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McIntosh, Minnesota



The ensemble of Sydney Svalen, Josie Fortman and Cameron Svalen received both a Superior and Best of the Day rating for a Million Dreams at the recent Ensemble Contest.



Neveah Simpson, Josie Fortman and Ella Strom received both Superior and Best of the Day ratings for their Flute Trio in Waubun during the recent Ensemble Contest.

Pictured below: On Saturday, March 11th, The Polar Beach Snowmobile Club hosted a Vintage Snowmobile Ride. The Club and riders met at the Polar Beach Clubhouse in McIntosh and cruised their vintage sleds along the freshly groomed trails around the area. Though there were breakdowns and gasoline emergencies, the riders all safely made their way to Winger and back to the Clubhouse and enjoyed a meal, and some fun awards. You can see the award recipients on page 3 of this weeks McIntosh Times. Here, a part of the 21 riders taking a break on a portion of the trail while waiting for some others helping with sled troubles. It wouldn't be a vintage ride without some breakdowns. Anyone interested in joining the Polar Beach Snowmobile Club is welcome, contact a member.

Potato Klub luncheon
The potato Klub Lunch hosted by the Calvary Sunday School will take place on Sunday, March 26th from 11:30 am to 1:30 pm at Calvary Lutheran Church in Winger.
There is a free will offering for the lunch that will help to support the church's general fund. The lunch is hosted and served by the Calvary Lutheran Sunday School class, staff and parents. All are welcome to attend.

Successful music contest for WEM musicians

On Monday, March 13th it was a very successful day for Win-E-Mac musicians.

This year's Ensemble Contest was held in Waubun, Minnesota, where 8 vocal and 5 instrumental ensembles participated in contest from Win-E-Mac School.

Win-E-Mac received 11 Superior (Double Star) and 2 Excellent (Single Star) ratings. Our school also had 3 groups that were chosen as Best of the Day ensembles.

Ensembles receiving both a Superior and Best of the Day rating were as follows: Neveah Simpson, Josie Fortman and Ella Strom (Flute Trio), Sydney Svalen, Josie Fortman and Cameron Svalen (Million Dreams) and the Senior Group consisting of Jayden Gensburger, Kylie Geray, Laila Roragen, Jamison Nichols, Tommy Revier, Nadelly Neubert, Izabelle Ostenaa, Alecia Hancock-Fitzgerald, Jonathan Moritz and Justin Courneya (The Wellerman)

Ensembles receiving Superior (**) ratings were as follows: Shelby Mandt, Kassidi Qualey, Claire Juve and Daniel Boianoff (Saxophone Quartet), Shelby Mandt, Kassidi Qualey and Claire Juve (Saxophone Trio), Sydney Svalen and Cameron Svalen (Sunrise, Sunset), Women's Group consisting of: Isabelle Morinville, Laila Roragen, Ella Strom, Nadelly Neubert, Jayden Gensburger, Izabelle Ostenaa, Alyssa Morberg, Ava Howard and Kylie Geray(I Still have Faith in You), Women's Group consisting of: Livaeh Kiecker, Sydney Svalen, Emily Olson, Clare Stuhau, Emelia Boianoff, Presley Hau, Lauren Kaupang, and

Paige Breitbach (I Will Sing You the Stars), Thomas Revier and Livaeh Kiecker (People Will Say We're in Love), Jayden Gensburger, Emelia Boianoff and Josie Fortman (Misty Morning), Laila Roragen and Izabelle Ostenaa (All Through the Night)

Ensembles receiving an Excellent (Single Star) ratings were as follows: Nadelly Neubert, Izabelle Ostenaa and Paige Breitbach (Clarinet Trio) and Julian Janisch and Ericka Kramer (Clarinet Duet)

The accompanists for the contest this year were: Andrew Hanson and Charity Salmonson.

All our musicians represented our school well, and we are so proud of them.

Congratulations on a job well done!

March McIntosh Council meeting addressed dogs at large among other subjects

Regular Council Meeting
Thursday March 9, 2023
5:30 p.m.
Community Center

Call to order:
Mayor Strom called the meeting to order at 5:30.
Pledge of Allegiance:
Roll call:

Members present: Toby Strom, Jordan Gunufson, Luke Burd, Beth Hagen and Luke Syverson

Melissa Finseth – Clerk/Treasurer

Rebecca Boehrnsen - Licensed Assisted Living Director for Poplar Meadows of McIntosh

Guests: Colleen Hoffman – Hoffman, Philipp and Martell, pllp, Laura Paskvan and family, Alison Opdahl and family, Adam and Sebrina Strutz.

Determination of quorum:
Quorum was met.

Agenda additions:

Approval of minutes:
February 7, 2023 regular council meeting

Motion by Jordan Gunufson and seconded by Luke Burd to approve the February 7, 2023 regular council meeting minutes. Passed unopposed.

February 22, 2023 Township/Fire department meeting

Motion by Jordan Gunufson and seconded by Luke Syverson to approve the February 22, 2023 Township/Fire department meeting. Passed unopposed.

Public concerns:
Alison Opdahl was in attendance to revisit setting up the chain link fence that was donated to the City, by Carol Ann Reese, in 2017, for a dog park. The park is to be located on the west side of the baseball field. Council asked that Alison calculate how many posts are needed to install the fence and get back to them.

MEDA and Poplar Meadows:

Rental status

Rebecca Boehrnsen reported that Poplar Meadows currently has twenty-two residents. two – two bedroom apartments and three - one bedroom apartments available.

Approve Poplar Meadows monthly bills

Motion by Jordan Gunufson and seconded by Luke Syverson to approve the monthly bills in the amount of \$69,927.51. Passed unopposed.

Debt payment

Motion by Luke Syverson and seconded by Luke Burd to approve a \$5,000.00 debt payment from Poplar Meadows. Passed unopposed.

Old business:

a. Water tower

Melissa Finseth informed the council that Northland Securities provided a preliminary debt service schedule for the water tower project. bonds are based on the current bond market with a thirteen-year term which has an approximate annual bond payment of \$35,700.00.

Northland is working with the City bond attorney to prepare the resolution for the City Council to approve at the April 13, 2023 meeting. Approval of the resolution will lock in the rates and terms of the financing. The estimated closing date is May 4, 2023.

b. Carpet quote

Motion by Luke Syverson and seconded by Jordan Gunufson to approve the carpet quote, from Schulz Carpeting, in the amount of \$6,739.00. The McIntosh Community Center offices are in need of replacement from over

thirty years of use. Passed unopposed.

New business:

a. 2023 municipality tort liability coverage waiver

Motion by Jordan Gunufson and seconded by Beth Hagen to not waive the monetary limits on municipal tort liability. Passed unopposed.

b. Mosquito control for 2023

Motion by Luke Syverson and seconded by Jordan Gunufson to approve the 2023 control of mosquitoes and forest tent caterpillars. The total charge for each application is estimated to be \$1,080.00. Passed unopposed.

c. Set clean-up week

Motion by Luke Syverson and seconded by Luke Burd to make the last week in April the permanent time-frame for clean-up week, passed unopposed.

d. 2022 audit report

Colleen Hoffman was in attendance to go over the 2022 audit report with the City Council. a copy of the report will be made available, to the public, at the City Clerk's office.

Approval of monthly bills:

Motion by Jordan Gunufson and seconded by Luke Syverson to approve the monthly bills in the amount of \$21,810.05. Passed unopposed.

Council & staff reports:

Toby Strom informed the council of more reports of dogs running loose in town. Pet owners must keep their animals under control at all times per city ordinances.

Notices & correspondence:

Adjournment:

Motion by Luke Syverson and seconded by Luke Burd to adjourn the meeting at 6:00. Passed unopposed.



Budget-friendly ways to freshen up your home's exterior

As any homeowner knows, renovation projects tend to cost a lot of money.

The average cost of a home renovation is difficult to gauge, as such endeavors run the gamut from complex projects like a kitchen overhaul to simpler ones like painting a room inside a home. Indeed, the National Association of the Remodeling Industry notes that scope is what drives the cost of a renovation project.

Though there might not be an "average cost" of a renovation project, homeowners can expect to spend thousands of dollars on projects that are not very small in scale.

Navigating such an expense at a time when inflation remains high might be difficult for some homeowners looking to maintain the appearance of their home exteriors. However, there are many budget-friendly ways homeowners can tend to the exterior of their properties.

· **Power washing:** Power washing won't break the bank but it can revive the look of a home. Power washing removes dirt and grime from the siding of a home and a power washing can be used to clean porches, walkways and patios as well. Hardware chains like Home Depot and Lowes typically rent power washers, but homeowners who don't want to do it themselves can hire a professional for a few hundred dollars, if not less. Power washing after winter can be a good idea, as the elements can take a toll on a home's exterior. A good power washing before spring and summer entertaining season can thus give a home a fresh, clean look without breaking the bank.

· **Furnished front porch:** A furnished front porch can serve as a welcome sign to neighbors and provide a great place to relax with a morning



cup of coffee and a good book. Homeowners with a small porch won't need to bust their budgets to upgrade their front porch furnishings. Some small chairs with bright cushions, a small table and a rug underfoot can revamp an entryway at low cost.

· **Window box installation:** Installing window box planters is another cost-effective way to brighten up a home's exterior. Homeowners can hang window boxes outside windows on the front of their homes and then fill them with brightly colored flowers to add an inviting pop of color to their home exteriors. The experts at Better Homes &



Winner of Neil's Quality Meats & More Christmas Drawing was finally able to get her Prize. Congratulations Kayla Warne of Roseau.

Gardens urge homeowners to take weight into consideration before buying window planters. Keep in mind that soil and developed plants can be heavy, so look for a sturdy box as well as one that has drainage holes.

· **Replace hardware:** Another simple way to freshen up a stale exterior is to replace hardware. Door knobs, knockers, house numbers, and even the mailbox can appear dated after a while. Replacing these items is inexpensive and quick but can have a profound impact on how the exterior of a home appears to residents and visitors.

Exterior renovations need not break the bank. Various simple and inexpensive tweaks can quickly revitalize the exterior of a home.



The first Winner from Neil's Quality Meats & More Let's Get Lucky Event is Ernie Agnes Jr. from Fosston.

Save the date:

The McIntosh-Winger Class of '73 would like to invite members of the classes 1971-1975 and former teachers for a night to reconnect with old friends on Saturday June 10, 2023 starting at 6:00 pm at the Winger Community Center. More details will be available later.

Potato Klub Lunch

Hosted by the Calvary Sunday School
Calvary Lutheran Church, Winger, MN
March 26th from 11:30 - 1:30 PM

NOTE
DATE CHANGE

Free will offering to support
the church's general fund.

Did you know?

Consumers familiar with the disparity in price between organic fruits and vegetables and conventional alternatives may be curious if that difference in price pays off with healthier foods.

According to a 2014 study published in the British Journal of Nutrition, it does.

Researchers behind the study concluded that the antioxidant compounds in organic fruits and vegetables deliver between 20 and 40 percent



higher antioxidant activity. That's a significant benefit, as the Harvard T.H. Chan School of Public Health notes that antioxidant-rich fruits, vegetables and legumes are associated with a lower risk of various diseases, including cardiovascular diseases and cancer, and deaths from all causes.

In addition, the Mayo Clinic notes that organically grown produce has traditionally had lower levels of pesticide residue than conventionally grown alternatives, though safety measures governing conventional produce and residue levels have changed in recent years and reduced that gap.

Salem Cemetery

Assn. Annual Meeting

The Salem Cemetery Association Annual Meeting will take place on Saturday, April 2, 2023 at 7:00 pm at the McIntosh Community Center.

For those who wish to use our services or have family members in the cemetery.

LSS
Meals Menu
687-2262

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

Mon. March 27: Polish Sausage - Boiled Potatoes - Sauerkraut - Wheat Rolls - Vanilla Pudding - Milk

Tues. March 28: *Bingo* Lemon Pepper Fish - AuGratin Potatoes - Broccoli - Bread - Butterscotch Pudding - Milk

Wed. March 29: Chicken Fried Beef Steak - Mashed Potatoes & Gravy - Carrots - Wheat Bread - Tropical Fruit - Milk

Thur. March 30: *Bingo* Poor Man's Steak - Boiled Potatoes & Gravy - Green Beans - Wheat Roll - Sliced Peaches - Milk

Fri. March 31: Closed

Wed. March 22: Dianne Roed

Thurs. March 23: Roy Ostenaar, Mark Lee, Nicole Violette, Kelsey (Thompson) Mahlum

Sat. March 25: Anya Modac

Sun. March 26: Steve Haaven, Kris Johnson, Dayton Espeseth, *Chris & Tiffany Wirth

Mon. March 27: Eileen Hegg, Bruce Haaven, Don Boehrnsen, Patrick Roed, *Toby & Jessica Strom, *Larry & Melissa Finseth

Tues. March 28: Steve DeFrang, *Wayne & Vicky Strom

Refreshments will be served following the program.

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.

FCA early enrollment

Freedom Christian Academy in Erskine will hold an early enrollment Open House for students preschool and up.

The event will take place on Thursday, March 30th from 4:00 pm to 7:00 pm at the school located at 505 Ward Avenue in Erskine.

If you have any questions, please contact Holly at 218-280-6190 or email kindergartent@fcaerskine.org.

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

Wed. March 22: 5:30pm Mass at St. Mary's, Fosston
Fri. March 24: 8:45am Mass at St. Mary's, Fosston
Sun. March 26: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Mar. 29: 5:30pm Mass at St. Mary's, Fosston
Fri. March 31: 8:45am Mass at St. Mary's, Fosston
Sun. April 2: 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 Pastor Rene Mehlberg Synodical Authorized Minister Katie DeMarais

Sun. March 26: 10:00am Coffee Hour; 10:30am Worship Services

Sun. April 2: 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, March 26: 9:30am. Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com); 7:00pm Luther League with Deb Shafer from Pierre, SD (see article elsewhere in the paper)

Tues, March 28: 10:00am. Sunday worship service telecast on GVTN-30

Wed, March 29: 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. March 26: 9:00am Worship
Sun, April2: 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.

CITY OF MCINTOSH MCINTOSH, MINNESOTA STATEMENT OF NET POSITION DECEMBER 31, 2022

EXHIBIT 1

	Governmental Activities	Business-type Activities	Total
Assets			
Cash and pooled investments	\$ 568,861	\$ 303,400	\$ 872,261
Investments	170,564	156,877	327,441
Taxes receivable			
Current	3,917	4,124	8,041
Prior	10,032	10,791	20,823
Special assessments receivable			
Current	1,497	2,901	4,398
Prior	5,730	24,003	29,733
Accounts receivable	-	34,446	34,446
Internal balances	340,795	(340,795)	-
Loans receivable	216,218	-	216,218
Special assessments receivable - noncurrent	11,508	154,098	165,606
Capital assets			
Non-depreciable	267,807	283,259	551,066
Depreciable - net of accumulated depreciation	309,681	3,385,970	3,695,651
Total Assets	\$ 1,906,610	\$ 4,019,074	\$ 5,925,684
Deferred Outflows of Resources			
Related to pensions	\$ 21,167	\$ 157,938	\$ 179,105
Liabilities			
Accounts payable	\$ 18,955	\$ 12,611	\$ 31,566
Salaries payable	878	25,305	26,183
Compensated absences	797	19,374	20,171
Accrued interest payable	-	7,001	7,001
Customer deposits	-	12,600	12,600
Long-Term Liabilities			
Due within one year	24,687	301,000	325,687
Due in more than one year	50,234	2,251,855	2,302,089
Net pension liability	62,806	451,996	514,802
Total Liabilities	\$ 158,357	\$ 3,081,742	\$ 3,240,099
Deferred Outflows of Resources			
Related to pensions	\$ 8,172	\$ 16,789	\$ 24,961
Net Position			
Net investment in capital assets	\$ 502,807	\$ 1,195,229	\$ 1,698,036
Amounts restricted for			
General government	297,949	-	297,949
Economic development	190,103	-	190,103
Wastewater Infrastructure Replacement Fund (WIF)	-	104,790	104,790
Unrestricted amounts	770,389	(221,538)	548,851
Total Net Position	\$ 1,761,248	\$ 1,078,481	\$ 2,839,729

MTC

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"Serving the Win-E-Mac area"

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Congratulations to Terry Strom for "earning" the Polar Beach Bum award. Terry blew up his sled about a third of the way to Winger and while he had competition for not getting his sled back in one piece he was able to take home the prize by being the first.



Nobody deserved the "Hard Charger" award more than Bobby Strom! After his motor mounts rattled apart leaving his sled on the side of the road for rescue, he hopped on and rode two-up to Winger. On the way back he rode his brother's sled which was having issues only to run out of gas and needed to be pulled home anyway.



Clyde Kringle cleaned house taking home the "Most Vintage Rider" award and "Best Dressed". I think that suit could win every year!



Cole Peterson and his grandpa Dan Peterson jostle over the "People's Choice Sled" bringing in the old Ultra Triple! They both took turns riding.

RiverView Health to close skilled nursing facility

Skilled nursing facilities nationwide are facing severe challenges. RiverView Health's Memory Care is no exception.

Residents and staff were notified earlier this week that RiverView Health would no longer operate its skilled nursing facility, closing RiverView Memory Care. Resident transition teams are working with the families of the 17 residents to guide them through the relocation process.

Due to significant shortages of nursing assistants and licensed nurses, RiverView's Memory Care has increasingly been forced to provide resident care through temporary, traveling staff. The cost of traveling labor hit a record high in 2022, almost doubling from the year before. In 2022, traveling labor costs exceeded \$725,000 for Memory Care. With the State of Minnesota capping in place for spending on travel labor, RiverView Health was left to subsidize the extra labor expense.

"Without the State of Minnesota acting to ensure skilled nursing facility rates are adequate to cover the cost of care, hospitals that own skilled nursing facilities, like RiverView, are forced to cover the losses from depleting hospital reserves," stated Carrie Michalski, RiverView President and CEO. "These losses also

take a toll on the community health system.

"RiverView Health is the only hospital in Crookston and the primary hospital for many surrounding communities. Fortunately, Crookston has another exceptional provider of skilled nursing services, Benedictine Living Community-Crookston, operated by Benedictine."

An agreement between RiverView and Benedictine Crookston has been established to help facilitate transfer between the two facilities for residents wishing to stay in Crookston. Due to the Memory Care closure, the State of Minnesota will provide an estimated \$49,000 in annual incentive payments to skilled nursing facilities near Crookston. "We are hopeful the State will agree that 100% of that money should stay in Crookston to strengthen the funding for services in our area."

"If it takes our small unit closing for the State to better fund services in the community, that will be a silver lining to this very difficult decision," Michalski concluded.

Severance packages and retention incentives have been offered to staff participating in the transition, with the hope that Memory Care staff will apply for open positions within RiverView Health.

7 ways to incorporate more blueberries into your diet

Fruits and vegetables are vital components of a nutritious diet, and few foods pack a more nutritional punch than blueberries.

Verywell Health says blueberries are touted as a superfood because they are full of antioxidants, vitamins, fiber, and phytochemicals, which are micronutrients that can significantly lower LDL cholesterol and reduce the risk of heart disease. Blueberries also are low in saturated fat and may help lower triglyceride levels. A study published in the Journal of the Academy of Nutrition and Dietetics found that women who consume blueberries on a daily basis have lower blood pressure. Furthermore, researchers in Finland determined a berry-rich diet supports healthy aging and controls the risk of chronic diseases.

Enjoying a blueberry muffin or a cup of blueberries with breakfast are two ways to consume more blueberries. But those are not the only ways to incorporate more blueberries into your diet.

1. Make a smoothie. Blend blueberries into a smoothie containing frozen yogurt and other fruit. Drink it any time of the day as a filling snack or even a small meal.

2. Whip up blueberry relish. Diced fresh blueberries

tossed with onion, diced tomato and various seasonings can be used to top fish tacos or spread on toast rounds.

3. Create a fruit salad. Blend together various fresh fruits into a delicious fruit salad. Squeeze fresh lemon juice on top to prevent browning of the fruits used.

4. Whip up overnight oats. Mix equal parts of almond milk, oats and Greek yogurt together in a container and let sit overnight. In the morning, mix in favorite some blueberries. Add a little pure vanilla extract for added flavor.

5. Add blueberries to batters. Mix blueberries into pancake or waffle batters to add extra nutrients to meals.

6. Flavor your drinks. Drop blueberries into water, fruit juices or lemonade for a nutritional boost. Dress up sangria with blueberries for an added punch to this popular cocktail.

7. Mix up energy bites. Pair nuts, oats, chia seeds, flax seeds, and other healthy ingredients with blueberries. Utilize maple syrup or honey to keep ingredients together, and bake until golden brown. Many different recipes are available online for these types of treats.

Blueberries make nutritious additions to any diet more or make a meal more flavorful.

New dashboard offers greater resolution on violent death data in Minnesota

Health officials today announced the launch of a new dashboard as a comprehensive public health tool for visualizing the state's violence data. This dashboard is among the first of its kind, making it easier for users to see some of the circumstances related to violent deaths at the county level. It allows policy makers, media and other stakeholders to observe trends in violent deaths over time and among groups of Minnesotans, which can help them develop more effective approaches to prevent such deaths.

The dashboard uses data from the Minnesota Violent Death Reporting System, which pulls together information about violent deaths including suicide, homicide, unintentional firearm, law enforcement intervention or other undetermined violent death between 2015 and 2020.

"This dashboard gives us more detailed information on which populations are experiencing the tragedy of violent deaths, and what the circumstances are surrounding these deaths," said Minnesota Commissioner of Health Dr. Brooke Cunningham. "By pulling this data together into one dash-

board, we can better understand where and why these deaths are happening and work with our partners to develop tailored strategies to protect Minnesotans."

For example, the dashboard indicates that 55% of those dying by suicide during 2015-2020 had a current mental health problem and 48% had a history of mental health treatment.

The data suggests opportunities to prevent suicides by increasing the effectiveness of treatments and access to those treatments. The dashboard also suggests that some of the Minnesotans at the highest risk for suicide include American Indian males in their teens and 20s and white men, ages 35-64, in rural areas who have access to guns and less access to mental health care.

The Minnesota Violent Death Reporting System pulls together data from death certificates as well as death investigation reports from medical examiners, coroners and law enforcement.

It is a part of the National Violent Death Reporting System, which is overseen by the Centers for Disease Control and Prevention (CDC).

The new dashboard provides context about violent deaths by collecting more than 600 unique data elements. It includes violent death information regarding relationships, locations, methods and demographics.

Data on the dashboard indicate some of the following patterns.

- Homicides and homicide rates spiked in 2020—a trend also observed nationally—while other manners of violent death did not.

- Firearms were used in 45% of suicide deaths, 65% of homicide deaths and 54% of interpersonal violence homicide deaths. Most firearm deaths, 75%, were suicide. Minnesota has large racial disparities in suicide and homicide rates. Suicide rates in Minnesota are highest among the American Indian population, more than 70% higher than for the white population.

- Homicide rates in the state are highest among the Black or African American population and the American Indian population, more than 10 times the rate of the white population.

- Antidepressants were found in the systems of 29.8% of females who died by suicide,

compared to 12.1% in males.

- Most often the victim and suspect in a homicide knew each other.

- Spouses were suspected as the perpetrator in 21.1% of homicide cases where the victim was female. The victim's boyfriend or girlfriend was suspected in an additional 15.5% of cases.

- In homicide deaths, the most common circumstance recorded, 32.9%, was an "argument or conflict" precipitating the death.

The development of the dashboard was made possible with the support of The Joyce Foundation.

"We're excited to support this groundbreaking data dashboard and the innovative approach being taken by the Minnesota Department of Health to keep our communities informed with such important and timely information," said Tim Daly, Joyce's Gun Violence Prevention and Justice Reform program director. "This tool will provide us with more accurate data to better understand what is happening in communities and allow us to make more informed policy and practice decisions."

Initiatives to improve pub-

lic safety are part of Governor Tim Walz and Lieutenant Governor Peggy Flanagan's recent legislative budget proposals. The One Minnesota Budget includes spending \$300 million in public safety aid to cities, counties, and tribal governments across the state.

To reduce gun violence, the budget proposes universal background checks on all firearm sales, extreme risk protection orders to help remove firearms from those who pose an immediate threat to themselves or others, raising the minimum age for purchasing military-style firearms to 21 years old, banning high-capacity magazines and promoting safe storage of firearms.

The budget also includes the Violent Crime Reduction Strategy, a new statewide initiative to address violent crime, and the budget would also establish the Office of Missing and Murdered African American Women to promote the safety and success of Black women and girls.

Some funds would also be used for a statewide campaign to help prevent gun-related injuries and theft. In addition to a statewide education program helping Minnesotans learn

how to safely store firearms, the Department of Public Safety (DPS) will continue to provide free cable gun locks across the state at community events. DPS, in partnership with other state agencies, began providing free gun locks and education in 2022 through the "Make Minnesota Safe & Secure" initiative spearheaded by Governor Tim Walz and Lt. Governor Peggy Flanagan. To date, more than 42,000 free gun locks have been distributed.

If you or someone you know needs crisis supports or is thinking of suicide, call 988 Suicide & Crisis Lifeline for support 24 hours a day, seven days a week, 365 days a year.

The Minnesota Office of Justice Programs also has a list of Minnesota Resources for Crime Victims at <https://dps.mn.gov/divisions/ojp/help-for-crime-victims/Pages/resource-list-victims.aspx>

To learn more, visit the Minnesota Violent Death Reporting System (MNVDRS) Dashboard at <https://www.health.state.mn.us/communities/injury/midas/mnvdrs.html>

You can visit The One Minnesota Budget page at: <https://mn.gov/governor/minnesotabudget>



Win-E-Mac Seniors that received a Best of the Day rating at the Ensemble Contest held in Waubun recently were: Justin Courneya, Jayden Gensburger, Kylie Geray, Layla Roragen, Jamison Nichols, Jonathan Moritz, Josie Fortman, Izabelle Ostenaar, Nadelly Neubert and Tommy Revier.



Win-E-Mac ensembles receiving both a Superior and Best of the Day rating were as follows: Neveah Simpson, Josie Fortman and Ella Strom (Flute Trio), Ensembles receiving Superior (**) ratings were as follows: Shelby Mandt, Kassidi Qualey, Claire Juve and Daniel Boianoff (Saxophone Quartet), Shelby Mandt, Kassidi Qualey and Claire Juve (Saxophone Trio), and Ensembles receiving an Excellent (Single Star) ratings were as follows: Nadelly Neubert, Izabelle Ostenaar and Paige Breithach (Clarinet Trio) and Julian Janisch and Ericka Kramer (Clarinet Duet) at the Waubun Ensemble Contest.



Vocal ensembles receiving both a Superior and Best of the Day rating were as follows: Sydney Svalen, Josie Fortman and Cameron Svalen (Million Dreams) and the Senior Group consisting of Jayden Gensburger, Kylie Geray, Laila Roragen, Jamison Nichols, Tommy Revier, Nadelly Neubert, Izabelle Ostenaar, Alecia Hancock-Fitzgerald, Jonathan Moritz and Justin Courneya (The Wellerman) Ensembles receiving Superior (**) ratings were as follows: Sydney Svalen and Cameron Svalen (Sunrise, Sunset), Women's Group consisting of: Isabelle Morinville, Laila Roragen, Ella Strom, Nadelly Neubert, Jayden Gensburger, Izabelle Ostenaar, Alyssa Morberg, Ava Howard and Kylie Geray (I Still have Faith in You), Women's Group consisting of: Livaeh Kiecker, Sydney Svalen, Emily Olson, Clare Stuhau, Emelia Boianoff, Presley Haugen, Lauren Kaupang, and Paige Breithach (I Will Sing You the Stars), Thomas Revier and Livaeh Kiecker (People Will Say We're in Love), Jayden Gensburger, Emelia Boianoff and Josie Fortman (Misty Morning), Laila Roragen and Izabelle Ostenaar (All Through the Night).

Apply now for an arts grant

Additional deadline is May 1st.

Applications are open to nonprofit arts organizations, communities, schools, individuals and other nonprofit organizations.

Applications are being accepted from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake and Roseau counties.

Nonprofits and government organizations can apply for one arts project at a time. Upcoming grants deadlines for these are March 1. Grants are between \$500 and \$10,000. Funding sources for these grants are Clean Water, Land and Legacy funds and general allocation funds from the State of Minnesota.

Organizational arts activities funded through these two very important grant opportunities include festivals, community theatre projects, folk music entertainment, sponsorship of visual demonstrations, creative writing workshops and many other activities that improve the quality of life of

people in our communities. This is a great way to bring arts experiences to your community.

Schools in our seven-county region can also apply now for an Artist Residency grant of \$2,600 plus an additional \$400 if the residency needs supplies. Our teaching artist roster online is a great resource to view artists available to teach in our area.

Go to our www.NorthwestMinnesotaArtsCouncil.org website and click teaching artist roster on the left navigation bar. Another resource to view artists available to enhance curriculum is COMPAS.

Also available on a first come-first served basis are Quick Turn Around Grants for \$500. These grants can be used for missed gigs and income due to the pandemic. Use the Quick Turn Around application in the Individual Artist grants. See our website for more information and to apply!

To learn more about these grant programs and start an application visit www.NorthwestMinnesotaArtsCouncil.org.

org. The grant application process is completely online and NWMAC's Director Mara Hanel can help walk you through the process of using the grants portal to get accustomed to it. Please contact her at director@NWArtsCouncil.org or call 218-745-8886.



Starting on March 20, 2023 the Win-E-Mac locker room remodel will begin. The Fitness Room locker rooms will be closed for all outside patrons until June. The school will need to use these rooms for instructional purposes. The bathrooms located on the opposite side of the Fitness Room entrance will remain open.

Last call for 2023 yearbook orders. Sale Ends March 25th when the book is submitted. Cost is \$40. Forms in the office or Mrs. Winter's room.

Memory Night Boy/Mom Style is Saturday, April 15th. To register or for more information see form on school website www.wemschools.org

Prom Sign-up
Prom - Saturday, May 6th, 2023

Complete sign-up by February 25, 2023

All prom attendees must be signed-up and pay attendance fees ahead of time. Win-E-Mac seniors/juniors are invited to attend the prom. Attendees are expected to wear formal attire if possible. Sophomores and former graduates (under age 21) may attend as a guest of a WEM senior or junior. The cost to attend is \$20 each. Return forms (from Mrs. Winter's room) with payment directly to Mrs. Winter.

Preschool/Early Childhood Screening is a free and simple check of your child's growth, development, and learning.

A trained professional will check the following:

- Vision and hearing
- Height and weight
- Immunizations (shots)
- Large and small muscles
- Thinking, language, and communication skills
- Social and emotional development

Preschool/Early Childhood Screening is open to all children, ages three years old and up, who have not been screened. Children must be screened before entering preschool and kindergarten.

Polk County Public Health (Bjella Building) in McIntosh

Contact Heather Earls at Win-E-Mac to schedule an appointment for your child to be screened. hearsl@win-e-mac.k12.mn.us; Win-E-Mac: 218-563-2900



Meanwhile, heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season the shrimp with 1/2 teaspoon salt and 1/4 teaspoon pepper and cook, tossing occasionally, until opaque throughout, 3 to 4 minutes. Stir in the lemon juice and zest.

Add the shrimp mixture to the pasta, along with the feta, dill, the remaining 1/4 cup of oil, and 1/4 teaspoon each salt and pepper. Toss to combine.

Spaghetti has been enjoyed around the world for centuries. While spaghetti is most often associated with Italy, pasta has deep ties to other Mediterranean nations like Greece, and several territories of the Middle East and Arabian Peninsula.

In fact, centuries ago dry durable pasta was one of the main sources of nutrition for Arab traders, including those who landed in Sicily.

The flavor profile of spaghetti can change significantly depending on which ingredients are added. Cooks needn't feel beholden to the standard "spaghetti and meatballs" recipe. "Spaghetti with Shrimp, Feta and Dill," for example, may take its inspiration from Greek cooking. Enjoy this recipe, courtesy of "Real Simple Dinner Tonight: Done!" (Time Home Entertainment) from the editors of Real Simple.

Spaghetti with Shrimp, Feta and Dill

Serves 4

12 ounces spaghetti (3/4 box)

1/4 cup plus 1 tablespoon olive oil

1 pound peeled and deveined large shrimp

Kosher salt and black pepper

2 tablespoons fresh lemon juice

1 teaspoon grated lemon zest

3 ounces feta, crumbled (3/4 cup)

2 tablespoons coarsely chopped fresh dill

Cook the pasta according to the package directions, drain and return it to the pot.

