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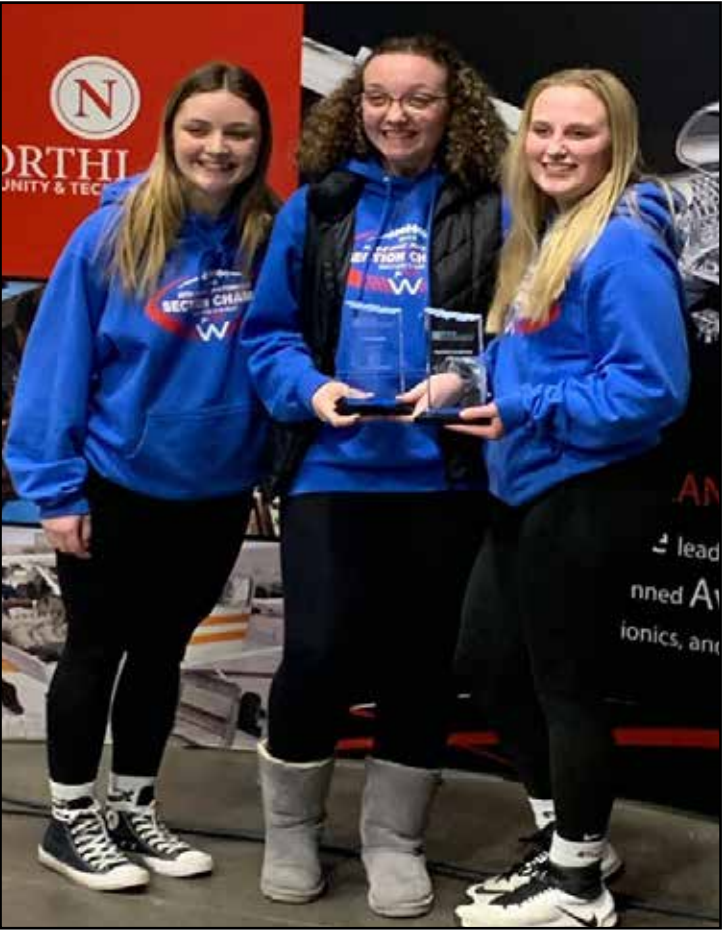
Times

Hub of the Thirteen Townships

McIntosh, Minnesota



A huge congratulations to Win-E-Mac Robotics Team 5300G (Alec Haskett, Wyatt Davis, Foma Cheremnov), who placed 2nd in the state and qualified for the World Championships which will be held in Louisville, KY.



Congratulations to the brand new Win-E-Mac Drone Team. Team 5300Z made up of Abby Lende, Rylee Haugen and Kallie Hand. The team WON the Drone Racing competition and also won the Ace Award. Both of these achievements also qualifies them for the World Championships in Louisville, KY.

Local leaders participate in Extension program

Chad and Carmen Knutson, Fisher are West Polk County's representatives in the Red River Valley Emerging Leadership Program. Alumni of the program from the county nominated them to take part in the program because of their involvement in their community.

Chad's farming operation includes raising corn, wheat, soybeans, alfalfa, and other forage crops. In addition, he runs a herd of beef cattle. Carmen works as a Customer Service Representative at Ag-Country Farm Credit Services in the Crookston office.



Chad and Carmen Knutson.

During the program, Chad and Carmen will be gathering with other rural leaders from 17 counties in the region over four sessions to gain insight on personal leadership styles, communication, rural issues, life balance, and facilitating effective meetings. Participants will spend time at the state capitol and visit with state legislators about issues affecting their communities.

One recent graduate of the Emerging Leadership Program said the following about the program:

"My mind has completely switched on what it means to be a leader, from questioning if I am one, to how can I be a better one! I found strengths I didn't know I have."

Another graduate added:

"I found a network of fellow leaders/friends...and engaged in worthwhile learning sessions throughout the program. This experience will enable me to be a better leader in my community and help others get in-

volved as well.

University of Minnesota Extension coordinates the Emerging Leadership Program and provides educational content. Financial support for the program comes from the Northwest Minnesota Foundation, Red River Valley Development Association, and from a variety of other sources including ag producer groups, electric cooperatives, community businesses, financial institutions and individuals in counties throughout northwest and west central Minnesota who contribute each year.

Chad and Carmen will be honored for their commitment to leadership and their community at the Emerging Leadership Program's annual recognition banquet on Saturday, March 28 in Crookston. Family and friends are invited to join program alumni at the event. Tickets can be ordered from the Extension Regional Office~Crookston by calling 218-281-8696 -or- toll free 1-888-241-0781.

Candlelight Ski / Owl Prowl at Rydell

The evening of Saturday, February 8th the Friends of Rydell and Glacial Ridge Refuges Association will be hosting a Candlelight Ski and Owl Prowl event at Rydell National Wildlife Refuge (NWR) near Erskine, MN.

The timing of this event coincides with a full moon, and hopefully good snow conditions, clear skies, and moderate temperatures!

The Rydell NWR Visitor Center will be open throughout the event, which will run from 5:15pm to 9:00pm. Although all five of Rydell NWR's trails will be open for cross-country skiing or snowshoeing, Golden Pond and Church Lake trails will be groomed and lighted for

this event.

Even though luminaries will be distributed along these two trails, we recommend that visitors bring along a headlamp, if they have one, just in case it is cloudy and there is minimal moonlight. As visitors traverse the trails, multiple owl calling stations will be set up where the calls of several owl species (e.g., saw whet, barred, great horned) will be projected into the woods to try to generate a response.

Who-who-who knows what you might hear! We will have several pairs of adult and child size skis, as well as snowshoes, available for visitors to use.

If you have questions, contact Lisa Wiersma at 218-687-



2229 x10 or lisa_wiersma@fws.gov.

If temperatures are below zero or wind chills are in the double-digits below zero, the event will be cancelled and potentially rescheduled at a later date.



Gene Haugom donated blood during the Annual Friend's of the Veteran's blood drive that took place last Wednesday at the McIntosh Community Center.



Giving blood during the blood drive held in McIntosh last week was Laura Perkerwicz.



Arlene Eggers was one of the many volunteers who gave blood during the Friend's of the Veteran's annual Blood Drive.

Sentiments that the colors of roses are meant to convey

Roses are a popular gift on Valentine's Day.

When accompanied by a box of chocolates, a bouquet of long-stemmed roses is sure to make a sweetheart smile on February 14.

Few people may know that the color of a rose is meant to convey a certain message. As a result, even the most head-over-heels-in-love man or woman may not be saying what they mean to say when giving roses.

If that special someone has a favorite color of rose, then it might be wise to give that color regardless of what tradition suggests.

But when sweethearts have no such preferences, it might be best to keep this guide, courtesy of ProFlowers®, in mind.

Red: Red roses say "I love you." Red is symbolic of love, especially romantic love. Red also symbolizes beauty, courage and respect.

Pink: Pink is a popular color on Valentine's Day, but sweethearts should know that pink roses say "Thank you," which makes them a better choice for friends than lovers.

White: White roses say "I am the one for you." White symbolizes true love, purity, innocence, reverence, humility,



youthfulness, and charm.

Yellow: Yellow roses say "We're friends and I care about you." Joy, gladness, friendship, delight, and remembrance are just a few of the sentiments yellow conveys.

Yellow with red tip: Yellow roses may be best for friends, but yellow roses with red tips say "I'm falling in love with you."

Orange/coral: Another awe-inspiring color, orange/coral roses say "I want you in my life." This color indicates desire, enthusiasm and fascination.

Red and white together: A mixed bouquet of red and white roses says "We are a great match."

Peach: Peach symbolizes intimacy, telling a lover, "Let's make this a memorable Valentine's Day."

Different color roses say different things, meaning Valentine's Day celebrants can find a rose to convey any message they hope to send this February 14.



Community Calendar

- Wed. Feb. 5:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Feb. 6:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council Meeting @ Community Center 5:30pm
- Fri Feb. 7:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Feb. 10:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tue Feb. 11:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm
- Wed. Feb. 12:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Feb. 13:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Feb. 14:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Feb. 17:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tue Feb. 18:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm

The County Line

Warren Strandell,
Polk County Commissioner, District 2

I wear my seatbelt...always will.

Why such a firm practice? An explanation of the reasons may be considered a bit gruesome. With that warning, read on at your own risk.

It was early one spring morning in Austin, Minn., when the telephone rang. There had been an accident on Interstate 90 down below the Highway 218 overpass bridge. As a young newspaper reporter for the Austin Daily Herald, I got my camera and went to the accident scene at the north edge of the city.

Once there, I headed down the embankment from the overpass bridge to the interstate highway.

There was a wrecked car. A really wrecked car. I took a picture as I went. Seeing the flash — the sun hadn't come up enough for a daylight picture — a blonde haired, middle-aged lady sat up from the ambulance gurney. Blood was running down her face. "No pictures, no pictures," she screamed several times.

By that time, I had already seen what she didn't want photographed... a teenage boy still in the car. His head had been literally smashed by the impact from hitting the bridge pillar. He had no sign of life.

After the ambulance left, I took some pictures... from a distance not showing the teenager. As requested by law enforcement officers, I didn't get up very close ... both because of the request and because I didn't have the stomach for it anyway. The passenger side of the front of the vehicle — a part of the bumper and grille, the front wheel, the fender, everything — had all been thrown back into the front seat of the car where the boy had been riding. It was likely that he had been sleeping. It was ugly to say the least.

The background

The situation leading up to accident had been this: The teenager was a member of the Austin Drum & Bugle Corps unit that had been participating in a competition in Wisconsin.

The competition was to continue later that day but the boy needed to get back to Austin for his shift at a fast-food restaurant. The lady/driver had volunteered to take him back but after a few hours of driving in the dark of night had apparently fallen asleep as she came into Austin. The car had veered off and hit the bridge support structure.

This all happened more than 40 years ago but I remember it as clear as a bell. It was one of several "experiences" while covering accidents for newspapers in southern Minnesota in those years.

Those experiences included seeing a middle-aged couple sitting dead in the front seat of their smashed car following a head-on crash (the other driver had crossed over the centerline), of watching as the coroner turned over the body of a man lying at the bottom of the ditch to pronounce him dead,

of watching as a mom and dad came to the emergency room at the hospital to identify their dead son.

Memories linger

There were a number of tragic, horrendous crashes over that period of six years. The memories just don't go away.

Back then, big V-8 engines powered the cars and there wasn't nearly enough attention paid to speeding, to seatbelt use, to driving while impaired or any other contributing danger.

Most law enforcement officers and ambulance attendants likely have experienced similar situations. I'm sure that the memories don't go away for them either.

If there is one thing that all of the victims had in common it was that they didn't think it

could happen to them. Using the seatbelt will give me a better chance that it doesn't happen to me. For that reason, I will wear it religiously. I sure hope that you do that, too.

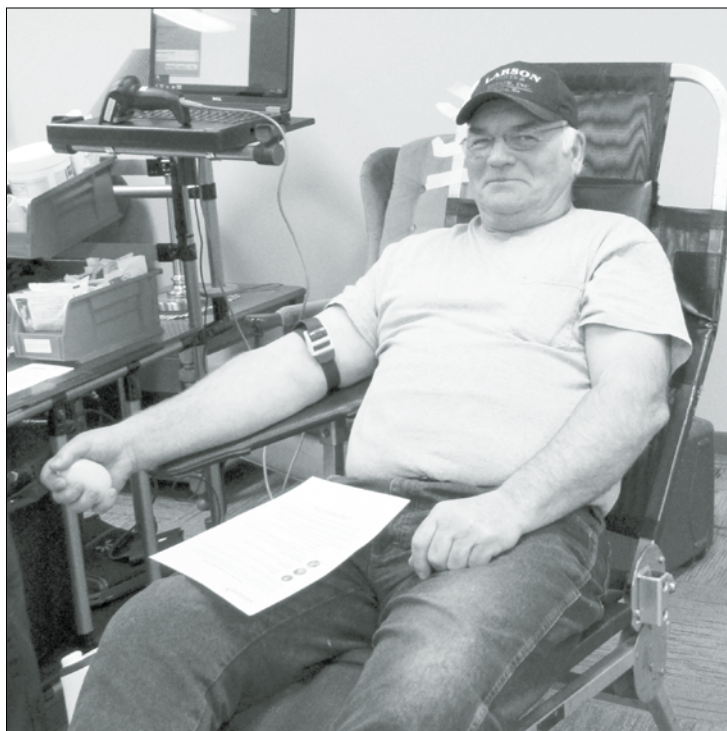
Thoughts for the day:

Life is tough... It's even tougher if you are stupid. — John Wayne

Peace is that brief glorious moment in history when everybody stands around reloading. — Thomas Jefferson

Disclaimer: Thoughts expressed in this column are those of the author and are not necessarily a reflection of the opinions of the other members of the Polk County Board of Commissioners.

Ad deadline:
Noon Friday



Giving blood during the Blood Drive held at the McIntosh Community Center was Clayton Bartz.

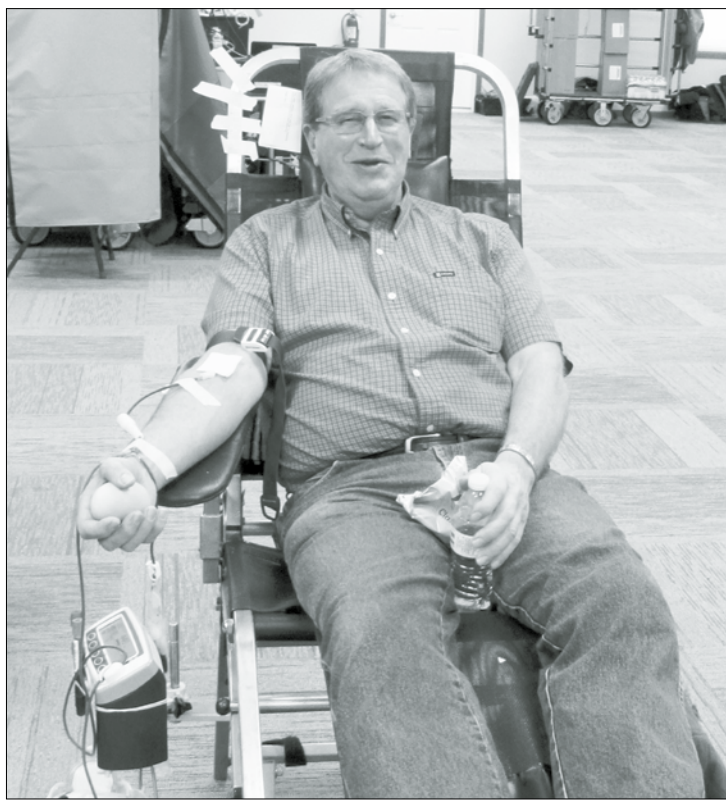


Judi Lindseth donated blood at the Annual drive hosted by the Friends of the Veteran's and held in McIntosh last week.

Accounting Technician

Polk County Social Services is looking to fill a current Accounting Technician vacancy in our Crookston office. Individuals interested in the position must be Minnesota Merit System eligible. The starting wage for this position is \$19.13 per hour. To obtain information about qualifications and to apply online you may go to the Minnesota Merit System online application center at <http://agency.governmentjobs.com/mnmeritsystem/default.cfm> (click on current Exam Openings) or call Randy Beggs at 218-470-8438. Deadline to apply is **February 14, 2020**. You must complete the exam within (3) three days of the closing date, or by no later than **midnight, February 17, 2020**. Polk County is an Equal Opportunity Employer.

M45-46C



Local barber, Ron Roed donates blood during the Friends of the Veteran's hosted Blood Drive at the Community Center last Wednesday.

Preparing for Lent & Easter

The Christian tradition of Lent is celebrated across the globe by many different denominations of the faith. Lent is a 40-day period of sacrifice that begins on Ash Wednesday and culminates with the celebration of the resurrection of Jesus Christ on Easter Sunday.

Lent is designed to help Christians prepare for Easter through prayer, repentance of sins, almsgiving, denying the ego, and putting and end to sinful practices. Fasting is a component of Lent, as is abstinence from certain behaviors.

In fact, in some Western countries, Catholics have been encouraged to adopt forms of abstinence that do not involve food and drink during Lent. All actions serve as forms of self-denial to mirror the sacrifice Jesus Christ made for his people.

Abstaining from alcohol is not mandatory during Lent. That might be traced to ancient times, when wine and other forms of alcohol were safer to drink than pathogen-filled water sources. But many people now choose to give up alcohol for Lent.

Today, fasting is primarily reserved for Ash Wednesday and Fridays during Lent, including Good Friday.

Adherents may opt to fully fast, but most only eschew meat and poultry as a nod to self-denial, opting for seafood and vegetarian fare instead.

While much focus is placed on what is denied during Lent, it can be an ideal time to reflect on what is gained by living a

life in which God is first and foremost. Spending more time in prayer and away from trivial distractions can be a way to live a more faithful life during Lent and beyond.

In addition, aspiring to be more Christ-like during Lent can make this special season even more powerful. During Lent, Christians can make a concerted effort to help the poor, work with a charity or volunteer at their church.

Lent is a solemn time, but one that can bolster one's faith

Do you have a story to share?

If you have a story, a story idea or any photos you want to share, please send to: mcintoshtimes@gmail.com

Did You Know?

The December Statistical Snapshot is out now. Every month DEED Economists pull together data to see how the state compares to the rest of the nation. This month Minnesota had the 3rd highest labor force participation rate and the 3rd highest percentage of the population with a high school diploma or higher.



Wed. Feb. 5: Rebecca Lee Kleven, *Craig & Lynette Espeseth
Fri. Feb. 7: Mavis Finseth, Tori Lee Weber, Lydia Herem, Hazel Burthwick, *Ron & Nicole Grande
Sat. Feb. 8: Renee Brekke, Ardell Opdahl
Sun. Feb. 9: Erich Gensburger
Mon. Feb. 10: Melford Grundyson, Nicole Grande, Ashleigh Bartz
Tues. Feb. 11: Julie Sultvedt, Clay Syverson, Garrett Nornes, *Mark & Brook Sionson

LARL closed for Presidents' Day

All Lake Agassiz Regional Library (LARL) branches and LINK sites will be closed on Monday, February 17 in observance of Presidents' Day, with regular hours of operation resuming Tuesday, February 18.

LARL's branch libraries are located in Ada, Bagley, Barnesville, Breckenridge, Climax, Crookston, Detroit Lakes, Fertile, Fosston, Hawley, Mahnommen, McIntosh and Moorhead. LARL's LINK sites are found in Cormorant, Frazee, Gonvick, Halstad, Hendrum, Lake Park, Rothsay, Twin Valley and Ulen.

Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in northwest Minnesota. More information is available at www.larl.org.

NOTICE

HILL RIVER BOARD OF AUDIT

The Board of Audit meeting of the Township of Hill River, County of Polk, State of Minnesota, will be held on Monday, February 10, 2020 at 7:00 p.m. at the Ray Sundrud hunting shack. (Call 218-435-1029 for directions). The Clerk's financial records shall be open for review.

Raymond O. Sundrud,
Clerk/Treasurer
Hill River Township

M45-46C

McINTOSH Times

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ST. MARY'S CHURCH

Fosston

Fr. John Suvakeen,
Pastor

Sun. Feb. 9: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Feb. 16: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH

Winger/Bejou

Supply Pastor

Gordon Syverson

Sun. Feb. 9: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. Feb. 16: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh

Supply Pastor

Gordon Syverson

Sun. Feb. 9: 11:15am Worship Service.

Sun. Feb. 16: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH

Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church

Wed, Feb. 5: 6:30pm Bible Study at Sharon Ramberg's

Sun., Feb. 9: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service

Tues, Feb. 11: 10:00am Sunday worship service telecast on GVTV--30; 1:30pm Bible Study at The Pioneer Memorial Care Center

Wed, Feb. 12: 6:30pm Bible Study at Sharon Ramberg's

For information on free rides to any of the above activities call 218-268-4242 or 218-687-3461 Gosen Church is located 4 miles south of the junctions of Hwy. 2 & 59 or 4 miles north of Winger; then ½ mile east on County Road 206.

MCINTOSH AFLC

McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Thurs. Feb. 6: 7:00am Men's Breakfast at Mt. Carmel

Sun. Feb. 9: 9:30 Mt. Carmel Worship; 9:45 Trinity Sunday School for all ages; 10:45 Mt Carmel Sunday School for all ages; 11:00 Trinity Worship;

Thurs. Feb. 12 : 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. Feb. 9: 9am Worship; fellowship coffee following worship

Sun. Feb. 16: 9am Worship; fellowship coffee following worship

DOVRE

FREE LUTHERAN

Pastor Don Edlunds

Sun. Feb. 9: 10:00am Worship Service and Children's Sunday School

Sun. Feb. 16: 10:00am Worship Service and Children's Sunday School

IMMANUEL LUTHERAN CHURCH

McIntosh

Pastor Bruce Blocker,

Sun. Feb. 9: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

Sun. Feb. 16: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

GRACE LUTHERAN CHURCH NALC

Erskine, Minnesota

Pr. Mike Sletto

Sun. Feb. 9: 10:30am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

Sun. Feb. 16: 10:300am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

RODNES LUTHERAN CHURCH

Erskine

Pastor Joel Smeby

Wed. Feb. 5: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Sat. Feb. 8: 8:00am Men's Prayer Group

Sun. Feb. 9: 10:00am Worship

Wed. Feb. 12: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Sat. Feb. 15: 8:00am Men's Prayer Group

Sun. Feb. 16: 10:00am Worship

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Grazing opportunity at Glacial Ridge National Wildlife Refuge

The U.S. Fish and Wildlife Service is accepting bids for private landowners to graze cattle on parts of Glacial Ridge National Wildlife Refuge, beginning in May of 2020. The selected landowner will enter into a Cooperative Agricultural Agreement to conduct grazing on specified units of the Refuge. This conservation grazing opportunity has the potential to last through October of 2022. Cattle will be rotated at specific intervals through multiple different pastures within the Refuge. More than 2,750 of the Refuge's 23,000 acres will be grazed in 2020. The objective of grazing on the Refuge is to manage its grassland and wetland habitats and improve conditions for migratory birds and other ground-nesting birds. Rotational grazing is used in conjunction with prescribed fire and other management activities to mimic the historical disturbances that the tallgrass prairie of western Minnesota evolved with.

Glacial Ridge National Wildlife Refuge was established in 2004 as the 545th refuge in the National Wildlife



Refuge System, and is located 10 miles east of Crookston, MN in Polk County. The Glacial Ridge Project is the largest prairie-wetland restoration ever undertaken in the U.S., and began with the acquisition and restoration of more than 20,000 acres of land by The Nature Conservancy and numerous partners.

This grazing opportunity will be awarded through a closed-bid process. Bids are due February 14, 2020. Interested people can ask questions

or request a copy of the bid package by contacting Gregg Knutsen at 218-687-2229 x16, 218-686-4329, or gregg.knutsen@fws.gov. The bid package is also posted on the Glacial Ridge National Wildlife Refuge webpage (www.fws.gov/refuge/glacial_ridge/). Additionally, bid packages can be picked up directly at the Glacial Ridge and Rydell National Wildlife Refuge Office, located approximately 4 miles southwest of Erskine, MN on County Road 210.

Six new weeds added to state Noxious Weed List

Three weeds change categories on list.

The Minnesota Department of Agriculture (MDA) has added six new weeds to the state's Noxious Weed List.

The Noxious Weed List places weeds into four categories, Prohibited Eradicate, Prohibited Control, Restricted, and Specially Regulated, and defines how the weeds must be controlled. Three weeds on the list also changed categories.

As the lead agency for noxious weed regulation, the MDA, with recommendations from the Noxious Weed Advisory Committee, updates the state's Noxious Weed List every three years.

Plants are placed on the Noxious Weed List because they may be harmful to public health, the environment, public roads, crops, livestock, or other property. There are restrictions on the weed's sale, transport, growth, or spread.

The six new species added to the list are:

- Japanese honeysuckle (*Lonicera japonica*) as Prohibited Eradicate
- Bohemian knotweed (*Polygonum x bohemicum*) as Prohibited Control
- Siberian peashrub (*Caragana arborescens*) as Restricted (exemption for Green Spires® Caragana - Caragana 'Jefarb')
- European alder (*Alnus glutinosa*) as Restricted
- Norway maple (*Acer platanoides*) as Specially Regulated
- Winged burning bush (*Euonymus alatus*) as Specially Regulated

The three species that changed categories are:

- Japanese knotweed (*Polygonum cuspidatum*) and giant knotweed (*P. sachalinense*) were moved from Specially Regulated to Prohibited Control.
- Tree of heaven (*Ailanthus altissima*) was moved from Restricted to Prohibited Eradicate.

Prohibited Eradicate species are considered a serious threat and are the state's

highest priority noxious weeds. These species must have all above- and below-ground parts of the plant destroyed.

Prohibited Control weeds are found in higher populations than those on the Eradicate species list, and they must be stopped before the weeds mature and spread through seeds, cuttings, and other plant parts.

Restricted noxious weeds are widely found throughout Minnesota. Landowners with Restricted weeds on their property are encouraged to manage these species but cannot be

forced to do so under the Noxious Weed Law.

Specially Regulated plants are native or have the potential to cause harm in non-managed landscapes. These weeds have specific management plans developed by the MDA, and measures must be taken to minimize their potential harm.

To view the updated Noxious Weed List and to learn more about the category definitions, go to www.mda.state.mn.us/noxiousweedlist.

How to reduce skin cancer risk in winter

Sunscreen and the great outdoors go hand-in-hand during the warmer months of the year.

For instance, few people can imagine spending a day at the beach without first covering their skin in sunscreen. But skin also must be protected when spending time outdoors in winter.

The World Health Organization notes that one in every three cancers diagnosed across the globe is skin cancer. While that's a scary notion, it's important to note that many skin cancer cases are preventable.

Protecting skin in winter, a time when many people mistakenly believe their skin is not vulnerable to damage caused by the sun, is one way for people to reduce their risk of developing skin cancer.

Don't put sunscreen in storage. Even if you won't be beachfront and basking in the sun's rays, it's still important to apply sunscreen in winter.

Frequently reapply sunscreen. The "set it and forget it" approach does not apply to protecting the skin with sunscreen. Reapply sunscreen every 90 minutes that you are outdoors to ensure your skin is fully protected at all times. Skiers should recognize that they are much closer to the sun as they traverse the slopes, and that means the UV radiation is more intense on the mountain

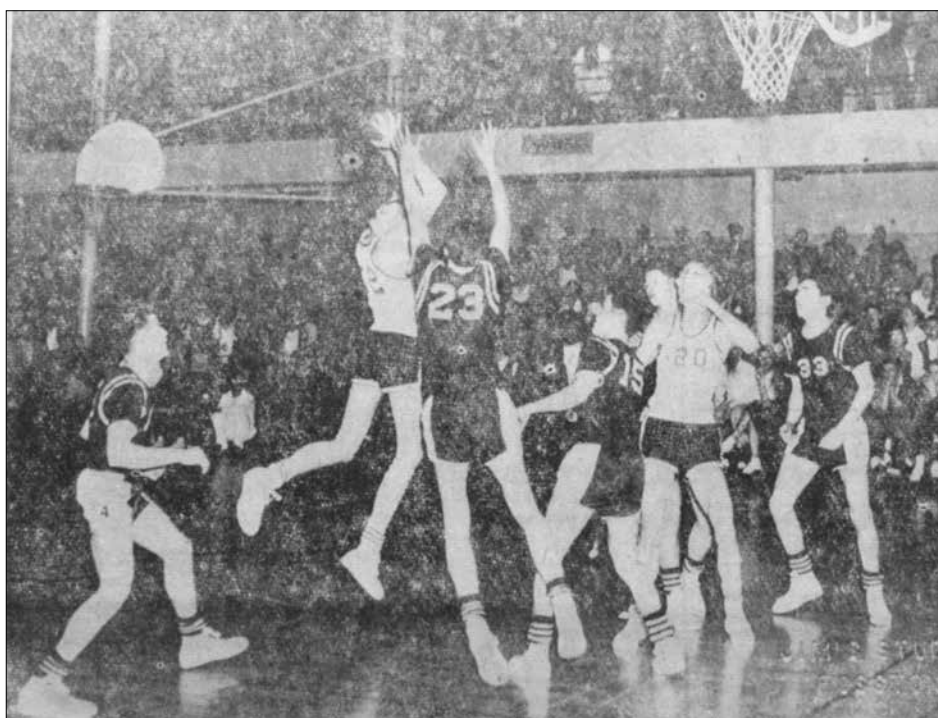
than it might be in the foothills or lower elevation areas. That heightened intensity only underscores the importance of reapplying sunscreen.

Don't forget to protect your lips. The DFCI notes that the lower lip is especially vulnerable to the sun's rays. A lip balm with an SPF of 30 or higher should be applied before going outside and then frequently reapplied while outdoors. In addition, women can use makeup with SPF.

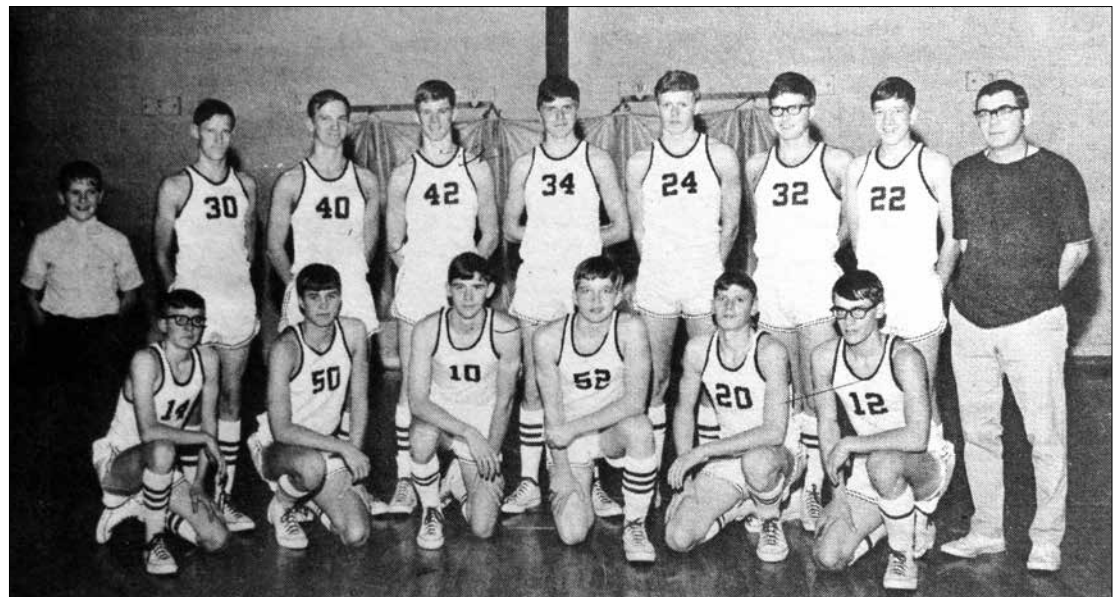
Avoid tanning booths. Indoor tanning booths increase users' risk for skin cancer and premature skin aging. In fact, the DFCI notes that cancer researchers have found that the risk of developing melanoma is 60 percent greater among people who have been exposed to UV radiation from indoor tanning. And that risk only increases with each visit to a tanning booth.

Don't forget to protect the skin while on vacation. People who vacation in warm climates during the winter may be the envy of coworkers and neighbors upon returning home with a tan, but it's imperative that travelers prioritize protecting their skin while on vacation.

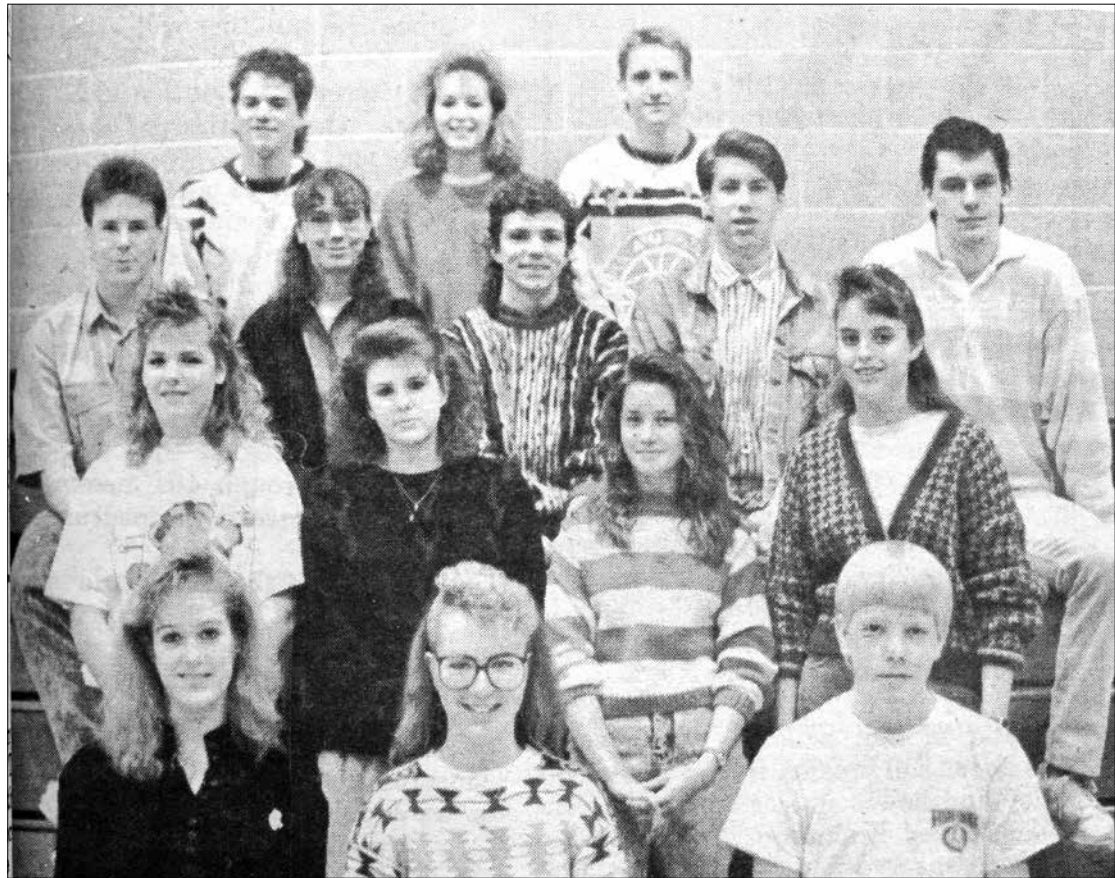
Unprotected skin is vulnerable to sun damage and skin cancer year-round, including when the temperatures dip below freezing.



60 years ago...1960: Ray Schleicher drops one in while Leslie Goodwin waits for the rebound and the Fosston Greyhounds are on guard in this action shot taken at the final game in Fosston on Friday night when the Scots became the North Sub District Champions for the second year in a row.



50 years ago...1970: Scots close season play with a 7 - 7 record. Front row (l-r) Greg Anderson, Kevin Tranby, Rick Carlson, Dale Tangen, John Helgaas, Scott Schminski. Back row: Loren Anderson, Terry Haaven, Gordon Ostenaar, Tennis Balstad, Nathan Anderson, Jim Benson, Philip Jore, Steve Knudson and Coach Lloyd Carlson.



30 years ago...1990: Win-E-Mac students from the Senior High (grades 10 - 12) who have earned an "A" average for both quarters, attaining a semester of "A" average grades are: (back, l-r) Eric Roed, Stephanie Voxland, Jeff Oseth; (next row) Kris Burslie, Heidi Habedank, Stuart Ingman, Dan Mork, Tim Olson, seniors; (next row) Carrie Hegg, Kylie Horacek, Marianne Verdun and Rose Syverson, juniors; (front row) Nikki Berg, Katina Bruggeman and Kevin Olson, sophomores.



10 years ago...2010: Gale Melby of Winger demonstrated quilt-making techniques to the Christian Women's group that meets monthly at the Community Center in McIntosh. Gale took up quilting after retiring from the Highway Department and since has made a hundred quilts. He will also begin teaching quilting classes at the Red Rooster Quilt Shop in Fosston.



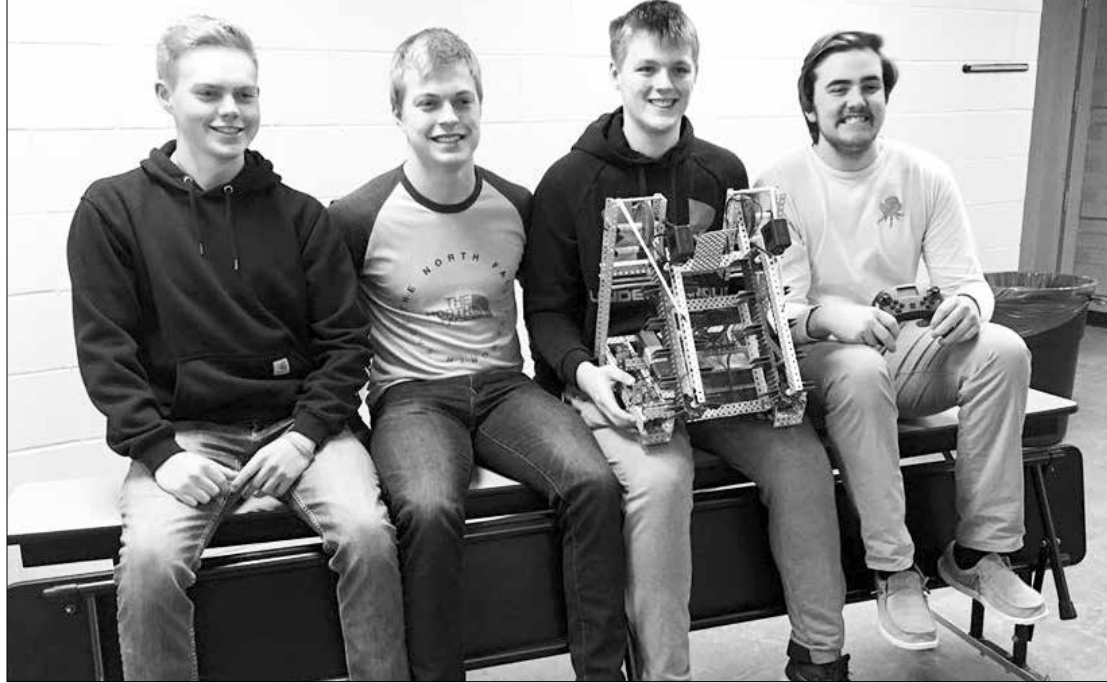
20 years ago...2000: Boy Scouts honored at the Court of Honor were (back) Scott Schimanski, Tony Hand, Skyler Schimanski; (front) Brady Lee, Robert Jensen and Mike Brinkman.



The Win-E-Mac Robotics team of Alec Haskett, Wyatt Davis, Foma Cheremnov participated in both the robotics competitions and the new drone tournament.



The drone team of Abby Lende, Rylee Haugen, and Kallie Hand participated in the State competition over the past weekend.



The State tournament-bound Win-E-Mac robotics team of Nathan Fortmann, Zach Simonson, Isaac Salvhus, and Connor Johnson participated in the competition over the weekend.



Participating in the State Robotics competition over the weekend was the team of Cameron Svalen, Josie Fortman, Marissa Mayer, Ruby Breckel, and Daniel Boianoff.

RiverView Health holds 122nd Annual Meeting, Looks forward to building project completion

RiverView Healthcare Association celebrated its 122nd Annual Meeting and Membership Banquet Jan. 27th at the University of Minnesota-Crookston. Jason Toso, project manager with Mortenson Construction, gave the keynote address regarding RiverView's hospital and clinic replacement project, RiverView 2020: Our Vision is Clear.

The two-story, 80,000 square foot building is on schedule with a fall completion anticipated. Toso reported that 85 people work onsite daily, many of them from the region.

He estimated 12,638 craft hours were spent on the project through December; of those, employees within a 60-mile radius of Crookston completed 7,970 hours.

Toso highlighted special amenities going into the build; including a roof garden, an 80-seat conference center, meditation space, improved Memory Care garden, a new gift shop, and a snowmelt system for

sidewalks.

The \$51 million project will house the Inpatient Unit on the upper level with 18 universal patient rooms, three labor and delivery rooms, and four family suites.

Every room will have a private bathroom and a large floor plan to allow caregivers adequate space to provide exceptional patient care and room to ensure family and friends are comfortable.

The ground level will be home to all three of RiverView's current Crookston clinics consolidated into one large clinic.

The new clinic will have 48 exam rooms, four procedure rooms, and four consultation rooms.

A Tough 2019, Better Days Ahead in 2020

RiverView experienced a -4.2 percent margin in 2019, much of it attributed to surgeon turnover with several long-time providers retiring in 2018, reported RiverView

President/CEO Carrie Michalski during the organization update. Net revenue dipped to \$58.8 million in 2019 from \$64.5 million in 2018. Nevertheless, a turnaround is taking form. By the end of RiverView's first quarter for Fiscal Year 2020, Dec. 31, 2019, the organization was on pace for a positive 7.8 percent margin, she shared.

The turnaround is attributed to increasing volumes of recently recruited physicians and a 2020 goal of targeting changes in all departments to save on expenditures and generate revenue. That implementation generated \$560,000 in improvements in the first quarter, Michalski said. The target by the year-end in September is \$2 million in margin improvements.

"Change is not always fun," Michalski said. "The process of change can be painful...Some changes are six-digit changes and some are \$6 changes. We count them all...All changes

Win-E-Mac announces 2nd quarter Honor Roll

The following Win-E-Mac Junior High School and Senior High School students have attained either an "A" or "B" average in academic subjects for the second quarter of the 2019 – 2020 school year. Congratulations! To be eligible for the "A" Honor Roll, students need to have attained a 3.76 – 4.00 GPA (grade point average). TO be eligible for the "B" Honor Roll, students need to have attained a 3.00 – 3.75 GPA.

Seniors:

"A":

Lindsey Espeseth
Nathan Fortmann
Rylee Haugen
Liliana Jaeger
Lydia Kutsev
Abby Lende
Elliana Lindberg
Dustin Osland

"B":

Mary Hailykate Catahan
Candelario Flores
Parker Gerber
Isabella Hernandez
Laila Issa
Katrina Jackson
Faina Kutsev
Sani Pasanen
Gabriela Qualey
Natasha Salsbery
Issac Salvhus
Carlie Sander
Adeline Spry

Juniors:

"A":

Paige Breckel
Remy Goodwin
Gavin Haskett
Alex Jacobson
Reed Neubert
Sidney Roed
Dylan Roy
Bryer Strom
Mia Thompson
Brock Trandem
Supawan Voraet

"B":

Felicity Andress

Bryce DuChamp
Nikon Erofeeff
Kobe Hamre
Taybryn Knutson
Avtonom Martushev
Delvin Morel
Kendyl Nelson
Noah Ostenaa
Gavin Walker

Sophomores:

"A":

Rebecca Arme
Monania Erofeeff
Anton Hickman
Teagan Paulson
Eva Qualey
Haley Sander
Alivia Winter

"B":

Tabitha Bratager
Kolton Cherf
Kendyl Johnson
Kerianna Kutsev
Maci Smeby
Savahanna Svalen
Hunter Trandem

9th Grade:

"A":

Fivea Boianoff
Anna Cymbaluk
Bret DuChamp
Kallie Hand
Logan Kalinoski
Vadim Kulikov
Zachary Lockow
Nadelly Neubert

"B":

George Erofeeff
Kylie Geray
Alecia Hancock-Fitzgerald
Andray Lisov
Aifal Mametieff
Jonathan Moritz
Jamison Nichols
Izabelle Ostenaa
Thomas Revier
Laila Roragen
Caden Shaver
Jonas Spry

8th Grade:

"A":

Kiersten Anderson
Ava Howard

Emily Strom
Luella Strom
Clare Stuhau
Kyra Stuhau
Sydney Svalen
Kianna Tadman
Hana Thompson

"B":

Joseph Breckel
Trueth Brown
Foma Cheremnov
Wyatt Davis
Caleb Green
Dylan Hagen
Alec Haskett
Kailee Kramer
Preston Lecy
Alyssa Morberg
Kaden Oliver
Annika Shimpa
Brooke Tofstad

7th Grade:

"A":

Clay Below
Emelia Boianoff
Braylon Hamre
Livaeh Kiecker
Erica Kramer
Shelby Mandt
Evelyn Ryan
Abigail Sauer
Danielle Winter

"B":

Ruby Breckel
Ben Cymbaluk
Hank Earls
Phillip Enoksen
Sava Erofeeff
Josie Fortman
Brooklyn Gunderson
Calvin Hill
Maya Holm
Bergen Howard
Julian Janisch
Carter Knutson
Claudia Kutsev
Krissia Kuznetsov
Callista Lewis
Shelby Long
Ustina Mametieff
Colten Mandt
Kassidi Qualey
Brayden Sander

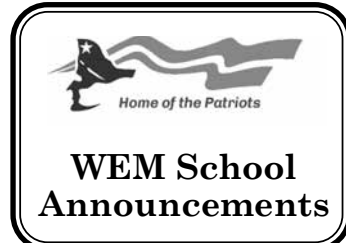
sheets will be sent home with students to schedule a time. Students will be dismissed at 12:30 with busses running shortly after dismissal.

Prom is May 2nd! Complete sign-up by April 15, 2020 ~ all prom attendees and their guests must be sign-up and pay attendance fee ahead of time.

Win-E-Mac seniors/juniors are invited to attend the prom with a guest who is a sophomore or older in school or out of school but no older than 20 years of age.

Each individual attendee's \$15 cover fee needs to accompany sign-up. Fee is to offset costs (food and beverages included). All prom grand march attendees are expected to wear formal attire. Sign-up sheets available in Mrs. Winter's room.

Yearbook staff is taking pre-orders for this year's book to be distributed upon completion in May of 2020. Cost is \$40. Yearbooks can be purchased in the office or from Mrs. Winter (room 51) before or after school or during students' noon hours.



The Win-E-Mac Senior High Music Department will be having a Baked Potato Bar Fundraiser on Friday, February 14th and Monday, February 17 before the basketball games. Serving will start at 5:00 each night. The cost will be \$5.00 for a baked potato with toppings, bar and coffee or lemonade. All proceeds will go towards our Nashville/Memphis trip.

Report cards are now available on StudentVUE and ParentVue for elementary and high school.

are valuable no matter what the dollar impact is.

"Our team is off to a tremendous start...What is really important is what we do going forward."

Grant Gunderson, Stephanie Harbott, and Dr. Steven Schultz were all re-elected to the Board of Directors to serve their second three-year terms. Dr. Brett Vibeto was elected to fill the vacancy left by Shannon Stassen. Dr. Vibeto is a general surgeon practicing in Crookston and East Grand Forks. He will complete Stassen's second term, which expires in January 2021. Other members of the Board are Tim Brinkman, Michelle Cote, Dr. Erik Kanten, Kari Koenig, Andy Oman and Michelle Snyder.

Celebrating Employees, Services, Community

Michalski shared some of the highlights of 2019, including:

- A third straight year of receiving Modern Healthcare's Best Places to Work honor. RiverView received its highest ranking in 2019 when it ranked 16th.

- Celebrating the retirement of dedicated employees, including Lynette (Pud) Joseph, 48 years; Les Palmer, 46 years; Mary Beth Parnow, 45 years; Ruth Knutson, 44 years; Pam Sorenson, 43 years; Denise Kaiser, 40 years; Pat Bratrud, 26 years; and Michelle Johanneck, 16 years.

- Dr. Kari Wessman beginning full-time employment with RiverView, offering obstetrics services to go along with her gynecology services.

- Twins! Dr. Wessman and Dr. Erik Kanten delivered three sets of twins in 2019.

- One of Japan's top neurosurgeons, Dr. Phy Kim, visiting to observe Dr. Hamid Abbasi conduct a specialized



2020 After Prom Party Community Bingo Fundraiser! \$20.00 per card!

Sunday, February 23, 2020 at 2 PM – 5 PM

Play 20 games plus Black-out!! Silent Auction to be held as well! Bingo tickets can be purchased in Advanced or at the door. Sunday, March 1st is make-up date in case of a storm.

Parent-Teacher Conferences will be held at the Win-E-Mac School on Thursday, February 20th from 1:00 p.m.-7:30 p.m. Parents of students in grades K-6 should have made appointments to see their respective teachers. Parents of 7th-12th grade students, conferences will be self-led by the students, with their homeroom teachers. Signup

minimally invasive spine surgery. Dr. Kim plans to begin offering the same procedure in Japan in the next few years.

- General Surgeon Dr. Lora Divald offering a minimally invasive procedure to help those who suffer from heartburn/GERD.

- RiverView directly supporting 316 community events in 2019 promoting health, wellness, and the development of health care workers.

Auxiliary Continues to Fund Improvements

Judy Luettjohann, secretary of the RiverView Auxiliary, shared the group's goal to fund six projects for a total of just under \$10,500 in 2020 to improve and enhance the patient experience at RiverView. Projects to be funded are for the Care Center, Rehab Services, Clinics, and the Inpatient Unit.

Throughout the year, the Auxiliary raises funds through book and gift fairs, the Cookie Walk, Valentine Kiss Sale, the vending program at RiverView, and through sales in the Limited Addition Gift Shop.

Once again, the Auxiliary presented the RiverView Foundation with a check for \$10,000 from vending profits to be used for the Foundation's Donor Match Program. The Auxiliary has donated \$110,000 to the Foundation in the past ten years; in turn, this has created \$401,521.86 worth of projects for RiverView Health.

In addition to Luettjohann, other Auxiliary Board members are Kathie Barnes, JoElle Boucher, Nancy Capistran, Diane Erickson, Marlys Mjoen, Ann Riedlinger, Deb Sylvester, and Gloria Watro.

Foundation Gears Up for Giving Hearts Day 2020

RiverView Foundation Director Kent Bruun gave his final Foundation report after

serving in the position for the past 16 years. Bruun will retire in February.

Bruun's presentation focused on the Foundation's Capital Campaign to raise \$2 million for the new meditation room, Inpatient Unit patient rooms, labor and delivery rooms, and family suites. The Campaign kicked-off on Giving Hearts Day Feb. 14, 2019. The completion date for the Campaign will be Giving Hearts Day Feb. 11, 2021.

According to Bruun, fundraising is ahead of schedule.

"What we will accomplish in the next year will be transformational," he shared. "It will strengthen our mission and change lives. This is a historic time in our history."

Bruun reminded the audience to donate to the Foundation on Giving Hearts Day, Feb. 13, during the 24-hour online give-a-thon for nonprofits. This is the 13th year for the event; the Foundation has participated since the beginning. Over the years, Bruun reported, 2,859 donations have been given for a total of \$1,377,320 going to RiverView Health projects and programs. Money raised this year will once again go toward the building project.

On Giving Hearts Day 2019, the Foundation raised \$369,000 with 403 donations, according to Bruun. The goal for 2020 is to increase donations and donors by 20 percent. Go to givingheartsdays.org Feb. 13th to donate.

Bruun also thanked RiverView employees for giving to the Foundation's Friends for Life program to the tune of \$10,000 to be used to match grants given to the Foundation. He reported that 88 percent of RiverView employees give back to programs and services at RiverView through the Foundation.