tillage treatment were taller, but the roots and soil were powder dry. Some soil moisture was retained in no-till, but it was still very dry. “What surprised me the most,” stated Smith, “was that there was soil moisture and good soil structure in the top 2-inches of the planting green treatment.” In this treatment, corn was planted into 12-inch-tall cereal rye. Rather than stealing all of the moisture, the rye helped retain more soil moisture instead.

Deciding when to terminate a cover crop is challenging. If the goal is to maximize biomass, competition could compromise both the cash crop and soil moisture in a dry year. Wisconsin studies looked at three rye termination times in both corn and soybeans: 2 weeks before, at planting, and 2 weeks after planting. Corn grain and silage yields were reduced when rye was terminated at and after planting. However, when rye was terminated two weeks before planting, yields were equal with those in conventional tillage and no-till. As a result, Smith recommends terminating the rye before planting to avoid competition in a dry year.

Soybeans yielded only slightly less at high levels of biomass. Soybeans seem to be impacted less by cover crops

and soil moisture concerns than corn is.

In a similar planting green study in soybean in Minnesota, yields were significantly reduced with late rye termination. However, Dr. Anna Cates, state soil health specialist, suspects it was due to planting and other issues rather than the biomass itself, since little had been produced. In five of six study sites, pre-plant termination protected soybean yield.

In heavy residue systems, planter issues can follow, particularly in a dry year when planting at the right depth is challenging. However, unless a planter is severely worn out, Smith doesn’t recommend buying a new one for cover crops. Instead, he suggests making planter adjustments, such as upgrading the double disc openers and closing wheels. Other tools, like hydraulic down pressure, air down pressure, variable air ride and row cleaning wheels may also be helpful.

Because the gauge wheels ride on top of the residue, the planter seeding depth may need adjustment. To make sure it is operating correctly and rows are getting closed, tie up the closing wheels, run the planter for 10 to 15 feet, then examine the row for proper seed spacing and two-inch corn seeding depth.

Cereal rye should be planted by mid-September in Minnesota for optimal seeding success and biomass production. Once into October, successful establishment and biomass production declines.

Seeding rate studies are ongoing. In Wisconsin, Smith seeds a bushel of rye to maximize biomass, but if the goal

is to simply protect soil, 20 pounds of rye per acre after crop harvest may be adequate. Minnesota studies suggest that seeding rates above 60 pounds per acre are not needed.

Why cereal rye? “It’s reliable for both establishment and getting decent growth in the short corn-soybean rotation window,” explains Cates. It’s also relatively inexpensive and usually readily available.

More diverse mixes are more appropriate with a longer window, such as after corn silage or small grains, or when interseeding into corn. A mix with a brassica, oats or a legume has the added advantage of not needing to terminate a grass in the spring.

Develop a strong plan to manage soil structure, soil fertility, crop pests and variety selection to increase long-term resilience under dry conditions. Consider incorporating cover crops, reducing soil disturbance and adding other crops into the rotation to build soil health and resilience.

If 2024 remains dry, Smith recommends terminating cover crops 10 to 14 days before planting to reduce competition with the crop. Cates agrees, “If you’re going to err, it might be wise to err on the early side.”



Funds available to
boost MN livestock product sales

Meat, poultry, egg, and milk processors focus of MDA grant program.

Minnesota livestock product processors seeking to start-up, modernize, or expand their businesses are encouraged to apply for the Agricultural Growth, Research, and Innovation (AGRI) Meat, Poultry, Egg, and Milk Processing (MPEM) Grant.

Funded through the Minnesota Department of Agriculture (MDA), the intent of the MPEM Grant is to increase sales of Minnesota-raised livestock products by investing in equipment and physical improvements that support processing, capacity, market diversification, and market access.

The MDA anticipates awarding up to \$750,000 in

2024 MPEM Grants using a competitive review process. The maximum award amount is \$150,000, and the minimum award amount is \$1,000. Grantees are responsible for 50% of the first \$50,000 of project expenses, and 75% of the total remaining costs above \$50,000.

Individuals (including farmers), businesses, agricultural cooperatives, nonprofits, educational institutions, local unit of governments, or tribal governments that intend to be or are engaged with livestock slaughter or processing are eligible for the MPEM Grant. Projects focused on meat and poultry processing, especially slaughtering, will be prioritized in this round of funding.

Grant applications will be accepted until 4 p.m. on Tues-

day, April 9, 2024. For further information and to submit your online application, visit the AGRI Meat, Poultry, Egg, and Milk Processing Grant web page.

This call for MPEM Grant applications follows a previous round of applications announced in fall 2023. Recipients of the 2023 MPEM Grants will be announced at a forthcoming date.

Funding for the MPEM Grant is made available through the MDA's AGRI Program, which administers grants to farmers, agribusinesses, schools, and more throughout the state of Minnesota.

The AGRI Program exists to advance Minnesota's agricultural and renewable energy sectors.

MDA offers mini-grant for produce growers

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

Minnesota produce farmers who improve their on-farm food safety systems may be eligible to reimburse those expenses through the Minnesota Department of Agriculture's (MDA) 2024 Produce Safety Mini-Grant, which is now accepting applications.

The Produce Safety Mini-Grant will distribute a total of approximately \$33,600. Awardees will receive up to \$800 per farm. No matching funds are required.

To be eligible, applicants must be produce growers farm-

ing in Minnesota, who grow and sell one or more of the following crops: leafy greens, apples, berries, carrots, cucumbers, garlic, green beans, herbs, melons, microgreens, mushrooms, onions, peppers, sprouts, summer squash/zucchini, or tomatoes.

Applicants must also have completed the Minnesota Department of Agriculture Produce Safety Program Grower Questionnaire at least once between 2021-2024.

Expenses must occur on or after October 1, 2023 or be planned to take place before August 2, 2024. Examples of eligible expenses include:

- Supplies to build or pur-

chase a portable handwashing station.

Harvest totes or collection tools.

- Water testing for generic coli.
- Consultation fees for developing an on-farm food safety plan.
- Waxed boxes and market containers.

Additional information and the online application are available on the MDA website.

Farmers can contact the MDA Produce Safety Program at 651-539-3648 to request a paper copy. Applications will be accepted through 11:59 p.m. on March 30, 2024.

Less obvious sources of caffeine

Caffeine is the most widely consumed psychoactive substance in the world. Caffeine speeds up the central nervous system and can make users feel more alert.

The Centre for Addiction and Mental Health in Canada says more than 80 percent of adults regularly consume caffeine, which is often used to provide an energy boost or increase alertness.

It's widely recognized that caffeine is found in coffee, teas, colas, and chocolate in varying amounts. Still, some may be surprised to learn caffeine can be found in other places as well. While some caffeine daily is generally safe, excessive caffeine consumption can cause insomnia, headaches and high blood pressure, says the Mayo Clinic. Quitting caffeine cold turkey also can lead to withdrawal symptoms, particularly for those who consume it regularly in high amounts.

Learning about less obvious sources of caffeine can help people avoid over-consumption.

Decaffeinated products: Despite the name decaffeinated, these beverages are not entirely devoid of caffeine. The FDA requires 97 percent of the caffeine to be stripped in products marked "decaf," but that still leaves some caffeine.

Snack bars and pre-workout drinks: Protein and energy bars and drinks may feature various ingredients to give individuals energy. It's important to check the nutrition information to determine caffeine content.

Kombucha: This product is a fermented tea beverage. Since tea contains caffeine, kombucha will have caffeine as well. Kombucha caffeine levels range from 5 to 15 mg per serving, says Health.com.

Additives: Some additives and other ingredients in foods and beverages contain caffeine. The Mayo Clinic says choline, ginseng, guarana, kola nut, malic acid, and maltodextrin can contain caffeine.

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drinks can quickly add up.

Energy drinks: The National Institutes of Health says the primary ingredient in energy drinks is caffeine. Approximately two-thirds of energy drink consumers now fall between the ages of 13 and 35. Energy drinks usually contain large amounts of sugar and anywhere from 80 to 150 mg of caffeine per 8 ounces. The U.S. Food and Drug Administration has said that 400 mg of caffeine daily has generally not been associated with adverse health effects. Most energy drinks are 16 ounces or more, so it's important individuals monitor their consumption of such beverages. Drinking multiple energy

Painkillers: Certain pain relievers, particularly those that are geared toward headache relief, contain caffeine. Caffeine is put into some painkillers to ensure their active ingredients work. A pill can contain upwards of 65 mg.

Non-cola sodas: Cola sodas usually contain caffeine, but lighter soft drinks, such as lemon-lime or orange varieties, also can contain caffeine.

Caffeine is in many foods, drinks and supplements. It's important to monitor caffeine content to avoid overconsumption.

LEGAL NOTICE
NOTICE

Notice is hereby given that a hearing has been set for March 23, 2024 at 9:45 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave, Crookston, Minnesota, to consider the application of Daniel Bauer, 43243 120th Ave SW, Fertile, MN 56540 for a Conditional Use Permit to operate a Honey Bee Farm extraction business on a parcel of land located at: 12050 434th St SW, Fertile, Mn 56540 and described as: The Southeast Quarter of the Southeast Quarter of the Northeast Quarter of Section 19, Township 147, North of Range 44, West of the Fifth Principal Meridian, Polk County, Minnesota, parcel #28.00134.00. All property owners within ¼ mile of the proposed Conditional Use Permit are invited to appear at said hearing. Dated: February 27, 2024
Jacob J. Snyder
Planning & Zoning Administrator M51C

LEGAL NOTICE
NOTICE

Notice is hereby given that a hearing has been set for March 23, 2024 at 9:03 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave, Crookston, Minnesota, to consider the application of Benedict Kuznia, 112 Oakwood Court, Thief River Falls, MN 56701 for a Conditional Use Permit to hook a septic system to an existing accessory structure on a parcel of land described as: Lot 11 of Hideaway Cove First Addition, parcel #27.00251.00. All property owners within ¼ mile of the proposed Conditional Use Permit are invited to appear at said hearing. Dated: February 27, 2024
Jacob J. Snyder
Planning & Zoning Administrator M51C

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Changes for anglers hoping to catch a record fish

Anglers will have new opportunities to claim the glory of catching a Minnesota state record fish!

Starting March 1st, anglers can earn catch-and-release records for 18 species beyond the four current species that are recognized, a change the Minnesota DNR is making in response to the increasing popularity of catch-and-release fishing and to raise the profile of native rough fish.

Records established prior to requiring weight to be documented on a certified scale will continue to be recognized as historical records. Going forward, the Minnesota DNR will recognize three categories of record fish: historical weight records, catch-and-release documented by photos, and certified weight documented by keeping a fish and weighing it on a state-certified scale.

Anglers can also apply for a certified weight record for yellow bass, added to the category because the species has dramatically increased in both presence and popularity, particularly in south-central Minnesota.

Which fish next for records?

Species being added to the catch-and-release category are blue sucker, bigmouth buffalo, bowfin, brook trout, brown trout, channel catfish, freshwater drum, lake trout, largemouth bass, longnose gar, rainbow trout, sauger, short-nose gar, shovelnose sturgeon, smallmouth bass, smallmouth buffalo, tiger muskellunge and walleye. The category will continue to include muskellunge, northern pike, lake sturgeon and flathead catfish. There will be a minimum fish length requirement for new submissions, which will prevent an abundance of record applications for commonly caught sizes.

Certified weight records will be available for black crappie, bluegill, brown bullhead, channel catfish, common carp, flat-head catfish, lake trout, north-



Maddy Ogg caught and released this 43 1/2 inch pike in October 2018 on Mille Lacs Lake, and set the first northern pike state record in the DNR's catch-and-release category.

Northern pike in Balsam, Haskell and Scraper Lakes, Itasca County

- Northern pike in Pearl Lake, Stearns County
- Crappie and sunfish in Clearwater and Maple Lakes, Stearns and Wright counties.

Fishing deep? Consider keeping crappies

If you fish for crappies in deep water, please read up on barotrauma. Barotrauma refers to injuries caused by rapid changes in barometric or water pressure.

Symptoms in fish include bulging eyes, bleeding gills, gas bubbles under the skin or an expanded swim bladder that pushes the stomach out of the fish's mouth.

Minnesota DNR fisheries biologists are studying the effects of barotrauma. Preliminary results suggests:

Barotrauma is not a major concern for crappies shallower than 25 feet.

The chance of released fish suffering injury or death from barotrauma increases deeper than 25 feet.

If you're fishing for crappie in deep water, consider keeping what you catch and moving to shallower water once you've reached your legal limit.



Congratulations to Robotics Team 5300B- Daniel Boianoff and Calvin Hill (pictured) and Team 5300A -Alec Haskett, Foma Chermonov, Wyatt Davis, Chris Roragen, and Kailee Kramer as they have earned an invitation to the US Open Robotics tournament in Council Bluffs, Iowa March 14-15.

OHE invites new high schools to participate in Direct Admissions

The Minnesota Office of Higher Education (OHE) is inviting new high schools to participate in Direct Admissions Minnesota for the 2024-25 academic year. The Direct Admissions Minnesota program is designed to encourage all graduating seniors to consider themselves "college material" by proactively notifying them of the colleges and universities that are eager to admit them. Students will receive a letter at the beginning of the 2024-25 academic year that lets them know which Minnesota colleges and universities are granting them proactive admission. Currently participating high schools report that students benefit from boosted self-confidence, reduced self-selection bias, and enjoy a more stress-free college application process.

While this program is a true partnership between OHE, postsecondary institutions, technology platforms, and high

schools, staff members at participating high schools play a critical role in the implementation process by working with OHE to conduct the academic review and review of transcripts, in addition to troubleshooting and answering questions that students and families may have.

There is no cost to participate in the program. Direct Admissions received funding from the 2023 Minnesota Legislature to continue to expand its partnerships. New high schools will receive funding to assist with costs related to staff time and/or to assist with program events at the high school.

OHE is hosting four virtual information sessions on the following dates for interested high schools:

- 8:00 AM - 9:00 AM, Tuesday, March 12, 2024,
- 12:00 PM - 1:00 PM, Wednesday, March 13, 2024,
- 3:30 PM - 4:30 PM, Monday, March 18, 2024,
- 8:00 AM - 9:00 AM, Monday, March 25, 2024,

Each session will review provide the same content and an opportunity for high schools to ask questions. The sessions will cover program overview, implementation process, roles of staff at high schools, and resources. Recommended audience for the information sessions include superintendents, high school principals, and high school counselors, as well as college access program and educational cooperative program staff members.

Only a select number of high schools will be onboarded for the 2024-25 school year. In addition to attending an information session, high schools interested in participating in the program should complete the Direct Admissions High School Interest Form on the OHE website by March 31, 2024.

Upcoming MN Youth Institute opportunity challenges high schoolers to solve local and global hunger issues

Deadline to apply is April 1st, research papers due April 8th.

High school students across the state are invited to submit a paper and participate in the Minnesota Youth Institute (MNYI) on May 15, 2024, for an in-person educational program hosted by the University of Minnesota's College of Food, Agricultural and Natural Resource Sciences (CFANS) and the World Food Prize Foundation.

At the event, students will engage with leaders in science, policy and industry to discuss the world's most pressing challenges in hunger and poverty.

In order to participate in the program, students research and write a paper on a global challenge affecting food security. They research the country's food security status then provide recommendations on how to solve issues. Students are then invited to attend a day-long event on campus and en-

gage in hands-on immersions such as plant pathology identification or processing restaurant oil into biofuel. They also present their solutions in roundtables, allowing them to reflect on their unique role in addressing challenges related to agriculture, policy, science, industry, and hunger relief efforts. The deadline to register for the MNYI is April 1 and research papers must be submitted by April 8. Students, teachers, parents, and community members can learn more here.

By participating, 9th to 12th grade students will:

- Receive a \$1,000 scholarship to the University of Minnesota CFANS
- Present their ideas to statewide peers and experts on May 15
- Access other opportunities, such as participating in research fellowships, exploring international internships, advancing to the Global Youth Institute, and more

For their participation, the students are recognized as Borlaug Scholars and are eligible for special scholarships, internships and other professional opportunities, including paid Wallace-Carver Fellowships at the U.S. Department of Agriculture. A select few also will advance to the World Food Prize Global Youth Institute, a gathering of more than 1,000 world leaders working to advance food security, agriculture and human development.

Hosted by CFANS at the U of M since 2008, the MNYI was started by Nobel Peace Prize laureate Dr. Norman Borlaug, a U of M alumnus credited with saving more than a million lives, who always encouraged youth to be in discussions of complex issues through programs like the MNYI.

The World Food Prize was also created by Borlaug in 1986. It is the foremost international award recognizing individuals whose achievements have advanced human development by increasing the quality, quantity or availability of food in the world.

The Global Youth Institute was developed to challenge and inspire participating students and teachers to identify innovative strategies to alleviate hunger and to expose students to opportunities and careers in food, agriculture and natural resource disciplines.

Of the students who complete the Global Youth Institute, about 92 percent go on to pursue college degrees in agriculture and science, and 77 percent choose careers in agriculture, STEM and other fields critical to the fight against hunger. The Institute also boasts an impressive two-thirds participation by young women. Dr. Borlaug often stated, "I am certain that these students will become the future agricultural, scientific and humanitarian leaders in the fight to end hunger."

High school educators and students interested in participating in the 2024 Minnesota Youth Institute can visit <http://mnyi.cfans.umn.edu/> for more information. For answers to questions about MNYI or the research papers, please review the Frequently Asked Questions and contact mnyi@umn.edu.

Superintendents Notes

By Randy Bruer

Summer Rec and Activity Programs "BEYOND THE BELL"

Summer is just around the corner, and we are in the process of putting together a great summer program including recreation under 'Beyond the Bell'. The program will allow children to be supervised in a school setting that would give them access to technology activities, academic based activities, arts and crafts, physical education activities, field trips. Students will also be able to access summer recreation activities such as baseball, softball and swimming lessons. Jeremy Morgenroth will be working with the baseball/softball games along with student help. We have applied for another grant called "After School Community Learning (ACLG) Grant for Summer programming. We will not find out until May so we will be discussing how to work with a cost for the summer program in 2024.

Summer programs would again consist of plans that could be purchased separately. This is open to all students. Once we finalize plans, they



will be explained to the family, and you can pick and choose what fits your needs. Sign-up will be in April with more information to come.

*** Breakfast and Lunch will be provided during the day as part of the program for all students. If other students would like to eat here at school during the summer, please notify the Hot Lunch Dept. We will serve all students during the summer.

Win-E-Mac Schools

We need your help to identify those Pre-K students who did not attend our program this year but will attend Kindergarten this Fall.

Please call the District Office to sign-up your child for the Pre-School Screening, Fall Pre-School Program or Kindergarten this Fall if you have not already done so.

We need this information ASAP to begin planning staff, space and materials for next year. Preschool Screening is set up for March 28th in McIntosh. For more information call the District Office.

Superintendent Retirement: Thank you, Win-E-Mac

I have decided to retire from my position at the end June of the current school year. I have been Superintendent for 13 years in WEM and have enjoyed making this school a recognized, great place for learning and team commitment. The staff, administration and school board have made my job fun and rewarding.

Together, I believe we have made this district a place for children to learn and grow. Thank you for the time and the opportunity you have given to me.

WEM School readiness and Head Start Early Childhood & Preschool screening

The Win-E-Mac school will offer preschool and early childhood screening for a free and simple check of how your child is growing, developing, and learning.

A trained professional will check your child's vision and hearing, height and weight, immunizations, large and small muscle development, thinking, language and communication skills, and social and emotional development.

The screening is open to all children, ages three years

old and up, who have not been previously screened. Children must be screened before entering preschool and kindergarten.

The screening will take place at Polk County Public Health located in the Bjella Building (240 Cleveland Avenue SW) in McIntosh.

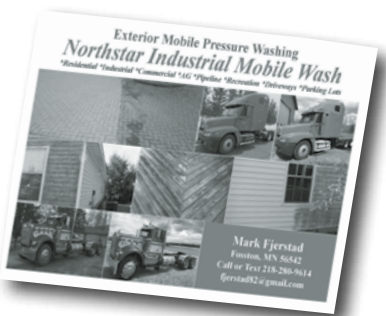
Contact Heather Earls at Win-E-Mac to set up an appointment time for your child to be screened by emailing her at: hearls@wemschools.org.

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