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Between preparing healthy meals for America’s students, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, school nutrition professionals are true heroes. On Friday, May 6, 2022, we will celebrate the 10th Annual School Lunch Hero Day! School Lunch Hero Day is a chance to showcase the difference school nutrition professionals make for every child who comes through the cafeteria. School Lunch Hero Day provides you with the perfect opportunity to recognize the hard working professionals in your school cafeterias. Pictured are Win-E-Mac Nutrition Service staff Brenda Hole, Lisa Conley and Cam Thompson.

How non-traditional families can celebrate Mother's Day

No two families are the same. What may be "normal" for one family could be quite unique to another.

Because families are so different, days such as Mother's Day, Father's Day, Grandparent's Day, and even days devoted to siblings or cousins present opportunities for families to celebrate diversity while honoring their family members.

Branch out to many caregivers

Certainly a person becomes a mother if she has given birth to a child. But motherhood is a much broader concept. Many women are mothers to children with whom they have little to no biological connection. Some may be relatives that filled the void left by a mother who passed away or was unable to care for children. Anyone who has stepped into the role of caretaker can and should be celebrated on Mother's Day.

Recognizing stepmothers

The notion of the "evil stepmother" in fairy tales is inaccurate. Many children have very close relationships with their stepmothers - even retaining relationships should the stepmother divorce out of the family. Modern families even include strong connections between stepmothers and biological mothers, with each doing her part to make sure children are getting the love and support they need.

Absent but not forgotten

Some mothers are not present in children's lives for various reasons. These can include death, incarceration, illness, military deployment, or enrollment in a rehabilitation program. Mother's Day can be a time of mixed emotions for individuals whose moms are not present, and families can work together to find ways to celebrate. This may be visiting the cemetery to pay respects or sending a letter to express one's feelings. Individuals also can recognize those people who act as surrogate mothers, including special friends or co-workers who always listen and offer advice.

Honoring those who fell to protect our Country

Friends of McIntosh Veterans (FMV) would like to invite you to the 2022 Memorial Day Service on May 30th with the Parade starting at 10:15 and Program to follow. This year we will be in-person at the McIntosh Community Center. The day will start with a short parade (10:15am) with the Color Guard, Win-E-Mac Band and the wreath program kids.

Each week leading up to Memorial Day, Friends of McIntosh Veterans will submit stories of 3 soldiers who died in battle who were from McIntosh or McIntosh area that we honor in our service. This week the honored are:

Carl Mattison

My name is Carl Mattison. I was born in McIntosh in 1891 and lived in Lessor Township. I was the oldest son of Norwegian immigrants, Christian and Marie.

I moved to Hill County, Montana and was farming there at the time I registered for the draft. My height and weight were medium; I had blue eyes and light hair.

I served in the 110th Infantry. Our unit fought in the massive Meuse-Argonne offensive, making a final push to defeat the German army. Just like Selmer Ekre, I, too, died from wounds suffered in battle on the very first day of the offensive.

I am buried in the Meuse-Argonne American Cemetery in France. We are an ocean apart from you and it is a century later, but please remember us and our sacrifice.

Christian Uggen

My name is Christian Uggen, the son of Fingar and Anne. I was born in 1892 in Knute Township, where our family farmed. I was short with a medium build; I had light blue eyes and light brown hair. I finished 8th grade in school.



Adolph Nelson



Christian Uggen

At the time of the World War I draft, I was proving up a claim in Dawson County, Montana. I entered the service on October 13, 1917; I was in Com-

pany H, 47th Infantry. After training at Camp Lewis, they moved me to Camp Greene in North Carolina. While there, I fell ill and died from acute pneumonia on April 17, 1918. I am buried in St. Luke's Cemetery in McIntosh.

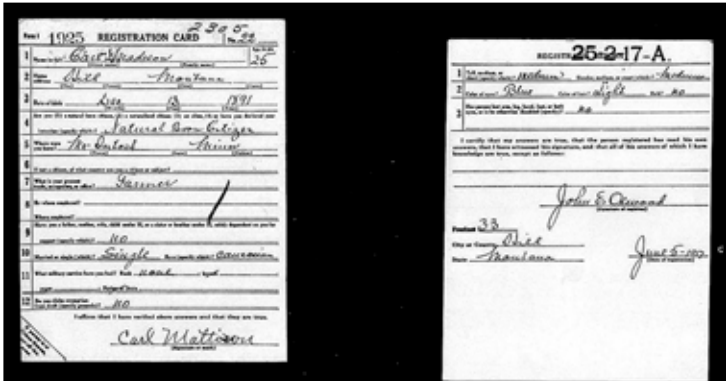
Adolph Nelson

My name is Private Adolph Nelson; I was born in 1895 in McIntosh. My parents were Anton and Marie, and we farmed in Lessor Township.

When I registered for the draft in 1917, I lived in Minneapolis. I was a miller, looking for a job. I was tall, with a medium build; I had blue eyes and light hair.

I was assigned to the U.S. Army in the 34th Infantry, Company Camp McArthur SRD. The 34th Infantry was created that summer with National Guard troops of Minnesota, the Dakotas, Iowa and Nebraska. We trained in Camp Cody, New Mexico.

We sailed on the Leviathan out of Hoboken, New Jersey on September 29, 2018. Just two weeks later, right after we arrived in France, I suffered casualties. I died on October 13, 1918 in France and was originally buried there. My remains were returned to the US for burial at Arlington National Cemetery on May 19, 1920.



Carl Mattison



It's Time to Thank a Teacher! Let's face it. This school year has been weird. But we're getting through it, in part thanks to our nation's amazing educators. Take a moment to #ThankATeacher during Teacher Appreciation Week, May 2nd - 6th "Teaching is a Work of Heart" is the theme for honoring these professionals throughout this year. The pandemic has ushered in a new way of teaching and learning. From in-person to virtual to a hybrid learning environment (some all in one school year!), our students have faced challenging, yet innovative times in their learning and development—and teachers have been at the heart of it all. It's time to show them our love and appreciation so let's give the teachers in our lives a special thanks for all that they do during Teacher Appreciation Week, May 2-6. That's because Teaching is a Work of Heart! Teachers continue to show up every day from the time our children get off the school bus to the time they're back home safely in our arms. While there have been many challenges along the way, educators across America are committed to ensuring our children have the tools they need to reach their full potential. Times have been tough, but our teachers are tougher. Now it's time to celebrate the daily sacrifices teachers make for every child. For many of them, teaching is heart work. Teachers do it all for the children and youth they encounter each year. During Teacher Appreciation Week, let's honor them for going beyond the call of duty to make a positive impact on our children's learning and development. From the Zoom calls, text messages and meetings, to the emails, parent-teacher conferences and work they review—teachers touch the hearts of our students in a special way and make a lasting difference in their lives. Pictured are the Win-E-Mac school teachers who show up and teach and care for our kids.

What is hepatitis?

Hepatitis is a potentially debilitating condition that causes inflammation of the liver. The liver is an essential organ of the body that filters the blood, processes nutrients and helps fight infection. When inflammation of the liver occurs, or if the liver becomes scarred and damaged from chronic inflammation, it can't do its job properly. The U.S. Centers for Disease Control and Prevention says that certain lifestyle factors can precipitate hepatitis. Such factors include heavy alcohol consumption, usage of some types of medications and exposure to certain toxins. However, hepatitis is often caused by a virus.

Different types of hepatitis viruses

The World Health Organization says scientists have identified five unique hepatitis viruses: A, B, C, D, and E. Each can contribute to liver disease, but they differ in various ways. Here's a deeper look at these viruses.

• **Hepatitis A:** Poor sanitation typically is to blame for HAV infection. It is present in

the blood and feces of infected persons and can be transmitted through the consumption of contaminated water or food. Certain sexual practices may spread HAV as well.

• **Hepatitis B:** This illness is spread when infected blood, semen or other bodily fluids from a person infected with HBV enters the body of another. This can happen through shared syringes and needles, sexual contact, or from mother to baby during birth. HBV also poses a risk to health care workers through accidental needle stick injuries.

• **Hepatitis C:** People with HCV often have no symptoms and do not feel sick. The CDC says most people become infected with the illness by sharing needles or other equipment used to prepare and inject drugs, as it is primarily spread through the blood.

• **Hepatitis D:** The WHO says hepatitis D infections only occur in those who already are infected with HBV. This can result in a more serious disease and a worse outcome, particularly when individuals

have "coinfection," or HBV and HDV at the same time.

• **Hepatitis E:** HEV is primarily transmitted through the consumption of water and food contaminated with feces.

Vaccines

Safe and effective vaccines are available to treat HAV and HBV. HDV often can be treated by receiving the HBV vaccine, and thusly preventing HDV.

There is no vaccine for HCV currently, and the best way to prevent the illness is to avoid behaviors that can spread the disease. However, the CDC says treatments are available that can cure most people with hepatitis C in eight to 12 weeks. Safe and effective vaccines have been developed for HEV infection, but are not yet widely available.

To prevent long-lasting illness and potential liver damage, it is important to talk to a doctor about hepatitis risks. The CDC now recommends one-time hepatitis C testing of all adults and all pregnant women during every pregnancy, regardless of risk factors.

MN Senate passes public safety bill

Today, the Minnesota Senate passed a comprehensive public safety bill, by a vote of 48 to 19. The Republican-led bill provides critical funding to hold criminals accountable and keep Minnesota's communities safe. It focuses on all aspects of the criminal justice system and courts, including youth intervention, criminal laws, sentencing guidelines, police, prosecutors, public defenders, judges, prisons, and probation.

"Every Minnesotan should feel safe in their community," Senate Judiciary & Public Safety Committee Vice-Chairman Mark Johnson (R-East Grand Forks) said. "Our comprehensive public safety legislation addresses escalating violent crime by investing in our law enforcement and by holding violent criminals accountable for their actions. We work to bring transparency and accountability to our justice system while giving resources to programs that are proven to reduce crime. This bill is badly needed, and I am hopeful we can get it across the finish line."

There are three main objectives in the bill: provide support for law enforcement recruitment and retention; toughen penalties for criminal activity; and increase transparency and accountability in judicial and prosecutorial actions.

Support For Law Enforcement

Included in the bill are provisions to address the central issues currently facing Minnesota's law enforcement officers: recruitment, retention, education and training, and equipment.

The bill includes two provisions already passed by the Senate this year. The first is funding to the Department of Public Safety to develop and conduct an advertising campaign to elevate the law enforcement profession. This campaign will highlight law enforcement as an honorable career and the good work officers do every day to keep our communities safe. The idea was brought forward by law enforcement professionals who are dealing with more openings than applicants across the state. The second provision contains funding for the award-winning Pathways to Policing Program to support non-traditional candidates for law enforcement who already have at least an associate's degree in another discipline.

To retain current law enforcement officers, the bill provides \$3,000 in one-time bonuses to all licensed police officers and an additional incentive of \$7,000 to officers nearing retirement who choose to continue serving.

Senator Johnson's provision to provide funding for law enforcement training is also included in the bill. It will help ensure our Police Departments have the resources necessary to train officers on recent changes to use of force standards.

Holding criminals accountable for their crimes

Minnesota is experiencing a dangerous increase in violent crime across our state because criminals are not being held accountable for their crimes. To address this, the Judiciary & Public Safety Committee adopted several "tough on crime" provisions into the comprehensive public safety bill that increase penalties for repeat offenders, carjackers, and violent criminals using firearms. There is also enhanced support for the Violent Crime Enforcement Teams (VCET), which have been successful at targeting drugs and guns across the state.

Providing accountability & transparency

To respond to growing instances of violent criminals becoming repeat offenders and frequent decisions by prosecutors and judges to go easy on criminals, this bill takes several steps to improve transparency for the decisions that lead to early releases and failures to charge to the fullest extent possible.

This bill includes increased accountability for nonprofits. There have been recent stories where newly founded nonprofits are unable to prove what their funding is actually going towards. Even more alarmingly, in the past two years, there have been reports about violence interrupters tasked to work with law enforcement to de-escalate situations by nonprofits who have themselves violently harmed other individuals. Youth Intervention Programs, a proven system that requires a local match with accountability to the Department of Public Safety and legislature, receives an additional \$3 million in the bill.

This bill supports Minnesota's criminal justice system with a \$50 million increase in funding for public defenders. Recent reports of a strike by public defenders indicate the entire defense process is at risk. The majority of people charged with a crime use a public defender and are entitled to a fair and speedy trial with adequate representation for those with low incomes. Historically, public defender salaries have not kept up with the salaries of prosecutors, requiring a nearly 8% increase in funding for public defenders last year and additional investment this year for new employees to lower caseloads.

The Senate's comprehensive public safety package now awaits action by the House of Representatives.



MSL golf scramble

McIntosh Senior Living will host a golf scramble on Saturday, June 11th from 9:00 am to 3:00 pm.

The 18-hole tournament at the Fosston Golf Club will help raise funds for the 6-seater golf cart for MSL residents to cruise the town.

There will be an after party following the scramble at Ventures Bar & Grill in Fosston.

Registration fee is \$50 per person in teams of 3 - 4. The fee includes lunch.

For more information visit the McIntosh Senior Living Facebook page or check out the website at mcintoshseniorliving.com or call (218) 563-2715 for sign up form and more information.

Join in the fun and prizes and support a good cause.



Community Birthday and Anniversary Calendar

Wed. May 4: Connor Haaven, *Nick & April Ostenaar

Thurs. May 5: Anne Schow, *Carey & Elaine Burslie

Fri. May 6: *Clyde & Paulette Kringle

Sat. May 7: McKenzie Smith, Logan Kringle

Sun. May 8: Happy Mother's Day

Tues. May 10: Kayla Jore, Clara Roed, *Nick & Amber Olson

LSS
Meals Menu
687-2262

Mon. May 9: Ham with Raisin Sauce - AuGratin Potatoes - Peas - Wheat Rolls - Oatmeal Cranberry Cookies - Milk

Tues. May 10: Roast Beef - Mashed Potatoes & Gravy - Broccoli Mix - Wheat Bread - Roman Apple Cake - Milk

Wed. May 11: Sausage Egg Bake - Broccoli - Apple Sauce - Pumpkin Muffins - Milk

Thur. May 12: Beef/Ham Meatloaf - Baked Potato - Green Beans - Wheat Bread - Bread Pudding - Milk

Fri. May 13: Baked Macaroni Hotdish - Mixed Vegetables - Peaches - Brownies - Rolls - Milk



Mac-Winger Class of 1966

Looking for the following six classmates. If you know how to get in touch with the following six people, please have them call, text or email. Wes Knutson at 218-289-2922, lwknutson@gra.midco.net

The six classmates are: Dawn (Richter) Shupe, Carol (Henschke) Peterson, Owen Smeby, Dennis Hendricks, Larry Bolstad, and Alan Johnson.



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

Sun. May 8: 8:30am Easter Sunday Mass at St. Mary's, Fosston

Sun. May 15: 8:30am Easter Sunday Mass at St. Mary's, Fosston

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh

Interim Pastor Keith Zeh
Synodical Authorized Minister Katie DeMarais

Sun. May 8: 7:00am Sunrise Easter Service; 10:30am Regular service

Sun. May 15: 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, May 8 :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. May 10: 10:00am Sunday worship service telecast on GVTV--30

Wed. May 11: 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.

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Lee Laaveg

Sun. May 8: 9:00am Worship
Sun. May 15: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

LITTLE BOBBY'S BAR AND GRILL

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May, 7th, 2022

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Music begins at 7:00 p.m. with "Lydia Rose and the Boys".

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Risk factors for stroke, including those you can control

Adults from all walks of life likely know at least one individual who has suffered a stroke. That person could be a family member, friend, colleague, or other acquaintance. The likelihood of knowing someone who has had a stroke underscores just how prevalent stroke is and how necessary it is that people understand its risk factors.

According to the World Stroke Organization, there are more than 101 million people currently living who have experienced stroke.

That group includes men, women and even children. No one is immune to stroke, but many instances of stroke can be prevented.

Prevention involves recognition of risk factors individuals can control and subsequent action to reduce exposure to those factors. But the risk for stroke also is heightened by factors beyond individuals' control, and it's vital that individuals recognize they might be at elevated risk for stroke even if they're otherwise healthy.

Risks factors beyond your control

The American Heart Association notes the importance of knowing the following risk factors for stroke, even if there's nothing people can do to change them.

• **Age:** Stroke is more common among individuals age 65 and older. That includes both men and women.

• **Family history:** Individuals could be at greater risk of stroke if they have a parent, grandparent, sister, or brother who has had a stroke. Various factors could be behind that link, including a genetic disorder known as CADASIL (cerebral autosomal dominant arteriopathy with subcortical infarcts and leukoencephalopathy) that affects blood flow in the brain.

• **Race:** The AHA reports that African Americans are more likely to die from stroke than Caucasians. Part of that is undoubtedly due to socioeconomic factors such as inadequate access to health care, but the AHA also links this elevated risk to higher rates of high blood pressure, diabetes and obesity within the Black community.

• **Gender:** Stroke kills more women than men and women have more strokes than men.

• **Medical history:** Individuals with a personal history of stroke and/or transient ischemic attacks, often referred to as "mini strokes," are at elevated risk for stroke.

Risk factors you can control

The good news is that individuals, even those with risk factors beyond their control, can lower their risk for stroke. That's because many of the risk factors for stroke can be monitored and treated before a stroke occurs.

• **High blood pressure:** The AHA defines high blood pressure as the most significant controllable risk factor for stroke. Annual well visits are vital to preventive health care, which include monitoring blood pressure. When doctors diagnose high blood pressure, individuals should follow their advice in regard to getting blood pressure back to a healthy level.

• **Smoking:** The dangers of smoking are well-documented. The AHA characterizes smoking as paving "the way for stroke." Never smoking or quitting smoking immediately can lower risk for stroke. Women should know that the AHA reports the use of birth control combined with cigarette smoking can greatly increase the

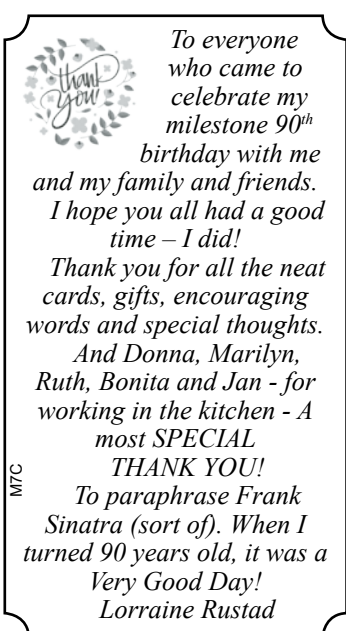
risk of stroke.

• **Diabetes:** It's important that individuals with type 1 or 2 diabetes control their blood sugar, as diabetes mellitus is an independent risk factor for stroke.

• **Diet:** A poor diet that's high in saturated fat, trans fat, sodium, and cholesterol elevates the risk for various conditions, including high blood pressure and obesity, that increase the likelihood of suffering stroke.

• **Physical inactivity:** The AHA reports that physical inactivity increases risk for stroke. Individuals who live a predominantly sedentary lifestyle, including office workers, are urged to discuss exercise with their physicians.

There are numerous risk factors for stroke, many of which are beyond individuals' control. However, recognition of these risk factors is often the first step toward adopting a healthy lifestyle that can greatly reduce the chances a person will suffer a stroke.



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Wednesday, May 4, 2022

UMN Extension to offer Tractor and Farm Safety Certification for youth in 2022

University of Minnesota Extension will be offering Youth Tractor and Farm Safety Certification at six locations across the state in 2022.

The youth tractor and farm safety certification program provides youth 14 years and older the opportunity to learn about safe equipment operation and general farm safety. Students who complete this program will receive a U.S. Department of Labor certificate of training.

This certificate is required for 14-year and 15-year olds who wish to work with equipment with over 20 horsepower off of their family farm or homestead.

This program is offered in a hybrid model, with an online learning component followed by hands-on activities and training.

A generous donation from Polk County Corn/Soybean Growers will cover your cost of the program. Please contact Heather before registering for the program to get the scholarship code.

Once registered, enrolled students work through the online modules at their own pace. The online modules take 6-8 hours total to complete. After completing their online learning, students will take a written exam and complete in-



person training.

The in-person training includes additional education and demonstration of various farm safety topics, practice time working with the equipment, and the driver skills test. The curriculum for this course has been adapted to Minnesota laws and online learning with permission from Penn State Extension's National Safe Tractor and Machinery Operation Program.

In-person training days are scheduled for Northwest Minnesota (other dates/locations listed on website) on June 10th - 11th at the Polk County Fairgrounds in Fertile. Contact Heather Dufault at pohl0024@umn.edu, or call 218-280-1129.

The cost to take this course is \$40 per student and includes all materials and meals on training days.

Once again, thanks to the Polk County Corn/Soybean Growers, you will need a scholarship code to cover the cost of the program. Space is limited to 15 students. Contact Heather Dufault for the scholarship code information. Additional information and registration can be found at z.umn.edu/TractorSafety.

If you have any questions, please contact Polk County Extension office at (218)563-2465 or Norman County Extension office at (218)784-5551 or Heather's cell (218)280-1129.

Northern state forest roads, trails flooded by spring rains

The Minnesota Department of Natural Resources cautions state forest road and trail users to watch for flooding and damage in the northern third of the state as a result of recent spring rain and seasonal snow melt.

Before traveling on state forest roads, users are urged to check the state forest road closure page of the DNR website (mndnr.gov/TrailConditions) and proceed with caution even if roads are listed as open.

"Some areas of northern Minnesota received heavy rain last weekend and more rain is forecasted for this weekend. With ground conditions still frozen, we're finding several forest roads completely under water, and others with washouts and culvert failures," said Matt Huseby, roads program coordinator for the DNR Forestry Division.

"The vast nature of our state forest road and trail system coupled with rapidly changing flood conditions may mean users will encounter flooding and damage before we're aware of it.

"So, users should be alert for unsafe conditions and use caution."

To stay safe on state forest roads and trails:

- Don't travel on flooded roads. Hazards can be hidden under floodwater.
- Obey forest road and trail

closures and signs. Don't drive around barricades.

- Pay attention to vehicle weight restrictions.
- Report unsafe conditions to the local area DNR Forestry office (mndnr.gov/Contact/Locator.html).

For information on road and trail closures, visit the state forest road closure page. New closures are added as condi-

tions warrant.

Temporary road and trail closure information is updated weekly on Thursdays by 2 p.m. Temporary closure signs also will be posted at entry points and parking lots.

Roads that can handle vehicle traffic during the spring thaw will remain open but might have vehicle weight restrictions.

Explaining setbacks, easements and CCRs

Property setbacks as well as easements and conditions, covenants and restrictions (CCRs) must be considered before renovating an existing home or building a new one.

Setbacks are mandated buffers between surveyed property lines and permanent structures.

Easements are legal designations that enable individuals or entities to use portions of a person's property for physical access or to build on it for one reason or another.

Easements may be owned by utility companies for gas lines or government agencies when sidewalks are on a private property.

Additional examples of easements include greenbelt conservation easements, beach easements or view easements, according to The Spruce, a

home and lifestyle resource. CCRs include rules established by many planned communities, subdivisions and planned unit developments.

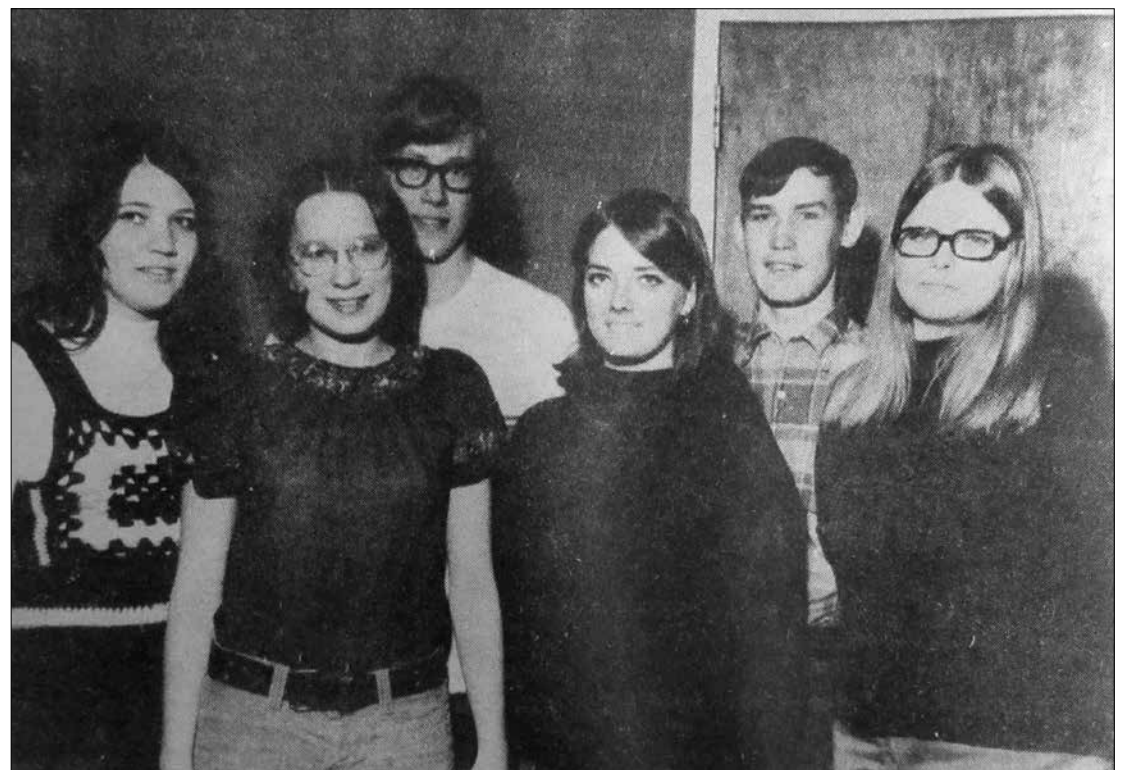
CCRs, easements and property setbacks can affect which type of renovations are allowed on particular plots and may affect the issuance of permits. It's essential to learn about property easements, CCRs and setbacks in advance and discuss them with contractors when drawing up preliminary plans.

Your property deed or plat map as well as the local building inspection offices can highlight any regulations that may be in effect on your property and if they may affect future projects.



10 years ago...2012: The students from Win-E-Mac that attended the 2011 -2012 Release Time Class at Pioneer Memorial Care Center. (back, l-r) Connor Johnson, Zach Simonson, Carlie Sander, Kendyl Johnson; (middle) Isaac Salvhus, Paige Breckel, Remy Goodwin, Waylon Yarbro, Haley Sander, Garrett Erickson; (front) Isaiah Stordahl, Katelynn Cavalier, Mikah Olson, Hannah Smeby, and Lily Breckel. The students, teachers and helpers wish to thank Pioneer for their hospitality during the year.

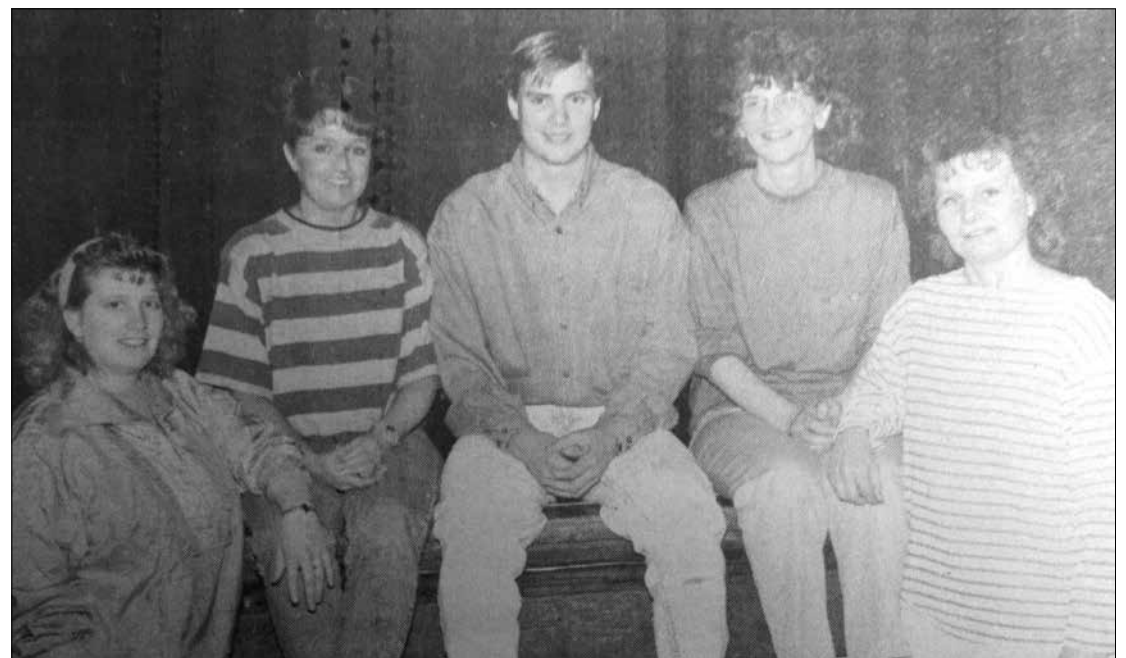
PIECES FROM THE PAST



50 years ago...1972: These McIntosh-Winger students received "A" rating as the sub-district speech tournament held in Erskine last week. They competed in the regional event held at Bagley Wednesday this week. Pictured are, back, Liz Pederson and Steve Carlson, who won in the discussion category; and Curtis Aaseng in extemporaneous speaking. In front are Cindy Tranby, original oratory; Cheryl Helgaas, storytelling; and Dorothy Bursheim who won in extemporaneous reading.



40 years ago...1982: Cora Grove, Lillian and Arnold Lanman, Mrs. Gerald White and daughter, Kathy, and Lydia Henney all dressed in old-fashioned Norwegian finery during the Syttende Mai festivities which were celebrated Monday afternoon at the McIntosh Senior Meal site.



30 years ago...1992: Certified American Heart instructors donated their time and expertise as they trained members of the Win-E-Mac staff in CPR. (back, l-r) Linda Kiecker, Ross Grundyson, Betty Tangen; (front) Jill Sonsteli and Devra Carlson.



20 years ago...2002: (l-r) Irene Sannes and her neighbors, Dolly and Marvin Lee, savor an extra cup of coffee to complete their pancake and sausage breakfast during the Swing into Spring event in McIntosh.



Minnesota author Kevin Lovegreen paid a visit to the Win-E-Mac Kindergarten through fourth grade classes in the Arts & Event Center. He presented his book series, “Lucky Luke’s Adventures”, about the writing process (from outlining to publishing) and about all the different people involved in making a book (from the author, the editor, the illustrator, the designer, and the publisher). Because his books all feature hunting or fishing, he also presented all the different “calls” he uses for hunting, plus he shared several stories about his hunting and fishing experiences (though he did not ever share the end of his stories because that would spoil the book)! He also took several questions from the very captive audience! Win-E-Mac Literacy and the American Legion also purchased three copies each of his Lucky Luke’s Adventure series books for the library, which will be catalogued and displayed very soon. For more information about Kevin Lovegreen, please see his website: <https://kevinlovegreen.com/>



May is National Foster Care Month and foster parents are needed

Lutheran Social Service of Minnesota (LSS) is seeking foster parents to partner in caring for children and youth in need. If you are interested in making a difference in children’s lives, consider becoming a foster parent.

On an average day, there were approximately 8,600 children and young adults in care in 2020, according to the most recent information available through the Minnesota Department of Human Services. Jodi Raidt, statewide program manager with LSS Therapeutic Foster Care, said that the need for foster parents remains great.

“We are in the process of recruiting foster parents statewide,” Raidt said. “We hope that individuals and families who have been considering this opportunity will take this time to learn more. Fostering is a rewarding experience and to have someone step forward and provide a safe and caring

environment can be life-changing.”

LSS Therapeutic Foster Care provides a spectrum of services based on the unique needs of each child, ensuring that all children in our care have the individual supports to build healthy relationships and skills to meet their specific needs. Foster parents receive ongoing education to care for children and trained professionals are available to answer questions or offer support 24/7. LSS can provide weekly support from a mental health practitioner. As a foster parent, you can help children and families as they build resilience and stabilize.

“Supporting teenagers in foster care is about giving them the opportunities they need to thrive,” said Cassandra Carpenter, who worked with LSS Therapeutic Foster Care to gain her foster care license. “Things aren’t always perfect but getting to celebrate

their successes with them is an amazing feeling.”

Families and individuals who provide foster care can have different household structures and come from diverse backgrounds. LSS is seeking prospective foster parents who are willing to listen, support and create positive relationships in their families and communities. Flexibility, patience and a healthy sense of humor are also ideal characteristics for foster parents.

Lutheran Social Service invites anyone interested in becoming a foster parent to attend the organization’s on-line information session on Monday, May 16 at 5 p.m. The session will offer information about LSS’ Foster Care services, the licensing process and how you can foster Minnesota children.

Registration is available through a link at lssmn.org/events/or_fostercaremn.org/ training.

The 3 stages of adoption through foster care

Couples attempt to adopt children for a number of reasons.

Some couples look to adoption after repeated attempts to get pregnant come up empty, while others do so out of a desire to help children in difficult situations, such as those who left their home countries and who are now categorized as unaccompanied migrants or refugees.

The process of adopting a child is time-consuming. Many adoptive parents have waited years to adopt a child. The National Adoption Foundation, an organization that provides financial assistance to families looking to adopt, notes that adopting a child through foster care is the quickest form of adoption.

That process typically occurs in three stages:

- Certification
- Placement and transition
- Severance to adoption

1. Certification

The NAF notes that the certification process varies by state. However, state processes share some common characteristics. For example, parents will be required to commit to training sessions that will help them learn how to care for a child who has very likely had some traumatic experiences in his or her past. Certification involves a home study as well. AdoptUSKids, a project operated by the Adoption Exchange Association that educates families about foster care and adoption, notes that all states require families applying to adopt a child to complete a home study. Caseworkers will conduct a home study and then file a final report, which will include a wealth of information about everything from a family’s background, its finances, education and em-

ployment histories, daily life routines, and parenting experiences.

2. Placement and transition

Placement and transition is the next step after certification. In this stage, social workers work to find a child that matches the request of the prospective parents. Once a child is found, he or she will be placed with the parent. This stage of the process will be different for parents depending on their initial requests, and that will inform how the third step of the process goes.

3. Severance to adoption

Some parents request a child whose parental rights have already been severed, which means the child’s biological parents will not have a legal right to get their child back. Adoptive parents who do not submit such a request will be in a foster situation when a match is found. During that period, the biological parents will

A drink to soothe your stomach

Smoothies are often associated with breakfast, but they actually can be enjoyed all day long.

Smoothies have been around since the 1920s, when the first blender was invented by Stephen Poplawski. In 1939, the Waring blender company designed a pamphlet that came with the appliance that included fruit-based drinks.

Smoothies can include a variety of ingredients and serve various purposes.

This recipe for a "Ginger Papaya Smoothie" from "Super Smoothies" (Crestline) by Ellen Brown employs ginger, which can help overcome nausea and other stomach issues.

Ginger Papaya Smoothie
Yields 4 1-cup servings
1 cup chilled papaya nectar

be informed of certain requirements they will have to meet in order to get their child back. If the parent fails to meet those requirements, the parental rights will be severed, at which point adoptive parents will begin the transition to adoption.

The adoption process is complicated and unique to each state. The NAF notes that adoption is a six-month process, though that six-month period can be avoided if parents initially fostered the child. Adoption requires licensing whether or not adoptive parents previously fostered the child, and that will require an attorney working on behalf of the adoptive parents.

The process of adopting a child through foster care can be completed in six to 18 months. Though that may seem like a long time, foster parents should know that the NAF reports the process of adopting a newborn can take anywhere from two to seven years.

- 1 container (8 ounces) peach low-fat yogurt
- 1/2 cup silken tofu
- 1/4 cup whey protein powder
- 3 tablespoons crystallized ginger
- 2 cups papaya cubes, frozen
- 4 papaya spears for garnish (optional)
- Combine papaya nectar, yogurt, tofu, whey protein powder, and crystallized ginger in a blender or smoothie maker. Blend on high speed for 45 seconds or until mixture is puréed and smooth.
- Add papaya cubes and blend on high speed again until mixture is smooth.
- Serve immediately garnished with papaya spears, if desired.

Warning signs of mental health issues

A 2017 study from the Institute for Health Metrics and Evaluation estimated that 792 million people across the globe lived with a mental health disorder.

If that figure is startling, it’s likely even greater as a result of the pandemic.

Data from the Kaiser Family Foundation indicated that about four in 10 adults in the United States reported symptoms of anxiety or depressive disorder during the pandemic. That marked a significant uptick since the summer of 2019, when one in 10 adults reported such symptoms.

The pandemic undoubtedly posed significant challenges that affected the mental health of people across the globe. But those challenges won’t necessarily go away if and when life returns to pre-pandemic normalcy.

Nor is there any guarantee that new challenges that pose a threat to individuals’ mental health won’t arise in the years to come.

That reality underscores the importance of learning to recognize signs of mental illness in both adults and children.

The National Alliance on Mental Illness notes that each mental illness has its own symptoms, so anyone concerned about their own mental health or the health of a loved one can speak with a mental health professional for more information.

In the meantime, the NAMI notes that these are some common signs of mental illness in adults and adolescents.

- Excessive worrying or fear
 - Feeling excessively sad or low
 - Feelings of confusion or difficulty concentrating and learning
 - Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
 - Prolonged or significant feelings of irritability or anger
 - Avoiding friends and social activities
 - Difficulty understanding or relating to other people
 - Changes in sleeping habits or feelings of fatigue and low energy
 - Changes in eating habits, such as increased hunger or lack of appetite
 - Changes in sex drive
 - Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don’t exist in objective reality)
 - Inability to perceive changes in one’s own feelings, behavior or personality. Some individuals experience a lack of insight known as anosognosia, which NAMI describes as unawareness of one’s own mental health condition.
 - Overconsumption of substances such as alcohol or drugs
 - Multiple physical ailments without obvious causes, such as headaches, stomach aches and vague and ongoing aches and pains
 - Suicidal thoughts
 - Difficulties handling daily life, including an inability to carry out activities or handle problems and stress that arises each day
 - An intense fear of weight gain or concern with appearance
- Pre-adolescent children also can experience mental illness, which can manifest itself through these symptoms:



- Changes in academic performance
- Excessive worry or anxiety. Some children may fight with parents to avoid going to bed or school.
- Hyperactive behavior
- Frequent nightmares

- Frequent disobedience or aggression
 - Frequent temper tantrums
- Individuals who are experiencing any of these symptoms or those who recognize them in loved ones, including children, are urged to contact a health care professional, including their general physicians, who may be able to recommend a mental health specialist. More information is available at www.nami.org.

NOTICE OF OFFICES TO BE FILLED AT THE 2022 STATE GENERAL ELECTION FOR WHICH CANDIDATES FILE WITH THE COUNTY AUDITOR-TREASURER POLK COUNTY, MINNESOTA

Notice is hereby given that the following county and soil and water district offices will be voted on at the State General Election to be held in Polk County on Tuesday, November 8, 2022. Candidates must file between 8:00 A.M., May 17, 2022 and 5:00 P.M., May 31, 2022 with the Polk County Auditor-Treasurer. Candidates who will be absent from the state during the filing period may arrange to file prior to departure. The place of filing for state offices is with the Office of the Secretary of State or with the county auditor of the county in which the candidate resides. **Note: Filing documents may be executed on May 30, 2022 although filing offices will be closed for the Memorial Day holiday. (Minnesota Statutes 204B.06/.11 and Minnesota Statutes 204.B33)**

Candidates for the following offices file with the Polk County Auditor-Treasurer, Polk County Government Center, Taxpayer Service Center, 612 North Broadway, Suite 207, Crookston, MN 56716.

COUNTY & DISTRICT OFFICES

One County Attorney
One County Sheriff
One County Commissioner for District Two
One County Commissioner for District Four
One County Commissioner for District Five (Special 2yr)
One East Polk Soil & Water Supervisor for District One
One East Polk Soil & Water Supervisor for District Two
One East Polk Soil & Water Supervisor for District Three (Special 2yr)
One West Polk Soil & Water Supervisor for District One
One West Polk Soil & Water Supervisor for District Three

The place of filing for federal offices is the Office of the Secretary of State, State Office Building, Room 180, 100 Rev. Dr. Martin Luther King Jr. Blvd., St. Paul, MN 55155-1299. The place of filing for state offices is with the Office of the Secretary of State or with the county auditor of the county in which the candidate resides.

FEDERAL OFFICES

United States Representative District 7

STATE OFFICES

LEGISLATIVE OFFICES

State Senator (One office per district) District 1
State Representative (One Office per district) District 01B

STATE EXECUTIVE OFFICES

Governor and Lieutenant Governor
Secretary of State
State Auditor
Attorney General

JUDICIAL OFFICES

SUPREME COURT

ASSOCIATE JUSTICE (Two Seats)

Seat #	Incumbent:
3	(Gordon L. Moore III)
6	(Natalie E. Hudson)

COURT OF APPEALS (Ten Seats)

Appellate offices are elected statewide. Where designated, candidates must reside in the congressional district listed for at least one year.

Seat #	Incumbent:
1	(Theodora K. Gaitas)
5	(Louise Dovre Bjorkman)
7 (5th Congressional District)	(Susan Segal)
8	(Denise D. Reilly)
10 (4th Congressional District)	(Jennifer L. Frisch)
11	(Michelle Ann Larkin)
16	(Peter M. Reyes, Jr.)
17	(Matthew E. Johnson)
18	(Jeffrey M. Bryan)
19	(Francis J. Connolly)

DISTRICT COURTS

NINTH JUDICIAL DISTRICT (Six Seats)

Seat #	Incumbent:
6	(Jerrold A. Schermer)
8	(Eric P. Schieferdecker)
16	(Jeanine M. Brand)
17	(Corey A Harbott)
20	(Donna K. Dixon)
23	(Kristine R. DeMay)

Witness my hand and seal this 25th day of April, 2022, Crookston Minnesota

/s/ Michelle M. Cote
Polk County Auditor-Treasurer

(seal)