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McIntosh, Minnesota

Win-E-Mac
All School Reunion
plans underway for June

Win-E-Mac Alumni Association is planning an All-School Reunion for all alumni, past and present students and faculty in McIntosh, Erskine, Winger and Mentor. The event is planned for the weekend of June 3 - 5, 2022.

The Alumni Association is looking for sponsors or donations to help with expenses for the upcoming event. Any donations will help to cover printing, advertising and residential mailers. Businesses should make plans to be involved with specials for the weekend of the reunion.

There will be events spread across the weekend in each hometown. In McIntosh, there will be walking tours with interesting facts and historical information; golf cart tours that will bring people around to see the changes in McIntosh; The Shoppes of McIntosh (the Rod Poppy, Howard Soap Company, Minnesota Rust, Neil's Quality Meats & more, The Hen House Thrift Shop, The Ginger Junker, and Northern Prairie Aromatherapy) will be open throughout the weekend with events happening on Main Street.

Little Bobby's Bar & Grill will have live music all weekend, with the Bad Campers both Friday and Saturday night and 2015 'The Voice' star, Blind Joe on Saturday.

Along Main Street there will be food, street music, and the McIntosh Heritage and Arts Center will be open for visiting.

The new cafe in McIntosh will be offering coffee and dice on Saturday morning with twist doughnuts and mocha bars for sale and made by Cindy Lecy.

There are plans in McIntosh for a possible pancake breakfast and church service as well.

Parades are being planned for each class to have a float and travel through each of the towns. There will be prizes for best float from each school (Mac-Winger, Erskine, and Win-E-Mac).

Class get-togethers are being planned by individual classes. If you are the class contact, please get meet-up information, time and contact information to Virgil Lerfald so the information can be posted for all class members.

As the time nears, the Win-E-Mac Alumni Association will be looking for volunteers to help with the events during the reunion weekend as well as help with planning, set-up and take-down events.

If you are looking for information, please visit the Facebook page for the reunion at

www.facebook.com/winemac reunion. You may also email the reunion committee at winemacallschoolreunion@outlook.com.

Questions can also be directed to Virgil Lerfald at (218)791-2763 or vki52@outlook.com.

Donations can be mailed to: Win-E-Mac Alumni Association, P.O. box 337, McIntosh, MN 56556.

Information about the Main Street events in McIntosh should be directed to any of The Shoppes business partners.

If you are interested in being part of the committee or a volunteer, you are welcome to attend the next Win-E-Mac Alumni All School Reunion meeting on Wednesday, March 16, 2022 at 7:00 pm at Little Bobby's Bar & Grill in McIntosh. Any help planning, assisting, feedback or ideas for the event will be greatly appreciated.

Please let your classmates and family know about the reunion, as some of the earlier graduating classes will receive information in the mail, the committee is depending on social media to alert the graduating classes from the past 30 years.



DAYLIGHT
SAVING TIME
BEGINS
MARCH 13

FYI... Daylight Savings Time (DST) begins in the U.S. on the second Sunday in March, when people move their clocks forward an hour at 2 a.m. local standard time (so at 2 a.m. on that day, the clocks will then read 3 a.m. local daylight time).

Masking requirement
dropped for transportation

Effective February 25, 2022, the CDC exercised its enforcement discretion to not require that people wear masks on buses or vans operated by public or private school systems, including early care and education/child care programs.

The CDC is making this change to align with updated guidance that no longer recommends universal indoor mask-wearing in K-12 schools and early education settings in areas with a low or medium COVID-19 Community Level.



Dressing up as your favorite book character was part of Win-E-Mac's celebration during Read Across America Week. Here, Mrs. Gunnufson's 1st grade class dressed up as some great book characters!

Ways to combat high gas prices

Gas prices have nearly doubled since last winter, and they could still rise higher. Here, in Northwest Minnesota, we live in an area where it is difficult to not use our vehicles throughout our week. Here are some different ways you can make better use of your gasoline purchase, and other ways you can save on gas, and ave your pocket from a little pain.

The price at the pump has bounced up and down often since the 2008 recession. The average price of a gallon of gas was as low as \$2 in February 2016 during the US fracking boom and as high as \$4.61 in April 2012, as the economy recovered from the Great Reces-

sion.

The first step towards saving on gas involves rethinking how you use your car. The idea is to change the driving habits that cause you to keep going to the gas pump. Several possible scenarios can happen when you examine your driving habits, such as deciding to buy a more energy-efficient car or opting to walk/cycle on shorter journeys.

It would help if you got an idea about the mileage of the cars you currently drive. Knowing their mileage will help you see how exactly the price increase impacts your gas costs. You can figure this out better if you change your driving patterns, track them, and see if there are any improvements. The insights you get from this can help you decide what to do next.

How does the increasing gas prices actually affect your financial situation? Is the gas price hike as terrible as you believed it to be? If you've proven that it is actually making a significant dent in your budget, you can start thinking of more ways to improve your situation. It's also the perfect time to re-examine your budget.

AAA research has found that unless premium fuel is recommended or required by your car's manufacturer, it provides no added benefit. Motorists should refer to their



vehicle's owner's manual to check which type of gasoline is recommended for their engine.

Many factors can affect your car costs, such as your driving style and whether you conduct the necessary maintenance your car needs. Drive conservatively and avoid aggressive driving. Aggressive acceleration and speeding reduces fuel economy. On the other hand, keeping up with maintenance ensures your car is in its best condition.

Do you know the current state of gas prices? You have to make sure you know this to make informed decisions whenever you get your car filled up. One way to stay updated is using apps and sites like Gasbuddy.com. They help check gas prices in your location, so you can go to the spots where you can save the most.

Is there a gas station where you like to go? They might have a rewards program, and it would be a waste not to take advantage of that. If you enroll in their fuel rewards program, you can collect points that may equal discounts whenever you fill up. It may seem small, but you can add as much as \$50 to your savings when those points accumulate.

It would be great if you could fill up your tank at a cheap price whenever it's almost empty. However, what often happens is you have to stop at some national gas chain and get your tank filled with fuel priced at top dollar. Fortunately, you can avoid this by planning when you get filled up, thanks to knowing when prices tend to

Gas prices..
Continued on page 2 ...



Win-E-Mac will drop the requirement but instead encourage wearing a mask on all transportation



The Win-E-Mac 3rd Graders spent time at Agassiz Learning Center this winter. They skied, went snowshoeing, learned to start fires, create shelters, and had some hotdogs over an open fire.

Dish up a classic comfort food this St. Patrick's Day

Everyone has "corned beef and cabbage" on the brain come St. Patrick's Day. But another flavorful dish might appeal to a greater number of people with Irish roots.

Shepherd's Pie is a savory dish made of minced lamb that originated in England but also made the jump to Ireland, where it became a popular comfort food. While Shepherd's Pie can be made with freshly cooked ground meat, it also is a fine way to use leftovers from a previous meal. Shepherd's Pie is commonly mistaken for Cottage Pie, which is very similar, yet tends to use beef as the meat of choice.

Many families have their own ancestral recipes for Shepherd's Pie, but for those looking to cook the dish for the first time, try "Shepherd's Pie," courtesy of Alton Brown, which appeared in Season 12 of his hit show "Good Eats."

Shepherd's Pie

Yield: 8 servings

- 11/2 pounds russet potatoes
- 2 tablespoons canola oil
- 1 cup chopped onion
- 2 carrots, peeled and finely diced

- 2 cloves garlic, minced
- 11/2 pounds ground lamb
- 13/4 teaspoons kosher salt
- 3/4 teaspoon freshly ground black pepper

- 2 teaspoons tomato paste
- 2 teaspoons chopped fresh rosemary

- 1 teaspoon chopped fresh thyme

- 1 teaspoon Worcestershire sauce

- 1/4 cup half-and-half

- 4 tablespoons unsalted butter

- 1 large egg yolk

- 1/2 cup corn kernels, fresh or frozen

- 1/2 cup English peas, fresh or frozen

- 1. Heat oven to 400 F.

- 2. Peel the potatoes and cut them into 1/2-inch dice. Put them in a medium saucepan and cover with cold water. Set said pan over high heat, cover and bring to a boil. Uncover, drop the heat to maintain a



simmer, and cook until tender, 10 to 15 minutes.

- 3. Heat the oil in an 11-inch saute pan over medium-high heat until shimmering. Add the onion and carrots and saute just until they begin to take on color, 3 to 4 minutes. Add the garlic and stir to combine. Add the meat, salt and pepper, and cook until browned and cooked through, approximately 3 minutes.

- 4. Sprinkle the meat with the flour, toss to coat, and continue to cook for another minute. Add the tomato paste, broth, Worcestershire sauce, rosemary, and thyme and stir to combine. Bring to a boil, then decrease the heat to low, cover, and simmer slowly until the sauce is thickened slightly, 10 to 12 minutes.

- 5. Meanwhile, combine the half-and-half and butter in a microwave-safe container and nuke until warmed through, about 35 seconds.

- 6. Drain the potatoes and return them to the saucepan. Mash the potatoes (a masher is an excellent tool for this, though a hand mixer will do), then add the hot half-and-half mixture, as well as the salt and pepper. Mash to smoothness, then stir in the egg yolk.

- 7. Add the corn and peas to the meat mixture and spread evenly in a 7-by-11-inch glass baking dish. Top with the mashed potatoes, starting around the edges to create a seal to prevent the mix-

ture from bubbling over, and smooth the top with a rubber spatula. Place on a half sheet pan lined with parchment paper on the middle rack of the oven and bake for 25 minutes, or just until the potatoes begin to brown. Remove to a cooking rack and let rest for at least 15 minutes before serving.

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

Hidden sources of caffeine

Caffeine is a stimulant that untold millions, if not billions, of people across the globe insist they cannot go without. Whether it's in a morning cup of coffee or a midday energy drink, caffeine serves as a vital kickstart for individuals whose energy levels could use a boost.

Caffeine is often painted in a negative light, but such characterizations are misleading. The Mayo Clinic notes that up to 400 milligrams of caffeine per day appears to be safe for most healthy adults. Coffee drinkers know that certain cups of coffee are stronger than others, but the U.S. National Library of Medicine indicates that a typical eight-ounce cup of coffee contains between 95 and 200 mg of caffeine, while a 12-ounce soda typically includes between 35 and 45 mg of caffeine.

Coffee and soda are widely recognized sources of caffeine, making it a lot easier for individuals who consume these popular beverages to track and control their caffeine consumption. In addition to coffee and soda, various other foods and beverages contain caffeine, some of which may surprise

Gas Prices..

Continued from page 1

climb. This way, you can avoid the rising gas prices whenever possible.

Before you drive, be sure to kick the tires to make sure they're not under-inflated. If they are, you will likely burn more fuel per mile than when your tires are correctly inflated. You could be wasting at least a dollar for every mile you drive around between fill-ups. If you want to maximize the efficiency of your fuel, ensure that your tires are properly inflated.

A loose gas cap can adversely affect fuel economy. According to Napa®, a loose gas cap is a common contributor to poor fuel economy. Loose gas caps allow fuel vapors to leak and that decreases your vehicle's fuel efficiency. After filling up at the pump, be sure to close the gas cap tightly. Many caps will indicate how many clicks it takes to make sure the cap is closed as tightly as possible. In addition, periodically inspect the cap for cracks or leaks, replac-

ing it if necessary.

Have you tried synthetic oil? It can make a significant difference in your engine by improving its efficiency. The drawback is that it will usually be twice as much to get a fully synthetic oil change than a normal oil change. But, when it comes to efficiency, you can expect synthetic oil to pay off in boosting the life of your engine.

Just like your favorite gas station, the grocery stores where you buy your necessities may have loyalty programs that include gas rewards. There are also typically points programs that allow you to collect points to pay for part of your gas costs. It depends on the grocery store, but one point may equal a dollar saved or even more. Some of them have expirations, so just make sure to use them before that time to get the most out of your gas discount.

If you have never heard

of cash-back credit cards before, you should definitely get one. Your responsible usage of credit cards lets you reap some fantastic rewards, including discounts on gas pumps. There are different conditions to use these rewards depending on the credit card, but either way, it's a discount. Just make sure to pay off your balance to avoid incurring more charges.

Won't you consider getting a smaller car instead? If your lifestyle doesn't require you to drive around a large vehicle, switching to a smaller one can help you save not only on fuel costs but also on the purchase of the car and maintenance. Owning a small car and then renting a bigger one when needed is a lot less expensive. This way, you won't be taking the full brunt of the costs of operating and maintaining a big car that isn't fully utilized most of the time.

This tip is part of changing your driving attitude. You can improve its fuel efficiency by not overloading your car since you aren't putting pressure on the aerodynamics. When you place cargo on the car's roof, it likely puts a strain on your engine and affects your fuel mileage. You can still put items on the top, but avoid excess weight as much as possible.

If you want to save on fuel, avoid idling if you can. Just a minute of idling is enough to consume about half a gallon of your gas per hour. At the same time, it emits carbon dioxide that returns to the atmosphere, increasing your carbon footprint. Some of today's engines consume less gas if you turn them off and then restart instead of letting them idle for a while.

If you want to save on gas costs, start by changing how you drive. Avoid accelerating rapidly or braking hard, don't idle for too long, and shut down all devices when you turn off the engine. Additionally, plan your trips and see where the lowest prices are. Take advantage of those reward programs, too, and if you can, try to bike or walk instead.



CHURCH DIRECTORY

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

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

Sun. March 20: 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. 13: 9:30am Coffee Hour; 10:30am Church Service
Sun. March 20: 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. 13: 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 15: 10:00am Sunday worship service telecast on GVTN-30

Wed. March 16: 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.

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

NOTICE OF POLK COUNTY ROAD RESTRICTIONS

March 2022

The effective date of road restrictions on all Polk County roads will be concurrent with the placement of restrictions on Minnesota Trunk Highways in the North Central Zone of Minnesota. MNDOT's Road Restriction announcements are published at <http://www.dot.state.mn.us/materials/index.html> and click on Seasonal Load Limits.

Restriction limits are based on gross axle weights and includes weight of both the vehicle and the load it carries.

The erection of signs on any highway governs the effective date of the restriction. As long as signs remain in place, restrictions are in effect.

No permits for overweight axle loads exceeding legal or posted axle weights will be issued during this time.

During the period when road restrictions are in effect, any county or town road is restricted to 10,000 pounds gross weight per axle unless otherwise posted. If no signs are erected, the 10,000 pound gross weight provision shall apply.

Richard C. Sanders
Polk County Engineer

BUSINESS & PROFESSIONAL GUIDE

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consumers. Manufacturers are not required by the U.S. Food and Drug Administration to cite caffeine content on nutrition labels, a controversial subject that various health advocates argue fails to protect consumers.

Without new rules that mandate manufacturers to cite caffeine content on nutrition labels, consumers are on their own to determine how much caffeine they're consuming each day. Recognition of these hidden sources of caffeine can help individuals avoid overconsumption of this powerful stimulant.

Decaffeinated coffee/tea: The terms "decaffeinated" and "caffeine-free" are not interchangeable. That's because the process of decaffeination leaves trace amounts of caffeine, meaning decaffeinated coffees and teas contain a small amount of the stimulant.

Chocolate: Consumers may or may not be surprised to learn that cocoa beans naturally contain caffeine. As a result, products that contain chocolate, which is made from cocoa beans, also contain caffeine. Dark chocolate generally contains more caffeine than light chocolate, with the U.S. Department of Agriculture reporting that a one-ounce serving of dark chocolate typically contains 12 mg of caffeine. However, various candies and other products that contain chocolate, including light varieties, are fortified with extra caffeine.

Headache treatments: Certain products that treat headaches contain caffeine. The manufacturers of two of the more popular pain relief

products, Advil® and Tylenol®, assure consumers that their products do not contain caffeine. However, individuals who take Excedrin® to treat headaches should know that three Excedrin® products - Excedrin® Extra Strength, Excedrin® Migraine and Excedrin® Tension Headache - contain caffeine.

Breath mints: Certain breath mints contain caffeine. For example, Viter Energy mints, which some consumers see as an alternative to coffee, contain caffeine. Viter notes that its Energy Mints contain 40 mg of caffeine per mint, or roughly the same amount as a 12-ounce can of soda.

Health care professionals feel that caffeine is generally safe for healthy individuals when consumed in moderation. But it behooves individuals to recognize hidden sources of caffeine that could potentially compromise their health if consumed to excess or along with other caffeinated products.



Wed. March 9:
Dennis Boucher

Thur. March 10:
Lori Roed, Anna Tofstad, *Scot & Emily Carlson

Fri. March 11:
Albert Plante, Karen Thompson

Sat. March 12:
Sheldon Burslie, Rebecca Schommer, Kris Rue, Rachel Carlson, Cindy Lecy

Sun. March 13:
Sylvie Strom, Christian Widman, Henry Swanson

Mon. March 14:
Barbara Rolf

Tues. March 15:
Ashlee Lee, Ray Cattan

McINTOSH Times

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"Serving the Win-E-Mac area"

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Polk County couple part of Emerging Leadership Program

Robby and Sammi Davy, Fertile are Polk (East) County's representatives in the 2022 Red River Valley Emerging Leadership Program. They, along with individuals from 16 other counties in northwestern and west central Minnesota, are being honored on March 26 for their participation in the leadership program and for their commitment to leadership in their community.

Robby is a crop insurance agent at Lindfors Insurance Agency. Sammi is the office manager and sales agronomist at AgriMax.

While meeting in Detroit Lakes, Thief River Falls and Mahanomen, Robby and Sammi have networked with leaders from across the region and gained insight on personal leadership styles, communication, rural issues, and facilitating effective meetings. The group will gather once more in Crookston to focus on setting goals for how they will lead and follow in their work and community roles, and to celebrate their completion of the program.

The theme for the Class of 2022, "Be..." has served as a reminder that it isn't what we accomplish, but rather how we will BE in our relationships and in our leadership roles. Jody Horntvedt, Extension Educator with the program highlights, "These leaders of the Class of 2022 will be...inspiration for the future in their communities as they continue to seek out different perspectives, innovate ideas, and lift up their vision for the future."

University of Minnesota Extension coordinates the Emerging Leadership Program and provides educational content. Local partners include Northwest Minnesota Foundation, Red River Valley Development Association, and many donors from a variety of other sources across the region including ag producer groups,



Sammi and Robby Davy.

electric cooperatives, community businesses, financial institutions and individuals in counties throughout northwest and west central Minnesota who contribute each year.

Robby and Sammi will be honored for their commitment to leadership and their community during a recognition event on March 26, which will be broadcast on Facebook LIVE at 6:30 pm.

The public is invited to join the event online at facebook.com/groups/RRVELP/

For more news from U of M Extension, visit www.extension.umn.edu/news or contact Extension Communications at extdigest@umn.edu. University of Minnesota Extension is

an equal opportunity educator and employer.

PUBLIC HEARING

The City of Winger will hold a Public Hearing for the Wellhead Protection Plan on Monday, March 14th, 2022, at 6:00pm at the Winger Community Center. To discuss issues and concerns with this portion of the plan. We welcome your participation at this event.

The March City Council meeting will follow at 7:00 pm.

M51C

Bridging the Food Trust Gap

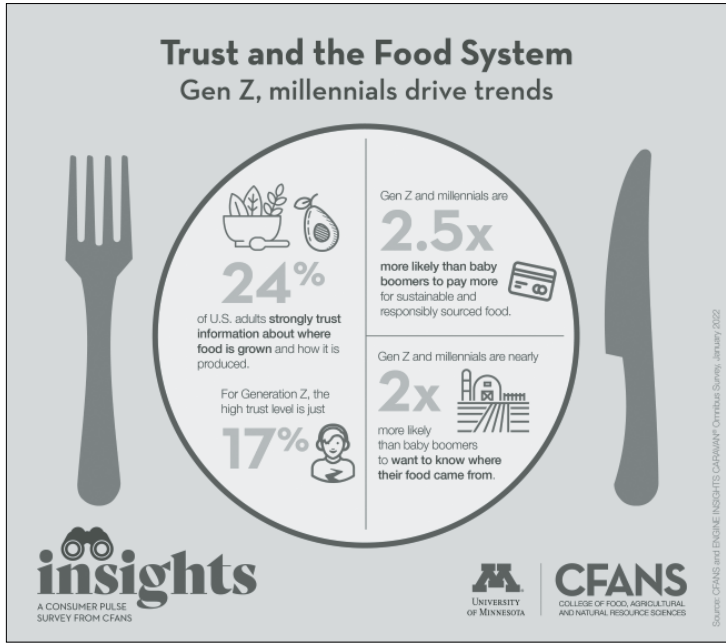
Whether they're stirring a pot at the stove or foraging in the fridge, the majority of U.S. adults are doing so without full trust in the information they get about their food.

Today's consumers can't turn on the TV or scroll social media without seeing ads from food companies espousing how consumers should feel good about eating their products. From ethically raised animals, to environmentally-conscious supply chains, to increased transparency about ingredients — consumers have more information at their disposal than ever before.

Yet there remains a disconnect between farm and fork. According to a new CFANS Insights survey from the University of Minnesota's College of Food, Agricultural and Natural Resource Sciences (CFANS), only 24 percent of U.S. adults have a high degree of trust in the information they receive about where their food is grown and how it is produced. For Generation Z, the high trust level is just 17 percent. And with only 27 percent of survey respondents reporting a "very favorable" impression of agriculture and food production in the U.S., it is no surprise that farmers often feel misunderstood and under attack in the public eye.

"Today's consumers are bombarded daily from all directions with messages about what they should or shouldn't eat and why they should embrace one food but eschew another," said Frances Homans, PhD, professor and head of the Department of Applied Economics and Department of Agricultural Education, Communication and Marketing (AECM). "But despite this deluge of data, we still see a disconnect in their understanding of what actually happens between farm and fork."

Narrowing the gap
Garrett Steede, PhD, an assistant professor and major coordinator for Agricultural Communication and Marketing, is working closely with his colleagues to address this dis-



connect by preparing students to be successful leaders, educators, and communicators in agriculture, food, and natural resources (AFNR) careers.

"It's encouraging that despite a gap among adults in trust about where food comes from, there is clearly an increasing interest among young people — from middle schoolers to undergraduate students in our majors — in studying AFNR and understanding the food system," said Steede.

According to the National Association of Agricultural Educators, there are more than 13,000 middle, high school and post-secondary agriculture teachers nationwide — and demand is growing, including in urban areas. Every year, more than 100 new agriculture programs open and need highly qualified, diverse, and dedicated teachers. In Minnesota, school districts have added 21 AFNR programs since 2010, and 83 additional teaching positions had to be filled across the state. This is a 38 percent increase in teaching positions over ten years, with no signs of demand slowing. To accommodate this heightened interest, many Minnesota school districts are developing new AFNR programs — and they need more agriculture teach-

ers to fill these critical positions.

Younger consumers willing to pay more for sustainable and responsibly sourced food

The CFANS Insights survey also showed that Gen Z and millennials (38 percent very willing) are two and a half times more likely than baby boomers (15 percent very willing) to pay more for sustainable and responsibly sourced food that ultimately benefits the environment.

"The awareness of the sustainability and environmental impact of our foods is increasing, particularly amongst our students," said Job Ubbink, PhD, professor and head of the Department of Food Science and Nutrition. "People are increasingly signaling that they want to eat things that are not only good for them as an individual, but that contribute to a sustainable food system and equitable society. Costs, however, are often a hurdle, especially these days with mounting inflation."

Food science is essential in enabling the transformation of the food system to be more sustainable, whether that is developing plant proteins, making advances in traditional protein, or developing new



40 years ago...1982: The Scots placed three ballplayers on the North Tri-County All-Conference team. They are Kevin Haugen, senior center; Craig Carver, junior forward; and Chad Ekeberg, Junior Guard.



20 years ago...2002: Seven girls from the Win-E-Mac Sixth Grade were named winners in the recent Basketball Fun Day. They include: (back, l-r) Meghan Morlock, Tahlor Klinke, Raquel Lindseth, Meghan Perkerwicz, Melissa Carter; (front) Sidney Foss and Kelsi Kiecker.



10 years ago...2012: Recently 5 ladies gathered at the Friday Night Sew & Sew Community Ed Class taught by Diane Christopherson and made reversible aprons. Those attending were: DeeDee Narum, Lois Bohrensen, Paulette Kringlen, Val Brekke and Connie Strom.

novel crops, such as penny-cress or Kernza.

Food origins important to next generation

Increasingly, consumers expect their food to be culturally relevant and come with a story of the journey it took to reach their dinner plates. Younger generations are more interested in knowing precisely where their food came from — for example, the specific farm

a turkey was raised on, where grain was grown or cows were milked. Gen Z and millennials were nearly twice as likely to want to know where their food came from than baby boomers (almost 25 percent of Gen Z and millennials said it was extremely important, compared to 13 percent of baby boomers).

"It's clear that our next generation of consumers is invested in our food system

and in our environment," said Homans. "They're passionate about these topics, and we believe there's an urgent need to create understanding about our food systems and supply chain while at the same time investing in science-based solutions and dynamic partnerships to feed a growing population and sustain our planet."

The County Line

By Warren Strandell
Polk County Commissioner, Dist. 2

Have you ever wanted to do a ride-along with county deputies?

That is something that I had long thought about wanting to do, but would Sheriff Jim Tadman agree? When posed to the sheriff as he concluded his monthly report to the County Board a couple of weeks ago his answer was quickly turned into another question.

“When would you like to do it?” he responded.

When finally staged to avoid any conflict with my other meetings, the ride-along occurred last Wednesday. On that day there were no bank hold-ups, no motor vehicles crashes, or whiteouts. No arrests were made. No drivers were stopped for traffic violations. There were no crime scenes to protect. There just weren't issues of any kind, which is just the way law officers want a shift to go by. And it was certainly all right with me, too.

So, instead of any Gun-smoke experiences (I was offered the option of wearing a bullet proof vest, which I declined) it was just going to be the sharing of a lot of thoughts and experiences.

Six-hour shift

The first part of my six-hour “shift” was spent in the Law Enforcement Center with Deputy Heath Hanson, a Crookston native and a 28-year veteran of the Polk County Sheriff's Office. Before completing the law enforcement program at Hibbing Junior College, he had spent a year at the University of Minnesota-Crookston, had studied in the farm operations program at Northland Com-



Deputy Heath Hanson.

munity & Technical College in East Grand Forks, and had several other work experiences

Deputy Hanson first brought me up-to-date on a case he was working that involved the theft of snowmobiles and a trailer. None of the items had been reported stolen because the owners just didn't think the units would ever be found. After having become curious about a few things while out on patrol, Deputy Hanson was able to determine that the items had been stolen and he was in the process of putting some things together for further action.

Value of cameras

He also showed me footage of his involvement —recorded on his body camera and by the camera on his car — in the arrest of a man who had been driving a stolen car. At first, the man would not cooperate

with orders to exit the car and get down on the ground. The situation had escalated to the point where it could have into a real issue before the man finally complied.

Had there been any kind of confrontation, the camera footage would have shown that all protocols were followed the whole time. Body and car cameras can be an officer's best friend. They remove any doubt about how things actually transpire.

The car was found to contain a significant amount of drugs.

In his time with the Sheriff's Office, Deputy Hanson has worked in several roles including time as an investigator, as an undercover drug officer, and as a trainer. He is a part-time college course educator.

Just helping out

All deputies who work road

patrol also serve papers. In combination with that duty and normal road patrol, we came across a lady whose car was stalled near Crookston. The car had front-end damage from having hit a deer. Deputy Hanson was able to adjust some of the damaged things enough to allow the very appreciative lady to continue home.

The next two and a half hours were spent with Deputy April Hansen . There's no relation, the Hanson/Hansen names are spelled differently.

Deputy April, I'll call her April to avoid any possible confusion, grew up a few miles south of East Grand Forks as April Bushee. She graduated from East Grand Forks Senior High School in 1999 and after two years at the University of North Dakota, classes at Northland Community & Technical College in East Grand Forks to become a para medic.

She worked for Great Plains Ambulance in Crookston for a time before again attending Northland to also become a licensed practical nurse. While working in that medical field she later combined work with traveling to Northland Community & Technical College in Thief River Falls to become a law enforcement officer.

Teaches first responder, CPR classes

The law enforcement certification led April to a nine-year career (2008-2017) as an officer with the East Grand Forks Police Department. After leaving

that post, she worked at the Altru Neurology Clinic for 23 months before joining the Polk County Sheriff's Department just over three years ago. In addition to duties as a road patrol officer, she teaches the first responder and CPR classes for the Sheriff's Department. April and her husband, Paul Hansen, the assistant chief of the East Grand Forks Fire Department, have three children ages 5, 9 and 10.

In visiting with Heath and April — I'm calling them on a first name basis now — I asked about some experiences: Like have you had to draw your weapon? Have you ever had to fire it?

Their answers were Yes to having to draw the weapon and No, they said — adding thankfully — to the answer about firing them.

About other things in the line of duty: Like having to respond to fatal accidents. Yes, both answered. For Heath, in his 28 years, he said it has been many, many times... as many as 300 times. “Some of the crashes more than others really stick with you. You don't forget them,” he says.

Toll on body and mind

“One of the biggest issues of being an officer,” Sheriff Tadman notes, “is the toll that it takes on your body both physically and mentally. Police officers can observe, deal with, or become involved in extremely difficult situations and experiences... even on a daily basis.

“Men and women who choose law enforcement as

a profession are told to prepare to deal with the cumulative stress of the job. There is, however, a form of stress that many officers will face but are unprepared to deal with. This stress is more immediate and intense and is often the result of a singular traumatic event. When you are in law enforcement skills training, no instructor showing videos or talking about responding and dealing with critical incidents can prepare you for the ups and downs your body and mind goes through.”

About law enforcement job in Polk County, April says this: “I'm really thankful that the residents of Polk County are so supportive of our agency. We are so lucky to be a part of this community. Their support is crucial to our work. We will always strive to protect and serve Polk County with the utmost honor and integrity.”

That ended my ride along. Great experience. Great officers. Great people.

Thought for the day:

When stopped for a traffic violation, you will get Brownie points by placing and keeping both hands at the top of the steering wheel. Even more Brownie points come at night when you also turn on the interior lights. Officers will appreciate that.

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.



Win-E-Mac elementary students were busy last week during their phy-ed classes as they ventured outdoors for their snow fort unit in Mrs. Burd's class. They worked hard and had so much fun in the cold weather building snow forts among the piles of snow around the school.



Deputy April Hansen in a debriefing session with Sgt. Randall Sondrol.



Win-E-Mac phy-ed teacher, Mrs. Burd has had her elementary classes busy outside during their unit on snow forts, always a popular time for the kids.



Win-E-Mac Elementary students ended Read Across America Week with a morning reading session in the gym on Friday, March 4th. The students even had a visit from the Cat in the Hat.