



Pictured (L-R) are Ella Subbert, the 2022 Win-E-Mac School District Spelling Bee Champion, Bella Senn, who took second place in the competition, and Cora Earls, the third place winner.

Win-E-Mac Spelling Bee competition uses 102 words to determine winners

The 2022 Win-E-Mac School District Spelling Bee was held at 9:00 on Tuesday, January 18th in the Arts & Events Center. Fourteen spellers from fifth through seventh grades competed in the Spelling Bee. In the end, Ella Subbert, a sixth-grader, was the champion and will be competing at the Regional Spelling Bee in Thief River Falls on Tuesday, February 8th.

Taking second place was Bella Senn, also from sixth grade. Taking third place was Cora Earls, a seventh grader.

In all, 102 words were used in the competition over the course of 14 official rounds (plus a practice round). The championship word was "radiation".

This year's District Spelling Bee was one of the most intense in recent memory. According to the official rules, if there's only one student who spells correctly in a round, that student still needs to successfully complete a one-word "championship" round. Essentially, this means the champion needs to spell two words correctly in a row to be declared the champion.

The pronouncer was Mrs. Melanie Nelson, and the judges were Mr. Adam Jore and Mr. Andrew Hanson.

Looking back at 2021: The year in review

September: September 11, 2021 marked the 20th Anniversary of the deadly attacks on American soil. That morning, hijackers took control of four airplanes, ultimately crashing two into the Twin Towers at the World Trade Center in New York City and another into the Pentagon in Washington, D.C. A fourth hijacked plane crashed in a field near the town of Shanksville, Pennsylvania after passengers and crew attempted to regain control of the plane from the hijackers. All passengers and crew on board all four flights died on September 11, and thousands of others on the ground lost their lives that day as well.

The Annual McIntosh Harvest Festival, sponsored by the McIntosh Community Club took place on Saturday, September 18th in downtown McIntosh. There was vendors set up at the Fire Hall, Community Center and along the sidewalks with many unique items and fun finds. There was pie and coffee in the Community Center, games on Main Street and lots of fun family times.

One hundred years ago, an American hero was laid to rest in a small cemetery near Wingler. On September 21, 1921, Review...

Continued on page 2...

Mac Community Blood Drive will be Monday, January 31st

The McIntosh Friends of Veterans will again sponsor the Blood Drive in McIntosh. It will be held on Monday, January 31, 2022 from 12:30 pm to 5:30 pm.

If you can give blood and don't receive a call, contact Mary at 218-563-3827 or go to www.bloodhero.com to schedule an appointment by using the donor code McIntosh.

All blood and platelet donations are tested for COVID-19 antibodies. If you've tested positive for COVID-19 and recovered, your plasma may be able to help patients currently fighting the virus as a convalescent plasma donor.

Many blood drives have been cancelled, so your individual donations matter now more than ever. We are now testing all donors for COVID-19 antibodies. Whether you're eligible to give whole blood; recovered from COVID-19 and can donate convalescent plasma; you are saving lives.

Basic eligibility requirements to give blood are:

- Must be at least 16 years old (16- and some 17-year-olds must bring a signed permission form from a parent or guardian, if required by state



or school).

- Weigh at least 110 pounds. Certain height/weight criteria may apply for donors 22 years old or younger.
- Be in good general health.
- For your safety and to ensure a positive donation experience, make sure you eat within two hours ahead of your donation. Drink plenty of water that day and 24 to 48 hours beforehand. Feel free to help yourself to something to eat and drink in our refreshment area.
- Bring your ID—something with your name and one of the following: date of birth, donor ID number or your photo.
- You must wait eight weeks between whole blood donations. Learn more about specific intervals for other types of

donation.

- You should not be under the influence of alcohol or recreational drugs at the time of donation.

There is no inherent risk of getting coronavirus from the donation procedure itself, but the donation staff follow CDC guidelines and take extra precautions to protect our staff and donors.

It doesn't take much time and every donation has the power to save up to three lives. Masks are required and appointments are encouraged.

Social distancing guidelines are practiced both in the waiting area and when giving blood.

For more information go to www.vitalant.org

Factorsthat may affect your eligibility to donate blood

Blood donations are vital to many people's survival. Whether someone has lost blood after a car accident or as the result of a chronic disease, without the selfless decision by millions of blood donors to donate blood, people in need may not be able to overcome their injuries and illnesses.

The H. Lee Moffitt Cancer Center & Research Institute notes that it conducted 15,699 red blood cell transfusions and 11,621 platelet transfusions in 2019.

Cancer patients may need transfusions for a variety of reasons. Some may have lost a significant amount of blood during surgery, while others may experience a low blood count due to their treatments. Cancers in the blood and bone marrow do not allow the body to produce normal blood-making cells, thereby creating the need for transfusions.

Prospective donors recognize the need for blood, which may be even greater as a result of the COVID-19 pandemic. Though the Centers for Disease Control and Prevention

note that it's safe to donate blood during the pandemic, social distancing guidelines and nervousness about donating adversely affected the blood supply in the United States and other nations in 2020. However, the American Red Cross notes that only a handful of factors may affect prospective donors' eligibility to donate blood.

Cold, flu and other illnesses

The Red Cross urges prospective donors to wait to donate blood if they:

- have a fever or a productive cough (one that brings up phlegm)
- do not feel well on the day of their scheduled donation

Donors also are urged to wait to donate until they have completed antibiotic treatment for sinus, throat or lung infections.

Additional requirements regarding donors' height and weight as well as donation intervals can be found at www.redcrossblood.org.

Medications

The Red Cross says that

most medications will not disqualify prospective donors from being able to donate. However, the Red Cross also notes that some medications may require a waiting period after patients take their final dose before they are eligible to donate. Donors can contact their local blood donation center as well as their physicians to determine if any medications they're currently taking or have taken recently will affect their eligibility to donate.

Low iron

Some donors are ineligible to donate because of low iron. Donation center staff conduct screening tests to measure the amount of hemoglobin present in potential donors' blood. Hemoglobin is a protein in the body that contains iron and carries oxygen to the tissues in the body. If the hemoglobin count is too low, donors will be asked to wait to donate. The body needs iron to make new red blood cells and can help to replace those lost through

Donate...

Continued on page 4 ...



Fourteen spellers from 5th grade to 7th grade competed in the 2022 Win-E-Mac School District Spelling Bee. Pictured Front row (L-R): Megan McGlynn, Ana Kolden, Vasily Kutsev, Grady Breitbach, Charley Carlson, Joy Courneya, Cora Earls. Back row (L-R): Nina Andreeff, Bentley Anderson, Ella Subbert, Nathaniel Spry, Hayden Johnson, Lugas Eggl, Bella Senn.

Review...

Continued from front....

remains of Nels T. Wold, recipient of the Congressional Medal of Honor, were buried in Elim

Cemetery. The Fengstad-Solie American Legion Post 200 of Winger held a remembrance service at the Winger Community Center for all to attend.

October: October began with friends and neighbors of Kevin Zahl, a farmer in Winger, helping out with the harvest of his corn and soybeans. Kevin was undergoing cancer treatment in Fargo. So in the tight knit community of Winger, his friends and neighbors took it up and helped out their friend. Sonny Balstad, Matt Balstad, Bill Kaupang, Kory Sonsteli, Gary Sonsteli, Dan Schow, Matt Schow, Tyler Schow, Dan Espeseth, Dick Larson, John Aason, and Shane Carlson.

Win-E-Mac held their fall teacher parent conferences by Zoom or phone call.

The Win-E-Mac Quilt Guild gathered at the McIntosh Community Center to do some community sewing. The quilts that are sewn by the members are donated to area organizations like Project Linus and others.

Meet the Patriot Night was a huge success as the elementary and preschool kids were invited to the football field for fun activities with the Win-E-Mac football, volleyball and cheerleading teams last Monday night as a part of Homecoming Week.

Mick Evenson has created a lending library outside his home on NE 5th Street for our communities' adults and children to use at their leisure. There are books for everyone and you are welcome to take and read or leave a book or two for the enjoyment of another.

The Win-E-Mac School district breakfast and lunch menu saw constant changes in offerings due to the well-documented supply-chain shortages that are still being seen across the nation. The staff was able to develop well balanced meals with what they could acquire and have been very successful thus far.

Win-E-Mac hosted a blood drive on October 28th to help with the blood shortage seen across our region.

The Win-E-Mac High Schoolers hosted a Halloween party for the younger kids at the school gym again in 2021, where kids were able to get together with their friends to play games and collect candy.

National recording star known at Baby Bash was scheduled to perform at Little Bobby's Bar & Grill in McIntosh October 30th, but due to the airline's back log and cancellation of flights, he did not make the show.

November: Starting Monday, November 1, 2021, the school day at Win-E-Mac was shortened by 15 minutes. Rather than dismissing students at 3:07, students were dismissed at 2:52. This is to accommodate the teachers who will continue to have students eating lunch in their classrooms.

John Bachand and others have been diligently sorting through artifacts left owned by the late Carol Anne Reese. One of the items they discovered was a First National Bank calendar from 1938 in like-new condition. John donated it to the bank, which has had it framed. Executive Vice President Philip Lee said: "The condition and the detail of the calendar is something you simply don't see these days. It is a snapshot of what the customer was most concerned about at that time. The emphasis on FDIC insurance and conservative mantra brings you back to a time when bank failures were still fresh in customers' minds. We're thankful for a robust and strong banking system that First National Bank of McIntosh can be a part of." Pictured here are Philip Lee and John Bachand. You can see the calendar hanging to the left of the door when you enter the bank.



October: Amid harvest season for our area farmers, Dan, Matt and Tyler Schow helped to combine a field of corn on the Kevin Zahl farm north of Winger last Wednesday morning

Veteran's Day programs were held virtually. The Win-E-Mac School honored the Veteran's with a virtual program. The Friends of McIntosh Veterans also aired a Veteran's Day program on Garden Valley Channel 30, with included an interview with Clifford Bartz, who at age 99 years old, spoke of his experience serving in World War II, and Kurt Ellefson, the Polk County Veteran's Officer who delivered a greeting.

Long time local business owner Wayne Benbo of Fish's Folding Ice Saw sold his business to Jordan Gunufson who will continue and expand the legacy of fine, hand-crafted ice saws into the future. The business will operate under the name Icesaw LLC.

Win-E-Mac physical education teacher Heather Burd won the Minnesota Teacher of the Year Award in elementary physical education.

Mrs. Frisk's 6th Grade STEM class at Win-E-Mac school created Holiday and Thank You Cards and donated items for our US Soldiers that are stationed overseas. They collected gifts that made for 3 large boxes to be shipped.

Harriet Rolf celebrated her 100th Birthday on Saturday, November 27th at the McIntosh Community Center. Her six children, 11 of her 12 grandchildren and 16 of her 19 great grandchildren were present. A total of 59 family members shared a noon meal. On November 30th, the day of her 100th birthday, 4 children and 8 friends enjoyed morning

cake, coffee, lefse and cookies with Harriet at the Pioneer Memorial Care Center.

December: McIntosh had its first ever Christmas parade on December 4th. The parade ran down Main Street and continued through town to visit McIntosh Senior Living and Poplar Meadows Assisted Liv-

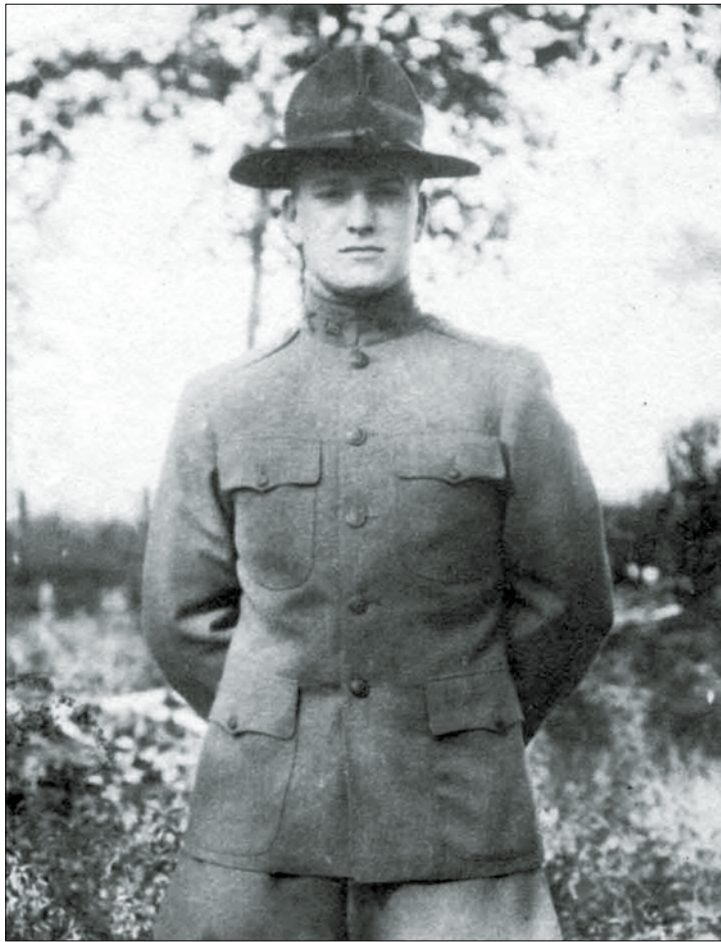
ing. The parade was the start of an evening event, A Very Merry McIntosh.

The Winger Lions hosted their Annual Breakfast with Santa on Saturday, December 11th at the Community Center in Winger with pancakes and a visit from Santa and his elf.

The McIntosh Fire Depart-

ment along with Little Bobby sponsored an Angel Tree for area kids.

Saturday, December 18th, Santa made his way to McIntosh to visit the community kids and hand out some goodie bags for all who visited with him.



September: Medal of Honor recipient Nels T. Wold was born in Winger, Minnesota. Winger is also the final resting place of Wold, who was killed in action in France on September 26, 1918 during a World War I conflict.

NOTICE Hill River Board of Audit

The Board of Audit meeting of the Township of Hill River, County of Polk, State of Minnesota, will be held on Monday, February 14, 2022 at 7:00 p.m. at the Ray Sundrud hunting shack. Call Ray for directions. The Clerk's financial records shall be open for review.

Raymond O. Sundrud,
Clerk/Treasurer
Hill River Township
Phone: (218) 435-1029

M45-45C

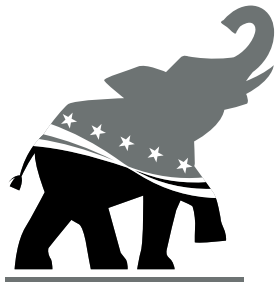
Notice of Public Hearing on Modifying the McIntosh Economic Development Authority Enabling Resolutions

Notice is hereby given that the City Council of the City of McIntosh, Minnesota will meet at City Hall in Council Chambers on February 10, 2022, at 6:00 p.m. to hear, consider, and pass upon all written or oral comments if any to the proposed resolution to modify the enabling resolutions concerning the McIntosh Economic Development Authority.

The proposed resolution to modify the McIntosh Economic Development Authority enabling resolutions is as follows:

1. Pursuant to Minnesota Statutes Annotated § 469.095 subd. 2(d) and pursuant to the Enabling Resolution of the McIntosh Economic Development Authority, the Commissioners of MEDA shall be removed and replaced solely the members of the McIntosh City Council.

M44-45C



ATTENTION REPUBLICANS!! POLK COUNTY REPUBLICAN PARTY CAUCUS February 1st, 2022

***** DOORS OPEN 6:30 PM—CALL TO ORDER 7 PM SHARP! *****

TO BE HELD AT THE FOLLOWING LOCATIONS FOR THESE TOWNSHIPS:

CHEDA Bldg, UMC Campus 510 250th St SW Crookston, MN for the townships of: Fanny, Parnell, Lowell, Crookston, Andover, Fairfax, Gentilly, Kertsonville, Vineland, Hammond, Hubbard and Scandia.

East Grand Forks Senior Center 538 Rhinehart Dr SE East Grand Forks, MN for the townships of: Huntsville, Nesbit, Fisher, Bygland, Tynsid, Roome, Grand Forks, Sullivan, Esther, Northland and Higdem.

Erskine Community Center 105 Ross Ave Erskine, MN for the following townships: Badger, Lessor, Knute, Winger, King, Sletten and Woodside.

Euclid Schoolhouse 27492 133rd St SW Euclid, MN for the following townships: Farley, Brislet, Helgeland, Tabor, Angus, Brandt, Keystone, Euclid and Belgium.

Fertile Community Center 101 S Mill St Fertile, MN for the following townships: Russia, Grove Park, Tilden, Onstad, Godfrey, Reis, Liberty, Garfield, Garden and Beltrami.

Fosston Embassy Center 603 3rd St NE Fosston, MN for the following townships: Johnson, Chester, Gully, Hill River, Eden, Brandsvold, Queen, Rosebud and Columbia.

M45C

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EAST POLK SWCD Annual Tree Sale

Orders Due by Feb. 15th 2022



East Polk SWCD is now accepting orders for the Spring 2022 tree sale. We have a wide assortment of bare root trees, shrubs, and conifers sold in packs of 5 or in bundles of 25. Orders will need to be paid in full and placed by Friday, February 19th, 2022.

The East Polk SWCD will contact you when the orders are ready, which should be expected between late April/early May depending on the weather. For a current list of available trees please contact us at (218) 563-2777 or visit our website, www.east-polkswcd.org. Order forms are available at our office, 240 Cleveland Ave, McIntosh, MN, or on our website. For further assistance please call (218) 563-2777 or email Jenna at wiersma.eastpolk@gmail.com.

M44-45C



Wed. Jan. 26:

Cindy Ostenaar

Thur. Jan. 27:

Ella Langemo, Krys-

tal Haugen

Fri. Jan. 28: Shir-

ley Carver, JoAnn

Anderson, Robert

Landsverk

Sat. Jan. 29: Ro-

man Shultz, Rachel

Finseth, Ruth Bartz,

*Wes & Debbie

Kaupang

Sun. Jan. 30:

*Dominic & Kayla

Kringlen Vicki Anto-

nio

Tues. Feb. 1:

Scott Grove, Todd

Tranby, Dakota

Hedlund, *Mark &

Danette Strom

McINTOSH Times

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Storytime

at Mac Library

**McIntosh Public Library
invites the community to
Storytime on Mondays.**

The McIntosh Public Library has been offering weekly Storytimes for children, encouraging caregivers to bring their children to the library for a weekly early literacy experience.

Storytime is held on Mondays at 10:30 a.m. Each week library staff will explore a different theme through stories, songs, fingerplays, flannel boards and/or a craft. The McIntosh Public Library is located at 115 Broadway NW.

**LSS
Meals Menu
687-2262**

Erskine LSS Meals is located at the Erskine Community Center. Inside dining at 11:30 am. Drive-up at 11:00 am. Call to reserve your meals.

Mon. Jan. 31 : Poor Mans Steak or Liver and Onions - Mashed Potatoes w/ Gravy - Carrots - Dinner Roll - Jello w/ Whipped Topping - Milk

Tues. Feb. 1: Baked Chicken - Baked Potato w/ Sour Cream - Green Beans - Bread - Dessert - Milk

Wed Feb. 2: Lasagna - California Normandy - Peaches - Breadstick - Pineapple Bread - Milk

Thur. Feb. 3: Turkey Stuffing Casserole - Mixed Vegetables - Sliced Apples - Bread - Lime Poke Cake - Milk

Fri. Feb. 4: Beef Chili w/ Beans - Romaine Salad w/ Dressing - Corn Bread - Blushing Pears - Molasses Cookie - Milk



ST. MARY'S CHURCH

**Fosston
Fr. John Suvaakeen,
Pastor**

Sun. Jan. 30: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Feb. 6: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

**McIntosh
Interm Pastor Keith Zeh
Synodical Authorized
Minister Katie DeMarais**

Sun. Jan. 30: 9:30am Coffee Hour; 10:30am Church Service

Sun. Feb. 6: 9:30am Coffee Hour; 10:30am Church Service

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 - The Journey. Our Saviors service will be available by 8:30 am each Sunday until further notice.

MCINTOSH AFLC

**McIntosh Trinity / Mount
Carmel:
Pastor Karl Anderson**

Sunday Services

9:30 Mt Carmel

1100 Trinity

Video Sermon -

GVTel Channel 30

9:00am Sunday

Repeated 6pm Wednesday

Also available on the McIntosh Free Lutheran YouTube Channel

GOSEN LUTHERAN CHURCH

Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book:

Gosen Church

Sun., Jan. 30: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: [gosenchurch](https://www.facebook.com/gosenchurch) and [gosenchurch.com](https://www.facebook.com/gosenchurch.com));

Tues. Feb. 1: 10:00am Sunday worship service telecast on GVTv--30

Wed. Feb. 2: 6:30pm Bible Study at Sharon Ramberg's home

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

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

When you can't see where you are going, don't keep going. And, if you hear the sound of the rumble strips at the side of the roadway, it's time to stop.

This is good information for sure. So, follow it. As I am preaching now, I must admit that I didn't.

That was on the mid-afternoon of Tuesday, Dec. 18... the day that high northwest winds were picking up every flake of snow that had fallen all winter. Visibility was down to zero. I couldn't see where I was going on my way home from a day in Crookston but didn't have the sense to stop going.

Anyway, so here is the story. If you have better things to do than to read on, here's your opportunity to go do them or to read something else.

It all started as my Public Safety Committee meeting at the Law Enforcement Center ended that afternoon. As I was heading back to East Grand Forks, I came to the intersection where the Highway 75 bypass meets U.S. 2 just west of Crookston.

There had been times getting to that point while on U.S. 75 where I couldn't see my way and times when, while passing rural residences, there was no real problem. At the stop sign, I questioned myself, should I turn west onto that often really difficult stretch of road to EGF, especially those eight or nine miles to Fisher, or turn right and go back to Crookston. Try it or not?

Being who I am, I turned left. Big mistake. I'm good for making them. About a hundred yards down the road, I lost vision of everything. Didn't stop. As I leaned over to engage the flashing lights (a good practice when in stormy conditions), I heard those rumble strips. Again, I didn't stop. And when the left front wheel went over the edge of the roadway any chance of pulling out of trouble was over.

With the big shovel that I carry in the winter, I was out into the terrible cold wind to trying to scoop my way back into play. That's when Jason Omdahl, who had stopped his pickup truck about 50 yards behind me, came to see if he could help. Shoveling wasn't going to do it. The vehicle was stuck. The wind was wicked and cold. Jason said, "Let me get you back to town. Where would you like to go?"

I told him to the Polk County Justice Center... that's the big building in south Crookston that houses the Northwest Regional Corrections Center jail, District Court, County Attorney's Office, Public Health, and Tri-County Corrections. I had often thought of that being a place where I could go if weather were to become a factor when in Crookston.

Upon delivering me there, Jason said that using his truck he could probably pull me out that evening if the wind were to go down and that I should call him.

Did the 30-minute walk
While hanging out on the second floor of the Justice Center, I roamed the hall, even completed my 30-minute heart-healthy walk. The door to the Law Library was open. Inside, I found multiple copies of the weekly newspapers in the county. I read them. There was also a Rand McNally map book. I spent a considerable amount of time going through those pages, all the way from Alabama to Wyoming.

On my walks, I could see the steam coming out of the stack at American Crystal. It was about 8 p.m. or later by then. It looked like the wind had settled down a bit, so I called Jason. "What do you think?" I asked of a possible attempt to try to pull the vehicle out in that dark of night. He said, "I'll go take a look. If we can, I'll come and get you."

Upon his return to town, Jason pulled into the Justice Center parking lot to report. I had been at the door watching for him. "It's even worse now. We'll have to wait until morning," he said. "Is there any place that you want me to take

you tonight?"

I knew that the breakroom at the Government Center — still known by many as the courthouse — had a number of vending machines. I asked him to take me there.

Working late
Entering the building, I could see that the light was on down the hall in Administrator Chuck Whiting's office. That was about 8:30 p.m. He was still there working on some reports, or whatever it was that he needed for the next day. We talked for a while, him offering to take me to a motel or wherever. No, I said this will be fine. My chair in the County Boardroom is comfortable and there are those vending machines downstairs.

Later in the breakroom, I decided on some spicy, cheesy chicken things or whatever they were and a soft drink. There was a code reader on the payment machine that couldn't or wouldn't read the code on those items. I'm going to have to find out who to pay, or how to pay for them.

Then after downing those chicken things, as I stepped into hall as a young lady came down the steps. "I'm Erika Omdahl," she said. A county social worker, Erika told me that when Jason told her that I was at the Government Center and would be eating out of the vending machines, she told him, he can't do that. I'll bring him some dinner. That she did, baked ham, mashed potatoes, mixed vegetables, a couple of couple of snack items, a Diet Coke, silverware and even salt and pepper shakers.

After having eaten those chicken things I wasn't really hungry, so I only ate about of half of the dinner that night. The rest I saved for breakfast, the next morning... the breakroom microwave heated things up nicely. It was really good food, both for dinner and for breakfast.

As you might expect, the night dragged on but it didn't go without sleep. My chair tips back a bit and I was able to put my heels up over the armrest of Gary Willhite's chair, next to mine.

Early work start
At about 6:30 a.m. as I had gone out into the hall, into the building comes Michelle Cote. She was already there to start her workday. Michelle wanted to know what I was doing in the building at that time of the time of the morning. In my explanation, I told her that I had gotten stuck west of Crookston and that I had spent the night in the boardroom.

A lot of people beyond me should know that Chuck, as the county administrator, and Michelle, who is the director of property records/auditor/ trea-

surer and other things, too, go way beyond what is needed to keep this county going.

Contact was made again with Jason at about 8:30 that morning. Offering again to try to pull me out of the ditch, we went out to the site. He hooked onto the 2-inch ball of the hitch that I had put in place while out in the cold and wind of the day before. He just couldn't get enough traction to pull me out.

From there, Jason took me back to town to see Mike Jobe at Advanced Tire & Auto/GF Towing. The pullout job was arranged. With Jason still offering to be a part of the effort, I told him that he had done more than enough and that he needed to get back to his regular job. Almost reluctantly, we parted ways. Jason is a fantastic person. So is Erika. They'll be getting a little thank you from me.

Square tires
Mike's equipment pulled me right out. After a trip back to his shop to settle-up (which was more than reasonable), I started for home. Having been frozen overnight, the tires were "square" and the engine didn't seem to be running well, but we made it at a much slower than normal speed. Once at home, knowing that snow accumulates in the engine compartment of a car when it is left out in a storm, I opened the hood. Yup, it was packed full to the brim.

With the help of my son Kary, the next five hours were spent working to get the snow melted and out. We had two portable propane heaters going, a compressor and air hose, sticks and anything else that would help dislodge the snow, much of which had turned to heavy slop where it had accumulated or where it landed on the garage floor. All eventually turned out well but it was a job, to say the least.

The least? Well, the least was not followed in this accounting. The story could have been very much condensed. In summary, it could have just said that when you can't see where you are going, you need to stop going. Come to think about it, that might be pretty good advice for some other situations, too.

Thoughts for the day:
This has been going on since Moby Dick was a minnow. — U.S. Sen. John Kennedy, R-Louisiana

I've learned that being kind is more important than being right. Andy Rooney

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

Pros and cons to contact lenses:
How to decide if they're right for you

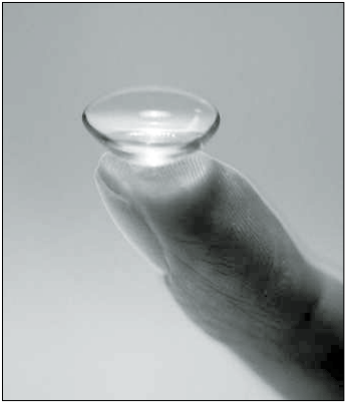
Contact lenses are a popular alternative to eyeglasses. In fact, the Centers for Disease Control and Prevention reports that an estimated 45 million Americans rely on contact lenses.

Like eyeglasses, contact lenses correct refractive error, which refers to a change in eye shape that causes blurry vision. Contact lenses have evolved over the years, and now offer improved comfort, wearability and safety. Consumers can review the following pros and cons to figure out if contacts are right for them.

Advantages to contact lenses
The biggest perk of contact lenses is they provide unobstructed vision. Contacts move with the eye to provide a natural field of vision without the distortions or blind spots that pop up when wearing eyeglasses.

Contact lens wearers also do not need to worry about contacts getting in the way, breaking or falling off during activities.

Contacts come in two main materials: soft and rigid gas permeable lenses. Contacts now can correct most vision problems, including astigmatism, age-related loss of close-



up vision, and irregular corneal curvature. Multifocal lenses can correct multiple problems in the same lens. Some contacts also have UV protection built in to protect the eyes from the sun.

Wide availability and affordability can make contacts attainable for just about anyone.

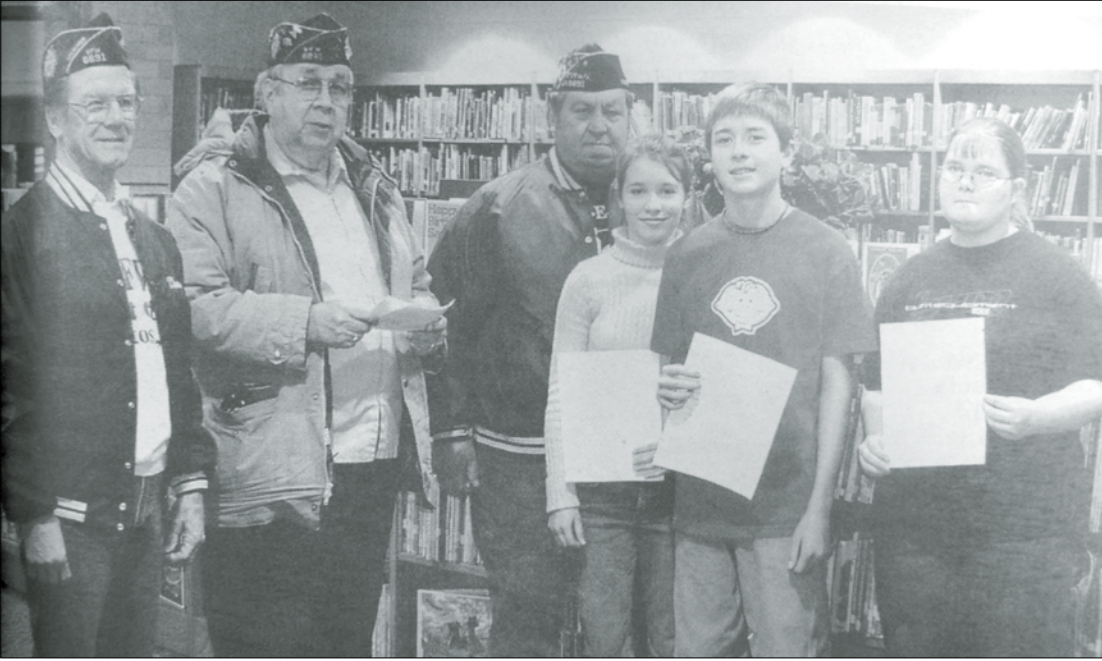
Aesthetics is a driving force behind the popularity of contact lenses. They do not change one's appearance (unless desired) and are virtually undetectable in the eye.

Once contact lenses are in, wearers do not have to worry about them clouding up when wearing masks or when walking from the cold outdoors into a warm home.

PIECES FROM THE PAST



40 years ago...1982: The Mac-Winger 8th grade basketball team earned 2nd place at the junior high basketball tournament in Mahanomen. Front row (l-r): Mike Theis, Bruce Gunderson, Kevin Rustad, Danny Beaman and Vance Kaupang; Back row: Mike Voxland, Wes Leir, James Balstad, Clinton Omang, Jon Aasen and Darryl Johnson. Coach Tom Hegg stands in the back.



20 years ago...2002: Checks were presented to the students who wrote the 1st, 2nd and 3rd place essays in the "Is Freedom Really Free?" contest sponsored by the McIntosh VFW Post #6891 and the Auxiliary. (L-R) Charles Svalen, Senior Vice, Ron Strom, Quartermaster, and John Rakowski, Adjutant, presented a \$50 award to Caillie Boucher for her 2nd place essay, a \$100 award to Matt Lien, the first place winner and \$25 to Sandy Amundson for her 3rd place essay.



10 years ago...2012: Pat Tranby, Carole Burslie, Lylah Hanson, and Mary Goodwin, were some of the members of the Ladies Auxiliary of McIntosh Post #6891 that helped put on a very successful blood drive at the McIntosh Community Center. They had over 80 people signed up to donate blood on that day.

Disadvantages to contact lenses

Contact lenses need to be changed frequently and over time will cost more than eyeglasses, which only need to be replaced if prescriptions change or frames break.

Frequent computer users may find that contacts dry out more quickly when staring at screens, so eyeglasses can be more comfortable in these instances. The same can be said for people with naturally dry eyes or those who suffer from allergies or other eye irritations.

Contacts require contact with the eye, which increases the risk of infections due to

poor hygiene. Improper cleaning of contact lenses and cases also has been linked to eye health issues.

Health professionals warn against overuse of contact lenses. They should not be left in the eyes past recommended durations; otherwise, they may cause corneal hypoxia, which is the suffocation of the corneas. The University of Michigan Health says hypoxia occurs when the cornea does not get enough oxygen, which can be a risk with extended contact use.

Contact lenses effectively correct vision. People can decide if they're the right visual aides for them.

Do you have a story to share?

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

Snowshoe lacing workshop and Candlelight Ski/Owl Prowl event at Rydell Refuge

Looking for a new hobby to help you get through the long, cold winter months? On Saturday, February 19th, the Friends of Rydell and Glacial Ridge Refuges Association will host a Snowshoe Lacing Workshop at the Rydell National Wildlife Refuge Visitor Center, near Erskine, MN.

The one-day workshop will run from 9:00am – 5:00pm. Class participants will learn how to lace their own pair of Ojibwa-style snowshoes. This will be a fun, hands-on class. You'll be able to work at your own pace, with provided instructions and friendly presenters to assist you along the way. Pre-registration is required and class size is limited to 12 participants.

The registration deadline is February 11th. For more information and to get a registration form, contact Lynda Knutsen at 218-689-2430 or praiemuskeg@gmail.com. Please put "Snowshoe Class" in the subject line of your email.

Also, on the evening of Saturday, February 26th the Friends of Rydell and Glacial Ridge Refuges Association will host a Candlelight Ski and Owl Prowl event at Rydell National Wildlife Refuge. The event will run from 6:00pm – 9:30pm. Golden Pond and Church Lake trails will be groomed and lighted for this event.

Visitors will be welcome to cross-country ski, snowshoe, or hike these trails. Even though luminaries will be distributed along these two trails, we rec-



ommend that visitors bring along a headlamp, if they have one. As visitors traverse the trails, multiple owl-calling stations will be set up where the calls of several owl species (e.g., saw whet, barred, great horned) will be projected into the woods to try and generate a response. Who-who-who knows what you might hear! Stay tuned for event updates and additional information closer to the event date. Due to

the ongoing pandemic, it is not known at this time whether the Refuge Visitor Center will be open for this event. Participants must bring their own ski or snowshoe equipment. If you have questions, contact Gregg Knutsen at 218-686-4329 or gregg_knutsen@fws.gov. If temperatures are below zero or wind chills are in the double digits below zero, the event will be cancelled and potentially rescheduled at a later date.

Essentia Health joins nationwide study to test medications for COVID-19

Essentia Health has joined a nationwide study to evaluate repurposed medications in the search for effective, safe treatments for mild-to-moderate COVID-19. Repurposed medications are those already approved by the U.S. Food and Drug Administration for other indications.

"We are very excited and fortunate to have this important clinical trial available to the communities we serve," said Dr. Rajesh Prabhu, an infectious disease physician at Essentia Health. "If enough people diagnosed with COVID-19 participate in this study, we can answer quickly whether these medications will be beneficial in treating mild-to-moderate COVID. The aim of the study is to see if these medications make you feel better sooner and prevent hospitalization."

For patients who don't require hospitalization, there are two oral prescription medications to treat COVID-19 at home that have received emergency use authorization from the FDA; these are Paxlovid and molnupiravir. They are currently only available for those individuals considered at higher risk for developing a severe case of COVID. Conversely, Dr. Prabhu notes,

participation in the ACTIV-6 study is open to anyone ages 30 or older. The medications currently part of the ACTIV-6 study already are approved and considered safe and effective by the FDA for other medical diagnoses. They are:

- **Fluticasone**, an inhaled steroid commonly prescribed for asthma and chronic obstructive pulmonary disease.
- **Fluvoxamine**, a selective serotonin reuptake inhibitor (SSRI), often prescribed for depression.
- **Ivermectin**, used to treat parasitic infections.

ACTIV-6, "The Randomized Trial to Evaluate Efficacy of Repurposed Medications," is a double-blind study expected to enroll nearly 15,000 participants from across the United States through its website, activ6study.org/, and call center, (833) 385-1880.

Potential participants also can call Essentia Health at (866) 839-4128 or toll-free at (833) 383-1880. Learn more at Essentia Health's website.

Web and phone-based enrollment allows people anywhere in the U.S. diagnosed with COVID-19 as outpatients to help test potential treatments without leaving their home.

To be eligible, participants

must be at least 30 years old, have had a positive COVID-19 test within the past 10 days and have at least two symptoms of the illness for seven days or less.

Symptoms include fatigue, difficulty breathing, fever, cough, nausea, vomiting, diarrhea, body aches, chills, headache, sore throat, nasal symptoms and/or new loss of taste or smell.

Participation involves taking the medication and keeping track of symptoms over 90 days through online surveys. Medications are shipped at no cost to participants, who can take part regardless of whether they live near a research site; no site visits are required.

The study is part of the National Institutes of Health-funded Accelerating COVID-19 Therapeutic Interventions and Vaccines (ACTIV) led by the National Center for Advancing Translational Sciences. The Duke Clinical Research Institute serves as the study's clinical coordinating center, partnering with Vanderbilt University Medical Center as the study's data coordinating center.

Essentia Health serves as a clinical research site supporting ACTIV-6 by referring eligible study participants.

Tips for better breakfasts

Breakfast long has been touted as the most important meal of the day.

After a good night's rest, breakfast refuels the body and energizes it for the day ahead.

Hectic mornings compel many people to skip breakfast. That's especially so for parents who are pulled in multiple directions each morning. There are many ways to streamline breakfast and still get to school or work on time.

The following are some tips to save time and enjoy healthy homemade breakfasts each morning.

• **Put your slow cooker to work.** Slow cookers are not just for dinner.

Use them to cook a variety of breakfast foods, including oatmeal, eggs or grits. Simply mix up your ingredients, set on low and let the breakfast cook itself overnight.

• **Mix up your macros.** Macronutrient is the scientific term for proteins, fats and carbohydrates.

Nutritionists suggest mixing macronutrients in meals to get the most benefits from well-rounded meals. Aim for 20 grams of protein, 15 to 20 grams of fat and about 50

grams of carbs, with at least five grams of fiber.

• **Develop a custom granola.** Oats, nuts, dried fruits ... mix it all up to make a signature granola blend. It's easy to eat dry or with milk and make a quick, healthy breakfast.

• **Embrace the no-cook oatmeal method.** Master the art of making overnight oats, which don't require any cooking.

Simply layer oats, Greek yogurt, applesauce (or other fruit purees), cinnamon, and almond milk in a mason jar. Place it in the refrigerator overnight. The oats will get tender without cooking and the meal will be ready in the morning.

• **Build a smoothie.** Do prep work for healthy vegetable- and fruit-rich smoothies by chopping and preparing all ingredients the night before. Simply blend with protein powder or oats in the morning with ice.

• **Consider breakfast burritos.** Pre-scramble eggs with diced peppers and onions and store in containers in the refrigerator. In the morning, place the mixture onto a tortilla, top with cheese and heat in a skillet or in the microwave.

Even individuals whose

mornings are especially hectic can find ways to enjoy a healthy breakfast every day.



Donate...

Continued from page 1...

blood donations. Thankfully, donors whose hemoglobin levels are low can take steps, such as eating foods that are rich in iron, to improve their hemoglobin levels so they can donate blood in the future.

Travel

Potential donors may be ineligible to donate blood if they lived in or traveled to a malaria-risk country in the past three years. Travel destinations will be reviewed at the time of donation, so donors should be ready to answer questions about their travels during their donation appointment.

CITY OF McINTOSH SUMMARY BUDGET STATEMENT ALL GOVERNMENTAL FUNDS

The purpose of this statement is to provide summary 2022 budget information for the City of McIntosh to interested citizens. The budget was published in accordance with Minnesota Statutes 471.6965. The complete City budget may be examined at City hall.

	2021 Budget	2021 Actual	2022 Budget
REVENUES			
Property taxes	99,298.00	168,020.00	102,277.00
Special assessments	52,700.00	39,782.16	52,700.00
Debt levy	162,000.00	85,496.70	162,000.00
Licenses and permits	2,100.00	1,262.00	2,200.00
Intergovernmental Revenues:			
Federal Grants and Aids	-	32,009.65	-
State Grants and Aids	246,323.00	452,685.70	252,975.00
Interest earnings	700.00	1,277.91	700.00
Charges for services (Rents, Utilities)	257,028.00	265,855.45	262,737.00
Contributions	-	2,125.00	-
Fines & penalties	-	1,625.58	-
Miscellaneous	101,080.00	13,058.14	117,133.00
Other Financing Sources			
Transfers from other Funds	100,000.00	106,000.00	100,000.00
TOTAL REVENUES & OTHER FINANCING SOURCES	929,940.00	1,169,198.29	941,722.00
EXPENDITURES			
Current:			
General Government	232,717.00	110,626.90	251,581.00
Public Safety	57,395.00	30,043.85	56,900.00
Street & highways	160,552.00	97,001.82	165,922.00
Sanitation	40,750.00	35,105.00	40,750.00
Health			
Parks & recreation	10,400.00	14,663.05	10,400.00
Debt levy			
Economic Development	205,400.00	205,400.00	205,400.00
Capital outlay	31,250.00		31,250.00
Other purchases (land, supplies, etc)	144,111.00	253,107.00	132,154.00
Grant disbursements (Polar Beach, Housing grants)		166,164.79	
OTHER FINANCING USES:			
Transfers to other funds	92,765.00	160,192.25	92,765.00
TOTAL EXPENDITURES & OTHER FINANCING USES	975,340.00	1,072,304.66	987,122.00

M45C



December 2021: Win E Mac Quilt Guild recently donated 16 quilts and numerous pillowcases to Polk County Care and Share. Care and Share Center of Crookston, Inc. is a regional shelter that provides hospitality, support services, and hope to those in need by providing basic needs in a welcoming and safe environment, strength-based supportive services that offer hope and empowerment for growth, help in finding housing and making community connections, and opportunities to develop physical and emotional wellness. Pictured in picture are Ann Pederson, Val Brekke, Louise Baumgartner, Connie Strom, Betty Tangen, Ilene Reirson, Lois Boehrnsen, Kathy Finstad and Denise Disrud.