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McIntosh, Minnesota

Looking back: 2023 in review

This year was a momentous one to report on. From public opinion in the U.S. to views around the globe, 2023 was chock full of shifts creating some notable highs and lows. Spanning U.S. politics and economics, global conflict, the workplace, wellbeing, and more.

January 2023:
January began with turmoil in the U.S. House of Representatives, with Kevin McCarthy requiring 15 ballots to be elected speaker.

Buffalo Bills player Damar Hamlin collapses from cardiac arrest after a tackle, causing the Bills' game against the Cincinnati Bengals to be cancelled and deemed as a no contest.

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.

The State of Minnesota named Saturday, January 22nd to be Local Quilt Shop Day In recognition of the importance of independent quilt shops to local economies. The

day is celebrated throughout Minnesota. Local Quilt Shop Day is an annual arts celebration focusing on the rich tradition and history of quilting in our communities.

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. The Win-E-Mac Robotics teams at the East Grand Forks Competition. 4 out of the Win-E-Mac 5 teams advanced to the elimination round. Team 5300A won the Skills Competition.

Win-E-Mac School adjusted the decision tree on COVID quarantine that began on Monday, January 17, 2022. All students will return to eating in the Commons during the designated times. Quarantines will be reduced to household contacts.

The McIntosh Friends of Veterans sponsored the Blood Drive in McIntosh. A total of 43 individuals volunteered to donate blood and 39 individuals were able to successfully donate at the Vitalant blood drive on January 31st.

Fourteen spellers from 5th grade to 7th grade competed in the 2023 Win-E-Mac School District Spelling Bee.

Ella Subbert, the 2023 Win-E-Mac School District Spelling Bee Champion, Bella Senn, who took second place in the competition, 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 furniture 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: Meghan Palubicki, The Red Poppy, Karen Norland, Northern Prairie Aromatherapy, Katherine Howard, Howard Soap Company, Andrea Stordahl, Minnesota Rust, and Margie Illies, Ginger Junker.

February 2023:
In February, the U.S. Air Force shot down a Chinese spy balloon that had drifted across North American airspace. Officials later concluded with high certainty that the balloon never transmitted any intelligence to China.

Joe Biden classified docu-

ments incident: The FBI conducts a planned search of President Biden's home in Rehoboth Beach, Delaware.

Win-E-Mac Student Council announced Snowfest will be January 31st through February 4th ending with the Snowfest dance.

The Polar Beach Snowmobile Club of McIntosh will hosted its' 2023 Fun Run on Saturday, February 12th. Players are to ride to the 7 bars and get a stamp at each stop. The number of stamps determine the number of cards drawn.

A warm, wet, and fast-moving storm system covered much of Minnesota with moderate to heavy rain on Tuesday February 14, 2023, before an intrusion of strong winds and cold air produced a short-lived but dangerous blizzard in western Minnesota and a "flash-freeze" over the rest of the state on Wednesday. The storm made it the wettest, rainiest Valentine's Day on record in some areas of Minnesota.

March 2023:
In March, former President Donald Trump was indicted in New York, the first of his four criminal indictments this past year.

Trial of Alex Murdaugh: Alex Murdaugh is convicted by

a jury and sentenced to life in prison without parole the next day for the murders of both his wife and son as well as two gun charges.

After many community members expressed interest in having backyard chickens in the recent months, the McIntosh City Council held a Public Hearing on the subject on Thursday, March 9, 2023 at 6:30 pm at the McIntosh Community Center. The public was able to comment on the request to allow chickens in the city limits on lots less than 10 acres.

Win-E-Mac School celebrated Read Across America week from February 27th through March 3rd. The National Education Association launched Read Across America in 1998 as a year-round program to celebrate reading. Given Dr. Seuss' impact on the reading world, his birthday (March 2nd) was declared Read Across America Day. This also commences Read Across America Week and Read

A Night to Remember for dads and daughters was Saturday March 18th. A special night for young girls ages 4 years old to 6th grade.

Polk County Sheriff's Department K9 Buffy was

doctoring with an unknown medical condition. After many visits to the veterinarian and several trips to the University of Minnesota Veterinary Medical Center, the sheriff's office received results of her medical condition. With sad news, the Sheriff, Jim Tadman felt the best decision for Polk County and Buffy, that she retire. K9 Buffy was a great asset for the county during her years of service.

Northwest Minnesota braced for substantial weather over the weekend as blizzard like conditions brought around 8 inches of wet, heavy snow to the area, along with strong winds causing travel to be greatly impacted and the National Weather Service to issue a Blizzard Warning over the course of most of the weekend. The blizzard warning that was issued was reason enough to postpone the Winger Lion's Pancake breakfast fundraiser that was to be held on Sunday, March 12th for Jane Vesledahl Olson and the Lion's moved it forward to this following weekend, Sunday, March 19th. In turn, the fundraiser lunch of potato klub for the Calvary Lutheran Church Sunday School, now took place on Sunday, March 26th.

100 years ago this month: Historical events from 1924

The month of January has been home to many historical events over the years. Here's a look at some that helped to shape the world in January 1924.

· Millionaire oil broker Courtland S. Dines is shot in the abdomen at his home on January 1. When police arrived on the scene, they found alcohol on the premises, causing a scandal during the Prohibition era.

· Flooding causes the water level of the Seine to rise in Paris, forcing the closure of railway stations on January 2.

· The exiled King Ferdinand is granted permission to return to Sofia by the Bulgarian government on January 2, prompting an immediate objection to the move by the Kingdom of Yugoslavia.

· On January 3, the governor of the Mexican state of Yucatán, Felipe Carrillo Puerto, is executed by rebels fighting for General Adolfo de la Huerta. de la Huerta was attempting to overthrow the government of President Alvaro Obregón, and Carrillo and three of his brothers were among 11 people killed by the rebels.



· The automobile manufacturer Walter P. Chrysler introduces his first car, the Chrysler Six Model B-70 sedan, on January 5 at the 24th Annual New York Automobile Show.

· Turkish President Mustafa Kernal Atakürk survives a bomb attack at his home on January 6. A visitor to the president's home asked to see him and then threw the bomb when Atakürk appeared.

· The British submarine HMS L24 sinks during a training exercise on January 10. The sub collided with the battleship HMS Resolution, and all 43 crew members aboard perish in the accident.

· Bengali activist for Indian independence Gopinath Saha shoots and kills Englishman Ernest Day, a civilian, in Calcutta on January 12. Saha believed he was shooting Calcutta police commissioner Charles Tegart, who was helping to lead the fight against the independence movement. Saha is arrested and subsequently tried and sentenced to death.

· The SMS Berlin embarks on a two-month tour of the North Atlantic Ocean on January 15. It is the first German Navy warship since the end of World War One to depart on an overseas voyage.

· On January 16, Argentine engineer Raúl Pateras Pescara breaks his own record for helicopter flight. Pescara keeps

his model 2F aloft in the air for eight minutes and 13.8 seconds at an altitude of around 15 feet near Paris.

· Ailing Russian leader Leon Trotsky is rumored to have been arrested on January 18. Despite the rumors, Trotsky is ultimately revealed to have been traveling to the Black Sea in an effort to overcome his illness.

· Richard Connell's short story "The Most Dangerous Game" appears in the weekly magazine Collier's on January 19. The story's theme of the hunter who becomes the hunted has since been adapted for countless stories.

· Following a stroke, semi-retired leader and founder of the Soviet Union Vladimir Lenin dies on January 21 at his estate in Gorki.

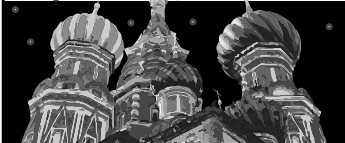
· On January 23, Britain and the United States sign a treaty that allows American authorities to search British ships suspected of rum-running.

· Oil tycoon Edward L. Doheny testifies on January 24 that he lent Senator Albert B. Fall \$100,000. Doheny's admission exacerbates the Teapot Dome Scandal that enveloped the administration of United States President Warren G. Harding.



· The first Winter Olympics open in Chamonix, France, on January 25.

· Prince Regent Hirohito marries Princess Nagako in an elaborate royal wedding in Tokyo on January 26. Within two years, Hirohito would become the 124th Emperor of Japan, a position he would retain, despite controversy, until his death in 1989.



· Lenin is laid to rest in a state funeral in Moscow's Red Square on January 27. Mourners brave frigid conditions, as the temperature drops to -35 F during the funeral.

· Benito Mussolini addresses 10,000 Blackshirts in the Palazzo Venezia in Rome on January 28. Mussolini predicts complete victory for the Fascists as he campaigns for a general election in Italy.

· On January 31, within weeks of his wife's death, Prussian state executioner Paul Spaethe dresses in formal evening wear and lights 45 candles. Each candle signifies a person Spaethe had beheaded, and once each candle is lit, Spaethe takes his own life with a revolver.



Lessor Township resident Albert Plante (l) seeks advice from fellow King Township residents (l-r) Dave Kiecker, Carey Burslie and Bob and Karen Olson, during the First National Bank Open House held on Friday, December 15th in downtown McIntosh.



Shirley Cyr with nephew Jim Lee, Peggy and Mark Hartel, and Paul Jore enjoyed some snacks and treats along with a visit during the Open House at First National Bank in McIntosh.



The Svalen family (l-r) Janice, Raeanne, Shannon, Jason and Joey, made a visit to Little Bobby's Bar & Grill to support Uncle Charles Svalen as he was the guest bartender serving Tom & Jerry's for the visitors to the bar.



Mary Goodwin enjoys some Holiday treats and visiting with neighbors and friends during the Open House at First National Bank on Friday, December 15th.

RiverView offers monthly certified, non-certified CPR classes

Whether you need CPR certification to fulfill a job requirement or simply want the knowledge to know what to do in an emergency, RiverView Health has a class for you.

RiverView offers two CPR classes on the second Thursday of each month – one for certification and the other provided free of charge for general knowledge.

RiverView's HeartSaver CPR AED (automated external defibrillator) class is for those needing certification. The cost is \$55; this includes the Heart-Saver CPR AED eCard and book. This class is 4 hours (6-10 pm) with a test at the end of the session.

The Friends and Family class is for those who do not need certification. This class is free of charge thanks to the generous support of Crookston American Legion Post 20.

Participants will learn basic information about what to do in life-threatening situations and will receive a Friends and Family CPR book.

This class is 4 hours (6-10 pm); no test or card is given at completion.

Classes will take place on the following Thursdays in 2024:

- January 11
- February 8
- March 14
- April 11
- May 9
- June 13
- July 11
- August 8
- September 12

- October 10
- November 14
- December 12

All classes are held in the RiverView Home Care Building, 721 S. Minnesota Street, Crookston. Registration is required, and payment for the HeartSaver class must be made at the time of registration. To register or for more information, call 281-9536.

RiverView offers these classes as part of its American Heart Association (AHA) Community Training Center. Contracted Community Training Centers, like RiverView, are the only sites permitted to

offer AHA classes to the public and professionals through their affiliated instructors and programs.

The AHA is not responsible for any fees for these classes. The AHA strongly promotes knowledge and proficiency in all AHA classes and has developed instructional materials. Using these materials in an educational class does not represent sponsorship by the AHA.

Fees charged for a class, except for a portion for AHA materials, do not represent income to the AHA.

Notice of Intent to Amend Polk County Land Use/Zoning Ordinance

Pursuant to MN Statute §375.51 and §394.26, notice of intention to adopt amendments to the Polk County Zoning Ordinance is hereby given. Polk Planning Commission will hold a public hearing for input on the following date: January 26, 2024 at 9:05 a.m. in the Polk County Environmental Services Building conference room at 320 Ingersoll Ave, Crookston, MN 56716.

Language to be amended is listed below:

- Section 13 – General Agricultural District: The proposed ordinance amendment is to remove the square footage limitations on non-agricultural use accessory structures for all parcels 1.5 acres and larger. Parcels less than 1.5 acres shall be regulated as such, the maximum size shall be 1,200 sq. ft. Two or more accessory structures having a combined total of 1200 sq.ft. are permitted. Additions to existing accessory structures will be permitted only in cases where the total square footage after the addition will not exceed 1,200 sq. ft. Maximum sidewall height shall be 12 feet. Maximum total height from average grade shall be 17 feet.
- Section 18-Shoreland Overlay District: The proposed ordinance amendment is to add that "the square footage of the non-riparian parcel or located a distance of 300 feet or more from the Ordinary High Water mark on a riparian parcel will determine the maximum square footage or combined square footage of accessory structure(s). See chart below for maximum accessory structure square footage per parcel square footage."

Parcel size in sq. ft.	Max accessory structure (sq.ft.)	Max combined (sq.ft.)
0 – 80,000	2,400 Permitted Use	3,200
80,001 – 240,000	3,200 Conditional Use	4,000
240,001 – 326,700	4,000 Conditional Use	4,800
326,701 – 435,600	4,800 Conditional Use	5,600
435,601 and over	6,000 Conditional Use	6,800

Copies of the referenced draft ordinance amendments may be viewed during regular business hours M-F 8am-5pm at Polk County Environmental Services, 320 Ingersoll Ave, Crookston, MN 56716, or on the Polk County Website: www.co.polk.mn.us. To submit written comments, ask questions, or to request more information please contact Jacob Snyder at Polk County Environmental Services at (218) 281-5700 or (800) 482-6804.

Signs a computer may need some extra attention or require replacement

Working professionals know that few things can be as frustrating as a malfunctioning computer. A computer that's not working properly can interrupt work flow, lead to lost man hours and make it hard to get much done.

Whether it's a spinning color wheel or some other familiar indicator that a computer is not working at peak capacity, there are some telltale signs that a device needs some extra attention.

- **Frequent (often frustrating) glitches:** Glitches are a common indicator that something is wrong with a computer. Glitches may make a computer freeze or crash. The latter occurs when the computer screen suddenly goes blank and the device reboots without prompting. In such instances, work may be lost and it may

take a manual restart after the reboot to successfully open and use programs again.

- **Error messages:** Frequent error messages are another indicator that a computer requires some extra attention. These messages may appear suddenly, even when using applications that have been running for some time.
- **Noise:** When working smoothly, computers do not make much noise. However, when parts in the device have begun to malfunction, users may hear noises. One of the more common noises is a loud system fan. When this occurs, users can hear the fan produce a noise that makes it sound as though it's overexerting itself.
- **Sluggishness:** Much like their human users, computers can exhibit signs of sluggishness when they feel a little

overwhelmed. If a computer is sluggish, chances are its hard drive is overwhelmed and running out of room. Moving large files and folders to an external hard drive and then deleting them from the computer's hard drive can help a computer perform without the sluggishness.

Some of these problems can be addressed without replacing the computer. For example, a noisy fan may just need to be replaced. And installing some extra memory can improve performance when a computer is working slowly. However, persistent glitches and frequent error messages may indicate it's time to replace a computer.



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

Sun. Jan. 14: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. Jan. 21: 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. Jan. 14: 10:00am Coffee Hour; 10:30am Worship Services
Sun. Jan. 21: 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 Pastor:
Nathan Dalager

Trinity: (27262 315th St. SE, McIntosh) Sunday Worship: 11:00am; Sunday School: 9:45am
Mt. Carmel: (305 State St. NE, McIntosh) Sunday Worship: 9:30am; Sunday School: 10:45am
Lutheran Parish YouTube Channel

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

Sun, Jan. 14: 9:30am Sunday School and Adult Bible Study; 11:00am Christmas Worship Service (also on Facebook and gosenchurch.com)
Tues, Jan. 16: 10:00am. Sunday worship service telecast on GVTV--30
Wed, Jan. 17: 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. 14: 9:00am Worship
Sun. Jan. 21: 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: 10:30am Coffee Fellowship; 11:00am Worship

GRACE LUTHERAN CHURCH-NALC
Erskine
Rev. Pam Thorson

Sundays: 9:00am Worship
Come early and enjoy fellowship and a good cup of coffee. It will also be available at the same time on Garden Valley Channel 30, Facebook and YouTube.

King Township, Polk County, Minnesota Notice of 2024 Township Election Candidate Filings

(1) Supervisor and (1) Treasurer may be filed with the clerk beginning January 2, 2024 and ending January 16, 2024 at 5:00 pm. Positions for which Affidavits of Candidacy will be accepted are: Supervisor: 3-year term, and Treasurer: 1-year term. Filing fee is \$2. Lucas Thom, King Township Clerk

M43-44C

2024 Election In-Person Voting Notice

The Town of King hereby notifies residents of the township that voting in the 2024 Presidential Nomination Primary Election will be done in person at the McIntosh Community Center.

McIntosh Community Center
115 Broadway NW
McIntosh, MN 56556

Voters may continue to cast ballots by mail using Minnesota's Absentee Voting process, if they choose to do so. Absentee Ballots must be requested from the Polk County Taxpayer Service Center 612 N. Broadway, Suite 213, Crookston, MN 56716.

Additional information on voting procedures can be obtained from Lucas Thom, Town of King Clerk, or by calling 218-280-3796. Lucas Thom, Town of King Clerk

M43-44C

Learn how to save a life with one of RiverView's first aid classes

Can you spare four hours of your time to potentially save someone's life? That's all it takes to learn basic first aid. That one class can mean the difference between life and death.

A Red Cross survey showed a staggering 59% of deaths from injuries would have been preventable had first aid been given before emergency services arrived.

If you'd like to make your home and community a safer place by learning what to do in case of a medical emergency, sign up for one of RiverView Health's quarterly first aid classes. Participants in each class learn to provide first aid for acute injuries and sudden illnesses such as burns, bites, poisoning, and seizures.

The following Thursday classes will be offered in 2024:

- February 1
- May 2
- August 1
- November 7

Classes are held in the RiverView Home Care Building, 721 S. Minnesota Street, Crookston, from 6-10 pm. The cost of a class, including the book and card, is \$55. You must pay in advance to save your

spot. To register or for more information, call 281-9536.

RiverView offers these classes as part of its American Heart Association (AHA) Community Training Center. Contracted Community Training Centers, like RiverView, are the only sites permitted to offer AHA classes to the public and professionals through their affiliated instructors and programs.

The AHA is not responsible for fees for these classes. The AHA strongly promotes knowledge and proficiency in all AHA classes and has developed instructional materials. Using these materials in an educational class does not represent course sponsorship by the AHA. Fees charged for a class, except for a portion for AHA materials, do not represent income to the AHA.



Community
Birthday and
Anniversary
Calendar

Fri. Jan. 12: Julie Schow, Amanda Roue, Sydnee Ogaard
Sat. Jan. 13: *Les & Mavis Finseth
Sun. Jan. 14: Jan Galland
Tues. Jan. 16: Connor Johnson

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M3-28C

The County Line

By Warren Strandell

Polk County Commissioner, Dist. 2

As the last days of summer tan fade into the white that grows with each day of winter, there are some random things that pass through my thoughts.

First, among them is, of course, a county issue. After all, no column could be written without including something on that subject.

- Polk County's levy increase of 2.5 percent — the levy increase being the additional money needed over the 2023 property tax collections to finance county operations in 2024 — is among the lowest in the state.
- That is something we can be proud of but the chance of staying that low for 2025 is not likely. Three-year labor contracts for eight organized employee groups must be negotiated this year. With pay rates for virtually every work area on the rise everywhere — and with the need to treat our very good employees fairly — adjustments will be needed. That simply means that another levy increase as low as 2.5 percent isn't really in the cards.
- The average levy increase over the past 16 years in Polk County has been 2.41 percent. The 16 years represents the period during which records are most easily retrieved.
- The goal of commissioners and the county administrator has been to keep levy increases at no more than 3 percent, or below the rate of inflation. That has been more than achieved while still keeping everything else (all the regular services, road and building maintenance, law enforcement, and other programs) in good order. So, congrats to us.
- The 2024 national and state elections will determine

a lot of things. Any more said on that subject... well you can make your own "more or less" assessments. One concern for me is the national debt, which at this writing was approaching \$34 trillion. My personal share of that debt amount (and yours, too) totals nearly \$260,000. Just google "national debt" for a running update.

If you think a lot of things are upside down now, just try to imagine how they could be in 20 years.

- On a more simple subject, I sure like those heated steering wheels. Besides the great warm feeling is how they contribute to safety. I keep both hands on the steering wheel almost all the time now... and in the right position, too.
- More on the vehicle safety subject is the thought that a return to the wrap-around windshields, if you are old enough to remember them, would be a big safety improvement. The A-pillar post (that's where the windshield meets the front of the side door) is to blame for a high number of deadly right-angle crashes. A-pillars, which have become quite massive, block a lot of a driver's sight of anything arriving from the right.
- Wrap-around windshields were the thing in cars in the 1950s. They ended mostly because of complaints about the knee-knocking that they caused people when entering the vehicle... or so that's what the manufacturers claimed.
- The recent ice and electrical service problems, especially in North Dakota, went on for an extended period. This brought on the thought about how lucky we who live in East Grand Forks are when weather events take a toll on power

lines.

Only seven services... that's only 7 residential and/or business services in the entire city that are lines that are fed by above ground lines. All other lines are underground. Ice and wind don't affect underground lines.

A problem can still exist, though, because the large transmission lines that bring the power into the city are still vulnerable to weather... as everything is.

- I'm wondering about how things will be when recreational cannabis use and possession by people 21 and older becomes legal in Minnesota on August 1. People will then be able to the possess, use, and grow cannabis.
- Possession includes up to 2 pounds of cannabis flower in a person's private residence and up to 2 ounces of cannabis in a public place.
- Personally, I'm having trouble with this legalization and think that the state and the country already has more than enough ways to get high without adding this to the menu.
- Marijuana remains illegal under federal law where it is still classified as a controlled substance.

Thoughts for the day:

- Welfare should be a bridge. Not a parking lot. — Sen. John Kennedy, R-La.
- At my age, flowers scare me. — George Burns
- If you see me talking to myself, just move along. I'm self-employed and we're having a meeting.

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.



January 2023: 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 among other times of the year.



February 2023: Sometimes snow is fun! The Snow Fort Unit in Win-E-Macs' Mrs. Burd's class got to be during Snofest this year due to the wonderful weather. The Snow Fort Unit works on the social skills of taking turns, patience, working with others, kindness, and much more. We even had our primary elementary students have a "Cops/Kids Day" where our friends from the Polk County Sheriff's Department came to build snow forts together, and talk to the kids about kindness, working with others, and being great citizens.

Women in Ag Conference hosted by U of M Extension and MN FSA

A conference geared toward women in agriculture will be held in St. Cloud on February 6, 2024.

The Extension Women in Ag Conference will be from 8:45 a.m. to 3:30 p.m. on Tuesday, February 6, 2024, at the St. Cloud Holiday Inn.

The conference theme, Planting Possibilities: Shaping the Future of Farming, will provide insightful discussions

and dynamic presentations specifically geared toward farmers on the pivotal role of planning, a cornerstone of any farm business.

This conference is for beginner, future, mid-career, or seasoned farmers, agricultural professionals, and agricultural enthusiasts. "Planning is essential for farmers in order to maximize efficiencies and realize dreams," said Susanne

Hinrichs, Extension agricultural business management educator. "This conference will offer topics for anyone who currently produces or wants to raise crops, livestock, or local foods producing food, fiber, and fuel."

For more information and to register, follow this link: z.umn.edu/WomenInAg2024.

The conference is hosted by the University of Minnesota Extension Women in Ag Network in partnership with the Minnesota Farm Service Agency.

The cost is kept low due to sponsors including Minnesota Department of Agriculture, North Central Sustainable Agriculture Research and Education, Minnesota Corn Growers, AgCountry Farm Credit Services, and Compeer Financial. Early bird rates are available through January 22, 2024.

NW Partnership accepting proposals for community projects

Northwest Minnesota residents with an idea to strengthen sustainability in their community can now apply for partnership support from the University of Minnesota Extension Southeast Regional Sustainable Development Partnerships (Northwest RSDP).

Northwest RSDP supports local innovation by connecting community ideas to University of Minnesota resources. Community members work on diverse project teams that research, design and plan local sustainability projects with University students, faculty and staff.

Northwest RSDP has several resource opportunities to support community-university partnerships.

Residents and organizations are encouraged to submit their sustainability project ideas through the RSDP idea brief application. The RSDP annual call for ideas has supported hundreds of sustainability projects in the Northwest region for over twenty-five years. RSDP is also seeking applications from local farmers interested in building a deep winter greenhouse using the latest University researched design.

Additionally, RSDP is launching a new program, "Empowering Small Minnesota Communities," to help small Minnesota communities benefit from federal, state and local investments. This program is seeking applications from communities interested in collaborating with the University to advance or plan projects that

support sustainable economic, social, or transportation infrastructure.

"Community members know best how to make changes toward stronger social connections, valuing nature and fostering a home-grown economy. We're excited to hear what comes next for your community, and share with you how the RSDP can help," said Northwest RSDP Executive Director Shannon Stassen. "I encourage people to get in touch with me to talk about their ideas for making our communities more sustainable places."

Applications for all resources are being accepted through February 14.

Visit the link z.umn.edu/RSDPIdeaBrief to read more about the programs and to apply. Community members are encouraged to contact Stassen directly at stassen@umn.edu or 218-281-8027 to learn more. Successful projects are selected by the Northwest RSDP community-university governing board through a competitive process.

The Northwest RSDP serves Kittson, Roseau, Lake of the Woods, Marshall, Pennington, Red Lake, Clearwater, Beltrami, Polk, Norman, Mahnommen, Clay and Wilkin counties and the Red Lake Nation and White Earth Nation.

For more news from U of M Extension, visit www.extension.umn.edu/news or contact Extension Communications at extdigest@umn.edu. University of Minnesota Extension is an equal opportunity educator and employer.



March 2023: The McIntosh City Council met in for a special meeting after the regular Council meeting on Thursday, March 9th to discuss the possibility of adding an ordinance to allow chickens inside the City limits. Pictured are Council members, Beth Hagen, Luke Burd, Jordan Gunufson, Luke Syverson, Mayor Toby Storm, City Clerk Melissa Finseth and Poplar Meadows Director Becky Boehrsen.



Mark and Joan Lee enjoy a visit and a snack during the First National Bank Open House held in McIntosh on Friday, December 14th.



The First National Bank of McIntosh Open House on Friday, December 14th brought Roseanne and Craig Burslie to town for a visit.



Friends, Arlene Eggers, Carole Burslie and Eva Rolf enjoyed a visit at the First National Bank Open House held on Friday, December 14th.



Enjoying a visit during the First National Bank Open House on Friday, December 14th was Wanda and Dave Stordahl, and Mary and Earl Steinbrenner.

DNR looking to fill 200 paid summer internships

The Minnesota Department of Natural Resources is looking for passionate and dedicated students interested in learning more about natural resource careers through paid summer internships. DNR summer interns gain valuable training, build meaningful experience and help create a healthy, sustainable, and inclusive Minnesota.

The DNR has a wide variety of internship opportunities throughout the state, including in fisheries, forestry, park operations, watercraft inspections, communications and more. In-

terns work 20 to 40 hours per week and receive a competitive wage of \$19 per hour. To be considered for an internship, fulfilling an academic requirement or receiving academic credit is required.

To review the internship opportunities and apply for those of interest, visit the state of Minnesota careers website (mn.gov/careers) and select "Search for jobs" from the toolbar. In the External Applicants box, select "Search for jobs now" and select "View all jobs." Filter by "Natural Resources Dept" in the Agency

category and "Student Worker and Internships" in the Job Family category.

Applications will be accepted through January 31st. Positions will start in May and June.

The DNR is an equal opportunity and veteran-friendly employer. We celebrate diversity, equity, and inclusion. To request an accommodation or alternative format of the applications, contact us at: ADA-diversity.DNR@state.mn.us; 651-259-5016; or call using a preferred telecommunications relay provider.

Want to honor a deserving arts advocate or artist?

Applications are open for nominations for the Northwest Minnesota Arts Council Of the Year Awards.

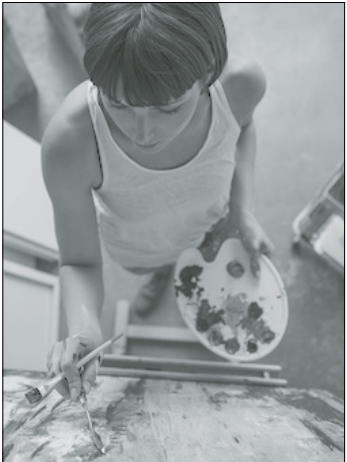
Three awards are given each year to recognize artists and arts advocates within our region who stand out in terms of artistry or volunteerism in the arts. Often people serve in both roles.

Our Arts Advocate of the Year award honors someone who is a voice and advocate for arts within the community, local school, or our region. Arts includes all disciplines. It comes with \$500 and often goes to a local leader who lives in the area where the artist reception will be held. However, anyone is eligible to be nominated.

Our Artist of the Year award can be given to any discipline artist including visual, performing, or creative writing who are emerging or at a mid-way point in their artistic endeavors. It is a cash award of \$500 to use however they see fit.

Artists can only receive our Northwest Star Award once, as a lifetime achievement award. This award is for \$5,000 and can be a wonderful gift to those who have chosen a hard career path related to artistic expression.

Our deadline for nominations is February 29. Please consider nominating someone



who you view as a deserving candidate from our seven-county service area in northwestern Minnesota. Persons who believe their nominee would qualify for this award and have questions should

contact the Northwest Minnesota Arts Council office at (218) 745-8886, ext 1 or email director@NWArtsCouncil.org for more information. The nomination form is on our website in the grant software. Login and click on Apply and follow the directions. For more information, visit this page on our website: <https://northwestminnesotaartscouncil.org/nominations-for-of-the-year-awards>

Awards will be presented at the NW Art Exhibit reception at the Kittson County History Museum in Lake Bronson on Sunday, April 21. Funding for Northwest Star and Northwest Artist of the Year comes from The McKnight Foundation. Funding for Northwest Arts Advocate of the Year comes from the Minnesota State Legislature.

How to begin the day in a positive frame of mind

Each new day brings the potential for change, even amid the routine of the daily grind. When people start the day with positive thoughts, it can affect how they behave and see themselves throughout the day, and may even benefit their overall health.

The Mayo Clinic says some studies suggest personality traits such as optimism and pessimism can affect many areas of a person's health and well-being. Positive thinking that is pronounced in optimistic people is associated with effective stress management, which translates into many different health benefits.

Some people abide by the "Law of Attraction," which states that what a person gives attention to and thinks about throughout the day is what will be predominant in their life. Whether this is true or not, many aspire to have more positive thoughts and be in a generally optimistic mindset. The following tips can put people on a positive path at the start of each day.

Begin the night before

Certain mental health experts suggest clearing the mind in the evening to reduce stressful thinking and create the mental capacity to wind down and relax. Keep a notepad handy and jot down any invasive thoughts or concerns. Removing these thoughts from the mind and putting them on paper can help you rest more readily. Being well-rested can improve mood.

Know your weaknesses

Recognize where you may need some help as you strive to be more optimistic. Map out the behaviors you want to change, and then be intentional about how you want your day to go and which actions will get you there. The Mayo Clinic suggests figuring out what you usually think negatively about (i.e., work, commuting, life changes) and then approach each aspect in a more positive way.

Take a technology pause

Do not check email or text messages right after opening your eyes. Similarly, avoid reading the news or watching



news programs on television too early. Negative or scandalous stories often get the most clicks or views, and coming across upsetting information at the outset of the day can adversely affect your mood. Rather, spend time meditating, praying, reading, or just being in the moment until you are awake.

Recognize the good people are doing

When you open your eyes and focus on the positives, you'll see all the good that other people are doing around you. Offering compliments or acknowledging others' actions, whether large or small, puts positivity out there.

Focus on gratitude

Take a few moments at the start of each day to mentally list all the things you are grateful for. This may be that you have a cozy home or that you are healthy. Even stressful situations or people can be means for gratitude. Boisterous toddlers may be a handful, but you can be grateful for the ability to have had children when so many are not able.

Starting the day with a positive mindset is easier than one might think. It may take a little practice, but also can begin to pay positive dividends sooner than later.

Do you have a story to share?

If you have a story, a story idea or any photos you want to share, please send to: mcintoshtimes@gmail.com

Need to escape?

The Win-E-Mac Senior class has a new, great fundraiser this holiday season.

Want to have some fun with family or friends? Sign up for the Win-E-Mac escape room. Participants follow a series of puzzles and clues to accomplish a goal in a limited time.

There are two different rooms:

Game Night: 60 minutes to enjoy solving clues involving typical family board games to find out "Who stole what and where". For 1 - 4 people \$20 per person; 5 - 8 people \$15 each person; and household family

\$50 cap.

Art Studio: 45 minutes to break codes and solve clues with an art flair to unlock the box. For 1 - 4 people \$15 per person; 5 - 8 people \$10 per person; and household family \$50 cap.

You can sign up for times during December and January on Saturdays from 9:00 am to 9:00 pm and Sundays from 2:00 pm to 8:00 pm.

Please sign up at least 12 hours before you want to participate. Sign up at <http://jessicastormmn.weebly.com/escape-rooms.html>.