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McIntosh, Minnesota

Polar Beach Fun Run is March 7th

The Polar Beach Snowmobile Club will have a Fun Run on Saturday, March 7th.

Registration for the run starts at 10:00 am with the Run starting at 11:00 am. Sign up is at Little Bobby's Bar & Grill in McIntosh where the Run will start and finish. The run will end at 6:00 pm and drawings will take place at 7:00 pm.

The price is \$5 per hand with unlimited hands for each rider.

The rules are each rider must stop at a minimum of 6 stops along the trail which means you can have as many as 6 cards.

All cards are to be drawn at the end of the night at Little Bobby's. Players are to ride to the bars and get a stamp

at each stop. The number of stamps determine the number of cards drawn.

The best legal 5 cards poker hand wins and there will be prizes for first through fourth place.

First place will be 50 percent of the money take and second place will be 25 percent. There will be door prizes for third and fourth place.

Hands must be submitted to Polar Beach Snowmobile Club by 7:00 pm at Little Bobby's Bar & Grill.

Live music will follow later in the evening.

There is a map of the run on page 2 of the paper.

See a Polar Beach Snowmobile Club member for more information.



Vance Kaupang was recognized by Polk County Sheriffs Department and the Minnesota Sheriffs Association for his life saving response during a girls basketball scrimmage in Win-E-Mac school last summer.

Kaupang recognized for his life saving efforts

Vance Kaupang, a teacher and coach at Win-E-Mac School, along with Brian Remick, who is a coach at Red Lake Falls High School, were recently nominated for a Life Saving Award by Polk County Sheriff Jim Tadman.

Last July, during a summer league girls basketball tournament held at Win-E-Mac School, Coach Kaupang and Coach Remick were each coaching a girls team.

During the basketball game, a 15 year old girl collapsed to the ground. It was unknown if she suffered an acute cardiac incident.

Coach Kaupang and Coach Remick ran to her aid and observed she was turning blue.

While Coach Kaupang and Coach Remick tried to revive the young girl, they observed that she had stopped breathing and that she did not have a pulse.

The coaches then had the gymnasium cleared and requested that somebody call 911 and get the AED (automated external defibrillator). Coach Kaupang and Coach Remick then started CPR (cardiopulmonary resuscitation).

When delivered, Coach Kaupang applied the AED and had to deliver a shock, the coaches then continued with CPR until rescue and ambulance personnel arrived.

The female was life-flighted from Fosston to a Fargo hospital and later transferred to Mayo Hospital in Rochester to have an automatic implantable cardioverter defibrillator (AICD) put into place and is doing well and expected to have a full recovery.

Because of the quick response of Coach Kaupang and Coach Remick, a family still has their daughter to hug.

Thanks to both coaches for their quick thinking, fast action and lifesaving skills.

Both coaches received the awards.

WITNESSES - An inspiring re-telling of the Gospel

A stingy Innkeeper with a Bronx accent, an Italian Lazarus who likes pasta, and a joyful Simon Peter on Easter Mornng ... all these characters and more come to life Sunday, March 29 at 7:00 PM at Zion Lutheran Church in Thief River Falls with the dramatic presentation, Witnesses. Written by Curt Cloninger, this one-man, multiple character performance will feature Christian actor and speaker, Rev. Jonathan Swenson.

In this innovative and inspiring re-telling of the Gospel, Swenson portrays eight different characters as each responds to Jesus. Through these eye-witness accounts, both comedic and serious, the audience is encouraged to see Jesus from fresh perspectives; not cold and distant, but as one who was intimately involved in the "nitty-gritty" of life.

Swenson is a graduate of Gustavus Adolphus College (B.A. in Psychology, Theater and Music, 1988) and Luther Seminary (Master's of Divinity, 1994). He has served as an ordained minister for over 15 years, and is currently the Founding Director of Paraphrase Theater.

Swenson, a trained actor, travels throughout the country sharing a unique blend of drama, teaching, music and story-telling. His regional theater credits include such leading musical roles as Tevye, Daddy Warbucks, Harold Hill and Nathan Detroit. Dramatic roles include Gratiano in The Merchant of Venice and Roland

in Taking Steps. Swenson has also performed as guest soloist with Orchestra Iowa in Cedar Rapids, IA. Most recently, Jonathan can be seen in the feature film, "Miles Between Us" produced by ii Films, and heard on the soundtrack of Rich Melheim's Martin Luther Rock Opera.

For more information on Jonathan Swenson, visit www.paraphrasetheatre.com. For more information about "Witnesses" contact Kristin at 218-684-1155.



Parent's Night for the Win-E-Mac Patriot's Boys basketball team took place last Tuesday evening before the Varsity team took court. Pictured are the Neubert family, Joy, Aaron, Reed, Nevette, and Nadelly. Reed plays Varsity basketball for the Patriots.



Community Calendar

- Wed. Feb. 26:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Feb. 27:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Feb. 28:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. March 2:** 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 March 3:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm
- Wed. March 4:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. March 5:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri March 6:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. March 8:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am
- Tue March 9:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm



Vance Kaupang, a Phy-ed teacher and coach at Win-E-Mac School, was recently recognized by the Polk County Sheriff's Department and the Minnesota Sheriffs Association for saving a life during a basketball tournament last summer. Pictured (l-r) Win-E-Mac Superintendent Randy Bruer, Principal Kevin McKeever, Polk County Sheriff Jim Tadman, Deputy Jim Juve, Chief Deputy Mike Norland, Deputy Jesse Haugen, Vance Kaupang, Sargeant Nathan Rasch, and Vance Kaupang's wife, Terri Kaupang, who is also a teacher at Win-E-Mac School.

LSS brings meals to McIntosh

LSS Meals, formerly Senior Meals, are now being delivered on Tuesday and Wednesday each week for pickup at the McIntosh Community Center at 11:00 a.m.. We are pleased to be able to provide this service in your area!

A copy of the menu for these two days will be posted on the bulletin board in the McIntosh Community Center, as well as included in the McIntosh Times.

Please call Laura or Kira at 687-2262 to let us know if you wish to receive a meal each week. If you could call by the Friday before, it would be very helpful. You may call between

the hours of 7:00 a.m. to 1:00 p.m., or leave a message on the answering machine.

Patrons may also request being added to the roster on a routine basis, and in that case, we would need to receive a phone call if for some reason you are not able to be at the Community Center to pick up your meal that day. Otherwise, you would be charged for that meal.

Frozen meals are also available if you would desire them for the days without a delivery, or even for weekends.

The suggested contribution amount for the meal is currently \$5.00 for those 60

and older. The full cost of the meal is \$8.40 for those under 60. LSS Meals will keep track of the number of meals you receive in a month, and a Contribution Statement will be sent at the beginning of the following month from the LSS Meals Moorhead office, unless other arrangements have been made.

The Meals will be delivered by a volunteer driver. They will not be taking any payment or make any other arrangements for delivery. If you would like to volunteer to assist in any way, or have any further questions, please contact Laura or Kira at 218-687-2262.



Win-E-Mac teacher and coach, Vance Kaupang receives an accommodation from the Minnesota Sheriff's Association along with the Polk County Sheriff's Office for his life saving efforts during a basketball tournament held at Win-E-Mac school last summer.

Potato soup makes a filling meal

Many Irish dishes focus on simple, fresh ingredients that can be purchased close to home.

Potatoes long have been a staple of Irish cooking. Brought to Europe by Spanish explorers from the New World, the potato put an end to famine in regions of northern Europe, like Ireland.

Smithsonian notes that, by the end of the 18th century, roughly 40 percent of the Irish ate no solid food other than potatoes. If that sounds like a boring diet, it's good to note that all that was necessary to make potatoes desirable and more versatile was a little creativity.

Potato soup is one way to experiment with potatoes. There are many different takes on potato soup, but most classic Irish recipes feature potatoes, stock, leeks, and onions. But that does not mean potato soup can't be enhanced by other ingredients, like those found in this recipe for "Potato, Escarole and Country Ham Soup" from "The Culinary Institute of America Book of Soups" (Lebhar-Friedman Books).

Potato, Escarole and Country Ham Soup
Makes 8 servings
1 tablespoon unsalted but-



- ter
- 1 onion, diced (about 1 1/4 cups)
- 1 leek, white and light green parts minced (about 1 1/4 cups)
- 1 celery stalk, diced (about 1/2 cup)
- 1 garlic clove, minced (about 1/2 teaspoon)
- 1 quart chicken broth
- 2 yellow or white potatoes, peeled and diced (about 2 cups)
- 1 sprig fresh or 1/2 teaspoon dried thyme
- 2 cups chopped escarole (about 8 ounces)
- 1 cup diced country ham
- 1/4 teaspoon salt, or to taste
- 1/4 teaspoon freshly ground black pepper, or to taste
- Heat the butter in a soup pot over low heat. Add the onion, leek, celery, and garlic; stir until they are evenly coated. Cover the pot and cook until the vegetables are tender and

translucent, 6 to 8 minutes.

Add the broth, potatoes and thyme. Simmer the soup until the potatoes are tender enough to mash easily, about 20 minutes.

Remove the thyme and discard. Puree the soup. Return the soup to the pot and bring to a simmer.

Add the escarole and diced ham and simmer, 12 to 15 minutes, or until all the ingredients are tender.

Season with salt and pepper. Serve the soup in heated bowls.

Tip: Country hams have an altogether different taste and texture from that of boiled hams. They have been cured for lengthy periods and have a unique salty, smoky taste. Ask your deli manager or butcher to help you find country ham or a suitable substitute.

Beating the winter blues

Most areas in Europe and North America observe daylight saving time.

Daylight saving time is often welcomed in spring, as it helps to extend daylight hours well into the evening. But few may welcome turning the clocks back in fall.

Coupled with the natural shortening of daylight hours as winter approaches, the end of DST facilitates a sudden shift in the ratio of sunlight to darkness.

As autumn transforms into winter, the number of available hours of daylight slowly dwindles.

Some areas of Alaska and Canada see only about three or four hours of daylight per day in the winter months. Conversely, those who live in Key West, Florida, the southernmost point of the contiguous United States, may enjoy around 10 hours of daylight.

Fewer daylight hours can adversely affect mood and productivity.

Seasonal affective disorder, often referred to as "SAD" or "the winter blues," has been recognized and included in the Diagnostic and Statistical Manual for Mental Disorders. Clinicians say that, as days be-

come short and dark, a predictable set of symptoms of SAD may emerge.

Individuals with SAD may experience a host of symptoms, including difficulty waking in the morning; diminished energy levels; a tendency to eat more; an inability to concentrate; and depression.

The Cleveland Clinic advises that approximately half a million people in the United States suffer from winter SAD, while 10 to 20 percent may suffer from more mild forms of winter blues.

The Canadian Mental Health Association states that between 2 and 3 percent of Canadians will experience SAD in their lifetime.

Another 15 percent will experience a mild form of SAD that leaves them only slightly depressed. Similar symptoms can occur for those people who live in cloudy regions or high latitudes.

Evidence strongly suggests SAD is linked to sunlight. This lack of sunlight may trigger production of melatonin in some individuals. Melatonin is a hormone made in the pineal gland that regulates sleep onset and sleeping patterns.

A combination of self-care

strategies as well as professional medical treatment may help those with winter blues or more severe SAD. The U.S. Department of Health and Human Services says that these strategies can help people coping with SAD.

· Get out of the house into sunlight or brightly lit spaces early in the day when the sun is out.

· Increase time spent outdoors. Take a break midday and enjoy lunch outside or take a walk, even if it's chilly.

· Try to spend time with other people and chat with friends and relatives.

· Avoid overloading on carbohydrates like cookies and candies.

· Talk to a doctor about using light therapy, which is the first line of SAD treatment, according to the University of Maryland School of Medicine.

· Consider cognitive behavioral therapy or talk therapy with a licensed mental health provider. He or she also can make recommendations about the use of medication to alleviate symptoms if other treatments do not provide results.

There are many ways to mitigate the symptoms of winter blues.

LSS Senior Meals Menu

Tuesday, March 3

Meatballs - Mashed Potatoes - Peas and Carrots - Wheat Bread - Chocolate Moon Cake - Milk

Wednesday, March 4

Biscuits and Sausage Gravy - Hashbrown Pattie - Cinnamon Apples - Blueberry Muffin - Milk

Tuesday, March 10

Pizza Casserole - Green Beans - Peaches - French Bread Brownies - Milk

Wednesday, March 11

Turkey - Mashed Potatoes & Gravy - Broccoli - Wheat Rolls- Molasses Cookies - Milk



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 10, 2020 at the Hill River Town Hall.

The Polls will be open from 5:00 p.m. to 8:00 p.m. to elect **one (1) Supervisor for a term of three (3) years and one (1) Clerk/Treasurer for a term of two (2) years.**

The annual meeting will start as soon as possible after the polls close to conduct all and any business that comes up at the meeting.

If necessary, the storm date shall be one week later. Notice will then be given over the Fosston Radio Station.

Raymond O. Sundrud, Clerk/Treasurer Hill River Township M49-50C

County Highway Project Bids Close Friday, March 13, 2020 Polk County, Minnesota

NOTICE TO CONTRACTORS - Sealed bids will be RECEIVED until 2:00 PM on Friday, March 13, 2020, by Michelle Cote, Director of Property Records of Polk County at Crookston, Minnesota, on behalf of the Board of County Commissioners of Polk County for the construction of the County Projects listed below. Sealed electronic bids will be OPENED and READ publicly at 2:00 P.M., at the Polk County Highway Department in Crookston, Minnesota. Bids received after 2:00 P.M. will not be considered. Bids must be submitted electronically through BidVAULT.

STATE AID PROJECT NO. SAP 060-620-018

LOCATION: from CSAH 19, 10 miles east and 4 miles north of East Grand Forks, MN to CSAH 21

TYPE OF WORK: Bituminous Overlay and Aggregate Shouldering

LENGTH: 3.0 miles

The major items of work are approximately: 8,900 Ton Bituminous Mixture 29,000 Lin Ft Milled Rumble Strips Traffic Control Pavement Striping

To obtain plans and proposal and to submit an electronic bid (including electronic bid form) go to the Polk County eGram website: https://egram.co.polk.mn.us

All bidders will be required to submit an electronic bid and provide payment of \$100.00 to the Polk County Highway Department.

Proposals, Plans and Specifications are available at: Polk County Highway Dept., 820 Old Highway 75 South, Crookston, MN 56716. Cost - \$100.00 (non-refundable incl. tax).

Electronic bids must be accompanied by a Bidder's Bond or Certified Check in an amount equal to at least 5% of the total bid made payable to the Treasurer of Polk County.

The County reserves the right to reject any or all bids and to waive any irregularities thereof.

Richard C. Sanders Polk County County Engineer M47-49C

St. Patty's Day lunch

McIntosh Senior Living will host a traditional Irish meal for St. Patrick's Day on Tuesday, March 17th from 11:00 am to 1:00 pm. There will be corned beef and cabbage with green punch and dessert. A \$5 donation will go to quality improvement projects benefitting McIntosh Senior Living residents.

NOTICE

Notice of Annual Meeting and Election

The annual election for Lessor Township will run from 5:00 pm to 8:00 pm on Tuesday, March 10th, 2020. The Township's Annual Meeting will follow at 8:00 pm. In case of a storm, the election and meeting will take place at the same times the following Tuesday, March 17, 2020.

Albert Plante Lessor Township Clerk M48-50C

Notice

Sletten Township polls will be open Tuesday, March 3, 2020 from 10:00 am to 8:00 pm for the Presidential Nomination Primary. Voters can come to the Sletten Town Hall.

Sletten Township will hold its Annual Election of Officers (1 supervisor and 1 clerk) on Tuesday, March 10, 2020 from 5:00 pm to 8:00 pm at the town hall. The annual meeting will follow the election. In case of bad weather the election and meeting will take place on March 17, 2020.

Terri Kaupang M48-49C

NOTICE OF 2020 PRESIDENTIAL NOMINATION PRIMARY ELECTION HILL RIVER TOWNSHIP

Notice is hereby given, that the polls shall be open from 10:00 a.m. until 8:00 p.m. at the Hill River Town Hall, on Tuesday the 3rd day of March, 2020 for the Presidential Nomination Primary. Please note that the voter's choice of a political party's ballot will be recorded and is public information.

Given under my hand this 17th day of February, 2020.

Raymond O. Sundrud Clerk/Treasurer of Hill River Township M48-49C



Wed. Feb. 26: Ashton Anderson
Thurs. Feb. 27: *Jason & Leah Smye

Fri. Feb. 28: Bud Kiecker, Eli Kringlen, Thomas Reitmeier, Todd Goodwin, Hudson Christianson, Austin Simonson

Sat. Feb. 29: Amanda Swanson

Sun. March 1: Isaac Salvhus

Monday, March 2: Nicki Carlson, Bryer Strom, Josh Roed, *Alex & Brenda Ugalde

Tues. March 3: Mason Halstad, Kristi (Schow) Grettum, *Steve & Barb Urness, Shawn Romin-ski

McINTOSH Times

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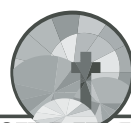
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CHURCH DIRECTORY

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

Sun. March 1: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. March 8: 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. March 1: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

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

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh

Supply Pastor

Gordon Syverson

Sun. March 1: 11:15am Worship Service.

Sun. March 8: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH

Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church

Wed, Feb. 26: 6:30pm Bible Study at Sharon Ramberg's

Sun., March 1: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service

Tues, March 3: 10:00am Sunday worship service telecast on GVTV--30; 1:30pm Bible Study at The Pioneer Memorial Care Center

Wed, March 4: 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. 27: 7:00am Men's Breakfast at Mt. Carmel

Sun. March 1: 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. March 5 : 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. March 1: 9am Worship; fellowship coffee following worship

Sun. March 8: 9am Worship; fellowship coffee following worship

DOVRE FREE LUTHERAN

Pastor Don Edlunds

Sun. March 1: 10:00am Worship Service and Children's Sunday School

Sun. March 8: 10:00am Worship Service and Children's Sunday School

IMMANUEL LUTHERAN CHURCH

McIntosh

Pastor Bruce Blocker,

Sun. March 1: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

Sun. March 8: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

GRACE LUTHERAN CHURCH NALC

Erskine, Minnesota

Pr. Mike Sletto

Sun. March 1: 10:30am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

Sun. March 8: 10:30am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

RODNES LUTHERAN CHURCH

Erskine

Pastor Joel Smeby

Wed. Feb.26: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Sat. Feb. 29: 8:00am Men's Prayer Group

Sun. March 1: 10:00am Worship

Wed. March 4: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Sat. March 7: 8:00am Men's Prayer Group

Sun. March 8: 10:00am Worship

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Questioning the Census?

Editorial

The 2020 U.S. Census is right around the corner. Most people are ready for it, but since it doesn't happen very often, many people still have questions.

Let's take a moment to dispel some myths and learn more about the 2020 Census questionnaire. Beginning the middle of March 2020, every household will receive notification from the U.S. Census Bureau by mail that the Census questionnaire is available. This notification will have step-by-step instructions on how to complete the Census, either online, by phone, mail-in paper form, or in-person.

The questionnaire will refer to April 1, 2020, as Census Day. You will enter your responses based on your situation on that particular date.

The Census primarily asks questions about your household and your housing situation.

It does not ask about citizenship status. It cannot be used against you or shared with any government agency outside of the Census Bureau. It does not ask for full Social Security

numbers.

It does not ask to give up your first-born child or how much you have in your bank account. It will ask for your telephone number in case there are questions about your responses.

Let's face it, the Census questionnaire is far less intrusive than an auto loan or even a Facebook account.

However, we should still be cautious. Be aware that a Census worker visiting your home will have photo identification from the U.S. Census Bureau. They will provide you with an official letter from the Census Bureau.

They will also provide the contact information for their supervisor upon request. They will not ask for your full Social Security number, or money, or donations, or any financial banking information like bank accounts or PIN numbers. They will not ask for your political party affiliation.

Census workers will only visit you if you have not completed the Census form online, by phone, or by mail by the end of April 2020. They will visit people door-to-door as early as April and as late as August, collecting information.

If someone acting as a Census worker cannot provide U.S. Census Bureau identification, a contact for their U.S. Census Bureau supervisor, or asks for bank information or money, you should stop the interview and ask for their name and phone number. This will help in the slim chance someone is fraudulently seeking your personal information.

The Census is important. It helps us plan for our future, retain political representation, and secure public funding for critical programs and projects. Let's exercise our duty to be counted. For more information about the 2020 U.S. Census, visit www.mn.gov/admin/2020-census.

See a sample Census survey here:

<https://2020census.gov/content/dam/2020census/materials/partners/2019-08/2020-informational-questionnaire.pdf>

Frequently Asked Questions about the Census

<https://mn.gov/admin/2020-census/learn-about/faqs/>

Nate Dorr, Vice President for Advocacy Northwest Foundation Bemidji, MN www.nwmf.org

6 steps to start researching your genealogy

Identifying one's family history and lineage can be an exciting and rewarding endeavor. Many people are compelled to trace their ancestry and ultimately gain much from having done so.

Interest in genealogy has grown in recent years. The popular and free family tree application FamilySearch Family Tree had 1.6 million contributors in 2018 who added 28 million new people to the global tree. Thousands upon thousands also utilize other genealogy resources to paint a more accurate picture of their histories.

According to the Massachusetts Institute of Technology, more than 26 million people shared their DNA with ancestry firms as of the start of 2019. MIT predicts that number will rise to 100 million by the end of 2020.

Those ready to get started on researching their lineage may wonder where to start. These guidelines can map the way.

1. The first step is to work from the known to the unknown, advises The New England Historic Genealogical Society's American Ancestors program. Write down names, dates, places of birth, marriage and death announcements, and other pertinent information you can dig up from looking at personal effects. This will provide a starting point and serve as a springboard for further research.

2. Establish what you want to learn about your family. Maybe you simply want to have a complete family tree that dates back to a particular ancestor? Perhaps you want to see where your family name originated? Identify what is behind your interest and allow those goals to guide



your research.

3. Access census records, military records, travel documents, and other official papers, which can provide key clues to family history. These can be researched individually, but many people like using resources like Ancestry.com because their databases pool information from a variety of sources. The National Archives offers free access to its records database at www.archives.gov/research/databases.

4. Consider privacy concerns before digging deeper. Acquiring DNA testing and sharing results in an effort to connect with relatives has become a popular side effect of genealogy research. However, experts advise caution before submitting any DNA samples. MIT Technology Review indicates that, if the DNA collection trend continues, the companies that hold this data will have genetic information on more than 100 million people. The Review goes on to say, "as these databases grow, they have made it possible to trace the relationships between nearly all Americans, including those who never purchased a test."

5. Learning new information can be overwhelming,

so it's best to focus on one family story at a time rather than tackling the entire family tree in one sitting, suggests the service Findmypast.

6. Connect with like-minded individuals if you find that your genealogy interests expand beyond personal history. Family historians often connect via social media or through local genealogical societies.

Genealogy research is a growing pastime that can reveal secrets and insight into one's family history. It's never too late to start uncovering information.

NOTICE OF ELECTION

2020 Presidential Nomination Primary for residents of Winger Township will be held Tuesday March 3rd, 2020 at the Winger Community Center. Polls will be open from 7am until 8 pm.

Nate Johnson, Clerk M48-49C

NOTICE

Notice of Annual Meeting and Election

Winger Township will be holding its Annual Meeting on March 10th, 2020 at 4:00 pm. The annual election for Winger Township will run from 5:00 to 8:00 March 10th, 2020. All proceedings will take place at Winger Town Hall.

Nate Johnson, Clerk M49-50C



50 years ago...1970: Choir directors, Robert Van Voorhis, University of North Dakota vocal director is flanked by the vocal music directors of schools which participated in the area vocal concert in McIntosh on Sunday. Left to right are Mrs. Diane Thompson, Mentor director; Mr. Van Voorhis; Robert Saeter, Fosston music director; and Richard McGraw, the McIntosh music director and host for the festival.



40 years ago...1980: Three new members joined the McIntosh Lions last Saturday evening. Local chairman, Gerald Borud, left, and Elsworth Jorgenson, District Governor, right, welcomed Rev. Galen Ose, Russ Horacek, and Morris Johnson.



30 years ago...1990: Win-E-Mac seniors (L-R) Tom Wood, Chad Galland, Kris Burslie, Mark Strom, Jesse Bradley and Jeff Oseth accept the District 30-A consolation trophy during ceremonies following District 30 tourney action.



10 years ago...2010: A Win-E-Mac breakfast was held in Arizona with 23 people attending including: Bob and Louella Vanderwaal, Wayne and Arlene Gustafson, Jim and Nancy Bensen, Roger and Eva Rolf, Armond and Irene Sannes, Donald Winters, Gordon and Shirley Sonsteli, LaVerne Bensen and her son, Duane, Arvid and Shari Sonsteli, Gordon and Avonne Stennes, Gladys Ring, and Jim and Clarice Minns.



20 years ago...2000: Win-E-Mac First Grade students taught by Mary Ann Olson and Karen Olson, display their necklaces, headbands and buttons celebrating the 100th day of school. (Back, l-r) Jenna Schommer, Megan Hertwig, Maria Kutsev, Haley Smeby, Riley Nornes, Kyndyl Ros and Rachel Benbo. (3rd row) Trevor Hoas, Kyle Peterson, Tyler Oppegaard, Derik Brinkman, Andrew Beckman, Chris Ruel and Bryan Gunderson; (2nd row) Molly Olson, Shelby Box, Marjenna McWilliam, Alex Mazzucco, Derek Gieseke, Kuel Rivera, Zach Boehrnsen and James Schabacker. (Seated) Corey Walls, Hayden Gustafson, Gregory Semerikov, Joseph Berberena, Nia Johnson and Trevor Klinke; (front) Albert Sevigny, Kristi Olson and Kaitlin Olson. Not present: Tara Christianson.

Win-E-Mac announces Students of the Month



Elliana Lindberg

Elliana Lindberg is the English Department's selection for the student that exhibits INTEGRITY in this content area. Elliana is a reader who does her background work for her studies. She is a thoughtful writer who analyzes people and language in meaningful ways for personal growth, gaining new knowledge and developing relationships. She is the same person in the classroom as she is when she walks through other places in her life. We wish this student the best of luck as she carries her INTEGRITY into the final stretch of her senior year.



Kerianna Kutsev

Integrity - I believe that integrity means working your hardest in the most honest way. Part of integrity is establishing virtue and morality in the work that you create. Integrity also includes working without procrastination and working to your full capacity each day.

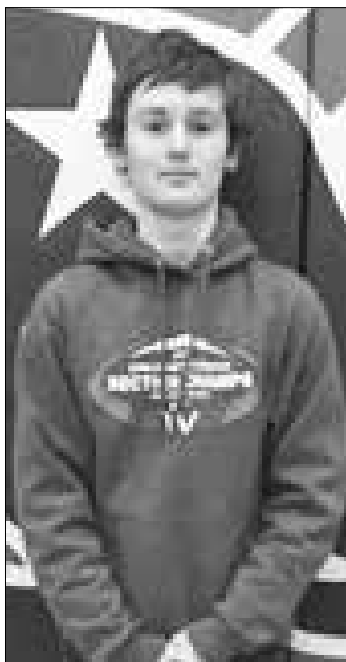
Kerianna possesses all of the attributes of integrity that are described above (and so much more!). She is a hard worker who puts honesty into the work that she creates, not only in art but all of her classes. She is not one to "cut corners", she expects to be challenged.

In class, there is no "down time" for Kerianna. Each day she comes to class, eager to start working, setting goals for herself. Procrastinating or putting off work is not part of Kerianna's habits; she works to her fullest potential every day.

True integrity is rare, but I believe that Kerianna's work ethic stems from strong family and personal values that encourage and acknowledge the benefits of hard work and

effort.

Thank you Kerianna for your hard work, honest effort, and positive attitude! It does not go unnoticed! Nobody Regrets Acting with Integrity.



Ethan Shimpa

The Technology Department nominates Ethan Shimpa for Integrity.

Ethan is a student that has integrity because he does what he says he is going to be doing and can be relied on to be there when needed. In the Industrial Technology Class, Ethan always can be relied on to bring the same level of integrity every day. Ethan's integrity helps keep him be consistent in his reliability and work ethic.



Dwayne Knutson

The Family Consumer

Science and Physical Education departments nominates Dwayne Knutson for modeling the trait integrity in his everyday walk.

With a foundation of respect he portrays positive habits in the classroom such as eagerness to learn, meeting deadlines and honest work. His decisions appear to align with his values and standards. Dwayne takes control in situations standing for what is right and a role model for others. His sense of humor and friendliness is appreciated by peers.

What he does outside the classroom has as much bearing on his success as what is done inside the classroom.

Dwayne, your Integrity does not waiver, thank you.



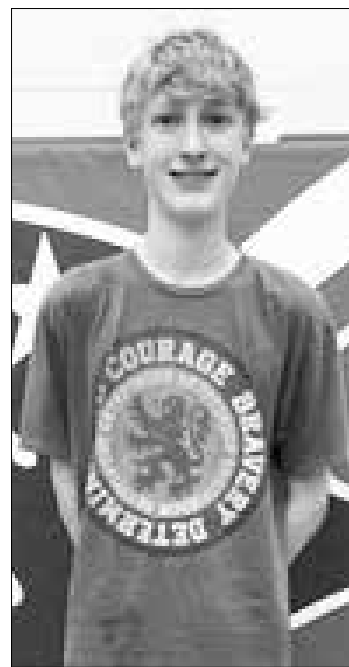
Luella Strom

Luella Strom is the Math Departments student of the month for "Integrity".

Ella not only works very

hard in school and in the classroom, from the questions she asks and her knowledge it's very evident she puts a lot of effort into her classes outside of school.

Ella is a great role model for others.

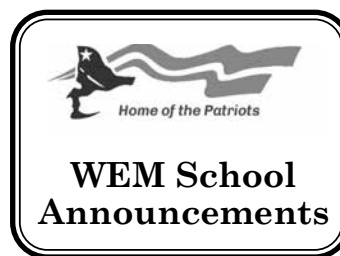


Brock Trandem

The Social Studies department selects Brock Trandem as our Student of the Month who reflects "INTEGRITY" within the classroom.

Over the course of the academic school year, Brock exemplifies the type of student who is appreciated within a classroom setting. The quality of the work that he submits in written assignments reflects an honest and pure thought process that is original and forthright. He does not try to submit any academic material that is not his own words or thinking.

His ability to meet required deadlines and maintain an honest effort within the junior US History course has not gone unnoticed and is appreciated by the Social Studies department. Well done Brock!



Win-E-Mac Community

Ed will offer Drivers Education Classroom instruction beginning March 2, 2020 from 3:15-6:15 P.M. The classes will be held at the Win-E-Mac School. Instruction will be held on the following dates: March 2, 3, 4, 5, 6, 9, 10, 11, 12, 13, and the 16th as a make-up day. Students are expected to complete 30 hours of required instruction. The cost per student for this class is \$60.00 and should be sent in with this registration form by Wednesday, February 26th. Students who enroll in Drivers Education Classroom need to be 15 years old by June 1. This class and the written Driving Exam need to be completed before Behind the Wheel Instruction can take place. The class size will be limited to 20 students. The oldest will be given the first chance and the remaining openings will be filled on a first come first serve basis. There will be a supplemental parental course for the primary driving supervisor. The course will be 90 minutes and cover GDL information, safety risks for teen drivers, potential adult influence on teen driving behavior and additional resources. The parent class will be Thursday, February 27th from 6-7:30 in Mr. Hanson's classroom.

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.

WEM ECFE



Preschool Screening

Win-E-Mac preschool screening will be held Monday, April 6 in the Bjella Building in McIntosh. Preschool Screening is open to all children who are three years old and up who have not been screened. Children must be screened before entering Kindergarten. You must make an appointment to be screened. You can make an appointment by calling Heather Earls at the school 218-563-2900 or cell 218-689-0605.

Great activities to embrace this spring

Spring arrives in the Northern Hemisphere on March 19, bringing with it visions of more hours of sunshine, warmer temperatures and ample opportunities to embrace the great outdoors.

Come mid-March, people who live in climates marked by cold winters have no doubt been anticipating spring fun in the sun for some time.

Once spring arrives, the following make for some great activities.

Sports

Come spring, various sports fill up afternoon and weekend schedules. Whether these are professional sports or youth sports leagues, the games can be a great way to spend time outdoors in the fresh, suddenly warmer air.

Visit an orchard

Spring is a season when many berries, such as strawberries, blackberries, and blueberries, begin to ripen.

Find your local pick-your-own establishment to spend a day having fun (and getting a little messy) grabbing sweet berries for salads, jams and pies.

Hit the links

It's time to dust off the clubs

and play the greens at any of the thousands of golf courses in North America. The National Golf Federation says the United States is home to around 15,000 courses. The warmer temperatures are ideal for practicing your short game on the putting green or for playing all 18 holes.

Get the patio ready for entertaining

Clean off patio furniture or start shopping for new items if you didn't partake in end-of-season sales.

This is just the start of the outdoor entertaining season, and it pays to refresh the deck or patio and invest in some quality furniture to keep guests comfortable.

Plan a vacation

Many schools go on a hiatus for a week or two during the spring, prompting otherwise busy families to get away for some R&R. Book early to score the best deals on hotel rooms and flights.

Prepare gardening equipment

Before long, the grass will need mowing and the shrubbery will have to be pruned. Ensure that lawn and garden tools and equipment are in

top form before they are called into action. Stock up on fuel for gas mowers and sharpen those pruning shears.

Visit a local garden

Enjoy the sights at a garden when the first spring blooms start to peek out of the soil. Spring is known for tulips, daffodils, crocuses, and snowdrops.

Give your bike a tune-up

Take your bike out of storage and give it a once-over. Now is the time to put air in the tires, grease the chain and make sure that the brakes and other equipment are working properly. Most bike helmet manufacturers recommend replacing helmets every three years, even if you haven't been in a crash. That's because the polystyrene foam can degrade over time from environmental exposure.

Visit a farm

Many farm animals give birth in the spring. Children may be excited to see piglets, foals, kids, and all the other adorable young animals draw their first breaths.

Spring's arrival presents the perfect opportunity to reacquaint oneself with the great outdoors.



Erich Gensburger with parents Mae Knowles and Nathan Gensburger.



Anton Hickman with parents, Jesse and Alyssa.



Alex Jacobson with parents, Steve and Dawn.



Legal Notice

Name of County
Polk County, Minnesota
Date of Meeting.
January 21, 2020 Convened at 8:00 A.M. -Adjourned at 9:05 A.M.
Board Members Present
Gary Willhite - Chair
Gerald Jacobson - Vice Chair
Joan Lee - Commissioner
Don Diedrich - Commissioner
Warren Strandell - Commissioner
Paula Waters - Secretary
Cathy Gutterud - Board Member
Staff Present
Karen Warmack, Director
Betty Solie, Support Services
Supervisor Randy Beggs, Fiscal
Supervisor - Jon Street, Financial
Assistance Supervisor - LeAnn Holte, Financial Assistance
Supervisor
Others Present
Chuck Whiting, County Administrator
Bonny Stechmann, NW MN Field
Operations Area Manager

Admin	
Medicare Part B	7,781.10
Employee & Board	3,922.82
Administrative	158,450.20
Non Public	
Special Run	3,400.45
Payroll-Pay date 12-27-19	318,402.96
Special Run 2	102,193.44
POS	284,193.44
MA Insurance 12-27-19	233.85
POS 12-31-19	112,879.75
1st of the Month	15.00
Payroll -Pay date 1-10-20	318,820.91
Medical Transportation	16,928.27
MA Insurance	9,219.70
SS 2020 January 24 POS #1	174,454.67
Payroll-Pay date 01-24-20	314,289.60
Warrants for Publication	
Warrants Approved on 1/21/2020 for Payment 12/19/2019	
Vendor Name	Amount
MN Child Support Payment Center	3400.45
Final Total:	3400.45
Warrants for Publication	
Warrants Approved on 1/21/2020 for Payment 12/27/2019	
Vendor Name	Amount
Carlin Family Funeral Service	2,650.00
DHS-Swift	58,629.39
Fleet Services	5,716.23
Gregory J Norman Funeral Chapel	2,650.00
Polk County Administrator	28,566.28
11 Payments less than 2000	4,575.15
Final Total:	102,787.05
Warrants for Publication	
Warrants Approved on 1/21/2020 for Payment 1/3/2020	
Vendor Name	Amount
1 Payments less than 2000	15.00
Final Total:	15.00
Warrants for Publication	
Warrants Approved on 1/21/2020 for Payment 1/24/2020	
Vendor Name	Amount
Assoc of Minnesota Counties	3,065.00
Cremation Society of Minnesota DHS-Swift	2,6593.15
Enterprise FM Trust	2,530.14
Gregory J Norman Funeral Chapel	2,650.00
MCCCM33	5,576.00
Next Chapter Technology Inc	96,779.00
Polk County Administrator	15,221.41
Stenshoel-Houske	10,652.00
Verizon Wireless	2,311.33
32 Payments less than 2000	14,813.20
Final Total:	158,450.08
Warrants for Publication	
Warrants Approved on 1/21/2020 for Payment 1/24/2020	
Vendor Name	Amount
39 Payments less than 2000	3,922.82
Final Total:	3,922.82

Personnel
The Director informed the Board regarding the Probationary Appointment of Connie Wood, Office Support Specialist, effective January 22, 2020.
The Director informed the Board regarding the Resignation of Judy Hauschulz, Eligibility Worker, effective January 24, 2020. Request for replacement was referred to County Board.
The Director informed the Board regarding the Retirement of Debra Hanson, Case Aide, effective April 10, 2020. Request for request was made and approved at County Board on January 7, 2020.
The Director informed the Board regarding the Resignation of Heather Ortiz, Accounting Technician, effective February 3, 2020. Request for request was referred to County Board.
The Director reviewed with the Board the current open positions.
The Director reviewed with the Board the Personnel Organizational Chart dated January 21, 2020.
Budget
The Director and Randy Beggs, Fiscal Supervisor I, reviewed with the Board the following
Budget Reports:
Social Services Budget Review Report for both Income Maintenance and Social Services - December 2019.
Social Services Month End Fund Balance Summary - 2009 through December 2019.
Out-of-Home Placement Cost Expenditures Report-2017 through December 2019.
Out-of-Home Placement Report - December 2019.
Screened in Child Protection Reports -December 2019.
Child Protection Information for December 2019.
Adult Mental Health Placement Costs for State Operated

Minutes
A motion was made by Commissioner Diedrich, seconded by Board Member Gutterud and adopted by unanimous vote of the Board to approve the Minutes from the December 17, 2019 Polk County Social Service Board Meeting.
Agenda
A motion was made by Commissioner Lee, seconded by Commissioner Jacobson and adopted by unanimous vote of the Board to approve the meeting Agenda for January 21, 2020 Polk County Social Service Board Meeting.
Review of the Cases and Claims
A motion was made by Commissioner Jacobson, seconded by Commissioner Willhite and adopted by unanimous vote by the Board to approve Cases and Claims as follows:

Medicare Part B	7,781.10
Employee & Board	3,922.82
Administrative	158,450.20
Non Public	
Special Run	3,400.45
Payroll-Pay date 12-27-19	318,402.96
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Final Total:	3,922.82

Services -December 2019.
Adult Mental Health Commitments Report -December 2019.
Consolidated Chemical Dependency Treatment Fund Report.
MA Recoveries/Estate Recoveries -December 2019.
Burial Expense Report-2018 through December 2019.
Purchase of Services
The Director informed the Board regarding the 2020 Contract with the Northwestern Mental Health Center. This contract was referred to County Board.
The Director informed the Board regarding the Amendment to the Regional Crisis Mental Health Grant. This amendment was referred to County Board.
Other
Income Maintenance Caseload Report -January 2019 through December 2019.
Jon Street, Financial Assistance Supervisor, spoke to the Board regarding Able-Bodied Adults without dependents (ABA WD).
Child Support Collection & Distribution Reports -December 2019.
Bonny Stechmann, NW MN Field Operations Area Manager, and LeAnn Holte, Financial Assistance Supervisor II, spoke to the Board regarding services provided through Deed.

Karen Warmack
Karen Warmack, Director
Polk County Social Service Center
Paula Waters
Chairman, County Social Service Board
Attest: *Paula Waters*
Secretary, County Social Service Board

Polk County Public Notices

County Highway Project Bids Close Friday, March 13, 2020

Polk County, Minnesota
Advertisement for Bids - Sealed bids will be RECEIVED until 2:00 PM on Friday, March 13, 2020, by Michelle Cote, Polk County Director of Property Records at Crookston, Minnesota, on behalf of the Board of County Commissioners of Polk County for the construction of the County Project listed below. Sealed electronic bids will be OPENED and READ publicly at 2:00 PM, by the Board of County Commissioners at the Polk County Highway Department in Crookston, Minnesota. Bids received after 2:00 PM will not be considered. Bids must be submitted electronically through BidVAULT.

STATE PROJECT NO. SP 060-621-014 Minn. Proj. No. STPF 6020(173)

LOCATION: On CSAH 21 from TH 220, 5.0 miles north of East Grand Forks, MN to TH 75

TYPE OF WORK: Milling, Bituminous Overlay and Aggregate Shouldering

LENGTH: 16.4 miles
Approximate major items of work are:

46,200 ton Bituminous Mixture
270,000 sq. yd. Mill Bituminous Surface

13,500 ton Aggregate Shouldering
158,400 in. ft. Milled Rumble Strips

Traffic Control
Pavement Striping

Minimum wage rates to be paid by the Contractors have been predetermined and are subject to the Work Hours Act of 1962, P.L. 87-581 and implementing regulations.

READ CAREFULLY THE WAGE SCALES AND DIVISION A OF THE SPECIAL PROVISIONS AS THEY AFFECT THIS/THESE PROJECT/PROJECTS

The Minnesota Department of Transportation hereby notifies all bidders: in accordance with Title VI of the Civil Rights Act of 1964 (Act), as amended and Title 49, Code of Federal Regulations, Subtitle A Pati 21, Non-discrimination in Federally-assisted programs of the Department of Transportation, it will affirmatively assure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded maximum opportunity to participate and/or to submit bids in response to this invitation, and will not be discriminated against on the grounds of race, color, disability, age, religion, sex or national origin in consideration for an award;

in accordance with Title VI of the Civil Rights Act of 1964 as amended, and Title 23, Code of Federal Regulations, Part 230 Subpart A-Equal Employment Opportunity on Federal and Federal-Aid Construction Contracts (including supportive services), it will affirmatively assure increased participation of minority groups and disadvantaged persons and women in all phases of the highway construction industry, and that on any project constructed pursuant to this advertisement equal employment opportunity will be provided to all persons without regard to their race, color, disability, age, religion, sex or national origin;

in accordance with the Minnesota Human Rights Act, Minnesota Statute 363A.08 Unfair discriminatory Practices, it will affirmatively assure that on any project constructed pursuant to this advertisement equal employment opportunity will be offered to all persons without regard to race, color, creed, religion, national origin, sex, marital status, status with regard to public assistance, membership or activity in a local commission, disability, sexual orientation, or age; in accordance with the Minnesota Human Rights Act, Minnesota Statute 363A.36 Certificates of Compliance for Public Contracts, and 363A.37 Rules for Certificates of Compliance, it will assure that appropriate parties to any contract entered into pursuant to this advertisement possess valid Certificates of Compliance.

If you are not a current holder of a compliance certificate issued by the Minnesota Department of Human Rights and intend to bid on any job in this advertisement you must contact the Department of Human Rights immediately for assistance in

Risk of MRSA contraction is high among seniors

Bacteria are present all around us, and people and these microorganisms often live together without incident. In fact, there are many bacteria that are helpful to the body. However, there are times when bacteria can be problematic and pose serious health risks.

Methicillin-resistant Staphylococcus aureus, widely referred to as "MRSA," is a Gram-positive coccal bacterium. Seniors are among the most susceptible to MRSA infection because their immune systems are not strong enough to fight off the illness.

MRSA is very common. According to the National Health Service, a United Kingdom-based healthcare system, as many as one in 30 people in the general population are carriers of the bacteria. MRSA is much more common in hospitals and nursing homes. The health resource Geriatric Nursing says an average of one in four nursing home residents harbors the bacteria. A study published in the Journal of Infection showed that more than 40 percent of all cases of MRSA were in patients

obtaining a certificate.

The following notice from the Minnesota Department of Human Rights applies to all contractors:

"It is hereby agreed between the parties that Minnesota Statute, section 363A.36 and Minnesota Rules, parts 5000.3400 to 5000.3600 are incorporated into any contract between these parties based on this specification or any modification of it. A copy of Minnesota Statute 363A.36 and Minnesota Rules, parts 5000.3400 to 5000.3600 is available upon request from the contracting agency."

"It is hereby agreed between the parties that this agency will require affirmative action requirements be met by contractors in relation to Minnesota Statute 363A.36 and Minnesota Rules 5000.3600. Failure by a contractor to implement an affirmative action plan or make a good faith effort shall result in revocation of its certificate or revocation of the contract (Minnesota Statute 363A.36, Subd. 2 and 3)."

A minimum goal of 1.3% Good Faith Effort to be subcontracted to Disadvantaged Business Enterprises.

To obtain plans and proposal and to submit an electronic bid (including electronic bid form) go to the Polk County egram website: <https://egram.co.polk.mn.us>

All bidders will be required to submit an electronic bid and provide payment of \$100.00 to the Polk County Highway Department.

Proposals, plans and specifications are available at the Office of the Polk County Highway Engineer; Public Works Building, 820 Old Highway 75 South, Crookston, MN 56716. Cost - \$100.00 (non-refundable incl. tax).

Electronic Bids must be accompanied by a certified check or a corporate surety bond in favor of the Treasurer of Polk County for at least 5% of the total amount bid.

The right is reserved to reject any or all bids and to waive any informalities or technicalities therein.

Michelle Cote
Polk County
Director of Property Records
published 02/12/2020-03/13/2020

County Highway Project Bids Close Friday, March 13, 2020

Polk County, Minnesota
Advertisement for bids - Sealed bids will be RECEIVED until 2:00 PM on Friday, March 13, 2020, by Michelle Cote, Polk County Director of Property Records at Crookston, Minnesota, on behalf of the Board of County Commissioners of Polk County for the construction of the County Projects listed below. Sealed electronic bids will be OPENED and READ publicly at 2:00 PM, by the Board of County Commissioners at the Polk County Highway Department in Crookston,

USDA launches new conservation pilot program for prairie pothole producers to plant cover crops

The U.S. Department of Agriculture's (USDA) Farm Service Agency (FSA) today announced a new pilot program that enables farmers in the Prairie Pothole region to receive payments for planting cover crops on their land for three to five years. The new Conservation Reserve Program (CRP) Soil Health and Income Protection Program (SHIPP) pilot is available to producers in Iowa, Minnesota, Montana, North Dakota and South Dakota. The sign up for this pilot starts March 30, 2020 and ends August 21.

"We are excited to provide a short-term Conservation Reserve Program option tailored to the unique soil health needs of producers in the Prairie Pothole region," said FSA Administrator Richard Fordyce. "The number of acres that can be enrolled in the program are limited, and participation will be on a first-come, first-served basis. Interested landowners should act now by contacting their FSA county office for an appointment to apply."

Through SHIPP, produc-



aged over 75. It is essential for any senior or family member caring for an older relative to familiarize himself with MRSA.

How is MRSA contracted?

MRSA often lives harmlessly on the skin, colonized in areas such as the nose, groin, buttocks, or armpits. MRSA can be passed to another person simply by touching someone who has it, sharing linens or towels or touching surfaces with MRSA on them.

How does infection take root?

Oftentimes MRSA will not make a person ill because it is only on the skin and can be

Minnesota. Bids received after 2:00 PM will not be considered. Bids must be submitted electronically through BidVAULT.

STATE AID PROJECT NO. SP 060-601-061

SP 060-616-010
Minn. Proj. No. STPF 6020(171)

LOCATION: On CSAH 1 from CSAH 10 to TH 59 in Winger, MN

On CSAH 16 from TH 75 at El-dred, MN to CSAH 9

TYPE OF WORK: Bituminous Overlay and Aggregate Shouldering

LENGTH: 7.2 miles 5.5 miles
Approximate major items of work are:

27,900 ton Bituminous Mixture
20,600 ton Aggregate Shouldering

Milled rumble Strips
Traffic Control

Minimum wage rates to be paid by the Contractors have been predetermined and are subject to the Work Hours Act of 1962, P.L. 87-581 and implementing regulations.

READ CAREFULLY THE WAGE SCALES AND DIVISION A OF THE SPECIAL PROVISIONS AS THEY AFFECT THIS/THESE PROJECT/PROJECTS

The Minnesota Department of Transportation hereby notifies all bidders: in accordance with Title VI of the Civil Rights Act of 1964 (Act), as amended and Title 49, Code of Federal Regulations, Subtitle A Part 21, Non-discrimination in Federally-assisted programs of the Department of Transportation, it will affirmatively assure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded maximum opportunity to participate and/or to submit bids in response to this invitation, and will not be discriminated against on the grounds of race, color, disability, age, religion, sex or national origin in consideration for an award;

in accordance with Title VI of the Civil Rights Act of 1964 as amended, and Title 23, Code of Federal Regulations, Part 230 Subpart A-Equal Employment Opportunity on Federal and Federal-Aid Construction Contracts (including supportive services), it will affirmatively assure increased participation of minority groups and disadvantaged persons and women in all phases of the highway construction industry, and that on any project constructed pursuant to this advertisement equal employment opportunity will be provided to all persons without regard to their race, color, disability, age, religion, sex or national origin;

in accordance with the Minnesota Human Rights Act, Minnesota Statute 363A.08 Unfair discriminatory Practices, it will affirmatively assure that on any project constructed pursuant to this advertisement equal employment opportunity will be offered to all persons without regard to race, color, creed, religion, national origin, sex, marital status, status with

in accordance with the Minnesota Human Rights Act, Minnesota Statute 363A.36 Certificates of Compliance for Public Contracts, and 363A.37 Rules for Certificates of Compliance, it will assure that appropriate parties to any contract entered into pursuant to this advertisement possess valid Certificates of Compliance.

If you are not a current holder of a compliance certificate issued by the Minnesota Department of Human Rights and intend to bid on any job in this advertisement you must contact the Department of Human Rights immediately for assistance in

USDA launches new conservation pilot program for prairie pothole producers to plant cover crops

ers have the option of three-, four- or five-year CRP contracts to establish cover crops on less productive cropland in exchange for payments. This pilot enables producers to plant cover crops that, among other benefits, will improve soil health and water quality while having the option to harvest, hay and graze during certain times of the year. Up to 50,000 acres can be enrolled.

Cover crops, whether used in a single crop rotation or over multiple years, can improve the productivity of soils and soil health on a farm for generations and increase the bottom line for the farmer. Soil health, or soil quality, by definition, is the capacity of soil to function as a vital living ecosystem that sustains plants, animals and humans.

The SHIPP pilot is the latest option in a full suite of opportunities available to producers through CRP and other conservation programs offered by USDA. Farmers and ranchers are encouraged to talk to their FSA county of-

regard to public assistance, membership or activity in a local commission, disability, sexual orientation, or age;

in accordance with the Minnesota Human Rights Act, Minnesota Statute 363A.36 Certificates of Compliance for Public Contracts, and 363A.37 Rules for Certificates of Compliance, it will assure that appropriate parties to any contract entered into pursuant to this advertisement possess valid Certificates of Compliance.

If you are not a current holder of a compliance certificate issued by the Minnesota Department of Human Rights and intend to bid on any job in this advertisement you must contact the Department of Human Rights immediately for assistance in obtaining a certificate.

The following notice from the Minnesota Department of Human Rights applies to all contractors:

"It is hereby agreed between the parties that Minnesota Statute, section 363A.36 and Minnesota Rules, parts 5000.3400 to 5000.3600 are incorporated into any contract between these parties based on this specification or any modification of it. A copy of Minnesota Statute 363A.36 and Minnesota Rules, parts 5000.3400 to 5000.3600 is available upon request from the contracting agency."

"It is hereby agreed between the parties that this agency will require affirmative action requirements be met by contractors in relation to Minnesota Statute 363A.36 and Minnesota Rules 5000.3600. Failure by a contractor to implement an affirmative action plan or make a good faith effort shall result in revocation of its certificate or revocation of the contract (Minnesota Statute 363A.36, Subd. 2 and 3)."

A minimum goal of 2.0% Good Faith Effort to be subcontracted to Disadvantaged Business Enterprises.

These two projects will be bid and awarded in one contract.

To obtain plans and proposal and to submit an electronic bid (including electronic bid form) go to the Polk County eGram website: <https://egram.co.polk.mn.us>

All bidders will be required to submit an electronic bid and provide payment of \$100.00 to the Polk County Highway Department.

Proposals, plans and specifications are available at the Office of the Polk County Highway Engineer; Public Works Building, 820 Old Highway 75 South, Crookston, MN 56716. Cost - \$100.00 (nonrefundable incl. tax)

Electronic bids must be accompanied by a certified check or a corporate surety bond in favor of the Treasurer of Polk County for at least 5% of the total bid.

The right is reserved to reject any or all bids and to waive any informalities or technicalities therein.

Michelle Cote
Polk County
Director of Property Records
published 02/12/2020-03/13/2020

fice soon about whether this pilot fits their operation or consider another longer-term option such as the CRP General sign up that ends February 28 or CRP Continuous sign up that is ongoing.

For more information, see the fact sheet or visit www.fsa.usda.gov/crp and contact your local office. To find your local USDA Service Center office, visit <https://www.farmers.gov/service-locator>.

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How is MRSA treated?

Affected individuals will be placed in isolation and treated by a course of antibiotics. Sometimes it can take several rounds of antibiotics before treatment is effective. According to experts at Queen Anne Healthcare, a Seattle-based longterm care facility, in serious cases it can take six weeks of antibiotics to produce negative MRSA cultures. Unfortunately, the Centers for Disease Control and Prevention notes that, in many health care facilities, a rise of drug-resistant infections is occurring, and more potent, less common antibiotics are needed. According to the CDC, today about 63 percent of bacterial antibiotics respond to traditional antibiotics and MRSA in the elderly is becoming a growing problem. A combination of frequent use of antibiotics, a weakened immune system and living in a healthcare setting make seniors susceptible.

It is important to get the facts about MRSA so seniors can avoid infection and continue to be in good health.

Did You Know?

Until recently, private funds or long-term care insurance have been the only ways to finance long-term care like skilled nursing homes, assisted living facilities or home health aides, which are not covered by traditional health insurance. However, a new option is now available. According to the on-line financial resource Nerd-Wallet, for those concerned about the financial risk of buying long-term care insurance and never using it, combination long-term care/life insurance policies may be better options. Depending on the policy, a portion of the funds can be used for long-term care that's equal to several times the premium payments. This results in a reduced death benefit, depending

on how much of the long-term care benefit was used. Some policies even guarantee a small percentage of the death benefit, even if all the money allocated for long-term care was used.

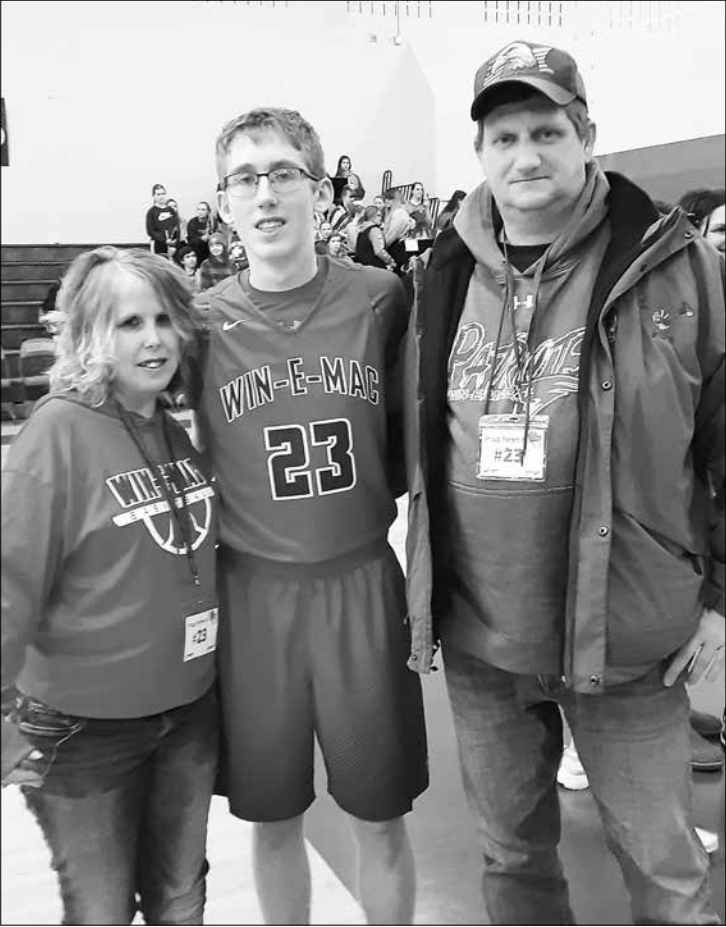
The American Association of Long-Term Care Insurance said that more than 350,000 Americans purchased long-term care coverage in 2018 and roughly 84 percent of these purchases were for hybrid or combination life insurance. A much smaller percentage were traditional long-term care policies, showing the trend toward this growing insurance market. Hybrid products may have lower premiums, and they can be paid in a lump sum or over several years. For those who do not tap into the long-term care savings, the policy will still pay out a death benefit to beneficiaries.



Dustin Osland with parents Brian and Kathy.



Sydney Roed with mom, Sarah and Grandma, Sharon Hedlund.



Dylan Roy with parents, Anita and Dean.



Gavin Walker with parents Gary and Angie.



Tommy Revier with parents, Scott and Anita.



Fivea Boianoff with parents Elena and Kelly.

Get swept away with some March Madness

College basketball fans rejoice upon the arrival of March, which marks the dawn of conference tournament season and, of course, the NCAA Tournament.

The NCAA Division I Men's Basketball Tournament, commonly referred to as "March Madness," has been played each year since 1939. The tournament is a single-elimination event consisting of 68 college teams. The tournament takes place in seven rounds with each team vying for the right to advance and ultimately play for the national championship. When the teams are whittled down to only four remaining, the penultimate round is played, aptly known as the "Final Four."

The best 68 teams, out

of more than 350 collegiate teams across the country, are not necessarily the teams that compete in the NCAA Tournament. Teams are split into 32 conferences, and each of those conferences earns an automatic bid to the NCAA Tournament. That bid goes to the postseason conference tournament winner or the regular season champion. The remaining 36 teams are chosen by a selection committee, and these teams earn what are known as "at-large bids." That process is subjective, and each year much debate ensues once the teams are announced.

The order of play can be a little challenging to the novice. Firstly, the four lowest-ranked automatic bid teams will compete against the four

lowest-ranked at-large teams in games referred to as "The First Four." These games are held on the Tuesday and Wednesday before the tournament unofficially opens on Thursday. Teams are split into four regions of 16 teams each. Those regions are seeded, which means they are given a preliminary ranking for the purpose of game draw. According to the NCAA, the committee endeavors to achieve reasonable competitive balance in each region. The teams will be distributed to build the bracket. The seeds are ranked within each region, with the best team in a given bracket being assigned a number one seed. Because it is a single-elimination tournament, upsets are the norm in March

Madness, and there's never a guarantee that any of the top seeds, much less all of them, will make it to the Final Four.

The term "March Madness" was given to the game of basketball by Illinois high school teacher Henry V. Porter in 1939. However, it was only after CBS broadcaster Brent Musburger used it during coverage of the 1982 NCAA Tournament that March Madness became synonymous with this beloved sporting event.

Since the inception of the tournament, 36 different teams have won a national championship. UCLA has won the most national championships of any school, hoisting the trophy 11 times. Selection Sunday occurs on March 15, 2020, and the Final Four will begin on April 4 in Atlanta.



Bryer Strom with parents Krissy Strom and Mark & Danette Strom.

