Vol. 136 Number 10 Wednesday, October 30, 2024

$1.00

McINTOSH Times

Since 1888

Hub of the Thirteen Townships

McIntosh, Minnesota

The film debut of Mr. Yanagi's Aliens was shown at the Fosston Theater on Saturday, October 19th to a sold out theater. The film, made by 2 young filmmakers Alex Buysee and Aamuro Kanda, was about the two young filmmakers and one Japanese monster movie director looking for aliens around McIntosh, Minnesota, where much of the movie was filmed.

Two of the movie goers were Connie Strom and Jan Galland, both sporting their tinfoil hats for the premier of Mr. Yanagi's Aliens.

Poplar Meadows welcomes trick-or-treaters

Poplar Meadows residents will be handing out candy on Halloween from 5:00 PM to 6:30 PM!

Trick-or-Treating at MSL

Please join in the fun on Halloween eveningthursday, October 31st st for Trick or Treating from 5:00 pm - 6:30 pm in the front lobby at McIntosh Senior Living. The residents are waiting to see all the little trick or treaters and hand out candy.

A look at the oldest Halloween traditions

As with many celebrations, Halloween is steeped in traditions - many of which can be traced back quite some time. Since Halloween is believed to have originated from Celtic pagan, ancient Roman and early Christian events, its traditions are varied.

The following is a deep look at some old traditions associated with Halloween.

Bonfires

Historians trace many traditions of Halloween to a Celtic holiday known as Samhain (pronounced sow-in). The Celts lived 2,000 years ago in parts of what is now Northern France, Great Britain and Ireland.

During Samhain, people believed that the door between the worlds of the living and the dead was blurred. On Samhain, Celts believed the ghosts of the dead returned. Also, Druids made predictions about the future at this time of year. It was customary to build large, sacred bonfires and burn crops and other sacrifices to the Celtic deities.

While large bonfires are not typically part of Halloween celebrations today, revelers can light fire pits in their yards that are reminiscent of ancient celebrations.

Trick-or-treating

Christianity spread throughout Celtic regions and blended with other rituals. Pope Gregory III expanded on a holiday Pope Boniface IV established to honor Christian martyrs to include all saints and martyrs. All Saints Day on November 1 commemorates the venerable saints, and All

Halloween.....
Continued on page 2 ...

The Win-E-Mac Patriots volleyball team recently hosted a Parent's Night to honor their parents. Senior Patriot, Destiny Molstad is here with her parents, Shawn and Angel Hedlund.

Senior Patriot, Shelby Long with parents, Josh and Heidi.

Senior Patriot, Livaeh Kiecker with parents, Kevin and Jenessa.

The Win-E-Mac 6th graders enjoyed spending the day at Itasca Park on Monday, October 7th. It was a wonderful day to be outside and enjoy the beautiful fall weather!

Halloween.....

Continued from page 1 ...

Souls Day on November 2 celebrates loved ones who went on to eternal rest. All-Hallows Eve (Halloween) was a time to pay homage to the dead. Poor children would go door to door in more affluent neighborhoods offering to say prayers for residents' deceased loved ones in exchange for some food or money. This was known as "souling," which became the basis for trick-or-treating. Later the tradition became known as "guising" in areas of Scotland, where children would go around in costumes.

Witches

Images of witches riding broomsticks are everywhere come Halloween, and witch costumes remain a standard. Almanac.com indicates that, during the Middle Ages, women who practiced divination were dubbed "witches," from the Anglo-Saxon word "wicce," or "wise one." It was believed the witches could go into a trancelike state, and would do so in front of their fireplaces. Superstitious people believed the witches could fly out of their chimneys on broomsticks and terrorize others with magical deeds.

Bobbing for apples

Bobbing for apples is not quite as popular as it once was, as more people have become concerned about spreading germs. During the Roman festival for Pomona, which occurred around November 1, Pomona, the goddess of fruit and orchards, was celebrated. Romans believed the first person to catch a bobbing apple with his or her teeth would be the first to marry. It also was believed apple peels contained the secrets to true love.

Carving pumpkins

Removing the insides of pumpkins and carving them into funny or fearsome faces may be messy work, but it's tradition on Halloween. Turnips were the material of choice in ancient Ireland, but were replaced by pumpkins when immigrants came to America. The "lanterns" were made with scary faces and lit to frighten away spirits.

Halloween is full of traditions, many of which have lengthy histories.

Letter to the Editor

Letter to the Editor:

I felt compelled to write this letter to all the undecided voters or voters who have the privilege to vote and don't. My heart is heavy and concerned for the state our country is In and your vote matters. It matters more this election than any other time in our history. We have a choice to choose freedom or socialism. On one side we have a candidate that stands for America first, free speech, religious freedom, the right to defend ourselves, family and home. Respects the parents' rights to raise their children and not the government to make decisions on what's best for them. Won't let big drug companies force us to put drugs into our body to keep our jobs or stop us from visiting precious loved ones. Has proven gas prices and food can be affordable for all people.

We have more oil reserves in our country than we could ever use up, yet we are forced to pay billions of dollars to countries who use it to war against us, to destroy America. This candidate will not let this happen. One who will support our military, provide up to date weapons and support for them Who would never leave them behind, loves our Veterans. There was no war for 4 years, how many wars are we fighting right now?

This candidate won't make laws where babies can be aborted up to and after 9 months or be left unattended to die in a closet alone, of which there have been 8. The most dangerous place for a child to be now is in a mothers' womb. We want a government that loves and cherishes our children. This candidate will not let these drastic, inhumane procedures be performed at such a late term pregnancy.

This candidate will not continue to give millions of illegals OUR social security and Medicare, like the current administration is doing now. Some reports say if we continue like this social security will be broke as early as 2034. This candidate will deport the illegals breaking our system, many of which are rapists and murderers. This candidate won't take from one group of people and give to another so everyone will have the same. Again, people will be free to achieve their own dream. Young people will be free to own their own home.

We worry about the government making the schools teach things that parents of teachers don't approve of or believe in. Things that should not be taught in school just to get funding. This candidate wants to teach real history to our children in public schools, not erase it and say it didn't happen. History repeats itself, beware of where our country is headed. I just read a report that said Minnesota ranks the lowest in math and reading scores in decades, China rates way higher than us. This candidate will push to improve our education and focus on academics.

This candidate loves our country, our people, our Veterans, and our children. This candidate wants peace and prosperity for all Americans, not just one group or race of people. ALL.

Now for the second candidate who stands for these things: Censorship of free speech. Abortion of babies up to 9 months. Changing textbooks to remove the true history of our country. Supporting illegals more than protecting our legal American citizens.

This administration destroyed our military so now we can't defend our country. Our own citizens are suffering because illegals are given housing, food, medical, phones, and social security over American citizens. They defunded our police and wouldn't prosecute criminals. Many were let go and went on to murder many people in this country, possibly one of your loved ones.

This candidate is talking about taxing us at 80%. Gas and food prices have skyrocketed and property taxes in some cases have doubled and more. What will they be if they have another 4 years, the more they spend the more they tax. Where does it end, we are on the verge of collapse. Everyone will have the same social status and equity. If you work hard and make more, they will take from you and give to someone who makes less than you, socialism at its best. They don't even deny it, you only have to listen.

The government believes it can raise our children better and it is their right to do so. They allowed forced COVID vaccinations, mandatory masks and more. They are pushing gender changes for our children, even without parental consent, as early as grade school. The government is using our tax dollars to cover these transitions in Minnesota, even inviting people from other states to Minnesota for surgeries and we will help cover it all since their state doesn't support it.

The Minnesota Governor spent trillions of tax dollars on pet projects, illegals. Funds that were ear marked for our schools and elderly care centers. He never had to account for any of it or where it went, and it continues. He has not been accountable for nontruths, railroading certain groups of people and slandering innocent people for corrupt causes. This could be you. Young people will never be able to afford a home under this administrations' tactics. He let Minneapolis burn and refused to let the police step in. These are only a few of the disasters this administration caused. They can't truly blame anyone else, they were in charge and had control for almost 4 years.

This will be the most important decision you may ever have to make in your lifetime for your family and children. We will be choosing between a free America or a socialist country. We cannot withstand another 4 years of this type of government rule. This country will collapse. We are hanging by a thread now. No more elections, anarchy will rule. This country will collapse. You say Trump isn't nice or say you don't like Harris, she is evil. If you think about it, you aren't really voting for Trump or Harris, you are voting on what THEY want for the people of America, for what they stand for, where their policies will take this country. Each one had 4 years to put America first. I don't know about you, but I liked being able to afford to buy food, gas, and pay my property tax. Not having to worry about my children and grandchildren being taught things that are not true or unnatural. I loved not having wars and a military that could protect us. Not having a government who thinks they can raise my grand children better than their parents. I like feeling safe and being able to worship my God without being prosecuted for doing so. It's your choice, think hard and research who lied and who did what they said they would do, who loved this country. Fortunately, they both have records to look back on. Choose well. Some will agree and some won't. All I want you to do is research the facts and cast your vote for your free America.

Thank you,

Valerie Sears, Lengby, MN

Letter to the Editor

Dear Editor,

"Because cleaning up pollution in our waters is difficult and costly, we focus on pollution prevention as the most cost-effective method of environmental protection." From the MN Pollution Control Agency website.

I recently read that medical "waste" such as placenta and aborted embryos, fetuses, babies, etc. are to be disposed of in yellow bags that signify that that portion of the "garbage" is to be incinerated. That makes me wonder about the consequences of chemical abortions which go down the toilet and become either part of the groundwater or get treated and recycled into drinking water. I understand that there are no requirements for removing chemicals such as those from contraceptives and misoprostol (one of the abortion pills) which could potentially affect the fertility of animals and fish according to the EPA.

So, why was there such a rush to approve the chemical abortion pill by the FDA without the required study on its effect on the environment? Why are the standards required for medical "waste" produced at home not the same as those in hospitals and clinics?

Those who claim to be so concerned about the environment have, in my opinion, failed to "focus on pollution prevention." Why? Could it be because they have elevated the so-called "right" to an abortion to the status of a religion? In giving primacy to all things abortion related, they have sadly sacrificed environmental--and many other important concerns--on the altar of abortion promotion and abortion "rights."

Let's make our environment friendly for baby humans by voting for those who respect life at every stage. Without life, nothing else matters. Vote Nov. 5. You matter!

Linda Hand, Fosston, MN

Friends of McIntosh Veteran's

The Veterans Day program will be on Garden Valley TV at 1 p.m. and 7 p.m. on November 11, 2024. The program will consist of a special presentation from a Veteran, music and the usual Veterans Day songs.

Also, The Friends of McIntosh Veterans will again collect Christmas cards to be sent to the 7 Veterans Homes in Minnesota. We will need about 975 cards to cover all of the Veterans in Minnesota Homes and hopefully to cover the Veterans that are in McIntosh Senior Living and Poplar Meadows.

All cards should be signed by the giver, return address on the back of the card and on the left hand corner of the envelope, a short note to put into the card or write on the card, and put the flap inside the envelope. All notes should be positive and no negative things. Bring some joy to each Veteran by including something from you that explains some good things about your life, McIntosh, etc.

I will need these cards by November 25 to give me time to send them to the 7 Veteran Homes. Any questions, contact me 218/563/2753.

Free Thanksgiving dinner

Do you need help providing a Thanksgiving meal for yourself or your family this year because times are tough? Are you facing the possibility of being alone on Thanksgiving? If either of these things is true, let Erin help. You are invited to a Thanksgiving dinner at the Erskine Community Center. This is a free meal provided to help those in need. I offer in person dining, take out, and deliveries, if there are volunteer drivers this year. Deliveries will take place starting at 4:45 pm. Dine-in will be from 5:00 pm to 7:00 pm. Take out starts at 5:30 pm.

Donations for this event are always welome and appriciated. Any and all donations can be made at the American State Bank of Erskine into the Holiday Meals account.

If you are interested in helping with deliveries this year or would like to sign up for the meal, please contact Erin at 218-280-2992.

The Winner of the Haunted Marketplace Handmade Lamp from Neil's Quality Meat's & More is Shelly Haugen of Erskine. Congratulations!

Winner of the Haunted Marketplace event drawing at Neil's Quality Meats & More is Susan Bendickson from Bejou. Congratulations!

Community Birthday and Anniversary Calendar

Wed. Oct. 30: Randy Christianson, Dave Stordahl

Thurs. Oct. 31: Gloria Bren, Joseph & Kelly Lee

Fri. Nov. 1: Kain Schow, Caleb Paskvan, Janet Landsverk

Sat. Nov. 2: Bridgette Burslie, Robert Christianson, Bernie Marshall, *Ron & Elaine Roed

Sun, Nov. 3: Ethan Ekeberg, Sharon Hegland, Paxten Rock

Mon. Nov. 4: Greta Strom, Cameron Svalen

Tues. Nov. 5: Avery Ostenaa

McINTOSH Times

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CHURCH DIRECTORY

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

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

Fri. Nov. 1: 11:30am Mass at St. Mary's, Fosston

Sun. Nov. 3: Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

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

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

Wed. Nov. 13: 11:30am Mass at St. Mary's, Fosston

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

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

Sun. Nov. 3: 10:00am Coffee Hour; 10:30am Worship Services

Sun, Nov. 10: 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; 10:45am Sunday School

Mt. Carmel: (305 State St. NE, McIntosh) 9:45am Sunday School; Sunday Worship: 11:00am

Wednesdays: 6:30pm Confirmation; 7:15pm Free Lutheran Youth meed at Pastor Moan's home

Lutheran Parish YouTube Channel

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church

Fri. Nov. 1: 10:00 a.m. Telecast of the Overtones Quartet Concert on GVTV--30

Sun, Nov. 3: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, Nov. 5: 10:00am. Sunday worship service telecast on GVTV--30

Wed, Nov. 6: 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. Nov. 3: 9:00am Worship

Sun. Nov. 10: 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

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Polk County board minutes

OCTOBER 15, 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., October 15, 2024. Members present: Commissioner Paul Reese, Commissioner Warren Strandell, Commissioner Gary Willhite, Commissioner Joan Lee, and Charles S. Whiting, County Administrator, Clerk of the Board. Others present: Samuel Melbye, Deputy Clerk of the Board. Members absent: Commissioner Mark Holy.

AGENDA

A motion was made by Commissioner Lee seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the October 15, 2024, agenda.

CONSENT ITEMS

A motion was made by Commissioner Strandell seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the October 15, 2024, consent items:

1. Approve the October 1, 2024, Board minutes.

2. Approve Commissioner Warrants: General Revenue Fund, $81,526.39; Public Works Fund, $166,721.44; Public Safety Fund, $20,872.60; Public Health Fund, $39,086.23; Opioid Settlement, $4,713.19; Forfeited Tax Sale Fund, $1,895.24; Spec Assmnts (Ditch) Fund, $1,195.20; Environmental Services Fund, $4,014.08; Resource Recovery Fund, $129,132.15; Landfill Fund, $61,345.08; Per Diems, $1,875.00; Meal Reimbursements (without over-night lodging), $69.96; and Sign Audit List.

3. Approve payment to US Bank, St. Louis, MO, in the amount of $97,281.80 for procurement card purchases.

4. Approve for payment Expired Warrant No. 556893 dated March 18, 2022, issued to NACVSO in the amount of $50.00.

COUNTY BOARD MEMBER ISSUE FORUM

1. Commissioner Reese brought forth that he attended the following meetings:

a. Tri-Valley Opportunity Council meeting.

2. Commissioner Strandell brought forth that he attended the following meetings:

a. Tri-County Corrections meeting.

b. Received a phone call regarding a traffic accident between a beet truck and a passenger vehicle. Will discuss possible stop sign with Richard Sanders, Polk County Engineer.

3. Commissioner Willhite brought forth that he attended the following meetings:

a. Polk County Newsletter is at the publisher and should be out later this week or early next week.

b. Tri-Valley Opportunity Council meeting.

c. City of Crookston – City Council and budget meetings.

d. Attended the Meet the Candidate Forum.

4. Commissioner Lee brought forth that she attended the following meetings:

a. Met with the AMC District County Board Chairs, Administrators, Auditor, etc. ahead of the AMC District meeting on October 17th.

b. Toward Zero Deaths meeting.

c. AMC/MAAO Property Tax 101 webinar.

d. State Community Health Services Advisory Committee retreat.

e. Monthly Radio Program.

FINANCE

Ron Denison, Finance Director, along with Colleen Hoffman, Crystelle Philipp, and Marit Martell of Hoffman, Philipp, & Martell, came before the Board with matters pertaining to his department:

1. 2023 Audit Exit by Hoffman, Philipp, & Martell

Discussion was held with the Board regarding the 2023 Audit Exit.

SOCIAL SERVICES

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

1. Children's Mental Health Screening Grant Contract Approval

The Children's Mental Health Screening Grant funds the following services: mental health screenings, assessments, and referrals for diagnostic assessment and/or treatment for children within the child welfare and juvenile justice populations. The total amount of the contract is $29,914.00 for January 1, 2025, through December 31, 2025. A motion was made by Commissioner Lee seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the 2025 contract for the Children's Mental Health Screening Grant in the amount of $29,914.00 for January 1, 2025, through December 31, 2025.

2. Contract with the Department of Employment and Economic Development (DEED)

Requesting contract approval with the Department of Employment and Economic Development (DEED) to provide the SNAP Employment and Training program in the amount of $8,743.00 for the period of October 1, 2024, through September 30, 2025. A motion was made by Commissioner Strandell seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve the contract with the Department of Employment and Economic Development (DEED) in the amount of $8,743.00 for the period of October 1, 2024, through September 30, 2025.

VETERANS

Kurt Ellefson, Veterans Service Officer, came before the Board with matters pertaining to his department:

1. Resolution (2024-71) Supporting Operation Green Light for Veterans

RESOLUTION (2024-71)

Supporting Operation Green Light for Veterans

The following resolution (2024-71) was offered by Commissioner Lee:

WHEREAS, The residents of Polk County have great respect, admiration, and the utmost gratitude for all the men and women who have selflessly served our country and this community in the Armed Forces; and

WHEREAS, The contributions and sacrifices of those who served in the Armed Forces have been vital in maintaining the freedoms and way of life enjoyed by our citizens; and

WHEREAS, Polk County seeks to honor individuals who have made countless sacrifices for freedom by placing themselves in harm's way for the good of all; and

WHEREAS, Veterans continue to serve our community in the American Legion, Veterans of Foreign Wars, religious groups, civil service, and by functioning as County Veterans Service Officers in 29 states to help fellow former service members access more than $52 billion in federal health, disability, and compensation benefits each year; and

WHEREAS, Approximately 200,000 service members transition to civilian communities annually; and

WHEREAS, An estimated 20 percent increase of service members will transition to civilian life in the near future; and

WHEREAS, Studies indicate that 44-72 percent of service members experience high levels of stress during transition from military to civilian life; and

WHEREAS, Active military service members transitioning from military service are at a high risk for suicide during their first year after military service; and

WHEREAS, The National Association of Counties encourages all counties, parishes, and boroughs to recognize Operation Green Light for Veterans; and

WHEREAS, Polk County appreciates the sacrifices of our United States military personnel and believes specific recognition should be granted.

NOW THEREFORE BE IT RESOLVED, With designation as a Green Light for Veterans County, Polk County hereby declares from October through Veterans Day, November 11, 2024, a time to salute and honor the service and sacrifices of our men and women in uniform transitioning from active service.

BE IT FURTHER RESOLVED, That in observance of Operation Green Light, Polk County encourages its citizens in patriotic tradition to recognize the importance of honoring all those who made immeasurable sacrifices to preserve freedom by displaying green lights in a window of their place of business or residence from November 4th through the 11th 2024.

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

PROPERTY RECORDS

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

1. Watershed Levy Requests 2025 & Various Tax Authority Requests for 2025

A motion was made by Commissioner Reese seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the Watershed Levy requests for 2025 in the amount of $2,999,682.74. A motion was made by Commissioner Lee seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the NWRDC and HRA Levy requests for 2025 in the amount of $469,673.00. A motion was made by Commissioner Lee seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the Maple Lake Improvement budget of $68,050.00 and the Union Lake Sarah Improvement District budget of $12,500.00 for 2025.

2. Ambulance Special Assessment Requests for 2025

A motion was made by Commissioner Strandell seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the Ambulance Special Assessment requests for 2025 as presented.

TRI-VALLEY OPPORTUNITY COUNCIL

Jason Carlson, Tri-Valley Opportunity Council Chief Executive Officer, came before the Board with matters pertaining to Tri-Valley Opportunity Council:

1. Update on Petition to Vacate Right-of-Way

An update was provided by Jason Carlson, TVOC's Chief Executive Officer, on requesting Polk County's agreement to petition the City of Crookston, along with Tri-Valley Opportunity Council and ISD 593, to vacate the public right-of-way between blocks 19, 20, 29, & 30 of Townsite of Carman, Polk County, MN, Parcels #82.02267.01, #82.02267.00, & #82.02266.01. A motion was made by Commissioner Strandell seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the Board Chair to sign Tri-Valley Opportunity Council's petition to vacate the public Right-of-Way around the Polk County Development Achievement Center, parcel #82.02266.01.

HIGHWAY

Richard Sanders, Polk County Engineer, came before the Board with matters pertaining to his department:

1. County Ditch 23 Maintenance Request

A ditch petition was submitted to install a field approach in CD 23 of Brandsvold and Queen Townships. A motion was made by Commissioner Lee seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the work in CD 23 and to name Richard Sanders, Engineer, over the project.

2. County Ditch 25 Maintenance Request

A ditch petition was submitted to install a field approach in CD 25, Section 13 of Nesbit Township. The approach is required due to selling of adjacent land. The landowner will install and pay for the initial installation, and the CD will pay future maintenance. A motion was made by Commissioner Lee seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the work in CD 25 and to name Richard Sanders, Engineer, over the project.

3. County Ditch 46 Maintenance Request

A ditch petition was submitted to install a field approach in CD 46, Section 2 of Hubbard Township. Sloughing on the field side of the ditch is occurring, causing plugs in the ditch. A motion was made by Commissioner Lee seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the work in CD 46 and to name Richard Sanders, Engineer, over the project.

4. Snowplow Equipment for (2) Tandem Trucks for 2025 Delivery

Polk County has already purchased the two tandem trucks for 2025 delivery. Polk County received two quotes for the snowplow equipment to be put on those two tandem trucks. The lowest responsible quote was Bert's Truck Equipment of Moorhead, MN, in the amount of $164,275.00 per truck. The final cost is $170,443.00 per truck. A motion was made by Commissioner Strandell seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve increasing the Bert's quote from $164,275.00 per truck to $170,443.00 per truck.

5.Gravel Stockpile

The Polk County Highway Department is constantly looking for gravel supplies for gravel surfacing and gravel shouldering. Davidson Construction of Newfolden, MN, is willing to crush a stockpile at a cost of $7.50 per ton in their pit near Marcoux Corner. The Polk County Highway Department is in need of 10,000 – 15,000 tons of gravel. A motion was made by Commissioner Strandell seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve purchasing 10,000 – 15,000 tons of material from Davidson Construction at a price of $7.50 per ton from their pit at Marcoux Corner.

6. Certificate of Performance/ Final Acceptance CP 123-63-1408 CSAH 63, CP 123-67-1407 CSAH 67, CP 123-267-1409 CR 267

Davidson Construction Inc. of Newfolden, MN, has completed the work required on the contract. The original contract amount was $727,160.00, with the final contract amount being $689,028.60. A motion was made by Commissioner Strandell seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the Certificate of Performance and the Certificate of Final Acceptance for CP 123-63-1408 etc. and allow the County Engineer to sign the Certificate of Performances, and the County Engineer and County Administrator to sign the Final Voucher.

PROPERTY RECORDS

Sam Melbye, Director of Property Records, came before the Board with matters pertaining to his department:

1. Appointment of Election Judges

Sam Melbye is recommending, in accordance with MS 204B.19, that the list of persons below be appointed as Election Judges for Polk County to be utilized in the Testing, Validating, Tabulation, and Technical Support for the 2024 State General Election: Casey "CJ" Wilde-Olson, Kayla Schumacher, Julie Sandman, Connie Desrosier, Ava Oakes, Alexis Peterson, Tiffany Hoyhtya, Heather Chaput, Ashley Loewen, Janet Mattison, Amy Erdmann, Annalee Jones, Andrew Dessellier, Harrison Boucher, Diana Amiot, Jennifer Perreault, Patty Frydenlund, Kendall Wahouske, Kylie Anderson, and Shelly Erdmann. A motion was made by Commissioner Strandell seconded by Commissioner Lee and adopted by unanimous vote of the Board to appoint the list of persons as presented as Election Judges for the 2024 State General Election to be utilized in Testing, Validating, Tabulation, and Technical support. (Complete list is on file in the Administrator's Office)

2. Resolution (2024-72) Establishing Absentee/Mail/ UOCAVA Ballot Board for the 2024 State General Election

RESOLUTION (2024-72)

Establishing an Absentee/Mail/ UOCAVA Ballot Board for the 2024 State General Election

The following resolution (2024-72) was offered by Commissioner Lee:

WHEREAS, The Polk County Board of Commissioners is required by Minnesota Statutes 203B.121, Subd 1, to establish an Absentee Ballot Board effective Friday, September 20, 2024, for the State General Election to be held November 5, 2024; and

WHEREAS, This board will bring uniformity in the processing of accepting or rejecting returned absentee, mail, and UOCAVA ballots in Polk County; and

WHEREAS, The Absentee Ballot Board would consist of a sufficient number of election judges as provided in sections 204B.19 to 204B.22 or deputy county auditors trained in the processing and counting of absentee, mail, and UOCAVA ballots; and

WHEREAS, The following persons are appointed for the purpose of the Absentee Ballot Board for Polk County: Casey "CJ" Wilde-Olson, Kayla Schumacher, Julie Sandman, Connie Desrosier, Ava Oakes, Alexis Peterson, Tiffany Hoyhtya, Heather Chaput, Ashley Loewen, Shelly Erdmann, Patty Frydenlund, Kylie Anderson, Janet Mattison, Amy Erdmann, Annalee Jones, Andrew Dessellier, Harrison Boucher, Diana Amiot, and Jennifer Perreault. City of East Grand Forks: Megan Nelson, Reid Huttunen, and Renee Kringlen.

NOW THEREFORE BE IT RESOLVED, That the Board of County Commissioners of the County of Polk hereby establishes an Absentee Ballot Board that would consist of a sufficient number of election judges as provided in sections 204B.19 to 204B.22 or deputy auditors to perform the task.

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

ADMINISTRATION

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

1. 2024 Polk County Haulers License – Spruce Valley Services, LLC

A new waste hauler, Jamie Nelson, operates the Spruce Valley Services, LLC, waste collection business and roll-off business out of Viking, MN, in Marshall County. He is seeking accounts throughout Polk County due to the recent closing of Regional Sanitation in Crookston. The applicant has submitted the necessary items to operate a waste collection business. Action today would allow the business to operate as a local waste hauler to use Polk County facilities. A motion was made by Commissioner Reese seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve Jamie Nelson with Spruce Valley Services, LLC, to obtain a CY2024 Polk County Haulers License.

2. 2025 Budget Status

Discussion was held with the Board regarding the 2025 budget status.

JOINT DITCH

Richard Sanders, Polk County Engineer, along with Red Lake County Commissioners Allen Remick and Anthony Gerardy, and Kurt Casavan, Red Lake County Environmental Services Officer, came before the Board with matters pertaining to Joint Ditch 60:

A motion was made by Commissioner Reese seconded by Commissioner Lee and adopted by unanimous vote of the Board to call a recess of the regular Board meeting and begin the Joint Ditch meeting. A motion was made by Commissioner Remick seconded by Commissioner Reese and adopted by unanimous vote of the Board to nominate Commissioner Lee as Chair of the Joint Ditch meeting. A motion was made by Commissioner Strandell seconded by Commissioner Reese and adopted by unanimous vote of the Board to nominate Commissioner Remick as Vice Chair of the Joint Ditch meeting. A motion was made by Commissioner Gerardy seconded by Commissioner Remick and adopted by unanimous vote of the Board to nominate Sam Melbye as Secretary of the Joint Ditch meeting.

1. Joint Ditch 60 Maintenance Request

A ditch petition has been signed by landowners to survey and clean JD 60 in Sections 2, 11, & 14 of Crookston Township, and Section 35 of Parnell Township. A motion was made by Commissioner Reese seconded by Commissioner Gerardy and adopted by unanimous vote of the Board to approve the work in JD 60 and to name Richard Sanders, Engineer, over the projects.

2. Joint Ditch 60 Outlet Feasibility Study

JD 60 received up to 60k to do a feasibility study for its outlet. The Polk County Highway Department sent out requests for proposals and received three proposals back. The proposals were reviewed by the JD 60 team, which includes Polk and Red Lake Counties, Red Lake Watershed, and the West Polk Soil and Water District. The team is recommending HDR Engineering as the consultant to do the feasibility study in the amount of $25,260.00. A motion was made by Commissioner Remick seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve contracting with HDR Engineering in the amount of $25,260.00 to do a feasibility study for the outlet of JD 60 and to name Richard Sanders, Engineer, over the project.

A motion was made by Commissioner Reese seconded by Commissioner Gerardy and adopted by unanimous vote of the Board to adjourn the Joint Ditch meeting and resume the regular Board meeting.

COMMISSIONER WARRANTS

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

COMMISSIONER WARRANTS
DATED 10/18/2024
APPROVED 10/15/2024

Vendor Name		Amount
Alluma Inc		4,713.19
Balco Uniform Co Inc		4,726.80
Beltrami Industrial Services		58,227.64
Bert's Truck Equip Of Moorhead		6,560.00
BNSF Railway Company		69,203.96
Braun Intertec Corp		2,335.00
Brost Chevrolet Inc		4,879.07
Church & Dwight Co Inc		26,053.32
CNH Industrial Accounts		4,197.73
Crookston Fuel Company		9,643.38
CuraScript SD		2,136.64
Destination Transport		2,190.00
Donarski Brothers Inc		2,282.50
Elliot Tools Technologies Ltd		3,900.40
Falls Electric Inc		2,034.22
Gladen Construction Inc		21,599.78
Level 5 Services		5,448.20
MNCCC MI 33		7,677.89
Moderna US, Inc		3,892.50
Northdale Oil Inc		3,990.95
Northern Safety Co Inc		2,207.16
Pemberton Law PLLP		17,784.93
Peterson Sheet Metal Inc		7,390.88
Polk County Highway Department		2,166.47
Polk County Social Services		2,533.71
POMPS Tire Service Inc		11,093.04
Pro West & Associates Inc		3.668.50
RTVision Inc		6,515.05
SeaChange Printing & Marketing		22,668.90
Stantec Consulting Services Inc		2,425.00
Stone's Mobile Radio Inc		2,797.54
Teledyne Instruments, Inc.		2,157.00
Thermo King of Fargo		4,752.37
True North Steel		3,836.12
UpNorth Engineering LLC		45,542.57
Vertex Unmanned Solutions, LLC		4,749.00
Vestis		2,257.62
Widseth Smith Nolting & Assoc		20,156.27
Wild Rice Elec Co- Op Inc		8,266.72
Ziegler Inc		6,359.90
Ziegler Inc		6,577.05
184	Payments less than 2000	78,902.63
	Final Total:	510,501.60

With no further business, the Board adjourned to reconvene at 8:00 o'clock a.m., October 22, 2024.

Gary Willhite, Chair

ATTEST:

Charles S. Whiting, County Administrator
Clerk of the Board

M33C

Easy Compare plans make buying health insurance simpler

Starting November 1st, Minnesotans can sign up for 2025 health insurance through MNsure, Minnesota's health insurance marketplace.

MNsure will kick off its twelfth open enrollment period – the annual opportunity for Minnesotans to shop, compare, and buy a private health plan – with more plan choices than ever. But with over 250 medical and dental plans to choose from for 2025 at MNsure.org, finding the right plan can be a challenge.

Enter Easy Compare plans: a simpler way to shop for health insurance and make an apples-to-apples comparison between different insurance companies.

"With so many parts to consider, buying health insurance can feel complicated," said MNsure CEO Libby Caulum. "MNsure is excited to offer Easy Compare plans for 2025 to help Minnesotans focus on what matters most to them and choose a plan that meets their needs."

All Easy Compare plans within the same metal level (gold, silver or bronze) have the same out-of-pocket costs for in-network services, regardless of which insurance company offers the plan.

This allows consumers to concentrate on a shorter list of differences between plans, namely:

- Providers – if your preferred doctor is in the plan's network
- Premiums – how much you pay the health insurance company each month
- Prescription drugs – if your prescription is covered and how much it costs

Instead of getting bogged down with information overload, Minnesotans can focus on the points of comparison that are most important to them. Making sure your doctor is in-network, finding a monthly premium that fits your budget, or choosing a plan with the best coverage for the prescription drug you rely on has never been easier.

Consumers can identify Easy Compare plans by filtering their plan results, checking the plan name for the words "Easy Compare," or looking for the white tag icon when plan shopping at MNsure.org.

For additional help choosing the right health insurance plan, talk to a MNsure-certified broker.

Brokers are health plan experts who can answer your questions and offer free, personalized advice. Find a broker near you at MNsure.org/free-help.

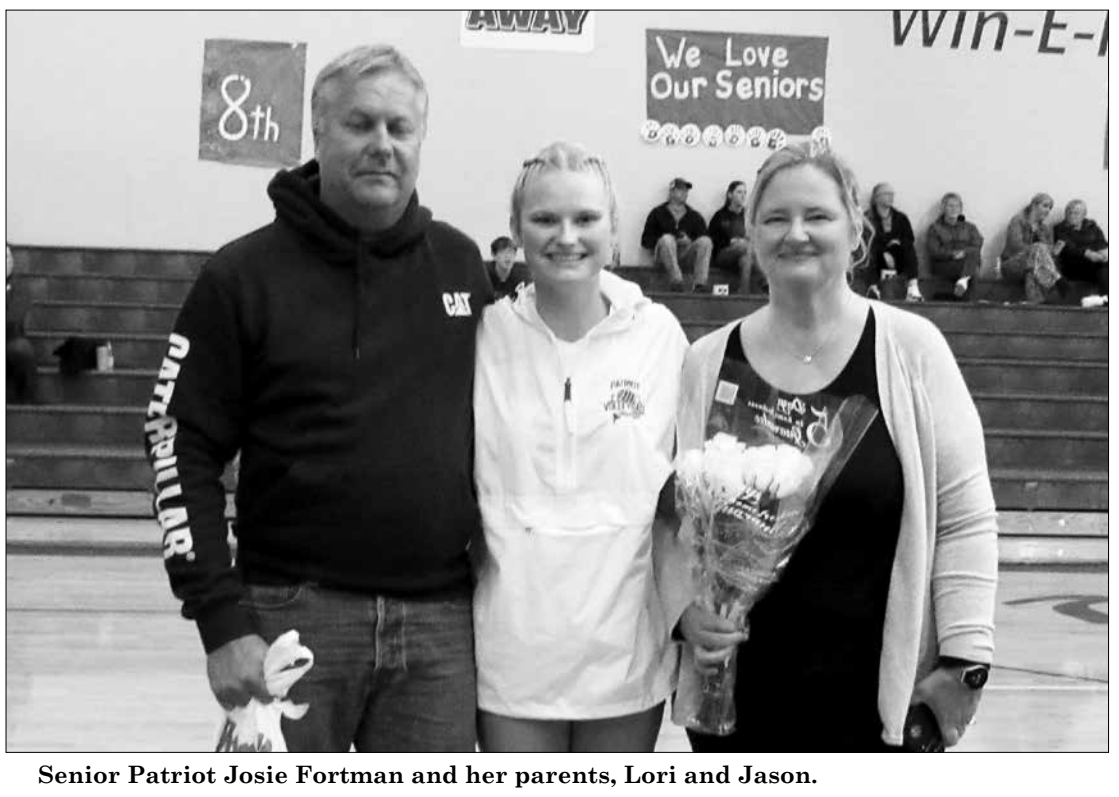
Senior Patriot Shelby Mandt and her parents, Anna and Kevin.

Senior Patriot Abby Sauer with her parents, Rebecca Toriseva and Ronald Sauer.

Senior Patriot Ericka Kramer with her parents, Derek and Sheena.

Senior Patriot Evie Ryan and her parents Shaun and Amanda.

Senior Patriot Nevaeh Simpson with her parents, Patrick annd Joanie Simpson and Lori Lucken.



Senior Patriot Josie Fortman and her parents, Lori and Jason.

Janeen Brule, left, has been performing mammograms at RiverView Health for more than 20 years.

RV offers breast health services from screening to surgery

RiverView Health reminds everyone that October is Breast Cancer Awareness Month, a time annually devoted to educating and early detection of breast cancer.

According to the Centers for Disease Control and Prevention, each year in the United States, about 270,000 women get breast cancer, and 42,000 women die from the disease. Nearly one in eight women in the United States will be diagnosed with breast cancer at some point in their lifetime.

"Unfortunately, all of us will likely be affected by breast cancer in some way, either through a personal diagnosis or a close friend or family member," shared Dr. Brett Vibeto, general surgeon at RiverView Health. "Screening is crucial. Early diagnosis can push survival rates to 99%."

RiverView offers a variety of services related to breast health.

Primary Care Provider

Every woman should perform a breast self-exam at home once a month. Make sure you have a primary care provider who is leading your health journey and to whom you can report any abnormal findings.

Your provider should be the first person you reach out to if you have any of the following symptoms:

- New lump in the breast or underarm (armpit)
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood
- Any change in the size or the shape of the breast
- Pain in any area of the breast

Depending on your circumstances, your provider may conduct a clinical breast exam at your annual visit. During a clinical breast exam, the provider will look for any differences in size or shape between your breasts, check your skin for any rashes or dimplings you may be experiencing, and any abnormal lumps or bumps.

Keep in mind that different people have different symptoms of breast cancer. Some people do not have any signs or symptoms at all. In addition, the symptoms above can happen with other conditions that are not cancer. If you have any signs or symptoms, be sure to see your provider right away.

Annual Mammogram

If you are a woman over 40, an annual mammogram is strongly recommended. A mammogram is an X-ray picture of the breast used to look for early signs of breast cancer. Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before cancer can be felt.

Janeen Brule, a radiological technologist, has performed mammograms at RiverView for over 20 years. She stresses the importance of an annual mammogram.

"Women definitely should be getting their mammograms yearly from 40 to 80 because chances of finding cancer at an earlier and more curable stage are what we are all aiming for," Brule stated. "It's heartbreaking when a woman who has missed a year or two of mammograms then comes in and ends up with a positive biopsy."

If cost is a factor in whether or not you go in for a mammogram, RiverView participates in the Sage Screening Program. The Sage Program helps keep Minnesotans healthy through screening and early detection of breast and cervical cancer, as well as colorectal cancer screening services for Minnesota's uninsured and underinsured. Screenings are free for people who qualify. The toll-free number is 888-643-2584.

Brule also stated that every patient should have a primary care provider to review test results and provide guidance if the results lead to a callback.

A referral for a mammogram is not needed. Call RiverView's Diagnostic Imaging Department at 281-9428 to schedule a mammogram.

Breast Ultrasound

If your provider wants another look at an area that was abnormal or unclear on a mammogram, they may recommend a breast ultrasound. A breast ultrasound is an imaging test to get pictures of the inside of your breast. Your provider might also recommend getting a breast ultrasound in addition to a mammogram for breast cancer screenings.

A breast ultrasound can show whether a breast lump is a fluid-filled breast cyst (usually not cancerous) or a solid mass (which could be cancer and may need further testing).

Providers can also use a breast ultrasound during a biopsy to make sure they take a sample of tissue from the right spot. A pathologist then looks at the tissue under a microscope to diagnose or rule out breast cancer.

Breast Biopsies, Lumpectomies, Mastectomies

A breast biopsy may be recommended if a suspicious area of the breast is detected or a mammogram, ultrasound, or other breast exam comes back with unusual findings.

A breast biopsy is a procedure that involves using a biopsy needle or surgery to remove a sample of your breast tissue for examination. A breast biopsy is the only diagnostic procedure that can definitively determine if a suspicious area is cancerous.

RiverView provides biopsies by radiologists in the Diagnostic Imaging Department and surgical biopsies/lumpectomies by Dr. Vibeto in the operating room. The type of biopsy needed depends on the size, location, and other characteristics of the suspicious area in the breast.

During a biopsy, several samples, each about the size of a grain of rice, are collected and analyzed. Depending on the location of the mass, other imaging techniques, such as a mammogram or MRI, may be used to guide the positioning of the needle to obtain the tissue sample.

During surgery, Dr. Vibeto works to remove the affected breast mass. The tissue is sent for evaluation, where pathologists work to confirm whether breast cancer is present in the mass. They also evaluate the edges of the mass to determine whether cancer cells are present in the margins.

If cancer cells are present at the margins, you may need another surgery to remove more tissue. If the margins are clear, then the cancer has been removed adequately.

Dr. Vibeto also performs mastectomies to treat breast cancer. A mastectomy is surgery to remove a breast. Sometimes, other tissues near the breast, such as lymph nodes, are also removed.

No matter the results of any of the screenings or procedures listed above, know that your RiverView healthcare team is here for you through every step of your healthcare journey.

Make sure your smoke alarms are working

Picture this: You're cooking and suddenly something on the stove starts burning and your smoke alarm goes off. You're in a hurry, so you just take the battery out of the smoke alarm, set it aside and tell yourself you'll put it back in later.

Most of us have been there. But can you remember if you actually did put that battery back in? Or is your smoke alarm going to fail when you need it most?

Follow our State Fire Marshal (SFM) division's advice and make sure your smoke alarms are working.

The most common known reason alarms don't work is lack of power. Take this week to double-check your smoke alarms, making sure each one has a battery and all those batteries work. Taking a few minutes now can save the lives of you and your loved ones.

Fires double in size every 60 seconds. That's one of the reasons smoke alarms are so important: They give you the critical time you need to safely escape a fire. Without a working smoke alarm, your chances of surviving a house fire are cut in half. Those aren't good odds.

As of Friday, 53 people have died due to a fire this year in Minnesota, according to preliminary SFM data.

"I've seen the agony on someone's face and heard the devastation in their voice when they lose a loved one in a fire. It's heartbreaking," State Fire Marshal Dan Krier said. "Tragic loss changes people forever and that's one of the reasons we want to do our part to prevent fire deaths."

Make sure you have working smoke alarms outside of every bedroom and on every level of your home. Place your alarms on the ceiling if possible. If they are on the wall, they must be no more than 12 inches below the ceiling.

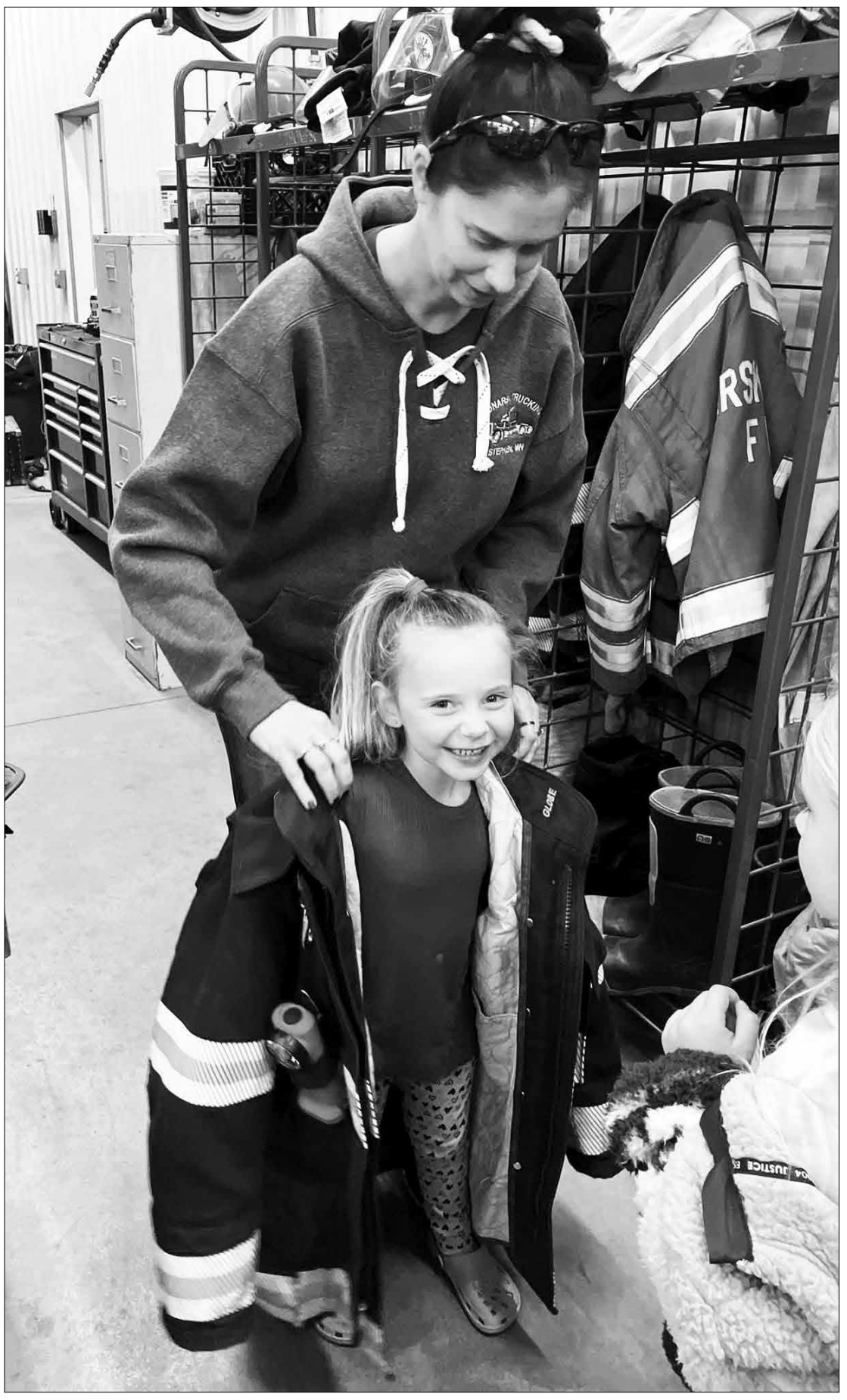
We recommend that you interconnect your home's smoke alarms. This way, when one sounds, they all sound. You should also teach children the sound of the smoke alarm and to exit your home when it sounds. If you don't, they may get scared and hide instead of quickly getting out of the house and to safety.

Smoke alarms save lives, but only if they work. Test your alarms monthly and change the batteries twice a year. Smoke alarms do expire, so look for the manufacture date and replace alarms more than 10 years old.

If you have a working smoke alarm, you have about three minutes to get out of your burning home. When you're faced with a wall of fire, you don't have the time or luxury of thinking about an alternate escape route for the first time. That's why we encourage you to come up with a plan now, before the emergency hits.

Your plan should include multiple ways to get out of a home, whether it's through a window or a door, as well as each room. Think about how you'd exit a second story room if you're trapped by fire. Hint: Close the door, open a window and be ready to alert firefighters when they arrive. Do more than just come up with a plan, ractice it with your family.

Waiting for later could have tragic consequences.

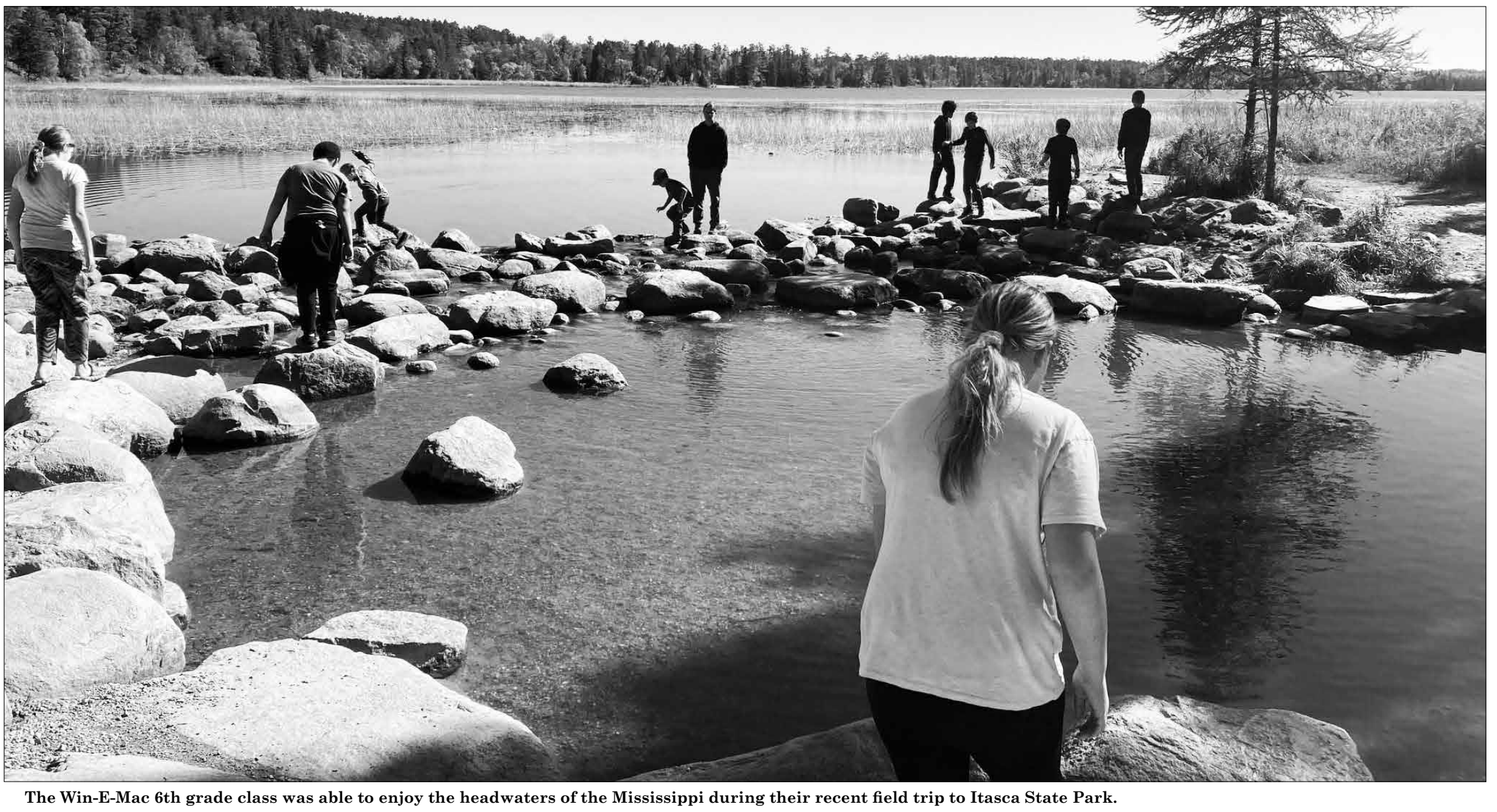


Erskine fire department gave Freedom Christian Academy a tour of their facility and spoke about fire safety. Brynlee Branstner tried on some gear.

Freedom Christian Academy recently headed out for some fall fun. Here, Barrett, Joseph, Mason and Arik enjoying an outing at Lee Lake Pumpkin Patch.

Aurora, Conner and Rebecca from Freedom Christian Academy working on a scavenger hunt at Lee Lake Pumpkin Patch.

Eric Jax from White Earth Tribal Police Dept. Visited with Freedom Christian Academy students helping Moses Ulubiyo try out a police vest.



The Win-E-Mac 6th grade class was able to enjoy the headwaters of the Mississippi during their recent field trip to Itasca State Park.

HERE WE VOTE

ELECTION DAY IS NOVEMBER 5

MAKE YOUR PLAN TO VOTE!

MNVOTES.GOV