



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



6th grader Karsen Hedlund won his 100th career win in wrestling the last weekend in February in Carrington, North Dakota winning 3 out of 4 of his matches. He is scheduled for the Minnesota Northland Youth Wrestling Association tournament that will be held on April 1st in Sioux Falls, South Dakota, though normally held in Rochester, due to COVID-19 concerns it was moved to the new location. Karsen has wrestled for the Fosston Bagley Brawlers and in Fertile Beltrami since 4th grade.

The significance of Croagh Patrick

Croagh Patrick is a steep mountain in County Mayo in Ireland. It is situated five miles from the town of Westport. The mountain's summit soars above the surrounding countryside and enables those who manage to reach the top a magnificent view of Clew Bay.

The mountain is significant in Irish history because it was both a place of worship predating the arrival of Christianity in the country, but also the place St. Patrick was purported to have completed a 40-day Lenten ritual in the 5th century. Croagh Patrick is considered the holiest mountain in Ireland.

Each year on the last Sunday of July, which coincides with the pagan festival of Lughnasadh, thousands of people climb Croagh Patrick, also called The Reek or Patrick's Sacred Mountain, to reach the summit. The Irish heritage resource YourIrish.com estimates that between 30,000 and 40,000 people make the pilgrimage each year, most of them barefoot. Most consider it an important spiritual milestone.

Weather may prevent individuals from scaling the mountain during the month of March, but visiting the site is something that many tourists and native Irish alike aspire to do at some point in their lives. According to the Croagh Patrick Visitor Centre, the first stop is the Saint Patrick's statue, which was erected in 1928 by Reverend Father Patterson. In addition to viewing the statue and taking in some amazing views, visitors can stop in the Visitor Centre, known as "Teach na Miasa," which means "house of the dishes." It is believed the monks of nearby Murrisk Abbey washed their utensils in the stream that runs alongside the road to the center, called "Bóthar na Miasa (road of the dishes)," hence the name. A restaurant and craft shop are housed in Teach na Miasa.

There are many sights to see and rich history to learn along the trek. An archaeological excavation performed during the 1990s at the mountain discovered the remains of a small chapel dating to the time of St. Patrick, helping to solidify the authenticity of his Lenten pilgrimage so long ago. Croagh Patrick is a symbolic place that heralds Ireland's Christian roots.



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Birds: An exhibit featuring the work of Ross Hier and other regional artists



The exhibit features a large body of work of Crookston Artist Ross Hier. Ross's love of nature from a young age led him to a career as a wildlife biologist. He retired after 35 years with the Minnesota DNR Wildlife Section.

Northwest Minnesota Arts Council Gallery at NCTC in Thief River Falls, March 2 – April 29, 2021.

The Northwest Minnesota Arts Council (NWMAC) is pleased to announce Birds – An exhibit featuring the work of Ross Hier of Crookston, Stephanie Anderson of Fosston, Doug Dallman of Thief River Falls, Sherri Kruger of Badger, Zach Rowatt of Roseau, Travis Hanel of Warren, Ivy Baille of Fosston, Rock Bakken of Hallock, Betsy Saurdiff of Grygla, Kathryn Rynning of Kennedy, Janet Johnson of Roseau, Karen Monson of Plymouth, and Cindy Kolling of Gully.

The exhibit is open from March 2 through April 29, 2021 at the NWMAC Gallery at Northland Community and Technical College in Thief River Falls.

It includes paintings, stained glass mosaic sculpture, fiber and mixed media,

bird houses, pen and ink, photography, pottery, chalk pastel, and watercolors.

Like art, birds reveal a spot of beauty with their plumes and songs and allow us to escape the stressful and mundane. These artists have captured the simplicity, as well as the complexity of birds.

The exhibit features a large body of work of Crookston Artist Ross Hier. Ross's love of nature from a young age led him to a career as a wildlife biologist. He retired after 35 years with the Minnesota DNR Wildlife Section.

A self-taught artist, he thoroughly enjoys the versatility of transparent watercolors. Nature provides him with unlimited subject material. Many of his subject ideas arose after observing some interaction in nature, landscape, or creatures. "I am drawn more to days when life wasn't so driven by technology and was lived at

a slower pace."

In 2019 Ross experienced "a wonderful birding expedition in Ecuador. I observed 33 species during my 13-day adventure and when I returned home, I set out on a personal project to paint all 33 of them. Thus far, I have completed 15 of those 33 species; these watercolors are on display at this exhibit. It is an extreme challenge to capture the vibrant, often neon-like colors of hummingbirds with watercolor pigments.

"Also, mimicking blurred wing-movement is very difficult. I have learned much on the project and continue to reveal in memories of the 'amazing 33 species.'"

You won't want to miss this extensive and multifaceted exhibit. A number of these pieces are available for purchase. Please see our website for more information.

The NWMAC Gallery is located at Northland Community

and Technical College in Thief River Falls.

The gallery hours are Monday-Friday from 8:30-5 PM and at other times when events are held at the college. Enter through Door A. Visitor parking is free and at this time in the large end lot.

For more information about our exhibits look to our website at www.NWArtsCouncil.org, or if you are an artist interested in exhibiting a body of work with NWMAC, please contact Trey Everett at (218) 280-4917 or email NWArtsCouncil@gmail.com.

This exhibit is made possible with funding from The McKnight Foundation. Please sign up for our e-newsletter on our website home page to see the latest news and grant announcements. Email director@NWArtsCouncil.org or call 218-745-8886 to reach our office during regular business hours.

How switching the clocks can affect your health

Much of the world adjusts their clocks each spring and fall. In the fall, clocks are fixed on standard time, while in the spring they're moved forward one hour to daylight saving time, or DST.

The rationale behind DST has long been based on energy savings, as the demand for electricity to light homes is related to the times when people go to bed at night and rise in the morning.

Studies conducted by the U.S. Department of Transportation in 1975 determined that moving clocks ahead one hour could save a small amount of energy each day.

In New Zealand, power companies registered a 3.5 percent decrease in usage when daylight savings starts. Even though the energy savings associated with DST can be significant, some suggest those savings come at the expense of human health.

Research suggests that a one-hour time change twice a year can significantly throw off humans' internal clocks.

A report conducted by the Massachusetts Legislature in the summer of 2016 found that people lose a significant amount of sleep in the days following DST, which can lead to an increase in both traffic fatalities and on-the-job injuries. Disrupted sleep cycles can leave people restless and coping with anxiety.

A 2012 study published in the Journal of Applied Psychology found shifts related to DST led to killing time on the internet and other "loafing" around from lack of energy and motivation.

Finnish researchers analyzed more than 10 years of stroke data and its relation to DST. The overall rate of ischemic stroke increased by 8 percent in the first two days after transitioning to DST.

Similarly, other issues arise when clocks are switched back to standard time in the fall. Danish researchers found the rate of people seeking care for depression rose for up to 10 weeks after clocks were turned back.

Various petitions have been created to urge legislators to maintain DST all year long. The United Kingdom-based Royal Society for the Prevention of Accidents says doing so will reduce road deaths currently caused by darker evenings in autumn and winter. Keeping the time consistent can help avoid body clock resets, may prevent accidents and could increase productivity in the evening hours when the autumn arrives. Only time will



tell if turning the clocks back and moving them forward will become a relic of the past



Ross Bernstein is a sports historian whose presentation will being the 60th anniversary of MN sports in 1961.

WEM online free and reduced lunch applications

Win-E-Mac parents can apply on-line (at LunchApplication.com) for your children to receive free or reduced-price school meals. Your application will be sent from a secure website directly to Win-E-Mac ISD 2609 so you do not need to worry about filling out a paper form that could be lost or misplaced.

www.LunchApplication.com has been designed to make it easy for you to know exactly what information you need to provide and to guide you through the process. Once your application has been received, the district office will determine your eligibility and send you a letter with the results.

www.LunchApplication.com is an easy, secure, and convenient way to apply for free or reduced meals.

To apply, simply go to www.LunchApplication.com and click Apply Now.

As Superintendent Bruer states in his letter below, "the district really needs your help



if you have not filled out this application. We are in the process of looking at potential cuts because of the reduced number of applications. This has affected a deduction of \$120,000 of compensatory revenue to the district and this will compound, so please get in your application to the district."

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LARL announces a MN sports retrospective virtual presentation

Libraries Announce "1961: A Minnesota Sports Retrospective" Virtual Presentation on March 23rd.

Lake Agassiz Regional Library (LARL) has scheduled a virtual presentation in celebration of its 60th anniversary.

On Tuesday, March 23 at 7:30 p.m., Ross Bernstein will bring the 60th anniversary of an exciting MN sports year to life with a presentation featuring stories from the Minnesota Vikings, the Minnesota Twins and more.

As a sports historian and author of nearly 50 books, Bernstein has chronicled many of the events which took place in 1961 and in this presentation he will highlight what was so special about that year – the

year that the Vikings and the Twins came to be, the Gopher Football team played its last Rose Bowl and the Minneapolis Lakers moved to Los Angeles. Learn about the many heroes from that era in a fun-filled evening you don't want to miss.

This event is made possible thanks to funding from the Minnesota Arts & Cultural Heritage Fund.

This live virtual event will be available Tuesday, March 23 at 7:30 p.m. on the Lake Agassiz Regional Library Facebook page (facebook.com/larlmn).

No pre-registration is required and a recording will be available following the presentation at larl.org/athome.

How exercise can help you live longer

There are many reasons to get in shape. Weight loss is a prime motivator, as is reversing a negative health effect, such as high cholesterol or increased diabetes risk. Routine exercise also can improve life expectancy.

WebMD says exercise keeps the body and brain healthy. That's why exercise should be an important component of daily life no matter one's age.

Research published in the journal Immune Aging found that how people age is 75 percent lifestyle and only 25 percent genetics, which underscores the importance of the lifestyle choices people make.

Cardiorespiratory fitness
Many health experts say that cardiorespiratory fitness may be just as valuable a metric to determine overall health as blood pressure and lipid levels.

People with a high aerobic capacity can deliver oxygen to tissues and cells efficiently to fuel exercise, according to data published in 2014 in the journal Aging & Disease. In a study involving 11,335 women, researchers compared V02 max,

also known as aerobic capacity, in women with mortality data. Women who were fit from a cardiovascular perspective had a lower death rate from all causes, irrespective of the woman's weight.

Manage stress and mood
Exercise has direct stress-busting benefits that can promote longevity.

The Mayo Clinic says physical activity can increase the production of endorphins, which are the body's feel-good neurotransmitters. In addition, exercise can imitate the effects of stress, helping the body adjust its flight or fight response accordingly, and help them cope with mildly stressful situations. While engaged in exercise, people may forget about their problems as they are focused on the activity at hand.

Improve bone health
Strength training and physical activity can stave off the effects of frailty and osteoporosis, which affects bone strength. A study published in the Journal of Internal Medicine in 2017 found that hip fractures are associated with diminished qual-

ity of life and survival among the elderly. One in three adults aged 50 and over dies within 12 months of suffering a hip fracture, and older adults have a five- to eight-times greater risk of dying within three months following a hip fracture. Building muscle strength, balance and bone density through exercise can reduce falls and frailty, helping to prevent fracture-related health risks.

Addresses sarcopenia
The health and wellness resource Healthline defines sarcopenia as the loss of muscle mass specifically related to aging. Doctors once considered this muscle loss inevitable, and it can affect stamina and lead to weakness. However, new indications suggest that exercise is the main treatment regimen for sarcopenia, particularly resistance training. This is designed to improve muscle strength and help balance hormone levels by turning protein into energy for older adults.

These are just some of the ways exercise can help older adults live longer, healthier lives.

Exercise ideas for people with mobility issues

Physical activity is vital to overall health. The World Health Organization says limiting time spent being idle and taking advantage of opportunities to get moving - even if it's just a little bit of exercise - can go a long way toward improving overall health.

In November 2020, the WHO released new exercise guidelines for people of all ages. Adults should get between 150 and 300 minutes a week of moderate to vigorous aerobic activity, and that includes older adults and those with chronic conditions or disabilities.

Individuals with limited mobility due to age or preexisting medical conditions may wonder how they can meet the guidelines for exercise. Those with chronic pain or illness sometimes find that exercising for more than a few minutes can be challenging. Even brief periods of exercise can pay dividends, and there are various approaches people can take to work around mobility and other issues.

Explore chair exercises

Just because you are seated doesn't mean you can't get a workout in. Seated chair exercises can work various muscle groups. Seated arm rows, tummy twists, overhead arm raises, hand squeezes with a tennis ball, inner thigh squeezes, leg lifts and extensions, and many other exercises can be customized to be performed in a chair.

Work out in the water
Exercising in the water can assist with movement and reduce strain on the body. The Arthritis Foundation says the water's buoyancy supports body weight, which minimizes stress on joints and can alleviate pain. Water provides gentle resistance as well - up to 12 times the resistance of air. That means it's possible to build strength and muscle even just walking or swimming around a pool.

Use resistance bands
Resistance bands are like giant rubber bands that can be used to build up strength and flexibility.

Resistance bands are effective, low-cost gear that can

offer high-impact results for building muscle, staying fit and increasing mobility. Resistance bands can be used in lieu of hand weights for many exercises and be ideal for those who find barbells and dumbbells are challenging to maneuver.

Mind-body exercises are an option
Elder Gym®, a fitness from home service for seniors, suggests exercises like Tai Chi and yoga for those with limited mobility.

These exercises integrate awareness of body movement with the exercise through coordinated breathing. The exercises encourage people to focus on slow, fluid movements and deep stretching.

Seniors and others with limited mobility are advised to first discuss fitness regimens with a physician to get a green light to proceed. Then exercise regimens can be started gradually and altered to become more vigorous as the body acclimates to exercise. Increase duration and frequency as strength and endurance builds.

The many ways walking benefits your body

Life changed dramatically in 2020. When the World Health Organization declared a COVID-19 pandemic in March 2020, hundreds of millions of people across the globe were forced to change how they go about their daily lives, including how they exercise.

Health-conscious adults accustomed to exercising at local gyms had to find new ways to exercise in the wake of the pandemic. Many gyms were forced to close in areas hit hard by COVID-19, and that left many people without access to fitness equipment like weights and cardiovascular machines. Resilient men and women soon found ways to exercise, and many of them embraced walking.

Though walking might not provide the same level of intensity that fitness enthusiasts are accustomed to, the Arthritis Foundation® notes the various ways walking benefits the body.

Walking protects against heart disease and stroke. Walking strengthens the heart and protects it

against heart disease. The AF also notes that walking lowers blood pressure. In fact, post-menopausal women who walk just one to two miles per day can lower their blood pressure by nearly 11 points in 24 weeks, while women who walk for 30 minutes a day can reduce their risk of stroke by 20 percent.

Walking strengthens the bones. New York-based Plancher Orthopedics and Sports Medicine notes that walking can stop the loss of bone mass for people with osteoporosis. In addition, post-menopausal women who incorporate 30 minutes of walking into their daily fitness regimens can reduce their risk of hip fractures by 40 percent.

Walking can extend your life. The AF notes that one study linked walking to longer life expectancy, finding that people who exercise regularly in their fifties and sixties were 35 percent less likely to die over the next eight years than people who never walked.

Walking can improve mood. One study from re-

searchers at California State University, Long Beach, found that the more steps people taking during the day, the better their moods were.

Walking can lower risk for cognitive decline. Walking also has been linked to a lower risk for age-related cognitive decline. A study from the University of Virginia Health System found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease compared to men who walked less. In addition, a study from researchers at the University of California, San Francisco, found that age-related memory decline was lower among women ages 65 and older who walked 2.5 miles per day than it was among women who walked less than half a mile per week.

Foot traffic increased as people were forced to find new ways to exercise during the COVID-19 pandemic. Walking is a great way to stay in shape and even provides some lesser known benefits for people who walk each day.

Essentia Health launches substance use disorder hotline

Essentia Health has developed a new 24-hour hotline to connect patients with a substance use disorder provider near them.

The hotline was created as a service to the communities that Essentia Health serves and is open to anyone. Services can be accessed by calling (833) 677-1262.

"The purpose of the 24/7 substance use disorder hotline is to help remove barriers to connect patients suffering from a substance use disorder directly to an appointment with an Essentia Health provider for non-judgmental care," says Kelly Black, who is the program manager for Essentia Health's Opioid Treatment program. "We've made great strides to increase the number of medical providers who can offer medication for opioid use disorder."

Known as Medicine for Opioid Use Disorder (MOUD), the program uses medicines, such as Suboxone and therapy to reduce cravings and withdrawal. Essentia Health has a staff

of over 30 trained providers across its service areas currently and plans to have an additional 40 trained providers within the next year.

"Opioid use disorder is a chronic, relapsing condition, the treatment of which falls within the scope of practice for family physicians," Black explains. "With appropriate medication and supporting services, patients are more likely to enter full recovery."

Essentia's care team offers personalized care to patients and families suffering from the chronic disease of substance use disorder, including alcohol, tobacco, vaping, opiates, methamphetamine, and marijuana.

The clinic-based program provides education and an individualized, patient-centered treatment plan to help with withdrawal symptoms. It also helps connect patients with community resources.

Care is provided in a safe, supportive environment, and families can be involved in treatment plans, depending on the patient's preferences.

Essentia Health wins national quality excellence award

Essentia Health has won a national quality excellence award for its work reaching patients who need help with things that can affect their overall health, such as a lack of housing or food.

The National Association of Accountable Care Organizations gave Essentia the Leaders in Quality Excellence Award for "outstanding efforts among ACOs working to improve the quality and safety of patient care and advance population health goals."

Essentia's project submission was "Connected Communities: addressing social determinants of health and health inequities through partnership and technology." The need is great — the food-insecurity rate in the neighborhoods surrounding Essentia's downtown Duluth headquarters, for example, is 45%.

"Addressing the social determinants of health is a high priority at Essentia, especially food insecurity," said Debbie Welle-Powell, chief population health officer. "We know food is medicine, and access to healthy foods impacts one's overall health status. By creating new alternative food sources and working in partnership with our communities, we are better able to support our patients' needs holistically."

Patients were reached using a confidential questionnaire.

What started as a small pilot was scaled rapidly to 74 primary care and pediatric clinics during the COVID-19 pandemic, a time when need has been



Notice of Annual Meeting and Election

Winger Township will be holding its Annual Meeting on March 9th, 2021 at 4:00 pm. The annual election for Winger Township will run from 5:00 to 8:00 March 9th, 2021. All proceedings will take place at Winger Town Hall.
Nate Johnson, Clerk

We would like to thank everyone who came out this past Friday night at Little Bobby's Bar & Grill in McIntosh for the fundraising benefit held for Rachel Carlson. We couldn't be more proud of the community we live in. The support and generosity from those that came and those that dropped off or sent in contributions is appreciated more than you can ever know. Thank you also to those that donated silent auction items and items for the raffle drawing, it was very much appreciated. A special thank you to Little Bobby for hosting the event, as well as to Carrie and Devra for all the hard work they did in getting this all put together. We would also like to thank Charles for rolling up his sleeves and helping out in the bar area, it was fun seeing you in action again. It was a wonderful time and so great to see so many of you out. Thank you, everyone, your support is greatly appreciated.
With deepest gratitude and warm wishes,
The family of Rachel Carlson

LITTLE BOBBY'S BAR AND GRILL

295 Cleveland Ave, McIntosh, MN • 218-563-3008

ENJOY THE EXPANDED MENU!

ST PATRICK'S DAY
THERE WILL BE SPECIAL, GREEN HORS D-OEUVRES

- Live music on both Friday and Saturday •
- The Weekend of the 20th

"The Bad Campers" will play. Watch for details next week!

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Today there is a wound in our national conscience. America will never be whole as long as the right to life granted by our Creator is denied to the unborn." -President Ronald Reagan

I am six. Six weeks old. You might not have noticed me yet because I am only as big as a grain of rice. When you discover me; my presence may fill you with joy or paralyze you with fear. I have arrived because of you and I am grateful. I am packed with potential; I can feel it whizzing around and doing oh, so many things. When you realize I am here, what will you do? I am just wondering because my life depends upon it.

-a.m.opdahl

Please follow the Speak Life series each week in the Tri-County Canary.

LSS

Meals Menu
687-2262

Tues, March 16th - Spaghetti with meat sauce - Green & Wax Beans - Fruit Cocktail - Bread - Oatmeal Raisen Cookies - Milk

Wed, March 17th - *Chef's Choice * Please Call with Choice - Liver & Onions or Poor Mans Steak - Boiled Potatoes - Mixed Vegetables - Wheat Bread - Pistachio Cake - Milk

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

Sun. March 14: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

Sun. March 21: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Supply Pastor
Gordon Syverson

Service can be viewed on Sunday mornings on Garden Valley channel 30 and 9:00 and 11:15 am or on our YouTube channel "One in Spirit" on Sunday mornings starting at 7:30 am. Lenten Services are now available to watch on Garden Valley channel 30 at 4:00 and 9:00 pm every Wednesday through Easter. In-house worship services every other week with Calvary in Winger starting March 7th. Our Savior's will host the 1st and 3rd Sunday's and Calvary will host the 2nd and 4th Sunday's at 10:30 am. All Covid guidelines will be followed.

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

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

Sun., March 14: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues, March 16: 10:00 a.m. Sunday worship service telecast on GVTV--30

Wed, March 17: 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.

McINTOSH Times

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M3-28C

Deadline to remove fish houses in northern MN quickly approaching

Anglers should clean up litter left on the lakes.

The Minnesota Department of Natural Resources reminds anglers the deadline to remove fish houses from lakes in the northern one-third of the state is coming up. Recent and forecasted warm weather means conditions on the ice may be challenging, so the DNR urges anglers to plan ahead to ensure they're able to meet the deadline.

The removal deadline in the northern one-third of the state — which is defined as north of the east-west line formed by U.S. Highway 10, east along Highway 34 to Minnesota Highway 200, east along Highway 200 to U.S. Highway 2, and east along Highway 2 to the Minnesota-Wisconsin border — is the end of the day Monday, March 15. The removal deadline for Minnesota/Canada border waters is March 31.

"Throughout the northern part of Minnesota, we've seen many people removing their ice shelters well in advance of the deadline," said Capt. Shelly Patten, DNR Enforcement Division regional manager in northeastern Minnesota. "It pays to plan ahead to help ensure you don't find yourself scrambling at the last minute."

Patten reminds anglers to clean up everything around their fish houses. Anyone who is caught leaving litter — in-

cluding any part of a fish house — on the lake may be cited for littering.

If shelters aren't removed by the deadline, owners will be prosecuted and structures may be confiscated and removed by a conservation officer. If conditions or other circumstances are making it difficult for people to meet the deadline, they should contact their local conservation officer to explain the situation.

The removal deadline does not mean anglers no longer can use fish houses on the ice. After the deadline, fish houses may still be on the ice, but they must be occupied if they're out between midnight and one hour before sunrise. Shelters may not be left or stored at public accesses. Anglers always should keep in mind that ice conditions vary widely and that ice is never 100 percent safe.

Late season ice fishing

You can still fish and use shelters after the removal deadline, but they must be occupied between midnight and an hour before sunrise. And remember to clean up after yourself before you leave.

- Shelter licenses
- All non-portable ice shelters must be licensed.
- Wheeled fish houses are not considered portable and

must be licensed.

- An annual shelter license costs \$15 for residents and \$37 for non-residents, not including issuing fees that may be charged.

- The ice shelter license must be readily visible from the exterior of the shelter.

- A shelter license is valid from March 1 through April 30 of the following year.

- A shelter license is not required on border waters between Minnesota or Wisconsin, Iowa and North and South Dakota.

Portable shelter definition

A shelter that collapses, folds or is disassembled for transportation.

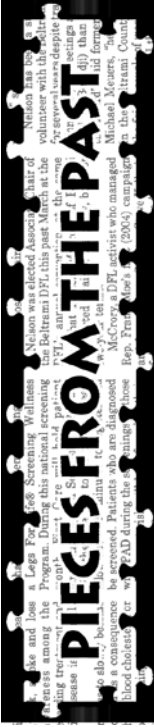
Portable shelters only need licenses and identification when left unattended, which is defined as all occupants being more than 200 feet away.

Shelter id requirements

ONE of the following must be readily visible from the exterior of the shelter with characters at least 2 inches high:

- Owner's name and address
- Owner's drivers license number
- Owner's Minnesota DNR identification number.

If a shelter is left out overnight, it must have at least 2 square inches of reflective material on each side.



50 years ago...Mr. and Mrs. Simon Knudson of McIntosh received the Valley Farmer and Homemaker Award at the Red River Valley Winter Shows in Crookston, which concluded last week. Making the presentation was Dr. Evelyn Quesenberry, state leader in the Extension Home Economics Program.



40 years ago...1981: Elementary physical education instructor Mike Roysland directed the McIntosh Elementary students in an old-fashioned hoe down Friday afternoon in the old gym at the McIntosh Public School. The youngsters performed a wide variety of square dance numbers for their parents, many of whom attended as informally invited guests. The dancers were judged, in Olympic style competition, by the elementary teachers, Mr. Zitzow, Mr. Horacek, Mrs. Olson and Mrs. Thompson, and teacher aides, Mrs. Schow and Mrs. Wierschke.



30 years ago...1991: The Win-E-Mac sixth grade basketball team traveled to Fosston for a 6th grade tournament. The boys were victorious, coming home with the first place trophy. Members of the team are: (back, l-r) Coach Kringlen, Kevin Mandt, Jeff Haaven, John Holen, Scott Carlson, Coach Haaven; (front) Mike DiMaggio, Garrett Nornes, Ryan Benbo, Peter Hamre. Great Jobs, guys!



20 years ago...2001: The Varsity Cheerleaders for the Patriot boys' basketball team had an exciting season leading cheers and providing spirit for the fans.

New sunfish regulations in effect on nearly 100 waters

Anglers will find these and other changes in the updated fishing regulations booklet available now

Sunfish anglers will need to closely check the 2021 Minnesota Fishing Regulations booklet and signs at water accesses for new sunfish limits that are now in effect on 94 waters.

The new regulations lower limits on specific waters as part of a Minnesota Department of Natural Resources initiative to protect and improve sunfish sizes. These changes are in response to angler-driven concerns over the declining sizes of sunfish in Minnesota.

"Robust public input and support helped us move forward with the Quality Sunfish Initiative. We had more than 3,700 comments and over 85% of them were in favor of trying to improve sunfish sizes," said Dave Weitzel, Grand Rapids area fisheries supervisor. "It's clear Minnesota anglers treasure sunfish and want to make sure we have lots of large sunfish in our lakes."

The new regulations only modify daily limits on the affected waterbodies. Anglers can only keep the prescribed number of fish per day from the water but can return the next day for another limit as long as



they don't exceed the statewide inland water possession limit of 20 sunfish per angler.

The new sunfish regulations only include inland waters of Minnesota. Specifically, 44 waters will have a new daily limit of five sunfish, 31 will have a limit of 10 sunfish, 17 will have a limit of five sunfish and five crappie, and two will have a limit of 10 sunfish and five crappies.

In addition to the new waters, there are 57 waters that previously had reduced limits for sunfish and these regulations remain in effect.

"We've evaluated previous special sunfish regulations and found that reducing harvest can indeed produce large sunfish," Weitzel said. "Sunfish grow slowly—about an inch per year—so a large sunfish can be more than a decade old. It's critical to protect these large fish from excessive harvest because they aren't easily re-

placed."

Sunfish spawn in large nesting colonies during the spring and early summer. Parental male sunfish build and defend nests. Females will select a male, lay eggs, and leave the eggs for the male to protect and fan with his fins. These nest-building male sunfish play an important role in repopulation, with the largest sunfish often getting the best spawning sites.

When anglers keep the largest sunfish, the remaining small males don't need to compete with larger males to spawn. Once the larger males are gone, the smaller males devote less energy to growing. Instead, they devote energy to spawning at younger ages and smaller sizes.

Minnesota fishing regulations use sunfish as the generic name for bluegill, pumpkinseed, green sunfish, orange-spotted sunfish, longear, warmouth and their hybrids. More about sunfish biology and the Quality Sunfish Initiative is available on the DNR website.



10 years ago...2011: Win-E-Mac Pack #89 Boy Scouts traveled to Bemidji Sunday, February 20th to go tubing at Buena Vista. Pictured back row (l-r): Bryer Strom, Kobe Hamre, Dustin Osland, Bryce DuChamp and Noah Ostenaar. Front row: Connor Johnson, Alex Jacobson, Elisey Snegirev and Dylan Roy.

MN 2020-21 school year enrollment data released

Due to COVID-19, enrollment in public schools has decreased; highlights need for education budget provision to address pandemic enrollment loss.

The Minnesota Department of Education (MDE) released 2020-21 school year enrollment data for Minnesota's schools.

Due to the COVID-19 pandemic, families across the state made choices that they believed were best for their students including delaying starting kindergarten for our younger learners and some considered nonpublic options. This has led to a roughly 2% decrease—or about 17,000 students—in public school enrollment between the 2019-20 and 2020-21 school years. The per-pupil nature of the education funding formula means that a loss of student enrollment will impact the amount of funding schools receive to operate their schools and support student learning. On average, one student in Minnesota public schools generates roughly \$10,164 in general education revenue.

The decrease in enrollment continues to highlight the need for the provision in Governor Walz's proposed education budget that addresses pandemic enrollment loss.

"COVID-19 has already

robbed our students of so many milestones that make school memorable," said Commissioner Mary Cathryn Ricker. "Now, our schools are potentially facing a huge loss in funding and resources, which will mean schools faced with eliminating learning opportunities and experiences for our students, especially students who need them most."

"We have hope that our public school enrollment will rebound as Minnesota recovers from the pandemic. Until then, we will continue to do everything we can to ensure our public school systems are providing our students the education they need and deserve."

The change in the number of students enrolled in Minnesota prekindergarten through grade 12 schools is driven primarily by younger students with a 9% drop in public kindergarten enrollment between the 2019-20 and 2020-21 school years.

Conversely, there was an increase in the number of younger students choosing nonpublic options, with a 12.4% increase in kindergarten enrollment between the 2019-20 and 2020-21 school years.

The most significant increase is seen in the number of students in home school—a 49.5% increase from last school



year.

Additionally, the decline in enrollment broken down by race and ethnicity shows that while most demographics held relatively steady with slight increases in enrollment over the 2019-20 school year, the vast majority of the decline in enrollment in public schools is seen in our white students. Statewide, white student enrollment saw a 3.7% decrease from the previous school year which translates to more than 20,000 students.

The Governor's Pandemic Enrollment Loss proposal is a one-time increase in general fund resources for declining en-



Friday, March 19th will be NO SCHOOL at Win-E-Mac due to winter break.

Open gym will be on Sunday's. Masks are required at all times. Elementary Students are welcome to attend from 3:00-4:30 p.m. High School students can attend from 4:30-6:00 p.m. High school students should not come before 4:30 p.m.

Yearbook staff is still taking pre-orders for this year's book titled "One Way... or Another" to be distributed upon completion in May of 2021. Cost is \$40.00. Yearbooks can be purchased in the office or from Mrs. Winter (room 51) before or after school or during students' noon hours

Parent's night for Win-e-Mac girls' basketball will be March 11 versus GGG. Parent's night for the Patriot boys will be March 13 versus Bagley (JV Noon, varsity to follow). Social distancing guidelines will be followed.

WEM Community Ed will offer Drivers Education Classroom instruction beginning March 15th, 2021 from 2:45-5:45 p.m. The classes will

be held at the WEM School in room 37- Mr. Hanson's room. Instruction will be held on the following dates March 15, 16, 17, 18, 22, 23, 24, 25, 26, and 29 with March 30th being the makeup day.

Students who enroll in Drivers Education need to be 15 years old by June 1. This class needs to be completed and the written driving exam passed prior to the Behind the Wheel instruction.

A parental course (optional) for the primary driving supervisor will be offered Thursday, March 11th.

The course is 90 minutes and covers GDL information, safety risks for teen drivers, potential adult influence on driving behavior, and additional resources. Driving time is reduced from 50 hours to 40 hours if the primary driving supervisor takes the calls. If the parent has previously taken the class, no need to take again.

Notify Mr. Hanson that you have done it already with another child to get your certificate.

Form and payment are due on March 9th, 2021. Forms can be picked up in the office. Students who exhibit immaturity in the classroom will be assumed to be too immature to drive a vehicle and will be dismissed from the class without refund. Students can then sign up for the next class and repay.

