



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Carter Bartz and Roman Shultz along with their classmates were able to enjoy the nice weather during Mrs. Burds' phy-ed class building snowmen last week at Win-E-Mac School.

Polk County offers Septic system fix-up grant program

Polk County Environmental Services is pleased to announce the availability of a cost-share grant program that is available to property owners in Polk County that have an existing noncompliant septic system.

Funds are intended to fix septic systems that are currently failing codes or functionality.

These dollars are made possible through a grant received from the Minnesota Clean Water Legacy Act.

There is a limited amount of funding available and preference for funding will be determined based on household income status, condition of

existing system, and proximity to priority surface waters. Income restrictions do apply. A major goal within the fix-up program aims to fix "imminent public health threats". Polk County uses HUD low-income guidelines to group funding grant contributions.

Households must not exceed these income guidelines, must be the landowners homestead not a second dwelling or rental, and applicants will be required to pay any match requirement up front if approved. No holding tank septic systems can be installed and SSTs for new construction of a dwelling does not qualify for the program.

The County will provide a

cost share grant contributing 60% and up to 80% of installation cost up to a maximum of \$12,000 grant dollars.

To learn more about this program, please call Polk County Planning and Zoning at (218) 281-5700.

Program applications can also be found on our website at www.co.polk.mn.us under the Environmental Services and Planning and Zoning Department page.

The deadline to apply for the Septic System Fix-Up Grant Program is June 1, 2022. After this date, remaining funding will be available on a first come first serve basis.

WEM elementary students will share a special night with parents

The Win-E-Mac Patriot Pride Boosters will be hosting two special events, A Night to Remember, for fathers and daughters and Memory Night: Boy/Mom Style.

The flyers went home with students a month ago. If you need a form they are also available on the school website at www.wemschools.org. Forms can be given to the office or your student's teacher.

A Night to Remember will be a special night for young girls. Girls 4 years old to 6th grade can bring their adult male role model, a dad, uncle, grandpa or friend to a sit down dinner, dancing, a memorable photo opportunity and an ac-



tivity for each girl. The event is Saturday, April 9th starting with Social Hour at 5:00 pm and dinner served at 6:00 pm.

Memory Night, a special night for young boys, will be Saturday, May 14th.

Any boy who is 4 years old to 6th grade and their special female role model, their mom, aunt, grandma or friend is welcome to attend. Clothing for this event will be comfy clothes

for running and playing.

There will be dinner, games and activities, a memorable photo opportunity, a building project for the boys to take home.

This years theme is Marsh-mallow Mania.

The event starts at 5:00 pm in the Arts & Event Center lobby.

Payments are made at time of registration. Registration can be dropped off at the Win-E-Mac School office.

These special events are brought to you by the Patriot Pride Boosters. If you have any questions about the events you can email at: patriotprideboosters@gmail.com.

McIntosh Library will present Lalo's Lunchbox Comedy & Theater



On Tuesday, April 5th, don't miss a series of engaging sketch comedy, theater and puppet shows featuring sing-alongs perfect for children ages three and up!

Libraries throughout the region invite children and their caregivers to join Lalo, a fun-loving shopkeeper with a magical lunchbox, and his friends as they handle unpre-

dictable food erupting out of Lalo's Lunchbox.

These zany shows will teach kids about healthy foods and being kind to others and are offered free-of-charge thanks to funding from the Minnesota Arts and Cultural Heritage Fund. All are welcome to join the fun!

The McIntosh Public Library will host a Lalo's Lunch-

box show at the library on Tuesday, April 5 at 6:30 PM.

If you can't make the fun, the Fosston Public Library will host a Lalo's Lunchbox show at the library on Friday, April 8 at 10:00 AM.

To find out more or interact with Lalo go to the website at <https://www.laloslunchbox.com/>.

See you there!



Win-E-Mac sent 7 Vocal Ensembles and 3 Instrumental Ensembles to Ensemble Contest in Twin Valley on Monday, March 14th for the Sub-Section 30 Ensemble Contest. Vocal received 3 Superior Ratings, 2 Excellent Ratings, and 2 Good Ratings. Instrumental received 3 Excellent Ratings. Andrew Hanson & Charity Salmonson were accompanists. After 2 years without an Ensemble contest, it was wonderful for students to be back in person. Win-E-Mac is so proud of all our musicians! Back Row: Jonathan Moritz, Emelia Boianoff, Julian Janish, Josie Fortman, Brooklyn Gunderson, Savannah Svalen, Nevaeh Simpson, Clare Stuhau, Luella Strom, Emily Strom, Veronica Gomez-Matos; 2nd Row: Jacob Egg, Kassidi Qualey, Alyssa Morberg, Kiersten Anderson, Nadelly Neubert, Ava Howard, Presley Haugen, Laila Roragen; Front Row: Shelby Mandt, Izabelle Ostenaar, Sydney Svalen, Kyra Stuhau, Haley Sander and Kianna Tadman.

Fresh herbs that can reduce your reliance on sodium



Salt has long been used to add flavor to people's favorite foods. In fact, the use of salt as a means to preserving foods and adding flavor to recipes dates back to ancient times and has led to countless conflicts ever since.

According to History.com, wars over access to salt reserves in China are believed to have been fought as early as 6,000 B.C.

Though that shows just how valuable salt has been throughout much of human history, it doesn't indicate the negative effects that can result from diets that feature excessive amounts of sodium.

The American Heart Association notes that sodium plays an essential role in the human body by regulating the kidneys and helping to control the body's fluid balance. Sodium also helps send nerve impulses and affects muscle function. However, excessive amounts of sodium can compromise heart health.

The AHA notes that excessive amounts of sodium in the bloodstream pulls water into the blood vessels, increasing the total volume of blood within them.

As more blood flows through

blood vessels, blood pressure increases. Over time, that can adversely affect blood vessels and speed up the build-up of plaque that can block blood flow.

Higher blood pressure forces the heart to work harder and increases a person's risk for heart disease.

So what about sodium, a mineral so valued, and indeed vital to human existence, that it's led to wars and created countless devotees in kitchens over the centuries? If it's flavor cooks are aiming for, it's possible to reduce reliance on sodium and increase the use of fresh herbs without sacrificing flavor.

Such a transition can improve heart health and introduce a host of new flavors at meal time.

Basil

The AHA notes that basil has a sweet and fresh flavor profile and is best added to a dish right before serving. Freshly cut basil leaves can be added to any number of dishes, including tomato sauces, pastas, salads, pizzas, and eggs.

Cilantro

Cilantro are the delicate leaves and stems of the coriander plant. Like basil, cilantro

should be added to a dish right before serving and should not be cooked. Cilantro can be paired with beans, tomatoes, corn, and avocados among other foods, and is widely used when preparing Mexican foods at home.

Oregano

The AHA notes that Greek dishes often combine oregano, mint and lemon to create a memorable, delicious flavor profile. If chopping fresh oregano, strip the leaves from the stem and then discard the stem.

Parsley

Parsley isn't just a garnish used to add aesthetic appeal to plates. Flat-leaf parsley provides a light and fresh flavor, while the AHA notes that curly parsley offers a slightly peppery profile. Parsley is typically added to a dish during the final minutes of cooking or right before serving, and can be paired with chicken, fish, potatoes, and pasta among countless other foods.

These are just a handful of herbs that can give meals a flavorful punch and help chefs avoid an overreliance sodium in their recipes.



Using fresh herbs in cooking

Homemade Garlic Herb Butter is the best rich and flavorful topping for steak or prime rib! This quick and easy recipe is as simple as combining quality butter with minced garlic and fresh herbs. Keep the compound butter in the refrigerator or freezer to always have on hand for spreading on bread, veggies, pasta, chicken, or shrimp

Garlic Herb Butter

½ cup butter room temperature*

2 cloves garlic finely minced

1 tsp. rosemary fresh, finely chopped

1 tsp. thyme fresh, finely chopped

2 Tbsp. parsley fresh, finely chopped

In a medium-sized bowl cream the butter with a spoon or fork until smooth.

Add garlic and herbs. Stir until just mixed. Serve immediately or shape into a log.

To Shape into a Log: Tear off a 12-inch long piece of wax paper and place garlic butter towards the end of it. Shape it into what resembles a 6-8-inch long log.

Pull the wax paper over the garlic butter and begin to roll it, reinforcing the log shape as you go. Once completely rolled up, twist the ends until tight.

Refrigerate for at least 2 hours before serving or up to overnight. Serve with steak, chicken, shrimp, vegetables, or as a spread on bread.

Raise your hand if you're giving your grill a workout already this summer!

Use fresh herbs, lemon juice and garlic to season these Lemon Basil Grilled Pork Chops. They turned out divine and gave a fresh summer twist to the meat.

Lemon Basil Grilled Pork Chops

4 thick-cut, boneless pork loin chops

2 tablespoons olive oil

1 cup fresh basil leaves, minced

3 tablespoons minced garlic

3 tablespoons lemon juice

1 teaspoon sea salt

3/4 teaspoon pepper

Add olive oil, basil, garlic, lemon juice, salt and pepper to a bowl and mix well.

Spread both sides of the pork chops with the mixture and let the chops set for about 20 minutes.

Grill chops over direct heat for about 5-6 minutes per side or until the internal temperature reaches at least 145 degrees.

Let rest for 5 minutes before serving.

This Orzo with Mint Pesto and Peas is a great weeknight side dish that the whole family will love. Serve warm or chilled with amazing results.

Orzo with

Mint Pesto and Peas

8 oz orzo pasta

Sea Salt

1 cup frozen peas

For the Mint Pesto

2 cups mint leaves

3 tbsp pine nuts

1 clove garlic

zest of one lemon

3-4 tbsp olive oil

salt and pepper to taste

Bring a medium pot of water to a boil and salt generously with sea salt. Drop pasta and cook according to the package directions. When the pasta is almost done, add peas to the

boiling water and blanch for the last couple of minutes with the pasta. Drain everything and set it aside.

For the Mint Pesto

Combine the first four ingredients in the bowl of a food processor and pulse to finely chop. stream in the olive oil while the machine is running. Just enough to form a thick paste. Taste and season with salt and pepper as you see fit.

Toss the mint pesto with the pasta and peas until everything is well coated. Taste and add additional seasoning if necessary.

You can either serve warm or chilled and as a main dish or a side.

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

Create a herb garden centerpiece

Fresh herbs can transform the flavor of favorite recipes and add a fresh spark to one's palate when used during cooking or as a garnish.

People who may not have the space or the inclination to create an outdoor garden should know that many herbs can be grown successfully indoors.

Small in size compared to outdoor gardens, indoor herb gardens can be grown on a windowsill. Indoor herb gardens also can be housed in decorative containers, serving double-duty as living centerpieces on kitchen or dining room tables.

Start by finding a container that fits your decor. Punch holes in the bottom, if necessary, to allow for proper drain-



age. Line the bottom of the container with gravel or perlite to help with drainage, then top with potting soil.

Position small herb plants and fill in with extra potting soil. Sage, thyme, dill, and rosemary are good starters, but any herbs will do.



The Gosen Luther League meets on Sunday evening, March 27th, at 7 o'clock. The Trochmann's will be in concert. As a mixed quartet they enjoy Southern Gospel music along with old-time favorites. Their accompaniments are piano, guitar, and bass guitar. Members of the group include Lowell and Lona Trochmann, and friends Arlene Molskness, Audrey Hanson, Erica Hanson, and Lorna and Ken Hockert. Refreshments will be served following the program. Join us for an inspirational evening in honor of our Lord Jesus Christ. For information call 268-4242 or 687-3461.

Cookbook authors to present virtually on April 5th

Lake Agassiz Regional Library (LARL) will host a virtual panel featuring Minnesota cookbook authors Zoë François (Zoë Bakes Cakes, Artisan Bread in 5 Minutes a Day) and Beth Dooley (In Winter's Kitchen, The Northern Heartland Kitchen). Hear how these authors' work has been influenced by the local produce, flavors, traditions, and the seasons of the upper Midwest. This virtual event will be moderated by Food of the North co-founder and author of Midwest Mediterranean Megan Myrdal. Admission is free thanks to funding from the Minnesota Arts & Cultural Heritage Fund.

The event will be held on Tuesday, April 5 at 7 p.m. To access the virtual event, visit larl.org/midwestcookbooks. No registration is required and a recording will be available until April 12, 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 Moor-

head Public Library and the Crookston Public Library.

About the Presenters:



Zoë François is the author of Zoë Bakes Cakes, co-author of Artisan Bread in Five Minutes a Day, and is the host of Zoë Bakes, a show on the Magnolia Network. She was trained by the Culinary Institute of America, has worked in a variety of restaurants and is a regular contributor to a variety of national magazines.



Beth Dooley is a James Beard Award-winning food writer who has authored and co-authored over a dozen books celebrating the bounty of America's Northern Heartland. She writes for the Minneapolis Star-Tribune, appears regularly on local TV and radio, and helps people connect more deeply with food through Bare Bones Cooking with her son Kip.



ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

Sun. March 27: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. April 3: 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. 27: 9:30am Coffee Hour; 10:30am Church Service
Sun. April 3: 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. 27: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com); 7:00 p.m. Luther League (see article elsewhere in the paper)

Tues. March 29: 10:00am Sunday worship service telecast on GVTN-30

Wed. March 30: 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.

Salem Cemetery Annual Meeting

Sunday, April 3rd

at 7:00 pm

McIntosh Community Center

All members welcome!

Mac Library

offers weekly storytime

Parents and caregivers of small children are invited to join the McIntosh Public Library for weekly Storytimes for children.

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.



Wed. March 23:

Roy Ostenaar, Mark Lee, Nicole Violette, Kelsey (Thompson) Mahlum

Fri. March 25:

Anya Modac

Sat. March 26:

Steve Haaven, Kris Johnson, Dayton Espeseth, *Chris & Tiffany Wirth

Sun. March 27:

Eileen Hegg, Bruce Haaven, Don Boehrnsen, Patrick Roed, *Toby & Jessica Strom, *Larry & Melissa Finseth

Mon. March 28:

Steve DeFrang, *Wayne & Vicky Strom

Tues. March 29:

Chad Haas, Dean Roy, Norma ness, Keith Kleven

McINTOSH Times

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USDA announces American Rescue Plan to benefit underserved farmers, ranchers and forest landowners

The U.S. Department of Agriculture announced today that it is accepting grant applications for the American Rescue Plan (ARP) Technical Assistance Investment Program to provide historically underserved farmers, ranchers and forest landowners technical support in accessing USDA programs and services.

"This past year, the Biden-Harris Administration has taken bold and historic actions to level the playing field to ensure ALL Americans benefit from the many opportunities open to them," said Agriculture Secretary Tom Vilsack. "As part of USDA's American Rescue Plan investments, we want to ensure that those who have been traditionally underserved by USDA have the same understanding and technical support needed to access USDA programs and services. This is one of many steps USDA is taking as we continue to break down barriers and be more inclusive of all USDA customers."

USDA's National Insti-

tute of Food and Agriculture (NIFA) will provide, at a minimum, a \$25 million investment of American Rescue Plan funds, with awards normally ranging from \$500,000 to \$3.5 million for a five-year cooperative agreement.

There is no anticipated overall maximum funding level. Applications are encouraged from partnerships and collaborations that are led by domestic nonprofit organizations and accredited public and nonprofit institutions of higher education with specialized expertise and a proven track record in working with underserved agricultural producers and/or the specific content for technical assistance. The deadline to submit applications is June 1, 2022.

Underserved communities of agricultural producers have not received the level of technical support that would benefit the launch, growth, resilience and success of their agricultural enterprises.

Without meaningful techni-

cal assistance, producers are more likely to operate smaller, lower-revenue farms, have weaker credit histories and may lack clear title to their agricultural land, which increases difficulty in securing loans to own or operate their businesses and to ensure the success and resiliency of their operations.

In addition, USDA has comparatively fewer programs directed to supporting specialty crop production, which is a popular crop production choice for many producers and existing programs may not always be well-matched to the needs of small, diversified farms and ranches.

Common barriers experienced by small or underserved farms and ranches include challenges with accessing federal agricultural programs, including receiving information about available programs, difficulty navigating complex application processes, lack of standardization and transparency, limited knowledge of

qualification requirements for all programs and complicated reporting requirements.

To address these inequities, technical assistance projects can provide technical support in many key areas, such as:

- Targeted agriculture financial training.
- Agriculture mediation access.
- Outreach about USDA programs and services.
- Agriculture cooperative development training and support.
- Capacity building training

and land access technical support.

- Targeted support related to agriculture production.
- Agriculture credit and capital access.

As part of this program investment, technical assistance must be within a comprehensive program designed to reach defined audiences of underserved agricultural producers.

Applicants are encouraged to consider and include youth-related and/or beginning farmer and rancher activities within the scope of their project, where applicable.

ect, where applicable.

NIFA will hold an informational webinar to explain and answer questions about the application process. The webinar is open to interested potential applicants and will be held March 24 at 4 p.m. EDT. Register for the webinar.

USDA intends to release a Request for Information (RFI) in the coming weeks to further inform this important work.

The Request for Applications can be reviewed on Grants.gov or the NIFA website.

EPA approves 2022 MN-specific restrictions for Dicamba herbicide

Date and temperature restrictions added to label.

The U.S. Environmental Protection Agency (EPA) has given approval to the Minnesota Department of Agriculture's (MDA) state-specific use restrictions for three dicamba herbicide products during the 2022 growing season in Minnesota. The restrictions are aimed at curbing off-site movement of the products.

The affected dicamba formulations are Engenia by BASF, Tavium by Syngenta, and XtendiMax by Bayer. These are the only three dicamba products labeled for use on dicamba-tolerant soybeans.

Because of a high number of alleged drift complaints in the 2021 growing season, the MDA is registering the three products for use in Minnesota in 2022 with the following additional restrictions:

DATE CUTOFF: No application shall be made south of Interstate 94 after June 12, 2022. North of Interstate 94, use is prohibited after June 30, 2022.

TEMPERATURE CUTOFF STATEWIDE: No application shall be made if the air temperature of the field at the time of application is over 85 degrees Fahrenheit or if the National Weather Service's forecasted high temperature for the nearest available location for the day exceeds 85 degrees Fahrenheit. Forecasted temperature must be recorded at the start of the application.

The product label with these EPA approved Minnesota-specific restrictions will be available on the product manufacturer's website (Bayer, BASF, or Syngenta). Check the company's website to download the restrictions prior to application of any of these three dicamba products. The restrictions will also be promoted through the mandatory dicamba specific training, required for anyone applying one of the approved products, on the manufacturer's website. Compliance with these Minnesota-specific restrictions and other restrictions listed on the product label is mandatory.

Other federal requirements for the products that appear on the 2022 labels include:

- Requiring an approved pH-buffering agent, also known as a volatility reducing agent, be tank mixed with dicamba products prior to all applications;
- Requiring a downwind buffer of 240 feet and 310 feet in areas where listed endangered species are located;
- Additional recordkeeping items.

In addition to the cutoff date, Xtendimax and Tavium have crop growth stage cutoffs.

In Minnesota, Engenia, Tavium, and XtendiMax formulations of dicamba are approved for use on dicamba-tolerant soybeans only and are "Restricted Use Pesticides." The dicamba products are only for retail sale to and use by certi-

fied applicators.

Pesticide product registrations are renewed on an annual basis in Minnesota.

Background Information

Since dicamba was first registered for use on dicamba-tolerant soybeans in the 2017 growing season, the MDA has fielded complaints each year of alleged off-site movement onto neighboring property. The chemical is highly volatile and can damage non-target plant species through spray drift and/or volatilization. Volatility is influenced by several factors including temperature, relative humidity, rate of application, and crop stage. The annual total reports for alleged drift were:

2021: 304

2020: 128

2019: 20

2018: 51

2017: 249

From 2018 to 2020, the

Greenhouses effectively extend growing seasons

Modern, large-scale agriculture operations utilize various machines and technologies to provide products to consumers. Greenhouses are among the resources used to help plants thrive.

Greenhouses are not a new phenomenon, even if today's incarnations have technological upgrades over their ancestors. The first attempts to grow plants in greenhouse-like structures likely date back to ancient Egypt, but there are writings from the Romans as early as 14 BCE explaining greenhouse operations. The Roman emperor Tiberius wanted to eat cucumbers all year long. Roman winters would not allow for cucumbers to thrive when temperatures dropped below freezing. Rolling cucumber growing carts into sheds only did so much. Someone came up with the concept of making sheds with sheets of elenite, a transparent rock, to let the sun in and help keep cucumbers growing indoors warm. The idea took off from there.

Greenhouses are comprised of walls and roofing materials primarily made of a transparent material. The interior of a greenhouse exposed to sunlight becomes significantly warmer than the external temperature, helping to protect plants inside from extreme conditions and enabling plants to thrive even when weather conditions are not optimal. Through the years, greenhouses also may have incorporated some form of additional heating.

Keeping plants thriving for commercial production now gets additional help from computers, as relying on sunlight alone may result in fluctuations in optimal conditions. Modern, smart greenhouses, according to the cultivation technology company Growlink, employ smart technology

MDA had placed an annual June 20 cutoff date on registered dicamba products based on research and pesticide misuse complaints.

The EPA enacted a federal cutoff date of June 30 in 2021 and did not allow states to impose additional restrictions through a Special Local Need label.

The state also implemented a temperature cutoff for the 2018 growing season.

Dicamba is an important tool in combating herbicide resistant weeds in dicamba-tolerant (DT) soybeans. Products containing dicamba can cause serious damage to non-dicamba tolerant soybeans and to other sensitive crops and non-crop plants.

The MDA wishes to preserve this tool for farmers. However, it must be used without impacts on neighboring crops, homes, farms, and gardens.



for heating, cooling and lighting. This tech is connected to a computer to optimize plant growth conditions. Computers can adjust conditions accordingly for the particular plant being produced, such as for tropical fruits that require more moisture and heat.

Anyone who desires a greenhouse for personal plant growth can build one in his or her backyard with various plans available for free or purchase. Companies also sell prefabricated greenhouse kits that can be erected with relative ease.

Handy homeowners also can construct basic greenhouses with materials found at many home improvement retailers. A wood frame greenhouse can be built in any size and covered with plastic sheeting. One can purchase a prefabricated greenhouse door or simply use a sheet of weighted plastic that can be tied out of the way for the door. To allow for ventilation in hot weather, a wood-frame vent that can be propped open can be incorporated into the roof rafter design.

Those who want a more permanent structure may want to look into using greenhouse plastic paneling in lieu of plastic sheeting. Either way, home greenhouses can be as elaborate or as simple as individuals desire.

Greenhouses are effective ways to extend growing seasons for both commercial and home gardeners.



40 years ago...1982: The McIntosh Barbershop Singers, under the direction of Cal Gloekzin, entertained the folks at the Winger City Hall Open House.



20 years ago...2002: Students from the Win-E-Mac Junior High took part in the Ensemble Contest held in Mahanomen. Eleven students competed for the coveted Superior ratings with their vocal and instrumental groups. Students included (back, l-r) Amanda Plante, Philip Lee, Robbie Jensen and Derek Brekken; (middle) Krista Nelson, Carly Brorson, Brendee Sherer and Gene Ireland; (front) Kristin Fritz, Kristen Hartel, and Callie Boucher.



10 years ago...2012: Officials at the Minnesota Rural Water Association have found the best tasting water in Minnesota. At the Annual MRWA Conference, the winner of a statewide competition was announced in an effort to identify the best tasting water in Minnesota. The winner of the event was the City of Little Falls, whose sample was chosen by judges as the most appealing. The City of McIntosh and the City of Tonka Bay were runners up in the taste test contest and should be commended for their water well. The competition was part of "Quality on Tap" campaign to emphasize the high quality, standards and consistency of water. Pictured are the finalist and the judges. Back row from left to right: Larry Hedlund, City of McIntosh, Greg McGillis, City of Little Falls, and Mike Wegner, City of Tonka Bay. Front row from left to right: Karla Peterson, Mn Department of Health, Dianne Navratil, MN Pollution Control Agency, and Randy Leppala, AE28.



The Win-E-Mac elementary kids were able to enjoy the warmer weather during phy-ed class as Mrs. Burd took them outside to build snowman with the soft sticky snow.



Mrs. Burd's elementary students were able to make large snowballs with the soft snow as warmed temperatures and plenty of sunshine made outside play fun at Win-E-Mac school last week.



The grounds outside of Win-E-Mac school were lined with scattered snowmen from the elementary phy-ed students who were able to enjoy the nice weather during the school day.

RiverView Foundation offers several scholarships to area students

Once again, it's time for scholarship opportunities offered through the RiverView Foundation.

Applications for the following scholarships are due to the Foundation office by noon on April 15, 2022.

Bishop Afonya Healthcare Scholarship: In honor and memory of his father, Bishop Afonya, Dr. Idatonye Afonya has established the Bishop Afonya Healthcare Scholarship. Dr. Idatonye Afonya is a retired general surgeon who served RiverView Health as a valued member of the medical staff. This \$1,000 scholarship is given to any resident of RiverView's service area within a 30-mile radius of Crookston. The recipient must either be enrolled or with an intention to enroll in a post-secondary program in a healthcare field.

Lenertz Family Healthcare Scholarship: In recognition of the time and efforts Thomas C. Lenertz provided to the establishment and advancement of the RiverView Health Foundation, its Board of Directors established the Lenertz Family Healthcare Scholarship. As one of the RiverView Foundation's original founders in 1990, Lenertz was instrumental in all development stages of the Foundation. As RiverView Health CEO, he continued to serve the Foundation as an ex-officio member of the Board of Directors until his December 2000 retirement. The \$1,000 Lenertz Family Healthcare Scholarship will be awarded to three recipients from RiverView's service area who are pursuing post-secondary education in a healthcare field.

June E. Shaver Healthcare Scholarship: In memory of long-time Crookston community and healthcare champion June Shaver, the RiverView Foundation has established the June E. Shaver Healthcare Scholarship for area students who have completed one semester of college, are enrolled in a second semester and are

pursuing a healthcare degree. The scholarship is open to students from the communities of Crookston, Climax, Fertile, Mentor, Erskine, Red Lake Falls, Warren, Argyle, Stephen, Fisher, and East Grand Forks. A stipend of up to \$1,000 will be awarded to each year's scholarship recipient. June Shaver served as the administrator of the Northwestern Clinic in Crookston from 1953 until her retirement in 1983. She passed away in 2014 at the age of 94.

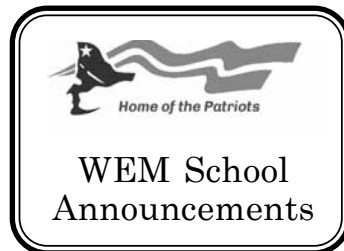
Richard Maves Healthcare Scholarship: In memory of Crookston community member Richard Maves, the Richard Maves Healthcare Scholarship is for area high school graduates who are enrolled and are pursuing a degree in a healthcare field. A stipend of up to \$1,000 will be awarded to each year's scholarship recipient. Applicants must be RiverView employees or live within the 30-mile radius of RiverView Health in Crookston. Richard Maves was a kindhearted person known for his impeccable work ethic. His life legacy was his career as a pharmacist and successful business owner. Richard managed Eagle Drug in downtown Crookston for thirty plus years. He was self-motivated, highly successful, and well respected by his retail clients and friends. He passed away in 2015 at the age of 80.

Lynette "Pud" Joseph Healthcare Scholarship: This scholarship is in memory of Joseph's dedication to the nursing profession and the countless number of patients she so compassionately cared for over the years. She loved her RiverView family and spent 49 years providing patient care and training nurses and students to be their very best. Lynette passed away in 2020. The scholarship is open to residents within a 30-mile radius of RiverView. Applicants must be accepted into a LPN or initial (pre-licensure) RN nursing program (Associate degree or Baccalaureate degree). A stipend of \$500 will be awarded to each

year's scholarship recipient.

RiverView/Glenmore Foundation Scholarship: RiverView Recovery Center is honored to provide this regional health care scholarship program established by the Glenmore Foundation Board in an effort to provide advanced training for professional development serving the therapeutic needs of individuals and families suffering from the disease of addiction and for those students seeking a degree and/or licensure in the field of addiction studies, addiction counseling, co-occurring disorder treatment or mental/chemical health fields. Preference will be given to candidates intending to work in the NW Minnesota region. A stipend of up to \$2500 will be awarded to each scholarship recipient.

Guidelines and applications for scholarships are available online at www.riverviewhealth.org/foundation/scholarships/, by calling the Foundation office at 281-9249, emailing Foundation Director Randy Schoenborn at rschoenborn@riverviewhealth.org, or by stopping at the Foundation office located at 721 S. Minnesota Street, Crookston.



Prairie Fire Theater that was scheduled to practice and perform this week has been cancelled due to an illness within the directors of the show. We are unable to reschedule this year due to no available reschedule dates. We were scheduled for auditions tomorrow with many elementary students planning to stay after school so please let students and parents know the best you can. Money will be given back to those you have paid and signed up.

The NWMNAC is offering art creation workshop April 27th

The Northwest Minnesota Arts Council is pleased to announce a FREE Creative Art Session Workshop to create work for an upcoming exhibit – Nature's Offerings in June and July.

The workshop will be held at Northland Community and Technical College in Thief River Falls from 4 to 5:30 pm on April 27th. RSVPs are required.

Nature's Offerings is a broad concept. Everything we need as human beings has been given to us by Nature. Food, water, shelter, medicine, resources for creating our homes, our smart phones, and every material object we have ever created or will ever create as human beings. Nature provides natural cycles of the year, warmth and coolness, fire and water, oceans and rivers, and the air we breathe. Nature offers us the

natural cycles of the seasons so that we can plant and harvest. All our canning, baking, seasoning, and meals we prepare and eat are ultimately given from Nature.

Besides all the tangible offerings, Nature also provides intangible qualities of healing, rejuvenation, and inspiration. When we spend time by a river, take a walk in the snow, look at a sunset, catch a glimpse of the Northern Lights we receive healing.

Nature helps lower blood pressure, calm our anxious minds, cause us to stare in wonder and awe, and brings connection and consolation when we feel alone and distant.

During this free session, attendees will be able to create a 3-dimensional creative piece that represents what "Nature's Offerings" means to them. Participants don't have to consider

themselves an artist to join this workshop. Artwork created in the workshop will become part of the gallery exhibit for June and July. Supplies will be provided, but participants are welcome to bring items from nature if they like. Examples include deer antlers, animal skulls or bones, branches, dried fruit, rocks, and dried grasses or flowers. This is a low stress, fun time to create whatever inspires at NO cost.

Space is limited for this free class. RSVPs are required. Sign up by emailing Trey Everett at treyeverettcreates@gmail.com.

Following the workshop, the NW Art Exhibit reception and program will be held. Come to experience the NW Art Exhibit and celebrate the exhibit's artists and Of the Year awardees. For more information, visit our website at nwartsCouncil.org.

Senate passes extension of reinsurance program to protect MN families from rising health care costs

The Senate passed legislation to extend Minnesota's successful reinsurance program for another five years. Extending the program ensures insurance rates in the individual market will remain stable for Minnesota families.

"Passing this legislation is vital for our farmers, small business owners, and families up here in Northwestern Minnesota," Senator Mark Johnson (R-East Grand Forks) said. "I ran for Senate to help make health insurance more accessible and affordable. The reinsurance program we passed in 2017 has proven to be effective and deserves renewal for another five years. With rising inflation already straining family budgets, now is absolutely not the time to risk skyrocketing health insurance costs."

In 2016 insurance premiums for the individual market increased by double digits, as high as 49%, due to changes from the Affordable Care Act. Additionally, some counties had just one health care insurance plan available to them. Senate Republicans acted in 2017 to lower premiums and increase competition among providers by passing Minnesota's reinsurance program. Following reinsurance implementation, costs stabilized and every county in Minnesota has at least two health care plan options to choose from.

The reinsurance program has proven to be extremely

effective at lowering costs for consumers. Over the first three years after the implementation of the program, premiums decreased by 25.5 percent in Minnesota as compared with an increase of 25.9 percent for the United States overall. The program has led to Minnesota enjoying some of the lowest health insurance rates in the country. Additionally, reinsurance has proven so successful that several other states have created programs since 2017.

Last year the program faced a cut due to opposition from Governor Walz. The costs picked up by the program were reduced from 80% to 60%

which led to the largest annual increase in premiums since the program's inception. The bill would return the coinsurance level to 80% which will save the average enrollee \$130 per month compared to \$100 at the 60% level. Without the program, the Center of Medicaid Studies suggests premiums could rise as much as 36% in the individual marketplace in 2023. According to the Department of Commerce, it is estimated 15,000 Minnesotans will lose health insurance without the program.

The bill now awaits action by the House of Representatives.

Coping with colic

Roughly 40 years ago, Dr. Morris Wessel conducted a breakthrough study on excessively fussy children and he developed his "Rule of 3's," also known as the Wessel Criteria, which is now used in most current studies of babies with colic.

A child who cries for more than 3 hours a day, for more than 3 days a week, for over 3 weeks, is deemed to be colicky. Today, 20 to 25 percent of babies meet Wessel's Criteria.

Colic typically reaches its peak at six to eight weeks after birth, ending for 50 percent of cases around three months of age and in 90 percent of cases by nine months of age. Coping with a colicky baby can be chal-

lenging, but these suggestions may help.

- Call a friend or family member for support.
- Ask someone to take care of the baby for a little while so you can take a break.
- Go for a car ride, as the motion of the car often soothes babies.
- Utilize a white noise machine, which may calm a fussy baby.
- Keep stimulation to a minimum, dimming the lights and keeping noises low.
- Lay the baby on your lap on his or her belly, and softly rub the baby's back.
- Use a pacifier.
- Swaddle the infant in a blanket.