



McINTOSH

Since 1888

\$1.00

Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Area fire departments encourage city residents to shovel out fire hydrants to ease the burden on emergency personnel during a fire emergency.

Preparing for Lent and Easter

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

Lent is designed to help Christians prepare for Easter through prayer, repentance of sins, almsgiving, denying the ego, and putting and end to sinful practices. Fasting is a component of Lent, as is abstinence from certain behaviors. In fact, in some Western countries, Catholics have been encouraged to adopt forms of abstinence that do not involve food and drink during Lent. All actions serve as forms of self-denial to mirror the sacrifice Jesus Christ made for his people.

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



people now choose to give up alcohol for Lent.

Today, fasting is primarily reserved for Ash Wednesday and Fridays during Lent, including Good Friday. Adherents may opt to fully fast, but most only eschew meat and poultry as a nod to self-denial, opting for seafood and vegetarian fare instead.

While much focus is placed on what is denied during Lent, it can be an ideal time to reflect on what is gained by living a life in which God is first and

Winter safety reminders as we brace for more snow in NW MN

For those of you in northern Minnesota with snow drifts and plow piles everywhere right now, take a moment to make a quick safety briefing regarding snow and ice:

Fire Safety: Most home fires occur in the winter and peak in January. Each year in the United States there is more than \$2 billion in property loss due to winter home fires.

Last year in Minnesota, 39 percent of fire deaths occurred in October, November and December..

Clear snow from ALL your doorways...the fire may have the main one blocked. Also make sure all ground floor and below grade egress windows are uncovered.

Snow removal safety: If you've lived in Minnesota for at least one winter, you know that snow and ice affect pretty much every aspect of our lives in the winter months. If you're not scraping it off your car, you're shoveling it off your sidewalks or making a snowman from it or simply hiding from it indoors where it's warm and cozy.

But there's one more thing affected by snow and ice that you may not think of: your nat-

ural gas meter. If gas is what keeps your home warm in the winter (or at least runs some of your appliances), you'll need to give it a little love when it snows.

Gas meters have a vent that regulates the pressure – but it has to be unobstructed to work properly. This isn't a problem in warmer months, but when the snow begins to pile up, it's important to keep the pressure regulator vent clear. If it's blocked with snow or ice, the consequences aren't fun. At best, it could lead to a service interruption, which is pretty much the last thing you need when you're trying to stay warm inside. At worst, it could lead to a gas leak, which could cause a fire or even an explosion.

How do you avoid these consequences? After it snows (say, when you're already outside clearing your sidewalks), take a broom, your hands, or the brush for your car windows and gently brush the snow off your gas meter. While you're at it, don't forget to look up: The icicles, snow drifts and ice dams on your roof need to go too. You don't want them falling on the meter.

If there is ice on your gas

meter that won't come off with a brush or your hands, call your utility company. You might be tempted to try to kick the ice off the meter, or chop away at it with a snow shovel – but this could damage the meter. Your utility company can send a professional who has the proper training and tools to clear the vent safely.

With below-freezing temperatures and possible snow predicted in the coming days, you'll definitely want to keep warm inside. You and your family can stay warm and safe if you take a few moments to clear the snow and ice off your natural gas meter.

- **Clear** your furnace vent pipes. Furnaces that can't breathe produce deadly carbon monoxide.
- **Clear** your dryer vent if needed. Failure to vent will increase lint build up and the likelihood of a fire.
- **Shovel out** that fire hydrant. Yes, the firefighters will do that if they have to.... but your house fire will triple in size during the time it takes them. Having it shoveled out could literally mean the difference between life and death.
- **Clear** your driveway and make sure your address is still

showing somewhere. Making first responders play guessing games with addresses in emergencies increases your chance of death substantially.

- **Make sure** you can see around the plow piles at the end of your driveway and at the stop signs in your neighborhood. If you can't, contact the jurisdiction that plows that road, and request they remove some of the snow. They don't drive every road and won't know there's a visibility hazard unless someone tells them.

The Scoop on Snow shoveling: While shoveling snow can be good exercise, it can also be deadly for optimistic shovelers who take on more than they can handle. The Minnesota Safety Council offers the following tips to help you get a handle on safe shoveling.

Safe Behavior

- Individuals over the age of 40, or those who are relatively inactive, should be especially careful. If you have a history of heart trouble, check with your doctor before shoveling.
- Avoid shoveling after eating or while smoking.
- Take it easy. Snow shoveling is a weight-lifting exercise that raises your heart

rate and blood pressure. Warm up before starting the job and stretch both before and after shoveling.

- If possible, shovel only fresh snow – it is easier to shovel than wet, packed-down snow.
- Push the snow forward rather than lifting it out of the way; pick up only small amounts when needed. Your back will thank you.
- As with any lifting activ-

ity, use your legs, not your back. Legs should be bent and back straight. Bend and "sit" into the movement, allowing large muscle groups to do most of the work.

- Never work to the point of exhaustion. Take frequent breaks. If your chest feels tight, stop immediately.
- Dress as you would for any outdoor activity. Layers is best. Take extra precautions to keep hands and feet warm.

Time to buy new fishing licenses

It's the time of year when anglers and hunters need to buy new fishing and hunting licenses. Minnesota fishing, hunting and trapping licenses for 2021 expire Monday, Feb. 28th. Licenses for 2022 are now available wherever fishing and hunting licenses are sold, online, by telephone at 888-665-4236. Mobile buyers receive a text or email that serves as proof of a valid fish or game license to state conservation officers.

All 2022 fishing licenses become effective Tuesday, March



1. New licenses are required for 2022 hunting and fishing seasons that continue past February 28, 2022.



School Bus Drivers Appreciation Week was last week and Win-E-Mac is so grateful to our bus drivers....especially this year, as they have had to endure some pretty treacherous road conditions this winter. Let's find some time to thank our bus drivers this week by sending cards, a note of thanks or simply a wave and smile. They deserve it! Thank you, bus drivers, for getting our students to and from school, safely each and every day. Pictured are Win-E-Mac bus drivers (l-r) Judy Stenberg, Scott Salvhus, Lisa Conley, Maggie Haskett, and Bob Carlson.

Ideas for meatless soups during the Lenten season

Meatless meals are traditional during Lent and soups make excellent meatless dishes. The idea of Lent is a time of penance and sacrifice when you embracing self discipline and simplicity. And soups are one of the simplest and easiest to make of all meals.

Soups are also commonly associated with religious monasteries, where they are regularly served for lunch or dinner. Many churches of all different denominations host soup and bread potluck lunches or dinners during Lent to encourage fellowship.

Soups are wonderful for sharing with friends and family. They are easy to make, easy to transport and easy to stretch to serve a few more people. Just throw some extra carrots or potatoes along with some water into the pot and your soup can feed a crowd.

Colcannon is a traditional Irish dish of mashed potatoes mixed with cabbage. This recipe combines the same flavors, but the potatoes are used to make a thick and creamy Irish soup and mixed with cabbage for a dish that is hearty enough for dinner.

Irish Potato Soup
2 potatoes
1/2 teaspoon salt
1/2 teaspoon pepper
1 1/2 cup vegetable broth
1 cup water
1 tbs olive oil
1 onion
4 cups cabbage, about 1/4 of a cabbage
1/2 teaspoon thyme
1/2 cup cream
Peel and dice the potatoes. Add to a sauce pan with salt, pepper, vegetable broth and water. Bring to a boil and cook 10-15 minutes until potatoes are tender.

While the potatoes cook dice the onions and cut the cabbage into thin slices. When the potatoes are done pour the potato mixture into a blender and set aside for a little while to cool. Turn the heat on the sauce pan down to medium low and add the olive oil. Saute the onions for 2-3 minutes, then add the cabbage and thyme, and cook for 10 minutes. Turn the blender on and blend the potato mixture until smooth. Return the potato mixture to the sauce pan and mix with the cabbage. Add the cream and heat on low heat for 5 minutes.

Sprinkle with some more pepper and thyme before serving.

This Thai Coconut Shrimp Soup combines the delicious flavor of coconut along with traditional Green Curry Paste for a tasty seafood soup.

Leafy greens are an important part of a healthy diet and a flavorful soup like this one is a great way to include them for more reluctant eaters.

Thai Shrimp Soup
2 tbs oil
1 onion, chopped
2 teaspoon curry powder
2 cloves garlic, minced
1 can coconut milk
1 tbs lime juice
1 tbs fish sauce
1/2 teaspoon green chili paste
1 lb shrimp
3/4 lb baby bok choy, sliced
Heat the oil in a sauce pan over medium heat.

Saute the onion and curry powder for 5-10 minutes. Add the garlic and cook for another minute.

Stir in the coconut milk, lime juice, fish sauce and green chili paste, and bring to a boil. Lower the heat and cook for 5 minutes.

Add the shrimp to the pan, and put the bok choy on top. Cover the pan and cook for 5 minutes, until the shrimp are pink and cabbage is wilted.

Slow cooker black bean tortilla soup is a hearty and delicious vegetarian soup made in the crockpot using canned goods and fresh ingredients.

Most of this soup comes from the help of canned goods, so most of the soup is opening



up the cans and dumping. Although adding fresh diced onions and a green pepper, which totally ups the soups freshness level.

Slow Cooker Black Bean Tortilla Soup

4 cups (32oz) Vegetable Broth
1 15oz can refried beans OR 1 1/2 cups homemade refried beans
2 15oz cans black beans, drained
1 15oz corn, drained and rinsed
1 10oz can rotel
1 4oz can diced green chilies
1 10oz can red enchilada sauce OR 1 cup blender enchilada sauce
1 onion, diced
1 green pepper, diced
salt to taste*
garnishes for servings
shredded Mexican cheese
sour cream
cilantro
lime wedges/lime juice
tortilla strips/chips
Add vegetable broth and refried beans to the crockpot,

mix to stir together (if you are using store bought you might need to use a whisk) so that the refried beans are mostly incorporated into the broth.

Add the remaining ingredients; blacks beans, corn, rotel, green chilies, enchilada sauce, onion, and green pepper to the crockpot.

Cook on low for 6-7 hours or high for 3-4 hours.

Before serving taste to see if you need to add salt. Divide between bowls and top with shredded Mexican cheese, sour cream, cilantro, lime wedges, and tortilla strips/chips.

* add salt at the end after tasting to see if you need it to your tastes.

Lessor Township Monthly Meeting Notice

Lesser Township Monthly meeting will be held on Monday, March 14, 2022 at 7:00pm at Trinity Lutheran Church, rural McIntosh. M50C

NOTICE TO LESSOR TOWNSHIP

Notice of Annual Meeting and Election of Officers Notice is hereby given to the qualified voters of Lessor Township, County of Polk, State of Minnesota, that the Annual Election of Town Officers and Annual Township Meeting will be held on Tuesday, March 8, 2022. In case of inclement weather, the meeting and election may be postponed until the third Tuesday in March.

The Election Poll Hours will be open from 5:00 p.m. to 8:00 p.m., at which time the voters will elect:

Town Board Supervisor, three year term
Town Board Treasurer, two year term

The Annual Meeting will commence at 8:00 p.m. to conduct all necessary business prescribed by law. The Annual Election and Meeting will be held at Trinity Lutheran Church, Rural McIntosh.

The Board of Canvass will meet March 15, 2022 to certify the official election results. Albert Plante
Lessor Township Clerk R49-50C

NOTICE Election and Annual Meeting Hill River Township

The annual election and meeting of the Township of Hill River, County of Polk, State of Minnesota, will be held on Tuesday, March 8, 2022 at the Hill River Town Hall.

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

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

If necessary, the storm date shall be one week later. Notice will then be given over the Fosston Radio Station. Raymond O. Sundrud, Clerk/Treasurer Hill River Township M49-50C

Notice of Annual Meeting and Election of Officers King Township

Notice is hereby given to the qualified voters of King Township, County of Polk, State of Minnesota, that the Election of officers and Annual Township Meeting will be held Tuesday, March 8, 2022 at the McIntosh Community Center. Polls will be open from 5:00 PM to 8:00 PM at which time the voters will elect:

1-Supervisor Position - Three Year Term
1-Treasurer Position - Two Year Term

The annual meeting will be held before the election at 4:00 PM.

The Town Board will meet Tuesday, March 15, 2022 as a Board of Canvass to declare the official results of the election.

In case of inclement weather, the Election and Annual Meeting will be rescheduled to March 15, 2022.

Lucas Thom, King Township Clerk R49-50C

LITTLE BOBBY'S BAR AND GRILL

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

\$3.00 Specials EVERY DAY & Specialty Burgers

CHEERS from 4:00 PM to 6:30 PM

Charles in Charge will be the server on Monday, Tuesday, & Wednesday

BINGO THURSDAY NIGHTS AT 6:00 PM

Live Music this Friday night by Monster Rock

This Saturday at 2:00 p.m. **Women's afternoon event!** Karen Norland, from Northern Prairie Aromatherapy will be presenting.

WINTER HOURS AT LITTLE BOBBY'S: 3:00 PM to CLOSING, 7 DAYS PER WEEK

LSS Financial recommends people review their credit reports

March is National Credit Education Month, a month dedicated to educating people about their credit scores and taking action to improve them. A 2021 study by Consumer Reports found more than one-third of consumers found mistakes on their credit reports. About 11% contained unrecognized accounts, unrecognized debts reported to collection agencies and payments wrongly reported late or missing — all of which could lead to a loan application being rejected.

"Many people don't realize that the data on their credit reports make up their credit scores," states Shannon Doyle, financial education program manager for LSS Financial Counseling, a service of Lutheran Social Service of Minnesota. "Now is the perfect time for people to pull their free credit reports to make sure there are no errors and to dispute them if there are. Mistakes on credit reports are very common, but there are simple steps that can be taken to fix them."

Doyle recommends the following actions:

First, pull reports from all three credit bureaus — Experian, Equifax and TransUnion — at annualcreditreport.com (the only official website to get free reports). For the past two years, the credit bureaus have allowed credit reports to be pulled weekly and they have recently extended this ability until the end of the year.

Next, review the data on the report. Credit reports are broken up into four sections: Personal Information, Negative Accounts, Accounts in Good Standing and Inquiries. Doyle says to make sure to review all sections for errors, paying special attention to how accounts are being reported as mistakes in this area are what affects scores. Types of errors to look for may include on-time payments listed as late or missed, accounts with no balance still showing one or accounts that aren't recognized by the individual as theirs. Negative information may remain on a credit report for seven years; if older information is on a report it may also be disputed off.

Honoring a Parent's Grief class for adults

Hospice of the Red River Valley offers monthly grief support classes and workshops in 2022. Most classes are held virtually with select classes offered in person only. All classes are free and open to the community. Our grief classes offer attendees a safe, supportive environment for learning about their grief and talking with others who have experienced a loss through death.

The Loss of a Child: Honoring a Parent's Grief class will be held on Thursday, March 3 from 11:30 a.m.-1 p.m. This class will help grieving par-

ents identify and learn how to manage the mixed and painful emotions that accompany the loss of a child of any age. Participants will develop an understanding of the grief process while exploring methods of self-care.

Registration is required by March 2. The class is free and open to the public; offered virtually. Register for classes online at bit.ly/hrrvgriefclasses, or call (800) 237-4629 and ask for the grief support department.

Hospice of the Red River Valley offers round-the-clock availability via phone, prompt response times and same-day admissions, including evenings, weekends and holidays. Contact us anytime at 800-237-4629 or hrrv.org.



Community Birthday and Anniversary Calendar

Wed. March 2
Nicki Carlson, Bryer Strom, Josh Roed, *Alex & Branda Ugalde

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

Fri. March 4: Ryan Krossen

Sat. March 5: Chad Burslie, Rick Grove, Sam Finseth, Patrick Paskvan

Mon. March 7: Jarriid Graff, Hannah Smeby, Joe Shimpa, Felly Catahan

Tues. March 8: Tanner Graff, Michael Sylstad, Tara Burthwick, Wade Hedlund



McINTOSH Times
PUBLISHED WEEKLY IN THE HUB OF THE THIRTEEN TOWNSHIPS BY RICHARDS PUBLISHING CO., INC.

RICHARD D. RICHARDS, PUBLISHER
KIM HEDLUND, EDITOR

McIntosh (218) 563-3585
Cell: (218) 280-1684
Gonvick (218) 487-5225

"McIntosh Times" (USPS 336-020) is published weekly for \$30.00 per year (in county) and \$40.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.

POSTMASTER: Send address changes to: McIntosh Times, PO Box 9, McIntosh, MN 56556. mcintoshtimes@gmail.com

"Serving the Win-E-Mac area"

PUBLISHER'S LIABILITY FOR ERROR: The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.

Positive information remains on reports indefinitely.

"Under the CARES act, federal student loan payments have been paused and they are supposed to be reporting as current. There have been instances of servicers mis-reporting these payments as late," Doyle warned.

Finally, if a mistake is found on a credit report dispute it right away. This can be done online, by phone or through the mail with each of the credit bureaus. It may take 30 to 45 days for the errors to get removed as the credit bureaus need time to investigate the dispute.

For more resources on credit reports and scores, visit the Consumer Financial Protection Bureau.

Did you know?

Lent is a religious observance within the Christian liturgical calendar that begins on Ash Wednesday and ends six weeks later. During Lent, millions of Christians across the globe make sacrifices, including abstaining from eating meat on certain days during Lent. It is tradition for Christians to abstain from eating meat on Ash Wednesday, which marks the official beginning of Lent, and many also abstain from eating meat on Fridays throughout Lent. According to the Archdiocese of Saint Paul & Minneapolis, the practice of avoiding meat on Fridays during Lent stems from Christians' belief that Jesus Christ sacrificed his flesh to atone for the sins of mankind. In recognition of that sacrifice, millions of Christians do not eat flesh meat, which includes the meat of mammals and poultry, on Fridays throughout Lent. Fish is not considered flesh meat, so many Christians consume fish on Fridays during Lent.



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

Sun. March 6: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. March 13: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh
Interim Pastor Keith Zeh
Synodical Authorized Minister Katie DeMarais

Sun. Mar. 6: 9:30am Coffee Hour; 10:30am Church Service
Sun. March 13: 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:
Interim Pastors John Anderson and Phil Rokke

Sunday Services
9:30am Mt Carmel
11:00am Trinity
Sunday School
9:45am Trinity
10:45am Mt. Carmel

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

Sun., Mar. 6: 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 8: 10:00am Sunday worship service telecast on GVTV--30

Wed. March 9: 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.

Please contact the McIntosh Times if you move or have a change in your address so we can keep the paper coming to your home on time.

BUSINESS & PROFESSIONAL GUIDE

This space for rent at \$127.40 for 6 months.

CALL 218-563-3585



FAMILY FUNERAL SERVICE

"Caring service for three generations"

(218) 435-1144

Funeral Home ~ Cremation Service ~ Granite Memorials



719 N. Main 644 Main St.
Mahnomon, MN Winger, MN

*Paige Ennen *Kelly Woltjer
*Tim & Denise Anderson
*Licensed Funeral Director

218-935-9000
Toll free: 866-935-9009



We have the latest designs for wedding accessories - or, if you choose, we can assist with a design of your own.

LET US HELP MAKE YOUR WEDDING DAY MEMORABLE.

487-5225 Gonvick, MN
Richards Publishing Co.

How to write an obituary: Condensing a life into paragraphs

by Hospice of the Red River Valley

Writing an obituary for a loved one that recently passed can be a daunting task. How can you possibly condense years and years of a life into a few short paragraphs? It can often feel like you're doing your loved one a disservice by pitting memories and favorite sayings or hobbies against one another for the sake of a word count.

It's important to remember that an obituary's most basic, stripped-down purpose is to inform people of the passing. Anything written into the obituary beyond that is a way to share stories, memories and the love that you have for the decedent.

Looking at a blank Word document, knowing that you'll soon be filling it with memories and details about your loved one can be scary and intimidating. But it doesn't have to be.

You can take this process step-by-step and allow yourself time to live with the memories of your loved one and grieve their passing while you're writing.

A good place to start is by listing out the concrete details of someone's life and passing.

What should you include in an obituary?

- Full name of the deceased
- Date and place of birth/passing
- Parents and siblings
- Places lived
- Marriage(s) and children
- Occupations, achievements or hobbies
- Family (proceeded by and survived by)
- Service and burial information

Once you have all of that down you can move on to adding the stories and embellishments that you've chosen to share.

Finding Stories to Share
Selecting what you want to share with the community in the obituary can be a bit challenging.

There are probably so many stories that you want to tell, favorite moments that jump to mind when you think of your loved one.

This can be overwhelming and frustrating, especially if you're looking to publish the obituary in a newspaper and are trying to stay within a budget.

It can be helpful to make a list of the memories that you'd like to share. Sometimes, seeing them written out on paper can be helpful when narrowing down what you're going to include. You can also enlist

the help and support of family members by asking for their input or simply sitting down with them and seeing which stories are known and shared by all.

Often people will think back on what gave their loved one the most joy over their lives. Obituaries can go into greater details about favorite foods, hobbies, pets, vacations or their favorite way to spend time with family or friends.

You can also look at what your loved one was like towards the end of their life. Did they find solace in a certain community group or project? Did they adopt a beloved pet that helped ease their passing? Did the family come together and do any fun, meaningful get togethers before the passing?

All of this can be included in the obituary – sometimes you can find yourself getting closer to someone as they get ready to pass, and it can be those memories that you find yourself turning to for comfort.

Benefits of an Obituary
While writing an obituary can be daunting the benefits of having one to share with family, friends and other members of the community are plentiful.

Sharing an obituary on social media is a way of allowing others to share their favorite

memories of the deceased and can help people grieve together and support one another. Printing an obituary in the newspaper is a great way to spread the word of the passing and offers a physical memorial that you can keep or include in a scrapbook to pass on.

The best way to write an obituary is to take your time, live in your memories and allow yourself the time to grieve and process the passing while you write.

If you or someone you know is having difficulties coping with grief, we can help. Hos-

pice of the Red River Valley offers free grief support services to anyone in the communities we serve.

Contact Hospice of the Red River Valley at grief@hrrv.org or call (800) 237-4629 and ask to speak with the grief department.



40 years ago...1982: Uncle Fred Polley shared a proud moment Monday afternoon with his niece, Marlene Habedank, the newly appointed Postmaster of McIntosh.

How agricultural technology can help improve sustainability

Sustainable agriculture is an approach to farming that will allow modern farmers to meet the needs of a growing population while enhancing environmental quality. That can benefit both current and future generations, and technology will play a vital role in realizing the goals of sustainable agriculture.

According to the National Sustainable Agriculture Coalition, sustainable agriculture is designed to meet the needs of the present without compromising future generations' ability to meet their own needs. That's a worthy goal, especially in the face of a growing global population that the United Nations estimates will increase by two billion persons by 2050.

There are numerous benefits to utilizing sustainable agriculture technology, which can be especially advantageous to modern farmers.

Efficient land management
Modeling technologies can be utilized to make more efficient use of land. According to Sustainable Brands, a global community of brand innovators, modeling technologies can be employed in a host of ways, including to identify tillage practices and the status of

tile drainage. Certain agricultural technologies have been designed to predict the performance of cropland, which can allow farmers to more effectively and efficiently use their land. Farmers also can employ modeling technologies to determine soil health and water needs and usage, which can benefit the land and ensure resources aren't wasted. Utilization of such technologies ensures farmers can meet the needs of modern consumers without affecting future farmers' ability to do the same.

Reduce runoff
The United States Environmental Protection Agency notes that runoff poses a significant threat to the environment.

When runoff occurs, fertilizer, bacteria and other pollutants find their way into streams, rivers, lakes, and the ocean. Sustainable Brands notes that nanotechnology is an efficient way to deliver nutrients to crops that can improve both the efficacy of the nutrients and reduce runoff.

Protect crops
Sustainable Brands notes that agricultural biologicals are inputs derived from natural materials that have low toxicity. That low toxicity re-

duces their environmental impact. Agricultural biologicals utilize the properties of such things as bacteria, fungi and even insects to support healthy crops, potentially improving yield without adversely affecting the environment.

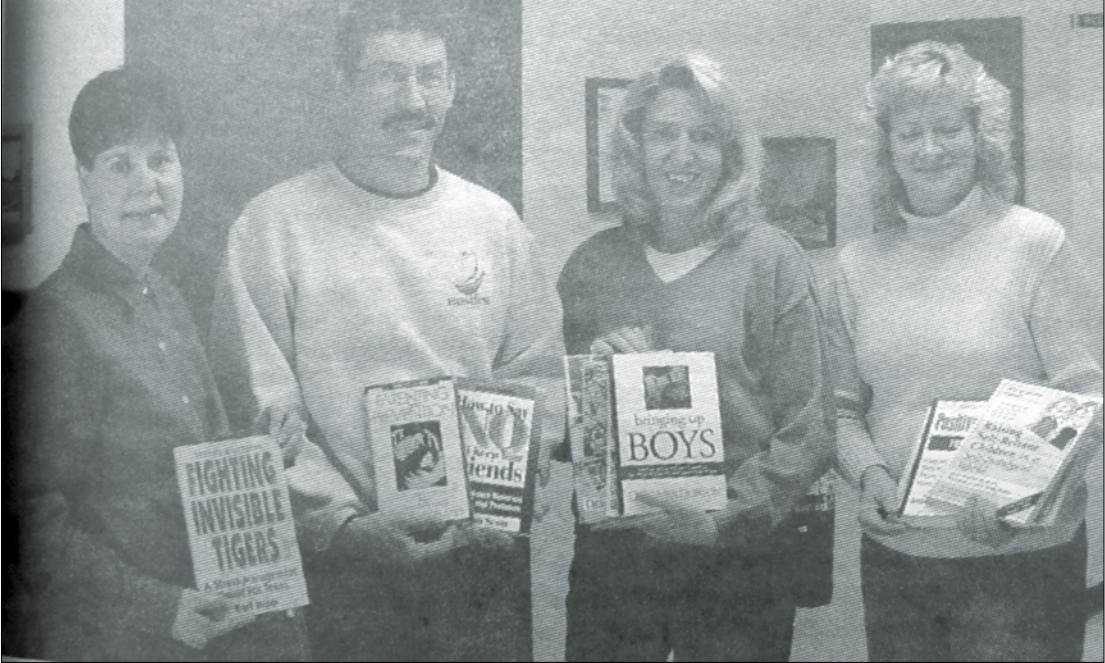
Sustainable agriculture technologies can help modern farmers and their successors meet the needs of a rapidly growing global population.

NOTICE

Sletten Township will hold its annual election on March 8 from 5:00pm - 8:00pm at the Sletten Town Hall. We will be electing a **Clerk (two year term)** and one **Supervisor (three year term)**. The annual meeting will be held after the election at 8:00pm. March 15 is the alternate date in case of bad weather.
Terri Kaupang, Clerk

NOTICE OF ANNUAL MEETING AND ELECTION

Winger Township will be holding its Annual Meeting on March 8th, 2022 at 4:00 pm. The annual election for Winger Township will run from 5:00 to 8:00 March 8th, 2022. All proceedings will take place at Winger Town Hall.
Nate Johnson, Clerk



20 years ago...2002: Several members of the Parent Community Network presented resource books to McIntosh Librarian, Julie Malmanger. The books will be added to books already available at the library and will be found in a special section encouraging drug prevention for students and parents. (l-r) Julie Malmanger, Greg Parenteau, Donna Parenteau and Lesia Juve.

Did you know?

Seasonal produce makes it possible to enjoy the freshest fruits and vegetables. Various fruits and vegetables are in-season at different times of the year, and Nature's Path Organic foods provides this month-by-month list of in-season items.

January: Asparagus, avocado, cabbage, green peas, mustard, naval oranges, strawberries, passion fruit

February: Asparagus, avocado, broccoli, Brussels sprouts, celery, kumquat, lemon, lettuce, spinach, turnips, tangelos, tangerines

March: Asparagus, avocados, blood oranges, chard, grapefruit, green onions, kohlrabi, lettuce, spinach, turnips

April: Basil, broccoli, cauliflower, cherries, cucumber, mushrooms, nectarines, passion fruit, raspberries, tomatoes, turnips

May: Apricots, Asian pears, beets, black-eyed peas, broccoli, carrots, dry onions, eggplant, figs, okra, plums, potatoes

June: Apricots, avocados, cherries, beets, cabbage, corn, lemons, melons, nectarines, peppers, Valencia oranges

July: Apricots, basil, cucumber, eggplant, figs, grapes, melons, peaches, plums, summer squash, tomatoes

August: Basil, beets, cabbage, carrots, chili pepper, collards, grapes, green beans, kale, melons, persimmons, po-

tatoes, sapote, tomatillos, turnips, winter squash

September: Basil, apples, Asian pears, beets, Brussels sprouts, carrots, celery, oranges, corn, guava, kale, pineapples, tomatoes

October: Apples, basil, cabbage, carambola, celery, cherimoyas, eggplant, kiwi, okra, pomegranates, potatoes, raspberries, yams

November: Apples, asparagus, green beans, carrots, corn, cucumber, grapefruits, grapes, mushrooms, yams

December: Asparagus, beets, cauliflower, celery, dry onions, green onions, kale, winter squash.



Vintage Snowmobile ride set for next Saturday

The Polar Beach Snowmobile Club will host a vintage ride on Saturday, March 12th beginning at 11 a.m. at the Polar Beach Snowmobile Clubhouse! The ride will consist of a stroll down to Winger on the trail, a pit stop at Liquor Pigs in Winger with a return ride to the clubhouse with some food and fellowship. Dust off your old sleds and join us! (Newer sleds welcome if you don't own a vintage ride).



10 years ago...2012: The Win-E-Mac Cheerleaders were in formation and ready to cheer on their own Patriot's at the game against the Clearbrook-Gonvick Bears. Pictured above are: Karisa Morrison, Brittany Lee, Elena Basagin, Michelle Soto, Lexi Ostenaa, Sammi Burcham, Amanda Farell, and Amanda Paradis. Not Pictured is Coach Alexis O'Connor.

Gardening author & expert Eric Bergeson to present virtually on March 8th

Lake Agassiz Regional Library (LARL) will host a virtual Q&A session with gardening expert and author Eric Bergeson. Eric is the author of "Let's Grow on the Northern Prairie," which is a pictorial companion to his popular book "Successful Gardening on the Northern Plains." He will share from his books as well as some of the gardening wisdom he's collected from friends and family over the years. The event will be held on Tuesday, March 8 at 7 p.m.

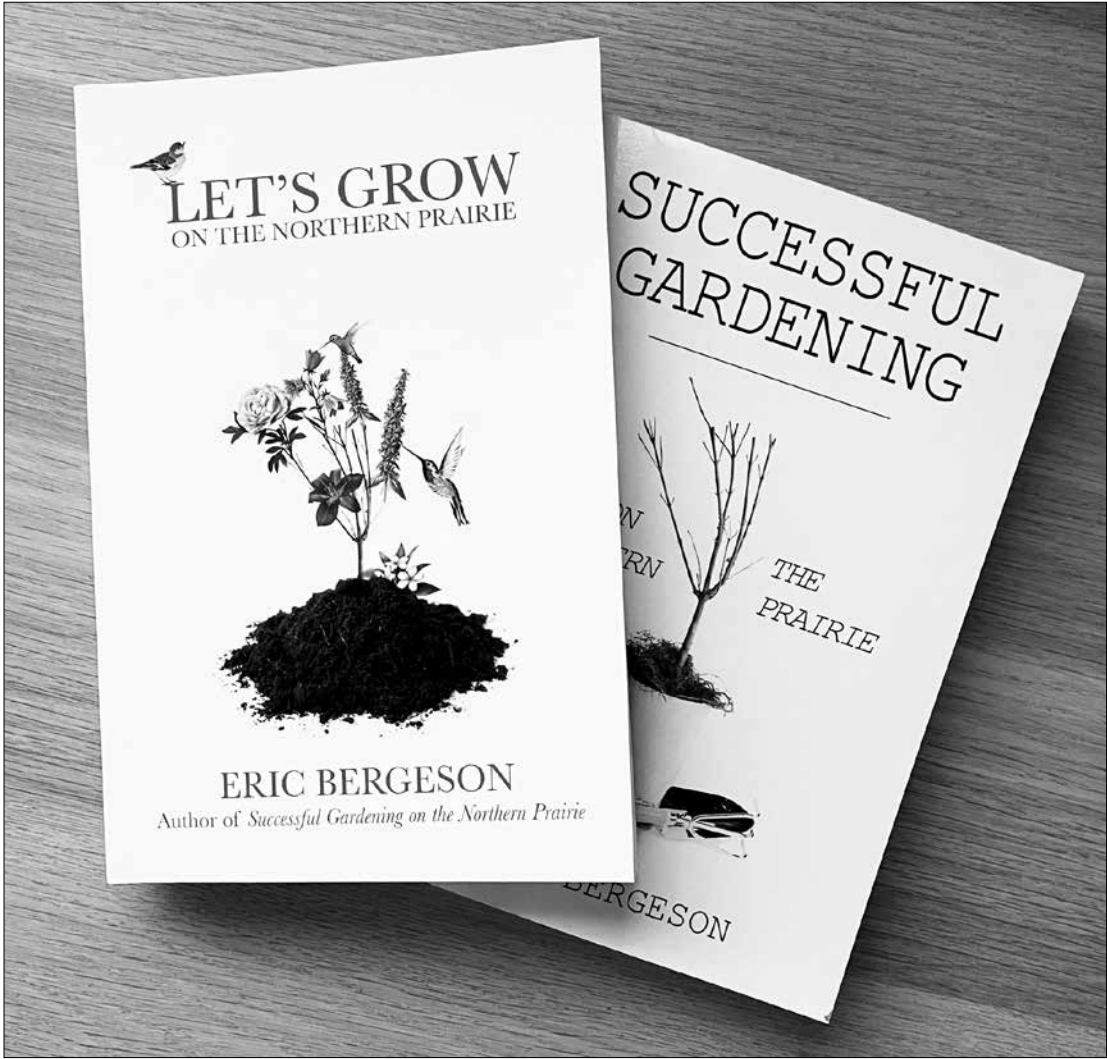
To access the virtual event,



visit larl.org/ericbergeson. No registration is required and a recording will be available until March 22, 2022. This event

is offered free-of-charge thanks to funding from the Minnesota Arts & Cultural Heritage Fund.

In-person Watch Parties will be held at the Barnesville Senior Center, 501 2nd Ave NE, Barnesville, MN; the Breckenridge Public Library, 205 N. Seventh St., Breckenridge; the Moorhead Public Library, 118 5th St. S., Moorhead; the Ada Event Center, 415 W Main St, Ada; and the Detroit Lakes Public Library, 1000 Washington Ave., Detroit Lakes.



Let's Grow on the Northern Prairie: Eric's latest gardening book, filled with short nuggets of gardening wisdom and full color photos. **Successful Gardening in the North:** Eric's first gardening book, which is packed with well-organized knowledge about all aspects of gardening and landscaping in this area.

Essentia Health urges childhood immunizations

Essentia Health pediatricians are encouraging parents to seek recommended vaccines for their children as childhood immunization rates have dropped precipitously during the COVID-19 pandemic. A significant number of youngsters have fallen behind schedule and aren't receiving sufficient protection against preventable diseases such as influenza and measles.

Many people have opted to avoid hospitals and clinics the past two years, leading to a decline in preventive care. That includes well-child visits during which routine vaccinations are administered. The Centers for Disease Control and Prevention (CDC) reported a 14% drop in "public sector vaccine ordering" among children in 2020-21 vs. 2019, and a 20% drop in measles vaccine ordering.

In North Dakota, administration of nearly every vaccine recommended for infants decreased from late 2019 to late 2021. Immunization rates

among adolescents also have fallen. In Minnesota, 33.5% of 2-year-olds were not up to date on their vaccination series in 2021, compared to 25% in 2020 and 20.7% in 2019.

These lags could have long-term impacts on children's health and, by extension, the health of our communities. This is especially true as more children return to in-person learning and other activities.

"I think one of the biggest takeaways from the pandemic is that it demonstrates what a global society we live in," said Rachel Faleide, a nurse practitioner specializing in family medicine at Essentia. "Fortunately, we live in a society free of many of the dangerous and deadly diseases of the past, thanks in large part to vaccines. The reality is that without vaccines, these diseases that were considered to be eradicated can and will make a comeback. We have seen evidence of this in recent years with cases of measles. As a nurse practitioner, I urge my patients to stay current on their vaccines to keep themselves, their families and the community healthy."

Vaccine schedules as recommended by organizations such as the CDC, American Academy of Pediatrics and the American Academy of Family Physicians cover about 14 different diseases. This graphic shows recommended immunizations for newborns through age 6. According to the CDC, among children born from 1994 to 2018, "vaccinations will prevent an estimated 936,000 early deaths, eight million hospitalizations and 419 million illnesses."

Contact your primary care provider to check your child's immunization status. You also can visit the North Dakota Department of Health's Immunization Record Request or the Minnesota Department of Health's Immunization Information Connection.

Visit Essentia Health's website to learn more about our exceptional pediatric primary care.



How parents can get kids excited about brushing their teeth

Dental hygiene is an important component of a healthy lifestyle, but it's an element youngsters rarely embrace with open arms. Parents know that getting kids, especially young children, to brush their teeth is not always so easy. In recognition of that, the American Dental Association suggests the following strategies to make brushing teeth something kids will look forward to.

- **Make it fun.** Brushing teeth may not be considered a fun activity, but who's to say it can't benefit from a little levity? The ADA recommends turning tooth brushing sessions into dance parties and/or sing-alongs. Youngsters might be so busy cutting a rug or listening to mom and dad belt out a few hits that they don't even realize they're cleaning their teeth at the same time. If singing and dancing aren't

- cutting it, then incorporate another fun activity, like reading a child his or her favorite story, into daily brushing sessions. The ADA advises adults and children to brush their teeth for two minutes twice a day, so activities need not be too advanced. But a fun activity that allows kids to do something other than brush their teeth can be a great way to help them meet the "two minutes, two times" guideline.
- **Reward good behavior.** Parents can reward youngsters who brush their teeth without incident by offering praise or allowing them to pick a bedtime book when brushing at night.
- **Put kids' favorite characters to work.** The ADA notes that many popular children's television shows and books have stories about brushing teeth. Watch these

stories with your children, then reference the stories and characters if kids are reluctant to brush their teeth. Parents also can find toothbrushes and/or toothpaste that feature kids' favorite characters to get youngsters more excited to brush.

- **Become a storyteller.** Parents also can make up their own stories, explaining to kids how they can be superheroes who brush away the bad guys that cause cavities.
- **Brush alongside your children.** Kids love to mimic their parents, so moms and dads can brush alongside their youngsters in the hopes they'll follow suit.

Many children may never jump at the chance to brush their teeth. But parents can employ a few savvy strategies to make daily brushing sessions more fun for youngsters.

Make the dentist a fun experience for kids

Visits to the dentist for periodic cleanings and checkups are an important component of oral hygiene. Dentists also may be the first people to identify potential issues that can affect health elsewhere in the body.

Many people are unaware that children should visit the dentist early in their lives. The American Academy of Pediatric Dentistry recommends that a child should visit the dentist by age one or within six months of the eruption of his or her first tooth. However, many parents wait until much later - age two or three - to take kids to the dentist, offers Delta Dental Plans. Hesitance to visit the dentist may stem from personal fears or perceived reactions by children.

Primary teeth may eventually fall out, but they shouldn't be ignored. They save space for permanent teeth and serve other functions. Therefore, parents should begin to acclimate children to the dentist at a young age to make the experience fun and even enjoyable.

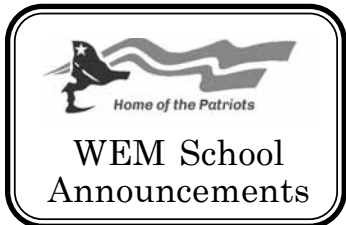
- **Lead by example** Children who witness their parents putting off going to the dentist or being apprehensive about visiting the dentist may develop their own fears. Always paint the dentist in a positive light and keep appointments.
- **Focus on the good aspects**

Talk up all the benefits of going to the dentist, such as having a squeaky clean and fresh mouth. Many hygienists will hand out small toys after a successful visit, or at the least a great new toothbrush and other fun products to try.

- **Get a tour of the office** Ask the staff if your child can get a special tour of the office with explanations of all the tools and equipment. Understanding what to expect the next time around in a no-pressure situation can make the process much easier for everyone involved. The dentist may be able to also give a test ride on the exam chair, moving it up and down, as well as showing off the water fountain and oral irrigator.
- **Avoid giving false hope** Do not tell a child that "everything will be OK" at the dentist's office. If a child needs treatment that may be uncomfortable, he or she may not trust you the next time a dental visit is scheduled, according to Joel H. Berg, D.D.S., M.S., Director of the Department of Dentistry at Seattle Children's Hospital. Avoid words like "shots," "pain," "hurt," or even "cavities." Dentists, particularly pediatric dentists, may have their own vocabulary that can assuage fears and seem less alarming to kids.

Over time, dental visits can become an easy routine with children, setting them up for a

lifetime of healthy mouths and teeth.



Win-E-Mac Community Ed will offer Drivers Education Classroom instruction on the following dates: March 7,8,9,10,11,14,15,17,21,22 from 3:15-6:15 P.M. The classes will be held at the Win-E-Mac School. Students are expected to complete 30 hours of required instruction. The cost per student for this class is \$60.00 and should be sent in with this registration form by Wednesday, March 2nd. Students who enroll in Drivers Education Classroom must be 15 years old by June 1. This class and the written Driving Exam need to be completed before Behind the Wheel Instruction can take place. An optional parent's class will be held on Thursday, March 3rd from 6-7:30. Students who show a lack of respect, disruptive behavior, and immaturity in the classroom will be assumed to be too immature to be behind the wheel of a vehicle and will be dismissed from class without a refund.

Donors surpass RiverView Foundation's Giving Hearts Day goal

The Giving Hearts Day results are in: RiverView Foundation received 337 gifts totaling more than \$182,000 on Feb. 10. Yes, that's \$182,000 in 24 hours, far exceeding the Foundation's initial goal of \$125,000.

"Each year, I am amazed and humbled by the support we not only receive on Giving Hearts Day but throughout the year to keep quality healthcare close to home," shared Foundation Director Randy Schoenborn. "I'd like to thank the donors for their level of confidence, support, and trust in the Foundation."

The Foundation was one of nearly 550 nonprofits participating in the one-day fundraiser this year, the 15th year of the event. According to the Dakota Medical Foundation that sponsored the event, the combined total for the Minnesota and North Dakota entities came to approximately \$26 million through 40,714 donors. Since its inception in 2008, Giving Hearts Day has raised more than \$137 million for nonprofits.

Donors designating funds in memory or honor of loved ones touched many RiverView programs and projects during the fundraiser.

The Foundation Board determined undesignated funds from the event would go to

the following two Emergency Department (ED) equipment needs, with an estimated cost of \$125,000:

An automated medication dispensing system that safely stores and quickly releases medication with proper physi-

cian orders. This system will provide necessary medications to treat patients in the ED 24 hours a day.

A portable ultrasound machine specific to the rapid assessment of heart and abdominal injury of trauma patients.

Called a FAST (Fast Assessment Sonography for Trauma) exam, ED physicians perform this screening exam on admission without the delay of calling in an ultrasound technician.

The RiverView Foundation

works to obtain financial security for projects and programs that assure RiverView Health has the equipment and expertise to follow its mission of delivering a healthcare experience that consistently exceeds patients' expectations.

If you are interested in learning more about the RiverView Foundation and the programs it sponsors, please contact Schoenborn at 281.9249 or rschoenborn@riverviewhealth.org.



Above are just some of the RiverView employees who supported their workplace of choice by donating a total of nearly \$47,000 on February 10th.