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McIntosh, Minnesota

Looking back on the past year: a 2022 review

January:
The new year, 2022, started quietly with cold weather in Northwest Minnesota and long forgotten the James Webb Space Telescope slipped into orbit nearly a million miles from Earth where it can capture light from the first stars and galaxies.
Our Saviors Lutheran Church welcomed Pastor Keith Zeh as the new pastor.
The Robotics Team of Kallie Hand, Wyatt Davis, Alec Haskett, and Chris Roragen for winning the skills competition at the Win-E-Mac Robotics Tournament.. 4 out of the Win-E-Mac 5 teams advanced to the elimination round. Team 5300A won the Skills Competition.
Win-E-Mac Board Member Jim Ferden was recently named to the 2022 Minnesota All-State School Board at the MN School Board's Association annual conference held January 13th.
Win-E-Mac School adjusted

the decision tree and the school day that began on Monday, January 17, 2022. Changes brought the school day back to normal with, the School day ending at 3:07 pm instead of 2:52 pm; All students returned to eating in the Commons during the designated times; and quarantines were reduced to being exposed from household members testing positive.
The 2022 Win-E-Mac School District Spelling Bee was held at 9:00 on Tuesday, January 18th in the Arts & Events Center. Fourteen spellers from fifth through seventh grades competed in the Spelling Bee. In the end, Ella Subbert, a sixth-grader, was the champion, with Bella Senn in second place and Cora Earls the third place winner.
On Wednesday, January 26th, the McIntosh Public Library hosted a Panel featuring five local entrepreneurs who turned their hobbies into small, successful businesses. From chippy and vintage fur-

niture to soaps, candles, funky plants and aromatherapy these five ladies followed different paths from their original goals into jobs that they love. The panel included many local business owners who turned their hobbies into successful businesses. The panel included: (l-r) Meghan Palubicki, The Red Poppy, Karen Norland, Northern Prairie Aromatherapy, Katherine Howard, Howard Soap Company, Andrea Stordahl, Minnesota Rust, and Margie Illes, Ginger Junker.
The McIntosh Friends of Veterans again sponsored the Blood Drive in McIntosh. It was held on Monday, January 31st, which helped collect a total of 45 units of blood products for patients in need.
The Win-E-Mac Student Council hosted Snowfest week from January 31st to February 4th with a dance on Friday night.
February:
Despite international condemnation and sanctions, Rus-

sia invaded Ukraine
The Polar Beach Snowmobile Club of McIntosh hosted its' 2022 Fun Run on Saturday, February 12th.
The students of Win-E-Mac welcomed a therapy dog, Zoey, to the school. Zoey, a 2 1/2 year old AKC Golden Retriever works at the school two days a week.
Cub Scouts from Pack 89 and a Scouts BSA member participated in the annual Pinewood Derby on February 8th at the Erskine Community Center.
Read Across America week at Win-E-Mac Elementary School took place starting Monday, February 28th.
March:
Discovered in the Antarctic the wreck of the Endurance, Ernest Shackletons' ill-fated ship from an expedition that began in 1914, and involved 28 men who survived the unforgivable antarctic..
The United Nations reported that over a million refugees

have fled from Ukraine to other countries since the start of the invasion.
The 2022 Winter Olympics are held in Beijing, China, making it the first city ever to host both the Summer Olympics and Winter Olympics.
After 2 years without an Ensemble contest, 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.
The Polar Beach Snowmobile Club was fortunate enough to have great weather for a vintage ride on Saturday, March 12th. It proved to be the final weekend of quality riding and the air was crisp, keeping those old sleds running at peak performance. While

a majority of the sleds were products of the '70's and '80's, there were snowmobiles of all kinds including some newer models that participated. The ride went from McIntosh to Winger and back. Thanks to some volunteers that brought a trailer, we only had one sled that couldn't make the trek in both directions! There were a couple of snowmobiles that hadn't been out on the snow for decades, which was really fun to see. The Club also had a burger cookout back at the clubhouse.

Community CALENDAR

McIntosh Community Calendars

McIntosh Community Calendars are now available at the First National Bank of McIntosh. There are plenty for sale and the price is still \$6. Pick up yours today!

2022 MN Student Survey results released

Minnesota students reported healthier behaviors around commercial tobacco, alcohol, drugs, and sexual activity in 2022, while at the same time experiencing an unprecedented amount of long-term mental health, behavioral or emotional problems, according to the 2022 Minnesota Student Survey.
More than 135,000 students completed the survey with nearly all doing so in-person at school between January and June 2022. This group of students reported greater struggles with mental health, such as depression and anxiety, than at any other time in the history of the survey, which began in 1989 and occurs every three years. The 2022 survey saw the continuation of an upward trend, with 29% of students reporting long-term mental health problems compared to 23% in 2019 and 18% in 2016. Long-term means problems lasting six months or more.
Students in 11th grade who said they were identified as female at birth saw an increase in mental health issues in 2022, with nearly half, or 45%, of them reporting long-term mental health, behavioral or emotional problems. That was up from 35% in 2019, 27% in 2016 and 16% in 2013. Students in 11th grade who said they were identified as male at birth, also saw an increase, but reported fewer issues overall,

with 20% of male 11th-grade students reporting long-term mental health, behavioral or emotional problems. That was up from 18% in 2019, 13% in 2016 and 9% in 2013.
The survey also allowed students to self-identify their current gender, and about 11% of students in 8th grade or higher identified themselves as transgender, genderfluid, nonbinary, two spirit, unsure or didn't answer the gender question. Of those students, 63% of them reported long-term mental health, behavioral or emotional problems.
"These results indicate the pandemic fueled and worsened ongoing trends of our teens reporting long-term mental health problems," said Minnesota Commissioner of Health Jan Malcolm. "It will take more research to know the interplay of all the factors, but it is clear that this is a crisis, and Minnesotans, lawmakers and families need to focus resources and attention in and outside of schools to give our children and their families the connections, supports, stable environments and opportunities they need for a sense of well-being about their lives and futures."
Another alarming trend was reports of serious suicidal thoughts. Reports of 11th graders having seriously considered

Survey...
Continued on page 2 ...



Two moms, Jessica Horgishimer and Gabriel Morlock were a big part of the Winger Lions Breakfast with Santa. The ladies did the decorating, and provided crafts and activities for the kids during the event. Along with these ladies, other members of the community donated and helped with the event. The ladies are part of a movement to provide the youth of Winger with more options for fun things to do during holidays and other times of the year.



Every year, the Winger Lions bring Santa to town with their annual event, Breakfast with Santa. This hard working group spends a lot of time serving the Winger Community. Pictured: Cory Sonstelie, Scott Vandeneide, Aaron Iverson, Darrel Olson, Steve Massman, Terry Cook, Bob Vesledahl, Brandon Omang, Floyd & Gerri Balstad, Marshall McKeever, Elmyrna Kaupang, Barb Gaalswyk, and Gary Sonstelie.

Survey....

Continued from page 1

suicide at some point in their life jumped to 28% in 2022, compared to 24% in 2019 and 23% in 2013. The numbers are even more troubling for lesbian, gay, bisexual, queer (LGBQ+) and transgender students. LGBQ+ students were about three times more likely than heterosexual students to report seriously considering suicide and four times more likely to attempt suicide than heterosexual students. Transgender students in the 11th grade are most likely to attempt suicide and are more than four times more likely to attempt suicide than their cis-gender 11th grade peers.

There was good news despite the increase in mental health challenges, which can be correlated with risky behaviors. Minnesota students reported engaging in healthier behaviors related to sex, drugs, alcohol, and commercial tobacco, including e-cigarette use. Student smoking rates have fallen to an all-time low across all grades. For example, 2% of ninth graders reported smoking cigarettes in 2022, compared to the historical high of 20% in 2001. Alcohol use, sexual activity and marijuana use also fell.

Though there is still work to be done to reduce rates, students also curbed e-cigarette use, which had skyrocketed between 2016 and 2019. Fourteen percent of Minnesota 11th graders reported using an e-cigarette in the past 30 days, compared with 26% in 2019 and 17% in 2016. Use among eighth graders in 2022 fell back to the 2016 rate of 6%, compared with 11% in 2019.

The percentage of 11th grade students who reported drinking alcohol decreased to 17% in 2022 from 23% in 2019. Marijuana use among 11th graders dropped to 12% in 2022 from 16% in 2019.

"The Minnesota Student Survey continues to provide important data about how students are doing and highlights where we must focus our efforts to support them," said Minnesota Education Commissioner Heather Mueller. "This year's survey reveals a clear picture of the continuing need to support student mental and behavioral health. The Department of Education is dedicated to working together with other educators, agencies, and our school communities to better meet the academic, mental health and behavioral health needs of our students so they can be successful in school and beyond."

Additional findings from the 2022 survey:

Health

- Only 60% of Minnesota students surveyed reported excellent or very good health compared to 65% in 2019 and 69% in the 2016 survey.
- General health status deteriorated and was poorer for female students.
- There was a notable increase in energy drink consumption, especially for female students.
- Fruit and vegetable consumption declined for female students.
- Girls were more likely than

boys to skip lunch.

- Students were not getting enough sleep, especially female students.

Safety

- 83% of students say they feel safe at home, at school, in their neighborhood and going to and from school compared with 87% in 2019 and 90% in 2016.
- 21% of students surveyed reported being bullied or harassed weekly in at least one way during the last 30 days. About 40% of economically disadvantaged students and 31% of LGBQ+ students reported higher rates of bullying.
- Weekly bullying increased for students in all grades from 2019 to 2022.
 - Fifth grade: rose from 21% to 23%
 - Eighth grade: rose from 21% to 23%
 - Ninth grade: rose from 18% to 19%
 - 11th grade: rose from 14% to 17%
- Cyberbullying increased among the lower grades from 2019 to 2022.
 - Fifth grade: rose from 18% to 24%
 - Eighth grade: rose from 15% to 17%
 - Ninth grade: rose from 14% to 15%
 - 11th grade: stayed the same at 12%

Education

- Educational engagement continues to decrease for all students surveyed. It dropped from 75% in 2013 to 60% in 2022 for 11th graders. This measure is based on six questions, which relate to caring about how they do in school, whether they pay attention in class, going to class prepared, trying to learn things that interest them, thinking what they learn in school is useful and that being a student is an important part of who they are.
- Female students are missing school at higher rates than male students because they felt very sad, hopeless, anxious, stressed or angry. Among ninth graders, 23% of girls versus 7% of boys had missed school because of these reasons.
- Students across all grades agreed that teachers at their school care about students. Compared to 2019:
 - Fifth grade: remained the same at 95%
 - Eighth grade: remained the same at 86%
 - Ninth grade: remained the same at 86%
 - 11th grade: rose slightly from 87% to 88%
- Student feelings of being valued and appreciated decreased for all grade levels surveyed in 2022 compared to 2019.
 - Fifth grade: decreased to 67% from 72%
 - Eighth grade: decreased to 58% to 65%
 - Ninth grade: decreased to 55% to 63%
 - 11th grade: decreased to 55% from 61%

"The results of the Minnesota Student Survey are a continued call to action for prioritization of children, youth, and families and coordinated budget and policy development across state government that

advances the needs of each and every child and young person in our communities," said Erin Baily, executive director, Minnesota Children's Cabinet.

Survey data is available on the Minnesota Department of Education's Minnesota Student Survey webpages. Summaries of elements of the survey are also available from the MDH Minnesota Student Survey website.

Every three years, Minnesota's fifth-, eighth-, ninth- and 11th-grade students complete this voluntary, anonymous survey. It includes questions on school climate, bullying, out-of-school activities, healthy eating, emotional health, substance use, connections with school and family, and many other topics. State agencies use the survey to identify important trends and target resources to improve the well-being of the state's youth. Districts and counties also receive reports to be used at the community level.

The Minnesota departments of Corrections, Education, Health, Human Services and Public Safety collaborate with schools to administer the MSS. The MSS is the primary source of comprehensive data on youth at the state, county and local levels in Minnesota and is the only consistent source of statewide data on the health and well-being of youth from smaller population groups, such as racial or ethnic groups. All school districts are invited to participate in the survey. In 2022, 70% of Minnesota school districts and 135,000 students participated, compared to 81% of districts and 170,000 students in 2019.

If you or a student you know needs free and confidential support, call the 988 Suicide & Crisis Lifeline. In addition, Minnesota's suicide prevention and mental health crisis texting services are now available 24 hours a day, seven days a week. People who text 741741 will be connected to the Crisis Text Line.

A perfect cup of tea

Brewing the perfect cup of tea involves a few different variables.

One of the components of the process is understanding how water temperature will bring out the best flavor in the tea.

According to the independent tea company Two Teas and Bud, if teas are not steeped at hot enough temperatures, they may lack a full depth and breadth of flavor.

The darker the tea, the hotter the water temperature should typically be.

The basic rule of thumb is that black tea and herbal teas should steep at a full boil, which is between 208 F and 212 F.

Green and white teas are more delicate. When preparing such teas, the water should be at just off-boil temperatures, between 170 F and 185 F.

If you are brewing loose tea, scoop 1 teaspoon per large cup of water (around 12 ounces).

In fact, teaspoons get their

RiverView Health shares top baby names of 2022

From Adeline to Zoey, Aaron to Zephyr, and a little bit of everything in-between, nearly 100 babies were born at RiverView Health in 2022.

The top name of 2022 for baby girls born at RiverView was Evelyn or Evelynnn, as one little one's moniker is spelled. Harper and Emersyn were close behind in a tie for second place. The boys also saw a tie, but this time for first place, with the names Jonah and Owen.

Elijah started the 2022 births with a Jan. 3 delivery, while Ruth wrapped up the year with a birth date of Dec. 28. Girls outnumbered boys by six.

According to babynames.com, Olivia and Liam were the most popular baby names across the United States in 2022. Those names went unused at RiverView in 2022. However, babynames.com reports that Evelyn was the only name to crack the top 10 list in 2022, pushing Harper off the list. Looking at other lists, Nameberry reported Arlo as the fastest-rising name across the English-speaking world, currently ranking in the Top 50 in Australia, New Zealand, Scotland, and England. A boy named Arlo was born at RiverView in 2022. Today.com lists the name August as the top name in the cool classics category – a girl born at RiverView in 2022 is named August.

Team Baby

RiverView's outstanding

Obstetrics (OB) Team delivered these newborns into the world. Dr. Erik Kantan and Dr. Lauren Rose are family medicine physicians and OB providers. Dr. Kantan has been delivering babies in Crookston for well over 30 years. In many cases, he has delivered both the newborn and the newborn's parents. Dr. Rose began her practice at RiverView in 2021.

Crookston native Dr. Kari Wessman rounds out the team of physicians. Dr. Wessman specializes in gynecology and obstetrics. Over the years, she has delivered many, many sets of multiples and led women through high-risk pregnancies. She is predicting a baby boom at RiverView in mid-January of 2023.

The trio of providers sees patients for office visits in RiverView Clinics in Crookston, Fertile, Red Lake Falls, and East Grand Forks.

Of course, RiverView's labor and delivery nurses are a huge part of every pregnancy journey and delivery.

These nurses are compassionate and knowledgeable and with the patient every step of the way. A private nurse stays with the delivering patient throughout labor and delivery, focusing only on mom and baby.

RiverView Health is a great place to bring new life into the world. If you would like more information on OB services at RiverView, call 281.9200.

For a peek at some of the

babies born in Crookston, check out the website at riverviewhealth.org and look under the Little Stars heading. Watch for news of the first baby of 2023 in the weeks to come.

LARL offering free Covid tests

Libraries across Lake Agassiz Regional Library's seven county region are offering free COVID-19 tests through a partnership with the Minnesota Department of Health. The tests are available while supplies last in Lake Agassiz Regional Library's branch libraries. Visit us at www.larl.org.



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

Wed. Jan. 4: Noon - 8:00pm Adoration

Sun. Jan. 8: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Jan. 11: Noon - 8:00pm Adoration

Sun. Jan. 15: 8:00am Confession; 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. Jan. 8: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Jan. 15: 10:00am Coffee Hour; 10:30am Worship Services

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

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

Fri, Jan.6: 10:00am Telecast of the Luther League/Sunday School Christmas Program on GVTV--30

Sun, Jan. 8: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, Jan. 10: 10:00am. Sunday worship service telecast on GVTV--30

Wed, Jan. 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. Jan. 8: 9:00am Worship
Sun. Jan. 15: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,

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

CALVARY LUTHERAN CHURCH
Winger

Sundays: 9:45am Sunday School; 10:00am Coffee Fellowship; 10:30am Worship

GRACE LUTHERAN CHURCH- NALC
Erskine
Rev. Pam Thorson

Sundays: 10:30am Worship



Looking back to March 2022: School Bus Drivers Appreciation Week was last week and Win-E-Mac is so grateful to our bus drivers....especially this year, as they have had to endure some pretty treacherous road conditions this winter. Let's find some time to thank our bus drivers this week by sending cards, a note of thanks or simply a wave and smile. They deserve it! Thank you bus drivers, for getting our students to and from school safely each and every day. Pictured are Win-E-Mac bus drivers (l-r) Judy Stenberg, Scott Salvhus, Lisa Conley, Maggie Haskett, and Bob Carlson.

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Henry Rominski
Thurs. Jan. 5:
Daros Zahn, Sandy Salvhus, Corey Smeby, Mathea Jore
Fri. Jan. 6: Winston Carlson
Sat. Jan. 7: Paul Jore, Leland Vigoren
Sun. Jan. 8: Katelynn Schulz, Tina Farrell
Mon. Jan. 9: Paige Breckel, Jessica Shimpa

McINTOSH Times

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"Serving the Win-E-Mac area"

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By Warren Strandell
Polk County Commissioner, Dist. 2

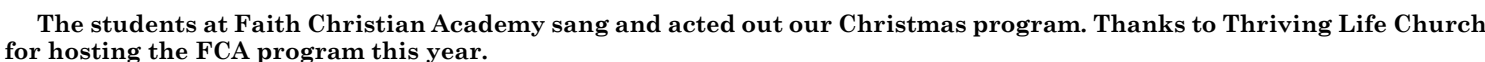
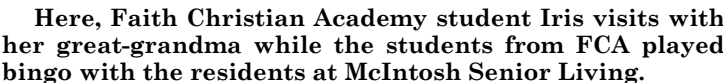
Do you suppose the ugly weather that day had something to do with that or maybe county residents were happy with the less than 4 percent levy increase? Probably not but compare that 4 percent increase to the national inflation rate increase of more than 8 percent and it isn't so bad. Costs go up. Everywhere. All the time. We just live with

Parents can also save their money and avoid cardiorespiratory monitors, as there's no evidence they reduce the risk of unexpected infant deaths, according to the recommenda-

And the Red River Valley Juvenile Center is now just a few weeks away from re-opening, too. If you recall, the “residential side” of the juvenile center was basically destroyed about a year and a half ago when an out of nowhere June rainstorm dropped its load on the building right at the same time as the roof was in the process of being replaced. When

The jail pod closure resulted in the loss of some \$400,000 in revenue from the housing of prisoners from other jurisdictions. That income offset debt

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





Jemma Cook along with her Grandma Eileen, sat to visit with Santa during the Winger Lions Breakfast with Santa event.



Stopping to have breakfast and visit with Santa in Winger during December were McKenzie, Megan and Mason Lofgren.



Tristen and his mom were able to visit with Santa at the Winger Lions Breakfast with Santa held at the Community Center in Winger in December.



Jeremiah and Jackson Hagen were able to have some pancakes and see Santa during Breakfast with Santa held in Winger.



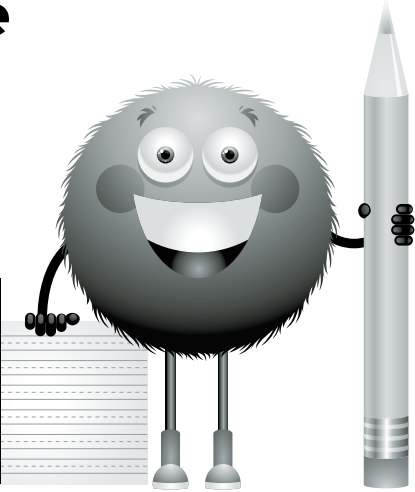
Stopping to see Santa was Kai Johnson during Breakfast with Santa hosted by the Winger Lions.



Noah Omang with Santa and his elf helper during the Winger Lions Breakfast with Santa held in December.

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