Vol. 136 Number 27

Wednesday, February 26, 2025

McINTOSH Times

$1.00

Hub of the Thirteen Townships

Since 1888

McIntosh, Minnesota



McIntosh Native Crowned as Royalty: Melford Grundyson of McIntosh has been residing at an assisted living facility in Sartell for the past few years, where his kind, friendly personality has made him a favorite among staff and fellow residents. This year, just 4 days after his birthday, he was given the honor of being named Valentine King at the facility! While he misses the familiar faces in McIntosh, he has found a special home near his daughter, Melanie Olinger, pictured here with him. Congratulations, Melford!

The importance of Lent



Each year Christians embark on spiritual journeys that culminate with Easter celebrations. Easter is preceded by a period of six weeks that begins on Ash Wednesday in Western churches and ends the Thursday before Easter Sunday. In Eastern churches only, Lent begins on the Monday of the seventh week before Easter and ends on the Friday nine days before Easter.

During Lent, Christians participate in fasting, repentance, self-denial, spiritual discipline, and other preparations for Easter. According to the resource Learn Religions, the Lenten season was established to serve as a time for reflection on Jesus Christ, particularly to be more aware of his suffering and sacrifice.

On Ash Wednesday, some Christians mark their foreheads with ashes made from palm fronds, as symbols of sorrow and mourning for their sins. Periods of fasting and abstinence also are part of Lenten observances. The fasting likely serves as an imitation of Jesus Christ's fasting in the wilderness for 40 days and nights before beginning his public ministry. During that time, Christ was tempted by Satan and wrestled with temptation.

During Lent, individuals also prepare simple meals and avoid ingredients that would be considered luxurious.

In accordance with that, Fridays during Lent are set aside as meat-free (including poultry) since meat long has been considered an indulgence. Furthermore, people often "give up" something they enjoy, whether it's sweets, alcohol or celebratory behaviors. Sundays throughout Lent are excluded from the fasting and abstinence requirements because they are times to enjoy Mass, which is a celebration. Therefore, if one gave up chocolate for Lent, he or she can enjoy it on Sunday.

Lent is supposed to be a time of repentance, but not shame. Instead, sinners seek cleansing from their sins and contemplate what the Lord did when He sacrificed himself on the cross. Protestants also take part in Lent, but Catholic churches are particularly associated with the more well-known Lenten requirements.

Parishioners may notice that Mass is different during Lent. The Gloria, a prayer normally used after the penitential rite near the beginning of the service, is omitted. Furthermore, suppression of the word "Alleluia" also occurs, and any hymns containing the word "Alleluia" are avoided.

In 2025, among Western churches, Lent begins on Wednesday, March 5 and ends on Thursday, April 17. Easter will be celebrated on Sunday, April 20,



Our Savior's Lutheran Church in McIntosh said farewell to Pastor Rene Mehlberg with a gathering at Bully Brew Coffee on Main Street on Tuesday, February 11th. Members of the church and the community gathered to wish her well and thank her for all she has done and shared during the last two years as Pastor and Mission Developer at the New Journey Lutheran Parish community. Her final Sunday at the church was on February 9th.



Senior Patriot Shelby Long with parents Josh and Heidi on Thursday, February 13th at Parent's Night held at the Win-E-Mac School. Shelby is a boy's basketball cheerleader.



Senior Patriot Braylon Hamre with parents Erik and Tanya during Win-E-Mac Boy's Basketball Parent's Night held on Thursday, February 13th at the school.



Senior Patriot Clay Below with parents, TaraAnn and Tyler Neal during Win-E-Mac Parent's Night held before the boy's varsity game on Thursday, February 13th.



Patriot Senior Sava Erofeeff with parents Vasily and Meria along with his brother Rodney, who is a sophomore at Win-E-Mac School.

Know your heart health score and keep the beat

Opportunity for healthier hearts with only 4 in 10 Minnesotans having a high heart health score.

During American Heart Month in February, the Minnesota Department of Health (MDH) is encouraging people to focus on their heart health and learn how they score on eight key strategies for lowering their risk for heart disease and stroke.

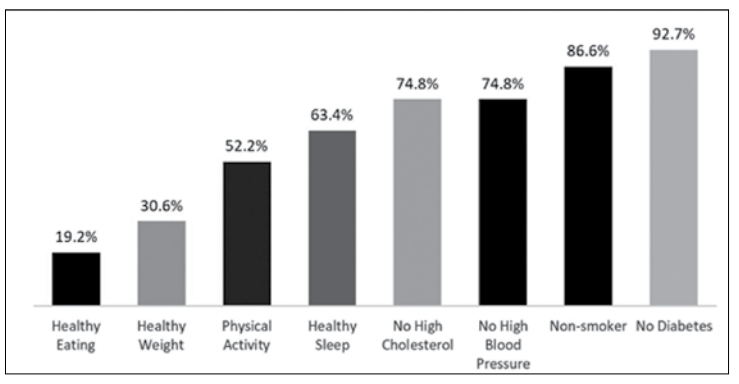
Also as part of hearth health month, Governor Tim Walz proclaimed February 22, 2025, as Heart Valve Disease Awareness Day (PDF) and February 7-14 as Congenital Heart Defect Awareness Week (PDF) in the state of Minnesota.

"Life's Essential 8" are the American Heart Association's key measures for improving and maintaining cardiovascular health. The eight key measures include diet, physical activity, nicotine exposure, sleep health, body mass index or weight, cholesterol levels, blood sugar levels and blood pressure levels.

Focusing on these essential health habits is good for the heart, brain and the whole body. Cardiovascular disease and stroke are the second and fourth leading causes of death in Minnesota, accounting for 23% of all deaths in 2023.

In 2024, MDH researchers looked at adult survey results as part of a cardiovascular data story (PDF). The analysis was of the 2017 Minnesota Behavioral Risk Factor Surveillance System (BRFSS) survey, which was the most recent year with data available for all eight cardiovascular health goals.

The analysis found that about only 40% of Minnesotans were meeting benchmarks for at least six heart health goals. About half were meeting at least three goals and about 6% of Minnesotans were meeting two or fewer goals. The researchers noted that this leaves a lot of opportunity for people in Minnesota to improve their heart health.



Percent of Minnesotans meeting cardiovascular health goals.

In general, Minnesotans were doing the best at meeting goals for managing diabetes and not smoking, followed by managing blood pressure, cholesterol, sleep and physical activity, while having the most trouble with diet and healthy weight.

The researchers also found the same health differences with heart health scores that are also commonly found with other health metrics. While people can feel empowered about their ability to affect their own heart health score, research has also found links between living conditions, stress and other factors that can affect one's cardiovascular health, such as housing, access to healthy food, education, having a social support system and facing discrimination.

Minnesotans living in a household making $50,000 a year had higher heart health scores than those with less income. There were also differences based on race with white people getting the most sleep and doing slightly better on diabetes goals; Asian people doing the best with blood pressure, smoking, diet and a healthy weight; and American Indian people doing the best with physical activity.

"Achieving good heart health isn't just about our individual choices," said Minnesota Commissioner of Health Dr. Brooke Cunningham. "We certainly need to educate folks and do what we can in our lives to make healthy choices, but we know it's more of an uphill battle for some Minnesotans to be able to make those choices — through no fault of their own. That's why we need to focus on community-wide improvements in every part of the state, so all Minnesotans can stay heart healthy and not miss a beat."

People can learn more about their heart health score and how to make improvements at Life's Essential 8 (www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8). They can also learn their score at My Life Check (mlc.heart.org).

WEM early childhood/preschool screening

Preschool/early childhood screening is a free and simple check of how your child is growing, developing, and learning. Win-E-Mac school readiness and Head Start will offer screening on Monday, April 7, 2025.

A trained professional will check: Vision and hearing; Height and weight; Immunizations; 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 previously.

Children must be screened before entering preschool and kindergarten. The screening takes place on Monday, April 7 at the Polk County Public Health office in at Bjella Building on Main Street in McIntosh.

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

Freedom Christian Academy

Meat Bingo

Date: March 7th

Time: 6:30 PM

Location: Erskine Community Center

14 regular games and 1 blackout game. One pack with 15 games is $30, with the opportunity to purchase additional games during the evening.

How to request a free external review when your health insurance claim has been denied

What is an external review?

In an external review, an independent medical professional reviews a denied health insurance claim to determine whether a treatment is medically necessary. External reviews can also review requests for prior authorization that have been denied. If the independent medical expert decides that the treatment is medically necessary, then your insurance company must pay for that treatment, so long as it's a treatment covered by the health plan.

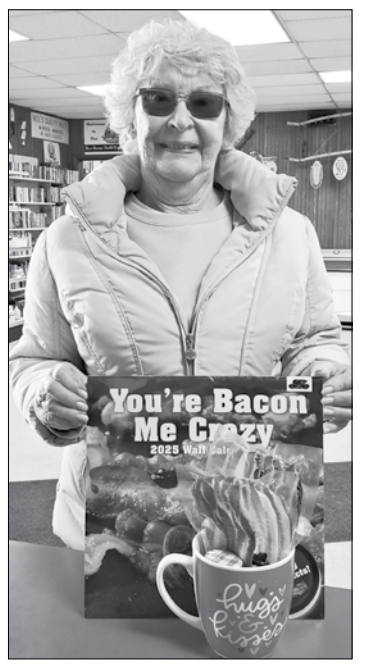
First, you must file an internal appeal with your health plan

If you are denied coverage for a claim or request, contact your health plan first. Health plans provide a way for you to file an internal appeal. If the decision is not reversed or you remain dissatisfied, you have the right to request an external review. You must file an external review request within six months from the date your claim was denied.

The external review process

Commerce's role in the external review process is to facilitate the review and support the consumer. The department does not perform the review. The physician or provider

Health insurance...
Continued on page 3 ...



Winner of the Valentines Day Drawing from Neil's Meats and The Hen House Thrift Room is ReMar Voxland of McIntosh Congratulations!

McIntosh Heritage & Arts Center News

The McIntosh Heritage & Arts Center will hold their quarterly meeting at 125 NW Broadway in McIntosh at 6:30 p.m. on Thursday, March 6th. If you are interested in attending virtually, please email us to request a Zoom link: mcintoshhac@gmail.com.

Just a reminder, we are open from 10:00 to 2:00 on Tuesdays, Wednesdays and Thursdays. Also, we are actively looking for members and volunteers who share our passion for preserving our community's history and bringing ideas and skills to the table - especially anyone with IT experience!

We hope to see you at the meeting.

NOTICE ELECTION AND ANNUAL MEETING SLETTEN TOWNSHIP

Sletten Township will hold its township election on March 11, 2025 from 5-8:00 at the town hall. We will vote for:

ONE SUPERVISOR AND ONE TREASURER

The annual meeting will follow the election.

The next regular meeting will be March 19 at 5:00 at the clerk's home.

M50-51C

LEGAL NOTICE

NOTICE OF MORTGAGE FORECLOSURE SALE

THE RIGHT TO VERIFICATION OF THE DEBT AND IDENTITY OF THE ORIGINAL CREDITOR WITHIN THE TIME PROVIDED BY LAW IS NOT AFFECTED BY THIS ACTION.

NOTICE IS HEREBY GIVEN:

That default has occurred in the conditions of the following described mortgage:

DATE OF MORTGAGE: November 22, 2021

MORTGAGOR: Mitchell D. Marquis and Qihua Lyu, married to each other

MORTGAGEE: Affinity Plus Federal Credit Union, a credit union organized under the laws of the United States of America

DATE AND PLACE OF RECORDING: Recorded November 30, 2021, in the office of the County Recorder, as Document No. A000738134, Polk County, Minnesota.

MORTGAGED PROPERTY ADDRESS: 34219 310th St, Fosston, MN 56542

TAX PARCEL I.D. NOS. 38.00131.02

LEGAL DESCRIPTION OF PROPERTY: That part of the Northwest Quarter of the Northwest Quarter (NW 1/4 NW 1/4), Section Twenty-three (23), Township One Hundred Forty-nine (149) North of Range Forty (40) West of the Fifth Principal Meridian, described as follows: Commencing at a point on the North line of the Northwest Quarter 620 feet West of the Northeast corner of the Northwest Quarter of the Northwest Quarter; thence West along said North line 700 feet to the West corner of the Northwest Quarter of the Northwest Quarter; thence South along the West line of Northwest Quarter of the Northwest Quarter, distance 320 feet; thence East on a line parallel with the North line 700 feet; thence North 0 degrees 320 feet to the point of beginning, Polk County, Minnesota.

COUNTY IN WHICH PROPERTY IS LOCATED: Polk

ORIGINAL PRINCIPAL AMOUNT OF MORTGAGE: $132,465.00

AMOUNT DUE AND CLAIMED TO BE DUE AS OF DATE OF NOTICE, INCLUDING TAXES, IF ANY, PAID BY MORTGAGEE: $108,167.94

INTEREST RATE AND PER DIEM: Current interest rate is 1.875%, with a daily per diem of $5.42.

The person holding the Mortgage is not a transaction agent, as defined by Minn. Stat. 58.02, Subd. 30. The name of the residential mortgage servicer and lender or broker, as defined in Minn. Stat. 58.02 is: Affinity Plus Federal Credit Union.

That prior to commencement of this mortgage foreclosure proceeding Mortgagee complied with all notice requirements by statute; That no action or proceeding has been instituted at law or otherwise to recover the debt secured by said mortgage or any part thereof;

PURSUANT to the power of sale contained in said mortgage, the above described property will be sold by the Sheriff of said county as follows:

DATE AND TIME OF SALE: March 27, 2025, at 10:00 am.

PLACE OF SALE: Polk County Sheriff's Office, Polk County Law Enforcement Center, 600 Bruce Street, Crookston, Minnesota 56716, to pay the debt then secured by said Mortgage, taxes, if any, on said premises, and the costs and disbursements, including attorneys' fees allowed by law subject to redemption within six (6) months from the date of said sale by the mortgagor(s), their personal representatives or assigns.

DATE AND TIME MORTGAGOR **MUST VACATE THE PREMISES:** September 27, 2025, at 11:59 p.m.

"THE TIME ALLOWED BY LAW FOR REDEMPTION BY THE MORTGAGOR, THE MORTGAGOR'S PERSONAL REPRESENTATIVES OR ASSIGNS, MAY BE REDUCED TO FIVE (5) WEEKS IF A JUDICIAL ORDER IS ENTERED UNDER MINNESOTA STATUTES, SECTION 582.032, DETERMINING, AMONG OTHER THINGS, THAT THE MORTGAGED PREMISES ARE IMPROVED WITH A RESIDENTIAL DWELLING OF LESS THAN FIVE UNITS, ARE NOT PROPERTY USED IN AGRICULTURAL PRODUCTION, AND ARE ABANDONED."

Dated: January 31, 2025
AVISEN LEGAL P.A.
By: /s/ Creig Andreasen
Creig Andreasen (#334832)
901 Marquette Avenue South, Suite 1675
Minneapolis, MN 55402
612-416-2199
Attorney in Fact for
Affinity Plus Federal Credit Union

IMPORTANT NOTICE

This communication is from a debt collector and is an attempt to collect a debt. Any information obtained will be used for that purpose. M48-1C

SUMMER MOWING HELP NEEDED
FOR THE CITY OF MCINTOSH.
IF INTERESTED, PLEASE CONTACT THE CITY CLERK'S OFFICE AT
218-563-3043.
M49-50C



Wed. Feb.26: Ashton Anderson

Thur. Feb. 27: *Jason & Leah Smeby

Fri. Feb. 28: Bud Kiecker, Eli Kringlen, Thomas Reitmeier, Hudsen Christianson, Austin Simonson, Amanda Swanson (29th)

Sat. Mar. 1: Isaac Salvhus

Sun, Mar. 2: Nicki Carlson, Bryer Strom, Josh Roed, Koen Grettum, Janet Hamre, *Alex & Brenda Ugalde

Mon. Mar. 3: Mason Halstad, Kristi (Schow) Grettum, Shawn Rominski, *Steve & Barb Urness

Tues. Mar. 4: Ryan Krossen, Emberly Strom, Thomas Syverson

NOTICE ELECTION AND ANNUAL MEETING HILL RIVER TOWNSHIP

The annual election and meeting of the Township of Hill River, County of Polk, State of Minnesota will be held on Tuesday, March 11, 2025 at the Hill River Town Hall.

The polls will be open from 5:00-7:00 p.m. to elect:

One (1) Supervisor for a term of three years

The annual meeting will start immediately following the election to conduct any business that comes up and to increase levy for 2026. In case of inclement weather, the meeting will be held one week later.

Scot Thompson, Clerk/Treasurer
Hill River Township

M50-51C

NOTICE OF ELECTIONS LESSOR TOWNSHIP

Notice is hereby given to the qualified voters of Lessor Township, County of Polk, State of Minnesota, that the Annual Election of Town Officers and Annual Township Meeting will be held on Tuesday, March 11, 2025. In case of inclement weather, the meeting and election may be postponed until the third Tuesday in March.

The Election Poll Hours will be open from 5:00 p.m. to 7:00 p.m., at which time the voters will elect:

Supervisor, 3 year term
Clerk, 2 year term

The Annual Meeting will commence at 7:00 p.m. to conduct all necessary business prescribed by law. The Annual Election and Meeting will be held at Trinity Lutheran Church, 27262 315th St. SE, rural McIntosh.

Matt Voxland
Lessor Township Clerk

M50-51C

McINTOSH Times

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M3-28C

CHURCH DIRECTORY

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

Wed. Feb. 26 : 11:30am Mass at St. Mary's, Fosston

Sun. Mar. 2: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Mar. 5: 11:30am Mass at St. Mary's, Fosston

Sun. Mar. 9: 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 Rachel Roggenbuck, SAM

Sun. Mar. 2: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Mar. 9: 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 FREE LUTHERAN 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 meets at Pastor Moan's home

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

Sun, Mar. 2: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, Mar. 4: 10:00am. Sunday worship service telecast on GVTV--30

Wed, Mar. 5: 6:30pm Bible Study at Connie Parr's

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. Mar. 2: 9:00am Worship

Sun. Mar. 9: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

DOVRE LUTHERAN CHURCH
Winger, MN

Sundays: 9:00am Adult and Children's Sunday School; 10:00am Worship Service

Wednesdays: 7:00pm Bible Study

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 service at 10:00 am

Call or visit us at: 22722 350th Street; 218-687-2343

Polk County board minutes

FEBRUARY 4, 2025
BOARD MINUTES

Pursuant to motion of adjournment, the Polk County Board of Commissioners met in regular session at 8:00 o'clock a.m., February 4, 2025. Members present: Commissioner Paul Reese, Commissioner Warren Strandell, Commissioner Mark Holy, Commissioner Gary Willhite, and Commissioner Joan Lee. Others present: Samuel Melbye, Deputy Clerk of the Board. Members absent: Charles S. Whiting, County Administrator, Clerk of the Board.

AGENDA

A motion was made by Commissioner Lee seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the February 4, 2025, agenda.

CONSENT ITEMS

A motion was made by Commissioner Willhite seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the February 4, 2025, consent items:

1.Approve January 21, 2025, Board minutes.

2.Approve Auditor Warrants.

3.Approve Resolution (2025-14) Accepting Financial Donations on Behalf of the Polk County Sheriff's Office.

RESOLUTION (2025-14)

Accepting Financial Donations on Behalf of the Polk County Sheriff's Office

The following resolution (2025-14) was offered by Commissioner Willhite:

WHEREAS, Donald and JoAnn Andringa made a $250.00 donation to the Polk County Sheriff's Office; and

WHEREAS, Polk County Sheriff's Office wishes to have the County Board formally accept the donation on behalf of Polk County Sheriff's Office and use the donation toward a new Armored Body Bunker.

NOW THEREFORE BE IT RESOLVED, By the County Board of Polk County, Minnesota as follows:

1.The donation from Donald and JoAnn Andringa, which is listed above, is hereby accepted by the Polk County Board of Commissioners on behalf of the Polk County Sheriff's Office and will be used for a new Armored Body Bunker.

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

COUNTY BOARD MEMBER ISSUE FORUM

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

a.Association of Minnesota Counties (AMC) County Government 101 Conference.

b.West Central Regional Water District meeting.

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

a.Tri-County Community Corrections meeting.

b.West Central Regional Water District meeting.

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

a.Received a call from resident regarding issue selling property due to flood plain designation.

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

a.AMC county tax figures. (Handout on file in the Administrator's Office)

b.Lake Agassiz Regional Library meeting.

i.Elected Vice President

ii.Serving on Finance Committee.

c.Finance Committee meeting.

d.Crookston City Council meeting.

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

a.Finance Committee meeting.

b.Appointed to AMC Solid Waste Advisory Committee.

PLANNING & ZONING

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

1.Resolution (2025-15) Conditional Use Permit for Dave Scherfenberg (Parcel #30.00297.00)

Resolution (2025-15) was offered by Commissioner Reese seconded by Commissioner Strandell and adopted upon the following vote: YEAS: Commissioner Reese, Commissioner Strandell, Commissioner Holy, Commissioner Willhite, and Commissioner Lee. NAYS: None. (See Resolution (2025-15) on file in the Administrator's Office)

2.Polk County Septic System Fix-Up Program Guidelines

A motion was made by Commissioner Reese seconded by Commissioner Willhite and adopted by unanimous vote of the Board to approve the proposed changes to the SSTS fix-up grant program for 2025, excluding dwelling value cap.

MIS

Levi Webster, MIS Director, came before the Board with matters pertaining to his department:

1.Request to Renew Morris Electronics Network Support Contract

A motion was made by Commissioner Strandell seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the Morris Electronics 2025 Network Contract in the amount of $23,205.00.

2.Request to Approve JCI Quote for Replacing the Justice Center Door Controllers

A motion was made by Commissioner Willhite seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the JCI quote for replacing the Justice Center door controllers in the amount of $54,630.00.

PUBLIC HEALTH

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

1.Out of State Travel Requests

A motion was made by Commissioner Lee seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the out of state travel request for Brenna Olson to attend the Art & Science of Health Promotion Conference in Scottsdale, Arizona, from April 2 – 4, 2025.

SHERIFF

Jesse Haugen, Chief Deputy, on behalf of James Tadman, Polk County Sheriff, came before the Board with matters pertaining to Sheriff Tadman's department:

1.Law Enforcement Squad Unit #275 Taken Out of Service

A motion was made by Commissioner Reese seconded by Commissioner Willhite and adopted by unanimous vote of the Board to approve the sale of Unit #275.

HIGHWAY

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

1.2025 Flex Wing Rotary Mower Quote

A motion was made by Commissioner Strandell seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve awarding the Mower Quote to Titan Machinery of Crookston, MN, in the amount of $31,453.49.

2.2025 Road Restriction Map

A motion was made by Commissioner Lee seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the 2025 Road Restriction Map.

3.Multi-Use Trail Design

A motion was made by Commissioner Willhite seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve awarding Widseth the contract to design the Multi-use trails from Maple Bay to CSAH 12 in Mentor, MN, in the amount of $48,940.00.

PUBLIC HEARING

Richard Sanders, Polk County Engineer, came before the Board with matters pertaining to the Public Hearing:

1.CD 111 Petition to Add Lands

A petition has been submitted to add lands to the Benefited Area of County Ditch 111. A motion was made by Commissioner Reese seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve adding lands to County Ditch 111.

a.Open of Public Hearing

A motion was made by Commissioner Lee seconded by Commissioner Willhite and adopted by unanimous vote of the Board to open the Public Hearing at 9:59 a.m.

b.Close of Public Hearing

A motion was made by Commissioner Lee seconded by Commissioner Reese and adopted by unanimous vote of the Board to close the Public Hearing at 10:04 a.m.

AUDITOR WARRANTS

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

AUDITOR WARRANTS 12/23/2025

Vendor Name	Amount
Mn UI Fund	3,254.20
Final Total:	3,254.20

AUDITOR WARRANTS 01/06/2025

Vendor Name	Amount
PERA	102,392.64
Final Total:	102,392.64

AUDITOR WARRANTS 01/07/2025

Vendor Name	Amount
Lepler Oil Company Inc	6,667.60
Office of MN.IT Services	2,815.50
Polk County Public Health	14,976.50
Tri County Community Corr	1,604,461.75
US Bank Voyager Fleet Sys	3,950.21
9 Payments less than 2000	3,102.88
Final Total:	1,635,974.44

AUDITOR WARRANTS 01/09/2025

Vendor Name	Amount
3 Payments less than 2000	45.00
Final Total:	45.00

AUDITOR WARRANTS 01/14/2025

Vendor Name	Amount
Altru Health System	2,653.00
AMP Robotics Corporation	5,502.38
AT&T Mobility	2,841.18
BELTRAMI COUNTY SOLID WASTE	5,844.50
BELTRAMI COUNTY SOLID WASTE	5,281.71
Caterpillar Financial Services	38,200.00
Cole Papers Inc	5,585.89
Crookston Driftbusters	9,048.06
East Grand Forks City	25,000.04
ENTERPRISE FM TRUST	57,620.90
Great Plains Natural Gas Co	14,979.64
Lenes Sand & Gravel Inc	71,764.21
Liberty Business Systems Inc	6,655.83
Main Street Station	6,919.56
MnCCC Lockbox	40,093.25
Northdale Oil Inc	20,252.94
Ottertail Power Co	25,191.01
Polk County	13,629.00
Polk County	87,222.20
Polk County Environmental Services	83,586.64
Polk County Highway Department	6,582.63
Sandhill Snowcruisers	23,116.14
Thomson Reuters - West	3,012.47
Total Lawn Care & Landscaping	2,770.00
22 Payments less than 2000	12,171.09
Final Total:	575,524.27

AUDITOR WARRANTS 01/13/2025

Vendor Name	Amount
2 Payments less than 2000	30.00
Final Total:	30.00

AUDITOR WARRANTS 01/21/2025

Vendor Name	Amount
PERA	117,104.05
Final Total:	117,104.05

AUDITOR WARRANTS 01/21/2025

Vendor Name	Amount
City of McIntosh	10,972.20
Cole Papers Inc	5,503.91
Crookston City	4,452.41
Crookston Water Department	4,237.99
DTN LLC	70,560.00
Fosston Municipal Utilities	54,634.14
Fosston Municipal Utilities	3,858.54
Garden Valley Technologies	2,031.81
Gladen Construction Inc	45,334.00
Gunderson/David	2,894.00
Hdr Engineering Inc	2,612.50
Kronos SaaShr Inc	3,378.40
Lenes Sand & Gravel Inc	58,159.49
Liberty Business Systems	3,866.66
Main Street Station	2,237.90
MnCCC Lockbox	19,474.73
One Stop Student Services	6,377.40
Ottertail Power Co	3,418.14
Valley Plains Equipment	14,500.00
Verizon Wireless	2,027.46
18 Payments less than 2000	11,519.61
Final Total:	332,051.29

AUDITOR WARRANTS 01/27/2025

Vendor Name	Amount
Angus Township Treasurer	2,942.11
Brandsvold Township Treasurer	4,644.18
Brislet Township Treasurer	4,013.27
Climax City Treasurer	7,485.16
Columbia Township Treasurer	2,717.78
County Emergency Medical Serv.	9,197.58
Crookston Area Ambulance Inc	6,735.11
Crookston City	65,601.10
East Grand Forks City	80,043.61
Erskine City Clerk- Treasurer	6,898.50
Fanny Township Treasurer	2,873.84
Fertile City	12,538.04
First Care Medical Services	11,349.95
Fisher City	4,349.85
Fisher Township Treasurer	3,569.41
Fosston City	8,091.74
Garden Township Treasurer	4,749.37
Garfield Township Treasurer	2,981.46
Godfrey Township Treasurer	6,149.29
Grand Forks Township Treasurer	2,809.77
Grove Park Tilden Township	3,020.14
Hammond Township Treasurer	2,714.97
Helgeland Township Treasurer	2,606.47
Higdem Township	2,974.75
Hill River Township Treasurer	2,218.04
Huntsville Township Treasurer	4,673.03
Johnson Township	3,754.00
King Township Treasurer	2,000.12
Knute Township Treasurer	2,481.46
Lessor Township Treasurer	3,202.52
Marshall Polk Rural Water Sys	2,075.60
Mcintosh City	11,449.10
Mentor City	4,401.02
Middle- Snake- Tamarac Rivers Wtrshd Di:	24,584.37
Nesbit Township Treasurer	10,819.47
Northland Township Treasurer	4,292.45
NW Regional Development Comm	3,026.61
NWMN HRA	8,704.31
Queen Township Treasurer	8,156.07
Red Lake Watershed District	50,420.01
Rhinehart Township Treasurer	2,681.48
Rosebud Township Treasurer	2,085.74
Sand Hill River W S District	22,082.69
Sandsville Township Treasurer	3,726.07
School District 2176 Treas	21,764.12
School District 2311 Treas	3,415.03
School District 2609 Treas	40,046.65
School District 592 Treas	9,899.73
School District 593 Treas	60,832.21
School District 595 Treas	59,029.49
School District 599 Treas	39,561.48
School District 600 Treas	29,081.56
School District 601 Treas	45,174.84
Sletten Township Treasurer	2,903.08
Sullivan Township Treasurer	3,213.63
Tabor Township Treasurer	2,750.05
Vineland Township Treasurer	3,596.04
Winger City Clerk Treasurer	4,694.09
Winger Township Treasurer	5,251.16
Woodside Township Treasurer	7,351.12
33 Payments less than 2000	32,013.21
Final Total:	808,469.10

AUDITOR WARRANTS 01/28/2025

Vendor Name	Amount
Abdo Financial Solutions LLC	52,550.25
Joseph Donald Construction	3,760.00
Kinetic Leasing	34,083.45
Lenes Sand & Gravel Inc	55,348.87
M & K Porta Potties	8,167.00
MCIT	221,729.00
MCIT	520,993.00
Norman County Public Health	6,549.04
Polk County Public Health	23,138.68
Thygeson Construction Co	26,791.14
Xcel Energy	2,821.29
Ziegler Inc	6,544.00
10 Payments less than 2000	3,958.11
Final Total:	966,433.83

MANUAL WARRANTS 01/03/2025

Vendor Name	Amount
Internal Revenue Service	205,551.89
Minnesota Revenue	36,020.26
Final Total:	241,572.15

MANUAL WARRANTS 01/17/2025

Vendor Name	Amount
Internal Revenue Service	213,569.77
Minnesota Revenue	37,937.29
Final Total:	251,507.06

MANUAL WARRANTS 01/21/2025

Vendor Name	Amount
Minnesota Revenue	4,426.00
Mn Dept Of Rev Tax Division	74,586.04
3 Payments less than 2000	2,761.70
Final Total:	81,773.74

MANUAL WARRANTS 01/21/2025

Vendor Name	Amount
1 Payments less than 2000	1,083.00
Final Total:	1,083.00

MANUAL WARRANTS 01/21/2025

Vendor Name	Amount
Mn UI Fund	3,188.22
Final Total:	3,188.22

MANUAL WARRANTS 01/21/2025

Vendor Name	Amount
1 Payments less than 2000	196.14
Final Total:	196.14

MANUAL WARRANTS 01/24/2025

Vendor Name	Amount
U.S. Bank Corporate Payment Systems	83,923.47
Final Total:	83,923.47

MANUAL WARRANTS 01/24/2025

Vendor Name	Amount
U.S. Bank Corporate Payment Systems	1,021.12
Final Total:	1,021.12

MANUAL WARRANTS 01/24/2025

Vendor Name	Amount
U S Bank	644,998.75
U S Bank	277,125.00
Final Total:	922,123.75

MANUAL WARRANTS 01/28/2025

Vendor Name	Amount
U S Bank	1,788,367.50
Final Total:	1,788,367.50

MANUAL WARRANTS 01/31/2025

Vendor Name	Amount
2 Payments less than 2000	443.78
Final Total:	443.78

MANUAL WARRANTS 01/31/2025

Vendor Name	Amount
Internal Revenue Service	215,394.88
Minnesota Revenue	38,060.19
Final Total:	253,455.07

With no further business, the Board adjourned to reconvene at 9:30 o'clock a.m., February 18, 2025.

Mark Holy, Chair

ATTEST:

Samuel Melbye, Deputy Clerk of the Board M50C

Health insurance...

Continued from page 2 .....

assigned to your external review will review your medical and insurance records to make a decision on whether the treatment in question is medically necessary.

Commerce can help you with issues involving insurance companies and the health plans we regulate. Keep in mind that we don't regulate all health plans or Medicare, Medical Assistance, or MinnesotaCare. If you're not sure whether you can or should request an external review, go ahead and submit the paperwork. The Enforcement Division can help you with your next steps.

File an external review

It is free to apply for an external review. To request an external review, please review and complete the application form. You can submit your application to the department in one of these ways:

Recommended: Email the form to consumer.protection@state.mn.us

Call the Commerce Department's Consumer Services Center at (651) 539-1600 or (800) 657-3602 and speak with an insurance investigator

Mail the form to:
External Review Process Minnesota Department of Commerce 85 7th Place East, St. Paul, MN 55101.

Did you know?

The American Heart Association reports that a resting heart rate between 60 and 100 beats per minute is normal for most adults.

However, a physically active person or athlete may have a resting heart rate as low as 40 beats per minute. Individuals may recognize resting heart rate or know it from past wellness exams, but why is it important?

According to the AHA, a person's resting heart rate can be an important clue into how healthy or unhealthy that person may be.

The AHA notes that a lower resting heart rate indicates the heart muscle is in good condition and therefore does not have to work as hard to maintain a steady beat.

Conversely, a higher resting heart rate has been linked to lower levels of physical fitness, higher blood pressure and elevated body weight.



Clara Kolden and her parents, Travis and Amy during the Win-E-Mac girl's basketball Parent's Night held on Tuesday, February 13th.



Paige Breitbach with her parents, Ryan and Rhonda at the Patriot girl's basketball Parent's Night on February 13th at Win-E-Mac school.



Haylee Beckett and parents, Jason and Erika during Parent's Night for the Win-E-Mac girl's basketball team, held before the varisty game at the school Tuesday, February 13th.



Lauren Kaupang with her parents, Vance and Terri along with her brother Jackson and sister Emma, all who support her during each Win-E-Mac girls basketball game.

Fun facts about basketball

Basketball is an exciting sport with a global footprint. Proof of the global popularity of basketball is evident on both the collegiate and professional hardwoods. In fact, the National Basketball Association noted prior to the opening night of the 2024-25 season that league rosters featured 125 international players from a record-tying 43 countries across six continents.

The popularity of basketball is undeniable. With so many tuned in to the exciting action, now is an ideal time for fans of basketball to learn some fun facts about the game.

· **Michael Jordan, arguably the greatest player of all time,** was once cut from his varsity high school team. Debates as to who is the greatest basketball player of all time will likely never cease, but many fans point to the man nicknamed "His Airness." Indeed, Jordan's many accolades include six NBA championships and six NBA Finals Most Valuable Player awards. Fans can be forgiven if they read Jordan's impressive résumé and conclude his skills were identified as superior from the moment he stepped on a court, but the eventual five-time NBA MVP failed to make his high school varsity team in his sophomore year. Jordan ultimately used that as motivation, and averaged more than 25 points per game in his junior and senior seasons.

· **Dunking was once illegal at certain levels.** Few moments in a basketball game are as exciting as a thunderous slam dunk, but such feats were once outlawed in scholastic and collegiate competitions. Between 1967 and 1976, high school and college players were forbidden from dunking, a rule that might have satisfied basketball purists and assuaged concerns about increasingly tall players dominating the game with simple baskets, but one that undoubtedly confused players. Indeed, in a 2023 media interview, former University of Detroit player Terry



Tyler noted his confusion over the rule during his collegiate playing days. Interestingly, Tyler eventually competed in a competition celebrating the slam dunk when he signed up to participate in the 1986 NBA Slam Dunk Contest. That competition was ultimately won by five-foot-seven Spud Webb, a victory that suggests concerns about taller players were misplaced.

· **Two men are tied as the tallest players in NBA history.** Height is a definite commodity in professional basketball, and two former players are proof of that. Gheorghe Muresan and Manute Bol, who were each seven-foot-seven, currently hold the record as the two tallest men to play in an NBA game. Curiously, Muresan, whose NBA career ended with the New Jersey Nets in 2000, ultimately found himself the second-tallest player in a game played in 2007. In an appearance that was akin to a promotional endeavor by the Maryland Nighthawks of the American Basketball Association, Muresan was temporarily teammates with Chinese player Sun Mingming, who was measured at seven feet, nine inches tall by the Guinness World Records.

· **Dribbling was not always part of the game.** Skilled ballhandlers are a big part of the appeal of modern basketball, but dribbling was not always part of the game. In the early days of basketball, players moved the ball by passing it to one another, standing in place and then throwing the ball to another player. Details are fuzzy, but basketball historians now credit players at Yale University in 1901 as the first to dribble in a game.

The global phenomenon of basketball has a rich and interesting history, and the game people love today once looked vastly different.



Kendra Cherf with dad, Kevin during the Win-E-Mac girl's basketball Parent's Night.



Kalli Roy, a Win-E-Mac girls basketball manager and her mom, Anita, during Parent's Night for the girls basketball team held on Tuesday, February 11th.



Congratulations to Mr. Svalen's 4th grade class for winning the first semester's Theme Song Thursday. The class was treated to bagels from Bagel Rush N More. Mr. Eckman's first hour class was the winner for the first semester in the high school.