Vol. 135 Number 30 Wednesday, March 20, 2024

McINTOSH Times $1.00

Hub of the Thirteen Townships Since 1888 McIntosh, Minnesota

Congratulations to the Win-E-Mac-Red Junior High School Knowledge Bowl team for placing 5th out of 14 teams total at the meet in Crookston. Team members included Hayden Johnson, Nathaniel Spry, Tayyib Tameem, and Lukas Gensburger.

Poison Prevention Week, take steps to reduce risk

National Poison Prevention Week raises awareness of poison prevention nationwide during the third full week of March every year. The week is an opportunity to highlight the dangers of poisonings for people of all ages and promote community involvement in poisoning prevention.

In 1961, Congress established National Poison Prevention Week to raise awareness, reduce unintentional poisonings, and promote poison prevention.

Every year, Americans report more than 2 million cases of poisoning. Poisoning risks abound in everyday items, from medicines and cosmetics to cleaning supplies and household chemicals. Tens of thousands of children a year end up in the emergency room after accidently ingesting household products like the small batteries found in toys and game controllers.

More than 90% of poison accidents happen in the home, but many poison risks are hidden in plain sight. Learn how to identify poison risks in your home and take simple steps to keep your family safe and healthy.

In the kitchen:

- Never use commercial cleaning products on food or packaging.
- Turn off gas ranges when not in use.
- Store food at the proper temperature.

In the bathroom:

- Keep medicines locked up and away from children.
- Store all medicines in their original, properly labeled containers.
- Avoid using household cleaners and disinfectants on hands or skin improperly.

In the garage:

- Do not keep the car running in a closed garage.
- Store paint, antifreeze, gasoline, and other chemicals in locked cabinets.
- Keep detergents and other laundry products up, away, and out of reach of children

Poisoning deaths are preventable, and awareness is essential to saving lives.

If you believe that you or someone you know may have ingested a toxic substance, call the National Poison Control help line immediately at 800-222-1222 to be connected to a local poison control center. Learn more about their lifesaving services at poisonhelp.hrsa.gov.

Significant days during Holy Week

Each year in early spring, Christians across the globe celebrate their faith on Easter. Easter commemorates the resurrection of Jesus Christ, an event which is described in the New Testament.

Mass on Easter Sunday annually attracts millions of the faithful. However, many days during the week preceding Easter Sunday, often referred to as Holy Week, also bear significance to faithful Christians.

Palm Sunday

Palm Sunday begins Holy Week and commemorates the entry of Jesus Christ into Jerusalem. Upon entering the city, Jesus was greeted by crowds waving palm branches. That is why Christians receive palm branches or palm crosses during Palm Sunday Mass.

Holy Wednesday

Holy Wednesday draws attention to the abandonment of Jesus by his disciples. Holy Wednesday services may feature Tenebrae, a religious service characterized by the extinguishing of candles. That portion of the service is meant to symbolize darkness, which is what "Tenebrae" means in Latin.

Maundy Thursday

The Last Supper is commemorated on Maundy Thursday, which also commemorates the Washing of the Feet (Maundy). The Last Supper was Jesus's final meal with his apostles before his crucifixion. According to Christian scripture, Jesus predicted one of the apostles present at the meal would betray him. This also was when Jesus foretold that Peter will deny knowing him three times before the next morning. According to Trinity College, Maundy Thursday reminds Christians to love others as Jesus loves them.

Good Friday

Good Friday commemorates the trial of Jesus and his resulting death sentence, torture, crucifixion, and burial. It's hard to characterize any of those things as "good," which can cause a little confusion among Christians and non-Christians alike. However, Trinity College indicates that, in this context, "good" connotes something holy or pious.

Holy Saturday

Holy Saturday concludes Holy Week. Even though many faithful Christians awake early and don their Sunday best on Easter morning, Holy Saturday celebrations are not muted. On Holy Saturday, Christians may attend a late-night Easter Vigil service that includes a liturgy and the celebration of the Eucharist. The two-part celebration commemorates the Eucharist as symbolic of the emergence from darkness into the light.

Holy Week is a time for faithful Christians to celebrate their faith in advance of Easter Sunday.

Join the McIntosh Community Club celebrating an early spring with the annual Easter Eggstravaganza Egg Hunt! This year's event will take place on Saturday, March 30th at 1 p.m. at Erickson Park in McIntosh. Come find some eggs filled with treats, register for a chance to win a bike from the McIntosh Fire Department, and meet the Easter Bunny for some pictures. Happy Easter from the McIntosh Community Club!

Read Across America Week ended at Win-E-Mac School with Pajama Day on Friday, where the kids, including Mrs. Landverk's kindergartners (pictured) were able to relax in the gymnasium with a good book for some quiet and cozy reading.

Soil testing available from the U of M for gardeners, farmers and others

As farmers, gardeners, horticulturists, landscapers, and others prepare for this year's spring planting season, the Soil Testing Laboratory in St. Paul is available to provide the public with quality soil testing and analyses.

The Soil Testing Laboratory uses proven techniques to evaluate soil fertility and soil pH level, as well as problems which may be caused by excessive levels of salts or fertilizer materials. Fertilizer recommendations are based on laboratory results, soil characteristics, crop history, and crop nutrient requirements and are specific to regional locations and conditions. Specific recommendations are provided for how much nitrogen, phosphorus, and potassium should be added to the soil for crop, plant, flower, grass, and tree growth.

Two primary soil testing options that might be of most

interest to your readers are Lawn and Garden and Farm and Field.

Details about Lawn and Garden soil testing are available at: z.umn.edu/lawn-garden

Details about Farm and Field soil testing are available at: z.umn.edu/farm-field

Soil samples can either be dropped off Monday-Friday from 8 a.m. to 4:30 p.m. or mailed to the Soil Testing Laboratory at: University of Minnesota Soil Testing Laboratory, 135 Crops Research Building, 902 Dudley Avenue, St. Paul, MN 55108.

Specific Information on soil testing pricing, collecting and submitting samples is available at: https://soiltest.cfans.umn.edu/

Regular Series soil testing takes about two weeks. Once testing is complete, a Soil Test Report will be sent. Soil Test Report interpretation guidelines for the three different types of Soil Test Reports - agronomic crops, horticultural crops and lawn, garden, and landscape plants - are available here: z.umn.edu/understandingreports

The Soil Testing Laboratory is part of the Minnesota Agricultural Experiment Station's Soil Testing and Research Analytical Laboratory (STRAL). STRAL partners with the Department of Soil, Water, and Climate in the University of Minnesota College of Food, Agricultural and Natural Resources, and University of Minnesota Extension to provide soil testing services.

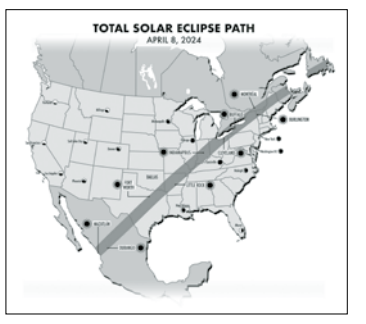
The Gosen Luther League starts their concert series on Sunday evening, March 24th, at 7 o'clock. Phil and C'Dale Jore and family from Williston, ND, will be our special musical guests. Phil and family are entertaining and talented, seeking to encourage people in God's Word through fast paced inspirational Country Gospel and Old-Time music. They are real down-to-earth folks as you will witness in the genuine way they relate to people. Phil and C'Dale sing and play guitars; daughter Karli sings and plays mandolin, violin, banjo, guitar, and drums; Karli's 15-year-old daughter Piper joins in with vocals playing violin, mandolin, and tin whistle at times. Join us for an inspirational evening in honor of our Lord Jesus Christ. Refreshments will be served following the program. 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.

The McIntosh City Council meets every month on the second Thursday at 5:30 pm at the Community Center. Members of the council include Toby Strom, Mayor and Council members Luke Syverson, Jordan Gunufson, Luke Burd, and Beth Hagen.

Did you know?

A total solar eclipse will be visible from Texas to Maine on April 8, 2024. NASA notes that this phenomenal, awe-inspiring event occurs when the moon passes between the sun and Earth, completely blocking the face of the sun. The National History Museum notes that solar eclipses occur between two and five times a year, but a total solar eclipse occurs less frequently.

A total eclipse takes place every 18 months or so, but that does not mean everyone can view the eclipse. Whether or not a total solar eclipse is visible depends on where a person happens to be at the time it occurs. In fact, the NHM reports that generally total



solar eclipses are visible every 400 years from any one place. Americans interested in seeing a total solar eclipse should make a concerted effort to do so in 2024, as NASA indicates the next total solar eclipse visible from the contiguous United States will occur in August 2044.

NOTICE KING TOWNSHIP

Notice is hereby given that King Township, Polk County, Minnesota is requesting bids for the following services:

- Ditch mowing of King Township roads
- Road gravel, priced per ton
- Road grading of King Township roads
- Snow plowing of King Township roads

The King Township Board reserves the right to reject any and all quotes and to waive irregularities therein and reserves the right to award the contract in the best interest of the township.

Certificate of Insurance must be provided. Proposals should be mailed to King Township Clerk, P.O. Box 62, McIntosh, MN 56556 or remit to King Township Clerk Lucas Thom.

All bids must be received by April 1, 2024.

M1-2C

NOTICE OF MEETING OF STOCKHOLDERS OF FOSSTON TRI-COOP
Fosston, Minnesota

Notice is hereby given that the Annual meeting of stockholders of Fosston Tri-Coop will be held at Ventures Bar & Grill in Fosston, Minnesota on Friday, March 22, 2024. Meeting will start at 5:00 p.m. with a meal to follow.

The business meeting will include the presentation of the annual report and election of two directors, who will serve a term of three years.

Curtis Bartz
Secretary-Treasurer

M52-1C

Wed. March 20: Brady Strom, Larry Hedlund, Bonita Hubbard

Thurs. March 21: Ron Grande, Andrew Biggerstaff, *Dick & Corrine Richards

Fri. March 22: Dianne Roed

Sat. March 23: Roy Ostenaa, Mark Lee, Nicole Violette, Kelsey (Thompson) Mahlum

Mon. March 25: Anya Modac

Tues. March 26: Steve Haaven, Kris Johnson, Dayton Espeseth, Judy Boucher, *Chris & Tiffany Wirth

McINTOSH Times

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Cell: (218) 280-1684
Gonvick (218) 487-5225

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

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

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

Sun. March 24: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Thurs. March 28: 7:00 pm Mass of Last Supper, Institution of the Holy Eucharist at St. Mary's. Fosston

Fri. March 29: 6:00pm Passion of the Lord, Good Friday at St. Mary's, Fosston

Sat. March 30: 8:00pm Easter Vigil Mass at St. Mary's, Fosston

Sun. March 31: 8:30am East Sunday Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

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

Sun. March 24: 10:00am Coffee Hour; 10:30am Worship Services

Sun. March 31: 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 24: 9:30am Sunday School and Adult Bible Study: 11:00am Worship Service (also on Facebook and gosenchurch.com) 7:00pm Luther League with Phil and C'Dale Jore from Williston, ND (see article elsewhere in the paper)

Tues, March 26: 10:00am. Sunday worship service telecast on GVTV--30

Wed, March 27: 6:30pm Bible Study at Sharon Ramberg's home

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

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
PastorLee Laaveg

Sun. March 24: 9:00am Worship

Sun. March 31: 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.

BUSINESS & PROFESSIONAL GUIDE

This space for rent at $127.40 for 6 months.
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M3-28C

THE WINGER ENTERPRISE

Wednesday, March 20, 2024

New MDA grants available to aid in weather resilience

Program will help farmers and ranchers prepare for extreme weather events

St. Paul, MN: Recognizing the risks posed by extreme weather, the Minnesota Department of Agriculture (MDA) is offering a new grant opportunity to help eligible producers make their operations more resilient to drought, flooding, and severe weather events like storms, tornadoes, and straight-line winds.

The Preparing for Extreme Weather Grant, also referred to as the Prepare Grant, offers one-time competitive grants of up to $10,000 for Minnesota livestock and specialty crop producers to buy and install supplies and equipment for weather event preparation. It requires a 50% match.

"In the past few years, we've seen examples of extreme weather like record flooding and drought affect farming operations throughout Minnesota," said MDA Commissioner Thom Petersen. "These grants will help producers bolster their operations and get ahead of the curve in terms of anticipating and managing the risks of future weather events."

For the purposes of this grant program:

- Livestock includes beef and dairy cattle, swine, poultry, goats, mules, bison, sheep, horses, farmed cervids (deer, elk), ratites (flightless birds including emu), and llamas.
- Specialty crops include fruits and vegetables, tree nuts, dried fruits, horticulture and nursery crops, and floriculture. See USDA's list of Specialty Crops for further examples.

Eligible projects include — but are not limited to — water tanks, pipelines, and wagons/trailers; wells (new improvements, fixes, replacement pumps); irrigation equipment (including drip irrigation); fans; misters; livestock shade systems; and windbreaks.

The MDA expects to award 50 to 75 grants with the $500,000 available for this program and encourages producers to apply early. Applications will be accepted through 4 p.m. Central Time on April 23, 2024, and the MDA will notify applicants as soon as possible, but no later than May 31, about whether their proposal was funded.

Full grant details and the request for proposals (RFP) can be found on the MDA website.

The Preparing for Extreme Weather Grant is funded by the Agricultural Growth and Research Initiative (AGRI) Program, which supports advances in Minnesota's agricultural and renewable energy sectors.

Unauthorized drone disrupts fire response at Split Rock Lighthouse

Drones continue to show up unannounced on Minnesota wildfires. Firefighters responding to a small fire on Tuesday, near Split Rock Lighthouse along the north shore, confirmed the latest unauthorized drone encounter. The Minnesota Interagency Fire Center reminds everyone that unauthorized use of drones within the vicinity of a wildfire is prohibited.

Firefighters with the Minnesota Department of Natural Resources and a DNR helicopter responded to the small one-acre wildfire at Split Rock Lighthouse. While the helicopter landed to refuel, DNR firefighters spotted an unauthorized drone where they were working. The DNR helicopter remained grounded until firefighters confirmed the drone had landed, and then the helicopter returned to base.

"We are fortunate this time the drone was spotted before it collided with the helicopter," said Darren Neuman, Aviation Manager with the Minnesota Department of Natural Resources. "Drone incursions are completely avoidable safety hazards that threaten the lives of everyone responding to the fire and nearby."

Firefighters face incredibly dangerous conditions. Smoke-filled air greatly limits the visibility of all firefighters, including pilots flying the aircraft. Unauthorized drones are unnecessary distractions in this hectic environment.

"It's simple, federal regulations prohibit the use of drones above wildfires," said Neuman. "When they fly, we can't."

Minnesota law prohibits interfering with a firefighter in their official duties, including unauthorized drones that delay or restrict responding aircraft.

When a drone is spotted near a wildfire, all responding aircraft are required to land or return to the airport until the airspace is clear, delaying critical firefighting efforts.

Firefighters have confirmed the one-acre wildfire at Split Rock Lighthouse is fully contained. Wildfire activity throughout Minnesota has steadily climbed since mid-February as dry conditions persist. Aircraft are a vital tool that helps keep fires small and manageable.

From the moment a wildfire starts, until it is out cold, Minnesotans should expect aircraft are on the way or already responding. For the safety of all firefighters, steer drones clear from all wildfires.

LCCMR seeks public input on future funding for environment & natural resources projects

Feedback will help guide the next six years of funding from the lottery-generated Environment and Natural Resources Trust Fund.

The Legislative-Citizen Commission on Minnesota Resources (LCCMR), a 17-member state commission made up of legislators and citizens, is seeking the public's help in determining priorities for future spending from the Environment and Natural Resources Trust Fund (ENRTF). The public's input will help the LCCMR develop a new strategic plan to guide funding decisions for special environment, natural resources, and outdoor recreation projects for the next six years.

Members of the public are invited to take a survey and share their opinion with state decision-makers on the important environment, natural resource, and outdoor recreation issues across Minnesota in need of funding. All voices are welcome and encouraged to participate in the public engagement survey, which can be accessed via the QR code on this page, or directly, through: https://www.surveymonkey.com/r/D52JVQC.

On Tuesday, March 26, the LCCMR will host a virtual public listening session from 4:00 pm – 6:00 pm via Zoom. Members of the public are invited to hear more about the LCCMR and the ENRTF, participate in a discussion, and tell state-decision makers what environment, natural resource, and outdoor recreation issues they believe need funding. Members of the public can register for the event through Eventbrite, at: bit.ly/4aanbPw.

The LCCMR will also be holding in-person listening sessions to hear from the public in April and May in Brainerd, Baxter, Detroit Lakes, and St. Paul.

Watch for times and locations for these events and find additional information about LCCMR strategic planning efforts on our website, at: https://bit.ly/LCCMR_strategic_plan.

The Environment and Natural Resources Trust Fund is a permanent dedicated fund in the Minnesota state treasury that was established by 77% voter approval of a constitutional amendment in 1988. The amendment directs 40% of the net proceeds of the Minnesota State Lottery, into the ENRTF until the year 2025. Since 1991, approximately $960 million from the ENRTF has been spent on over 1,900 projects that protect and enhance Minnesota's environment and natural resources in every county in the state.

Currently, the ENRTF provides $80-90 million per year for projects across the state through a competitive application process. To learn more about the ENRTF, visit https://www.lccmr.mn.gov/ and follow @mnenrtf on Facebook and X (formerly Twitter).

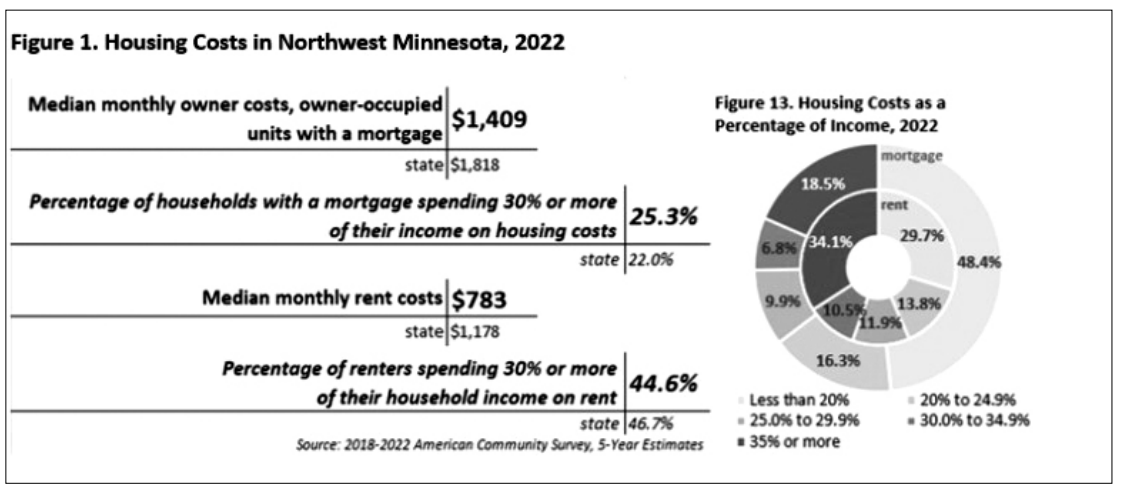
Are increasing housing costs gobbling up all of NW MN's income growth?

The cost of housing is a big and growing portion of most household budgets. The increasing cost of housing has been a major contributor to the inflation experienced over the past few years. So, how much more of Northwest Minnesota residents' income is going toward housing compared to the past? We can compare American Community Survey (ACS) housing cost and income data from 2017 to 2022 to help answer this question.

First, let me explain and quantify "housing has been a major contributor to inflation experienced over the past few years." Over the four years from 2018 to 2022, inflation as measured by the Consumer Price Index (CPI) was running at a 3.9% annual rate, while the shelter component of CPI increased at a 3.6% annual rate. So, it seems shelter cost increases have been less of a burden than overall inflation. However, the weight of shelter in the CPI increased from 32.4% to 36.2% from 2018 to 2022. That means the typical U.S. consumer paid 3.8% more of total monthly expenditures for shelter. Thus, even though housing costs increased less than prices overall, the budget impact was higher.

How much of inflation was due to shelter cost? Shelter contributed 22.8% of the total inflation from 2018 to 2022. In contrast, shelter accounted for only 7.3% of the CPI increase from 2013 to 2017, with inflation running at a 1.3% annual rate and shelter's weight increasing less than 0.4% over these years. Note that most recently shelter was responsible for over 50% of December 2023's inflation. So, the importance of housing cost has not diminished.

Given the impact of shelter on the CPI, has housing cost inflation been eating up an increasing share of Northwest Minnesota resident's income? The answer is no, at least according to Census data, and that is welcome news. Table 1 shows the percent of household income going to monthly housing cost for homeowners with and without a mortgage, as well as for renters.



The share of Northwest households with a mortgage spending from 25% up to 35% of income decreased from 17.9% to 16.7% from 2017 to 2022. That 1.7% decrease produced a roughly equivalent gain in households spending less than 25% of income on housing, with those spending 35% or more remaining about the same (with a slight discrepancy due to rounding). In other words, a larger percentage of Northwest households with a mortgage spent less than 25% of income on housing cost, compared to national numbers.

Even then, data show that housing costs increased, as just under 69% of Northwest households with a mortgage spent $1,000 or more on monthly housing costs in 2017 compared to just under 82% in 2022. However, incomes also increased, which kept housing affordability in line. Median household income was $53,847 in 2017, compared to $67,528 in 2022. Taken together, income gains outweighed housing cost increases.

This was also true but for a much lesser extent for homeowner households without a mortgage. The share of households paying less than 25% of income for housing increased slightly (0.3%) from 2017 to 2022. No doubt many without a mortgage are retired and did not benefit from wage gains that exceeded inflation.

Comparing to statewide, the share of Minnesota households with a mortgage paying less than 25% of income for housing increased even more than in the Northwest, meaning a larger share were paying less of their income. While the share paying from 25% up to 35% in Minnesota declined only slightly more than in the Northwest (-1.4% compared to -1.2%), Minnesota also had a decrease of 1% in the percentage of households paying 35% or more. Minnesota started with a larger share of less than 25% mortgage households, and the gap widened from 2017 to 2022.

Compared to the U.S., both Minnesota and Northwest have a larger share of mortgage households in the less than 25% group and a smaller share in the 35% or more group. To summarize the comparisons for mortgage households, Minnesota has a lower relative housing cost burden than the Northwest, and the Northwest has a lower relative housing cost burden than the U.S. However, Minnesota's advantage in housing cost burden narrowed slightly compared to the U.S. from 2017 to 2022. The Northwest's advantage in housing cost burden narrowed even more compared to the U.S.

For Minnesota compared to the U.S., the lower cost burden for households with a mortgage is due to higher incomes in Minnesota, where a majority of residents live in the Twin Cities area. Minnesota's median household income was $84,313 compared to $75,149 for the U.S., while median housing costs for households with a mortgage were essentially the same at $1,818 in Minnesota compared to $1,828 in the U.S.

For the Northwest compared to the U.S., the lower cost burden is due to lower housing costs. Nearly 88% of U.S. households with a mortgage pay over $1,000 per month in housing costs compared to, as mentioned above, just under 82% for Northwest, and with a lower median income at $67,528 in the Northwest. To summarize, there is a lower housing cost burden in the Northwest compared to the U.S. because the lower housing cost more than makes up for the lower incomes of households with a mortgage.

Switching focus to renters, the Northwest has a lower percent paying 35% or more of their income for rent and utilities than Minnesota and the U.S. The renter costs are designed to be comparable to home ownership. A greater percent of renters' income goes to housing costs than homeowners for the Northwest, Minnesota, and the US. However, the good news is that Northwest renters paying more than 35% of income declined more than Minnesota statewide and the U.S., with the 4.4% drop redistributed as a 1.6% gain in the 25% up to 35% group and a 2.8% gain in the less than 25% group. This brings the renter housing cost burden in the Northwest from higher than statewide in 2017 to lower than Minnesota statewide in 2022.

To wrap up, the CPI shows an increasing share of nationwide expenditures for shelter. Using ACS data on household income and housing cost, I show that in Northwest Minnesota this trend has not been gobbling up all the income growth from 2017 to 2022. Income gains outweighed housing cost increases in the Northwest, Minnesota statewide, and the U.S. The gains were realized most by homeowners with a mortgage. No doubt this reflects the fact that most homeowners have a fixed rate mortgage, paid with income that inflated.

However, the housing cost burden for Northwest Minnesota mortgage households is higher than statewide, and the gap widened from 2017 to 2022. The Northwest's lower housing cost provides a cost burden advantage over the U.S., but this advantage narrowed from 2017 to 2022. Renter households have a higher housing cost burden than homeowners in the Northwest, Minnesota, and the U.S. The Northwest's burden for renters is lowest, and this advantage increased from 2017 to 2022. While this is good news, bear in mind that the highest rent places are in large cities, not rural areas like the Northwest. One should also bear in mind that the good news about incomes outpacing housing cost does not mean that there is enough housing, nor does it reflect the situation for aspiring homebuyers.

Table 1: Housing Cost as a Share of Household Income, 2017 and 2022

Units	Northwest Minnesota			Minnesota		U.S.	
	2022 Number	2022 Percent	2017 Percent	2022 Percent	2017 Percent	2022 Percent	2017 Percent
Occupied Housing Units	234,561	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Owner-Occupied	179,053	76.3%	76.1%	72.3%	71.6%	64.8%	63.8%
With Mortgage	101,673	56.8%	58.0%	65.0%	67.1%	61.5%	63.5%
Selected Monthly Owner Costs Percent of Household Income							
Less than 25.0%		**64.7%**	**63.5%**	**68.0%**	**65.7%**	**62.6%**	**59.7%**
25.0% to 34.9%		**16.7%**	**17.9%**	**16.1%**	**17.5%**	**16.8%**	**18.1%**
35% or More		**18.5%**	**18.7%**	**15.8%**	**16.8%**	**20.6%**	**22.3%**
Without Mortgage	77,380	43.2%	42.0%	35.0%	32.9%	38.5%	36.5%
Selected Monthly Owner Costs Percent of Household Income							
Less than 25.0%		**83.6%**	**83.2%**	**84.9%**	**84.2%**	**82.3%**	**81.5%**
25.0% to 34.9%		**6.8%**	**7.2%**	**6.0%**	**6.8%**	**6.9%**	**7.6%**
35% or More		**9.5%**	**9.5%**	**9.1%**	**7.2%**	**10.8%**	**10.9%**
Renter-Occupied	55,508	23.7%	23.9%	27.7%	28.4%	35.2%	36.2%
Monthly Rent (plus utilities if not included) Percent of Household Income							
Less than 25.0%		**43.5%**	**40.7%**	**40.9%**	**40.9%**	**38.5%**	**37.9%**
25.0% to 34.9%		**22.4%**	**20.8%**	**22.0%**	**21.5%**	**20.7%**	**20.6%**
35% or More		**34.1%**	**38.5%**	**37.1%**	**37.6%**	**40.8%**	**41.5%**

Source: American Community Survey 5-Year Estimates, 2013-2017 and 2018-2022

The Win-E-Mac First Graders in Mrs. Gunufson's and Mrs. Langemo's classrooms, dressed as their favorite storybook character for Theodore Thursday during Read Across America week at the school.

Creativity is an essential skill for young learners

From artistic expression to problem-solving, creativity is an essential skill for young learners. It is also one that can be overlooked in traditional education.

Research shows measured creativity peaks in fourth grade, but experts agree it is possible to continue developing creative skills into the teen years and beyond.

Brad Hokanson, a professor in the College of Design, answers questions about prioritizing creativity in schools and at home to help student achievement.

Q: Why is creativity an important skill to develop?

Hokanson: Creativity is highly correlated with success, more so than raw intelligence. It is the distinguishing factor that sets someone apart from the crowd. It's how you develop and present new ideas, new directions or new thoughts that can advance any field. The larger goal of any university is the development of new knowledge, inventing new solutions and new answers to old problems. It's this ability we need to instill in learners of all ages to find innovative solutions.

Q: How can creativity be built into school curriculums?

Hokanson: School and university curriculums frequently focus on content knowledge, the information at the center of every field, not on the skills needed to advance. This often drives out innovative approaches including the ability to be creative, that is, the ability to develop and examine divergent ideas. Creativity can be addressed across the curriculum but often it gets nudged out by the need to address content. Learners need to consider all sorts of alternatives and select the best one rather than developing a single answer. As I say frequently in my courses, the only wrong answer is one answer.

Q: How can families nurture creativity?

Hokanson: Families can have a great effect on the development of creativity. What is most important for children — and adults — is a variety of experiences at home, at school and through travel. Encouraging different ideas and exploration is key and can occur through a range of activities such as attending cultural events, spending more time in nature and holding time for creative exploration. We should support this at an early age and continue the practice during formal education. We see this in action on campus in the University's Breakerspace in Walter Library, where students are welcome to draw, make or craft.

Q: Does screen time hinder creative development?

Hokanson: Screen time does affect creativity generally, but it varies. How screens involve children can happen in several ways, from passive to active engagement. Television, for example, is a passive experience of simply watching what is presented. Computer use, however, can be more active, and encourage a wide range of creative activities. In the case of small screens often used for texting, you should consider how that is taking the place of another source of creative development: in-person communication. As noted MIT learning researcher Mitch Resnick said: "Would you rather that your children learn to play the piano, or learn to play the stereo?"

Q: What are you currently working on related to creativity in schools?

Hokanson: I'm involved with several efforts related to creativity in schools. I currently have a U of M-sponsored massive open online course on creative problem solving which currently enrolls about 248,000 people. One of my doctoral students, Stephanie Heidorn, is developing and testing an after-school curriculum to develop creativity in fourth graders.

I've also been extending the teaching of creativity to several local high schools through the University's College in the Schools program, where U of M courses are taught in high schools by local teachers trained for the course. It's been extremely successful. This year, four high schools are offering creative problem solving and at least one other is joining next year. Results have been very strong with tested performances that are equivalent to gains in my on-campus classes. The high school students improved their creative capability from about 55% to over 90%.

Brad Hokanson is a professor of graphic design at the College of Design. His areas of expertise include critical thinking, creativity and innovation. His research focuses on the relationship between creativity and achievement in school children.

DEADLINE NOON FRIDAYS

Superfood or super fooled?

It is common knowledge that enjoying a well-rounded diet of foods that boast diverse nutrient profiles can help give the body what it needs to stay healthy.

Many foods are healthy, some less so. But are there really "superfoods" that are much healthier than others? For some time people were led to believe so, but nutrition is much more complex.

Foods touted to knock out free radicals in the body, which are believed to contribute to various illnesses, are often characterized as superfoods. According to author Ben Goldacre, author of Bad Science, the body actually uses free radicals to kill bacteria, and Goldacre notes they may not be so bad in certain amounts.

Every food producer wants to expand sales, and it 's great marketing to refer to a particular food as a "superfood." The Harvard T.H. Chan School of Public Health says that there's no scientifically based or regulated definition of the term "superfood," despite widespread use of the term and even its inclusion in the Merriam-Webster Dictionary.

It's believed the term superfood originated in the early twentieth century as part of a food marketing strategy by the United Fruit Company to promote its major import of bananas around the time of World War I. Later, bananas were touted as superfoods in medical journals, which gave the term some additional credibility.

Seeing as the superfood moniker translates to superior sales, it's had some staying power, if also a little controversy.

Consumers must wade through the hype and realize they can vary their diets accordingly to maximize nutritional focus without being lured in by a superfood characterization. Many foods are beneficial. And as always, questions regarding health and nutrition can be discussed with a health care provider

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WEM School Announcements

Reminder: Early dismissal on Friday 3/22/24 at 12:30pm. Busses will run shortly after.

Prom Grand march & dance :All prom attendees must be signed-up and pay attendance fees ahead of time. Win-E-Mac seniors/juniors are invited to attend the prom. Attendees are expected to wear formal attire if possible. Sophomores and former graduates (under age 21) may attend as a guest of a WEM senior or junior. The cost to attend is $20 each. Return forms (from Mrs. Winter's room) with payment directly to Mrs. Winter.

After Prom Party Games Event: After Prom is a separate sign-up and fee for each individual. Forms are available in the office and Mrs. Winter's room. If bringing a guest, you must attend the grand march and dance part of Prom with your guest. You do not have to attend the prom to attend the after prom. After Prom is Free, be sure to fill out your form and select your Dip N Dot flavor preference. Also sign-up with Mrs. Winter.

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 vising and hearing, hight and weight, immunizations, large and small muscle development, thinking, languarge 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 on Monday, March 18th.

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.

LEGAL NOTICE

STATE OF MINNESOTA
COUNTY OF POLK
NINTH JUDICIAL DISTRICT
DISTRICT COURT
PROBATE DIVISION

RE: Estate of
Douglas K. Rand
Court File No.: 60-PR-24-336

NOTICE OF INFORMAL APPOINTMENT OF PERSONAL REPRESENTATIVE AND NOTICE TO CREDITORS (INTESTATE)

Notice is given that an application for informal appointment of personal representative has been filed with the Registrar. No will has been presented for probate. The application has been granted.

Notice is also given that the Registrar has informally appointed Kathryn R.L. Rand, whose address is 40286 235 Street SW, Fisher, Minnesota 56723, as personal representative of the Estate of the Decedent. Any heir or other interested person may be entitled to appointment as personal representative or may object to the appointment of the personal representative. Unless objections are filed with the Court (pursuant to Minnesota Statutes section 524.3-607) and the Court otherwise orders, the personal representative has full power to administer the Estate including, after 30 days for the date of issuance of letters, the power to sell, encumber, lease or distribute real estate.

Any objections to the appointment of the Personal Representative must be filed with this Court and will be heard by the Court after the filing of an appropriate petition and proper notice of hearing.

Notice is also given that (subject to Minnesota Statutes section 524.3-801) all creditors having claims against the Estate are required to present the claims to the personal representative or to the Court Administrator within four months after the date of this Notice or the claims will be barred.

Dated: March 4, 2024
Registrar:
/s/ Gina DeVilbiss-Hendry
Dated: March 4, 2024
Court Administrator:
/s/ Kathy Narlock

Attorney for Personal Representative
Kyle A. Barlow (#0397795)
Fredrikson & Byron, P.A.
51 Broadway, Suite 400
Fargo, ND 58102-4991
Telephone: 701.237.8200
Facsimile: 701.237.8220
Email: kbarlow@fredlaw.com
#81535586v1

M52-1C

Win-E-Mac's Kassidi Qualey and Julian Janisch received a 'Best of the Day' rating for their Woodwind Duet at the Ensemble Contest in Mahnomen on Monday, March 11th.

Polk County
Taxpayer Service Center
2023 Property Tax Abatements

NOTICE IS HEREBY GIVEN THAT: A Public Hearing to consider abatement of the county tax for parcels qualifying for the Housing Incentive Programs in the City of East Grand Forks are listed as follows:

Parcel Number ***Property Owner*** ***Property Address***

City of East Grand Forks

83.04274.00	DANIEL & BETHANY ABRAHAMSON	1010 GREENWAY BLVD SE	Year 1 of 2
83.04056.00	WAYNE & KATHY KENDLE	2509 PEBBLE BEACH RD NW	Year 1 of 2
83.04275.00	REID & KELSEY HUTTUNEN	1018 GREENWAY BLVD SE	Year 1 of 2
83.04115.00	NICK & SAMANTHA BERGAN	2416 TROON CIRCLE NW	Year 1 of 2
83.04515.00	PATRICK & ELIZABETH DOYLE	1214 17TH AVE SE	Year 1 of 2
83.04271.00	ROBERT & KAYLA LUKKASON	918 GREENWAY BLVD SE	Year 1 of 2
83.04402.00	RYAN & CIERA AMUNDSON	23 RIVERVIEW LANE SE	Year 1 of 2
83.04108.00	CASEY & ALICIA MACK	2401 TROON CIRCLE	Year 1 of 2
83.04116.00	BRIAN & TARA OPSAHL	2424 TROON CIRCLE	Year 1 of 2
83.03215.00	GREGORY & TRACY MEAGHER	2101 8TH ST SE	Year 1 of 2
83.04107.00	AUSTIN & ALISHA LITTLEJOHN	2407 TROON CIRCLE	Year 1 of 2

The estimated total amount of the county share of the incentive for taxes payable in **2023** is $22,420.74. The Hearing will be held on Tuesday, April 2 at 9:00 a.m., in the County Commissioner's Board Room at the Polk County Government Center, 612 N Broadway, Crookston, MN.

Charles S. Whiting
Polk County Administrator
Clerk of the Board

M1C