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McIntosh, Minnesota



Grace and Clara Roed celebrate the 4th of July with their friends at The Clubhouse Childcare Center in McIntosh as the staff and kids held a parade through the downtown area.



After a long parade walk, the kids at The Clubhouse celebrated with patriotic popsicles. Pictured is Brelyn Hegre.

Suspicious Person reported in Fosston

The Polk County Sheriff's Office has received two complaints in reference to a Suspicious Person driving in Fosston and asking females if they want a ride.

In both incidents the male was told no, but continued asking to give them a ride and eventually left the area. In both instances the male is described as a white male, heavy set, with a white beard approximately 60 years old. There are two different vehicle descriptions of what the male was driving. In one report the male was driving a tan SUV

and in the other report the male was driving a teal pickup.

The first incident happened on Saturday, June 27, 2020 in the afternoon, and the second incident happened on Tuesday, June 30, 2020 in the morning. Both incidents are under investigation. No further information will be released at this time.

The female's names will not be released. If anybody has any information that might help in this investigation please contact the Polk County Sheriff's Office at 218-281-0431.

Lifelong McIntosh resident Lloyd Schleicher will turn 100 years old



Lloyd as a child.

Written by Carole (Schleicher) Ekstrom, Lloyd's oldest daughter

Lloyd Schleicher, aka my Dad, was born July 15, 1920 on the Schleicher farm in Lessor township.

His parents were Arthur and Elsie Schleicher, and he had two brothers, an older one named Roy, and a younger one, Gordon. He was baptized and confirmed at Immanuel Lutheran Church, and has been an active member of that church his whole life.

He has been a Sunday School Teacher, a member of the male and mixed choirs, a church council member, church president for several years, an usher and an elder.

Dad attended grade school in District 189 in Lessor township and graduated from 'Mac Hi' high school in 1938. When he and his brothers were young teenagers, they had to take over the farm duties when their dad died at age 43.

He married Gladys Simonson on July 10, 1943. The story goes that she wanted to wait to get married on his birthday,



Lifelong McIntosh community member, Lloyd Schleicher will turn 100 years old on July 15th.

but he didn't want to wait the extra 5 days. Over the next 14 years, they became the parents of four daughters, Carole, Paulette, Angela and Randi.

They had no sons, so we girls were taught to plow the fields, bale the hay, feed the chickens, wash the milking machines, etc. But we were not allowed to milk the cows, as Dad said that was not women's work. I also never got the horse I longed for, because he said if he had room for a horse, he would get another cow.

Besides being a dairy and small grain farmer, Dad was also active in many community organizations. He served as president of the creamery board, president of the Mac Co-op board, 4-H leader, member and treasurer of Polk County NFO, member of Lessor 189 schoolboard, and vice president of the original McIntosh Housing Board.

He is also blessed to have

the titles of "Grandpa" and "Great-Grandpa".

He had the top dairy herd in 1945 in East Polk County Testing Association.

In 1958, he and Mom were recipients of the Red River Valley Dairyman's award. After he sold the cattle in 1975, Dad was on the staff of NFO as Dairy Field Man, and later, Coordinator for Beef Cattle. In 1972 and '73, my parents housed the first AFS student in McIntosh, Lorna Ferrer from the Philippines. Four years ago, he attended the Polk County Fair where he accepted recognition of the Schleicher farm as a Century Farm. The house on the farm is the very one in which he was born.

Dad has enjoyed a variety of hobbies and travels over the years. He has enjoyed snowmobiling, fishing, bowling, golfing, dancing, and playing his father's violin. He and Mom traveled to Germany and

Norway, did a 7-week tour of Alaska in their motor home, and spent 21 winters in the Arizona sunshine. They also entertained at many gatherings over the years, playing fiddle and keyboard.

In 2016, Dad moved into an apartment at Poplar Meadows Senior Living. He has enjoyed socializing with other residents, and has especially enjoyed his time playing Pinochle with friends from the residence and the community. He is looking forward to doing that again soon, after his 100th birthday.

Celebrate Lloyd's 100th

On July 15, 2020, Lloyd Schleicher of McIntosh will be celebrating a milestone birthday.

The big celebration which his family had planned for his 100th birthday, had to be cancelled due to Covid 19 restrictions.

As an alternative, his family would like the community to help him celebrate by doing drive-by birthday greetings. Come by car, truck, tractor, motorcycle, golf cart, horseback, skateboard or any other favorite mode of transportation.

Lloyd will be sitting out in front of Poplar Meadows Senior Living from 1:00 to 2:00 pm on Wednesday, July 15, and again from 6:00 to 7:00 that evening.

The address is 325 Scots Ave SE in McIntosh. Anyone wishing to send him a card can send it to that address, Apt. 102. We hope to see a big turnout to make this a birthday to remember.

The Polk County Wellness Coalition launches BeWell

The Polk County Wellness Coalition (PCWC) works on improving health and wellness throughout Polk County by helping to make healthy choices easier where we live, work and play.

Achieving and maintaining physical and mental health can be challenging and it is critical to nurture both, as one can affect the other. To promote mental well-being, PCWC is launching a community-based initiative, known as BeWell.

BeWell supports health through happiness and meaningful relationships using proven resiliency tools. BeWell aims for a community that flourishes by practicing positive emotion, engagement, and positive relationships. Evidenced-based mental health resiliency tools (such as Random Acts of Kindness, Gratitude- 3 Good Things, Taking it Outside, Thank-You letters, and Social Connectedness) incorporated into daily life will create reserves of well-being that can be drawn upon when times are tough. Individuals and organizations are invited

to participate!

Polk Norman Mahnomen Community Health Board (PNM CHB) completed their Community Health Improvement Plan (CHIP), which was adopted by the PNM CHB on November 23, 2019.

A Community Health Improvement Plan is a long-term plan, describing how the local health departments and a broad set of community partners and stakeholders plan to address needs identified in recent community health assessments.

The 2020-2024 plan is based on a community health assessment, which was completed for Polk, Norman and Mahnomen Counties in 2017 and 2018. The top 10 PNM health issues were identified from the assessment. Partners cultivated and established strategies for addressing the top three health priorities (focus areas) for 2020-2024. One of the top three health priorities for Polk, Norman and Mahnomen counties is improving mental health and well-being.

Positive mental well-being can increase social connect-



edness and can decrease the amount of adults feeling hopeless, anxious, or loss of interest. Adverse Childhood Experiences (ACEs), and Trauma and Hope Informed Care are a high priority for many agencies and school districts. In Polk County, we want to work to increase resiliency and coping strategies, while reducing the stigma around mental well-being.

Please join Polk County Public Health and the Polk County Wellness Coalition as we #TakeItOutside and BeWell. Being outside can be calming, peaceful, and rejuvenating for the soul. #TakeItOutside is great for your overall mental well-being. What does

#TakeItOutside look like for you? Take your virtual meeting outside, take lunch outside, or take your phone conversation outside. Be creative and see if you can TAKE (You fill in the blank) OUTSIDE!

Join us as we #TakeItOutside. Post a picture on Polk County social media and include the hashtag #TakeItOutside. We look forward to your pictures and fun activities.

For more information on Take It Outside and other upcoming 'BeWell' initiatives, please contact Brenna Olson at Polk County Public Health at brenna.olson@co.polk.mn.us or by calling 218-281-3385.



The kids from The Clubhouse Childcare Center in McIntosh paraded down Main Street in McIntosh celebrating Independence Day on Wednesday last week.

Enjoy summer’s sweetness with MN berries

Check with local farmers about new COVID-19 procedures.

Berry season in Minnesota has arrived. Growers across the state are open for pick-your-own and pre-picked strawberries, and raspberry and blueberry season is right around the corner. You'll also find fresh berries at the farmers' market, grocery store, and farm stands throughout the state.

Berry season is short and sweet, with seasonal availability beginning in southern Minnesota and moving northward. The typical strawberry season is two to three weeks long, but

the length of harvest varies from farm to farm depending on varieties planted, weather, and soil type. Mild temperatures in the 70s and 80s extend the season and allow berries to ripen at a steady pace, while excessive heat can cause berries to ripen more quickly and shorten the season.

Because conditions vary from region to region, the Minnesota Department of Agriculture (MDA) recommends checking with your local patch for information on availability before heading out to the farm.

In response to the COVID-19 pandemic, the MDA released Guidance for Minnesota

U-Pick Farms (pdf). Keep in mind that each farm is operating under unique and different conditions this season, so please contact the farm before heading out to the patch.

Whether you choose to pick-your-own or buy pre-picked, be sure to choose local berries this season. Search for berry farms using the MDA's Minnesota Grown Directory, online at www.minnesotagrown.com/berries/.

You can also order your free printed directory online at <https://minnesotagrown.com/pre-order-minnesota-grown-directory/> or call 1-651-201-6469.

How to freeze fruit for the best flavor

When freezing fruit, follow these guidelines to minimize color and flavor changes.

Remember to freeze fruit as soon as possible after harvesting. Pre-treat with vitamin C. Use high-quality containers and keep frozen fruit below 0 degrees F for a maximum of 8-12 months.

Also, unsweetened fruit loses quality faster than fruit packed in sugar or sugar syrups.

Freeze as soon as possible

When harvested, fresh fruit continues to undergo chemical changes which can cause spoilage and deterioration.

Therefore, these products should be frozen as soon after harvest as possible and at their peak degree of ripeness.

Pre-treating fruit before freezing

Fresh produce contains chemical compounds called enzymes which cause the loss of color, loss of nutrients, flavor changes and color changes in frozen fruit. In fruit, these enzymes can cause brown colors and the loss of vitamin C.

To prevent these effects, follow the recipe to pre-treat fruit by adding ascorbic acid (vitamin C), soaking in a brine, blanching or other recommended pre-treatment options.

Storage temperature and length

To maintain top quality, frozen fruit should be stored at zero degrees F or lower. Most frozen fruit maintains high quality for 8 to 12 months.

Use high quality containers



Use high quality containers which are moisture and vapor proof so moisture is kept in the product and air kept away from it. Rigid containers made of plastic are suitable for all packs and are especially good for liquid packs. Freezer bags work well for whole fruit.

Fruit pack methods

There are three ways to pack fruit for freezing: sugar pack, syrup pack, and unsweetened pack. Keep in mind, unsweetened fruit loses quality faster than fruit packed in sugar or sugar syrups.

Sugar pack: Sprinkle the required amount of sugar over the fruit. Gently stir until the pieces are coated with sugar and juice.

Sugar syrup: Dissolve the needed amount of sugar in cold water. Stir the mixture and let stand until the solution is clear.

Unsweetened pack: Wash fruit, dry well. Place in container and freeze.

Steps to freeze fruit

- Wash and sort fruit carefully. Discard poor quality fruit or use for another purpose.
- Prepare fruit as you will

use it when you remove it from the freezer.

- Check the chart below to see if an anti-browning treatment is suggested. Use ascorbic acid preparation as recommended in the chart or in the manufacturer's instructions.
- Use dry sugar, or sugar syrup in proportions suggested in the chart. Dissolve sugar needed in cold water. Stir. Allow to stand until sugar is completely dissolved. Do not heat. You may hold sugar syrup 2 days in the refrigerator. If you are preparing a sugarless pack of fruit that browns, be sure to treat with ascorbic acid or other anti-browning agents.
- Pack into plastic freezer bags, freezer containers or freezer jars. Allow ½-inch headspace for expansion. Pack fruit, such as peaches which darken easily, in rigid containers and cover with syrup. Place crumpled wax paper between lid and fruit to help prevent browning.

Special tip for cleaning berries: Do not soak berries in water to clean. Instead, place the berries in a colander, dip into cool water, and gently swish, rinse and drain well.

Special tip for packing whole berries: Whole berries pack well using the tray pack method. After cleaning and drying berries, place on a tray in a single layer. Place tray in freezer for 30 minutes. Remove tray from freezer and pack berries in freezer bags or freezer containers. Freeze. When ready to use, pour out the amount needed and return container to the freezer.

Heart-healthy lifestyles begin in the kitchen

Weight-loss initiatives and dieting often go hand-in-hand, but healthy diets can do more than help women shed pounds. Heart disease is the primary killer of females, but embracing heart-healthy diets can help women reduce their risk of develop cardiovascular disease.

The American Heart Association reports that heart disease causes one in three female deaths each year in the United States.

The AHA also notes that 90 percent of women have one or more risk factors for developing heart disease. Heart valve problems, congestive heart failure, abnormal rhythm of the heart, and plaque buildup in the walls of the arteries can contribute to heart disease.

Fortunately, healthy choices, including the right diet, can help reduce women's risk for heart disease risk.

Here are a few easy ways to modify eating habits to be more heart-healthy.

Avoid consuming too many calories.

The Mayo Clinic says to control portion sizes so that you are not overloading on extra calories. Eat larger portions of nutrient-rich foods and go sparingly on high-calorie, high-sodium and/or refined foods. Being overweight can contribute to heart problems.

Increase produce consumption.

A variety of low-calorie fruits and vegetables can provide ample nutrition and plenty of healthy antioxidants. Choose a variety of fruits and vegetables so that you get as many vitamins and minerals as possible. Make fruits and

vegetables your largest portions when eating.

Reduce sodium intake.

Harvard Health points out that too much sodium consumption can increase blood pressure and cause the body to hold onto fluid. Hypertension is a major risk factor for heart attack, stroke and other cardiovascular problems.

Add more whole grains to your diet. Dietary fiber from whole grains may improve blood cholesterol levels, thereby lowering your risk for heart disease. Dietary fiber also can lower risk of stroke, obesity, and type 2 diabetes.

Choose healthy fats.

Studies have shown that omega-3 fatty acids found in salmon, olive oil and flax seed reduce a person's risk of developing arrhythmia and atherosclerosis. The American Heart Association recommends eating fatty fish at least twice a week as a way to boost omega-3 fatty acid levels.

Load up on berries.

When choosing fruits, go heavy on berries. Health magazine reports that according to a 2013 study by the Harvard School of Public Health in the United States and the University of East Anglia, United Kingdom, women between the ages of 25 and 42 who ate more than three servings of blueberries and strawberries a week had a 32 percent lower risk of heart attack compared with those who ate less. The authors of the study attributed the benefit to compounds known as anthocyanins and flavonoids, which are antioxidants, that may decrease blood pressure and dilate blood ves-

sels.

Indulge in smart ways.

When eating sweets, choose dark chocolate. Dark chocolate contains flavonoids called polyphenols, which may help lower blood pressure and reduce clotting and inflammation. Select varieties that contain at least 60 to 70 percent cocoa.

In addition to a cardiac-friendly diet, women concerned about heart health should aim for at least 150 minutes of moderate physical activity each week. Also, pay attention to food labels to make smarter choices.

There are still plans for Erskine Community Thanksgiving dinner

As summer moves along I just wanted to assure everybody that the Thanksgiving Dinner at the Erskine Community center on Thanksgiving Day is still happening this year, although due to the current COVID-19 crisis there will be some changes. We care about serving the area community members who need help during Thanksgiving. Due to the current financial situation that many people are finding themselves in because of COVID-19, we felt that it was important to still offer this meal. So, the holiday meals account is still open at the grocery store - please consider donating again this year. You can drop off a donation there or mail it to me. The donations in the past have been wonderful. I believe that this year more than the years before, help from donations will be critical for some families. We don't know when this pandemic is going to start

- NOTICE - 2020 ELECTION MAIL BALLOT NOTICE

The Town of Winger hereby notifies residents of the ownership that voting in the 2020 Primary and General Elections as allowed by M.S. 204B.45, will be done by mail.

All voters in the Town of Winger registered by July 21, 2020 will be mailed a ballot for the Primary Election set for August 11, 2020. Ballots will be mailed on or before July 1, 2020. Ballots must be returned to the Polk County Taxpayer Service Center 612 N. Broadway Suite 213, Crookston by mail or delivered in person until 8:00 p.m. on Election Day, August 11, 2020.

This location can also be utilized for in-person voting. And an assistive device will be available for use.

An eligible voter who is not registered to vote by July 21, 2020 may apply for and receive an absentee ballot from the Polk County Taxpayer Service Center to receive an absentee ballot. The ballots will be processed at 8:00 p.m. at the Polk County Government Center 612 N. Broadway, Crookston by the Polk County Mail Ballot Board election judges. This process is open to the public.

Additional information on mail balloting procedures can be obtained from Nathan Johnson Town of Winger Clerk, or by calling 218-280-0887.

Nathan Johnson,
Town of Winger Clerk M15-16C

Mac Library offers Art Rocks! kits for kids

Beginning July 6, 2020, youth ages 6 - 18 are invited to visit the McIntosh Library or any other LARL library to pick up a supply kit or call to schedule a curbside pick-up.

Then, visit larl.org/summerart to view instructional videos and learn how to make a painted rock and a rainbow birch landscape. This event is made possible thanks to the Minnesota Arts Council Heritage Fund.

Take the LARL survey, share photos of your artwork and find instructional videos at larl.org/summerart.



pulling back and giving us a little bit more breathing room and a little bit more financial security but I'd rather plan ahead and be ready. Because of the help of everyone who has donated in the past we've been able to serve people not only at the site, but we have also been able to send meals home with people and deliver to people who were unable to leave their homes. The plan for now is to do the same again this year. Even if we decide not to have on site dining there would still be pick up and contactless delivery options. Feel free to call 218-687-2157 or 218-280-2992 if you have questions or want more information.

Public CPR classes resume at RiverView Health

RiverView Health is once again offering CPR classes to the public. The next classes are scheduled for Thursday, July 9 from 6 to 10 pm.

RiverView's HeartSaver CPR AED class is offered for those needing certification. The cost of the course is \$45; this includes the HeartSaver CPR AED eCard and book. This class is 4 hours long with a test at the end of the session.

The other CPR class offered at RiverView monthly is the Friends and Family course for those that do not need certification. No test or card is issued for this course. Each participant receives a Friends and Family CPR book. This course is free of charge thanks to the generous support of the Crookston American Legion Post 20. The course contains basic information about what to do in life-threatening situations, and is designed for participants of all ages. This class is 4 hours long.

Other class dates in 2020 are Aug. 13, Sept. 10, Oct. 8, Nov. 12, and Dec. 10. All classes are held in the RiverView Home Care Building at 721 S. Minnesota Street, Crookston. Registration is required. To register or for more information, call 800-743-6551 extension 9405 or 218-281-9405.

Due to COVID-19, class sizes are limited. No walk-ins will be accepted. Participants are



required to provide/wear their own masks.

RiverView offers these classes as part of its American Heart Association (AHA) Community Training Center. Contracted Community Training Centers, like RiverView, are the only sites permitted to offer AHA courses to the public and professionals through their affiliated instructors and programs.

The American Heart Association is not responsible for any fees charged for these courses. The AHA strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA.

NOTICE
Bethel Cemetery will hold its annual meeting on July 15 at 8:00am. The meeting will be held at the Bethel Cemetery.
M15-16C

MAC TO FLUSH WATERLINES
The City of McIntosh will be flushing water-lines and hydrants each Thursday throughout the summer. Residents are encouraged to watch for rusty or dirty water on these days. Fill washing machines to check water before adding clothes.
M9-28C

LSS Meals Menu 687-2262

Tues, July 14th: Baked Turkey - Mashed Potatoes & Gravy - Mixed Veggies - Wheat Rolls - Pumpkin Bars - Milk
Wed, July 15th: Beef Rigatoni Hotdish - Green Beans - Pineapple - Garlic Bread - Chocolate Pudding - Milk

CHURCH DIRECTORY

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Pastor Karl Anderson
Mt Carmel and Trinity Free Lutheran Churches in McIntosh have resumed holding Sunday Services.

9:30 Trinity
11:00 Mt Carmel
Social distancing practices will be encouraged.

Video Services will continue on GVTV Channel 30 at 10am Sunday, 7pm Sunday and 6pm Wednesday.

They will also be posted on the McIntosh AFLC Parish YouTube channel

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

Sun. July 12: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

Sun. July 19: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

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

Sun., July 12: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues, July 14: 10:00 a.m. Sunday worship service telecast on GVTV-30

Wed, July 15: 6:30 p.m. Bible Study at Sharon Ramberg's home

CALVARY-IMMANUEL LUTHERAN PARISH
Winger/Bejou Supply Pastor
Gordon Syverson

Calvary Lutheran Church, Winger, Immanuel Lutheran Church, Bejou, and Our Saviors Lutheran Church, McIntosh will run church services on channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit Calvary. Our Saviors service will be available by 8:30 am each Sunday until further notice.

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The County Line
By Warren Strandell
Polk County Commissioner, Dist. 2

As we continue to hold back from embarking on a complete return to normalcy because of the COVID-19 pandemic there has been ample time to reflect on life, our jobs, responsibilities, and how we got to where we are.

As for COVID, it seems that a vaccine will be the only way out of this problem. In the meantime, we need to continue to practice social separation and the use of face masks when out in the general public.

At least for those of us in Polk County with our population of 31,000 and the recently reported number of 81 positive cases, the math indicates that the infection rate is minimal at about only a .0026% chance. While somewhat comforting, this percentage should not be reason to not exercise all prevention efforts.

With time to let my mind wander through these slow down times, I have done a review of how county business has been conducted through the years. Despite some pretty big bumps in the road, things have gone pretty well in the more recent years.

Some of the good things

First, Polk County is in good financial shape and it has excellent staff in all departments... people who are not only very good at their jobs but are more than up to adapting to the ways that computerization has come into play.

Second, our infrastructure — buildings, roads and equipment — is being kept up and in good shape. In fact, after the remodeling that is currently underway at the Human Services Center in East Grand Forks and the replacement of the elevator in the Government Center in Crookston are completed this year, there will be no major needs on the table as far as capital projects go.

There will, of course, always be the roof that needs to be replaced and equipment that needs to be updated but those are things that can usually be accomplished within regular budgeting.

Third, the remaining debt (about \$7.3 million) from the \$17.5 million bond issue that was sold in 2005 to construct the Northwest Regional Corrections Center jail will be retired in February 2026. That's just little more than five years away.

Those remaining jail bonds are being retired by money generated — at more than \$1 million a year — from payments received for housing of inmates from other jurisdictions in beds that would otherwise go unused. As a result, no money for bond repayment is coming from property taxes.

Other debt

A smaller \$3 million bond issue was sold in 2015 to convert space in the old jail for use by the Sheriff's Department and to create a new Dispatch Center. Money from this bond issue was also used to develop officing for the County Attorney's Office in unused space on the second floor above the new jail. There was money in this bond issue, too, to remodel the space on the ground floor that the County

Attorney left, which allowed Public Health to relocate there and quit renting quarters. This bond issue will be retired at about the same time as the jail bonds.

A more recent \$3 million bond issue was sold earlier this year to finance the extensive remodeling underway in the East Grand Forks building and to do some other maintenance work. This issue has a 10-year repayment plan.

Not by accident

The current healthy financial condition of the county didn't happen by accident. In fact, there has been a complete turn-around. Polk County was all but broke after the flood of 1997.

When agriculture was in dire straits in the early 1990s, virtually all county reserves had been used up to avoid raising taxes. Then came the flood, which destroyed the real estate valuation of property in East Grand Forks. Only 8 homes in the entire community escaped flooding. Virtually nothing was left at full value for taxation.

I have a financial statement showing the county's General Fund balance at one point in 1998 at just \$23,000. This wasn't enough to cover more than a day or two of operating expenses.

Survival plan

To survive, money was borrowed from the Social Services Fund, which had funds received from state and federal governments to pay for certain social services. This borrowed money was used to keep things going until the next round of taxes could be collected and the Social Services Fund could be repaid. The county limped along in the months after that until it ran out of money again and had to borrow from Social Services a second time.

This practice held things together but it certainly didn't cure everything because there was still another problem. By 1998, the cost of Out of Home Placements had ballooned to \$2.4 million a year. Out of Home Placements are required when troubled and or abused juveniles need to be placed in facilities because of their behavior or when their homes have become unsafe and lacking appropriate parenting.

Very little of the cost of out of home placements qualify for

any state funding and land directly on county property tax money for payment.

Financial hurt bag

Despite all of the money problems, the County Board found a way to hire five family-based service providers (all new positions) to work directly with juveniles and their parents in an effort to address this problem. This plan was developed by Social Service staff and by a task force that included people from other departments affected by the problem.

In presenting the request for these hires to the County Board the lead creator of the idea pledged to put his job on the line if it didn't work. The cash-strapped County Board put things on the line, too, and gave approval in what was a real show of faith. The result has been a tremendous return.

Through the work of the family based service providers — local people whose main qualifications were that they had a real interest in helping kids and parents — the \$2.4 million expense was more than cut in half in just a couple of years. After that it was held below the \$1 million a year mark for a number of years before inflation finally caught up with things a couple of years ago.

While some people had key roles in the county's resurgence, no one person(s) can be credited for the turn around. After all, good county government revolves around team play... from the top all the way through to the newest hire. Team play is practiced in Polk County.

As far as the report card mentioned earlier, I give the county an A, better yet an A-plus. But remember, this mark is being given by someone who might be considered a bit biased.

Thoughts for the day:

"Ask not what your country can do for you, but what you can do for your country." — President John F. Kennedy

One man with conviction will overwhelm a hundred who have only opinions." — Winston Churchill

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

Did you know?....

It can be easy to forget to apply sunscreen when a sunny summer day beckons you to get outside and enjoy the great outdoors.

But forgetting to apply sunscreen before spending time in the sun is a potentially deadly mistake.

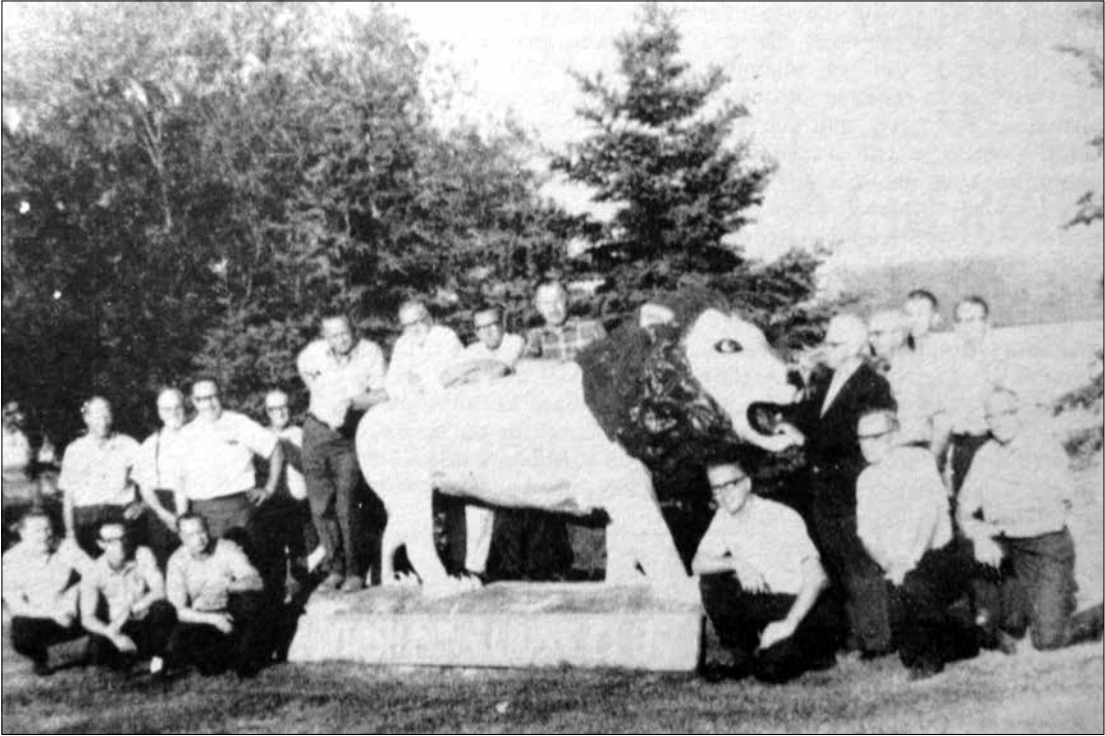
According to the World Health Organization, one in every three cancers diagnosed is a skin cancer.

In addition, the Skin Cancer Foundation notes that one in five Americans will develop skin cancer by the age of 70. The discomfort of a sunburn might seem relatively harmless, but the relationship between sunburns and cancer

risk is significant. The SCF notes that having five or more sunburns doubles your risk for melanoma, a type of skin cancer that often and quickly spreads to nearby lymph nodes.

Perhaps that's one reason why the American Cancer Society reports that the number of new invasive melanoma cases diagnosed annually increased by 47 percent between 2010 and 2020.

Avoiding sunburn by applying and reapplying a broad-spectrum sunscreen with a minimum sun protection factor (SPF) of 30 should be a priority for anyone spending time outdoors.



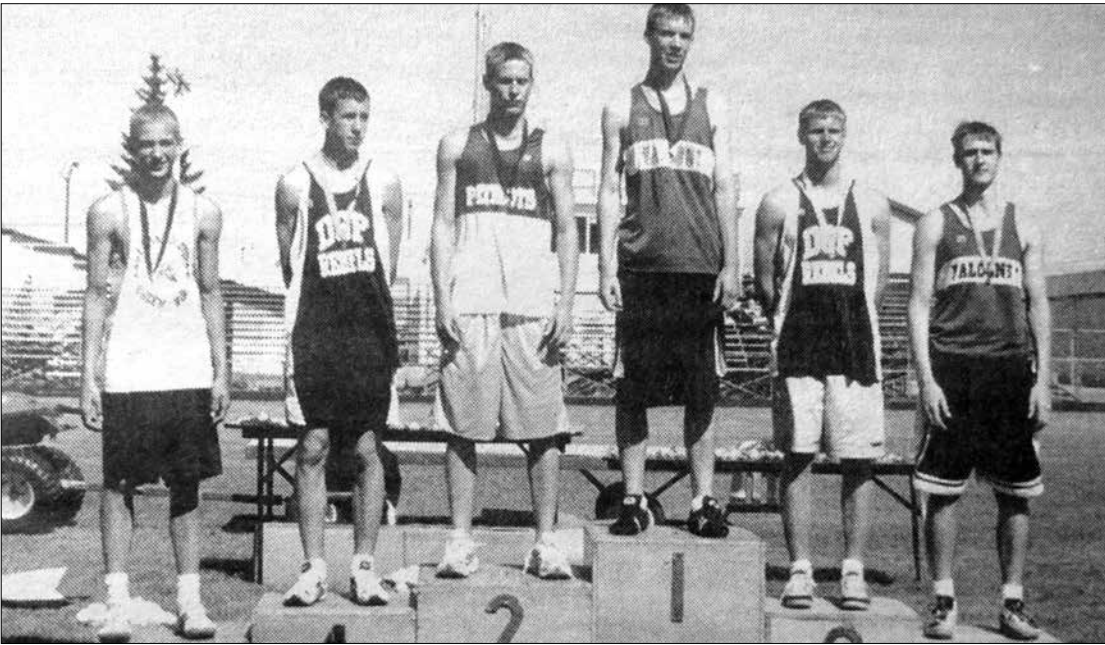
50 years ago...1970: A good representation of the McIntosh Lions Club attended a husbands and wives picnic at the McIntosh park last week. The group took the occasion to pose by their newly repainted life size organization symbol which identifies the park. In the picture (l-r) are Maylon Bly, Jim Perkins of Thief River Falls, Armand Sannes, International Counselor, Gene Warford, Kenneth Mosser, Arnold Carlson, Harvey Gustafson, Harley Shurson, Dr. C. L. Roholt, Bernt Nornes, Lloyd Kindseth, Clifton Olson, (kneeling) Harald Thompson, Bob Hulst, Gordon Oseth, Kenneth Jore, Caryl Bovee and Hubert Stardig.



40 years ago...1980: Pictured are (l-r): Francis Tangen, Lynn Aasen and Floyd Balstad outgoing officers of the Winger Lions Club, presenting on behalf of the club, a check for \$1,500 to Tim Anderson, Tim is the son of Mr. and Mrs. Sidney Anderson and is paralyzed from the chest down, due to an accidental fall. The van pictured has been modified to be operated by hand. The money was donated to help Tim with expenses.



30 years ago...1990: Several of the retired firemen who were recognized at the McIntosh Fire Department's Honor Banquet remember using "Old Betsy", the truck assembled by Harry Lillesve for the department's use. Taking a nostalgic trip on "Old Betsy" are retired firemen, Don Simonson, Ray Bartz, Ken Mosser, Jerry Wertish and John Rust.



20 years ago...2000: The Win-E-Mac Track Team did well in the Subsection Track Meet in East Grand Forks on Thursday. Ryan Voxland had an impressive day as a jumper. He placed first in the long jump, and took home two seconds, one in the high jump with 6'2" and the other in the triple jump with 42'1".



10 years ago...2010: Clifford Bartz, son Clayton, son-in-law Pete Anderson and Curt Bartz all on McCormick Farmalls at the Antique Tractor Cruise Saturday, July 10th in McIntosh.

USDA highlights programs to support rural housing

Department promotes resources and opportunities to help rural residents.

U.S. Department of Agriculture (USDA) Rural Development State Director Brad Finstad closed out National Homeownership Month by highlighting USDA's ongoing role in supporting rural homeownership. President Trump issued a proclamation on May 29, 2020 recognizing June as National Homeownership Month.

"Safe, affordable housing and the ability to make essential home repairs for an individual or family to remain safely in their existing home is critical to the continued prosperity of rural communities, especially when dealing with the economic struggles of a health pandemic" said Finstad. "Under the leadership of President Trump and Agriculture Secretary Perdue, USDA is committed to being a strong partner in building prosperity in rural communities and for the people who call them home – especially those impacted by the COVID-19 pandemic."

To assist homeowners facing current hardships, USDA is offering payment moratoriums and modified application processes. USDA Rural Development is also working with new borrowers and their lenders to make special accommodations based on local needs and restrictions. For the most up-to-date information on Rural Development's response to COVID-19, visit rd.usda.gov/coronavirus. Updates are also distributed via Twitter @usdaRD.

In Minnesota, USDA invested \$378,399,981 to help 2,415 families and individuals buy a home through the Single-Family Housing Direct Loan (Section 502) and Single-Family Housing Guaranteed Loan (SFHG) programs.

USDA partners with private lenders through the SFHG program to guarantee private loans, securing affordable financing for individuals and families. Through Minnesota's top three lending partnerships of American Mortgage & Equity, Bell Bank, and Bremer Bank, more than 400 individuals and families were able to find affordable housing in rural communities – totaling nearly \$69 million.

Through the USDA's Section 502 program, Travis and Emily Kath and their two children will be able move into a brand-new home with help from a \$173,000 Direct Loan. Courtney Iverson and daughter Audrey moved into their new home earlier this Spring with help from a \$219,150 Section 502 Direct Loan. These two homeownership stories wouldn't have been possible without the partnership of Rice County Habitat for Humanity, who helped both families build their homes from the ground up through volunteer work and assisted with every aspect of the homeownership process from start to finish. Learn more about this partnership and the thirteen families that found affordable housing in southern Minnesota.

Put your best home facial face forward

Facials can bring about the best in your skin and help treat various conditions.

Few things beat the pampering of a professional facial spa treatment - a luxury that many men and women afford themselves when possible. However, lately people have had to look elsewhere for popular beauty services.

Data from the Simmons National Consumer Survey for the cosmetic and personal care industry revealed roughly three million Americans received facials four times or more in 2019.

Many aestheticians recommend facials every month. Canadian Living reports that facial treatments across the country can range from \$40 to more than \$200.

Though they're wildly popular, facials have fallen victim to social distancing guidelines that shuttered many salons. While not a carbon copy of the in-depth treatments offered at spas, at-home facials can bridge the gap until spas reopen.

Understand the facial process
Professional facials typically feature a series of steps.

Tattoos have ancient history

Tattoos are a form of body modification that dates back to 3250 B.C.

The oldest known person to have a tattoo was found beneath a glacier in the Alps. His body displayed more than 60 tattoos, composed mainly of simple dot and line designs. The tattoos of today are much more complex and colorful. According to Tattoodo, tattooing involves the use of a tattoo machine that has groupings of needle points to push into the skin. Tattoo ink is injected directly into the dermis, or the second layer of skin.

A University of Arizona study found that nearly every brand of tattoo ink uses different ingredients, and there are no regulations governing tattoo ink. Pigments include heavy metals, original miner-

ter Audrey moved into their new home earlier this Spring with help from a \$219,150 Section 502 Direct Loan. These two homeownership stories wouldn't have been possible without the partnership of Rice County Habitat for Humanity, who helped both families build their homes from the ground up through volunteer work and assisted with every aspect of the homeownership process from start to finish. Learn more about this partnership and the thirteen families that found affordable housing in southern Minnesota.

In addition to homeownership opportunities, the state also provided \$565,895 for home repairs for 92 very low-income rural residents through the Single-Family Housing Repair Loan and Grant (Section 504) program.

USDA Rural Development provides loans and grants to help expand economic opportunities and create jobs in rural areas. This assistance supports infrastructure improvements; business development; housing; community facilities such as schools, public safety and health care; and high-speed internet access in rural areas. For more information, visit www.rd.usda.gov/mn.

If you'd like to subscribe to updates from USDA Rural Development, visit our GovDelivery subscriber page.

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These include cleansing, exfoliation, steaming, extraction, specialized spot treatment, toning, and moisturizing. Aestheticians use products they endorse or those required by the spa. But you can use any products on hand to achieve similar results, which means you can shop around for the price point that works for you.

Know your skin
Understanding your skin is the key to targeting and addressing issues. Just because a particular moisturizer worked on your sister who has dry skin doesn't mean it would work the same way on your skin. Consider allergies as well. If you tend to break out when sipping orange juice, a citrus-based toner may not be your best bet.

Gather your tools
You likely have all you need at home to give yourself a good facial. A steamy shower or a pot of boiling water satisfies the steam requirement. A nubby, cotton washcloth can help with the cleansing and exfoliation of skin. Chances are you already have a toner, cleanser and moisturizer in your bathroom cabinet that can be utilized.

If you want to invest in any

als and vegetable- or plastic-based colors. Inks also use a carrier to keep the ink more evenly mixed. Alcohols, distilled water and propylene glycol are some common carriers. A recent study from Psychology Today found that people with tattoos are more likely to be "experience seekers." In addition, a poll released by the Oxygen Network and Light-speed research indicates that 59 percent of women in the United States have tattoos compared to only 41 percent of men.

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Development is also working with new borrowers and their lenders to make special accommodations based on local needs and restrictions. For the most up-to-date information on Rural Development's response to COVID-19, visit rd.usda.gov/coronavirus. Updates are also distributed via Twitter @usdaRD.

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specialized tools, aestheticians like Kerry Benjamin from the Los Angeles-based Stacked Skincare recommend micro-needling, which is achieved with a dermaroller. This device causes tiny injuries to the skin to increase collagen production and help thicken the skin. A dermaroller can help with issues like dark circles under the eyes and fill in lines.

Spot-test all products and be gentle when handling skin. In addition, remember to follow up any facial treatment with good skincare at other times, which includes wearing sunscreen at all times to protect against UV rays.

LEGAL NOTICE

Notice is hereby given that a hearing has been set for July 24, 2020 at 9:03 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave, Crookston, Minnesota or should you wish to join us remotely, a WEBEX meeting is available upon request, to consider the application of Jonathan Olson, 301 Desiree Drive, Grand Forks, ND 58201 for a Conditional Use Permit to hook a septic system up to a new accessory structure on a parcel of land located at: 38721 E Union Dr SE, Erskine, Mn 56535 and described as: That part of Gov. Lot 8, Sec. 30, Twp. 148 N., R. 42 W., Polk County, Minnesota described as follows: Commencing at the northeast corner of Lot 1, Block 1, Assen's Subdivision, the same being a point on the south line of said Gov. Lot 8; thence North 88 degrees 38'18" East, assumed bearing, along said south line, a distance of 57.66 feet, more or less, to the point of beginning the same being a point at the intersection of a line described as "Line A" in Document No. 608667 as filed in said office of the County Recorder and said south line of Gov. Lot 8; thence North 36 degrees 14'03" West, along said described "Line A", a distance of 187.07 feet; thence South 87 degrees 56'34" West 348.00 feet; thence South 45 degrees 52'11" West 56 feet, more or less, to the shoreline of Union Lake; thence Southeasterly along said shoreline a distance of 150 feet, more or less, to said south line of Gov. Lot 8; thence North 88 degrees 38'18" East, along said south line, a distance of 395 feet, more or



Parading down the streets of McIntosh, waving American Flags and dressed for the occasion were the kids from The Clubhouse Childcare Center in McIntosh.



The Clubhouse Childcare Center staff, like Sidney Tadman (pictured) enjoyed the Independence Day parade with the kids last week in McIntosh.

Polk County Legal Notices

less, to the point of beginning, parcel #45.00230.01. All property owners within ¼ mile of the proposed Conditional Use Permit are invited to appear at said hearing. If attending via WEBEX, you must contact our office 3 days prior to the public hearing at 218-281-6445.

Dated: July 2, 2020 Jacob J. Snyder
Planning & Zoning Administrator M16C

LEGAL NOTICE

Notice is hereby given that a hearing has been set for July 24, 2020 at 9:25 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave, Crookston, Minnesota or should you wish to join us remotely, a WEBEX meeting is available upon request, to consider the application of Jay Holm, 43179 190th St SW, EGF, MN 56721 for a Conditional Use Permit to build an accessory structure which brings the total for accessory structures over 2500 sq. ft. on a parcel less than 5 acres in size, but greater than 2 acres on a parcel of land described as: That part of the NE¼/NE¼ of Sec. 19, Twp. 151 N., R. 49 W., lying southwesterly of the centerline of an abandoned portion of Polk County Highway Number 72, Polk County, Minnesota, described as follows: Commencing at the northeast corner of said Sec. 19; thence west-erly along the north line of said Sec. 19 having a grid bearing of south 85°57'43" West a distance of 634.98 feet to said centerline and the point of beginning; thence South 42°45'49" East along said centerline a distance of 537.68 feet, thence South 50°54'47" West a distance of 213.30 feet, thence North 42°45' West a dis-

tance of 594.13 feet, thence North 81°32'09" East a distance of 166.85 feet to the southwesterly right of way of said Highway Number 72; thence North 42°45'49" West along said right of way a distance of 84.04 feet to the north line of said Section 19; thence easterly along said north line North 85°57'43" East a distance of 96.13 feet to the point of beginning, containing 2.72 acres, more or less, parcel #40.00172.03. All property owners within ¼ mile of the proposed Conditional Use Permit are invited to appear at said hearing. If attending via WEBEX, you must contact our office 3 days prior to the public hearing at 218-281-6445.

Dated: July 2, 2020 Jacob J. Snyder
Planning & Zoning Administrator M16C

LEGAL NOTICE

Notice is hereby given that a hearing has been set for July 24, 2020 at 9:45 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave, Crookston, Minnesota or should you wish to join us remotely, a WEBEX meeting is available upon request, to consider the application of Minnkota Power Cooperative, Inc., 5301 32nd Ave S, Grand Forks, ND 58201 for a Conditional Use Permit to rebuild an existing substation on a parcel of land located at: 44056 160th Ave SE, Fertile, Mn 56535 and described as: A parcel of land in the NW ¼ of the NW ¼ of Section 27, Township 147, Range 43; beginning at the northwest corner of said section 27; thence east along the north section line for 400 feet; thence south and parallel with the west section line for 500 feet; thence west and paral-

lel with the north section line for 400 feet; thence north along the west section line for 500 feet to the point of beginning, parcel #27.00175.00. All property owners within ¼ mile of the proposed Conditional Use Permit are invited to appear at said hearing. If attending via WEBEX, you must contact our office 3 days prior to the public hearing at 218-281-6445.

Dated: July 2, 2020 Jacob J. Snyder
Planning & Zoning Administrator M16C

LEGAL NOTICE

Notice is hereby given that a hearing has been set for July 24, 2020 at 10:10 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave, Crookston, Minnesota or should you wish to join us remotely, a WEBEX meeting is available upon request, to consider the application of Hancel Altendorf, 418 Prospect Ave, Grafton, ND 58237 for a Variance to reduce the setback off the east property line from 10' to 3' for a new garage on a parcel of land located at: 14542 Maple Dr SE, Mentor, MN 56736 and described as: Lot Three (3), of Syke's Second Subdivision, Section Eight (8), Township One Hundred Forty-eight (148), North of Range Forty-three (43), West of the Fifth Principal Meridian, Polk County, Minnesota, parcel #74.00574.00. All property owners within 500 feet of the proposed Variance are invited to appear at said hearing. If attending via WEBEX, you must contact our office 3 days prior to the public hearing at 218-281-6445.

Dated: July 2, 2020 Jacob J. Snyder
Planning & Zoning Administrator M16C