



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Emma Drellack (left) and Cortney Strom (right) are the new staff at Krissy's Hair Affair in McIntosh.

Krissy's Hair Affair adds new stylist and services for the new year

Krissy's Hair Affair in McIntosh recently added new stylist Emma Drellack and Cortney Strom joins the team as an eyelash extensions technician. Since 1995, Krissy's Hair Affair has been serving the community of McIntosh with styling services as well as a Fitness Center and tanning which are available to members 24 hours a day. Emma Drellack a Fosston High School graduate is the daughter of Cathy and Bobby Drellack. She went to college focusing on dental, but didn't find that to be the right path for her. Later she went to Fargo to shadow a hair stylist and decided that was the path she

wanted for her career. She completed school for hair styling but really enjoys esthetician tasks as well. She lives in Fosston and is engaged to Seth Djernes and will be married in 2024. Cortney Strom, is also a Fosston High School graduate. The daughter of Krichelle Brua and Chad Strom, and also the granddaughter of Vicki and Wayne Strom. She is the new eyelash extension technician at Krissy's Hair Affair. A new service in the salon. She calls her new business Up North Lashes and rents a booth at the salon. Cortney passed her Minnesota State exam about 11 months ago and has been work-

ing at the salon for 2 months. Along with her 3 year old son, she spends a lot of time outdoors making memories with various adventures. She stays active with sand volleyball in the summer, bowling in the winter and baking and cooking for her loved ones. Krissy's Hair Affair takes appointments for their hair stylists for cuts, highlights and color, special occasion hair, waxing and eyelash extensions. The Fitness center is available to members 24 hours a day, 7 days a week. The fitness center also has a tanning bed and their is spray tans available in the salon.

2022: Looking back on the past year

October:
Elon Musk completes his \$44 billion acquisition of Twitter
For the first time in the history of the state, the Alaska Department of Fish and Game cancels the winter snow crab season in the Bering Sea.
Church staff and clergy discovered that they had damage to three doors at Our Savior's Church in McIntosh. It appeared to have had the lock area of the doors burnt as a person or person attempted to get inside the church building. The Polk County Highway Department, in cooperation with the Trail County (North Dakota) Highway Department, is selling a steel truss bridge for \$1, known as the Neilsville bridge. The Clubhouse Childcare Center in McIntosh adds an addition for an additional preschool classroom. Saturday, October 29th the downtown businesses of McIntosh celebrated with a Haunted Marketplace event for adults to do some shopping, enjoy some good food and visit with friends and neighbors. Win-E-Mac School hosts a Halloween party on Friday, October 28th and the Winger moms host a Winger Community Halloween Party with candy, games and entertainment.

November:
The Federal Reserve hikes interest rates by 0.75% to 3.75-4%, their highest levels since 2008
On Wednesday, November 2nd, Win-E-Mac held their induction ceremony to the Win-E-Mac chapter of the Minnesota Honor Society. Members include: Nadelly Neubert, Emily Strom, Izabelle Ostenaa, Ella Strom, Justin Courneya, Jamie Stuhr, Bret DuChamp, Kallie Hand, Kianna Tadman, Ava Howard, Hana Thompson, and Kyra Stuhau. The Friends of McIntosh Veterans hosted and broadcast a Veteran's Day program on Garden Valley TV as well as their Facebook page. The program honored area Veteran's with a special story from Jim Wertish. The Win-E-Mac School hosted a Veteran's Day program, after a weather delay on Monday, November 14th. The Annual Spears, Beers and Decoy show held this Saturday, November 19th at the Lean To Tavern on Main Street in Bejou, Minnesota. Icesaw.com owner Jordan Gunufson, Tony Roed of Stoney's Custom Design and Terry Strom with his smart teasers were all on hand at the show, along with

many other vendors and many show-goers on hand. The McIntosh Community Club held a clothing drive for those in need of warm winter clothing through Thanksgiving. Donations were dropped at First National Bank of McIntosh. The McIntosh Community Thanksgiving Service hosted at Our Savior's Church on Wednesday November 23rd. **December:**
A suspect was arrested and charged with first-degree murder in the deaths of four University of Idaho students.

Review... Continued on page 2...

DONATE BLOOD
YOUR SUPPORT SAVES LIVES!

McIntosh Community Blood Drive
Tuesday, January 31st

E. Polk Crop Improvement Association welcomes MN Dept. of Ag. commissioner Petersen to Annual meeting

The annual meeting of the East Polk County Crop Improvement Association will be holding its annual meeting on January 30, 2023 at the McIntosh Community Center in McIntosh, MN. The business meeting will begin at 12:30 pm. The speaker program will begin at 1:00 pm. Minnesota Department of Agriculture Commissioner Thom Petersen has been invited to speak to our group. There will also be presentations from Jochum Weirsmas, U



of M Extension, and from East Polk County Soil & Water Dis-

trict with program updates. The morning session is for those seeking recertification of their Private Pesticide Applicator License from 9 am until Noon. For more information on Private Pesticide Applicator Training go to: pat.umn.edu. Lunch will be served at Noon. Thank you to our sponsors for the day, AgCountry Farm Credit Services- Fosston, Ul-tima Bank, American Federal Bank, Fosston Tri Coop, Roed Seed Sales.



The Win-E-Mac High School drama department presented The Bully Pulpit, by Dwayne Hartford and directed by Andrew Hanson last Sunday afternoon for the community at the Arts & Event Center. The cast of the short, yet powerful play included: Sydney Svalen, Cameron Svalen, Ella Strom, Josie Fortman, Evie Ryan, and Lillian Shimpa. The Lighting and Sound crew included Caleb Green and Jareth Walk. The stage manager is Kallie Hand. This crew will head to Bagley High School this Friday, January 27th for the Minnesota State High School League sub-section One Act Play competition. There will be seven schools performing starting at 4:00 pm with Win-E-Mac performing last at 8:30 pm, followed by the judges scoring and awards ceremony. These plays are open to the community, yet once a play begins, the auditorium doors are locked and there will be no admittance during a performance. There is no fee for the public who wish to attend the competition.

Review...

Continued from page 1

American basketball star Brittney Griner headed home, freed from Russian prison in exchange for the U.S. releasing notorious Russian arms dealer Viktor Bout, who is known as The Merchant of Death.

In his first foreign trip since the start of Russia's invasion, Ukrainian President Volodymyr Zelenskyy visits Washington, DC to meet with President Biden and speak to Congress to ask for more financial support in the conflict with Russia.

The Win-E-Mac High School presents Murder at the Renaissance Faire, or, Shakespeare Kills Me on December 10th and 11th after a delay due to illness with some cast members, at the Win-E-Mac Arts & Events Center.

A Very Merry McIntosh and the 2nd Annual Christmas parade took place on Saturday, December 3rd, despite extremely cold temperatures many people showed up to kick off the holiday season in McIntosh. Those that came out to celebrate were also able to enjoy a great fish supper at the McIntosh Fire Department as well.

The Winger Lions hosted Breakfast with Santa at the Community Center in Winger on Saturday, December 10th. Along with a yummy pancake breakfast, there were a lot of activities available for kids to make and do while they waited for Santa to arrive, thanks to a great group of mom's in Winger.

The Win-E-Mac Junior High School Band and Choir concert took place on Friday, December 12th.

The community business Open Houses at First National Bank, King Town Insurance and Neil's Quality Meats and More were a great time for visiting and some delicious sweet and savory treats at all the businesses.

The Win-E-Mac Elementary program changed a bit this year with 2 separate programs depending on grade level.

Santa came to visit the kids in McIntosh on Saturday, December 17th with arts & crafts, music and treats all available

and sponsored by the McIntosh Community Club.

The Win-E-Mac Senior High School Band and Choir concert took place on Monday, December 19th.

The Win-E-Mac Robotics Team 5300A was awarded the 'Design Award' at the Northland Community College Robotics Tournament on Saturday. The judges chose their robot to have the best design out of 50 robots at the

Donate blood in Mac on Tues. Jan. 31st

The blood supply for about 900 hospitals nationwide recently dipped to its lowest level in a year at Vitalant, triggering a blood emergency for the nonprofit blood services provider.

Patients need someone like you, a person willing to take a mere hour out of their day to perform the ultimate good deed by donating blood. Join our life-

tournament!. This award qualifies this robotics team to participate in the Minnesota State Robotics Tournament on March 2-3, 2023. Team Members: Kallie Hand, Alec Haskett, Chris Roragen, Wyatt Davis, Foma Cheremnov, and Kailee Kramer.

After 8 years of serving the Oklee community, Mae Knowles is back as the regular postal manager at the McIntosh Post Office.

saving community by scheduling an appointment today.

To make an appointment for the blood drive at the McIntosh Community Center on Tuesday, January 31st, please contact Mary Goodwin at 218-563-3827.

If you have donated blood previously at this event, Mary will be contacting you.



The fitness center at Krissy's Hair Affair is available to members 24 hours a day, 7 days a week. There is also a tanning bed available for members.



Above and below: Krissy's Hair Affair recently remodeled and updated the salon located in McIntosh.



NOTICE
Hill River
Board of Audit

The Board of Audit meeting of the Township of Hill River, County of Polk, State of Minnesota, will be held on Monday, February 13, 2023 at 7:00 p.m. at the Ray Sundrud hunting shack. Call Ray for directions. The Clerk's financial records shall be open for review. Raymond O. Sundrud, Clerk/Treasurer Hill River Township Phone: (218) 435-1029

ME-48C

EAST POLK SWCD
Annual Tree
Sale

Orders Due by Feb. 17th, 2023



East Polk SWCD is now accepting orders for the Spring 2023 tree sale. We have a wide assortment of bare root trees, shrubs, and conifers sold in packs of 5 or in bundles of 25. Orders will need to be paid in full and placed by Friday, February 17th, 2023.

The East Polk SWCD will contact you when the orders are ready, which should be expected between late April/early May depending on the weather. For a current list of available trees please contact us at (218) 563-2777 or visit our website, www.eastpolkswcd.org. Order forms are available at our office, 240 Cleveland Ave, McIntosh, MN, or on our website. For further assistance please call (218) 563-2777 or email Jenna at wiersma.eastpolk@gmail.com.

M45-46C

All of Us participants begin receiving health-related DNA info

Our DNA can tell us a lot about our health. That's why the National Institutes of Health's All of Us Research Program is returning health-related DNA results to thousands of participants nationwide.

The All of Us Research Program partnered with Essentia Health in 2018, and since then more than 3,500 participants have signed up in Essentia Health service areas.

"Our partners here at Essentia who have joined the All of Us Research Program and agreed to share their information are supporting scientific discoveries that would not be possible without this unique valuable resource," said Dr. Steve Waring, All of Us Research Program principal investigator for the Essentia Institute of Rural Health. "This also represents an opportunity to learn even more about their own health."

What can participants learn from these results? The "Hereditary Disease Risk" report

can tell participants about their risk for serious health conditions, like certain cancers or heart disorders. The "Medicine and Your DNA" report can tell participants if their DNA might affect how certain medicines work for them, including common drugs for conditions like diabetes and depression.

All of Us worked with many experts and organizations to map out the best way to share health-related results. They developed a careful consent process and put in place special privacy and security measures to safeguard participants' privacy.

The program is also making sure that participants have the support they need. Those who have questions about their results can meet with a genetic counselor. Genetic counselors can answer questions and help explain what the results can — and can't — tell participants.

The mission of the All of

Us Research Program is to accelerate health research and medical breakthroughs, enabling individualized prevention, treatment and care for all of us. The program will partner with at least 1 million people who reflect the diversity of the United States to build one of the largest, most diverse biomedical data resources of its kind. Data is made available to researchers to drive scientific discoveries into the biological, environmental and behavioral factors that influence health and disease.

Learn more about the program at EssentiaHealth.org/AllofUs.



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

Wed. Jan. 25: Noon - 8:00pm Adoration

Sun. Jan. 29: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Feb. 1: Noon - 8:00pm Adoration

Sun. Feb. 5: 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. 29: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Feb. 5: 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
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church

Sun. Jan. 29: 9:30am. Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, Jan. 31: 10:00am. Sunday worship service telecast on GVTV--30

Wed, Feb. 1: 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
PastorLee Laaveg

Sun. Jan. 29: 9:00am Worship

Sun. Feb. 5: 9:00am Worship

IMMANUEL LUTHERAN
CHURCH
McIntosh
Pastor Bruce Blocker

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

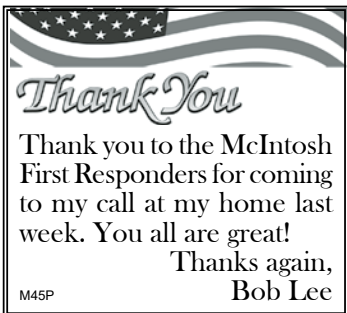
CALVARY LUTHERAN
CHURCH
Winger

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

GRACE LUTHERAN
CHURCH-NALC
Erskine
Rev. Pam Thorson

Sundays: 10:30am Worship

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



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!



Call to reserve your meal. Indoor dining at 11:30 am; drive-up available at 11:00 am.

Mon. Jan. 30: Salisbury Steeak - Baked Potato - Peas & Carrots - Wheat Rolls - Chocoolate Crazy Cake - Milk

Tues. Jan. 31 *Bingo* Tater Tot Hotdish - Green Beans - Peaches - Wheat Rolls - Lemon Bars - Milk

Wed. Feb. 1: Chicken Wild Rice Hotdish - Broccoli - Breadsticks - Jello with Pears - Milk

Thur. Feb. 2: *Bingo* Pulled Pork on Bun - Squash - Lettuce Salad - Pineapple - Peanut Butter Cookies - Milk

Fri. Feb. 3: Lasagna - Carrots - Fruit Cocktail - Garlic Breadsticks - Rhubarb Dessert - Milk



Wed. Jan. 25: *Tom & Eileen Hegg

Thurs. Jan 26: Cindy Ostenaar

Fri. Jan. 27: Ella Langemo, Krystal Haugen

Sat. Jan. 28: Shirley Carver, JoAnn Anderson, Robert Landsverk

Sun. Jan. 29: Roman Shultz, Rachell Finseth, *Wes & Debbie Kaupang

Mon. Jan. 30: *Dominic & Kayla Kringlen, Vicki Antonio

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Common barberry,
a lingering threat to
small grain production?

By: Monika Chandler, Min-
nesota Department of Agricul-
ture

At least one million common
barberry (*Berberis vulgaris*)
plants were destroyed in Min-
nesota from 1918 to 1990 in a
joint state and federal eradica-
tion program. Common barber-
ry hosts black stem rust (*Puc-
cinia graminis*), a pathogen
that historically caused yield
losses of up to 70% of wheat,
barley, and other small grains
over large areas.

Since the 1950s, small
grains in production have been
protected from this pathogen
by scientists breeding plants
resistant to existing strains
of black stem rust. This re-
sistance is not guaranteed to
work if new strains of black
stem rust develop. The com-
mon barberry eradication pro-
gram aimed to reduce patho-
gen presence and prevent the
development of new strains.

Many Minnesotans par-
ticipated in common barberry
eradication. Children were
enlisted to find and report
plants. Prior to the availability
of herbicides, men piled salt at
the base of barberry to kill the
plants.

The salt was hauled by rail
then transported by horse-
drawn carriages. Nationally,
over 500 million plants were
destroyed over several decades.
The program was considered a
major success. Unfortunately,
it ended before all common
barberry plants were eradicat-



Prior to the availability of herbicides, salt was poured
at the base of barberry plants to kill them. Photo by mno-
peida.org

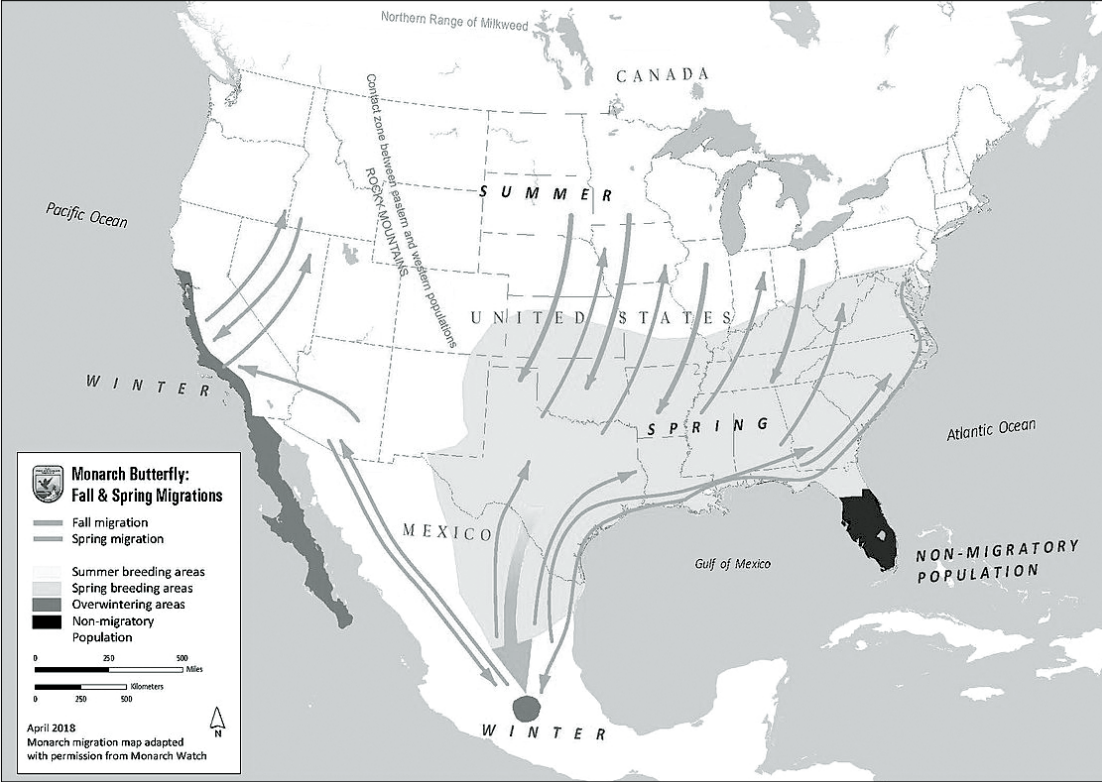
ed. Infestation may be making
a comeback; a few reports have
trickled in over the years and
late in 2022, there was a cred-
ible report in Duluth that will
be followed up on in 2023.

USDA researchers based at
the Cereal Disease Lab in St.
Paul monitor known popula-
tions of common barberry and
study the pathogens on them.
However, there are additional
common barberry plants pres-
ent that are undetected and
unmonitored. Please report
common barberry with ED-
DMapS (free app for field re-
porting available on the Google
Play and Apple stores) or Re-
port a Pest.

The USDA tests all cul-
tivars of Japanese barberry

(*Berberis thunbergii*), a related
species widely used as an orna-
mental, for resistance to black
stem rust. Issues may arise
if Japanese barberry escapes
from managed landscapes and
crosses with common barberry
to form a hybrid that may not
be disease resistant.

Common barberry is na-
tive to central and southern
Europe, northwest Africa, and
western Asia. North American
settlers from Europe consid-
ered it to be a useful plant as
an ornamental, for the fruit,
and medicinal uses and be-
cause the tall, thorny shrubs
could form a living fence. Un-
fortunately, common barberry
escaped cultivation after it was
brought to North America.



Monarch butterflies make a long migration each fall to Mexico. Photo: USFWS,
Wikimedia Commons.

Snug as a bug in a pile of leaves?
How insects spend the winter

Just like Minnesotans who
opt to spend the winter in
warmer climates, some insect
species choose not to spend the
winter in Minnesota.

The most obvious exam-
ple of this is the monarch butterfly,
which flies thousands of miles
to Mexico each fall. There are
also pests with a similar cold
weather strategy.

Some vegetable insect pests
can't survive a Minnesota win-
ter and instead spend most of
the year in warmer climates.
They come to Minnesota on
weather fronts in the spring
and summer, and the winter
will wipe out any of the past
year's arrivals.

Pests with this type of bi-
ology include black cutworm
(nocturnal feeding caterpillar
that snips seedlings), spotted
cucumber beetle and corn ear-
worm/tomato fruitworm (a pest
of so many crops entomologists
can't agree on a name!).

Some bugs want
to shelter in our place

Multicolored Asian ladybe-
etles aggregate in and around
buildings to stay warm in the
winter. Photo: Krzysztof Zi-
arne, Kenraiz, Wikimedia
Commons

Some of Minnesota's newer
invasive species seek shelter in
our homes. Two common spe-
cies literally stink.

The multicolored Asian la-
dybeetle is an invasive ladybug
species that can be helpful in
the garden and in agriculture
because it feeds on aphids. But
in the fall it becomes a nui-
sance as large numbers congre-
gate on and in our homes. They
don't pose a risk to us, though
they are annoying and produce
a strong odor when threatened
or crushed.

A newer pest to Minnesota
that spends the winter in our
homes is the brown marmo-
rated stinkbug (BMSB). Min-
nesota is home to many native
stink bugs; some are predators
that help us manage pests. Un-
fortunately, BMSB is a pest of
a wide variety of fruit and veg-
etables.

Some insects
are out here just chillin'

Some insects bear out the
winter in leaf litter, tree cavi-
ties and in the soil. They may
do this as an adult, larvae, egg
or pupa. Insects have special
adaptations that allow them

to survive the cold. They may
do this by producing an anti-
freeze-like substance in their
bodies. Others minimize their
activity and body functions,
almost like hibernation. Some
insects are capable of freezing
and surviving. Generally, in-
sects do better with snow cover,
which can insulate their hiding
places, and when temperatures
are stable as opposed to fluctu-
ating.

White grubs, like the larvae
of Japanese beetle, are safely
insulated by the soil in the
winter. Photo: Frank Peairs,
Colorado State University,
Bugwood.org

One of Minnesota's most
frustrating pests, the Japa-
nese beetle spends the winter
outside. The grub stage of this
insect spends the winter in
the soil under lawns and other
grassy areas. Underneath
inches of soil and feet of snow,
it seems to do fine in the Min-
nesota winter.

Some other insects are
slightly more vulnerable to
cold weather. The codling moth
spends the winter as a cater-
pillar in a cocoon. How well
they will survive the winter
depends on where the cater-

pillar weaves its cocoon. Some
choose to do so on the bark of
the apple tree, which leaves
them more vulnerable to the
elements. Other caterpillars
seek out leaf litter or debris,
which gives them more protec-
tion, especially once they are
insulated by a layer of snow.

Cleaning up the garden af-
ter the growing season is over
can reduce the places where
insects can hunker down for
winter. Clean up plant residue
and leaves at the end of the
season to help reduce the num-
ber of overwintering squash
bugs, asparagus beetles and
imported cabbage worms, for
example.

So, does a cold
winter mean fewer bugs?

Not necessarily. Insects
have many adaptations to deal
with frigid temperatures. It
is also important to note that
windchill does not impact in-
sects, so it feels a little warmer
for the bugs than it does for
humans right now. As long as
we have steady temperatures
and snow cover, many insects
will do just fine.

By: Marissa Schuh, Exten-
sion educator, horticulture
IPM

Did you know?

CBD is now widely avail-
able and used to treat condi-
tions as varied as tremors and
seizures to arthritis-related
inflammation. CBD is the non-
psychoactive component of can-
nabis plants. It is considered a
supplement and its production
is not largely regulated by gov-
ernmental agencies. It's impor-
tant to note that CBD is not
legal everywhere. According to
CFAH, a health and wellness
website, as of 2022, no states
in the United States outright
ban the use of CBD. However,
there are two classifications of
states:

Legal states, in which you
are free to purchase, pos-
sess, and use hemp-derived
products, including CBD, and
conditionally-legal states. The
latter group of states allow
citizens to buy hemp-derived
products but there may be
some stipulations, such as the
purchase may need to be made
online or a medical card may
be required. According to the

Government of Canada, CBD
is a controlled substance under
United Nations drug con-
trol conventions, so that also
makes it a controlled substance
in Canada and other jurisdic-
tions. In Canada, products con-
taining CBD are subject to all
of the rules and requirements
that apply to cannabis under
the Cannabis Act and its reg-
ulations. This includes CBD
derived from industrial hemp
plants, as well as CBD derived
from other varieties of canna-
bis. Under the Cannabis Act,
activities with phytocannabi-
noids (including CBD) remain
illegal, unless authorized. This
act is nuanced, as edible can-
nabis was permitted for sale as
of October 17, 2019, with strict
regulations to reduce appeal
to youth and risk of acciden-
tal consumption. The legisla-
tion regarding CBD and other
cannabis products continually
evolves in North America, so it
pays to stay abreast of changes
before choosing to use CBD.

New grant available to help
improve Minnesota's soil health

Applications for soil health
equipment grants due March
20th.

Applications are now open
for the Minnesota Department
of Agriculture's (MDA) new
Soil Health Financial Assis-
tance Pilot Program soil health
equipment grants.

These grants are available
to individual producers, pro-
ducer groups, and local govern-
ments to purchase or retrofit
soil health equipment. Grant
awards will provide up to 50%
cost-share, with a minimum
award of \$500 and a maximum
award of \$50,000. A total of
\$475,000 is available for the
Soil Health Financial Assis-

tance Pilot Program soil health
equipment grants.

"We recognize that build-
ing soil health is important to
water quality and our other
natural resources in Minne-
sota," said MDA Commissioner
Thom Petersen. "Implement-
ing soil health practices on
farms, however, often requires
specialized, expensive equip-
ment and machinery. The Soil
Health Financial Assistance
Pilot Program will help offset
equipment costs, helping to
expand the number of farm-
ers and acres engaged in soil
health activities."

Examples of eligible new or
used equipment include, but

are not limited to, no-till drills,
air seeders, highboys, vari-
able-rate equipment, retrofit proj-
ects to allow no-till planting,
and more. Parts and materials
used to retrofit existing equip-
ment are also eligible.

The Request for Propo-
sals and application link can
be found at www.mda.state.mn.us/soil-health-grant. Ap-
plications are due March 20,
2023.

Minnesota's soil health ef-
forts tie into the work of the
State Water Plan, Nutrient
Reduction Strategy, emission
reduction targets, Climate Ac-
tion Framework, and other ob-
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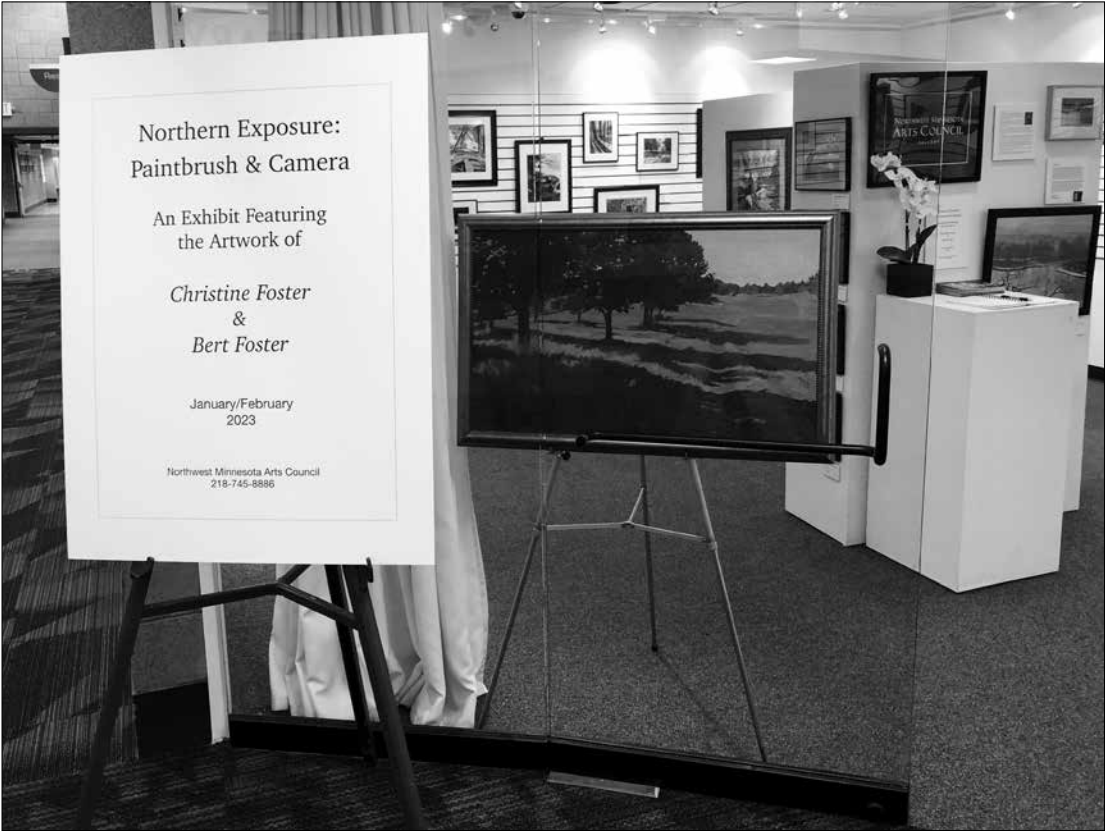
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Northern Exposure: Paintbrush and camera
An exhibit featuring the artwork of Christine Foster & Bert Foster

The Northwest Minnesota Arts Council (NWMAC) is pleased to announce Northern Exposure: Paintbrush and Camera -- An Exhibit Featuring the Artwork of Christine Foster and Bert Foster. The exhibit is open through Friday, March 3 at the NWMAC Gallery at Northland Community and Technical College in Thief River Falls.

The exhibit is composed of paintings created by Christine Foster and photographs taken by Bert Foster. Christine Foster has a masterful way of painting light amid everyday life. With rural scenes from NW Minnesota, Christine Foster's work feels like you're back on the farm. Of the photography in the exhibit, Bert Foster explained, "This exhibit is comprised of photos taken over the past four years. All the places, people, and animals you see are in Minnesota. These images come from the North Shore of Lake Superior, the Itasca State Park area, the Park Rapids lakes area, and my own backyard outside of Thief River Falls -- some of my favorite places in our beautiful state. My selection of color and black and white images capture scenes that inspire me and will hopefully inspire those who view them."

Bert is a long-time photographer. He said, "I have been taking photos for about as long as I can remember. I recall snapping my first pics at age 8 using my parents' Kodak Instamatic. In middle school I bought my first camera, a Kodak that produced instant prints, like a Polaroid. In high school I got my first 35mm SLR camera, and it's been on

and on from there...

My favorite subject to photograph is Nature. I greatly enjoy camping, hiking, and exploring the outdoors. While I am experiencing beautiful and interesting places, I love to capture images of what I see. Through my photos I seek to portray Nature in a way that is both familiar and unique, engaging, and inspiring."

Bert appreciates the photography workshops that he's taken with the help of grants from the Northwest Minnesota Arts Council. Through the workshops, he learned new skills and was inspired to try new things as an artist.

Christine Foster is a visual artist who enjoys seeing the extraordinary in the ordinary. "When I discover that moment, I feel compelled to capture it. Capturing the light is essential! When I am in the process of creating, I feel timeless -- at one with my Creator and free. My favorite way of painting is plein air, where I paint outside directly at the site -- the sounds I hear, the weather I feel, and the sights and smells I experience all influence the artwork. Art is about the communication between the artwork, the Creator, and the artist, and the artwork, the Creator, and the observer. Art is not just the end-product itself. Art is an expression, an experience, and a communication."

Christine specializes in drawing, oil, and watercolor and has been a working artist for over 30 years. She graduated from Bethel College (University) with a Bachelor of Arts in Studio Art and Art Education and had the privilege of mentoring under Dale John-

son. Dale taught her vision, visual expression, and artistic inspiration. She then had the honor of being mentored by Joe Paquet, a nationally renowned artist, for 7 years. Joe taught her how to see, as well as how to capture value, light, atmosphere, and color. He also showed her how to find unity and connectedness in her painting.

You won't want to miss this interesting exhibit! Please join us for an Artist Reception with Christine and Bert on Tuesday, January 31 from 6 to 8 pm at the gallery.

For a virtual tour of the exhibit go to <https://youtu.be/n3BEnrQIPBs>.

The NWMAC Gallery is located at Northland Community and Technical College in Thief River Falls. The gallery hours are Monday-Friday from 8:30-5 PM and at other times when events are held at the college. Enter through Door B, which is right next to the gallery. Visitor parking is free.

For more information about our exhibits look to our website at www.NWArtsCouncil.org, or if you are an artist interested in exhibiting a body of work with NWMAC, please contact Trey Everett at (218) 745-8886 or email NWArtsCouncil@gmail.com. This exhibit is made possible with funding from The McKnight Foundation.

Please sign up for our e-newsletter on our website home page to see the latest news and grant announcements. Email director@NWArtsCouncil.org or call 218-745-8886 to reach our office during regular business hours.



(l-r) Sydney Svalen, Ella Strom, Cameron Svalen, Josie Forman and Evie Ryan performed in the Win-E-Mac One-Act play "The Bully Pulpit" last Sunday at the Arts & Events Center.

College News

The following students have been named to the Minnesota State University Moorhead dean's list in recognition of academic achievement fall semester 2022. Students must maintain a 3.25 or higher grade-point average and carry 12 graded credits to qualify for the honor.

MSU Moorhead is a comprehensive university offering more than 130 majors, emphases and options, 14 graduate degree programs, 38 certificate options, and 16 areas of teacher licensure preparation. MSUM is a member of the Minnesota State system.

Bailee Burcham - Nursing, Win-E-Mac School, Winger
Clara Girdler - Nursing Lafayette High School, Red Lake

Falls
Noah Ostenaar - Business Administration, Win-E-Mac School, Erskine
Leah Peterson - Elementary Inclusive Education, Red Lake County Central, Oklee
Aries Qualey - Computer Science, Win-E-Mac School, Erskine
Leah Sorvig- Speech/Language/Hearing Science, Lincoln Senior High School, Red Lake Falls
Savahanna Svalen - Elementary Inclusive Education. Win-E-Mac School, McIntosh
Ethan Thompson - Social Work, Red Lake County Central, Gully
Mia Thompson - Speech/Language/Hearing Science, Win-E-Mac School, Mentor

Ad deadline:
Noon Friday

WEM School Announcements

Snowfest will be February 6-10. Friday the cheerleaders will be having a pepfest at 2:10pm. There will also be a semi formal dance on Friday night after the girls' basketball game.

Dress up days for Snowfest:
Monday: Pajama Day
Tuesday: Minnesota Day (Sports teams, colleges, or just Minnesota Themed)
Wednesday: Say No to Snow (Beach Day)
Thursday: Elementary- Dress like you are a 100- High School- Spotlight day (Red if you are in a relationship, Yellow if it is complicated, Green if you are single)
Friday: Spirit Day



Class President candidate, Barbara (Sydney Svalen) with her best friend Katie (Ella Strom) during the One Act Play, "The Bully Pulpit" performed last Sunday at the Win-E-Mac Arts & Event Center.



Brian (Cameron Svalen) and Lee (Josie Fortman) discuss the class president candidate, Barbara during the recent One Act Play production at Win-E-Mac School.