



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Members of the Win-E-Mac School Board recently attended the Minnesota School Board Association's (MSBA) 2024 Leadership Conference. While attending the conference, Tyler Brekken received the Rising Star Award. Annually, this award is given to one school board member in Minnesota who has demonstrated a commitment to their school in their first term on the Board through active participation and leadership on the Board. In addition, the candidate must actively participate in the ongoing educational opportunities offered by MSBA. Finally, the award winner must be actively involved in their community. While at the conference, Tyler was also elected to MSBA's Board of Directors to represent Northwest Minnesota. Tyler currently serves as Vice Chair of the Win-E-Mac School Board.

MH&AC 2023 Year in Review

The McIntosh Heritage & Arts Center mission statement is believing that a sense of history is fundamental to understanding human experience - collects, preserves, and shares materials from McIntosh and the surrounding 13 Towns' past, so that present and future generations can comprehend more fully their predecessors, their community and themselves.

The MH&AC is a 501(c)(3) Minnesota Non-Profit Organization that was established in 2010, for the three-fold purpose of:

Stimulating interest in the history of McIntosh, Minnesota as the hub of the original Thirteen Towns (townships) of eastern Polk County and the surrounding area;

To collect, preserve and research important and relevant historical histories and artifacts from its citizens, for the benefit of and viewing by the public; and,

To collect, preserve and display local art from the past and present, while promoting future artistic creativity in the community and the surrounding area.

The MH&AC is an all-volunteer organization which has spent the last 12+ years collecting, researching, preserving, and archiving items and information from citizens of McIntosh and the surrounding area. It has built up an impressive array of information, photographs, newspapers, letters, documents, historical accounts and memorabilia about our area's history and residents, that would have been lost forever without the dedicated work of our volunteers.

The MH&AC is striving to continue and expand its efforts to not only preserve our history, but to become a more integral part of the area for tourism and individual or family research.

We are keenly aware of the need to engage all the citizens, business owners, civic leaders, schools, organizations, and others in our efforts in order to sustain our organization. We are now increasing memberships, and have a presence online with our own website, Facebook, and Instagram accounts, and have set up numerous committees with active and committed individuals who are determined to accomplish the goals set out in our newly energized organization. We

are actively seeking donations through membership, through awareness in the media and local events, through individual and corporate donations and sponsorships, through a campaign to enlist more volunteers to assist in the digitizing process, and through grant funding.

It took the hard work of our ancestors to make us who we are today, and we are committed to honoring their sacrifices, learning from them, and preserving their legacy.

MH&AC is part of Minnesota's Historic Northwest, which is an organization that represents historical societies, museums, and research centers in Northwest Minnesota. For more information, go to <https://www.mnhistoricnw.org>

The McIntosh Heritage & Arts Center is located at 125 Broadway in the Ohnstad building, where the non-profit organization is renting space from the City of McIntosh.

This past year, our organization was reorganized and the election of the Board was held in July 2023: Steve Aanenson, President; Darlene Dierkes, Vice President, Arlene Eggers, Secretary; Donna Larson, Treasurer. John Peterson, who was in a previous role of acting President, was presented as honorary President Emeritus, for his dedication and contribution of knowledge and leadership to MH&AC.

Toni Epema is continuing in the role of Collection Manager, responsible for all accessions and cataloging of all items in the collection. Donna Larson continues as Research Manager for a wide variety of research projects. Our volunteers have been archiving items; researching collections and local cemetery information; death notices; veteran information; churches and country schools; township Information; McIntosh and 13 township photographs; Identification of early businesses and buildings; family stories, and much more.

Quarterly meetings are held on the first Thursday in March, June, September, and December. Anyone can attend, however, one must be a MH&AC member, at the Squatter level, in order to be a voting member.

MH&AC has the following volunteer committees established: Finance, Membership, Digitization, and Grants.

The Finance committee, along with FARMChek Ser-

vices, one of our corporate sponsors, is overseeing the budget and financial reporting. A healthy balance has been reached during 2023 with an increase in memberships, donations and fundraising activities that were held. They are working closely with the membership committee to implement an online membership and donation payment platform.

The Membership committee has established new membership and donation levels for individuals and businesses: Scout (Individual) - \$20; Squatter (Individual) - \$35; Explorer (Business) - \$50; Pioneer (Business) - \$100; Homesteader (Business) - \$250-\$499; Trailblazer (Business) - \$500 +

We also accept corporate matching donations and In

MH&AC...

Continued on page 4 ...

Looking back on 2023: Year in review

In Northwest Minnesota while we waited for the winter thaw we watched local, national and world news while completing the first half of the year.

April 2023:

Documents from the Pentagon detailing foreign military aid related to the Russian invasion of Ukraine is leaked onto the Internet.

Montana becomes the first state to pass legislation banning TikTok on all personal devices from operating within state lines and barring app stores from offering TikTok for downloads.

The McIntosh Fire and Rescue Squad held the 133rd Annual Fireman's Ball on Saturday, April 1, 2023. With all the events held at the McIntosh Fire Hall, including a steak and fries supper, drawings and music.

Memory Night Boy/Mom Style was held on Saturday, April 15th at Win-E-Mac School. An event for boys and their moms.

Win-E-Mac Senior Kallie Hand was named Academic All-State for GBB from the Minnesota Basketball Coaches Association (MBCA).

Tuesday, April 4th was opening day for Patriot Baseball. Unfortunately, the field wasn't quite playable for the season opener. The game was postponed for warmer weather.

Harald Thompson celebrated his 95th birthday at Poplar Meadows Senior Living of McIntosh.

The Win-E-Mac Honor Band and Honor Choir took part in the Region 8A - Subsection 30 Honors Concert held on Wednesday, April 19th at the Fosston High School. The musical entertainment included school Honor choir and

band selections as well as the Subsection 30 Honor band and Choir, and the best of the day solos and ensembles from this school years' contests.

Freedom Christian Academy felt very fortunate to have Shirley Carver helping with the Pre - K and Kindergarten programs. She worked with every grade in her long teaching career all the way up to adult education. An all-around asset to the Academy, the staff and students are grateful to have her there. Grandma Shirley was awarded the Tri-Valley Making a Difference Award for all that she does.

May 2023:

May brought the coronation of Charles III and Camilla as king and queen of the United Kingdom.

The 2023 Writers Guild of America strike begins due to unsuccessful pay raise negotiations. The strike halts the production of most movies and TV shows

U.S. President Biden formally ends the declaration of COVID-19 pandemic in the country as a public health emergency.

The Minnesota Department of Transportation announced that beginning May 1st, the Oak Lake rest area east of Erskine would be under construction and closed most of the summer season.

One of the final milestones for Win-E-Mac Seniors was Prom night. Prom was held on Saturday, May 6th at the Win-E-Mac School where sophomore, junior and senior high school students joined together to celebrate the

this year's prom theme, "The Enchanted Forest". Grand March for this year's prom took place at 7:30 pm and then the prom attendees were treated to food, games, music and prizes throughout the rest of the night.

The Pine to Prairie Drug Task Force (P2P) increased its crime-fighting arsenal with a new app to help residents connect with law enforcement, to find information, view alerts, and submit anonymous tips from their smartphone. Developed by tip411, the P2PTip app puts a powerful new crime fighting tool into the hands of community members of all ages. The P2PTip app is available for download for free.

Win-E-Mac Seniors gathered for awards and scholarships during the annual AAA program earning over \$66,000 in scholarships, held at the Win-E-Mac Arts & Event Center. Seniors who received scholarships were Kylie Geray, Nadelly Neubert, Jamison Nichols, Dret DuChamp, Jonas Spry, Vadim Kulikov, Jayden Gensburger, Izabelle Osteanaa, Kallie Hand, Laila Roragen, Alecia Hancock Fitzgerald, Thomas Revier, Zachary Luckow, and Jonathan Moritz.

Win-E-Mac School Class of 2023 Valedictorian Zachary Luckow and Salutatorian Kallie Hand.

Nadelly Neubert, who was awarded the Senior Outstanding Female Athletic Award and the Senior Outstanding Academic Athlete Award; Jonas Spry who was awarded the Senior Outstanding Male Athlete Award; and

Laila Roragen who was awarded the Senior Outstanding Academic and Fine Arts Award.

For the 100th Anniversary of the Post, Winger American Legion Fengestad-Solie Post 200 hosted a Memorial Day program at the Winger Community Center on Monday, May 29th. After the program the service continued at the Winger Memorial Park across the street with the wreath ceremony.

McIntosh Friends of Veterans and the community honored the local men and women who served our country and have passed away. Continuing the long-standing tradition of a short parade, program, and wreath-laying ceremony, including the Honor Roll call of all of the names of the veterans we have lost.

Annika Shimpa and Ella Strom were recognized at this year's MSHSL Visual Arts Exhibit and Ceremony. They received the Region 8A Spotlight on the Arts Award on March 29th. Annika received the award in Crafts and Ella in mixed media. On Saturday, May 13th, their artwork was displayed with other winners from around the state and each artist was recognized and received a crystal trophy at a following ceremony.

The Win-E-Mac Class of 2023 was recognized for their accomplishments by friends and family on Saturday, May 27, 2023 at the Win-E-Mac School. Included in the Class of 2023 are: Jacob Robert Audette, Bret Caylyn

Review...

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Catching up with each other during the First National Bank Open House were Donna Rae Carlson and Gloria Carver.



Orlett Hedlund, Connie Strom and Donna Skeie enjoy visiting while at the First National Bank Open House held in McIntosh on Friday, December 15th.

Gander announces run for MN House District 01B

Dr. Steve Gander, Optometrist in East Grand Forks and Crookston, announced on Monday he will be seeking the Republican endorsement for House District 01B, currently represented by Rep. Deb Kiel who recently announced her plans not to run for reelection this fall.

"For over a decade, Representative Kiel dedicated herself to the cause of bringing our values and priorities to St. Paul. The work she has done and the progress she made for families, agriculture, fiscal accountability, education, and personal responsibility are worth preserving and building upon. If elected, it will be my goal to do exactly that, according to the preferences of the people I will serve".

Gander has served as Mayor of East Grand Forks for the past eight years. He previously served as Council Member at Large.

Other past service includes Chair of the East Grand Forks Chamber of Commerce, President of the Minnesota Optometric Association, and service on his local church council. Gander attended school in East Grand Forks, the University of North Dakota in Grand Forks, and the Illinois College of Optometry in Chicago, where he graduated Magna Cum Laude in 1987.

In the coming months, Gander looks forward to learning



more about priorities and opportunities while meeting folks throughout the district. Gander believes the role of an elected official is serving people, not the other way around. His priorities are public health and safety, education, public infrastructure including roads and bridges, elimination of excessive regulation that stagnates business growth, elimination of wasteful spending and its associated excessive taxation, and strengthening public recreation areas. Gander is a strong proponent of Second Amendment rights.

Gander believes that Minnesota's economic base of agriculture and ag-related businesses will continue to expand and provide excellent employment opportunities for our residents. Growth in manufacturing and engineering will continue to be strong. Education is a high priority in preparing our youth for

the future, and our schools provide many excellent jobs today. Healthcare across our state is excellent and offers many great careers. And tourism, with our many lakes, rivers, trails, and wildlife areas, will see good growth in the years ahead. In some parts of our state, mining is a big part of what makes the economy strong. All these areas can be strengthened by good government policy, but all can be crippled by onerous government regulations and excessive taxation.

Gander lives in East Grand Forks. He and his wife Rosalynn have been married for 34 years. They have two grown sons, Tom and John, a daughter-in-law Bailey, and two grandchildren. In his free time, he enjoys running marathons, singing, hunting, fishing, kayaking, snowmobiling, scuba diving, woodworking, and riding motorcycle. Gander is a die-hard Vikings fan. He also enjoys other professional and amateur sports.

"In 1975, the group Northern Light recorded the song 'Minnesota'. If you want to recall what you love about our state, go back and listen to that song. It starts out, 'Minnesota—I can almost smell the air. I can feel her hand, and my feet in the sand, in the lakes under trees back home...' Let's make this the kind of place we can be proud of—with great opportunities for people of all ages."



Charles Svalen and Mary Goodwin shared holiday cheer by serving Tom and Jerry's at Little Bobby's. Tom and Jerry's were a holiday treat for many years at the McIntosh VFW.

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

Review...

Continued from page 1.....

DuChamp, Jacob R. Eggli, George V. Erofeeff, Xzavier Espinoza, Jayden Kiara Gensburger-Knowles, Kylie Marie Geray, Alecia R. Hancock-Fitzgerald, Kallie Marea Hand, Vadim Kulikov, Andray Lisov, Zachary Lawrence Luckow, Kaleb Morberg, Jonathan Ernest Moritz, Nadelly Rose Neubert, Jamison Joseph Nichols, Izabelle Allison Ostenaar, Thomas Benedict Revier, Laila Roragen, Caden T. Shaver, and Jonas Ronald Spry.

June 2023:

Titan, a submersible operated by American tourism and expeditions company OceanGate, imploded during an expedition to view the wreck of the Titanic in the North Atlantic Ocean off the coast of Newfoundland, Canada. On board the submersible were Stockton Rush, the American CEO of OceanGate; Paul-Henri Nargeolet, a French deep-sea explorer and Titanic expert; Hamish Harding, a British businessman; Shahzada Dawood, a Pakistani-British businessman; and Dawood's son Suleman.

More than 120 million people from the Midwest to the East Coast are under air quality alerts as smoke from Canadian wildfires drifts to the US.

The Vegas Golden Knights defeat the Florida Panthers to win the 2023 Stanley Cup Finals for their first Stanley Cup in franchise history.

The Supreme Court rules in a 6-3 decision that the HEROES Act does not grant the president the right to forgive student debts.

Breakfast at the Farm took place on Saturday, June 10th from 7:00 am to 11:00 am at the Hill Top Ranch located in rural McIntosh. This annual event is a breakfast fundraiser for Freedom Christian Academy and includes not only a pancake breakfast but live music, a petting zoo and lots of visiting.

The Clubhouse Childcare Center celebrated their 5 year birthday with an Open House on Friday, June 16th. The Clubhouse has made many changes and additions to accommodate their growing family

of kids over the past 5 years.

The annual Winger Lions Fish Fry. took place at the Winger Community Center.

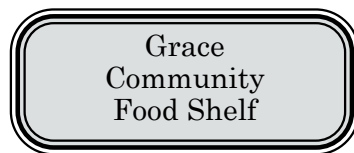
The Northwest Chapter of ABATE donated buddy bears to local first responder organizations on Saturday June 3rd. Bears were donated to Beltrami Fire Department, Mentor Fire department, Polk County EMS in Fertile, Fertile Fire Department and Red Lake Falls Fire Department. Our chapter and members furnished 40 buddy bears in all. Buddy bears are small, soft, cuddly stuffed brown bears.



Chris Bartz during the Open House at First National Bank in McIntosh.



Marlin Kiecker makes a stop at the Christmas Open House at First National Bank in McIntosh and visits with Marilyn Graff while the pair enjoys some snacks and holiday treats on Friday, December 15th.



January 18th from 10am to 2pm

► Contact: foodshelf@gracechurcherskine.org or 218-687-2250 leave a message. On Facebook.



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

Sun. Jan. 21: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Jan. 28: 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. 21: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Jan. 28: 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. 21: 9:30am Sunday School and Adult Bible Study

Tues. Jan. 23: 10:00am. Sunday worship service telecast on GVTV--30

Wed. Jan. 24: 6:30pm Bible Study at Sharon Ramberg's home

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Lee Laaveg

Sun. Jan. 21: 9:00am Worship

Sun. Jan. 28: 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.

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.

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"Serving the Win-E-Mac area"

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Multi-generational farm transition retreats offered

Three hands-on educational retreats focused on multi-generational farm transition are being offered across Minnesota.

Multiple generations, spouses, partners and/or other relevant parties of family farms are encouraged to attend the Farm Transition Retreats together for a deep dive into conversations about family and business goals. These free hands-on retreats include facilitated planning and time for discussion, along with educational instruction.

Three locations will be offered. Pick the location that is most convenient for you.

- Mankato – Friday, February 23rd, 5:00 pm to 8:30 pm, and Saturday, February 24th 8:30 am to 4:00 pm.
- St. Cloud – Friday, March 8th, 5:00 pm to 8:30 pm, and Saturday, March 9th, 8:30 am to 4:00 pm.

▪ Crookston - Friday, March 22nd, 5:00 pm to 8:30 pm, and Saturday, March 23rd, 8:30 am to 4:00 pm.

Topics covered in the retreats will be family and business goals, job responsibilities, tips for communications, financial needs of multiple generations of the farm and families, inheritance considerations and mechanisms of property and farm transfer. Follow-up visits are available following the retreat sessions to work with individual families.

“Finding time to discuss or think about a farm transition is hard to do when everyone is busy running the farming operations,” said Susanne Hinrichs, Extension agricultural business management educator. “These farm transition retreats allow all parties involved the time to hear the educational topics together and then discuss and start making

plans.”

The Farm Transition Retreats are offered by Jim Molenaar, retired faculty at St. Cloud Technical and Community College, and Nathan Hulinsky and Susanne Hinrichs, Extension educators with University of Minnesota Extension. Due to generous sponsorships of the Southern and Northern Centers of Excellence, AgCountry Farm Credit Services, and Compeer Financial, these retreats are free, but registration is required.

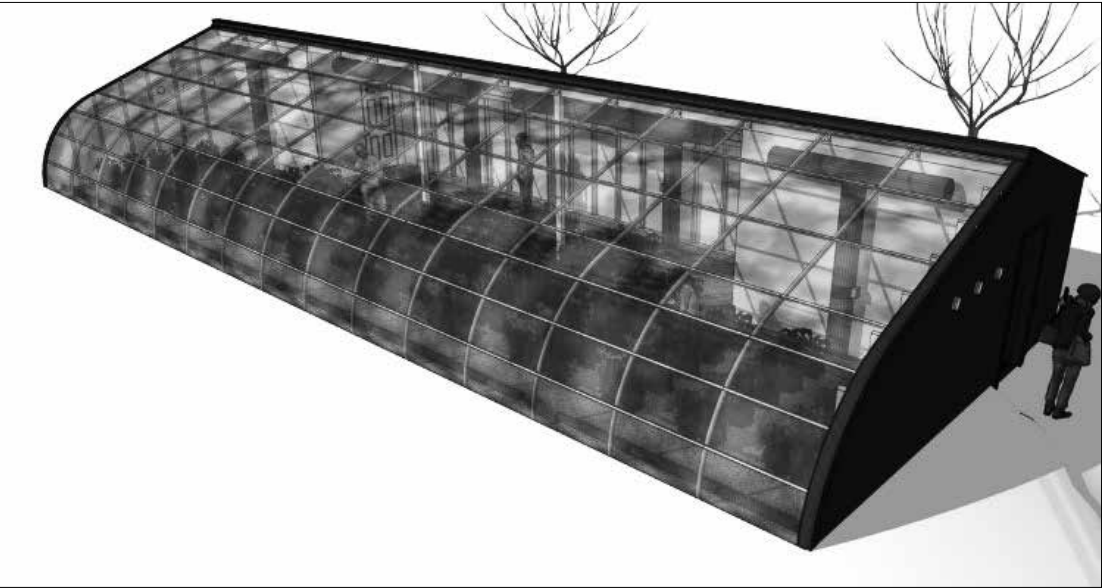
For more information and to register, follow this link: <https://z.umn.edu/farmtransitions>.

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



June 2023: The Freedom Christian Academy hosted Breakfast at the Farm on Saturday, June 10th at Hilltop Ranch in rural McIntosh. There was live entertainment, activities for the kids and, of course, pancakes. Pictured here are Sofia Nikolayson, Denton Nikolayson, Amber Finseth, Holly Olson, Jason Breckel, and Holly Breckel.

Partner with U of M Extension to bring Deep Winter Greenhouse technology to your farm or community



Farm scale deep winter greenhouse architectural rendering of possible design for structure.

Grant money is available to a limited number Minnesota farmers to build winter greenhouses for growing fresh produce.

The opportunity, supported by the Minnesota Department of Agriculture’s AGREETT program, is available through University of Minnesota Extension’s Regional Sustainable Development Partnerships (RSDP). RSDP seeks one specialty crop farmer in each of its five regions to partner on passive solar greenhouse research and education.

Similar structures – called deep winter greenhouses – have been built in the program since 2016. To date, farmers have been able to profitably grow a variety of salad greens that are sold to direct market consumers.

at local markets or in local grocery stores will no longer be bound by the short growing season. With low-energy winter food production, growers will increase their revenues and Minnesotans will have year-round access to fresh, locally grown healthy foods.” said state Rep. Brad Tabke, D-Shakopee. Tabke is a member of the House Agriculture Finance and Policy Committee who has championed new approaches to growing produce.

For more information on deep winter greenhouses and the request for applications, visit: z.umn.edu/deepwintergreenhouse Descriptions of RSDP’s regions are available on RSDP’s website. For more news from U of M Extension, visit www.extension.umn.edu/news or contact Extension Communications at extnews@umn.edu. University of Minnesota Extension is an equal opportunity educator and employer.



May 2023: Win-E-Mac Seniors who gathered for awards and scholarships during the annual AAA program held at the Win-E-Mac Arts & Event Center last Wednesday. Pictured (front, l-r) Kylie Geray, Nadelly Neubert, Jamison Nichols, Dret DuChamp, Jonas Spry, Vadim Kulikov, Jayden Gensburger; (back) Izabelle Ostenaar, Kallie Hand, Laila Roragen, Alecia Hancock Fitzgerald, Thomas Revier, Zachary Luckow, and Jonathan Moritz.

“The new farm scale deep winter greenhouse design is optimal for farmers that want to expand their growing season to produce crops for their customers throughout the winter while limiting the use of fossil fuel heating. This is a great way to generate revenue for your farm in what is currently the off season,” says Greg Schweser.

The greenhouses absorb heat from sunlight, providing a low-cost, low-carbon winter food production system. The structure is built with a south-facing, angled glazing wall that captures heat from the sun. Heat is stored in an underground thermal mass of soil or rock and dissipates into the above-ground planting area at night. By relying primarily on solar heat, the farm scale deep winter greenhouse enables farmers to grow crops using only minimal backup heating from delivered fuel or electric heat.

RSDP will provide \$25,000 of the expected \$48,000 to \$58,000 cost to build a prototype greenhouse. In return, participants agree to share access to their structure for research projects, public workshops, and demonstrations for three years. Proposals are due February 14, 2024.

“Farm-scale deep winter greenhouses have the potential to transform local food production here in Minnesota. The farmers who sell their crops



April 2023: The community gathered to celebrate 133 years of service with the McIntosh Fire and Rescue Squad on Saturday, April 1st at the McIntosh Fire Hall. Fire Department members are pictured: David Erickson, Brook Simonson, Josh Long, Dave Senn, Seth Senn, Davin Swanson, Mark Simonson, Justin Shultz, Mark Strom, Toby Strom, Lucas Thom, Nick Drelleck, Luke Syverson, Ron LeMer, David Connley, Mark Thompson, and Hunter Smeby.



Congratulations to Win-E-Mac Blue knowledge bowl team consisting of team members: Ella Strom, Wyatt Davis, Jaime Stuhr, Alyssa Morberg and Oscar Moldestad for their top-six finish at our first meet of the season. The team now qualifies to compete in the first round of the post-season tournament.

Winter is finally here. Apply de-icing salt correctly to protect our lakes and streams

Snow and ice have finally arrived in much of Minnesota, and that brings the winter chore of clearing pavement — sometimes with salt. But when the snow melts or it rains, salt, which contains chloride, runs into storm drains and into nearby lakes, rivers, and groundwater. Salt is commonly over-applied, sending too much chloride into our waterways and wreaking havoc for fish and other wildlife. Minnesotans can stay safe while doing their part this winter by minimizing salt use and using other tools to get the job done.

We scatter an estimated 445,000 tons of chloride-containing salt on our paved surfaces across Minnesota each year. Not only does salt damage our infrastructure and plants, but it is harmful to our waters. Chloride ends up in our lakes, rivers and streams and makes its way into our groundwater. It is toxic to our freshwater fish and other aquatic life. In fact, some waterways have so much chloride, they have been added to the state's impaired waters list.

It only takes one teaspoon of salt to permanently pollute five gallons of water. That's right: once the chloride is in our water, it's there for good, and continues to build up year after year.

Chloride from de-icing salt is one of the largest contributors to a growing salty water problem in Minnesota and is one of two pollutants that continue to accumulate over time with no practical mechanism for removal in the environment.

Though no environmentally safe alternatives to de-icing salt are yet available, smart salting strategies that don't compromise on safety can help reduce chloride pollution in Minnesota waters:

- **Shovel and scrape.** The more snow and ice you remove, the less salt is needed to be effective. Watch this video about tools, techniques, and products that you can use to keep your driveways and sidewalks safe while protecting our waters.

- **15oF and below is too cold for salt.** Most salts stop working at this temperature. Use sand instead for traction but remember that sand does not melt ice.

- **Use the right amount.** That crunch from sidewalk salt under your feet does not signify safety. People often think using more salt means more melting and safer conditions, but this is not true. Around 12 ounces — roughly a coffee mug full — effectively treats a 20-foot driveway or 10 sidewalk squares (about 1,000 square feet). Aim to apply salt evenly (e.g. with a spreader), and use only in critical areas. Using more than the recommend is simply a waste, costing you



- **Sweep up visible salt on dry surfaces.** Leftover salt is no longer doing any work and will just be washed away into local waters. You can keep it to reuse later. Next time, try cutting back on the amount you use. When the correct of salt amount is used, there should not be any visible salt left behind.
- **Wear proper footwear.** Wear shoes or boots with good traction and pay attention to where you are walking, avoiding icy spots, if possible. Take it slow and give yourself extra time to get where you're going.

There are many ways to provide safe winter conditions and minimize impacts to the environment. The MPCA offers Smart Salting trainings for winter maintenance professionals, property managers, and others on how to provide safe surfaces in winter and minimize harmful environmental impacts. Those who hire professionals to manage snow and ice in winter should hire a trained and certified Smart-Salting contractor. The MPCA list of certified Smart Salters can be found on the MPCA's Smart Salting training webpage.

Tips to stay the course with a new diet

The dawn of a new year marks a great time to turn over a new leaf. Many people begin a new year by making resolutions, and aspiring to eat healthier is annually among the most popular pledges health-conscious individuals make.

A recent Statista survey of hundreds of people across the globe found that eating healthier was the second most popular New Year's resolution of 2023.

In fact, 50 percent of respondents indicated they set goals to eat healthier in the year ahead. Though each year is different, it's fair to assume a similarly large percentage of resolution-minded individuals will aspire to eat healthier over the next 12 months.

As people begin their journeys to a healthier lifestyle, they can consider these strategies to stay the course with a new diet.

- **Do not eat too close to bedtime.** A 2014 study published in the Journal of Human Nutrition and Dietetics found that eating more of a day's total energy intake in the evening is associated with a higher risk of being overweight or obese. The researchers behind the study concluded that eating more of the day's energy intake at mid-day can lower the risk of being

overweight or obese. Individuals are more likely to stay the course when they see positive results, so try to eat dinner several hours before bedtime and resist the urge to snack after dinnertime.

- **Treat yourself, but only periodically.** It's unreasonable and potentially counter-productive to completely avoid foods seen as treats. Cutting out indulgent foods may seem appropriate, but such an approach could make you miserable, and a diet that sparks feelings of misery will prove harder to commit to than one

Want to learn more and get involved? The MPCA has created a new online workshop for community leaders to learn how they can help. Check out the MPCA's training calendar for upcoming dates.

MH&AC.

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memoriam donations. For more information, please visit our website at www.mcintoshhac.com to see the benefits for each level.

MH&AC currently has 21 Lifetime Members; 18 Squatters; and 9 Scout memberships.

The Digitization committee has secured some funding and digitizing equipment from MH&AC volunteers. Two "state of the art" scanning devices with OCR capabilities are now being used to start the process of digitizing content. Appropriate content in our collection will be identified and scanned so it can be saved digitally. We are committed to getting our vast inventories digitized and organized into a web-based format for public searching and access.

The Grant committee is actively researching local, state and federal grant opportunities. We have submitted a request for a Rural Services Grant through Garden Valley Technologies in August 2023.

MH&AC has had a very active online presence this year, and we encourage you to follow us online!

Website: <https://mcintosh-hac.com>

Facebook: <https://facebook.com/McIntoshHAC>

Instagram: <https://www.instagram.com/mcintoshheritageandartscenter>

Through generous volunteer member in-kind donations, the outdated 2010 computers were replaced with two new HP laptops with docking stations; Windows 11; Office 365; Monitor; two Digital OCR scanners,

18TB hard drive backup; and PastPerfect museum software upgrade.

MH&AC participated in the McIntosh Harvest Festival in September 2023. The organization is grateful to the McIntosh Community Club for their support during this event. It provided good visibility for the organization and proved to be a successful membership and fundraising event, thanks to the numerous volunteers and donors.

MH&AC has also interviewed Jim Wertish, the Howard Schimanski family and the Russel Johnson family. We hope to have these interviews published soon.

MH&AC would like to thank our corporate donors: FARM-Check Services, Inc.; The We Give a Hoot Company, LLC; Aanenson & Associates; Night-Owl Productions; First National Bank of McIntosh; Garden Valley Technologies; The City of McIntosh, Nord's Pharmacy & Gifts; Garnet Aanenson; and the Mark and Vivian Votava Giving Fund.

In addition, these local business sponsors: Neil's Quality Meats, Jered's Grocery, Caribou Coffee, and Hugo's Family Marketplace.

We also appreciate the memoriam donations from Ruth Brekke-Palmer; Michael Gustafson (in memory of Dorothy Gustafson Dockter); and Mary Espeseth (in memory of Lorraine Nornes).

Thank you to the overwhelming in-kind and monetary donations from Toni

Epema, Donna Larson, Devra Carlson, Pam Aanenson, John and Donna Peterson, Janice Aanenson, Christopher Polley, Connie Strom, Jerry and Marie (Lidenberg) Olsen, Gayle (Bergman) Burslie, Garnet Aanenson, Lynette Ross, Robert & Laurie Bursheim, Steve Aanenson, Carol Fox, Judi Linds-eth, Carole Burslie, Connie Strom, Phil Lee, Becky Merriweather, Kim Spaeth, Melissa Finseth, Jenn Spaeth, Andrea Stordahl, Arlene Eggers, Darlene Dierkes, Sandra Salvhus, Pastor René Mehlberg, Grant Oppegard, Stacey Knudson, Kathy Finseth, Elora Olsen, Sue Lee, Anita Skeie-Roy, Mary Preisler, Ray Schleicher, Susanne DeFrang, Nadene Johnson, David Stordahl, Ruth Brekke-Palmer, Cindy Ostenna, Ronald Roed, Betty Tangen, Ruth (Thompson) Vetter, Michael Gustafson, Debbie Perrone, Jane Aakhus, Joyce White, Mark Beedy, Mary Espeseth, Lori & Alvin Soukup, and Mark and Vivian Votava;

If you have any information or documentation relating to the history of McIntosh and the 13 Towns, including the people and families of the area please contact the McIntosh Heritage \$ Arts Center. We would love to know your story. We hope you can find a way to support our organization so that we can continue with our mission. Stop by and talk to our volunteers, visit our collection or email us at McIntoshHAC@gmail.com for more information.

So what to make of the mixed results? Dieters can decide for themselves and eat more frequent but smaller, healthier meals to combat hunger pangs that can arise when switching to a new diet. If hunger is no longer posing a threat that can derail your diet, then this approach might increase the chances you stay committed to eating right.

Millions of people will begin January on a quest to eat healthier in the year ahead. Some simple strategies can help them stay the course as they adjust to a new diet.

Without the key, files on the drive will look like gibberish if someone successfully recovers them. Encrypting an SSD computer is recommended even if one has no intention of selling or trading it later. Chromebooks usually use SSD but Google enables encryption by default. Chromebook users can skip this step when resetting. Again, encryption varies based on the OS, so it's best to study the right way to do so.

Files do not automatically erase just because they are thrown in the trash. Before selling or donating a device, a hard drive wipe or encryption is recommended.

How to safely wipe out an old computer

The idea of losing all personal data on a computer, phone or tablet may send a person into a panic.

How many times has a drive failed or a computer crashed and a person has worried that all of their essential files were lost forever? But there are times when it could be essential to clear data from a hard drive. That includes before selling the device, discarding it or giving it away.

NordVPN® says someone can access sensitive information many think is gone forever after deletion, but actually could still be stored in the hard drive. Short of removing the

hard drive, which would necessitate a new owner putting in a new hard drive, devices will have to be wiped clean to ensure sensitive information is not vulnerable. Devices can be wiped completely when they are changing hands. Consumer Reports says this is done by performing a "factory reset." This technically wipes the drive clean of personal data.

Before initiating a factory reset, it's important to back up any important data onto the cloud or an external hard drive. Depending on the operating system, hard drive type and device, the instructions for wiping a hard drive will vary.

It's best to do a search online or ask a technology expert about the most expeditious way to restore factory settings. Even still, there are some issues when wiping a drive that may prove problematic.

If a person recently purchased a computer, it likely has a solid-state drive. SSDs are faster and more stable than older, mechanical hard drives and use flash memory. That means securely deleting files is very hard. This is why Wirecutter suggests encrypting the drive, which uses a mathematical process to mix up the data using a key that only the device owner has.