



McINTOSH

Since 1888

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Win-E-Mac Quilters gathered at McIntosh Community Center recently to sew small blankets for various programs around the area. Quilters who worked on this project were (l-r): Judy Tadman, Connie Strom, Lois Boehrnsen and Kathy Finstad.

Polk County offers Skywarn Storm Spotter training classes

Polk County Emergency Management, in conjunction with the National Weather Service, will be conducting a Skywarn Storm Spotter training class.

SKYWARN® is a volunteer program with between 350,000 and 400,000 trained severe weather spotters. These volunteers help keep their local communities safe by providing timely and accurate reports of severe weather to the National Weather Service.

This training class is beneficial for those who simply wish to become better informed, as well as those who want to be designated storm spotters. The training will be conducted by a Warning Coordination Meteorologist from the National Weather Service.

Individuals are taught the basics of thunderstorm development, storm structure, what constitutes severe weather,



and how to report this information.

Additional information on severe weather safety is also covered. This class is a multimedia presentation which includes detailed video.

We ask that you alert citizens of the upcoming Training. Training will begin at 6:00 pm and will run approximately two hours, with a break in the middle to allow for questions and refreshments.

Polk County Emergency Management, in conjunction with local Fire Departments and the National Weather Service, will provide a program called SKYWARN Training (also referred to as Storm Spotter).

The local trainings will be held at the following locations:

Tuesday, April 23rd from 6:00 pm to 8:00 pm at Kiehle Auditorium, UMC, Crookston.

Wednesday, April 24th,

from 6:00 pm to 8:00 pm at the Erskine Community Center, Erskine.

This SkyWarn Spotter Class is designed as both an informational class for the general public and certification training for the serious SkyWarn Spotter. The class lasts approximately 2 hours and covers, in basic terms, what severe weather is, how it develops and how severe storms generally behave. Computer graphics, slides and video clips will introduce the participants to the great variety of storm phenomena which affect the area.

If you have any questions, please do not hesitate to contact the Polk County Sheriff's Office – Emergency Management Department. We can be reached at 218-470-8263, 218-470-8290, or by emailing jody.beauchane@co.polk.mn.us or jill.moreno@co.polk.mn.us.

Text survey providing misinformation on the City of Fosston dispute with Essentia Health

There have been several reports and firsthand experience with a survey sent via text that appears to be from your county Public Health Services.

Based on the content of the survey it appears to have been initiated by Essentia Health. The survey is lengthy and asks personal information including gender, race, income earnings, education level, etc.

According to the City of Fosston, the survey is meant to sway public opinion and actively mislead those participating in the survey to assume that the City of Fosston will be running the healthcare campus if the agreement is terminated and that taxes will increase as a result. This rhetoric is entirely false. First Care Medical Services, a 501c3, formed by the city, owns the facilities, including the Bagley Clinic and holds the hospital license.

Polk County Public Health also issued a statement warning that the text with a survey link about Polk, Norman or Mahnomon Counties did not come from Polk County Public Health, Norman-Mahnomon Public Health or any other County offices.

The reality of this situation is that the City of Fosston came alongside Essentia Health in May of 2022, nearly two years ago to help Essentia Health successfully restart the Obstetrics program in Fosston. City Administration, the Fosston Mayor, elected officials and stakeholders in the community exhibited patience, understanding and grace with Essentia Health leaders for over 12 months.

The City of Fosston is deeply troubled that the survey and its author are choosing to intentionally misrepresent this situation against the City and in favor of Essentia.

The appointed and elected officials of Fosston remain committed to prioritizing the communities welfare and best interests on this issue.

The City of Fosston asks that you reach out to the City or members of the First Care Task Force for the real information about this dispute resolution process.

The City of Fosston continues to provide weekly updates to those subscribed. Simply email: information@fosston.com to be added to this list.

Health leaders release Statewide Health Assessment

The Minnesota Department of Health (MDH), in collaboration with the Healthy Minnesota Partnership, has published the Minnesota Statewide Health Assessment that provides a snapshot of health in Minnesota.

The report focuses on how different factors impact health, including the environment, education, housing, transportation, social circles and more. It compiles and uses data and information from over 400 data sources and scientific literature.

The assessment shows that Minnesota's health is positively impacted by things like access to nature, good health care facilities and strong civic participation. But, even within these areas, inequities persist. Not every community has the same opportunities to be healthy.

"Minnesota is a place that values health, opportunity, belonging and nature, and this statewide health assessment shows that," said Minnesota Commissioner of Health Dr. Brooke Cunningham. "But we know it's not just the presence or absence of disease or injury that defines health. The places we live and the environment around us play a role as well, and we can see in the data that it's easier for some groups and

Health...

Continued on page 6 ...



Celebrating Earth Day early at Win-E-Mac School with Mrs. Gunufson's and Mrs. Cook's students teaming up to pick up garbage. They cleaned up behind the bus shed, the football practice field, and the baseball field. Look at the school pride on all these faces.

Win-E-Mac School announces the 3rd quarter Honor Roll

The following Win-E-Mac Junior High School and Senior High School students have attained either a “A” or “B” average in academic subjects for the third quarter of the 2023 – 2024 school year. To be eligible for the “A” honor roll, you need to have attained a 3.76 – 4.00 GPA (grade point average). To be eligible for the “B” honor roll, you need to have attained a 3.00 – 3.75 GPA. Congratulations to these students.

- Seniors**
“A”:
Justin Courneya
Dylan Hagen
Ava Howard
Kayleena Kutsev
Isabelle Morinville
Emily Olson
Annika Shimpa
Emily Strom
Luella Strom
Kyra Stuhaug
Jaime Stuhr
Kianna Tadmam
Brooke Tofstad
“B”:
Kiersten Anderson
Cameron Bergman
Foma Cheremnov
Wyatt Davis
Erich Gensburger
Ryan Kangas
Kailee Kramer
Preston Leey
Emma Lundy
Oscar Moldestad
Alyssa Morberg
Alexis Narlock
Clare Stuhaug
Sydney Svalen
Hana Thompson
- Juniors**
“A”:
Sava Erofeeff
Josie Fortman
Mason Halstad
Calvin Hill
Ericka Kramer
Colten Mandt
Shelby Mandt
Evelyn Ryan
Danielle Winter
“B”:
Clay Below
Emelia Boianoff
Ariana Dickinson
Kaylee Dickinson
Hank Earls
Johnathon Haverkamp
Bergan Howard
Julian Janisch

- Livaeh Kiecker
Callista Lewis
Shelby Long
Ustina Mametieff
Kassidi Qualey
Brayden Sander
Abidail Sauer
Sophomores
“A”:
Paige Breitbach
Josie Johnson
Lauren Kaupang
Joy Neubert
Karlie Schow
Hudson Smeby
“B”:
Daniel Boianoff
Jordyn Halstad
Cody Johnson
Claire Juve
Riley Kochmann
Klaudia Kutsev
Adrian Ryan
Hunter Westcott
- 9th Grade**
“A”:
Joe Courneya
Carter Fortman
Austin Johnson
Hayden Johnson
Austin Langseth
Nathaniel Spry
Jareth Walk
“B”:
Ashton Anderson
Rian Bergh
David Cymbaluk
Macie Haskett
Chloe Howard
Caralina Janisch
Clara Kolden
Mihael Mametieff
Theodore Moritz
Kalli Roy
Kolten Schow
Lillian Shimpa
David Zarkoff
- 8th Grade**
“A”:
Andrew Austin
Charles Carlson
Garett Davis
Adylaide Hickman
Malaina Jax
Stephen Kutsev
Ella Langemo
Khloe Luckow
Nickolas Schow
Krista Shimpa
Kale Smeby
Owen Strom
“B”:
Samantha Armyey
Haylee Beckett
Julian Boianoff

- Abraham Cheremnov
Jayden Close
Susana Erofeeff
Axel Fuglseth
Lukas Gensburger
Cooper Gieseke
Callie Herriman
Cameron Holthusen
Elsii Kiecker
Adara Peterson
Alexis Peterson
Bella Senn
Peyton Solie

- Ella Subbert
7th Grade
“A”:
Bennett Bailey
Emma Determan
Ana Kolden
Vivea Kutsev
Megan McGlynn
Corban Moran
Mya Strom
“B”:
Carsen Boyd
Grady Breitbach

- Stella Davis
Aria Doyle
Carson Fortman
Ethan Geray
Adrienne Goldsmith
Kinsley Kroshus
Vasily Kutsev
Larissa Martushev
Alexander Molina
Alexsandra Piatkoff
Liam Schow
Shelby Shimpa



The kids at Freedom Christian Academy in Erskine enjoy the fine April weather on the playground.

Strategic Farming: Corn and soybean diseases

In recent years, corn and soybean diseases typically observed further south have made their way into Minnesota. “Tar spot is one of these emerging corn diseases in Minnesota,” states Dr. Dean Malvick, University of Minnesota Extension plant pathologist. It was first reported in north central Illinois and Indiana in 2015 and confirmed in southeastern Minnesota in 2019. While it has been detected at low levels in additional Minnesota counties since then, the highest disease levels have remained concentrated in the southeastern corner of the state.

Until recently, researchers thought the disease required a lot of moisture and cool conditions to develop. A recent study in Nature found that cool temperatures were the most important factor and that it may not need as much moisture as originally thought. In fact, extended periods of high humidity, especially with high temperatures, actually seemed to hinder disease progression. Tar spot management includes avoiding the most susceptible hybrids, scouting fields in mid-July to assess risk and applying fungicides if needed.

Southern rust is another emerging corn disease in Minnesota, although it has not been a concern during the recent drought. “Growers should keep an eye out for it late in the season because it has the potential to become a bigger problem,” says Malvick.

Prior to 2017, frogeye leaf spot (FLS) in soybean was uncommon in Minnesota. Since then, it has spread and reached levels of concern in some fields in non-drought areas. In the southern half of the US, frogeye leaf spot has caused yield losses up to 30 percent.

FLS can be managed with crop rotation, tillage and fungicides. However, managing FLS with a fungicide is complicated due to its resistance to QoI (strobilurin) fungicides, so non-QoI fungicides, such as a triazole or SDHI type, need to be selected instead. If a fungicide mixture contains the QoI

fungicide, non-QoI fungicides need to be in high enough concentrations in the mixture to be effective.

If we continue to have periods of drought and heat in the summers, charcoal rot of soybean is a disease we may see more of, according to Malvick. It’s common across the U.S. and while we know it’s present in Minnesota, we don’t know how widespread it is.

Charcoal rot is favored by hot (>85F), dry soils. It has a very wide host range and includes soybean, corn, alfalfa, sunflower and dry edible beans. Premature leaf yellowing symptoms usually begin in the driest parts of the field and small black specks can be found in the lower stem or roots. Crop rotation with small grains may be helpful and some soybean varieties have partial resistance.

If you see plants that you suspect of having charcoal rot, Malvick would like to hear from you (dmalvick@umn.edu). He welcomes plants or soil from fields infested with charcoal rot or Phytophthora for analysis and there’s no charge.

Every year is different,

and we never quite know what we’re going to find or what’s going to develop. That’s where Digital Crop Doc comes in (<https://z.umn.edu/DigitalCropDoc>). When disease is developing in the field and you’re wondering what it might be or you’re looking for confirmation, submit photos to the online form and one of our experts will contact you with a diagnosis. If we can’t give a definitive diagnosis, we might request more information or suggest that samples be submitted to the plant disease clinic.

This service is free and open for corn, soybean, small grains, sugarbeet and forage submissions. For more information on crop diseases and fungicide efficacy, visit the Crop Protection Network (<https://cropprotectionnetwork.org>).

For more information from University of Minnesota Extension, visit extension.umn.edu/crop-production.

Thanks to the Soybean Research and Promotion Council and the Corn Research and Promotion Council for their generous support of this program.

to have all seniors and family members who are attending signed up by Friday, May 3rd.

We are looking forward to recognizing the Seniors for their Academic, Athletic and Fine Arts successes as well as awarding numerous scholarships. Come join us in that endeavor!

Important Information Regarding
Assessment and Classification of Property
This may affect your 2025 property tax payments.

The Board of Appeal and Equalization for township of Sletten will meet on Tuesday, April 30th, 3:30 p.m., at the Town Hall. The purpose of this meeting is to determine whether property in the jurisdiction has been properly valued and classified by the assessor.

If you believe the value or classification of your property is incorrect, please contact your assessor's office to discuss your concerns. If you disagree with the valuation or classification after discussing it with your assessor, you may appear before the local board of appeal and equalization. The board will review your assessments and may make corrections as needed. Generally, you must appeal to the local board before appealing to the county board of appeal and equalization.

Given under my hand this 23rd of February, 2024
Terri Kaupang, Clerk of the Township of Sletten

M5-6C

DUST CONTROL - POLK COUNTY ROADS

The Polk County Highway Department is accepting requests for application of calcium chloride for dust control in front of residences that lie along County or Township gravel roads. The cost will be approximately \$250.00 or 7.5 cents per square foot, whichever cost is higher. County & Township Roads: the cost will be the responsibility of the homeowner on all roads. Invoices will be sent via our Permitting site. Polk County requires Township approval/permission documentation prior to chloride application on township roads. The cost will be for a one-time application only. The size and cost of each application may vary. The application site must be flagged from start to finish by residents. Polk County requires all individuals requesting Calcium Chloride to complete and submit application forms. Forms are to be filled out online at <https://mn-co-polk.onegov.rtvision.com/>. Please contact our office at 218-281-3952 with any questions.

Application deadline is May 18, 2024.

There will be added fees for late applicants.

Calcium Chloride Chart

APPROXIMATE COST
Early Bird End May 18, 2024

Length of Application								
Width	150’	200’	250’	300’	350’	400’	450’	500’
16’	\$250	\$250	\$300	\$360	\$420	\$480	\$540	\$600
20’	\$250	\$300	\$375	\$450	\$525	\$600	\$675	\$750

May 19, 2024 – June 2, 2024

Length of Application								
Width	150’	200’	250’	300’	350’	400’	450’	500’
16’	\$300	\$300	\$350	\$410	\$470	\$530	\$590	\$650
20’	\$300	\$350	\$425	\$500	\$575	\$650	\$725	\$800

After June 2, 2024

Length of Application								
Width	150’	200’	250’	300’	350’	400’	450’	500’
16’	\$350	\$350	\$400	\$460	\$520	\$580	\$640	\$700
20’	\$350	\$400	\$475	\$550	\$625	\$700	\$775	\$850

Township roads will be sprayed at 16 ft and county roads will be sprayed at 20 ft.

M5-7C

WEM School Announcements

All Win-E-Mac Seniors and their families are invited to attend our annual Senior Academic and Scholarship Night, which is scheduled for Wednesday, May 8th.

The evening which will include a dessert bar will begin promptly at 6:30 P.M. and will be held in the Events Center. Scholarships as well as Valedictorian, Salutatorian, and Senior Arts and Athletic awards will be presented. Students who have been on the Honor Roll at least one quarter will also be recognized.

While there is no charge for the dessert bar, we do need to have an accurate number of people who will be attending. Each senior is asked to sign up in their English class and indicate how many people will be attending with them. We need



The Win-E-Mac Senior Class is hosting a Bingo Night on Sunday, April 21st in the commons from 6:30 to 8:00 PM. There will be baked goods, refreshments, and miscellaneous prizes. All proceeds go towards the Senior Class.

McIntosh 2023 Drinking Water Report

Making Safe Drinking Water

Your drinking water comes from a groundwater source: two wells ranging from 206 to 210 feet deep, that draw water from the Quaternary Buried Artesian aquifer.

McIntosh works hard to provide you with safe and reliable drinking water that meets federal and state water quality requirements. The purpose of this report is to provide you with information on your drinking water and how to protect our precious water resources.

Contact [Insert owner/operator/designee name], [Insert title], at [Insert phone number and email] if you have questions about McIntosh's drinking water. You can also ask for information about how you can take part in decisions that may affect water quality.

The U.S. Environmental Protection Agency sets safe drinking water standards. These standards limit the amounts of specific contaminants allowed in drinking water. This ensures that tap water is safe to drink for most people. The U.S. Food and Drug Administration regulates the amount of certain contaminants in bottled water. Bottled water must provide the same public health protection as public tap water.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline at 1-800-426-4791.

McIntosh Monitoring Results

This report contains our monitoring results from January 1 to December 31, 2023.

We work with the Minnesota Department of Health to test drinking water for more than 100 contaminants. It is not unusual to detect contaminants in small amounts. No water supply is ever completely free of contaminants. Drinking water standards protect Minnesotans from substances that may be harmful to their health.

Learn more by visiting the Minnesota Department of Health's webpage [Basics of Monitoring and testing of Drinking Water in Minnesota \(https://www.health.state.mn.us/communities/environment/water/factsheet/sampling.html\)](https://www.health.state.mn.us/communities/environment/water/factsheet/sampling.html).

How to Read the Water Quality Data Tables

The tables below show the contaminants we found last year or the most recent time we sampled for that contaminant. They also show the levels of those contaminants and the Environmental Protection Agency's limits. Substances that we tested for but did not find are not included in the tables.

We sample for some contaminants less than once a year because their levels in water are not expected to change from year to year. If we found any of these contaminants the last time we sampled for them, we included them in the tables below with the detection date.

We may have done additional monitoring for contaminants that are not included in the Safe Drinking Water Act. To request a copy of these results, call the Minnesota Department of Health at 651-201-4700 between 8:00 a.m. and 4:30 p.m., Monday through Friday.

Some contaminants are monitored regularly throughout the year, and rolling (or moving) annual averages are used to manage compliance. Because of this averaging, there are times where the Range of Detected Test Results for the calendar year is lower than the Highest Average or Highest Single Test Result, because it occurred in the previous calendar year.

Definitions

- **AL (Action Level):** The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.
- **EPA:** Environmental Protection Agency
- **MCL (Maximum contaminant level):** The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
- **MCLG (Maximum contaminant level goal):** The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
- **MRDL (Maximum residual disinfectant level):** The highest level of a disinfectant allowed in drinking water. There is convincing evi-

Monitoring Results – Regulated Substances

LEAD AND COPPER – Tested at customer taps.						
Contaminant (Date, if sampled in previous year)	EPA's Ideal Goal (MCLG)	EPA's Action Level	90% of Results Were Less Than	Number of Homes with High Levels	Violation	Typical Sources
Lead	0 ppb	90% of homes less than 15 ppb	2.71 ppb	0 out of 10	NO	Corrosion of household plumbing.
Copper	0 ppm	90% of homes less than 1.3 ppm	0.92 ppm	1 out of 10	NO	Corrosion of household plumbing.

INORGANIC & ORGANIC CONTAMINANTS – Tested in drinking water.						
Contaminant (Date, if sampled in previous year)	EPA's Ideal Goal (MCLG)	EPA's Limit (MCL)	Highest Average or Highest Single Test Result	Range of Detected Test Results	Violation	Typical Sources
Barium	2 ppm	2 ppm	0.09 ppm	N/A	NO	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposit.
Arsenic	0 ppb	10.4 ppb	5.67 ppb	N/A	NO	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes.

Potential Health Effects and Corrective Actions (If Applicable)

Arsenic: While your drinking water meets EPA's standard for arsenic, it does contain low levels of arsenic. EPA's standard balances the current understanding of arsenic's possible health effects against the costs of removing arsenic from drinking water. EPA continues to research the health effects of low levels of arsenic, which is a mineral known to cause cancer in humans at high concentrations and is linked to other health effects such as skin damage and circulatory problems

CONTAMINANTS RELATED TO DISINFECTION – Tested in drinking water.						
Substance (Date, if sampled in previous year)	EPA's Ideal Goal (MCLG or MRDLG)	EPA's Limit (MCL or MRDL)	Highest Average or Highest Single Test Result	Range of Detected Test Results	Violation	Typical Sources
Total Trihalomethanes (TTHMs)	N/A	80 ppb	0.5 ppb	N/A	NO	By-product of drinking water disinfection.
Total Haloacetic Acids (HAA)	N/A	60 ppb	2.5 ppb	N/A	NO	By-product of drinking water disinfection.
Total Chlorine	4.0 ppm	4.0 ppm	1.49 ppm	0.83 - 1.87 ppm	NO	Water additive used to control microbes.

Total HAA refers to HAA5

OTHER SUBSTANCES – Tested in drinking water.						
Substance (Date, if sampled in previous year)	EPA's Ideal Goal (MCLG)	EPA's Limit (MCL)	Highest Average or Highest Single Test Result	Range of Detected Test Results	Violation	Typical Sources
Fluoride	4.0 ppm	4.0 ppm	0.71 ppm	0.46 - 0.86 ppm	NO	Erosion of natural deposits; Water additive to promote strong teeth.

Potential Health Effects and Corrective Actions (If Applicable)

Fluoride: Fluoride is nature's cavity fighter, with small amounts present naturally in many drinking water sources. There is an overwhelming weight of credible, peer-reviewed, scientific evidence that fluoridation reduces tooth decay and cavities in children and adults, even when there is availability of fluoride from other sources, such as fluoride toothpaste and mouth rinses. Since studies show that optimal fluoride levels in drinking water benefit public health, municipal community water systems adjust the level of fluoride in the water to an optimal concentration between 0.5 to 0.9 parts per million (ppm) to protect your teeth. Fluoride levels below 2.0 ppm are not expected to increase the risk of a cosmetic condition known as enamel fluorosis.

UNREGULATED CONTAMINANTS – Tested in drinking water.			
Contaminant	Comparison Value	Highest Average Result or Highest Single Test Result	Range of Detected Test Results
Sodium*	20 ppm	51.4 ppm	N/A
Sulfate	500 ppm	78.2 ppm	N/A

*Note that home water softening can increase the level of sodium in your water.

dence that addition of a disinfectant is necessary for control of microbial contaminants.

- **MRDLG (Maximum residual disinfectant level goal):** The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.
- **N/A (Not applicable):** Does not apply.
- **ppt (parts per trillion):** One part per trillion is like one drop in one trillion drops of water, or about one drop in an Olympic sized swimming pool. ppt is the same as nanograms per liter (ng/L).
- **ppb (parts per billion):** One

part per billion in water is like one drop in one billion drops of water, or about one drop in a swimming pool. ppb is the same as micrograms per liter (µg/L).

- **ppm (parts per million):** One part per million is like one drop in one million drops of water, or about one cup in a swimming pool. ppm is the same as milligrams per liter (mg/L).
- **PWSID:** Public water system identification.

Monitoring Results – Unregulated Substances

In addition to testing drinking water for contaminants regulated under the Safe Drinking Water Act, we sometimes also monitor for contaminants that are not regulated. Unregulated contaminants do not have

legal limits for drinking water.

Detection alone of a regulated or unregulated contaminant should not cause concern. The meaning of a detection should be determined considering current health effects information. We are often still learning about the health effects, so this information can change over time.

The following table shows the unregulated contaminants we detected last year, as well as human-health based guidance values for comparison, where available. EPA may not have set human-health based guidance values for some contaminants. The comparison values are based only on potential health impacts and do not consider our ability to measure contaminants at very low con-

centrations or the cost and technology of prevention and/or treatment. They may be set at levels that are costly, challenging, or impossible for water systems to meet (for example, large-scale treatment technology may not exist for a given contaminant).

A person drinking water with a contaminant at or below the comparison value would be at little to no risk for harmful health effects. If the level of a contaminant is above the comparison value, people of a certain age or with special health conditions-like a fetus, infants, children, elderly, and people with impaired immunity-may need to take extra precautions. We are notifying you of the unregulated contaminants we have detected as a public education opportunity.

- More information is available on MDH's A-Z List of Contaminants in Water (<https://www.health.state.mn.us/communities/environment/water/contaminants/index.html>).
- Fourth Unregulated Contaminant Monitoring Rule (UCMR 4) (<https://www.health.state.mn.us/communities/environment/water/ucmr4.html>).
- Fifth Unregulated Contaminant Monitoring Rule (<https://www.epa.gov/dwucmr/fifth-unregulated-contaminant-monitoring-rule>).
- EPA UCMR 5 Data Finder: The Unregulated Contaminant Monitoring Rule 5 (UCMR5) Data finder allows people to easily search for, summarize, and download the available UCMR 5 analytical results.
- EPA has developed a UCMR5 Program Overview Factsheet (<https://www.epa.gov/system/files/documents/2022-02/ucmr5-factsheet.pdf>) describing UCMR 5 contaminants and standards.

Some People Are More Vulnerable to Contaminants in Drinking Water

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. The developing fetus and therefore pregnant women may also be more vulnerable to contaminants in drinking water. These people or their caregivers should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline at 1-800-426-4791.

Learn More about Your Drinking Water

Drinking Water Sources

Groundwater supplies 75 percent of Minnesota's drinking water, and found in aquifers beneath the surface of the land. Surface water supplies 25 percent of Minnesota's drinking water, and is the water in lakes, rivers, and streams above the surface of the land..

Contaminants can get in drinking water sources from the natural environment and from people's daily activities. There are five main types of contaminants in drinking water sources.

- **Microbial contaminants**, such as viruses, bacteria, and parasites. Sources include sewage treatment plants, septic systems, agricultural livestock operations, pets, and wildlife.
- **Inorganic contaminants** include salts and metals from natural sources (e.g. rock and soil), oil and gas production, mining and farming operations, urban stormwater runoff, and wastewater discharges.
- **Pesticides and herbicides** are chemicals used to reduce or kill unwanted plants and pests. Sources include agriculture, urban stormwater runoff, and commercial and residential properties.
- **Organic chemical contaminants** include synthetic and volatile organic compounds. Sources include industrial processes and petroleum production, gas stations, urban stormwater runoff, and septic systems.
- **Radioactive contaminants** such as radium, thorium, and uranium isotopes come from natural sources (e.g. radon gas from soils and rock), mining operations, and oil and gas production.

The Minnesota Department of Health provides information about your drinking water source(s) in a source water assessment, including:

- How McIntosh is protecting your drinking water source(s);
- Nearby threats to your drinking water sources;

- How easily water and pollution can move from the surface of the land into drinking water sources, based on natural geology and the way wells are constructed.

Find your source water assessment at **Source Water Assessments** (<https://www.health.state.mn.us/communities/environment/water/swp/swa>) or call 651-201-4700 between 8:00 a.m. and 4:30 p.m., Monday through Friday.

Lead in Drinking Water

You may be in contact with lead through paint, water, dust, soil, food, hobbies, or your job. Coming in contact with lead can cause serious health problems for everyone. There is no safe level of lead. Babies, children under six years, and pregnant women are at the highest risk.

Lead is rarely in a drinking water source, but it can get in your drinking water as it passes through lead service lines and your household plumbing system. McIntosh is responsible for providing high quality drinking water, but it cannot control the plumbing materials used in private buildings.

Read below to learn how you can protect yourself from lead in drinking water.

1. **Let the water run** for 30-60 seconds before using it for drinking or cooking if the water has not been turned on in over six hours. If you have a lead service line, you may need to let the water run longer. A service line is the underground pipe that brings water from the main water pipe under the street to your home.

- You can find out if you have a lead service line by contacting your public water system, or you can check by following the steps at: <https://www.mprnews.org/story/2016/06/24/npr-find-lead-pipes-in-your-home>
- The only way to know if lead has been reduced by letting it run is to check with a test. If letting the water run does not reduce lead, consider other options to reduce your exposure.

2. **Use cold water** for drinking, making food, and making baby formula. Hot water releases more lead from pipes than cold water.

3. **Test your water.** In most cases, letting the water run and using cold water for drinking and cooking should keep lead levels low in your drinking water. If you are still concerned about lead, arrange with a laboratory to test your tap water. Testing your water is important if young children or pregnant women drink your tap water.

- Contact a Minnesota Department of Health accredited laboratory to get a sample container and instructions on how to submit a sample:

[Environmental Laboratory Accreditation Program \(https://eldo.web.health.state.mn.us/public/accreditedlabs/labsearch.seam\)](https://eldo.web.health.state.mn.us/public/accreditedlabs/labsearch.seam)

The Minnesota Department of Health can help you understand your test results.

4. **Treat your water** if a test shows your water has high levels of lead after you let the water run.

- Read about water treatment units: [Point-of-Use Water Treatment Units for Lead Reduction \(https://www.health.state.mn.us/communities/environment/water/factsheet/poulead.html\)](https://www.health.state.mn.us/communities/environment/water/factsheet/poulead.html)

Learn more:

- Visit [Lead in Drinking Water \(https://www.health.state.mn.us/communities/environment/water/contaminants/lead.html\)](https://www.health.state.mn.us/communities/environment/water/contaminants/lead.html)
- Visit [Basic Information about Lead in Drinking Water \(http://www.epa.gov/safewater/lead\)](http://www.epa.gov/safewater/lead)
- Call the EPA Safe Drinking Water Hotline at 1-800-426-4791. To learn about how to reduce your contact with lead from sources other than your drinking water, visit [Lead Poisoning Prevention: Common Sources \(https://www.health.state.mn.us/communities/environment/lead/sources.html\)](https://www.health.state.mn.us/communities/environment/lead/sources.html).

Water systems have ongoing infrastructure, operations and maintenance costs in supplying safe drinking water, and many are implementing additional efforts to help insure health equity and manageable water bills with:

- o Turn the faucet off while brushing teeth.
- o Shower instead of bathing to reduce water use.
- o Fix running toilets by replacing flapper valves.
- o Run full loads of laundry and use a minimal water use setting.
- o Our water system partners with others to help consumers with limited resources make payments to their water bills.
- o Contact us to learn more.

M5C

Health...

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communities to be healthier than others."

The Healthy Minnesota Partnership, a collaboration of MDH and community partners, will use the assessment, done every 5 years, to create a statewide health improvement framework, set priorities and make recommendations.

"This assessment helps update the roadmap we're using to inform our work and address these disparities in data- and community-driven ways," said Commissioner Cunningham. "Working together, change is possible. We have a lot of great

momentum coming out of a historic legislative session in 2023 and a shared goal with the rest of the Walz-Flanagan administration to make Minnesota the best state for children and families."

This report is also one of the first statewide health assessments in the nation done after the COVID-19 pandemic. While COVID-19 is not the main focus, the assessment does include some data about COVID-19 and acknowledges that COVID-19 had a significant impact on health. The assessment notes that COVID-19 was the third leading cause of death in Minnesota in both 2020 and 2021. In 2020, it ac-

counted for 10% of all deaths, behind heart disease (16%) and cancer (19%).

Before vaccines and treatments were developed, during the fall surge in 2020, a smaller number of infections caused a much higher rate of hospitalization and death in Minnesota, according to the assessment. As vaccines and treatments became widely available, hospitalization and death rates declined sharply during the surge in cases between fall 2021 and early spring 2022, highlighting the value of vaccination and treatments in preventing severe illness. One of the outcomes of the pandemic was that people

ages 65 and older who were vaccinated were much less likely to be hospitalized or die compared to people who were not vaccinated. The risk of hospitalization and death was reduced even more for people over age 65 who stayed up to date on their vaccines by receiving the regularly recommended doses.

"The pandemic shed light on underlying issues that we've known about for a long time including the need to effectively communicate the importance of actions like vaccination, finding ways to collect better and more timely data, and continuing to address health and racial inequities," said Com-

missioner Cunningham.

As part of the assessment, the Healthy Minnesota Partnership also surveyed Minnesotans to learn about state strengths that support health. Other assessment activities included a community engagement inventory, group conversations and public comment.

"Everyone in Minnesota can use the assessment to support their communities' health improvement efforts through planning, organizing, working on statewide actions and more," said Sarah Grosshuesch, co-chair of the Healthy Minnesota Partnership and public health director at Wright County.

She also added that the assessment is meant to inspire action across different sectors, agencies and community organizations. The assessment calls for a health-in-all-policies approach and includes policy profiles about paid family and medical leave, tree canopy cover and broadband Internet access.

To read the full assessment, go to The Minnesota Statewide Health Assessment is Now Available. The Healthy Minnesota Partnership is expected to release its framework for action and recommendations based on the assessment in late 2024.