



Win-E-Mac hosts the senior academic & scholarship night giving over \$100,000 in scholarship awards



Recent scholarship recipients at Win-E-Mac school included: Hank Earls, Julian Janisch, Danielle Winter, Abigail Sauer, Ericka Kramer, Josie Fortman, Ariana Dickinson, Shelby Long, Livaeh Kiecker, Evelyn Ryan, Bergan Howard, Mariah Overgaard, Colten Mandt, Kaylee Dickinson, and Shelby Mandt.

The Win-E-Mac Academic, Athletic and Fine Arts Awards Program was held on Wednesday, May 7, 2025, in the Arts & Event Center. Win-E-Mac Senior students along with their families joined together for the presentation of awards and scholarships.

Win-E-Mac School teacher, John Eckman, opened the program by recognizing this year's Senior Honor Students. These students have received a 3.5 grade point average each quarter during their Sophomore,

Junior and Senior years.

The AAA Award winners who represented Win-E-Mac School in the State were Bergan Howard and Livaeh Kiecker.

The 2021 Win-E-Mac School valedictorian is Evelyn Ryan, and the Salutatorian is Colten Mandt.

The Scholarships for the Win-E-Mac Senior Class were presented to the students by Andrew Hanson, Michael Curtis, Daryl Halverson, Jim Ferden, Liz Jensen, Kim Klein-

wachter, Andrea Stordahl, Tom Harmon, Willie Meine, Jason Carlson, Aaron Cook and Brady Langemo.

The East Polk County Extension Home Study Group Scholarship of \$200 was presented to Kaylee Dickinson. Four students received a \$750 scholarship from Wild Rice Electric, Colten Mandt, Shelby Mandt, Evelyn Ryan, and Danielle Winter.

The American State Bank, Erskine Branch presented two scholarships in the amount of

\$250 each to Julian Janisch and Ericka Kramer. The Don Rickie Scholarship from TEAM Industries was presented to Ariana Dickinson in the amount of \$500.

The Essentia Health Scholarship was awarded to Abigail Sauer in the amount of \$1,000. Bergan Howard and Livaeh Kiecker were presented \$500 scholarships from the Fosston Area Sportsman Club.

The Elaine Bergman Scholarship was presented to Livaeh Kiecker in the amount of \$1,000.

There were 8 - \$1,000 scholarships presented by the Erskine American Legion Bailey Throne Post 596 to Evelyn Ryan, Josie Fortman, Bergan Howard, Abigail Sauer, Livaeh Kiecker, Shelby Mandt, and Danielle Winter.

Grace Lutheran Church presented their \$500 scholarship to Josie Fortman. The Winger Lions Club presented scholarships in the amount of \$1,000 each to 5 students: Ariana Dickinson, Livaeh Kiecker, Evelyn Ryan, Abigail Sauer, and Danielle Winter.

Unity Bank presented a \$500 scholarship to Ericka Kramer. The Jim & Roxanne Stordahl Scholarship was presented to Danielle Winter, Kaylee Dickinson, and Josie

this scholarship were: Emelia Boianoff, Ariana Dickinson, Kaylee Dickinson, Josie Fortman, Livaeh Kiecker, Ericka Kramer, Shelby Long, Colten Mandt, Shelby Mandt, Evelyn Ryan, Abigail Sauer, and Danielle Winter. Win-E-Mac Alumni students who received \$1,250 were Ava Howard, Emily Strom, Kierra Stuhaug, and Kianna Tadman.

The Clubhouse Childcare Scholarship in the amount of \$500 was awarded to Shelby Long.

The Win-E-Mac Alumni Association Scholarships in the amount of \$1,500 were presented to 16 students: Emelia Boianoff, Ariana Dickinson, Kaylee Dickinson, Hank Earls, Josie Forman, Julian Janisch, Livaeh Kiecker, Ericka Kramer, Shelby Long, Colten Mandt, Shelby Mandt, Mariah Overgaard, Kassidi Qualey, Evelyn Ryan, Abigail Sauer, and Danielle Winter.

The Lee Nielson Scholarship in the amount of \$500 was awarded to Mariah Overgaard. The Jeannie Vesledahl Scholarship of \$500 was awarded to Danielle Winter. The Jim and Nancy Benson Scholarship was awarded to Colten Mandt in the amount of \$1,600.

The Gunter Family Scholarship of \$400 each was awarded to Colten Mandt and Evelyn Ryan.

The Thompson Family Scholarship, honoring their parents, Harald and Adella Thompson, was awarded to Shelby Long in the amount of \$500.

Abigail Sauer was awarded a \$300 scholarship from VFW Post 6891 of McIntosh. The Keith Peterson Scholarship, in the amount of \$1,000 each, was awarded to both Livaeh Kiecker and Ericka Kramer.

The Russell B. Hagen Foundation Scholarship awarded 5 - \$2,000 scholarships to Emelia Boianoff, Ariana Dickinson, Kaylee Dickinson, Josie Fortman and Evelyn Ryan.

The evening ended with Brady Langemo presenting the Senior Outstanding Academic and Fine Arts Award to Josie Fortman, the Senior Outstanding (Male and Female) Athletic Award to Livaeh Kiecker and Bergen Howard and the Senior Outstanding Academic Athlete Award to Braylon Hamre.

WEM presents Frozen Jr.



Part of the cast of the play Frozen Jr. recently performed at Win-E-Mac School. (l-r) Hope Omundson, Henry Swanson, Ainsley Hickman, Anika Paskvan, Taytum Smeby, and Faith Omundson.

By Cameron Svalen

The Win-E-Mac theatre department spent the last two months working on our production of Frozen JR. We rehearsed Monday through Friday every week and even had to sneak in some Sunday practices to get things sorted out. Win-E-Mac hasn't done a musical in a long time...

The last time was The Little Mermaid JR in 2019. Not only was this production very challenging and in-depth, but we also had to learn choreography for all the songs and memorize the music.

This year, our seniors in the cast were Josie Fortman, who played Elsa, Evie Ryan, who played Anna, and Shelby Mandt, who played Queen Iduna and multiple ensemble characters. Shelby Long, another senior, was our stage manager, which meant a lot of work backstage keeping things (and

actors) organized! Everyone in this musical worked super hard, and I hope everyone who participated is proud of themselves.

A couple of weeks into practice, Mr. Hanson realized that we might need some extra cast members for a couple of the scenes and songs. He had the idea to ask some 6th graders if they would like to join our cast and play some parts. We got 6 sixth graders to come and join.

They played their parts very well and made the scenes at the next level!

I also had the opportunity to make a set piece for Frozen: Elsa's ice castle. My friends and I worked for a couple of weeks, and after multiple spray paint cans and cardboard boxes, we ended up with a wonderful and efficient ice castle to use during production.

Everyone who was included in this production (even my

mom, Shannon, who helped with music and choreography, and much more) worked very hard and contributed their best efforts, which made this musical special. We performed four times. On Friday morning, we had a "dress rehearsal" for the elementary school. Lots of laughs and kids saying, "I saw you in the play!" afterward.

That night we had a public performance at 7:00 pm. We had another at 3:00 pm on Saturday and our last one on Sunday. Around \$2,500 was made through free will donations from the musical!

The last performance was sentimental and bittersweet, it being our seniors' last high school play, but I know that this was a wonderful experience for everyone involved, and I couldn't be prouder of my cast and crewmates for what we accomplished

Warm temps, but still too early to plant

In Northwest Minnesota, it's generally safe to plant annuals outside after the last expected frost, which typically occurs in late May. To be extra cautious, it's best to wait until nighttime temperatures consistently stay above 55°F. For tender annuals, you might want to wait until temperatures are consistently in the 60s. While the average last frost date for the Twin Cities is around mid-May, it can be later in more northern parts of the state, including the Northwest. A good rule of thumb is to wait until the soil temperature is at least 50°F, or even 60°F

for tender annuals. Consistent nighttime temperatures above 55°F are a good indicator that it's safe to plant most annuals.

If you're growing annuals indoors, you can gradually acclimate them to outdoor conditions by bringing them outside for a few hours each day for a couple of weeks before planting them permanently, says Anoka County Master Gardeners.

In summary, it's best to wait until the last frost has passed, nighttime temperatures are consistently above 55°F, and soil temperatures are at least 50°F before planting annuals in Northwest Minnesota.



School Lunch Heroes: Cam Thompson, Lisa Salvhus and Ashlynn Macho are the unsung champions of every school day. With the speed of a lightning bolt and the precision of a master chef, they fuel young minds and warm countless hearts—one tray at a time. Behind the scenes, they juggle dietary needs, picky eaters, surprise spills, and endless smiles, all while serving up love disguised as lunch. These real-life heroes don't wear capes (well, usually)—but their aprons, kindness, and unwavering dedication are what truly save the day. School simply wouldn't run without them!

National Safe Boating Week: May 17-23, 2025

National Safe Boating Week will be held from May 17-23, 2025, reminding all boaters to brush up on boating safety skills and prepare for the boating season. This observance week is the annual kick-off of the Safe Boating Campaign, a global awareness effort that encourages boaters to make the most of their boating adventure by being responsible.

“We’re committed to teaching boaters that the best boating experience is a safe day on the water,” said Peg Phillips, executive director of the National Safe Boating Council, a nonprofit dedicated to helping create a safe boating experience for all boaters and the lead organization of the Safe Boating Campaign. “This National Safe Boating Week, prepare for a great boating season by inspecting your boating safety gear and commit to providing comfortable life jackets for all your passengers to wear every time you go boating.”

U.S. Coast Guard statistics show that drowning was the reported cause of death in three out of every four recreational boating fatalities, and that 87 percent of those who drowned were not wearing life jackets.

There are many options for boaters when it comes to choosing a life jacket. When selecting a life jacket, a boater should check that it is U.S. Coast Guard approved, appropriate for the water activity, and fits properly.

“The best life jacket is the one you will wear,” said Phillips. “Whether you’re going fishing or just enjoying a ride on the boat, make sure you’re prepared for the adventure by



wearing a life jacket and knowing how to use required safety gear.”

The National Safe Boating Council recommends these tips for boaters:

- **Take a boating safety course.** Gain valuable knowledge and on-water experience in a boating safety course with many options for novice to experienced boaters.

- **Check equipment.** Schedule a free vessel safety check with local U.S. Coast Guard Auxiliary or U.S. Power Squadrons to make sure all essential equipment is present, working and in good condition.

- **Make a float plan.** Always let someone on shore know the trip itinerary, including operator and passenger information, boat type and registration, and communication equipment on board before you leave the dock.

- **Wear a life jacket.** Make sure everyone wears a life jacket – every time. A stowed life jacket is no use in an emergency.

- **Use an engine cut-off switch – it’s the law.** An engine cut-off switch is a proven safety device to stop a powerboat engine should the operator unexpectedly fall overboard. Watch the weather. Always

check the forecast before departing on the water and frequently during the excursion.

- **Know what’s going on** around you at all times. Nearly a quarter of all reported boating incidents in 2022 were caused by operator inattention or improper lookout.

- **Know where you’re going and travel at safe speeds.** Be familiar with the area, local boating speed zones, and always travel at a safe speed.

- **Never boat under the influence.** A BUI is involved in one-third of all recreational boating fatalities. Always designate a sober skipper.

- **Keep in touch.** Have more than one communication device that works when wet. VHF radios, emergency locator beacons, satellite phones, and cell phones can all be important devices in an emergency.

The Safe Boating Campaign is produced under a grant from the Sport Fish Restoration and Boating Trust Fund and administered by the U.S. Coast Guard.

The campaign offers a variety of free and paid resources to support local boating safety education efforts. Learn more at www.safeboatingcampaign.com.

Foods that can affect long-term health and wellness

The phrase "you are what you eat" can serve as a warning that the foods a person consumes greatly affect his overall health. Although eating a cheese-laden burger with a side of deep-fried potatoes every so often will not turn a person's health on its head, repeatedly making poor dietary decisions may be a recipe for chronic health problems.

Health experts say foods (and beverages) can affect hearts, waistlines and brains. Foods that are grouped under the category of "junk food" tend to be the largest dietary offenders. The term "junk food" refers to foods that contain high levels of fats, sugar or salt, and lack nutrients such as fiber, vitamins and minerals. Some of the foods that fall into the junk food category include cakes; processed meats like bacon and lunch meats; chips; chocolate and candies; sugary drinks; and fast food, like burgers and pizza.

Here's a more in-depth look at certain foods or ingredients and what they can do to the body.

- **Industrial and processed seed oils:** According to Harvard nutritionist Dr. Uma Naidoo, highly processed oils are usually extracted from soybeans, corn, rapeseed, cottonseed, sunflower, and safflower seeds, and contain a lot of omega-6 fatty acids. Excessive consumption of omega-6 fatty acids can trigger inflammation in the body and the brain. Inflammation is recognized as a risk factor for Alzheimer's disease. Olive, coconut or avocado oils are healthier alternatives.

- **Processed foods:** Foods are processed to keep them shelf stable longer. Heavily processed foods like crackers, baked goods, and jarred pasta sauces are potentially unhealthy. It is estimated that more than half the calories in the average American diet, and around 48 percent of the Canadian diet, come from ultra processed foods, advises the Laborers' Health & Safety Fund. A five-year study of more than 100,000 people found that each 10 percent increase in con-

sumption of ultra processed food was associated with a 12 percent higher risk for cancer.

- **Sugar:** Foods and beverages with added sugar can be problematic. A high sugar diet can contribute to excess glucose in the brain that can cause memory impairments, and the National Institutes of Health indicates studies have show that individuals who consume greater amounts of added sugar tend to gain more weight and have higher risk of obesity, type 2 diabetes, hypertension, and cardiovascular disease.

- **Saturated fat:** Eating too much red meat can be bad for the heart and brain. WebMD says red meat is high in saturated fat and can contribute to cardiovascular disease. The same can be said for butter and full-fat cheeses. Opting for low-fat dairy and alternative protein sources can be beneficial.

- **Mercury-containing fish:** While eating fish is generally touted as a healthy move, swordfish and tuna lose points because they can contain high levels of mercury. WebMD says mercury is a neurotoxin, which means it is toxic to the brain and can cause memory loss.

Certain foods can compromise long-term health. Careful dietary planning that emphasizes nutritious meals over junk food and processed foods can promote both short- and long-term health.

**Ad deadline:
Noon Friday**

THANK YOU!

Thank you for attending my party, it was an enjoyable time to celebrate my retirement. I appreciate all of your well wishes, cards and gifts. A special thank you to Farmchek for hosting my party, it all was great.

Dave Stordahl

M9C

Community Birthday and Anniversary Calendar

Wed. May 14: Sharon Krossen, *Bruce & Debbie Haaven

Thur. May 15: Grace Klemmer, Paul Lindseth, Arlene Bly, *Justin & Amanda Shultz

Fri. May 16: William Ship, Jon Lecy

Sat. May 17: Jane Aakhus, Carl Hedlund

Sun. May 18: Nathan Gensburger, *Chris & Kristi Gretum

Mon. May 19: Courtney Lecy, Kevin Caron

Tues. May 20: Linda Sylstad, Arlene Eggers, Tyus Mahlen, Clara Eileen Bruggeman, Janet Lee

McIntosh Times

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CHURCH DIRECTORY

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

Wed. May 14: 11:30am Mass at St. Mary's, Fosston
Fri. May 16: 11:30am Mass at St. Mary's, Fosston
Sun. May 18: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. May 21: 11:30am Mass at St. Mary's, Fosston
Fri. May 23 : 11:30am Mass at St. Mary's, Fosston
Sun. May 25: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Rachel Roggenbuck,
SAM

Sun. May 18: 10:00am Coffee Hour; 10:30am Worship Services
Sun. May 25: 10:00am Coffee Hour; 10:30am Worship Services

Our Savior's Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit - The Journey. Our Saviors service will be available by 8:30 am each Sun7day 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, May 18: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)
Tues, May 20: 10:00am. Sunday worship service telecast on GVTv--30
Wed, May 21: 6:30pm Bible Study

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
Pastor Lee Laaveg

Sun. May 18 : 9:00am Worship
Sun. May 25: 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
Early intervention can slow progression of symptoms and extend lives
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.

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most popular baby names. Each year, the list also reveals the names that increased the most in popularity. Among those rising in popularity for girls, Ailany, which means ‘chief,’ topped

the list. The boys' name Truce, which means 'peace', rose an incredible 11,118 spots from last year's position, cracking the top 1,000 at number 991 overall.

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 conditions of the following described mortgage:

DATE OF MORTGAGE: October 18, 2023

MORTGAGORS: Robert Renney Sr. and Kathleen Renney, husband and wife

MORTGAGEE: Mortgage Electronic Registration Systems, Inc., as mortgagee, as nominee for Mortgage Research Center, LLC D/B/A Veterans United Home Loans

DATE AND PLACE OF RECORDING:
Recorded: October 20, 2023
Polk County Recorder
Document #: A000748999

ASSIGNMENTS OF MORTGAGE:

Said mortgage was assigned to SERVIS ONE, INC. DBA BSI FINANCIAL SERVICES on March 4, 2025 and said assignment was recorded on March 6, 2025 and given document number A000756040.

LEGAL DESCRIPTION OF PROPERTY:

THAT PART OF LOT TWO (2), BLOCK TWENTY-TWO (22), TOWNSITE OF CROOKSTON, POLK COUNTY, MINNESOTA, BOUNDED AS FOLLOWS: COMMENCING AT THE SOUTHWEST CORNER OF SAID LOT 2 AS THE POINT OF BEGINNING; THENCE NORTHEASTERLY ALONG THE WESTERLY BOUNDARY LINE OF SAID LOT, A DISTANCE OF 85 FEET; THENCE AT RIGHT ANGLES IN A SOUTHEASTERLY DIRECTION AND PARALLEL WITH THE NORTHERLY BOUNDARY LINE OF SAID LOT, A DISTANCE OF 150 FEET TO A POINT ON THE EASTERLY BOUNDARY LINE OF SAID LOT; THENCE SOUTHWESTERLY ALONG THE EASTERLY BOUNDARY LINE OF SAID LOT, A DISTANCE OF 85 FEET TO THE SOUTHEAST CORNER OF

SAID LOT; THENCE NORTHEASTERLY ALONG THE SOUTHERLY BOUNDARY LINE OF SAID LOT A DISTANCE OF 150 FEET TO THE POINT OF BEGINNING, BEING THE SOUTHERLY 85 FEET OF SAID LOT, SITUATED IN THE COUNTY OF POLK, STATE OF MINNESOTA

PARCEL ID #: **82.00346.00**
PROPERTY ADDRESS: **716 North Broadway, Crookston, Minnesota 56716**

TRANSACTION AGENT: Mortgage Electronic Registration Systems, Inc.

TRANSACTION AGENT ID NO.: 1003502-9107057843-9

LENDER OR BROKER: Mortgage Research Center, LLC D/B/A Veterans United Home Loans

RESIDENTIAL MORTGAGE ORIGINATOR: N/A

CURRENT MORTGAGE SERVICER: BSI Financial Services, Inc. COUNTY IN WHICH PROPERTY IS LOCATED: Polk

ORIGINAL PRINCIPAL AMOUNT OF MORTGAGE: \$297,000.00

AMOUNT DUE AND CLAIMED TO BE DUE AS OF DATE OF NOTICE, INCLUDING TAXES, IF ANY PAID BY MORTGAGEE: \$311,381.71

That prior to the commencement of this mortgage foreclosure proceeding Mortgagee/Assignee of Mortgagee complied with all notice requirements as required by statute; that no Mortgages have been released from financial obligation on said Mortgage; that no action or proceeding has been instituted by law to recover that debt secured by said Mortgage, or any part thereof; that all conditions precedent to foreclosure of the Mortgage and acceleration of the debt secured thereby have been fulfilled;

PURSUANT to the power of sale therein contained, said Mortgage will be foreclosed and the above-described property will be sold by the Sheriff of said county as follows:
DATE AND TIME OF SALE: June 12, 2025 at 10:00 AM
PLACE OF SALE: Polk County Sheriff's Office, 600 Bruce St., Crookston, MN 56716

M5-10C

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Strategic Farming: Field Notes talked planter tips and crop emergence

According to the most recent NASS report, 44% of the corn in Minnesota has been planted, but this varies by region. While it's currently nearly complete in western Minnesota, planting is about 60% done in areas that received more rain.

Soil temperatures and the forecast are favorable for finishing both corn and soybean planting before the next rain event. With growing degree days (GDD) accumulating, it's important to get the crop in the ground soon in good soil conditions, according to Dr. Jeff Coulter, University of Minnesota Extension corn agronomist.

"The most important part of crop seeding is even emergence – and consequently maintaining yield potential – which is controlled by seed disc openers and gauge wheels," says Matt Pfarr,

University of Minnesota Extension educator. Seed disc openers create a furrow for proper seed placement while the gauge wheels firm the soil and maintain proper seeding depth. Inspecting, adjusting, and replacing these crucial planter components when they're worn is one of the best returns on investment one can make, he adds.

Seed disc openers should

ride true to the direction of travel. This "trueness" can be checked in the farm shop using existing tools. Also make sure that discs were formed correctly, are not warped, worn, or dull, and have no blemishes along the edge. Once ½-inch is worn from the original disc diameter, it should be replaced.

To create the critical 'V' opening for seed placement, disc openers require a certain amount of overlap. The amount depends on the thickness of the blade with generally more overlap required on thinner blades. Check the manufacturer's specifications. Thicker blades may wear more slowly, but may not create a wide enough furrow for the seed to find the true bottom, resulting in uneven planting depth.

Gauge wheels are the 2 nd most important part of the planter for achieving good seed placement.

Not only do they hold soil down along the seed disc openers, but they also press water up to the seed and firm the furrow for good seed-to-soil contact.

The standard gauge wheel is about 4-1/2 inches in width and is designed for less drag as the wheel rolls on the soil surface. Narrower wheels further reduce residue riding and

achieve more consistent furrow depth in high residue situations.

Check that the wheels are a good fit to the seed disc opener. Make sure that there is no wear in any bushings or bearings, or gauge wheel arms and connection points so that wheels have true flush contact with the soil.

The pound of margin (net applied force) for gauge wheels on soil varies year-to-year and with crop conditions. If the pressure is too light, the furrow will not close correctly resulting in uneven seed-to-soil and water contact. Conversely, if the pressure is too heavy, strong furrow walls or compaction can form which will hinder root development and stand establishment.

Planting on heavy, wet soils or at slower speeds requires less pounds of force on gauge wheels.

Conversely, planting when soils are dry or on coarse-textured soils requires more pressure to bring water up to the seeds.

Once in the ground, corn seeds must imbibe 50% of their weight in water to germinate. If plants emerge within a 3-4 day window, then yield potential should be maximized under most conditions, according

to Coulter.

Anything that inhibits uniform and consistent moisture around the seed can hinder emergence and lead to uneven stands. Plants that are even 1-2 leaves behind can lose significant yield potential. Neighboring plants can compensate for these losses to some degree, but can't completely make up the difference.

Plant corn by May 10 to maintain full yield potential, since yields decline after that date. In northwestern Minnesota, don't push relative maturity too much due to the shorter growing season. Select hybrids you know have a good likelihood of making it to maturity before harvest.

For more information from University of Minnesota Extension, visit extension.umn.edu/crop-production.

Thanks to the Soybean Research and Promotion Council and the Corn Research and Promotion Council for their generous support of this program.

For more news from U of M Extension, visit <https://www.extension.umn.edu/news>. University of Minnesota Extension is an equal opportunity educator and employer.



Destiny Molstad escorted by Hudson Smeby for the 2025 Win-E-Mac prom.

Making a Weed Management Plan

Prevention is the first step in a weed management plan.

By Emilie Justen, Minnesota Department of Agriculture - Whether you have a small city lot or a large farm, managing unwanted plants and weeds requires commitment. Weeds move into new areas through many pathways: on animals, people, and equipment; or in contaminated soil, mulch, water, or even animal feed. Creating a weed management plan that works for a specific site and prevents spread can help you make the best use of your time, resources, and tools.

Prevent

Prevention is the first step in a weed management plan. Keeping weeds from establishing is the easiest and most cost-effective way to protect your land. Cleaning equipment after use or before moving it to a new location, cleaning wheel wells, boots, and clothing, buying seed from reputable vendors, and not purchasing and planting problematic plants reduce the risk of spreading weeds.

Identify

Identifying the weed species on your property is also extremely important and determines what management options are available. Photos can be emailed to reportapest@state.mn.us, and Minnesota Department of Agriculture (MDA) staff can help with plant or insect identification. Apps such as Seek by iNaturalist can help you narrow down the plant species, though plant ID apps are not always 100% accurate. You can double-check the species by following up with an MDA staff person or searching the scientific name on an Internet search engine for more pictures and descriptions.



Leafy spurge beetles are released from a container into a patch of leafy spurge plants.

Once you have the plant identified, learning about its life cycle is the next step. The life cycle of the plant can be annual, biennial, or perennial. The life cycle helps determine what strategies might be most effective, as well as determine the timing for management.

If the plant has already flowered and produced seed and is an annual or biennial, herbicide options may not be effective until later in the fall or the following spring when the seeds germinate. If a plant is seeding, mowing may not be the best option because mowing can spread the seed.

Manage

There are many tools available for weed management.

- **Herbicides** are available for homeowners to use; always make sure to follow the directions on the label of the herbicide container.

- **Hand pulling** and digging are commonly done with small infestations or single plants.

Mowing can be used for

larger areas, if the plants are not in seed, and you clean your mower blade and deck afterwards.

The size of the area you plan to manage factors into your weed management plan. Break large areas down to smaller, more manageable areas and determine how much you can do in a week, a month, or a season.

Biocontrol insects may be available for appropriate sites with infestations, such as larger areas covered by species including spotted knapweed, leafy spurge, and purple loosestrife. These insects only feed on the target weed species. Biocontrol is effective at keeping targeted plant species at low populations over a long period of time and greatly reduces the amount of herbicide or other management needed.

A few other non-herbicide management strategies are growing in popularity:

- **Smothering** can be effective on small areas like back-

yards.

- **Controlled burns** are used on a regular schedule by land managers to restore or maintain healthy native vegetation that will help keep weeds under control.

- **Grazing** with goats is growing in popularity for a variety of weeds such as buckthorn and garlic mustard, with several goat grazing rental companies established.

Finally, restoring an area can help focus efforts on assisting the desired replacement plants. Consider these factors before starting restoration:

- A variety of native seed mixes are available from reputable native seed vendors in Minnesota. Purchase native seeds that were grown near the region where the restoration will occur. Seed mixes can cover large areas for a relatively low cost, but require soil preparation and several years of maintenance to establish. Once native seed mixes are established, they are adaptable to changing climate conditions such as drought.

- Potted plants from garden centers offer shortened plant establishment timeframes but are much more costly than seed mixes. Transplanting potted plants requires weekly watering, and continuous weeding to keep weeds from outcompeting the transplants. Potted plants typically establish within a year or two with consistent watering.

A weed management plan can be as simple or complex as you want. Knowing the basics of what plant species you have, what management strategies you can use, breaking large areas into smaller manageable areas, and following up with restoration or replacement plants can all help achieve a healthier landscape. Lastly, don't forget to take pictures! Before and after photos can help track your progress and show the impact you've made.

While making and enacting a weed management plan is a continuous and sometimes daunting endeavor, it is helpful to remember that there are many resources available for folks. A few are listed below:

- U of M Extension Yard and Garden can connect you to Master Gardeners and answer questions about weed management
- Native Plant Garden Designs by Wild Ones
- Landscape Alternatives by the Woody Invasives of the Great Lakes Collaborative (WIGL)
- Management and Control of Woody Invasive Species methods (WIGL)

Along with the many MDA resources, such as noxious weed life cycle and treatment graphics.

POLK COUNTY BOARD MINUTES	
APRIL 22, 2025 BOARD MINUTES	ASSESSOR
Pursuant to motion of adjournment, the Polk County Board of Commissioners met in regular session at 8:00 o'clock a.m., April 22, 2025. Members present: Commissioner Paul Reese, Commissioner Warren Strandell, Commissioner Mark Holy, 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.	Mark Landsverk, Polk County Assessor, came before the Board with matters pertaining to his department: 1. Abatement Requests A motion was made by Commissioner Reese seconded by Commissioner Willhite and adopted by unanimous vote of the Board to approve the abatement list as presented to the Board.
AGENDA A motion was made by Commissioner Lee seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the April 22, 2025, agenda.	HUMAN RESOURCES Alecia Helms, Human Resources Director, came before the Board with matters pertaining to her department: 1. Memorandum of Understanding – LELS Deputies Requesting approval for sign-on, retention, and recruiting incentives for law enforcement personnel as well as applicant incentives as outlined in the MOU. Incentives will be disbursed from the Public Safety Funds given by State of MN in 2023. A motion was made by Commissioner Reese seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the MOU for recruiting and retention of LELS Essential Employees. 2. Memorandum of Understanding – LELS Sergeants A motion was made by Commissioner Reese seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the MOU for recruiting and retention of LELS Essential Supervisors.
COUNTY BOARD MEMBER ISSUE FORUM 1. Commissioner Reese brought forth that he attended the following meetings: a. No meetings. b. Discussed upcoming meeting schedule. 2. Commissioner Strandell brought forth that he attended the following meetings: a. Grand Forks-East Grand Forks Metropolitan Planning Organization meeting. b. Volunteered helping with the Honor Flight send-off. 3. Commissioner Holy brought forth that he attended the following meetings: a. Soil removal from ditches was going well until wind blew more back into the ditches this past weekend. Work will be on-going. 4. Commissioner Willhite brought forth that he attended the following meetings: a. Executive Finance Committee meeting for the Lake Agassiz Regional Library Board. b. Finance Committee meeting. c. Crookston City Council meeting. 5. Commissioner Lee brought forth that she attended the following meetings: a. Aquatic Invasive Species Task Force meeting. b. Attended the Fosston Family Resource Center gathering. c. East Polk Soil and Water Conservation District meeting. d. Association of Minnesota Counties (AMC) Solid Waste workgroup meeting. e. AMC Board of Directors meeting. f. Minnesota African American Family Preservation and Child Welfare Disproportionality Act (MAAFPCWDA) meeting. g. Union Lake Sarah Improvement District meeting.	3. Memorandum of Understanding – Operating Engineers Local 49 Solid Waste Requesting approval for licensure premium rates for 7 different licensure levels: Special Provisional Boiler License, 2nd Class Boiler License (A or B), Waste Combustor License, 1st Class Boiler License (A or B), In-house Equipment Certification, Chief Boiler License, and Boiler Examiner License. A motion was made by Commissioner Willhite seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve the 7 licensure premium rates for retention and development of Solid Waste Unit employees. ADMINISTRATION Chuck Whiting, Polk County Administrator, came before the Board with matters pertaining to his department: 1. Update on Finance and Human Resources Policies and Software Considerations An update was shared with the Board regarding finance and human resources policies and software considerations. With no further business, the Board adjourned to reconvene at 8:00 o'clock a.m., May 6, 2025. Mark Holy, Chair ATTEST: Charles S. Whiting, County Administrator Clerk of the Board M9C



AAA winners at Win-E-Mac School for the 2024 - 2025 school year were: Josie Fortman, Livaeh Kiecker, Bergan Howard and Braylon Hamre.

Tips to get kids to read more

From improving mental health to fostering stronger memory to teaching a person new things, reading offers many benefits. Reading also can boost creativity and help expand vocabulary. Despite these amazing perks, data indicates reading for fun has become less common among American children.

According to a survey conducted in late 2019 and early 2020 by the National Assessment of Educational Progress, the percentage of 9- to 13-year-olds who say they read for fun on an almost daily basis are at the lowest levels since the mid-1980s. In 2023, Scholastic released new data from its Kids & Family Reading Report®: 8th Edition that found only 32 percent of 9- to 11-year-olds and 15 percent of 15- to 17-year-olds are frequent readers. Parents who want their children to read more can consider these strategies to foster a love of reading in youngsters.

Set limits on screen use
Scholastic's report indicated children's digital activities have risen since 2018 among all age groups studied. Chil-



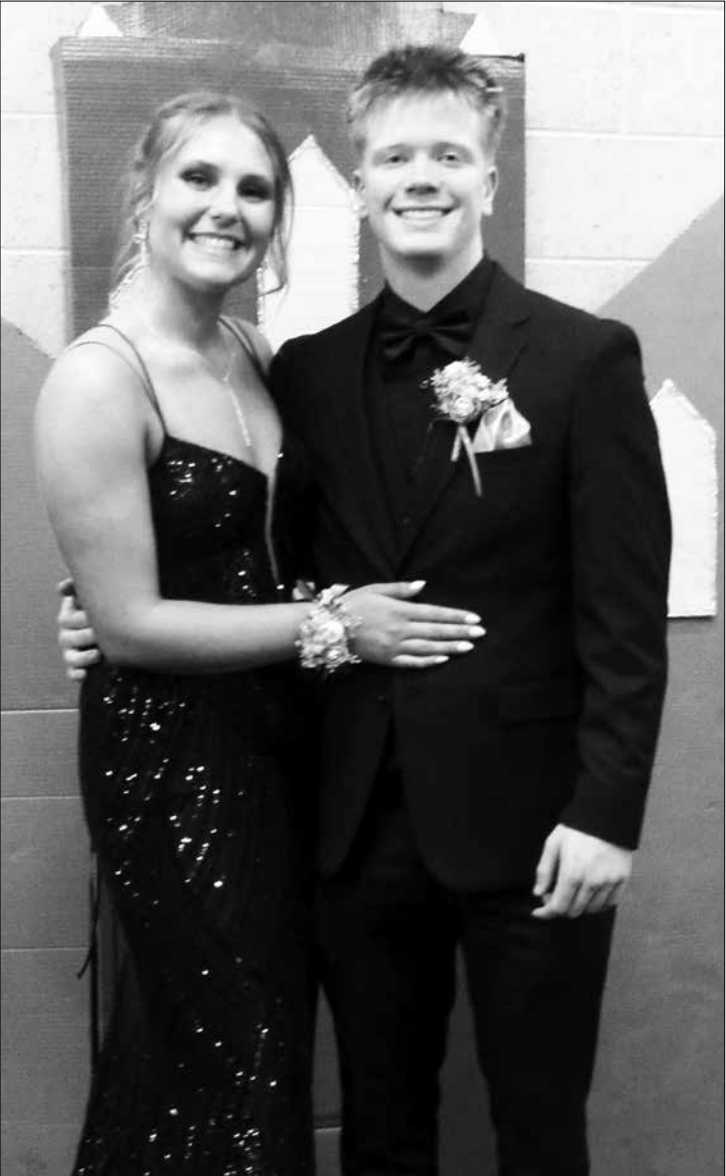
dren are increasingly participating in digital activities that include going online for fun and watching videos or utilizing apps. By setting limits on screen time for children, parents may increase the likelihood of diverting youngsters' attention to other activities, such as reading.

Become a reading role model
One of the biggest predictors of reading frequency has to do with perceived importance of reading. If children see their parents frequently reading for pleasure and finding it important, and having access to a wide variety of books to read, then they may be encouraged to read for fun as well.

Make reading accessible
Parents can facilitate opportunities for kids to read by

getting their children library cards, frequently taking them to bookstores, participating in school-run book fairs, and participating in other activities that prioritize book access, such as sales at the local library. Furthermore, since children are so in tune with digital devices, offering access to an e-reader or digital reading app on a tablet will enable children to tap into the vast digital library of books.

Don't stress about the content
Experts note that parents should not stress about what kids are reading. Many times parents worry that their kids aren't reading the classics or hard-hitting novels. As long as kids are reading age-appropriate material, the subject matter does not make a world of difference. From comic books to newspapers, kids can read anything so long as it's appropriate for their age.
Reading is beneficial for people of all ages, but modern kids are not reading enough. Adults can explore the various ways to encourage children to read more.



Lauren Kaupang escorted by Cameron Bergman.



Livaeh Kiecker escorted by Easton Petry.



Paige Breitbach escorted by Braylon Hamre.



Attending the 2025 Win-E-Mac prom were : Addison Wendt escorted by Riley Kochmann, Kalli Roy escorted by Clay Below, and Evelyn Ryan escorted by Jayden Haugen.