



Henry Swanson, who played the But ler, Edgar, in the recent production of Disney: Aristocat's Kids, held captive the beloved cats, Duchess (Athea Bingham), Toulouse (Brody Cook), Marie (Annika DeMarais), and Berlioz (Cooper Carlson).

Win-E-Mac School Open House.

- Win-E-Mac School will hold the annual Open House on Wednesday, August 28th from 5:00-7:00 p.m.
- Students will meet teachers, pick up class schedules and equipment.



How families can get ready for a new school year

Children will soon be trading in the chimes of neighborhood ice cream trucks for the bells of school as summer vacation gives way to the start of a new academic year. August through September is prime back-to-school season, with children all across the country stocking their backpacks and shopping for new school wardrobes.

There is more to getting ready for the start of school than making sure pencils are sharpened and tablets are charged. Parents and children can work together to ensure the transition back to the classroom is as seamless as possible.

Adjust sleep and wake times

Summer vacation often means letting loose of schedules for a while, and that may translate into later-than-normal bedtimes and rising a little later in the morning. Everyone in the household will have to reacquaint themselves with schedules that ensure kids get to school on time. A few weeks before the first day of school, start incrementally going to bed at an earlier time and start waking up earlier each morning. Try to plan out the increments so that by the time the last few days of summer vacation wind down, the family is on target with a waking schedule that mirrors the school

schedule.

Acclimate to being around people

Although summer vacation may involve trips that bring children in contact with other people, it may have been some time since they've spent five or more hours per day around 20 to 30 people their age. It may take a transition period to get used to being around a bunch of peers, so families can visit places where there tend to be crowds of kids, such as zoos, aquariums, parks, and trampoline centers. These can be low-pressure locations to dust off social skills.

Know the route or plan for school transportation

Students may be driven independently, ride the school bus, walk or bike, or carpool with others to and from school. Families can establish plans so that getting to and from school is not something kids need to worry about. Practice routes and timing, taking into consideration that when schools open there will be much more traffic. Parents can reassure children that there will be a learning curve, but all of the kinks generally get worked out during the first week.

Avoid "summer slide"

Most students don't want to think about studying, homework and testing while on summer break, but it can be beneficial to stay current on some



Addison Maness and Annabell Shultz were Amellia and Abigail Gable in the recent production of Disney: Aristocat's Kids held at the Win-E-Mac School.

lessons. Summer slide refers to the loss of some of the learning achieved during the previous school year over the summer break. Some experts say summer slide is overstated, but it can't hurt for students to refresh their memories on some math, science and language arts concepts over break so that they will be ready to hit the books when the new school year begins.

Prep for school lunches

Children and adults can work together to map out

healthy eating options for school lunch. Many school districts have lunch plans that can be purchased through an online account. Participating students simply enter a number or swipe a code at checkout. School lunches are built to be nutritionally diverse and have options that even picky eaters will like.

School is right around the corner, and families should get ready for the routine and needs that go with the academic year as the first day draws closer.

McIntosh makes plans for America 250

On July 4, 2026, the United States Semiquincentennial, also called the Bisesquicentennial, the Sestercentennial or the Quarter Millennial, will be the 250th anniversary of the signing of the 1776 United States Declaration of Independence. There is a movement across the country to use this opportunity to bring us all together. More information is available at www.america250.org.

Last month, the McIntosh City Council voted unanimously to officially sponsor a community-wide celebration over the 4th of July weekend in 2026 if there are sufficient volunteers to host one. An event like this takes a lot of preparation and a lot of volunteers, so a kick-off planning meeting for a community celebration in McIntosh has been scheduled for Thursday, August 29th at 6:30pm at the Community Center in McIntosh. We invite and urge ANY AND ALL members of the community who are interested in making this 250th birthday party our town's best celebration yet!

Please bring your ideas about what you'd like this celebration to look like. What



events would you like to see included? What committees need to be formed? How can we generate involvement from both those who have lived here all of their lives, as well as newer residents? How might we raise funds for the event? What projects need to be done to improve the City before the celebration? What have we learned from past celebrations that can also help make this a success?

Even if you don't live locally, you can virtually participate in this meeting as well as future meetings, online activities and planning. If you would like to attend this meeting online, please email the McIntosh Heritage & Arts Center at mcintoshhac@gmail.com for a link to the meeting.

We hope to see YOU at the Community Center on Thursday, August 29th!

Make plans for McIntosh Tractor Day

- Saturday, August 24th in downtown McIntosh.
- Parade starts promptly at 11:00 am.
- Antique tractor pull starts at 1:00 pm.
- Food vendors, a kiddie pedel pull and The Shoppes of McIntosh will be open.



The loveable Roquefort in the recent production of Disney: Aristocat's Kids was played by Ireland Anderson.



The Summer Arts Stages presented Disney: Aristocat's Kids at the Win-E-Mac Arts & Event Center last Friday, August 9th. Members of the cast included: Rosie Subbert, Julia Green, Amelia Vigoren, Kolby Cook, Athea Bingham, Brody Cook, Annika DeMarais, Cooper Carlson, Natashaia Steen, Henry Swanson, Ireland Anderson, Kalin Carlson, Emma Kaufman, Hope Omundson, Faith Omundson, Ezra Green, Pearl Lindberg, Annabell Shultz, Addison Maness, Serenity Lundin, Paisley Kildal, Edith Gieseke, Roman Shultz, Charlie Subbert, Hudson Swanson and Krosby Jore.

Recipes for your bounty of fresh summer sweet corn

Sweet corn is a traditional summer food served around the world at family gatherings, community celebrations and backyard barbecues.

Corn is a good source of vitamin C and A, potassium, thiamine and fiber, and very high in antioxidants.

Sweet corn is a tasty and nutritious addition to any meal. It is mostly enjoyed by shucking the husk and boiling it until done, then slathering it full of butter before biting into the cob to enjoy the sweet flavor of summer. Here are some other ways to enjoy the crisp, sweet crunch of that summer favorite.

Live up a simple supper with this easy, Seasoned Corn Off the Cob. It comes together in minutes and makes for an ideal side dish without the fuss.

Seasoned corn off the cob

1 10-ounce package frozen corn kernels (or about 5-6 ears of corn)

2 tablespoons olive oil (melted butter can be used instead)

¼ teaspoon dried dill

¼ teaspoon chile powder or ground chile

¼ teaspoon garlic powder

¼ teaspoon salt

black pepper

1 tablespoon Parmesan cheese (shredded)

1 tablespoon fresh cilantro (chopped)

In a large skillet over medium heat, place the corn and ¼ cup water. Simmer for 4 minutes or until the corn is hot. Drain off the water. Add the oil to the hot corn, stirring. Add the dill, chili powder, garlic powder, salt and pepper to taste. Toss in the cheese and cilantro. Serve hot.

Note: using oil instead of butter in this recipe will allow you to serve it as a cold salad as well as a hot side dish.

Feel free to vary the fresh herbs to suit your preferences. Try chopped fresh basil or parsley for a slightly different flavor.

Promptly store leftovers in an airtight container in the refrigerator, for up to 3 days.

Restaurant inspired, this

easy corn salsa made with lime, cilantro and tomatoes are perfect with chips or served over your favorite tacos or burrito bowls.

Just like it corn salsa
2 cups cooked sweet yellow corn kernels, cut off the cob, from 3 cobs*

2 small vine ripe tomatoes, seeded and diced

1/2 cup red onion, diced

1 scallion, diced

1 jalapeño, diced (remove seeds for mild)

2 tbsp chopped cilantro

1 fresh lime, juice of

kosher salt and fresh pepper to taste

Combine all the ingredients and refrigerate for about an hour. Makes about 3 cups.

Note: If you're serving this easy salsa for a party, you can make it a day in advance. Cover it tightly with plastic wrap and refrigerate until ready to serve. Leftovers will last up to four days.

In Mexico, grilled corn comes coated in mayonnaise, lime, cheese and cilantro. By adding pasta, plus lots of green onion for bite, it's a macaroni salad that's anything but basic.

Mexican street corn macaroni salad

6 ears fresh sweet corn, shucked and rinsed

1 pound elbow or ditalini pasta

2 tablespoons canola or corn oil

1 cup cotija cheese, crumbled, plus more for garnish

1 bunch green onions, sliced

1 cup chopped fresh cilantro

1 ½ cups mayonnaise

½ cup sour cream

2 - 3 limes, juiced

1 teaspoon ground chipotle chili pepper

Salt

Black pepper

Bring a large pot of salted water to a boil. Add corn; cook 4 minutes and remove with tongs. Drain on paper towels. Return water to a boil. Add pasta and cook beyond the al dente stage until slightly soft, about 12 minutes. Rinse with cold water and drain.

Meanwhile, prepare a gas or charcoal grill for direct cooking over medium heat (or heat

a grill pan over medium heat). Brush corn with oil. Grill, covered (or tented with foil if cooking indoors), 6 to 8 minutes, turning every 2 minutes, until corn is lightly charred. Remove from grill and let stand 5 minutes to cool. Cut kernels from cob.

In the bottom of a large bowl, whisk together mayonnaise, sour cream, the juice of two limes and the chipotle pepper. Season to taste with salt and black pepper. Add drained pasta, corn kernels, cheese, green onions and cilantro; toss to combine. Cover and chill at least 1 hour. Before serving, toss salad and taste for seasoning, adding extra lime juice, salt or pepper. Serve garnished with extra cheese.

This summer corn chowder is creamy, comforting and full of flavor. Made with an abundance of fresh sweet corn, tender potatoes, flavorful hearty bacon, and finished with chives and cheese. Truly this soup is too hard to resist and can be enjoyed all summer long.

Summer corn chowder

8 ears fresh sweet yellow corn, husked and silks removed

and kernels cut from cob

3 Tbsp butter

5 slices bacon, cut into 1/4 to 1/2-inch pieces (see note*)

1 medium yellow onion

chopped (1 1/2 cups)

1/4 cup all-purpose flour

1 clove garlic, minced

5 cups water or low-sodium chicken broth

1 lb Yukon Gold potatoes, cut into 1/2-inch pieces

1/2 tsp dried thyme

1 bay leaf

Salt and freshly ground black pepper

1 cup half and half

1 Tbsp honey

2 - 3 Tbsp chopped fresh chives

Shredded cheddar cheese, for serving (optional)

Melt butter in a large pot over medium heat. Add the onion and bacon and cook, stirring frequently, until onion has softened and just starting to brown around edges, about 8 - 10 minutes.

Add in the flour and garlic and cook 1 1/2 minutes. While

ers how to recognize an opioid overdose, how to administer naloxone, and how to store the kit safely. Erickson reported that naloxone has a shelf life of 12-18 months. In addition, Erickson noted that RiverView Pharmacy sells syringes without a prescription in accordance with state laws.

If you or someone you know is at increased risk for opioid overdose, the CDC recommends you should carry naloxone and keep it at home. Eighty percent of overdose deaths occur inside a home. It's also recommended people who are taking high-dose opioid medications (greater or equal to 50 morphine milligram equivalents per day) prescribed by a doctor, people who use opioids and benzodiazepines (depressants that produce sedation and hypnosis like Valium and Xanax) together, and people who use illicit opioids like heroin should all carry naloxone. Because you cannot use naloxone on yourself, let others know you have it in case you experience an opioid overdose.

The RiverView Pharmacy is open weekdays from 7:30 am to 7:30 pm and weekends from 9 am to 3:30 pm (closed from 11:30 am to 12:00 pm). For more information, call 281.9420.

RiverView Recovery Center also offers addiction services in Crookston, East Grand Forks, Thief River Falls, Roseau, and through telehealth. For more information, go to <https://www.riverviewhealth.org/services/chemical-dependency/> or call 281.9511.



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whisking, slowly pour in 5 cups water or broth.

Bring mixture to a boil, stirring constantly, then stir in corn kernels and potatoes. Add in thyme and bay leaf and season with salt and pepper to taste.

Bring to a light boil, then reduce heat to medium-low and allow to simmer, stirring occasionally, until potatoes are tender, about 20 minutes.

Remove bay leave then transfer 2 1/2 cups of the chowder to a blender and blend until smooth.

Stir the mixture back into

FNB of McIntosh

holds school supply drive

Join First National Bank of McIntosh now through August 30th in collecting school supplies for the upcoming school year for those in need. Donations can be dropped off any time during business hours. Ideas for school supply lists can be found at <https://wem-schools.org/elem/>.

FNB thanks you for your donations and look forward to helping our students thrive and succeed!

LEGAL NOTICE

NOTICE OF HEARING
Pursuant to Minnesota Statutes, Chapter 103D.911, notice is hereby given that the Board of Managers of the Red Lake Watershed District will hold a public hearing on the proposed 2025 General Fund Budget at 9:15 a.m., August 22, 2024, at the Red Lake Watershed District Office, 1000 Pennington Avenue South, Thief River Falls, MN 56701. The following is the 2025 proposed budget:

PROPOSED 2024 BUDGET	
Manager's fees and salaries	\$40,000.00
Board of Managers expense	24,200.00
Staff salaries	623,395.00
Payroll taxes	47,690.00
Employee benefits	168,481.00
Travel and meetings	7,500.00
Audit	10,400.00
Legal	16,000.00
Office supplies	20,000.00
Office equipment	40,000.00
Appraisers and Viewers	2,000.00
Professional services	35,000.00
Dues and subscriptions	10,000.00
Insurance and bonds	40,000.00
Repairs and maintenance-building	15,000.00
Utilities	12,000.00
Advertising and publications	4,000.00
Telephone	11,000.00
Vehicle expense & maintenance	15,000.00
Engineering supplies	3,000.00
Engineering equipment	45,000.00
TOTAL	\$1,189,666.00
LESS: ESTIMATED OVERHEAD	(935,092.50)
LESS: MISCELLANEOUS REVENUE	(3,000.00)
2025 GENERAL FUND BUDGET	\$251,573.50
PROPOSED 2025 GENERAL FUND LEVY	\$250,000.00

CAPITAL PROJECTS FUND
An ad valorem tax of .0003627 times the taxable market value for 2024, collectible for 2025, will be levied on all taxable property within the Red Lake Watershed District. One-half of the levy will remain in the District for projects listed below; the other one-half of the levy will be sent to the Red River Watershed Management Board for projects within the Red River Basin.

Permitting system	
Benchmarks	
Flood Control studies/projects	
Stream gauging	
Water quality studies/projects	
Rivers	
Watershed hydrologic analysis	
Lakes	
Bank stabilization	M21-M2C

the pot then stir in half and half and honey. Sprinkle each serving with chives and optional cheddar.

Did you know:

• Corn was first grown by Native Americans more than 7,000 years ago in Central America. Corn is grown on every continent except Antarctica.

• The tassel borne at the top of the stalk is the male part and the silk of the ear is the female part. The tassel releases millions of grains of pollen, and some of them are caught by the silk. There is one strand of silk for each kernel on a cob.

• On average there are about 800 kernels on an ear of corn. An ear of corn always has even number rows.

• One acre of land can produce 14,000 pounds of sweet corn. Depending upon the cultivar type, the crop may be ready for harvesting in 65-90 days.

• One average ear of yellow sweet corn equals 86 calories.

Grace Community Food Shelf

Behind Grace Lutheran Church, Erskine.

Open hours:

Thursday, August 15th from 10:00 am to 2:00 pm

Saturday, August 17 from 9:00 am to 12:00 noon.

Info: email foodshelf@grace-churcherskine.org, call 218-687-2250, leave a message. Also on Facebook.



Community Birthday and Anniversary Calendar

Wed. Aug. 14: Breelyn Hegre, Alex Shaver, *Bruce & Diane Grundyson

Thurs. Aug. 15: Nathan Vigoren

Fri. Aug. 16: Bobbi Jo Bartz, Charles Svalen, Erik Tranby, William Klemmer, Rachel Roed, *Cody & Ashleigh Bartz

Sat. Aug. 17: Skylar Olson, *Dave & Amie Erickson

Mon. Aug. 19: Micah Ferden, Aireal Gensburger, *Wayne & Renee Brekke

Tues. Aug. 20: Diane Grundyson, Adam Shaver, Matthew Finseth, *Joe & Jessica Shimpa



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"Serving the Win-E-Mac area"

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CHURCH DIRECTORY

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

Wed. Aug. 14: 11:30am Mass at St. Mary's, Fosston

Thurs. August 15: 6:00 pm Eucharistic Procession followed by Mass at St. Mary's, Fosston (assumption of the Blessed Virgin Mary)

Fri. Aug. 16: 11:30am Mass at St. Mary's, Fosston

Sun. Aug. 18 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Aug. 21: 11:30am Mass at St. Mary's, Fosston

Fri. Aug. 23: 11:30am Mass at St. Mary's, Fosston

Sun. August 25: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

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

Sun. August 18: 10:00am Coffee Hour; 10:30am Worship Services

Su. August 25: 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, August 18: 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 20: 10:00am. Sunday worship service telecast on GVTV--30

Wed, August 21: 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 18: 9:00am Worship

Sun. August 25: 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

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Duchess, Toulouse Marie and Berlioz played by, Athea Bingham, Brody Cook, Annika DeMarais, and Cooper Carlson in the Win-E-Mac Summer Arts production of Disney: The Aristocats Kids, performed last Friday evening at the Arts & Events Center.



Thomas O'Malley, played by Ezra Green with his alley cats during the Summer Arts production of Disney: Aristocat's Kids at Win-E-Mac School.



The troop of dogs that played a part in the production of Disney: Aristocat's Kids performed at the Win-E-Mac Arts & Events Center last Friday, August 9th. The cast of kids practiced for the week prior to the performance with the Summer Arts Stages crew.

In the matter of the petition by Clarence & Dianne Gagner, for the use of joint County Ditch 3, as an outlet for drainage of lands, located in the N1/2NW1/4 Section 35 North Equality Township. This area consists of approximately 80 acres. This would outlet into Joint County Ditch 3, as tile drainage, with the use of a pump.

Notice is Hereby given, that a petition has been filed in the office of the County Auditor, of Red Lake County, for consideration to outlet water, from the N1/2NW1/4 Section 35 North Equality Township, into Joint County Ditch 3.

Benefitted Red Lake County Property Owners of said ditch are as follows to, Wit:

Alex, Kelly & Kevin Brekke	Alex Brekke ETAL	Dylan & Casey Brekke	Troy Brekkt ETAL
Richard Clark ETAL	Arlan & Cheryl Fore	Larry Fossum	Gerald Howard
Clarence & Dianne Gagner	Elaine Green	Gunvalson Farms LLLP	Robert Howard
Benjamin & Kelsey Gunvalson	Jeremiah Johnson	Wade Parsley	Cleta Ralph
Julie Runnfelt Jacobson	Charlie Johnson Jr.	Ronald Stonehouse	MNDOT
James & Barbara Laniel Trust	Nathan Magnell ETAL	Christopher Walker	James & Lori Reinbold
Todd Mattison & Jodi Kuznia	David & Brenda Odegaard	Frank Warzecha Trust	Ryan Nelson
DNR Div. of Land & Minerals	Orlean & Virginia Stonehouse	Luke & Mary Swenson	Stenberg Brothers, INC.
Swede's Paradise Farms, INC.	Gregory & Deborah Whalen		

Benefitted Polk County Property Owners of said ditch are as follows to, Wit:

Gerald & Annette Nelson	Robert & Dianne Solheim	Russel & Sheila Emerson	Randall & Nancy Magnell
Luane & Sandra Tasa	John & Cheryl Gunvalson LLP	Gunvalson Brothers LLP	Steven & Jennie Svendsen
Gerald Tasa	Bradley & Clifton Johnsrud	Dean & Naomi Hanson	

Lands that are affected include the following sections or parts of these sections, to Wit:

Sections: 32,33,34,35,36	North Equality Township, Red Lake County
Sections: 1,2,3,4,5,9,10,11,12,13	Equality Township, Red Lake County
Sections: 5,6,7,8,17,18	Johnson Township, Polk County

Hearing on said Petition will be held Tuesday, September 10, 2024 at 9:00 am, ending at 9:30 am. The location will be the commissioners room in the Red Lake County Courthouse, Red Lake Falls, MN.

The meeting will be a hybrid meeting with a virtual option: **Microsoft Teams.**
Join the meeting now: Meeting ID: 251 956 823 654 Passcode: 4vhgRA
Send an email request to kacenv@co.red-lake.mn.us if you would like a link emailed to you instead of ID & Passcode.
Kelsey Gervais
Red Lake County Auditor
Date: 8/6/2024

M22-24C

Academic performance can be affected by eyesight

Many variables affect students' academic performance. These include a willingness to learn, students' attentiveness, having a great teacher, and kids' commitment to studying and doing homework. One component of academic performance can be easily overlooked: eyesight.

The M.M. Joshi Eye Institute in India says vision problems in children can affect studies and restrict students' academic development. Academic performance is directly linked to the ability to see clearly, as vision affects reading, writing, comprehension, and classroom participation. Clarendon Vision Development Center of Illinois advises that a substantial part of a child's education is acquired through visual processing. When that vision is impaired, it can hinder the ability to learn and absorb information

effectively.

Impaired eyesight may cause students to struggle and fall behind. This ultimately can lead to a lack of engagement in classwork and ultimately make them consider giving up, particularly when a student is unaware that it is eyesight and not another factor affecting their ability to learn. Furthermore, poor grades may cause parents to mistakenly conclude a child has a learning disability or is slacking off.

The relationship between eyesight and education underscores the significance of rou-

tine eye exams. Intervention can help prevent poor academic performance. Infants often get their first comprehensive eye exams around zero to six months of age. By age three, children should have a second eye exam, says Medical Optometry America. Around age five or six, children should receive a third comprehensive eye exam, just before entering school. Eye exams should then be scheduled at least every two years. These guidelines can be adjusted if any vision problems are detected and more frequent exams are needed.



Serenity Lundin and Edith Gieseke who recently played cats in the summer production of Disney: Aritsocat's Kids at Win-E-Mac School.



Henry Swanson and Roman Shultz who recently were part of the cast of the summer production of Disney: Aritsocat's Kids at Win-E-Mac School.

Evaluation shows Safe Harbor Program is succeeding in supporting at-risk youth

Minnesota's Safe Harbor Program served more youth from 2021 to 2023 than in previous years and found high levels of satisfaction with the program, according to a new evaluation report.

The Safe Harbor program is a multi-agency, statewide initiative designed to meet the needs of sex-trafficked and exploited young people through age 24.

Under Minnesota's Safe Harbor law, sexual exploitation and sex trafficking victims and survivors are protected from criminal prosecution and can access Safe Harbor services, including housing.

"It's encouraging to see the positive impact of Minnesota's Safe Harbor approach, as we, at the health department, and our colleagues in human services and law enforcement, work to address the serious problem of sexual exploitation," said Minnesota Commissioner of Health Dr. Brooke Cunningham. "The youth who participate in Safe Harbor services are resilient and want trauma-informed and cultur-

ally responsive services that help them reach independence through meeting basic needs, case management and housing."

A substantial majority (95%) of youth survey respondents said they were satisfied with the organization from which they received Safe Harbor services, and 80% said they were satisfied with the services they received, such as housing, according to an evaluation done by The Improve Group.

Minnesota's Safe Harbor law went into effect in 2011, and the program launched in 2014. Between April 2021 and March 2023, Safe Harbor enrolled 1,494 youth and young adult clients in the program. This was an increase over previous three-year-evaluation periods including 1,200 enrolled in 2019-2021, 1,279 in 2017-2019 and 1,423 in 2015-2017.

However, it is clear there are more Minnesota youth and young adults needing help. A University of Minnesota analysis of 2022 Minnesota Student Survey data estimated at least 4,800 high school-aged youth

in Minnesota had traded sex or sexual activity for money, food, drugs, alcohol, a place to stay or other reasons. For more information, an infographic Trading Sex and Sexual Exploitation among High School Students (PDF) is available through the University of Minnesota.

In Minnesota, the average age of survivors served under Safe Harbor was 18. A higher percentage of youth served were in Greater Minnesota with 63% compared to the metro area with 37%. While 77% of survivors were female, 11% identified as male and 12% as transgender, gender non-conforming, and other.

If you or someone you know is sexually exploited, visit the Safe Harbor Minnesota webpage and the Human Trafficking Exploitation Prevention and Response map of services (PDF) available in Minnesota. You may also call the Day One Hotline at 1-866-223-1111.

The full evaluation report is available on the Safe Harbor Minnesota Evaluation webpage.