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Win-E-Mac Seniors who received scholarships during the 2024 Senior Awards Banquet held last Wednesday, May 8th at the Arts & Events Center were: Brook Tofstad, Luella Strom, Annika Shimp, Ava Howard, Alyssa Morberg, Sydney Svalen, Kiersten Anderson, Elizabeth Morinville, Kianna Tadman, Hana Thompson, Kyra Stuhaug, Christopher Roragen, Emily Strom, Jaime Stuhr, Alec Haskett, Ryan Kangas, Justin Courneya, Wyatt Davis, Joshua Carlson, Clare Stuhaug, and Emily Olson.



Luella Strom was awarded the Senior Outstanding Academic and Fine Arts Award, Ryan Kangas the Senior Outstanding Male Athlete Award, Justin Courneya the Senior Outstanding Academic Athlete Award and Ava Howard both the Senior Outstanding Female Athlete Award and the Senior Outstanding Academic Athlete Award during the awards program held last Wednesday at the Arts & Event Center at Win-E-Mac School.



The Win-E-Mac Junior Class at this years Prom held on Saturday, May 4th at the Win-E-Mac Arts & Events Center.

Win-E-Mac Seniors receive over \$100,000 in local scholarships

The Win-E-Mac Academic, Athletic and Fine Arts Awards Program was held on Wednesday, May 8th in the Arts & Event Center. Win-E-Mac Senior students along with their families joined together for the presentation of awards and scholarships.

Win-E-Mac School teacher, John Eckman opened the program and then recognized this year's Senior Honor Students. These students have received a 3.5 grade point average each quarter during their Sophomore, Junior and Senior years. Honor students were Oscar Molstad, Kara Stuhaug and Kianna Tadman.

Six students were recognized as Senior Minnesota Honor Society students: Justin Courneya, Ava Howard, Emily Strom, Luella Strom, Jaime Stuhr, and Hana Thompson.

The AAA Award winners who represented Win-E-Mac School in the State were Ella Strom and Justin Courneya.

The 2024 Co-Valedictorians were Kianna Tadman and Kyra Stuhaug. The Salutatorian was Luelle Strom

The first scholarships for

the Win-E-Mac Senior Class were presented to the students by Dr. Melinda Anderson, Wanda Stordahl, Sarah Strom, Adam Bergman, Joe Sandberg, Pastor Pam Thorson, Liz Jensen, Kim Kleinwater, Andrea Stordahl, Tom Harmon, Brandon Neibauer, Jason Carlson and Superintendent Randy Bruer.

Fosston Area Sportsman Club presented awards of \$500 to Kianna Tadman and Justin Courneya. Essentia Health Scholarship was awarded to Kianna Tadman in the amount of \$1,000.

The East Polk County Extension Home Study Group Scholarship for \$500 was presented to Kyra Stuhaug.

Wild Rice Electric awarded three scholarships of \$750 each to Jaime Stuhr, Wyatt Davis, Ava Howard and Emily Strom. Red Lake Electric awarded \$500 scholarships to Isabelle Morinville and Brooke Tofstad.

North Dakota State University (NDSU) Presidential Scholarships were awarded to Emily Strom in the amount of \$12,000, Luella Strom in the amount of \$8,000, Kyra Stuhaug in the amount of \$12,000, and Kianna Tadman in the amount of \$12,000. Luella Strom was also awarded the James Meier Scholarship from North Dakota State University in the amount of \$4,000.

A Bemidji State University Academic Achievement Scholarship in the amount of \$5,000 was awarded to Sydney Svalen.

An Altru Health System Scholarship was awarded to Kyra Stuhaug in the amount of \$1,000.

Alec Haskett was awarded a school sponsorship by Titan Machinery and Christopher Roragen was awarded a school sponsorship by True North Equipment.

The Elaine Bergman Scholarship was awarded to Ava Howard in the amount of \$1,000. The Clubhouse Child-care Center Scholarship of \$500 was awarded to Kyra Stuhaug.

The American State Bank, Erskine Branch presented two scholarships in the amount of \$250 each to Emily Strom and Sydney Svalen. A PEO scholarship of \$500 was presented to Kyra Stuhaug.

The Erskine American Legion (Bailey Throne Post 596) presented seven - \$1,000 scholarships to Wyatt Davis, Ava Howard, Emily Strom, Luella Strom, Kyra Stuhaug, Kianna Tadman and Hana Thompson.

The Grace Lutheran Church Scholarship gave to four recipients each receiving \$500. The four students presented were Emily Strom, Clare Stuhaug, Kyra Stuhaug, and Kianna Tadman.

The Winger Lions presented five scholarships in the amount of \$1,000 each to Luella Strom, Kayleena Kutsev, Jaime Stuhr, Alec Haskett, and Kianna Tadman. The Unity State Bank awarded two scholarships of \$250 to Alyssa Morberg and Hana Thompson.

The Jim Stordahl Memorial

Scholarship of \$500 each was presented to three recipients, Emily Strom, Kyra Stuhaug, and Kayleena Kutsev. The Tori Sannes Memorial Scholarship was presented to Annika Shimp in the amount of \$500.

The Matthew Harmon Fallen Soldier Memorial Scholarship was presented to Hana Thompson in the amount of \$1,250. The Lee Nielson Scholarship of \$500 was presented to Christopher Roragen.

The Lee Nielson Scholarship in the amount of \$500 was awarded to Christopher Roragen.

The Arthur I and Jane B Snustad Foundation Scholarships went to 12 Senior Win-E-Mac students in the amount of \$2,500. The students receiving this scholarship were: Justin Courneya, Wyatt Davis, Ava Howard, Emily Strom, Luella Strom, Clare Stuhaug, Kyra Stuhaug, Jaime Stuhr, Sydney Svalen, Kianna Thompson and Hana Thompson. Win-E-Mac Alumni students who received \$1,250 were Bret DuChamp, Kalli Hand, Nadally Neubert and Savhanna Svalen.

The Norris Syverson Scholarship of \$2,000 was awarded to six students: Kiersten Anderson, Joshua Carlson, Erich Gensburger, Isabelle Morinville, Christopher Roragen, and Jaime Stuhr. The Harriet Grundyson Hudrlik Memorial Scholarship of \$2,000 was presented to both Alec Haskett and Jaime Stuhr.

Next, Win-E-Mac teacher, Brady Langemo presented scholarships.

There were 17 Win-E-Mac Alumni Scholarships in the amount of \$1,500 each awarded to Wyatt Davis, Alec Haskett, Ava Howard, Kayleena Kutsev, Isabelle Morinville, Emily Olson, Christopher Roragen, Annika Shimp, Emily Strom, Luella Strom, Clare Stuhaug, Kyra Stuhaug, Jaime Stuhr, Sydney Svalen, Kianna Tadman, Hana Thompson, and Brooke Tofstad.

The Jeannie Vesledahl Scholarship of \$500 was awarded to Sydney Svalen. Kyra Stuhaug received an award of \$500 from the Jan Ostenson Scholarship. The Jim and Nancy Benson Scholarship was awarded to Sydney Svalen in the amount of \$1,300.

The Gunter Family Scholarship of \$400 each was awarded to Kyra Stuhaug and Kianna Tadman.

Annika Shimp was given the Tori Sannes memorial Scholarship of \$500.

The Thompson Family Scholarship, honoring their parents, Harald and Adella Thompson, was awarded to Hana Thompson the amount of \$500.

Alec Haskett was awarded a \$300 scholarship from VFW Post 6891 of McIntosh. The Russel B. Hagen Foundation Scholarship of \$2,500 was awarded to Brooke Tofstad.

Awards...
Continued on page 4 ...



Luella Strom, Emily Strom, Ava Howard and Kyra Stuhau, all 2024 Win-E-Mac Seniors graduated from Northland Community and Technical College in Moorhead Friday, May 10th with their Associate of Arts. As a side note: these students actually graduated from college before they graduated from high school!

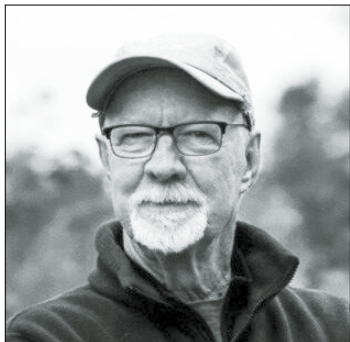
Author Will Weaver in Fosston on May 17th

Bemidji author, Will Weaver, will be in Fosston on Friday, May 17th to discuss his latest novel, "Power & Light". Sponsored by the East Polk Heritage Center and Sons of Norway Granlund Lodge #240, the event will also include a Syttende Mai reception prior to the author talk.

"Power & Light" follows the Haugen family, who emigrated from Norway to North Dakota in the early 1900's.

Their arrival to this country was soon followed by a series of tragedies including a crime against one of the sisters in the family.

A work of historical fiction,



the story has ties to Weaver's family history. Readers who have families with a similar history will be able to grasp and understand the burdens faced in a new country. The geography of the story is located

along the North Dakota and Minnesota border and familiar landmarks in Grand Forks, Fargo and Crookston can be noted.

Starting at 9:30 AM, a reception will be held featuring coffee and an array of Scandinavian food that includes Krumkake, Rommegrot bars, almond cake, spritz cookies and more!

Join us at the Aurora Center for the Arts on Friday, May 17th for this Syttende Mai celebration and author visit. Reception begins at 9:30 and the author talk will start at 10:00. There is no charge to attend and everyone is welcome.

Meteorologists forecast another summer of increased air quality alerts

While more than normal, alerts not expected to reach 2023 level.

Minnesotans should expect more air quality alerts than normal again during the summer of 2024, driven by anticipated high temperatures and more-than-average number of wildfires, Minnesota Pollution Control Agency (MPCA) meteorologists announced today.

Modeling from MPCA and its federal partners highlight the persistence of drought across parts of Canada and Minnesota and other factors that can contribute to large wildfires that ultimately impact air quality.

These predictions come on the heels of a challenging 2023, when Minnesota had a record 52 air quality alert days. Of these alerts, 16 were due to fine particles from wildfire smoke, and nine reached the red AQI category, signaling risk for everyone.

"Wildfires in Canada and other states have a significant impact on Minnesota's air quality, and last year was profound," said MPCA lead meteorologist Matt Taraldsen. "Our meteorologists are closely monitoring air quality around the state, and we are committed to providing accurate information promptly so that everyone can stay informed about changing

conditions."

Though not projected to reach the level of 2023, wildfire smoke will impact Minnesotans' quality of life and outdoor plans this summer as we see more impact from climate change in the state, according to MPCA experts. Wildfires are becoming larger and more frequent during the summer months in the U.S. and Canada. Warmer temperatures and persistent drought conditions make it easy for fires to start and quickly spread out of control. Smoke from these wildfires can travel thousands of miles.

Wildfires/drought

Rain in many parts of Minnesota during the last few weeks has helped improve drought conditions, with none of Minnesota currently in severe drought, 11% in moderate drought and 28% abnormally dry. Long-term forecasts call for average rainfall this summer with above-average temperatures

Forecasts show parts of Minnesota and much of Canada will continue to experience some degree of drought throughout the summer. Current conditions show abnormally dry to moderate drought in much of northern Minnesota, while extreme southeast Minnesota is experiencing

Register for RiverView's free balance classes this June & July

If you have fallen in the past or restrict your activities because you are afraid of falling, register for RiverView Health's free series of balance classes starting in June.

"A Matter of Balance" is a program helping participants improve balance, flexibility, and strength.

Classes will be held each Tuesday for eight weeks, June 11-July 30, from 9-11 am, at the Golden Link Senior Center, 324 N. Main Street, Crookston.

Participants will learn to:

- View falls as controllable.
- Set goals for increasing activity.
- Make changes to reduce

fall risks at home.

- Exercise to increase strength and balance.

Certified coaches Brittni Johnson, DPT, and Maddie Engelstad, MOTR/L, will lead the award-winning program.

The series is free, but class size is limited. For more information or to register, call RiverView Home Care at 281.9478.

This project is made possible, in part, under the Federal Older Americans Act through a contract with the Northwest Regional Development Commission/Dancing Sky Area Agency on Aging under an Area Plan approved by the Minnesota Board on Aging.



Everyone is invited to a graduation open house in honor of

Sydney Svalen.

Saturday, May 25th at the McIntosh Community Center from 4 to 7 PM.

LARL presents "Operation D-Day" history program

Libraries in Bagley and Fertile will host "Operation D-Day," inviting audiences to witness a profoundly important date in history come to life with a presentation by Minnesotan historian and educator Arn Kind.

The programs will be held in honor of the 80th anniversary of D-Day, the date when the Allied nations launched Operation Overlord, the surprise invasion of France. In these living history performances, Kind will bring history alive with a realistic portrayal of the invasion, which was accomplished by thousands of intrepid young American, British and Canadian soldiers parachuting out of the sky behind enemy lines and wading through heavy surf onto the beaches of Normandy.

"Operation D-Day" will be held on Friday, June 7th at 2:30 p.m. at the Fertile Public Library, 101 Mill St. S.

The presentation will be again on Saturday, June 8th at 11:00 a.m. at the Bagley American Legion, 112 Main Ave. N., in partnership with Northern Exposure to Lifelong Learning (NELL).

Admission is free thanks in part to funding from the Minnesota Arts & Cultural Heritage Legacy fund and the programs are sponsored by Lake Agassiz Regional Library.

Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in northwest Minnesota. For more information on this and other LARL events and services, contact the Lake Agassiz Regional Library office at 218-233-3757 or online at www.larl.org.

Air quality...

Continued on page 3....

WIN-E-MAC SCHOOL PRE-SELL HOUSE BID

Win-E-Mac School is pre-selling next year's carpentry house for 2024-2025 school year. The Board will examine bids at the June 18 th Board meeting. The house will be built on school site. Max width is 28 ft. and max length is 52 ft. Bid information is available upon requests and all bidders must contact the school in order to ensure the scope of the project is feasible and fits the requirements of the carpentry class.

Bids are due on Friday, May 24 th , 2024 at 3:00 pm and should be in the form of a percentage of the total cost to build the house minus subcontracting and inspection costs. The Win-E-Mac School Board reserves the right to accept or reject any and all bids.

For bidding information and questions, contact:
Randy Bruer, Superintendent
Win-E-Mac School District #2609
23130 345 th St SE
Erskine, MN 56535
Phone: 218-563-2900
e-mail: rbruier@win-e-mac.k12.mn.us
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Friends of McIntosh Veteran's News

The Friends of McIntosh Veterans invites you to attend the Memorial Day program on Monday, May 27th, to honor and remember those from our community who served our country in the armed forces and who have passed.

The Win-E-Mac band will gather at the First National Bank parking lot at 10:25 am and march down Main Street to the Community Center, where they will play the Star Spangled Banner. The program begins inside the community center at 10:30 am. Joe Collova, husband of Rachel (Ramse) Collova, formerly of McIntosh, will be giving the address. The program moves to the old school lawn for the Honor Roll and wreath laying at approximately 11:00. Following the lawn service, Our Savior's Lutheran Church will serve lunch at the Community Center starting at 11:30 am.

If you're interested in organizing a color guard, please reach out to Janice Aanenson at 612-239-8708 or Darlene Dierkes at 320-250-5711. Alternatively, veterans or friends of veterans are welcome to pick up an American flag at the community center and assemble at the bank parking lot at 10:25 to lead the band.

ALL SINGERS, regardless of experience, are invited to join the community choir. We will be practicing at 9:30 am in the Community Center. Your voice is a valuable addition to our tribute.

For those who cannot attend the traditional in-person service, we will once again broadcast a video program, which will air on Garden Valley TV at 1:00 PM and 7:00 PM on Memorial Day. Later that day, it will also be available on the Friends of McIntosh Veterans Facebook page and website (www.friendsofmcintoshveterans.com).

The McIntosh Heritage and Arts Center will be open from 11:30 am - 1:00 pm with a Military Display from past McIntosh Veterans, so make sure to stop by!

Thank you for helping us honor our family, friends, and neighbors who have answered the call to serve our country and fought to keep it free.



Wed. May 15:
Grace Klemmer, Paul Lindseth, Arlene Bly, *Justin & Amanda Shultz

Thurs. May 16:
William Shimp, Jon Lecy

Fri. May 17: Jane Aakhus, Carl Hedlund

Sat. May 18: Nathan Gensburger, *Chris & Kristi Gretum

Sun, May 19: Courtney Lecy, Kevin Caron

Mon. May 20:
*Linda Sylstad, Arlene Eggers, Tyus Mahlen, Clara Eileen Bruggeman

Tues. May 21: Robin Andres



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

Wed. May 15: 11:30am Mass at St. Mary's, Fosston
Fri. May 17: 11:30am Mass at St. Mary's, Fosston
Sat. May 18: 5:00pm Mass at St. Joseph's, Bagley
Sun. May 19: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley; 3:00pm Divine merch Sunday, St. Mary's, Fosston
Wed. May 22: 11:30am Mass at St. Mary's, Fosston
Fri. May 24: 11:30am Mass at St. Mary's, Fosston
Sun. May 26: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley; 3:00pm Divine merch Sunday, St. Mary's, Fosston

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh Pastor Rene Mehlberg Synodical authorized Minister Katie DeMarais

Sun. May 19: 10:00am Coffee Hour; 10:30am Worship Services

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

Our Savior's 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. May 19: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, May 21: 10:00am Sunday worship service telecast on GVTV--30

Wed, May 22: 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. May 19: 9:00am Worship

Sun. May 26: 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: 9:15am Sunday School; 10:30am 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 at mcintoshtimes@gmail.com, 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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The basics of Lyme disease

Few can resist the allure of a warm afternoon spent in the backyard. Whether it's a family barbecue, a lazy afternoon reading in a hammock or a day spent working in the garden, there's many ways to have fun in the backyard on a warm day.

A backyard can feel like an oasis, but even the most peaceful refuge is not safe from hazards, including ticks. Black-legged ticks pose a particular threat to individuals who live in specific regions, as these unwelcome critters may carry the bacteria responsible for Lyme disease.

Recognition of Lyme disease, its symptoms and potential treatment plans is important for anyone planning to spend time relaxing in their backyards anytime soon.

Explaining Lyme disease

The Cleveland Clinic notes that Lyme disease is most often caused by Borrelia burgdorferi, a bacteria carried by black-legged ticks, which are sometimes referred to as "deer ticks." (The Centers for Disease Control and Prevention indicates some cases of Lyme disease are caused by the bacteria Borrellia mayonii, though such cases are rare.) Lyme disease is named after the small town in Connecticut where the disease was first recognized nearly half a century ago. The CDC reports that Lyme disease is the most common vector-borne disease in the United States.

How is Lyme disease transmitted?

Lyme disease is transmitted to humans through the bite of an infected black-legged tick. Though there are many varieties of ticks, Johns Hopkins Medicine notes that only the black-legged deer tick and Western black-legged tick transmit Lyme disease.

What are some symptoms of Lyme disease?

The CDC indicates that Lyme disease produces a wide range of symptoms, and those symptoms vary depending on how long it's been since a person was bitten by a tick.

Early symptoms of Lyme disease may appear as soon as three days after a bite and as late as 30 days after a bite. The CDC characterizes symptoms appearing between three and 30 days after a bite as "early symptoms," which may include:

- Fever
- Chills
- Headache
- Fatigue
- Muscle and joint aches
- Swollen lymph nodes may occur in the absence of a rash
- Erythema migrans (EM) is a rash that occurs in approximately 70 to 80 percent of infected persons. The rash begins at the site of a tick bite after a

Tips to make a yard less attractive to ticks

Human beings can come into contact with ticks in their own backyards. But humans can take various steps to make their lawns less welcoming to ticks.

· **Cut your grass short and keep it that way.** Black-legged ticks are transmitters of Lyme disease, which the CDC notes is the most common vector-borne disease in the United States. Black-legged ticks do not like environments that are dry and hot, so short grass makes lawns less attractive to this type of tick.

· **Create a tick barrier if your property abuts woods.** A barrier of dry mulch made of wood chips between a property and a bordering wooded area can help repel ticks, who won't want to settle in often dry, hot mulch beds.

· **Plant with infestation**

delay of three to 30 days (average time to appear is about seven days. The rash expands gradually over several days, reaching up to 12 inches or more (30 centimeters) across. EM may feel warm to the touch but is not typically itchy or painful. EM sometimes clears as it enlarges, resulting in a target or "bull's-eye" appearance, and the rash may appear on any area of the body

Some symptoms may appear days to months after a tick bite, and these may include:

- Severe headaches and neck stiffness
- Additional EM rashes that appear on other areas of the body
- Facial palsy characterized by a loss of muscle tone or droop on one or both sides of the face
- Arthritis with severe joint

prevention in mind. Some plants can help to repel ticks because they boast certain characteristics that ticks cannot tolerate. The fragrances, textures and oils of plants like garlic, mint, lavender, marigolds, and others create less welcoming conditions for ticks. Garden centers have advice on tick-repellant plants that can thrive in your area.

· **Remove yard debris.** Piles of wood, leaves and brush can make for good conditions for ticks that transmit disease. After raking leaves and gathering brush, discard the resulting piles immediately.

These measures will not necessarily prevent all ticks from establishing themselves on a property, so individuals are urged to inspect their bodies and the bodies of their pets after a day in the yard.

pain and swelling, particularly in the knees and other large joints.

- Intermittent pain in tendons, muscles, joints, and bones
- Lyme carditis, a condition characterized by heart palpitations or an irregular heart beat
- Episodes of dizziness or shortness of breath
- Inflammation of the brain and spinal cord
- Nerve pain
- Shooting pains, numbness or tingling in the hands or feet

Can Lyme disease be treated?

Many cases of Lyme disease are successfully treated after a few weeks of antibiotics. However, some people report persistent symptoms even after antibiotic treatments, and the CDC notes additional research is necessary to help people in such situations.

Lyme disease is something to keep in mind as warm weather returns. More information about Lyme disease is available at cdc.gov.



Big brother Austin Tadman attended the Win-E-Mac Grand March on Saturday, May 4th to see his sister Kianna Tadman dressed and ready for a fun night.

Air quality..

Continued from page 2 ...

Minnesota with 21 issued that spanned a total of 52 calendar days.

Ozone

Slightly above-normal temperatures could increase the risk of alerts due to elevated surface ozone, particularly in early summer. Forecasts predict a slightly above-average ozone season of two to four days, one day more than the yearly average. Regions most vulnerable to ozone impacts include the suburban Twin Cities area and Rochester metro areas. If persistent wildfire smoke occurs it may also aid in the generation of surface-based ozone, which was observed during the 2023 season.

AQI and MPCA

forecast information

Air quality is reported on a color scale called the air quality index (AQI). When daily average fine-particle levels reach the orange category, sensitive groups such as children, older adults, and those with respiratory conditions may feel the effects.

The MPCA posts real-time information and daily forecasts on its air quality webpage. You can find information on a region's primary pollutant, predicted fine particles, and forecasted ozone. This resource gives Minnesotans a clearer understanding of their region's daily air quality through accessible, understandable data.

Residents may also receive air quality alerts by following the MPCA's Facebook and X (formerly Twitter) accounts.

Poor air quality and health

Poor air quality can make anyone sick, but some groups are more at risk to the health effects, including young children, pregnant people, older adults, people with chronic health conditions and people who work or play outside.

Limiting outdoor activities, if possible, spending time indoors with clean air, and keeping indoor air clean during poor air quality days can help. Visit the Minnesota Department of Health's Air Quality, Climate and Health website to learn more at <https://www.health.state.mn.us/communities/environment/climate/air.html>

POLK COUNTY COMMISSIONERS MINUTES

APRIL 23, 2024
BOARD MINUTES

Pursuant to motion of adjournment, the Polk County Board of Commissioners met in regular session at 8:00 o'clock a.m., April 23, 2024. Members present: Commissioner Paul Reese, Commissioner Warren Strandell, Commissioner Gary Willhite, Commissioner Joan Lee, Commissioner Mark Holy, and Charles S. Whiting, County Administrator, Clerk of the Board. Others present: Samuel Melbye, Deputy Clerk of the Board.

AGENDA

A motion was made by Commissioner Lee seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the April 23, 2024, agenda.

CONSENT ITEMS

A motion was made by Commissioner Holy seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the April 23, 2024, consent items:

1. Approve the April 16, 2024, Board minutes.
2. Approve payment to Johnson Controls, Fargo, ND, in the amount of \$430.00 for Office Area Thermostats for the Facilities Department.

COUNTY BOARD MEMBER
ISSUE FORUM

1. Commissioner Reese brought forth that he attended the following meetings:
a. Received email from DNR regarding land donated to the Nature Conservancy and the DNR looking to purchase the land. DNR is looking for a revised resolution (original resolution in 2015) from the Polk County Board of Commissioners.
2. Commissioner Strandell brought forth that he attended the following meetings:
a. Grand Forks – East Grand Forks Metropolitan Planning Organization meeting.
- b. Received call from Polk County resident regarding the construction project going on at the Polk County Government Center and the lack of parking available due to the blocking off the parking lot.
- c. Received call from Polk County Planning and Zoning Committee member regarding lack of quorum at the last Planning and Zoning Committee meeting.

3. Commissioner Willhite brought forth that he attended the following meetings:

- a. Polk County Personnel Committee meeting.
- b. Lake Agassiz Regional Library meeting.

4. Commissioner Lee brought forth that she attended the following meetings:

- a. Association of Minnesota Counties (AMC) Board of Directors meeting.
- b. AMC Education and Training meeting.

5. Commissioner Holy brought forth that he attended the following meetings:

- a. Visited property in Higdem Township to review issue with riverbank and land sliding into the river. Working with Polk County Environmental Services and other agencies to see what can be done to help the landowner.

PUBLIC HEALTH

Sarah Reese, Public Health Director, came before the Board with matters pertaining to her department:

1. Professional Services
Agreement with RiverView Health

At the February 20th Board of Commissioners meeting, the Board approved advertisement and hiring of a .28 FTE Nurse Practitioner for Sexual and Reproductive Health within Polk County Public Health. We posted the position and were unable to identify candidates for this position. We recommend Professional Services Agreement with RiverView Health for Physician Assistant/Nurse Practitioner Clinic Services (\$125 per hour), one-year renewable term. A motion was made by Commissioner Lee seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the Professional Services Agreement with RiverView Health.

SOCIAL SERVICES

Karen Warmack, Social Services Director, came before the Board with matters pertaining to her department:

1. Family Based Services
Provider Replacement Request

A motion was made by Commissioner Strandell seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve filling a Family Based Services Provider position, and to fill any internal subsequent position

vacancies occurring because of this action.

FINANCE

Ron Denison, Finance Director, came before the Board with matters pertaining to his department:

1. 2023 Year-End Financial
Information

Discussion was held with the Board regarding the 2023 full year budget to actual report and cash balance reports.

PROPERTY RECORDS

Annalee Jones, Deputy Director of Property Records, came before the Board with matters pertaining to her department:

1. Aumentum Tax Software
Contract and Board Ratification

A Master Agreement between Manatron (Aumentum Tech) and Minnesota Counties Computer Cooperative (MnCCC) is presented for Licensed Software, Hardware, and Services for the Aumentum tax software program converting to the updated Platform version. A motion was made by Commissioner Reese seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve the Aumentum Platform upgrade in the amount of \$246,960.00 and contract with Aumentum Technologies. The total upgrade cost has increased from the start of the contract negotiations. Polk County will owe an additional \$96,960.00 to cover the 1st Year Upgrade costs. The 1st Year Upgrade will be billed to Polk County on approximately June 1, 2024. A motion was made by Commissioner Holy seconded by Commissioner Reese and adopted by unanimous vote of the Board to sign the Board Ratification Statement, authorizing Annalee Jones, Deputy Director of Property Records, to enter into contract with Aumentum Technologies for the implementation, maintenance, and support of the Aumentum Platform software.

With no further business the Board adjourned to reconvene at 8:00 o'clock a.m., May 7, 2024.

ATTEST: Gary Willhite, Chair

Charles S. Whiting,
County Administrator
Clerk of the Board
M9C



The Win-E-Mac Sophomores who attended the 2024 Prom at the Arts & Event Center at Win-E-Mac School.

NW MN College programs of less than two years provide a fast track to in-demand, well-paying careers

By: Anthony Schaffhauser

DEED's Graduate Employment Outcomes (GEO) Tool provides actual employment and wages of college program completers. This blog focuses on less-than-two-year programs offered in the Northwest that have the largest number of completers working in the Northwest region. The tool also provides the same information for two- and four-year degree programs, and for completers working anywhere in Minnesota. However, certificate and diploma programs – often called vocational programs – provide the shortest on-ramp to many careers that require postsecondary training.

Table 1 features three vocational areas of study at each local college in the 26-county Northwest region. These three were selected because they have the largest number of completers, and more completers who are working in Northwest Minnesota than anywhere else in Minnesota. Thus, these programs often provide opportunities for those that want a good job close to home without spending years in college. These are also the programs that quickly provide many trained workers to local employers.

The "Completers that Reported MN Wages in 2023" column indicates the number of

program completers employed in Minnesota in a job covered by Unemployment Insurance (UI), which is the source of these data. Those working in a different state are not available in DEED's wage records, nor are self-employed and contract workers. On that note, many completers will work in North Dakota, especially for programs at Northland (with the largest campus in East Grand Forks) and Minnesota State Community and Technical College (M State) with the largest campus in Moorhead.

Conversely, many completers from North Dakota educational institutions also work in Minnesota. The Grand Forks, ND – East Grand Forks, MN and Fargo, ND – Moorhead, MN metropolitan areas each are contiguous labor markets. Supplying workers on either side of the state border serves the combined labor market. However, we do not have program completion information for those who finished post-secondary programs in North Dakota.

There are also completers that are in wage records two years after completion, even if some of these are continuing their education. The GEO tool has this information for those continuing their education in Minnesota. For example, of the Practical Nursing, Vocational Nursing and Nursing

Assistants completers, 3.2% of Alexandria, 4.8% of Central Lakes, and 26.9% of M State are continuing their education in Minnesota. No doubt most of these are pursuing a Registered Nursing or other health care program to further their career.

This points to another advantage of the vocational programs: academic credits apply toward an associate degree. While vocational programs are a "fast track", they can also allow a continuing path to two-year or four-year degrees, and from there graduate or professional programs.

That said, completers would not have to continue with more education to get a job. Instead, these programs almost always train for occupations that are in high demand. Table 2 features all the "Five Star" occupations in demand (OID) for these instructional programs from DEED's OID Tool. These are ranked in the top 20% of all 467 OID in Northwest Minnesota. These occupations also have many projected openings. Note that I have included "First line supervisor" positions, which show a potential future promotion for workers who complete these instructional programs.

For comparing median wages in Table 1 keep in mind that these are based on the actual earnings of instructional program completers in the second year after program completion. Workers would have less than two years' experience at that point. The comparable hourly median for all occupations is \$21.67. For all occupations that require no more than high school, the median hourly wage is \$20.09.

These training programs also prepare completers for relatively high wage jobs, as shown in Table 2. By comparison, the median wage for all occupations in Northwest Minnesota is \$21.67 per hour. However, it is more useful to compare to the median wage for all occupations that require no more than a high school education to see how much more one can earn completing a vocational program. Nearly all the occupations compare very favorably, with the lowest pay for Nursing Assistants, and the Nursing Assistant training is a minimum 75-hour program in Minnesota.

Clearly vocational programs provide a fast track to high demand, high pay careers in Northwest Minnesota. They are certainly worth considering if one has the need for speed in landing a job within the region.

Table 1: Completers, Top Industry, and Northwest Minnesota Wage for Selected Instructional Programs				
Institution/Program	2021 Completers	Completers that Reported MN Wages in 2023	Top Industry of Employment	Median Wage of those working in Northwest1
Alexandria Technical and Community College				
Practical Nursing, Vocational Nursing and Nursing Assistants	63	60	Health Care	\$24.13
Precision Metal Working	46	39	Manufacturing	\$24.09
Carpenters	10	Less than 10*	Construction	\$20.83
Central Lakes College (Brainerd/Staples)				
Ground Transportation	80	68	Construction	\$27.60
Precision Metal Working	36	32	Manufacturing	\$22.40
Vehicle Maintenance and Repair Technologies/Technicians	29	25	Retail Trade	\$22.55
Minnesota State Community and Technical College				
Electrical and Power Transmission Installers	101	81	Construction	\$27.52
Practical Nursing, Vocational Nursing and Nursing Assistants	52	20	Health Care	\$29.11
Heating, Air Conditioning, Ventilation and Refrigeration	34	23	Construction	\$23.44
Northland Community and Technical College				
Practical Nursing, Vocational Nursing and Nursing Assistants	163	64	Health Care	\$22.26
Vehicle Maintenance and Repair Technologies/Technicians	27	14	N/A*	\$21.22
Specialized Sales, Merchandising and Marketing Operations	15	13	Wholesale Trade	\$25.89
Northwest Technical College				
Health and Medical Administrative Services	16	Less than 10*	N/A*	\$19.54
Electrical and Power Transmission Installers2	21	19	Construction	\$21.88
Plumbing and Related Water Supply Services2	13	11	Construction	\$22.80
1 Wages of completers in 2018 to 2021				
2 Completers are for 2020 due to low numbers in 2021.				
* Data for less than 10 students is suppressed to ensure confidentiality.				
Source: DEED Graduate Employment Outcomes				

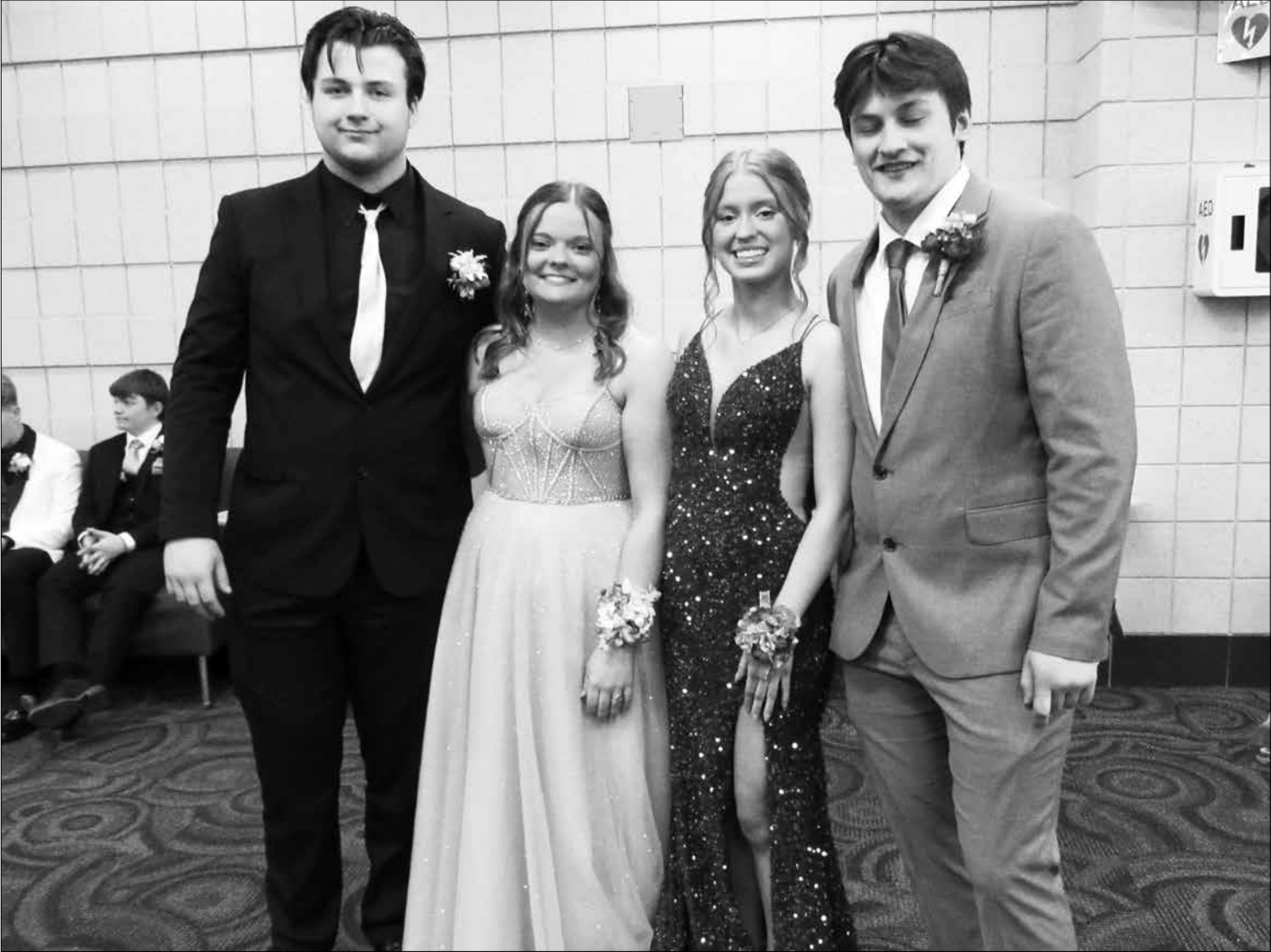
Table 2: Northwest Occupations in Demand for Instructional Programs Featured in Table 1			
Job Title	Current Demand Rank	Median Hourly Wage	Northwest Projected Job Openings, 2020 to 2030
Heavy & Tractor-Trailer Truck Drivers	2	\$24.85	+4,683
Nursing Assistants	3	\$18.25	+4,952
Licensed Practical & Licensed Vocational Nurses	22	\$24.63	+1,057
Automotive Service Technicians & Mechanics	26	\$22.60	+1,621
Sales Representatives, Wholesale & Manufacturing	28	\$28.88	+1,777
Machinists	32	\$23.28	+1,182
First-Line Supervisors of Office & Administrative Support Workers	33	\$29.41	+1,276
Carpenters	34	\$25.01	+2,182
Welders, Cutters, Solderers, & Brazers	35	\$23.68	+1,482
Medical Secretaries & Administrative Assistants	40	\$21.03	+1,171
Electricians	50	\$30.22	+1,366
First-Line Supervisors of Production & Operating Workers	51	\$30.95	+1,021
First-Line Supervisors of Transportation & Material-Moving Workers	55	\$28.64	+776
Automotive Body & Related Repairers	61	\$23.93	+297
First-Line Supervisors of Construction Trades & Extraction Workers	64	\$37.97	+682
Operating Engineers & Other Construction Equipment Operators	72	\$29.65	+1,102
Bus & Truck Mechanics & Diesel Engine Specialists	76	\$24.87	+692
First-Line Supervisors of Mechanics, Installers, & Repairers	78	\$34.31	+542
Cutting, Punching, & Press Machine Setters, Operators & Tenders	82	\$22.80	+416
Computer Numerically Controlled Tool Operators	87	\$27.78	+876
Plumbers, Pipefitters, & Steamfitters	89	\$28.92	+884
Source: DEED Occupations in Demand Tool			



Luella Strom and Peter Kolden at the Win-E-Mac Prom on Saturday, May 4th.



Erich Gensburger and Alexis Narlock on Saturday, May 4th at the Win-E-Mac Prom.



Hana Thompson with Riley Helgeson and Sydney Svalen with Dylan Fuller for the 2024 Win-E-Mac Prom held on Saturday, May 4th at the Arts & Events Center at the School.



WEM School Announcements

Anyone needing to do Behind the Wheel this summer should get signed up ASAP. Space is filling up fast. If you wait till August/September to sign up you might not get to drive before winter.

Elementary and K - 5 program
The Win-E-Mac Elementary students in grades K-3 will be presenting the musical "Pajama Party" on Thursday, May 16, 2024. Come out and celebrate another year of Music and dancing with our elementary students! The program will take place in the Win-E-Mac School Arts & Events Center, and will begin at 6:30 P.M.

If your child is entering Kindergarten in the fall, please contact the school office for enrollment papers. If your child currently attends our preschool program, they are automatically registered for Kindergarten here at Win-E-Mac

The Win-E-Mac Art Show is taking place on Thursday, May 16th from 3-6:30 PM in the Arts and Events Center! Treats will be provided by the Win-E-Mac FACS classes.

Win-E-Mac Students from kindergarten through 6th grade: All students in elementary school can participate in the McIntosh Memorial Day parade and wreath ceremony. Practice in only 1 day on Friday, May 24th from after school until 4:30 pm. Please see note sent home with students.

Win-E-Mac High School Class of 2024 Baccalaureate Service will be held on Wednesday, May 15th at 7:00 pm at the Win-E-Mac Arts & Event Center. Baccalaureate is a celebration service to honor the Win-E-Mac graduating senior class. It is a traditional part of Graduation week. All Seniors and their families are invited to pause and reflect, hear inspirational messages, prayers of thanksgiving and blessings, and music. This is an interdenominational celebration. Family members, school, and community members are invited to attend.

Did you know?
Inflation has garnered countless headlines in recent years, and much of that news has focused on the notably higher cost of food. Many items remain significantly more expensive in 2024 than they were as recently as three or four years ago.
In an effort to overcome rising food costs, some consumers have thought about gardening. According to Washington State University, the average household with a food garden spends around \$70 per year on seeds and garden supplies.
The reward for that small investment is roughly \$600 worth of food. Though the financial investment associated with a food garden might be minimal, it's important for prospective gardeners to recognize that the commitment of time required to establish and sustain a food garden can be significant.