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McIntosh, Minnesota



The crews start to take apart the original water tower in Winger, as the entire tower was removed last Thursday.



The roof is lifted off the water tower as demolition begins in Winger.

Winger takes down city's original water tower

With the new water tower functioning as the primary water source for the past 2 years, on Thursday, July 25th the original, 77 year old water tower in Winger was taken down by Iseler Construction from Port Hope, Michigan.

Winger was without municipal water facilities until 1947. Some talk had been heard about such a project in 1936 to have replaced the Winger Auditorium as a WPA project but enough funds were not available for a waterworks project, which would have cost three times as much as the Auditorium project.

However in January 1947 the Federal Government made grants to towns wishing to make preliminary surveys for water systems, advancing the cost of the survey and not demanding repayment if the voters of the municipality turned down the project.

Elmer C. Messelt, a village clerk, had earlier investigated the possibility of such a survey being made in Winger, and application had been made for such a grant prior to 1947. In January the government granted the village of Winger \$2,450 for a preliminary waterworks survey.

A mass meeting was held in March to inform the people of the details of the plan. It was voted to carry the plans further and a special village election was held on April 8, 1947. A five-eighths majority was needed to carry the proposal, which was to issue \$30,000 in waterworks bonds and \$33,000 in watermain certificates, with 30 and 20 year maturity. The project received strong approval with 103 votes for and 25 against it.

Winsten C. Larson, survey engineer, of Detroit Lakes was then retained as engineer for the entire construction and his plans and specifications were approved by the council at meetings on May 21st and June 2nd.

Contracts were let on June 17th. The Nodland-Eby Company of Starbuck was awarded the contract for the distribution system with a bid of \$30,045. The tank and tower contract went to the Pittsburgh-Des Moines Steel Company of Des Moines, Iowa for \$14,850 and the Thein Well Company of Clara City, Minnesota offered a bid for the well at \$3,775, which was accepted.

Actual construction work started the latter part of August and was completed in record time. The well, 204 feet deep, was tested on August 22nd and pumped 125 gallons of water per minute for 24 hours. The pump was purchased September 15th, from the Fairbanks-Morse Company of St. Paul. Operation of the system began in November of 1947.

In 1994 all the water mains were replaced with PUC pipes and laid in a bed of sand. All the streets above were re tarred or tarred for the first time.

Municipal sewer did not follow until 1976 with a project including a collection system and lagoons for treatment.



Taking down the water tower in Winger.



The 3rd Annual Win-E-Mac Golf Scramble took place last Friday, July 26th at Oak Lake Golf Course. The first place team this year was Brennen Bakke, Mark Bagaason, Casey Bergman and Austin Bellefy.



The Class of 1961's annual class reunion was held this year on July 18 at the Ostenson Century Farm. We started the day with a morning brunch followed by a McIntosh character trivia game and memories exchange. The day ended with a terrific catered meal from Erickson's SmokeHouse. (Front l-r) Bonnie (Enerson) Pederson, Joann (Oak) Manlove, Amy (Bartz) Schaefer, Paul Molstre, Myron Bursheim, Faye (Hoidahl) Horn, Mary Nell (Halverson) Preisler, Gerry (Simonson) Gilman; (Back l-r) Bob Higdem, Paul Hanson, Ben Ramse, Don Ostenson, Grant Oppegaard, Carol (Hanson) Fox, and David Grundyson.

These dessert bars are peachy keen

Summer is a time of year when people can enjoy their pick of fresh fruit at farm stands, supermarkets and other retailers. Many fruit trees, plants and bushes are ready for harvest in the spring and summer, meaning there's no limit to the number of delicious recipes one can whip up with these sweet offerings.

Peaches are a favorite ingredient in many different types of desserts, from cobblers to pies. But in this recipe for "Fresh Peach Crumble Bar," peaches are presented as a cross between a cake and cookie. Enjoy this recipe, courtesy of Saving Room for Dessert, as adapted from AllRecipes.com.

Fresh Peach Crumble Bars
Yield 20
Crust/Crumb topping:
1 cup granulated sugar
3 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
1/4 teaspoon ground cinnamon
1 cup unsalted butter cold, cut into cubes
1 large egg, lightly beaten
Peach layer:



1/2 cup granulated sugar
1 tablespoon cornstarch
1/4 teaspoon ground cinnamon
5 large peaches, peeled and diced
1 teaspoon fresh lemon juice
Icing:
1 cup powdered sugar
1/4 teaspoon almond extract
1 tablespoon milk (more or less for desired consistency)
1. Preheat oven to 350 F if using a glass pan or dark metal pan, or 375 F for a light metal pan. Lightly grease or spray a 13 x 9-inch baking pan and set aside.
2. In a medium bowl, whisk together 1 cup of sugar, 3 cups of flour, baking powder, salt and cinnamon. Using a pastry cutter, blend in the butter until the mixture resembles coarse sand. Add the lightly beaten

egg and mix until the dough starts to hold together, but is still crumbly. Gently press a little more than half the dough into the prepared pan. (Optional: Use a food processor to process these ingredients.)
3. In a large mixing bowl, whisk together the sugar, cornstarch and cinnamon. Add the diced peaches and toss to combine. Drizzle the lemon juice over the peaches and toss to coat. Pour the peach mixture over the crust and spread evenly.
4. Using your hands, press together handfuls of the remaining crumb topping to create clumps. Scatter the clumps and remaining crumbled topping over the fruit layer, leaving some peaches showing through.
5. If using a glass pan, bake at 350 F for 50 to 55 minutes or until lightly browned. If using a metal pan, bake at 375 F for 40 to 45 minutes. Cool completely, then chill before cutting and icing.
6. Whisk together the powdered sugar, almond extract and milk. Drizzle on the bars just before serving.

Polk- Norman-Mahnomen WIC supports families during National Breastfeeding Month and throughout the year

Breastfeeding and pumping to feed babies human milk is important for babies, mothers, birthing parents, and families. Polk- Norman- Mahnomen (PNM) WIC supports feeding human milk to infants in any amount and provides support and resources for parents before and during their infant feeding journey.

This includes:
▪ Talking about the importance of human milk
▪ Providing extra foods to support a lactating parent's nutritional needs
▪ Providing resources to help families reach their infant feeding goals

In 2023, Polk-Norman-Mahnomen earned a top spot among WIC clinics in Minnesota, and the nation, for its commitment to breastfeeding and received the Gold Breastfeeding Award of Excellence level, the award is valid for 3 years.

"This award is a testament to our dedication to supporting our families throughout their infant feeding journey. Our program staff work hard to normalize breastfeeding and educate families on the importance of human milk," said Tammy Conn, PMN Breastfeeding Coordinator.

"We know everyone's infant feeding journey is different, and our goal is to provide tailored support to each parent to give their baby the best possible start".

The United States Department of Agriculture Food and Nutrition Service (USDA-FNS) WIC Breastfeeding Award of Excellence Program (<https://www.fns.usda.gov/wic/breastfeeding-award-excellence-program>) recognizes local WIC programs that provide exemplary breastfeeding promotion and support activities. Some of Polk- Norman-Mahnomen's efforts include:
▪ Providing Mama's Milk Connection, a monthly breastfeeding support group since 2007, in Crookston. Call 218-281-1673 (for meeting dates and location)
▪ Offering WIC families, a breastfeeding peer support counselor, to work with parents to increase breastfeeding initiation, exclusivity and duration
▪ Providing Rock and Rest tents at the Polk, Norman, and Mahnomen County Fairs
▪ Promoting and sharing the updated Minnesota Breastfeeding and Pregnancy laws, to worksites and families
▪ Facilitating the Polk County Breastfeeding Coalition, acting as a breastfeeding resource for the area
▪ Canvassing Polk County with the Anytime, Anywhere Initiative. Encouraging businesses in signing a "Breastfeeding Welcome Here" pledge and displaying a Breastfeeding

Symbol window cling
▪ Public Health and WIC staff maintain up-to-date knowledge/training on lactation education and best practices
National Breastfeeding Month
Polk- Norman-Mahnomen WIC and the Minnesota WIC Program are celebrating National Breastfeeding Month and World Breastfeeding Week by reminding families to take advantage of the lactation education and support WIC provides for pregnant and breast-

The 2024 Summer Olympic Games in Paris will attract spectators from all corners of the globe.

Whether fans are in the City of Light for the competitions or watching at home, there will be plenty of awe-inspiring athleticism on display in Paris this summer.

Organizers of the 2024 Summer Games are promising a bold opening ceremony on July 26, and between now and then fans who can't wait for the Games to commence can consider these unique facts about this time-honored and beloved tradition.

It's an understatement to say the Olympic games have a lengthy history. Historians believe the first

REAL ID is REALLY happening

While the federal government gave us some breathing room, the new deadline for REAL ID will be here before you know it. Our Driver and Vehicle services (DVS) division is encouraging you to get ready now and beat the rush.

You've got until May 7, 2025, to get a REAL ID-complaint license. When the deadline hits, Minnesotans and the rest of U.S. travelers won't be able to use their standard driver's license to fly within the U.S. or visit some federal buildings. Instead, they will need to have a REAL ID-compliant license or a federal passport.

"Minnesotans need to know: REAL ID is going to happen. Get yours now and avoid the possibility of waiting in long lines before the May deadline," said DVS Director Pong Xiong. "You only need to apply for it once, and then renewing after that is easy."

The most important part of getting a REAL ID is having the right documents to prove your identity and residency. DVS has a full list of what you need on our website, but the short version is this:

You need one document proving your identity, date of birth and legal U.S. presence,

and two documents proving your Minnesota residence.

The documents must be original. DVS cannot accept:

- Photocopies
- Scanned images
- Faxed images
- Digital images on a cell phone or other electronic device
- Laminated documents

The name on those documents must match the name on the application.

If you've changed your name for any reason, you'll need to bring proof of each name change from your birth to present day. Examples of acceptable proof include certified copies of:

- Marriage certificate
- Divorce decree or dissolution of marriage
- Adoption decree
- Court-ordered name change

Shave off time at your office visit by pre-applying online at drive.mn.gov. The mobile-friendly web application includes the options to upload documents, so DVS can verify you have the right documents. It also lets you receive your REAL ID driver's license or ID card in 7-10 business days.

To celebrate World Breastfeeding Week, on Thursday, August 1st, Mama's Milk Connection will host a "Party at the Playground" from 5:30-7:00 p.m.

This will be a time to share stories, breastfeeding successes, play games, and a light meal will be served. This celebration will be at the Community Family Service Center Playground, 1407 Erskine Street, Crookston. All who promote, protect and support breastfeeding are welcome to join.

Unique facts about the Olympics

Olympic Games were held in Olympia, Greece, in the eighth century B.C. However, those ancient competitions likely shared little in common with the modern Games, which Olympics.com traces to Athens, Greece, in 1896.

The competitions that began in the eighth century B.C. were banned in the fourth century A.D. So when American James Connolly won the triple jump competition in 1896, he became the first Olympic champion in more than 1,500 years.

Though millions look forward to the Olympics every four years, there have been times since 1896 when the Games were scheduled to take place but did not. The

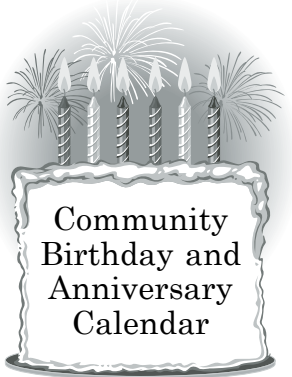
be properly secured.
▪ Of the 81 children (ages 0-7) seriously injured in motor vehicles, only 44 percent were known to be properly secured.

LEGAL NOTICE

NOTICE OF PUBLIC ACCURACY TEST

In compliance with Minnesota Statutes 206.83, a Public Accuracy Test will be conducted on Friday August 2, 2024, at 9:00 A.M. in the Election Room, Polk County Government Center, 612 N. Broadway, Crookston, Minnesota, for the purpose of demonstrating the accuracy of the computer programs and the computers to be used in conjunction with the optical scan voting system implemented in Polk County for the 2024 Primary Election. The test will be observed by two election judges, each from a different political party. Interested members of the general public, as well as representatives of political parties, candidates and the press may also observe the Public Accuracy Test.

Samuel W Melbye
Polk County Director of Property Records/Election Administrator M20C



Wed. July 31: Steve Urness, Sydney Svalen, *Jason & Nicki Carlson, *Jeremey & Danielle Finseth

Fri. Aug. 2: Connie Syverson, Chelsea Ekeberg, Travis Mahlum, Adler Stordahl, Calie Maruska, Courtney Maruska, Tanya Hamre, Pearl Johnson, *Bob & Karen Olson

Sat. Aug. 3: Chad Olson, Brooke Clark, Dalton Agnes, Cliff Syverson, *Earl *Dianne Roed

Sun. Aug. 4: Luke Syverson, Lauren Agnes, Steve Espeseth, Helen Lee, *Bryan & Laura Paskvan

Mon. Aug. 5: Justin Carlson

Tues. Aug. 6: Judy Hagen, Dan Dierkes

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ST. MARY'S CHURCH
Fosston
Fr. John Suvakeen, Pastor
Fri. Aug. 2: 11:30am Adoration and Benediction followed by 12:00 Noon Mass at St. Mary's, Fosston
Sun. Aug. 4: 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. Aug. 7: 11:30am Mass at St. Mary's, Fosston
Fri. Aug. 9: 11:30am Mass at St. Mary's, Fosston
Sun. August 11: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Aug. 14: 11:30am Mass at St. Mary's, Fosston

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Pastor Rene Mehlberg
Synodical Authorized Minister Katie DeMarais
Sun. August 4: 10:00am Coffee Hour; 10:30am Worship Services
Sun. August 11: 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

Fri. Aug. 2: 10:00am Telecast of Luther League concert with the Gloryland Gospel Team on GVTV--30

Sun, August 4: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com); 7:00pm Gloryland Tent Revival meetings begin located at mile marker 81 on Highway 2 between Lengby and Bagley nightly at 7:00 p.m. from Sunday, August 4 through Sunday, August 18
Tues, August 6: 10:00am. Sunday worship service telecast on GVTV--30
Wed, August 7: 6:30pm Bible Study at Sharon Ramberg's home
Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
PastorLee Laaveg
Sun. August 4: 9:00am Worship
Sun. August 11: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker
Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

CALVARY LUTHERAN CHURCH
Winger
Sundays: 10:30am Coffee Fellowship; 11:00am Worship

GRACE LUTHERAN CHURCH- NALC
Erskine
Rev. Pam Thorson
Sundays: 9:15am Sunday School; 10:30am Worship
Come early and enjoy fellowship and a good cup of coffee. It will also be available at the same time on Garden Valley Channel 30, Facebook and YouTube.

Thriving Life Church
Erskine, MN
Sunday servie at 10:00 am
Call or visit us at: 22722 350th Street; 218-687-2343

BUSINESS & PROFESSIONAL GUIDE

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POLK COUNTY BOARD MINUTES

JULY 16, 2024
BOARD MINUTES

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

AGENDA

A motion was made by Commissioner Lee seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the July 16, 2024, agenda.

CONSENT ITEMS

A motion was made by Commissioner Strandell seconded by Commissioner Willhite and adopted by unanimous vote of the Board to approve the July 16, 2024, consent items:

1. Approve the July 2, 2024, Board minutes.
2. Approve Commissioner Warrants: General Revenue Fund, \$111,405.50; Public Works Fund, \$100,379.20; Public Safety Fund, \$21,840.57; Public Health Fund, \$32,294.32; Forfeited Tax Sale Fund, \$3,777.92; Spec Assmnts (Ditch) Fund, \$3,100.00; Environmental Services Fund, \$15,565.16; Resource Recovery Fund, \$90,961.50; Landfill Fund, \$36,563.26; Per Diems, \$1,500.00; Meal Reimbursements (without over-night lodging), \$98.88; and Sign Audit List.
3. Approve payment to US Bank, St. Louis, MO, in the amount of \$61,099.84 for procurement card purchases.
4. Approve for payment Lost Warrant No. 580501 dated May 28, 2024, issued to Civil Specialties Inc. in the amount of \$6,000.00.
5. Approve payment to Autumn Angus, Grand Forks, ND, in the amount of \$692.11 for June AIS Mileage for the Environmental Services Department.
6. Approve payment to Cheryl's Cleaning Service, Fosston, MN, in the amount of \$400.00 for June Cleaning for the Environmental Services Department.
7. Approve payment to Regional Sanitation, Crookston, MN, in the amount of \$158.76 for June Iron Haul for the Environmental Services Department.
8. Approve payment to Caitlynn Wessells, Grand Forks, ND, in the amount of \$812.71 for June AIS Mileage for the Environmental Services Department.

COUNTY BOARD MEMBER
ISSUE FORUM

1. Brent Wagner – Resident Concern Regarding Wind Row Damage
 - a. Discussion was held with the Board regarding Mr. Wagner's concern with rocks pushed into his field by the Polk County Highway Department's snowplow. A motion was made by Commissioner Holy seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve paying Mr. Wagner compensation in the amount of up to \$12,500.00 for his losses.
2. Commissioner Reese brought forth that he attended the following meetings:
 - a. Public Meeting in Euclid regarding the Roundabout
 - b. Union Lake Sarah Improvement District Meeting
 - c. Thanked everyone who had participated in the Polk County Fair
3. Commissioner Strandell brought forth that he attended the following meetings:
 - a. Tri-County Corrections Meeting
 - b. Received phone calls regarding speeding on CSAH 64, referred this issue to the County Sheriff.
 - c. Public Meeting in Euclid regarding the Roundabout
4. Commissioner Willhite brought forth that he attended the following meetings:
 - a. Visited the Polk County Fair in Fertile on Sunday
 - b. Tri-County Corrections Meeting
 - c. Public Meeting in Euclid regarding the Roundabout
 - d. Negotiation Meetings with Sergeants, Dispatch, and Deputies
5. Commissioner Lee brought forth that she attended the following meetings:
 - a. Department of Human Services (DHS) Performance Council Meeting
 - b. Monthly Radio Program
 - c. Public Meeting in Euclid regarding the Roundabout
 - d. Negotiation Meetings with Sergeants, Dispatch, and Deputies
 - e. Monthly Women's Cohort
 - f. Union Lake Sarah Improvement District Meeting
 - g. Received phone call regarding DNR property where weeds have not been removed. The DNR will be taking care of this.
 - h. Judged Talent Contest at the Polk County Fair
6. Commissioner Holy brought forth that he attended the following meetings:
 - a. Public Meeting in Euclid regarding the Roundabout
 - b. Received phone call regarding concerns about CSAH 64 being used by construction trucks for a project on Highway 220.

SHERIFF

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

1. **Monthly Sheriff Reports**
The June 2024 Monthly Sheriff Reports were discussed and presented to the Board. (Reports on file in the Administrator's Office)
2. **Retirement and Hiring of a Telecommunicator**
A motion was made by Commissioner Strandell seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve the advertisement and hiring of a telecommunicator.

1 ads...Polk County minutes 2024

SOCIAL SERVICES

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

1. **Social Worker Replacement Request**
A motion was made by Commissioner Lee seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve filling the Social Worker position and to fill any internal subsequent position vacancies occurring because of this action.

ATTORNEY

Dana Johnson, Victim Assistance Specialist, on behalf of Greg Widseth, Polk County Attorney, came before the Board with matters pertaining to Mr. Widseth's department:

1. **Resolution (2024-53)**
Authorizing Execution of Agreement – Office of Justice Programs in the MN Department of Public Safety for Polk County Coordinated Victim Services

RESOLUTION (2024-53)

Authorizing Execution of Agreement – Office of Justice Programs in the MN Department of Public Safety for Polk County Coordinated Victim Services

The following resolution (2024-53) was offered by Commissioner Reese:

WHEREAS, Polk County has entered into a Cooperative Agreement with the Office of Justice Programs in the Minnesota Department of Public Safety.

NOW THEREFORE BE IT RESOLVED, That Polk County Attorney Greg Widseth continues to be authorized to execute such agreements and amendments, as are necessary to implement the project on behalf of Polk County.

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

CITY OF FERTILE

Dan Wilkens, City of Fertile Mayor, came before the Board with matters pertaining to the City of Fertile:

1. **Update on the City of Fertile**
Discussion was held with the Board regarding an update on the City of Fertile.

PLANNING & ZONING

Jacob Snyder, Assistant Environmental Services Administrator, came before the Board with matters pertaining to his department:

1. **Award Grant for Income-Based Septic System Fix-Up Program – RH**
A motion was made by Commissioner Reese seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve awarding a Low-Income Septic Fix-Up Grant to Richard Hernandez to upgrade the failing septic system and to award the bid to Reierson Excavating, Paul Reierson L#2388, who was the lowest bidder at \$12,466.00, to install the septic system. The County portion is \$7,479.60, with the applicant paying \$4,986.40, totaling \$12,466.00.
2. **Award Grant for Income-Based Septic System Fix-Up Program – JG**
A motion was made by Commissioner Reese seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve awarding a Low-Income Septic Fix-Up Grant to John Gullickson to upgrade the failing septic system and to award the bid to Olson and Sons Excavating, Tim Olson L#1620, who was the lowest bidder at \$9,500.00, to install the septic system. The County portion is \$5,700.00, with the applicant paying \$3,800.00, totaling \$9,500.00.
3. **Award Grant for Income-Based Septic System Fix-Up Program – JS**
A motion was made by Commissioner Holy seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve awarding a Low-Income Septic Fix-Up Grant to Jeffrey Sperl to upgrade the failing septic system and to award the bid to Olson and Sons Excavating, Tim Olson L#1620, who was the lowest bidder at \$13,500.00, to install the septic system. The County portion is \$10,800.00, with the applicant paying \$2,700.00, totaling \$13,500.00.
4. **Award Grant for Income-Based Septic System Fix-Up Program – WZ**
A motion was made by Commissioner Holy seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve awarding a Low-Income Septic Fix-Up Grant to Wayne Zachariason to upgrade the failing septic system and to award the bid to Ryan's Backhoe, Ryan Sherman L#3371, who was the lowest bidder at \$13,591.00, to install the septic system. The County portion is \$10,872.80, with the applicant paying \$2,718.20, totaling \$13,591.00.
5. **Discussion on SSTS Loan Program**
Discussion was held with the Board regarding an application received for the SSTS Loan Program from Elaine Ricard whose income exceeds the thresholds to qualify for both of the 60% and 80% funding thresholds but is being considered for Polk County's Loan Program. Mr. Snyder's department is discussing whether or not they should award loan funding to individuals who exceed the USDA low-income guidelines. To those who exceed the minimum income thresholds, should we still pay 25% or up to \$2,500.00? Option #2: Should we offer this strictly as a loan without any additional assistance to help cover the system cost? Option

#3: Not accept the application as the applicant exceeds the income thresholds.

ADMINISTRATION

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

1. **Review of American Rescue Plan Act Funds Status**
Discussion was held with the

Vendor Name	Amount
Baldwin Supply Company	7,029.00
Bob's Lawn Care	3,777.92
Central States Wire Products Inc	2,820.22
Church & Dwight Co Inc	11,818.20
CNH Industrial Accounts	3,289.21
Code 4 Services Inc	5,844.72
Country Pet Foods, LLC	6,611.22
Crookston Fuel Company	4,232.72
Dakota Supply Group	9,571.25
Destination Transport	2,190.00
DS Solutions Inc	2,296.00
Election Systems & Software Inc	8,262.18
Environmental Sentry Protection LLC	4,800.00
Evenaire Systems Inc	10,325.00
Fertile Building Center Ltd	3,384.19
Grove Mechanical Inc	4,842.50
Hennen Equipment Inc	3,948.07
K & L Inc	2,858.25
Karvakk0 Engineering Inc	10,021.80
KNOWINK	10,325.00
Kurita America Inc	12,284.52
Kustom Kollision LLC	2,718.99
Level 5 Services	9,672.62
LSQ Funding Group LC	3,031.50
MN Counties Intergov'l Trust	3,697.00
Mn Dept Of Transportation	30,594.40
Mn Valley Testing Labs	2,546.00
MNCCC MI 33	7,677.89
Morris Electronics Inc	2,637.93
Nardini Fire Equip Co Inc	2,767.80
Northdale Oil Inc	2,405.20
Northern Propane	4,469.70
Palmer Masonry & Concrete LLC	3,903.00
Pemberton Law PLLP	5,615.00
Pictometry International Corp	41,762.41
Polk County Highway Department	5,043.60
Polk County Highway Department	5,300.31
Pro West & Associates Inc	12,000.00
Reese/Sarah	2,159.45
ReitRock Paving LLC	9,360.00
Riverview Healthcare Assoc	2,158.12
RJ Zavoral & Sons Inc	4,600.00
Road Machinery and Supplies Co.	7,216.63
SeaChange Printing & Marketing	4,772.93
Stantec Consulting Services Inc	4,692.75
SWATMOD LLC	6,812.00
TS Holte Construction	4,987.50
UpNorth Engineering LLC	7,264.00
Valstone Corporation Inc	4,750.00
Vestis	2,203.36
Warren Barstad Construction	3,864.54
Widseth Smith Nolting & Assoc	3,059.80
Ziegler Inc	5,501.67
Ziegler Inc	2,359.44
171 Payments less than 2000	63,749.92
Final Total:	415,887.43

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

Gary Willhite, Chair
ATTEST:
Charles S. Whiting, County Administrator
Clerk of the Board

M20C

Farm transition and estate planning webinars

The University of Minnesota Extension is presenting four webinars on introductory farm transition and estate planning. Webinars will be held on Wednesdays from 10:00 a.m. to 12:00 p.m. starting August 14th.

There is no cost to attendees. Attend one or attend all four!

Topics for each session are as follows:

- **August 14:** Developing your farm transition goals and assembling your "team".
- **August 21:** All things tax: gifting, selling, and transferring.
- **August 28:** Wills, trusts, ownership titling—what does it all mean?
- **September 4:** Putting the basics together: estate, retirement, healthcare, and business transfer planning.

Participants can register at: <https://extension.umn.edu/>

Health officials confirm three

The Minnesota Department of Health (MDH) confirmed three measles cases in unvaccinated children this week in Anoka, Hennepin and Ramsey counties. Based on current information, these cases are not directly linked to each other and have not traveled, so there is concern for possible spread of measles in the community. MDH continues to investigate these most recent cases and any potential connection to previous cases reported in Minnesota.

One case was confirmed on July 22 and two were confirmed on July 24. At the time of report, two of the three cases needed hospitalization.

MDH is working with local health departments and other locations to directly notify people who may have been exposed; however, health officials note that anyone who is not vaccinated against measles could be at risk and should watch for symptoms of mea-

sles.

Initial symptoms of measles include a high fever, cough, runny nose and watery eyes followed by a rash that typically spreads from the head to the rest of the body. It generally takes eight to 12 days from exposure to someone with measles to develop the first symptoms, which are usually runny nose, cough or red eyes, followed by a fever. The measles rash usually appears two to three days after the fever begins.

If symptoms develop, people should call their health care provider before going to a clinic. Calling first is an important way to ensure that proper care is received without accidentally exposing other people to measles.

"Measles spreads easily, and it finds those who are vulnerable," said Jessica Hancock-Allen, infectious disease division director at MDH. "That is why it is important for families

Board regarding review of the American Rescue Plan Act (ARPA) funds.

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

**COMMISSIONER WARRANTS
DATED 07/19/2024
APPROVED 07/16/2024**

Construction to begin on Crookston inclusive playground this fall

Kayse Thompson looks forward to watching her daughter Elliot, 3, play on the future Highland Elementary School Inclusive Playground in Crookston.

Elliot is a wheelchair user and crawler.

"Most of the playgrounds in Crookston, especially those with wood chips and tall steps, can be difficult for her to play in," Thompson shared. "She will be at Highland in two years, and the new playground will be instrumental in her ability to play and socialize with her peers. It will also be nice for us to have a playground in Crookston that she can enjoy as she gets older."

Currently, the nearest inclusive playgrounds are in the Fargo/Moorhead areas.

All are Welcome

"So All Can Play" is the theme of the inclusive playground project. Highland Principal Chris Trostad says construction on the 6,114 square foot playground is scheduled to begin in October.

An inclusive playground is an open, safe space carefully designed to promote play among individuals of differing abilities, ages, and communities. It gives people with and without disability the same platform to play while breaking down barriers, both physically and socially. Children, adults, and families are encouraged to experience the benefits of playing together.

The inclusive design features not only create more play opportunities for all children, but also allow parents, guardians, and caregivers that use mobility equipment better accessibility to interact and play with their children throughout the playground.

The following are just a few of the features of the inclusive playground designed for Highland

- Rubberized footing, allowing wheelchairs, walkers, and strollers better access and improving fall height safety
- Wheelchair-accessible ramps throughout the play structure
- Stainless steel slides to avoid interference with cochlear implant function
- Deep seated swings and seesaw to support individuals with balance difficulties
- Widened ramps to better assist children and ensure their safety during play
- Musical equipment to promote creative play
- Multiple activity panels to promote sensory integration and play
- Structures and spaces that promote balance, coordination, and social skills as well as cognitive and emotional development on all levels

The Importance of Play
The project aims to create opportunity and equality through one of the most important means of development, play!



The Highland Elementary school playground project for an all-inclusive play area.

Health officials confirm three measles cases in metro area

to make sure their children are up to date on their immunizations to protect them from this potentially serious disease."

The cases this week brings Minnesota to 15 measles cases in 2024. This is an increase compared to other years. All the cases have occurred among unvaccinated children and over 50% of the cases have been hospitalized. Minnesota isn't the only state that has seen an increase in cases—measles cases are also increasing nationally and internationally. Those who are not immune against measles are at risk for measles.

The best way to prevent measles is through immunization. Children should receive two doses of measles, mumps and rubella (MMR) vaccine—the first at 12 to 15 months of age and the second at 4 to 6 years of age. Children 6 to 12 months should get an early dose of MMR vaccine if they are traveling to a country where measles is common. For

"An inclusive playground will have so many positive benefits for young children and families in our community," said Gina Gunderson, Early Childhood coordinator at Crookston Public Schools. "It equips all children with the ability to play together and independently while developing both physically and socially."

"Active play is critical for healthy development and well-being of children and I am so excited our district and community is investing in our children. Our community is filled with many wonderful playgrounds for families to gather and children to be active and this will be an exciting addition."

High Need

Nearly one-third of students within the Crookston School District receive individualized education programming. Crookston special education professionals have recognized students at different developmental levels who require modifications to the typical school environment, including the playground, to succeed.

The following school officials, pediatric specialists, and community members are on the Highland Inclusive Playground Committee driving the project

- Chris Trostad, principal, Highland Elementary School
- Randal Bergquist, superintendent, Crookston Public Schools
- Caitlyn Michno, director of Rehab Services, RiverView Health
- Gina Gunderson, coordinator, Crookston Early Childhood
- Gary Stegman, retired art teacher, Crookston High School
- Courtney Olson, Highland parent, marketing specialist, University of North Dakota
- Tina Mason, Crookston Parent Teacher Organization (PTO)
- Lorri Capistran, Crookston PTO
- Maddie Engelstad, pediatric occupational therapist, RiverView Health
- Chris Fee, president/general manager, KROX Radio

Fundraising for the project will begin soon through the Northwest Minnesota Foundation (NMF), with a goal of \$400,000. The Highland Inclusive Playground is a fund within the NMF's family of funds. NMF is a public, charitable foundation serving two tribal nations and 12 counties in Northwest Minnesota. Sponsorship levels and opportunities to purchase specific playground items will be available.

For more information on the project, contact Trostad at 281.5600, visit the Highland Inclusive Playground Facebook page at www.facebook.com/highlandinclusiveplayground, or the Northwest Minnesota Foundation at <https://secure.qgiv.com/for/heip-c>.

all ages, it is important to talk to your doctor if you are going to be traveling to another country. Your doctor can check to make sure you and your family are up to date on your immunizations and make sure you do not need any other immunizations.

MDH encourages people to check their immunization records to confirm that they and their children have received the MMR vaccine. Minnesotans can also go to Find My Immunization Record. Most people born before 1957 have had measles disease and are considered immune.

Measles is a highly contagious rash illness and can be a serious disease that can lead to hospitalization and even death. Measles spreads easily by coughing, sneezing or even being in the same room with someone who has measles. The virus can remain in the air for up to two hours after an infected person leaves an area.



The 3rd Annual Win-E-Mac Football Golf Scramble took place on Friday, July 26th at Oak Lake Golf Course in Erskine. Some of the highlights include Sam Manecke with the longest drive, Mark Bagaason with closest to the pin, nd Tom Martushev with the longest putt.

Recognizing vision problems in kids

Although vision loss is typically associated with aging, people of all ages can experience issues that contribute to diminished vision. Sometimes parents may be unaware that their children have low vision or other issues compromising their sight, particularly when children are too young to verbalize their impairments. The Mayo Clinic notes additional symptoms, such as squinting while reading or holding reading material closely may be more apparent.



Parents, caregivers and even teachers can keep an eye out for these symptoms to determine if kids are having vision problems.

- **Blurriness:** A child may complain of things being blurry, whether that means words in a book or on a smart screen in the classroom.
- **Headaches:** Straining to see better can cause headaches. If a child starts complaining of frequent headaches, an eye exam may be in order.
- **Attention span:** If your child quickly loses interest in games or other lengthy activities, it may be that poor vision is making it more difficult to fully participate.
- **Losing place:** Someone with vision issues may experience difficulty keeping track of words while reading.
- **Eye rubbing:** Prevent Blindness says rubbing tired eyes can be an indicator of a vision problem, as can tilting one's head or thrusting the head forward.

- **Feeling dizzy:** Some people with vision problems feel dizzy or out of sorts at times.
- **Physical symptoms:** Sometimes vision problems may be apparent because you can see there is something amiss. Eyes that don't line up, eyes that appear crossed, redness in the eyes or rims, or red, inflamed eyes can be symptomatic of a vision problem.
- **Eye exam results:** Eye doctors conduct a series of tests during an eye exam. During an automatic refraction test, visual acuity can be measured when an autorefractor shines light into the eye and measures the eye's response. It's commonly used with children who cannot communicate what they're seeing and can help diagnose vision trouble.

Vision issues can present themselves in children and not be as readily apparent to the adults in their lives. Familiarizing oneself with certain symptoms is a way to diagnose vision trouble earlier.



Taking second place at the Win-E-Mac Football Golf Scramble last Friday were Scott Sandberg, Pat Schimanski, Pete Bergh, and Cory Nordheim.

NOTICE OF PRIMARY ELECTION			
ELECTION NOTICE			
Pursuant to Minnesota Statute 204C.05, a State Primary Election will be held on Tuesday August 13, 2024 in the State of Minnesota, the County of Polk			
County of Polk for the purpose of nomination the following officer's to wit:			
State Primary Election voters must be registered to vote pursuant to Minesota Statute 201.054, subdv. 1.			
NOTICE IS GIVEN that Polk County polling locations and voting hours for the 2024 Primary held on August 13, 2024 are listed as follows:			
Brandsvold	BRANDSVOLD TOWN HALL	34315 370th St SE, Fosston, MN 56542	10:00am - 8:00pm
Bygland	BYGLAND TOWN HALL	40966 235th St SW, Fisher, MN 56723	10:00am - 8:00pm
Columbia	LENGBY COMMUNITY HALL	104 Main Ave N, Lengby, MN 56651	7:00am - 8:00pm
Crookston Ward 1	ST. PAULS LUTHERAN CHURCH	1214 University Ave., Crookston, MN 56716	7:00am - 8:00pm
Crookston Ward 2	ST. PAULS LUTHERAN CHURCH	1214 University Ave., Crookston, MN 56716	7:00am - 8:00pm
Crookston Ward 3	FIRST PRESBYTERIAN CHURCH	510 Broadway ST N, Crookston, MN 56716	7:00am - 8:00pm
Crookston Ward 4	FIRST PRESBYTERIAN CHURCH	510 Broadway ST N, Crookston, MN 56716	7:00am - 8:00pm
Crookston Ward 5	FIRST PRESBYTERIAN CHURCH	510 Broadway ST N, Crookston, MN 56716	7:00am - 8:00pm
Crookston Ward 6	ST. PAULS LUTHERAN CHURCH	1214 University Ave., Crookston, MN 56716	7:00am - 8:00pm
East Grand Forks Ward 1	EAST GRAND FORKS SENIOR CENTER	538 Rhinehart Dr. SE, East Grand Forks, MN 56721	7:00am - 8:00pm
East Grand Forks Ward 2	EAST GRAND FORKS CITY HALL	600 DeMers Ave NW, East Grand Forks, MN 56721	7:00am - 8:00pm
East Grand Forks Ward 3	EAST GRAND FORKS SENIOR HIGH SCHOOL	1420 4th Ave NW, East Grand Forks, MN 56721	7:00am - 8:00pm
East Grand Forks Ward 4	EAST GRAND FORKS SENIOR HIGH SCHOOL	1420 4th Ave NW, East Grand Forks, MN 56721	7:00am - 8:00pm
East Grand Forks Ward 5	EAST GRAND FORKS SENIOR HIGH SCHOOL	1420 4th Ave NW, East Grand Forks, MN 56721	7:00am - 8:00pm
Fertile City	FERTILE COMMUNITY CENTER	101 Mill St S, Fertile, MN 56540	7:00am - 8:00pm
Fosston City	FOSSTON EMBASSY COMMUNITY CENTER	603 3rd St NE, Fosston, MN 56542	7:00am - 8:00pm
Garfield	GARFIELD TOWN HALL	502 Elm St. SW, Fertile, MN 56542	7:00am - 8:00pm
Hill River	HILL RIVER TOWN HALL	32526 345th Ave SE, Fosston, MN 56542	10:00am - 8:00pm
Huntsville	MALLORY TOWN HALL	20047 400th Ave SW, East Grand Forks, MN 56721	7:00am - 8:00pm
King	MCINTOSH COMMUNITY CENTER	115 Broadway NW, McIntosh, MN 56556	7:00am - 8:00pm
Lengby City	LENGBY COMMUNITY HALL	104 Main Ave N, Lengby, MN 56651	7:00am - 8:00pm
McIntosh City	MCINTOSH COMMUNITY CENTER	115 Broadway NW, McIntosh, MN 56556	7:00am - 8:00pm
Queen	QUEEN TOWN HALL	36481 400th Ave SE, Fosston, MN 56542	10:00am - 8:00pm
Sletten	SLETTEN TOWN HALL	28488 430th St SE, Fosston, MN 56542	10:00am - 8:00pm
Sullivan	SULLIVAN TOWN HALL	11542 430th Ave SW, East Grand Forks, MN 56721	10:00am - 8:00pm
Woodside	WOODSIDE TOWN HALL	36817 160th Ave SE, Erskine, MN 56535	7:00am - 8:00pm
NOTICE IS FURTHER GIVEN that the voters in the following precincts will be receiving ballots and voting by mail as requested by the respective township/city boards:			
Andover Township	Fairfax Township	Higdem Township	Parnell Township
Angus Township	Fanny Township	Hubbard Township	Reis Township
Badger Township	Farley Township	Johnson Township	Rhinehart Township
Belgium Township	Fisher City	Kertonville Township	Roome Township
Beltrami City	Fisher Towship	Keystone Township	Rosebud Township
Brandt Township	Garden Township	Knute Township	Russia Township
Brislet Township	Gentilly Township	Lessor Township	Sandsville Township
Chester Township	Godfrey Township	Liberty Township	Scandia Township
Climax City	Grand Forks Township	Lowell Township	Tabor Township
Crookston Township	Grove Park-Tilden Township	Mentor City	Trail City
Eden Township	Gully City	Nesbit Township	Tynsid Township
Erskine City	Gully Township	Nielsville City	Vineland Township
Esther Township	Hammond Township	Northland Township	Winger City
Euclid Township	Helgeland Township	Onstad Township	Winger Township
Eligible voters that live in a mail ballot precinct who did not receive a ballot in the mail may vote by absentee ballot at the office of the Taxpayer Service Center at the Polk County Government Center, 612 N. Broadway, Ste 207, Crookston, MN 56716 until 8:00 p.m. on Election Day. Mail Ballots and Absentee Ballots will be tabulated at the Polk County Government Center at the close of polls on August 13, 2024 at 8:00 p.m.			
		/s/ Samuel W. Melbye Samuel W. Melbye	
Dated: July 3,2024		Polk County Director of Property Records/Election Administrator	



WEM School Announcements

Attention Win-E-Mac Football Players: Equipment handout for 9-12 grade players will take place on Thursday August 8th at 6:00 pm.

Practice will begin for all 9-12 grade players on Monday August 12th.

Practice for 7-8 grade players will begin on Monday August 19th with equipment handout and practice the next day.

Practice for 5-6 grade players is TBD. Look for more information to come out shortly.

For more detailed practice schedules, please refer to the team and school social media sites. If you have questions please contact the following coaches -

9-12: Aaron Cook acook@win-e-mac.k12.mn.us
JH: Jason Svlaen jsvalen@win-e-mac.k12.mn.us
Elementary: Nate Johnson njohnson@win-e-mac.k12.mn.us

Win-E-Mac School Readiness and Head Start Early Childhood/Preschool Screening will be Wednesday, August 7, 2024.

Preschool/Early Childhood Screening is a free and simple check of how your child is growing, developing, and learning.

A trained professional will check:

- Vision and hearing
- Height and weight
- Immunizations (shots)
- Large and small muscles
- Thinking, language and communication skills
- Social and emotional development

Preschool/Early Childhood Screening is open to all children, ages three years old and up, who have not been screened. Children must be screened before entering preschool and kindergarten.

Screening will take place at the Polk County Public Health (Bjella Building) in McIntosh.

Contact Heather Earls at Win-E-Mac to set up an appointment time for your child to be screened. hearls@wem-schools.org.

Win-E-Mac will be doing the Sole Tree again this year. This program matches kids in need of tennis shoes for the school year with donations from our communities.

The goal is to make sure kids within our school all can have good quality tennis shoes to begin the school year.

More information will be coming out soon with links to sign up for shoes. Monetary donations can be sent in to the school with a note Win-E-Mac Sole Tree. Any monetary donations will be used to purchase shoes.

All shoe donations will be due by Monday August 26th. When you bring your shoes in please make sure you mark them with the number you signed up for. If you have any questions please contact Cassie Subbert.

This program was a great success last year and 30 kids received new shoes. Many of the kids were very excited about the nice, new shoes and we had many thankful parents who shared that not having to worry about purchasing shoes helped them out a lot.

This is our 2nd year of the Sole Tree and Win-E-Mac school hopes for many, many more years of this program.

Piano lessons this fall at Win-E-Mac. Shannon Svalen and Andrew Hanson are teaching piano lessons again starting in the fall of 2024. If you are interested, please visit the school website at www.wemschools.org to find and fill out the form there. Andrew and Shannon will work out between them who will have which students, but generally, Shannon will have the younger students, and Andrew will have the older ones. Please note that filling out our form doesn't necessarily guarantee you a spot; you may be put on a waiting list if all of our time slots are full. Thanks for your understanding.

Notice to Voters

August 13, 2024

Primary Election



Review the information below to learn about upcoming elections.

Access Your Sample Ballot	Find Your Polling Place	Additional Election Information
○ Your official ballot will have the names of all candidates for your precinct. ○ To see a list of the names of candidates and questions that will be on the ballot for your precinct visit: mnvotes.gov/myballot ○ You may also be able to view your sample ballot online by scanning:  ○ You may request to have a free copy of your sample ballot mailed to you.	○ Election Day is Tuesday, August 13. ○ You can find your Election Day Polling Place by visiting: mnvotes.gov/pollfinder	○ Most Election Day Polling Places are open 7am to 8pm. ○ You may live in a precinct where a ballot is mailed to you as a mail ballot voter. ○ If voting by mail, return your ballot no later than 8pm on Election Day. ○ Election results will be available starting after 8pm on Election Day at: www.mnvotes.org ○ Check to see if you are pre-registered to vote by scanning: 
	Voting Before Election Day ○ You can vote early with an absentee ballot starting Friday, June 28. ○ You can vote early by mail, in person, or from the military or abroad. ○ Learn more by scanning: 	

Contact Your Local Election Official
Your county election official: • Can mail you a sample ballot for free • Keeps your voter registration record • Handles other parts of the voting process Polk County Elections 612 N Broadway Ste 207 Crookston MN 56716 218-281-2554 https://www.co.polk.mn.us/elections elections@co.polk.mn.us

New funding available to help improve Minnesota's soil health

Applications for soil health equipment grants open August 1 and close August 30.

St. Paul, MN: Applications will soon open for the latest round of the Minnesota Department of Agriculture's (MDA) Soil Health Financial Assistance Program grants.

The grants are available to individual producers, producer groups, and tribal and local governments to purchase or retrofit soil health equipment. Grant awards will provide up to 50% cost-share, with a minimum award of \$500 and a maximum award of \$45,000.

The 2024 Legislature appropriated \$2.375 million for grants statewide, along with an additional \$495,000 available for grants in Dodge, Fillmore, Goodhue, Houston, Mower, Olmsted, Wabasha, and Winona counties. The MDA will begin accepting applications August 1.

"Specialized, expensive equipment can be a barrier for farmers wanting to implement soil health practices, so it's important we invest in programs

like the Soil Health Financial Assistance Program grants," said Agriculture Commissioner Thom Petersen. "The soil health benefits we see to water quality and our other natural resources go beyond a farm's border and can have a positive impact on many Minnesotans."

Examples of eligible new or used equipment include, but are not limited to, no-till drills,

air seeders, strip tillage units, and more.

The Request for Proposals and the application link can be found at www.mda.state.mn.us/soilhealthgrant once the application opens on August 1. Applications are due August 30, 2024. Awards will be announced by January 1, 2025.

This is the third round of Soil Health Financial Assis-

tance Program grants. The second round awarded over \$2.3 million to 81 individuals and organizations across Minnesota. No-till drills, air seeders, and strip tillage equipment were among the most requested pieces of equipment. The second round received more than 280 applications for more than \$8.4 million – over 3.5 times the funding available.

Women in Ag Retreat hosted by U of M Extension and friends of Frog Tree Farm

The University of Minnesota Extension is thrilled to invite you to their upcoming Annie's Project event, a transformative two-day retreat dedicated to fostering connections, sharing knowledge, and empowering women passionate about agriculture.

We are excited to invite long-time, beginner, and future farmers from both urban and rural areas to join us for this inspiring event focused on collaboration, growth, and empowerment.

The Annie's Project Retreat is being offered by the University of Minnesota Extension Women in Ag Network in partnership with the Friends of Frog Tree Farm, located north of Wadena, Minn., on Saturday - Sunday, September 21 - 22, 2024.

Annie's Project is for any farmer or rancher looking to understand farm management and decision-making topics better. Annie's Project is designed to empower farm businesses in today's complex, dy-

namic world of agriculture.

For more information and to register, follow this link: <https://extension.umn.edu/courses-and-events/annies-project>.

The event will include a variety of engaging workshops, insightful speakers, and numerous networking opportunities. These activities are designed to address the unique challenges and opportunities faced by women in the agricultural sector. Whether you are an urban farmer, a rural farmer, or anywhere in between, your perspective and experience are invaluable to our collective success.

Normally the cost is \$99 for the class, but thanks to a Regional Sustainable Development Partnership project, the registration for this retreat is only \$25 per participant. Capacity is limited to the first 16 people.

Overnight accommodations will be at cabins and bell tents at Frog Tree Farm, 26279 County Rd 9, Verndale, MN 56481.

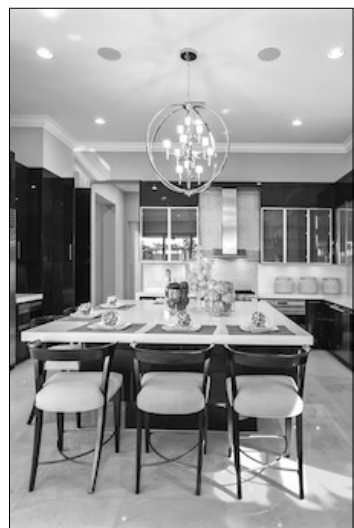
A carpool will be provided from Brooklyn Park, Minn., leaving at approximately 5:30 p.m. on Friday evening and returning at approximately 7 p.m. on Sunday evening. More information will be available closer to the event.

The most popular rooms to remodel

Home improvement trends come and go. In a testament to that reality, the wildly popular open floor plan concepts that have dominated homeowners' desires over the last decade-plus could be falling out of favor, a shift that Rachel Stults of Realtor.com linked to the COVID-19 pandemic in a 2023 interview with Business Insider.

Stults noted open floor plans will likely exhibit some measure of staying power, but linked the shift toward more traditional layouts to COVID lockdowns and the desire for more privacy among residents.

The shift away from open floor plans is a testament to the fleeting nature of home renovation trends. But trends



still deserve a place at the table among real estate investors and homeowners who want

to renovate their homes with an eye on projects that could be most appealing to prospective buyers. As homeowners balance their own preferences with those that might help them sell their homes down the road, they can consider this list of the most popular rooms to renovate, courtesy of the "2024 U.S. Houzz & Home Study" from Houzz Research.

1. Kitchen
2. Guest bathroom
3. Primary bathroom
4. Living room
5. Guest bedroom
6. Primary bedroom
7. Laundry room
8. Closet
9. Dining room
10. Home office

Patient safety, comfort are top priorities with RiverView MRI services

Chances are, you don't think about the safety of medical procedures like magnetic resonance imaging (MRI) until you or a loved one need one. But don't fear—should the need for an MRI come up, RiverView Health has a highly-skilled, knowledgeable Diagnostic Imaging Team adhering to the highest levels of safety every day.

July 21-27 is MRI Safety Week. RiverView technologists take safety very seriously for all patients and team members who encounter the strong magnet used during MRI. The department subscribes to MagResource, an online database of MRI safety information for medical implants offering the most comprehensive and up-to-date MRI safety information specific to RiverView's MRI model.

Maggi Lund is RiverView's MRI technologist. She's been doing MRIs for 21 years and says patient and staff safety is always her top priority.

"The magnetic field is always on," she reported. "There are many different ways a patient or healthcare worker can be injured by the strong magnetic field if safety guidelines are not followed. Making sure that doesn't happen is the most challenging part of my job."

Detailed Pictures Lead to Early Detection

MRI is a painless way to look inside the body without using X-rays. Imaging occurs inside a large, tube-like structure that is open on both ends.

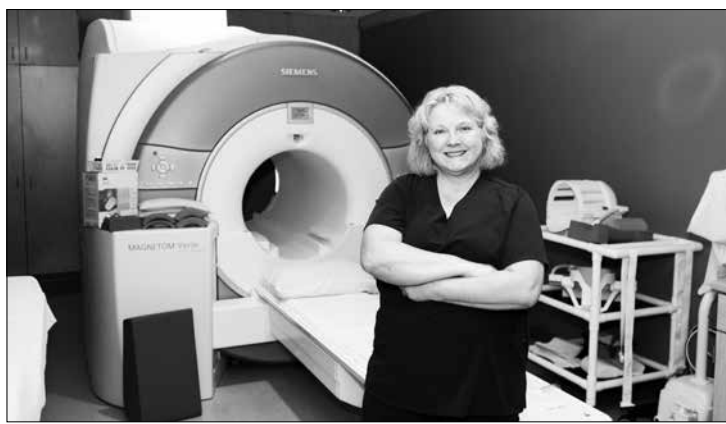
A large magnet, radio waves, and a computer are used to scan the body and produce detailed pictures that cannot be seen on conventional X-rays. The images display injuries, abnormal conditions, and diseases, if present.

An MRI is a noninvasive way to obtain information about the body that may otherwise be unseen. Its use can lead to early detection and treatment of diseases. MRI makes it possible to see specific tissues and can provide important information about the brain, spine, joints, and internal organs. There are no known side effects of MRI.

The body is composed of small particles called atoms. Hydrogen atoms, or water, make up 95% of the body. Typically, the hydrogen atoms within the body spin around at random. However, when placed inside a strong magnetic field, the hydrogen atoms line up and spin in the same direction. When a radio wave is passed through the body, the hydrogen atoms give off a signal. With the aid of a computer, that signal becomes the source of the MRI information. It produces the images that will assist the provider in diagnosing and planning treatment.

RiverView also does a magnetic resonance angiogram (MRA), a type of MRI used to view blood vessels using state-of-the-art equipment.

MRI and MRA exams typically take 30 to 60 minutes. The patient lies on a table that



RiverView MRI Technologist Maggi Lund stands in front of RiverView's state-of-the-art MRI machine.

slides into the opening of the magnet. Because the patient is only required to lie still, and the scan is painless, most patients do not feel discomfort. Thanks to larger-than-normal equipment, patients who are uncomfortable in small spaces or are claustrophobic often find RiverView scans less stressful.

More Comfort, Better Imaging

While most in the industry use a standard 1.5T short-bore MRI machine, RiverView offers a wide-bore 3T MRI, meaning there is more space inside the scanner to allow for more comfort and less restriction of the patient.

"Our machine is called a large bore scanner and accommodates patients up to 550 pounds," Lund shared. "I have had patients who needed sedation for MRI in the past but were able to complete their exam without sedation in our scanner."

Not only does the machine offer more space, but it also doubles the signal strength of the industry standard MRI and provides extremely clear and vivid images. Additionally, the MRI can often be done faster, decreasing overall scan time. Patients wear headphones for ear protection and communication with the technologist, but music can also be played through the headphones for added comfort.

While Lund said she could scan most parts of the body, the most common are the spine and orthopaedic (extremities).

After the scan, a radiologist reads the exam and reports their findings to the patient's provider, who then shares the results with the patient.

Patient safety and comfort are always top priorities at RiverView Health. For more information on MRI and MRA, call 281.9428.



The tank is nearly removed as crews take down the old water tower in Winger last Thursday.



Piece by piece the water tower in Winger was taken down and removed.



The last leg of the Winger water tower, which stood firm for 77 years was removed last Thursday.



There were 85 descendents of Olaus and Emma Flermoen that had a 120th reunion of the beginning of Oak Grove Farm on Saturday July 6, 2024. Highlight of the day was a blessing/poem by Pastor Ruth Hetland of Calvary Lutheran Church of Winger. Also grinding corn with a 1930 s DeLavel Alpha 3 1/2 hp hit and miss engine and a Letz grinder given to Dennis and Bertha Flermoen by Bertha's parents Ole T. And Kjersti Roe as a wedding gift in 1936.