



McINTOSH

Since 1888

Times

\$1.00

Hub of the Thirteen Townships

McIntosh, Minnesota

Historic steam engine makes its way through Winger on a cross-continental journey



The Empress, a vintage 4-6-4 Hudson steam locomotive making it's way to Winnipeg traveled through Winger on Wednesday, July 3rd at 3:45 pm.

A merger in 2021 created CPKC, a combination of two historic railways, Canadian Pacific (CP) and Kansas City Southern (KCS) and the first single-line rail network connecting Canada, the United States and Mexico.

The historic event of the Final Spike completing CPKC's continental connection linking Canada, the U.S. and Mexico. On April 14, 2023, CPKC drove a ceremonial Final Spike completing that continental connection. The rail giant has sent The Empress, a vintage 4-6-4 Hudson steam locomotive, on a month's long journey consisting of 11 stops from Calgary, Alberta, down to Mexico City before returning, celebrating that historic railway moment with a cross-continental journey starring the 2816, The Empress, honoring railway history and looking forward to an exciting future filled with opportunities for our railroaders, customers and communities.

Built in 1930 by Montreal Locomotive Works, The Empress boasts a total operating weight (including tender) of 643,000 pounds. Originally costing \$116,555, Initially intended for fast freight and passenger service, it primarily operated in Eastern Canada.

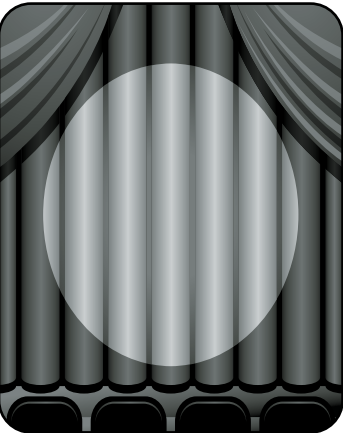
The Empress was operated as a working locomotive for 30 years until May of 1960. Sold off to a collector, the railway reacquired the working antique in 1998 and ran it from 2001 to 2011.

In 2023, the engine was re-activated by a team at CPKC to celebrate its recent merger. It's not hard to find nostalgia aficionados. It is, however, hard to find a group of old souls skilled enough to take on the physical work of bringing the past to the present for the rest of us to escape into. CPKC was fortunate to have a unique group of railroaders committed to restoring 2816, named The Empress, for the once-in-a-lifetime cross-continent trip that started in April 2024 to celebrate the one-year anniversary of CPKC. These railroaders job descriptions are anything but straightforward, with each member of the team bringing a unique "jack of all trades" set of skills to the project. For this group of railroaders, the steam locomotive restoration project has become personal, a connection to the past and a chance to add a piece of themselves to the 2816's story. Unlike diesel locomotives, no two steam engines are the same. Each hand-built locomotive bears the markings of its makers: tons of steel and plumbing that begins as a product in the shop and transforms into a story on the rails; a synthesis of science and art. "Two steam engines can be built somewhat identically in the same shop," reflects Jim Scott, a long time crew member and Water Treatment Specialist. "But like twins, within a year on the rails, they have completely different personalities."

The locomotive's restoration included a three-year rebuild to its original specifications with external details from the 1940s and 1950s. Today, the 2816 is the only surviving H1b Hudson and one of only a handful of preserved and operating CPR steam locomotives in North America.

The steam tour began in Calgary on April 24th and made stops in cities including Moose Jaw, Saskatchewan, Minot, North Dakota, St. Paul, Minnesota, Franklin Park, Illinois, Davenport, Iowa, Kansas City, Missouri, Shreveport, Louisiana, Laredo, Texas; and Mexico City, with the final stop in Winnipeg, Manitoba last Saturday, July 6th.

The Final Spike Steam Tour is not just about showcasing a historic locomotive, it's also about celebrating the heritage and significance of railroads.



Summer arts opportunity at the WEM school

Win-E-Mac is excited to offer an arts opportunity this summer for students going into third through ninth grades. "Summer Arts Stages," a group out of East Grand Forks, will be in residence from Monday, July 29th through Friday, August 2nd to direct Disney's The Aristocats KIDS!

Rehearsals will be from 10:00 am to 3:00 pm every day that week. The performance will be at 7pm on Friday, August 2nd.

If your child is interested in participating, please visit the Win-E-Mac school website at www.wemschools.org.

If you have any questions (or if you might be interested in crew rather than cast), please email Andrew Hanson at ahanson@wemschools.org.

Heat stroke or heat exhaustion?

Particularly warm days, can prove deadly. Despite that threat, the Centers for Disease Control and Prevention notes that heat-related illnesses are preventable. Harmful outcomes also are preventable when people learn to distinguish between heat-related illnesses. Heatstroke and heat exhaustion are easily confused, but the two conditions produce noticeably different symptoms. Recognition of that can help anyone stay healthy or help someone in need as the mercury rises this summer.

Heatstroke symptoms: Elevated body temperature, typically 103 F or 104 F or higher; Hot, red, dry, or damp skin; Fast, strong pulse; Headache; Dizziness; Nausea; Confusion; Loss of consciousness

The nutritional benefits of blueberries

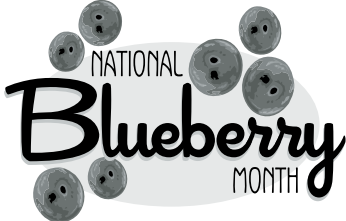
Are you ready to dig into a bowl of delicious blueberries? Perhaps you're adding a handful to your morning smoothie? Regularly eating blueberries is not only tasty, it can be excellent for your overall health.

While the term "superfood" has become controversial because it is now seen as a marketing ploy and there's no standardized list of criteria to designate a food as "super," blueberries have often been touted as especially nutritious. That's because blueberries are not only low in calories, they're full of nutrients the body needs to thrive.

Healthline indicates blueberries are among the most nutrient-dense berries. A cup contains only 85 calories, and in that serving a person can enjoy 3.6 grams of fiber, 16 percent of the daily value (DV) of vitamin C; 24 percent of the DV of vitamin K; and 22 percent of the DV of manganese.

One of the main benefits of blueberries is that they are rich in antioxidants. Produced as a natural result of metabolism or exposure to pollution, cigarette smoke and alcohol, free radicals are molecules that damage cells over time. Antioxidants create barriers around cells to help protect them from damage by free radicals.

The Cleveland Clinic says that the highly soluble fiber content of blueberries can make



them strong allies in the fight against cholesterol. Soluble fiber binds to bile in the gut. Bile is made of cholesterol and other

substances that need to be removed from the body. Lowering cholesterol helps prevent or reduce risk of heart disease.

In relation to heart health, blueberries also may help reduce blood pressure, which can be beneficial for the heart and brain. Healthline reports that in an eight-week study, people with obesity who had high risk of heart disease noted a 4 to 6 percent reduction in blood

pressure after consuming two ounces of freeze-dried blueberries per day. Additional studies have uncovered similar blood pressure-lowering abilities of blueberries.

Individuals concerned with keeping their brains sharp may want to consider adding blueberries to the mix of foods they eat regularly. A study in The American Journal of Clinical Nutrition uncovered cognitive

function improved when participants ate about 3/4 cup of blueberries per day. Since blueberries lower blood pressure, more blood can flow to the brain, which improves cognitive function. BBC Good Food says blueberries also are low in sugar and high in fiber, which gives them a low glycemic index. This means blueberries can potentially control blood sugar levels.



The McIntosh Library recently hosted Magic Bob as he presented Lost in Space, a fun filled magical adventure. Kids and adults gathered to watch him perform some fun tricks and even had some audience involvement! The program was part of the LARL Summer Library Experience.

Reported adverse health events continued steady rise in MN during 2023

The number of reportable adverse health events in Minnesota hospitals, licensed ambulatory surgical centers and community behavioral health hospitals increased for the fourth straight year in 2023, according to the latest adverse health events data issued by the Minnesota Department of Health (MDH) today.

Minnesota's mandatory adverse health event reporting system requires certain types of facilities to report whenever an adverse health event occurs and to conduct a root cause analysis to identify the causes and contributing factors that led to the event. The system includes 29 often preventable errors that could lead to serious injury or death. The goal of the system is to balance quality improvement with accountability and transparency, while developing opportunities for providers to learn from each other about how to prevent adverse health events.

Prior to 2021, the overall number of events had been stable. However, the total number of reported adverse health events (610) and adverse events that resulted in serious injury (222) both reached new highs in 2023.

"Though adverse health events in these settings continue to be rare relative to overall patient volume, we are troubled by the current trend lines of both the number of adverse events and their severity," said Minnesota Commissioner of Health Dr. Brooke Cunningham. "We remain committed to conducting these types of analyses and advocating for changes in how care is delivered to improve outcomes and ensure patient safety for all Minnesotans."

The data is featured in a new chartbook format and includes adverse health event reports collected from health care providers from Oct. 7, 2022, to Oct. 6, 2023. The data for 2023 shows that total adverse events rose by 38 compared to 2022 and have now increased by more than 166% since 2019, the last year Minnesota reported a decrease in adverse events.

Total reported adverse health events 2014-2023

In addition to seeing an increase in total adverse events reported, the 2023 data also disclosed a worrying rise in events that resulted in severe injury – a recorded event that is associated with serious in-

jury or death. After decreasing in 2022, the number of severe injuries or deaths increased in 2023 to an all-time high total of 238 and comprised nearly 40% of all recorded events.

Number of reported severe injury adverse health events 2014-2023

Longer patient stays continue to be a trend since the COVID-19 pandemic. A portion of the 2023 increase in adverse health events can be attributed to the continued growth in adjusted patient days. Prolonged periods of time in the hospital have been linked to an increased risk of experiencing an adverse event.

Adjusted patient days during the 2023 reporting period grew to 5,900,000 during the 2023 reporting period, up from 5,500,000 in 2022. This increase in lengths of stay may stem from things like increased patient complexity due to delayed care and Minnesota's aging population.

However, discharge delays due to limited bed availability at the next level of care, which can result from post-acute care workforce challenges, also play an important role and contributed to longer stays. This leads to patients being boarded in emergency departments and other locations within the hospital not otherwise suited for inpatient stays. Additionally, some hospitals reported that workforce shortages pushed them toward prioritizing critical care responsibilities, leaving fewer staff to assist with patient care needs, such as repositioning and mobility.

"We understand there are many factors at play, and the strains on our care delivery system that the COVID-19 pandemic exposed are very real," said Commissioner Cunningham. "However, the data show that these events have grown significantly over the past five years, and we need to keep working as a state to make progress in preventing these types of harm."

Similar to previous adverse event data reports produced by MDH, pressure ulcers and falls were the most common events reported. Falls drove much of the overall increase and rose more than 21% to 96 reported events in 2023. Lost or damaged biological specimens and retained objects from surgeries were also reported in greater numbers.

Number of reported adverse health events by cat-

egory 2014-2023

"Every adverse health event touches the lives of our patients and their families and highlights the challenges in our health care system. These difficulties have been exacerbated by serious financial and workforce deficits in our hospitals and health systems, as well as a significant increase in patient stays," said Dr. Rahul Koranne, president and CEO of the Minnesota Hospital Association. "But the latest reports of these events show providers are even more committed to the surest route to improvement: tracking what goes wrong, learning why it happened and striving to do better."

MDH is continuing its work to address both hospital-specific and systemic issues that impact safety. To further improve the quality of adverse health event data, MDH and its partners have begun to incorporate new methods of collecting and analyzing data. The robustness of these efforts will become more integral in future reports as MDH further implements Phase II of the Adverse Health Events System Evolution project, which aims to evolve and update the system to better suit the needs of the changing health care environment in Minnesota.

Grants available to improve safety on MN farms

MDA program reimburses up to \$2,400 per year per farm.

Minnesota farmers looking to add safety equipment to their on-farm grain storage facilities can now apply for the Minnesota Department of Agriculture's (MDA) Grain Storage Facility Safety Grant program.

The program reimburses up to 75% of the cost to purchase and install eligible safety equipment for on-farm grain bins or silos. Applicants are eligible to receive up to \$400 per bin or silo, with a limit of \$2,400 per farm per year. Grant funding comes from a legislative appropriation of \$75,000 for both the Grain Storage Facility Safety Grant and the Rollover Protective Structure (ROPS) Rebate programs.

"Handling grain comes with a high level of risk, and workers should take every precaution possible to prevent potential tragedies," said MDA

How vacation impacts health

By: Carrie Oelberger, Ph.D.

According to research from Pew, about 61% of workers say it's extremely important to them personally to have a job that offers paid time off for vacations or other routine appointments. Humphrey School of Public Affairs Associate Professor Carrie Oelberger speaks to why we all need to take time to unplug to prevent burnout.

"Preventing burnout at work goes beyond purchasing self-care activities or products, like spa days or fancy lattes. It requires a systematic rethinking of how we develop supportive policies and organizational cultures. While supervisors play an important role in modeling work boundaries, there are things that employees can do to mitigate the propensity for work burnout: take vacation and use it to psychologically detach — don't think about work during your break."

"My research shows how people more easily detach from work when they feel supported by their supervisors and when the organizational culture models being fully offline during vacation time, without pesky emails or texts coming in from work. It is also important for employees to practice setting boundaries, as those who find their work most meaningful often have difficulty with this practice, given the extent to which their work embodies their values and informs their identities and sense of self-

worth."

Carrie Oelberger is an associate professor in the Humphrey School of Public Affairs. Her research examines prosocial organizations' internal dynamics. She details how ignoring these internal dynamics leads to a range of harmful outcomes, from systematic patterns of workforce burnout on an individual level to inequitable forms of decision-making on an organizational level, which end up harming the ecosystem of prosocial work, on an institutional level. She currently examines these dynamics across two crucial sets of actors within the prosocial ecosystem. Her fall semester course titled "Understanding and Avoiding Burnout" offers institutional, organizational and individual strategies to help employees engage in meaningful work without burning out.



Behind Grace Lutheran Church in Erskine.

Open for shopping in July Thursday, July 11th from 2:00 pm - 6:00 pm.

Thursday, July 18th from 10:00 am - 2:00 pm.

Saturday, July 20th from 9:00 am - 12:00 pm.

Contact information: foodshelf@gracechurcherskine.org or call 218-687-2250 leave a message.



ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

Wed. July 10: 6:00pm Mass and Joint Parish Potluck at Lengby Lake

Fri. July 12: 11:30am Mass at St. Mary's, Fosston

Sun. July 14: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley; 3:00pm Divine merch Sunday, St. Mary's, Fosston

Wed. July 17: 11:30am Mass at St. Mary's, Fosston

Fri. July 19: 11:30am Mass at St. Mary's, Fosston

Sun. July 21: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley; 3:00pm Divine merch Sunday, St. Mary's, Fosston

Wed. July 24: 6:00pm Mass and Joint Parish Potluck at Lengby Lake

Fri. July 26: 11:30am Mass at St. Mary's, Fosston

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh

Pastor Rene Mehlberg
Synodical Authorized Minister Katie DeMarais

Sun. July 14: 10:00am Coffee Hour; 10:30am Worship Services

Su. July 21: 10:00am Coffee Hour; 10:30am Worship Services

Our Savior's 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: Pastor: Jerry Moan

Trinity: (27262 315th St. SE, McIntosh) Sunday Worship: 9:30am

Mt. Carmel: (305 State St. NE, McIntosh) Sunday Worship: 11:00am

Lutheran Parish YouTube Channel

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church

Sun, July 14: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, July 16: 10:00am. Sunday worship service telecast on GVTV--30

Wed, July 17: 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. July 14: 9:00am Worship

Sun. July 21: 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.

Thriving Life Church Erskine, MN

Sunday servie at 10:00 am
Call or visit us at: 22722 350th Street; 218-687-2343



The Northwest Minnesota Arts Council (NWMAC) is excited to announce that five pieces of student art were chosen to be hung in the hallway of Senator Mark Johnson's office in St. Paul for the next year. These works of art were entered into the annual NW Art Exhibit that took place in Lake Bronson earlier this spring. The students and their work include: Lydia Christianson of Fertile "Omaha Jellyfish," Kyleigh Halvorson; of Fosston "Iris" (Merit Award), Carter Lee Johnsrud of Goodridge "A Broken; Heart," Melody Voeltz of Lancaster "Barred Owl," and Dana Brown of Lancaster (Kittson Central School) "Jesse and Walt" (People's Choice).

BUSINESS & PROFESSIONAL GUIDE

This space for rent at \$127.40 for 6 months.

CALL 218-563-3585

Carlin
FAMILY FUNERAL SERVICE

"Caring service for three generations"

(218) 435-1144

Funeral Home ~ Cremation Service ~ Granite Memorials

ANDERSON FAMILY
FUNERAL HOME & CREMATION SERVICE
THIRTY VALLEY MARRIOTTEN ~ WINGER

719 N. Main 644 Main St.
Mahnomon, MN Winger, MN

**Paige Ennen *Kelly Waltjer
*Tim & Denise Anderson
Licensed Funeral Director

218-935-9000
Toll free: **866-935-9009**

Is There A Wedding In Your Future?

We have the latest designs for wedding accessories - or, if you choose, we can assist with a design of your own.

LET US HELP MAKE YOUR WEDDING DAY MEMORABLE.

487-5225 Gonvick, MN

Richards Publishing Co.

McINTOSH Times

PUBLISHED WEEKLY IN THE HUB OF THE THIRTEEN TOWNSHIPS BY RICHARDS PUBLISHING CO., INC.

RICHARD D. RICHARDS, PUBLISHER
KIM HEDLUND, EDITOR

McIntosh (218) 563-3585
Cell: (218) 280-1684
Gonvick (218) 487-5225

"McIntosh Times" (USPS 336-020) is published weekly for \$35.00 per year (in county) and \$45.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.

POSTMASTER: Send address changes to: McIntosh Times, PO Box 9, McIntosh, MN 56556.
mcintoshtimes@gmail.com

"Serving the Win-E-Mac area"

PUBLISHER'S LIABILITY FOR ERROR: The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.

M3-28C

POLK COUNTY COMMISSIONERS MINUTES

JUNE 18, 2024
BOARD MINUTES

Pursuant to motion of adjournment, the Polk County Board of Commissioners met in regular session at 2:30 o'clock p.m., June 18, 2024. Members present: Commissioner Warren Strandell, Commissioner Gary Willhite, Commissioner Joan Lee, Commissioner Mark Holy, and Charles S. Whiting, County Administrator, Clerk of the Board. Others present: Samuel Melbye, Deputy Clerk of the Board. Members absent: Commissioner Paul Reese.

AGENDA

A motion was made by Commissioner Lee seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve the June 18, 2024, agenda.

CONSENT ITEMS

A motion was made by Commissioner Strandell seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve the June 18, 2024, consent items:

1. Approve the June 4, 2024, Board minutes.
2. Approve Commissioner Warrants: General Revenue Fund, \$73,249.64; Public Works Fund, \$86,261.87; Public Safety Fund, \$17,567.74; Public Health Fund, \$20,553.76; Forfeited Tax Sale Fund, \$1,310.00; Spec Assmnts (Ditch) Fund, \$37,265.71; Environmental Services Fund, \$6,129.74; Resource Recovery Fund, \$108,422.11; Landfill Fund, \$137,377.30; Per Diems, \$1,050.00; Meal Reimbursements (without over-night lodging), \$173.67; and Sign Audit List.
3. Approve payment to US Bank, St. Louis, MO, in the amount of \$97,894.15 for procurement card purchases.
4. Approve for payment Lost Warrant No. 576431 dated January 19, 2024, issued to Kimball Midwest in the amount of \$1,578.34.
5. Approve payment to Leighton Engage, St. Cloud, MN, in the amount of \$1,000.00 for Collaborative Advertising Outreach for the AIS Program for the Environmental Services Department.
6. Approve payment to the MN Department of Commerce, St. Paul, MN, in the amount of \$357.50 for Yearly Certification of Two Weigh Scales at the Transfer Station for the Environmental Services Department.
7. Approve payment to CivicPlus LLC, Dallas, TX, in the amount of \$8,938.10 for Software Expenses for the IS Department.

COUNTY BOARD MEMBER
ISSUE FORUM

1. Commissioner Strandell brought forth that he attended the following meetings:
 - a. Tri-County Corrections meeting.
 2. Commissioner Willhite brought forth that he attended the following meetings:
 - a. Tri-County Corrections meeting.
 - b. Tri-Valley Opportunity Council meeting.
 3. Commissioner Lee brought forth that she attended the following meetings:
 - a. Reaching Rural meeting.
 - b. Association of Minnesota Counties (AMC) district meeting.
 - c. Monthly radio program.
 - d. NW MN 8 Counties – Public Health Funds meeting.
 - e. DAC Board meeting.
 - f. State Community Health Services Advisory Committee meeting.
 - g. Solid waste meeting.
 - h. Met with other regional counties regarding White Earth Reservation water permitting.
 - i. Union Lake Sarah Improvement District meeting.
 4. Commissioner Holy brought forth that he attended the following meetings:
 - a. Middle-Snake-Tamarac River Watershed meeting.

HIGHWAY

Darin Carlstrom, Assistant Public Works Director/Assistant Engineer, on behalf of Richard Sanders, Polk County Engineer, came before the Board with matters pertaining to his department:

1. Award SP 060-070-020 CSAH 21/TH 75 Roundabout

A motion was made by Commissioner Lee seconded by Commissioner Strandell and adopted by 3-1 vote of the Board, Commissioner Holy voting Nay, to approve awarding SP 060-070-020 etc. to Gladen Construction, Inc. of Laporte, MN, in the amount of \$2,683,501.95 and allow the Administrator and Board Chair to sign the contract.

2. 2024-2025 (3) Tandem Axle Diesel Trucks

In September 2023, it was approved for the Polk County Highway Department to get on a list to purchase two Westernstar tandem axle trucks and one Mack tandem axle truck to be delivered in 2025. The first of the three trucks was built and is being delivered to Berts for snowplow equipment to be installed. The estimated cost was \$150,000.00, with the final cost being \$150,504.00. A motion was made by Commissioner Strandell seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve the purchase of one Westernstar from Boyer Ford Trucks, Inc. of St. Michael, MN, in the amount of \$150,504.00.

3. SAP 060-599-281 Columbia

Twp Bridge over BNSF Railway

A motion was made by Commissioner Lee seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve awarding SAP 060-599-281 to Redstone Construction, LLC of Mora, MN, in the amount of \$2,235,342.50 and allow the Administrator and Board Chair to sign the contract.

ENVIRONMENTAL SERVICES

Jon Steiner, Environmental Services Administrator, came before the Board with matters pertaining to his department:

1. RRF Insurance – Approve 2024-2025 Coverage Proposal

The Polk County Resource Recovery Facility (RRF) was required to find private insurance in 2021 when the Minnesota Counties Insurance trust (MCIT) announced they were unable to get re-insurance coverage for that year. The Polk County RRF hired the Mahoney Group of Mesa, AZ, as a consultant/broker to find coverage. They provided that service for Polk County for \$25,000.00. A motion was made by Commissioner Strandell seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve authorizing Binder with Mahoney Group of Mesa, AZ, in the amount of \$25,000.00 for administering the property insurance for the RRF. The Mahoney Group successfully found an insurance provider in 2021 to provide the necessary coverage. The insurance provider is Starr Surplus Lines Insurance Inc. of Chicago, IL (Starr). Starr provides the current coverage in 2023-2024 and has now provided its insurance quote for coverage in 2024-2025 from August 1, 2024, to July 31, 2025. A motion was made by Commissioner Holy seconded by Commissioner Willhite and adopted by unanimous vote of the Board to approve authorizing the contract for Property Insurance with Starr of Chicago, IL, for August 1, 2024, to July 31, 2025. The Building Value for 2024 is \$55,423,107.00, with the 2024 Premium being \$283,704.00, which includes a Terrorism Insurance amount of \$9,643.00. A motion was made by Commissioner Holy seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve authorizing the additional coverage for Terrorism Insurance with Starr of Chicago, IL.

2. Increase Tip Fees for the 2nd Half of 2024

On 8/2/2022, the tip fees for MSW and C&D were increased by \$5/ton for 2023. At the time, it was approved with the understanding that the tip fee may need to be increased for 2024. The tip fee in 2023 was not sufficient to cover the increases in fuel, labor, supplies, and permitting-related costs. Per discussion in the 2/20/2024 Board meeting, tip fees will need to be increased for the remainder of 2024. A recommendation from the 5/18/2024 Advisory Board meeting will be brought forward for consideration and/or approval. A motion was made by Commissioner Lee seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve the tip fee increases for the 2nd half of CY2024 for materials at all Polk County Solid Waste Facilities.

3. Solid Waste Updates

Discussion was held with the Board regarding general solid waste updates on programs, facilities, and initiatives.

PROPERTY RECORDS

Annalee Jones, Deputy Director of Property Records, came before the Board with matters pertaining to her department:

1. Approve Resolution (2024-46) Resolution to Approve Authorization to Education Identity and Access Management

RESOLUTION (2024-46)

Resolution to Approve Authorization to Education Identity and Access Management

The following resolution (2024-46) was offered by Commissioner Strandell:

WHEREAS, The Minnesota Department of Education (MDE), Professional Educator Licensing Standards Board (PELSB), and Office of Higher Education (OHE), require annual designation of an Identified Official with Authority (IOWA) for each local educational agency that uses the Education Identity and Access Management (EDIAM) system. The IOWA is responsible for authorizing, reviewing, and recertifying user access for their local educational agency in accordance with the State of Minnesota Enterprise Identity and Access Management Standard, which states that all user access rights to Minnesota state systems must be reviewed and recertified at least annually. The IOWA will authorize user access to State of Minnesota Education secure systems in accordance with the user's assigned job duties and will revoke that user's access when it is no longer needed to perform their job duties; and

WHEREAS, The County Board must designate an IOWA to authorize user access to State of Minnesota Education secure websites for your organization. This EDIAM Board resolution must be completed

and submitted to the Minnesota Department of Education annually, as well as any time there is a change in the assignment of the Identified Official with Authority; and

WHEREAS, MDE strongly recommends that the County Auditor is designated as the IOWA. The IOWA will grant the IOWA Proxy role(s).

NOW THEREFORE BE IT RESOLVED, That the Polk County Board of Commissioners authorize Samuel Melbye, Polk County Director of Property Records, to be the identified official to be granted authority for the Education Identity and Access Management Program for Polk County (County Code 0060-91).

BE IT FURTHER RESOLVED, That the Polk County Board of Commissioners authorize Samuel Melbye, Polk County Director of Property Records, to act as the IOWA for Polk County.

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

2. Out of State Travel Request

A motion was made by Commissioner Holy seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the out of state travel request for Annalee Jones, Deputy Director of Property Records, to attend the National Aumentum Amplify Conference in San Antonio, TX, September 22-26, 2024, with expenses, including airfare, hotel, registration, and meals, to be paid by MnCCC.

SOCIAL SERVICES

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

1. Social Worker-CPS Replacement Request

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

2. Family Based Services Provider Replacement Request

A motion was made by Commissioner Lee seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve filling a Family Based Services Provider position and

any subsequent internal position vacancies occurring because of this action.

3. Contract Amendment with the Department of Human Services for the 2023-2024 Crisis Grant

The Department of Human Services (DHS) awarded Polk County Social Services, as the fiscal host of NW 8 Counties, the Crisis Grant in the amount of \$3,971,747.00. It is a two-year grant. The contract amendment is due to a request to carry over 2023 unspent funds in the amount of \$340,039.00 into the calendar year 2024. A motion was made by Commissioner Strandell seconded by Commissioner Willhite and adopted by unanimous vote of the Board to approve the DHS contract amendment to carry over the 2023 Crisis Grant funding into the 2024 calendar year in the amount of \$340,039.00.

FINANCE

Ron Denison, Finance Director, came before the Board with matters pertaining to his department:

1. Replacement of County Official Signer

With the addition of Heather Chapat, Accounting Officer for Polk County, she is now the responsible party for all County banking functions. A motion was made by Commissioner Strandell seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve the addition of Heather Chapat as official signer for all accounts held by Polk County, as assigned by the County Finance Director, with an effective date of June 20, 2024.

PUBLIC HEALTH

Sarah Reese, Public Health Director, came before the Board with matters pertaining to her department:

1. Opioid Settlement Fund – Funding Recommendations

A motion was made by Commissioner Lee seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve \$480,950.00 from the Polk County Opioid Settlement Fund for eight applicants identified through the request for proposals process, Polk County Public Health, and 2025 Council Member stipend/mileage upon request.

COMMISSIONER WARRANTS

A motion was made by Commissioner Strandell seconded by Commissioner Holy and adopted by unanimous vote of the Board that the following Commissioner Warrants were approved:

COMMISSIONER WARRANTS
DATED 06/21/2024
APPROVED 06/18/2024

Vendor Name	Amount
Agru America Inc	89,152.87
Baldwin Supply Company	12,048.89
Barrett Agri Inc	15,811.60
BNSF Railway Company	12,113.32
Brandner Printing & Office Supplies	2,028.88
Brost Chevrolet Inc	4,734.97
Central States Wire Products Inc	2,910.52
Church & Dwight Co Inc	22,274.18
CNH Industrial Accounts	11,675.84
Code 4 Services Inc	5,347.31
Crookston Fuel Company	8,920.88
Destination Transport	3,285.00
GF- Bergstrom Electric Inc	4,700.30
Grove Mechanical Inc	10,202.00
Hennen Equipment Inc	9,274.72
Hood Cleaners	2,400.00
Johnson Controls	5,013.39
Johnson Controls Fire Protection LP	6,820.37
Jsb Engineered Solutions	10,107.08
K & L Inc	2,271.00
Karvakkho Engineering Inc	12,545.10
Kimball Midwest	2,400.27
Kurita America Inc	3,275.60
Kustom Kollision LLC	3,494.96
LePier Shoreline & Outdoors Inc	2,462.40
Level 5 Services	3,969.00
Mavo Systems Inc.	4,350.00
McNeilus Steel Inc	4,461.21
Munter/Shayne	4,611.00
Napa Crookston Welding	2,146.17
Northdale Oil Inc	3,472.05
OK Tire Stores	4,663.33
Pemberton Law PLLP	7,461.00
Polk County Highway Department	2,915.31
Polk County IS Department	3,853.19
Pro West & Associates Inc	3,665.83
Rhomar Industries Inc	2,220.43
Richards Publishing Company, Inc.	2,910.75
Road Machinery and Supplies Co.	8,119.28
RTVision Inc	2,250.00
Sanofi Pasteur Inc	3,870.47
Seaberg Solar Salt	2,138.56
SHI International Corp	12,890.63
Stantec Consulting Services Inc	14,115.94
Stone's Mobile Radio Inc	3,920.00
SunSource	6,471.82
Taggart Contracting Inc	22,470.00
UpNorth Engineering LLC	10,070.00
Vestis	2,616.02
Widseth Smith Nolting & Assoc	2,635.16
Ziegler Inc	15,999.14
172 Payments less than 2000	64,600.13
Final Total:	488,137.87

With no further business, the Board adjourned to reconvene at 6:00 p.m. for the Board of Review meeting. The regularly scheduled Board meeting will reconvene at 8:00 o'clock a.m., July 2, 2024.

Gary Willhite, Chair

ATTEST:

Charles S. Whiting, County Administrator

Clerk of the Board.

M17C



During the Lost in Space Magic Show at the McIntosh Library, Magic Bob gets some help with a magic trick from Payton and Ariana.



Magic Bob performs a trick with paper folding and tells a story about a mouse in the Lane who ends up with some mouse ears!

Signs your dog may be dehydrated

Water is essential for mammals' bodies to operate at peak capacity. The American Kennel Club says water is necessary to lubricate joints, facilitate digestion, regulate body temperature, and cushion internal organs, among many other functions. Similar to humans, pets that fail to consume enough water can face dire consequences.

Dehydration is a medical term for when the body has lost more fluid than it has taken in. Dehydration can occur at any time, but it is even more common during the warm weather months. Dogs quickly can become very sick from dehydration. That is why every pet owner should learn how to recognize the symptoms of dehydration in their dogs.

The Veterinary Emergency Group says symptoms of mild dehydration can include:

- **Dry nose**, although this also can be a signal of other problems, like fever.
- **Excessive drooling** occurs as the dog tries to cool down its body.
- **A dehydrated dog** can exhibit signs of fatigue, including a reluctance to move around much.
- **Sticky gums** As the dog becomes more dehydrated, the following symptoms can develop:
 - **Loss of elasticity** of the skin.
 - **Loss of appetite.**
 - **Thickening** of the dog's saliva.
 - **Gums may go** from sticky to dry.
 - **Excessive panting** may

- begin.
- **Vomiting or diarrhea** also may occur.
- **Dehydration** causes the body to redistribute fluid lost, and fluid may be pulled from the eyes, causing the eyes to appear sunken.

If a dog appears to be dehydrated, you can start offering small amounts of water to slowly rehydrate the animal, says Northeast Veterinary Referral Hospital. It's important to call the veterinarian and get further advice regarding how to address dehydration. Some vets may suggest offering an electrolyte-enhanced fluid like Pedialyte so electrolyte loss does not affect organs. The vet may want you to come into the office so the dog can receive intravenous fluids, says the American Kennel Club.

The best way to treat dehydration is to prevent it in the first place. Provide dogs with a constant supply of clean, clear water at all times. The amount of water needs to increase if the dog is spending time outdoors in hot weather or exercising. Cats also are prone to dehydration and can exhibit the same symptoms as dogs. So cat owners also must be diligent in checking for dehydration symptoms in their pets.

Story to Share?

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

Nicotine dependence intensifies among Minnesota teens who vape

Minnesota students who use e-cigarettes, also called vaping, are finding themselves increasingly trapped in nicotine dependence, according to new data from the Minnesota Youth Tobacco Survey. About 7 in 10 students who vape want to quit, and nearly two-thirds have tried to quit with some trying to quit 10 or more times.

Nicotine dependence has implications for youth mental health. Youth and young adults can show signs of nicotine dependence quickly. Increasing dependence on nicotine leads to stronger withdrawal symptoms, which cause mood fluctuations and negative mood and can amplify or exacerbate stress, anxiety and symptoms of depression.

“It’s a dire situation that so many of our teens are struggling with the health harms of nicotine dependence,” Minnesota Commissioner of Health Dr. Brooke Cunningham said. “Many teens may smoke or vape because they think it helps them relieve stress or anxiety, but the nicotine can actually worsen those feelings. We want teens to know that we understand the mental health challenges they may be facing and how hard it is to quit, and that free help is out there to support them.”

Up until about age 25, nicotine can negatively affect learning, attention and memory. It also increases risk for addiction to other substances.

Nearly all Minnesota teens who use e-cigarettes report suffering dependence on the devices, which can provide high levels of nicotine.

Minnesota Youth Tobacco Survey data shows 79.6% of students who vape reported having experienced one or more signs of dependence, such as intolerable cravings and reaching for their e-cigarette without thinking about it.

Among students who vaped



in the past 30 days, 49.5% vaped on at least 20 of the past 30 days, a 47% increase in frequent vaping since 2020 and a 165% increase since 2017.

“It’s no surprise that youth continue to get hooked,” said Elyse Levine Less, executive director of the Tobacco Free Alliance. “The tobacco industry’s well-calculated strategy of enticing flavors they’ve engineered draws teens into vaping, while the addictive nicotine content ensures their continued dependence.”

Flavored commercial tobacco products appeal to Minnesota teens. A large majority of teens (76.3%) reported their first tobacco product was flavored with menthol or another flavor. In 2023, 93.3% of students who vape used a flavored vape in the past 30 days.

“These products come in over 15,000 flavors, and they’re loaded with toxic nicotine,” said Less. “The nicotine content in these devices is egregious and important for people to be aware of – a single vape device might contain the nicotine content equivalent of 26 packs of cigarettes.”

The Minnesota Department of Health supports teens in their efforts to quit commercial tobacco, including vaping. Quitting commercial tobacco can help lower levels of stress, anxiety and depression, as well as improve daily mood. For Minnesota teens ages 13-17,

there’s free and confidential help. My Life, My Quit is a program to support teens in quitting commercial tobacco use, including vaping. Teens can text “Start My Quit” to 36072 or visit My Life, My Quit (mn.mylifemyquit.org) online to

Get Your Kids in for well-child visits and sports physicals

Don’t wait until you’re overwhelmed with school preparation to get your kids in for well-child visits and sports physicals at RiverView Health. Now is the perfect time to check those items off your to-do list before the rush of supply shopping and sports practices begins.

“Annual well-child exams are not only a time to update immunizations, but also a time to make sure your child is healthy and growing as they should,” shared Riley Hermreck, FNP-C.

As a family nurse practitioner, Hermreck sees patients from birth through age 18 for well-child exams. Other family medicine providers available for well-child visits are Dr. Lauren Rose, Dr. Erik Kantan, Natalie Royal, FNP-C, Tia Gullickson, FNP-C, Forrest LaPort, CNP, and Paul Reese, PA.

chat with a quit coach, engage in coaching calls or online chat and receive youth-specific materials.

Minnesota teens can also find more information on the dangers of vaping at Room to Breathe. Room to Breathe (roomtobreathe.org) is a new online space where teens can learn more about how vaping impacts mental health, how the industry markets to youth and ways to get involved or find help quitting.

After the implementation of public health measures and vaping restrictions, data shows youth vaping has started to decline in Minnesota. In 2023, 13.9% or about 1 in 7 high school students reported having vaped in the past 30 days, a significant decline from

19.3% in 2020.

Many cities and counties have enacted policies to protect youth in their community. About 1 in 4 Minnesotans are now covered by a local ordinance that restricts or prohibits the sale of flavored commercial tobacco products, including e-cigarettes.

Minnesota youth have also taken action to help education and protect their peers. Winners were recently announced for the 2024 Escape the Vape Video Challenge (www.mn-escapethevape.org), a public service announcement video contest for Minnesota’s middle and high school students. Minnesota students acted through the contest, submitting 232 entries on a range of vaping-related topics, many encour-

aging their peers to seek help quitting or to avoid starting altogether.

“We’re glad to see that youth e-cigarette use rates are declining and that public health efforts are working,” said Commissioner Cunningham. “However, it’s imperative we engage youth, parents, schools, local public health and community partners in our efforts to help youth quit and to prevent a new generation from starting.”

LEGAL NOTICE

Notice is hereby given that a hearing has been set for July 26, 2024, at 9:25 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave, Crookston, Minnesota, to consider the application of Daniel & Deann Donarski, 34056 330th Ave SW, Climax, MN 56523 for a Conditional Use Permit for operation of an event venue on a parcel located at: 33418 US Hwy 2 SW, Fisher, MN 56721 and described as: The South 688.00 feet of the West 675.00 feet of the Southeast Quarter (SE¼) of Section Fourteen (14), Township One Hundred Fifty (150) North, Range Forty-eight (48), West of the Fifth Principal Meridian, EXCEPT that part lying within the U.S. Highway No. 2 right of way, parcel #24.00071.02. All property owners within ¼ mile of the proposed Conditional Use Permit are invited to appear at said hearing.

Dated: July 3, 2024

Jacob J. Snyder
Planning & Zoning Administrator

M17C

LEGAL NOTICE

Notice is hereby given that a hearing has been set for July 26, 2024, at 9:50 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave, Crookston, Minnesota, to consider the application of Andrew Lisoff, 750 S Plaza Dr, Suite 211, Mendota Heights, MN 55120-1505 for a Conditional Use Permit for an creation and operation of a 48 RV camper site campground on a parcel located at: 33016 155th Ave SE, Mentor, MN 56736 and described as: The Northwest Quarter of the Northeast Quarter (NW¼ NE¼) of Section Thirty-four (34) in Township One Hundred Forty-nine (149) North, Range Forty-three (43) West of the Fifth Principal Meridian, EXCEPT one acre heretofore conveyed for cemetery purposes, which excepted trac is described as follows: Commencing at the southwest corner of the Northwest Quarter of the Northeast Quarter (NW¼ NE¼) of said Section 34; thence running north on the quarter line 8 rods; thence in an easterly direction 20 rods; thence in a southerly direction 8 rods; thence in a westerly direction 20 rods to the point of beginning. Said excepted tract consists of one acre located in the southwest corner of said Northwest Quarter of the Northeast Quarter (NW¼ of NE¼) of said Section 34; parcel #32.00182.00. All property owners within ¼ mile of the proposed Conditional Use Permit are invited to appear at said hearing.

Dated: July 3, 2024

Jacob J. Snyder
Planning & Zoning Administrator

M17C

LEGAL NOTICE

Notice is hereby given that a hearing has been set for July 26, 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 CHS Northern Grain, 33388 190th Ave SE, Erskine, MN 56535 for a Conditional Use Permit to construct a new backlit sign that is 54 sq ft in size on a portion of a parcel described as: A tract of land in the Southwest Quarter of Section 29 and in the West Half of Section 32, Township 149 North, Range 42 West of the Fifth Principal Meridian, Polk County, Minnesota, described as follows: Beginning at the northwest corner of Northwest Quarter of said Section 32; thence South 00 degrees 08 minutes 12 seconds West, assumed bearing, along the west line of said Northwest Quarter of said Section 32, a distance of 2646.22 feet to the southwest corner of said Northwest Quarter; thence South 00 degrees 16 minutes 53 seconds East, along the west line of the Southwest Quarter of said Section 32, a distance of 450.49 feet; thence South 89 degrees 32 minutes 00 seconds East, parallel to the north line of the Southwest Quarter of said Section 32, a distance of 651.05 feet; thence North 02 degrees 39 minutes 39 seconds East 450.79 feet; thence South 89 degrees 32 minutes 00 seconds East, along the north line of the Southwest Quarter of said Section 32, a distance of 1928.59 feet; thence North 00 degrees 58 minutes 12 seconds East 2166.79 feet to the southerly right of way of the Burlington Northern Santa Fe Railway; thence North 73 degrees 31 minutes 37 seconds West, along said south right of way, a distance of 2749.02 feet to the west line of the Southwest Quarter of said Section 29; thence South 00 degrees 38 minutes 29 seconds East, along the said west line, a distance of 278.60 feet to the point of beginning. This describes parcels #03.00163.00, #03.00181.00 and parcel #03.00179.01 which are currently owned by CHS Inc. The proposed sign will be located on parcel 03.00163.00. All property owners within ¼ mile of the proposed Conditional Use Permit are invited to appear at said hearing.

Dated: July 3, 2024

Jacob J. Snyder
Planning & Zoning Administrator

M17C

NW MN resident publishes his first book: For Kids’ Sake

Middle River, Minnesota resident Howard Brockhouse has published his first book: For Kids’ Sake, Be Great! How Caregivers Create Positive Environments in Separate Homes.

The book focuses on four simple principles that Howard and his ex-wife did when raising their kids in separate homes. “The most important thing we can do as caregivers is focus on our kids’ well-being and that is even more challenging if you’re raising kids in separate homes,” Howard said.

“Another critical component of caregiving in separate homes is the mental health of the caregiver,” Howard said. The book provides pathways for the caregiver so they can be healthy and at their best for the benefit of themselves and their children. “There are a lot of books on co-parenting but very few focus on the mental health of the caregiver and coming out of separation or



divorce, we often have a tremendous amount of hurt that needs to be addressed,” Howard said.

The book came about from a parent-teacher conference many years ago where the teacher was new to the district, and she could not

tell that Howard’s daughter was from separate homes. “I told the teacher I needed my daughter’s paperwork mailed to my house, we need copies at my house and her mom’s house. The teacher said, ‘What, I would’ve never known your divorced by watching your daughter in class.’ Howard started asking himself what he and his ex-wife were doing and that resulted in a trained educator not knowing his daughter was from a separate home.

The book is all first-hand accounts of the things that Howard and his ex-wife did that resulted in their children being healthy and happy. It also describes the things that Howard and his ex-wife did to repair and maintain their mental health coming out of the trauma of separation.

Howard is available for interviews, book signings or speaking engagements. More information is found at howardbrockhouse.com.



Magic Bob came to the McIntosh Library to perform a fun-filled magic show featuring a Lost in Space theme. He entertained kids and grown-ups on Thursday, June 27th.

Yearly well-child exams are essential to your child’s good health, allowing their provider time to check your child’s physical and mental health and overall well-being.

Well-child exams allow for

- Observation of growth and development
- Detection of illness by screening examinations
- Immunization maintenance
- Counseling and education of parents and children
- Promotion of mental health

Time to address concerns, get additional help

Well-child visits are a great time to discuss any concerns about your child with their provider. If they are noat doing well academically or socially, or if there are problems in the family, this is an excellent time to reach out for help. Your provider can help you access many resources, such as other medical professionals, counselors (child and/or family), and local programs.

To get the most out of your child’s visit:

- Prepare a list of things you would like to discuss with the provider and bring that list with you to the visit.
- Do not be afraid to discuss a subject that concerns you.
- Talk to others around you who spend time with your child – teachers, grandparents, parents of peers, etc. They can help you identify any issues you might not have noticed.
- Check with your insurance company; most insurance policies cover the cost of well-child exams.

Sports physicals offered at same appointment

If your child is entering seventh grade or above and plans to participate in sports, they can get a well-child exam and sports physical at the same appointment. If this is your intention, let the patient access representative know when you call to schedule the appointment.

The Minnesota State High School League (MSHSL) requires students to have a physical exam every three years, typically before entering seventh and tenth grades. The sports physical is an opportunity to address exercise-specific issues, including injuries, nutrition, training and exercise programs, and even attitudes toward sports participation.

While a RiverView sports physical meets all of the requirements for participation in sports by the MSHSL, a sports physical is not intended to replace a well-child exam. A well-child exam is much more comprehensive and includes reviewing immunization records, medical history, and family history.

To speed up your child’s in-person appointment, fill out the MSHSL’s sports physical form and bring it to the appointment.

The form is available at <https://www.mshsl.org/sites/default/files/2024-05/2024-25-sqpe-5-11-24-english.pdf>.

“We look forward to seeing your kids and helping with their healthcare needs,” Hermreck concluded.

Need to Get Rid of a Few Things?

Sell it in the Canary!

**Richards Publishing Co.
218-487-5225**