



McINTOSH

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Hub of the Thirteen Townships

McIntosh, Minnesota



There are 20 Win-E-Mac 5th and 6th graders who are part of a team for the Blue Ribbon movement at the school. Here, one of the members pins a blue ribbon on Principal Casey Reiersen.

A Hill River mystery

Who took Sasquatch down? For several years Hill River has been home to Sasquatch by the Hill River Dam.

Popular in the township, he has been decorated in flannel, Vikings gear and a variety of hats, along with empty beverage boxes over the years.

He is always watching over Hill River Dam and is a fun, long time addition that Hill River residents count on.

On Sunday, December 1st, sometime after 5:00 pm someone deliberately took Sasquatch down.

He was bolted on iron pegs and the suspect kept bending the structure until he came down, and was flattened to the ground.

Luckily, whoever bent him his posts did not break, they were not able to steal him. He is safe until next spring when he will go back up.

But WHO DID THIS?? Any info about this vandalism please share with Hill River neighborhood residents or you



can message us at the McIntosh Times at mcintoshtimes@gmail.com.

Win-E-Mac becomes a Blue Ribbon School

To start off the holiday season, the Win-E-Mac school became a Blue Ribbon School on Tuesday, November 26th, starting with a school wide community presentation.

Win-E-Mac Science teacher, Mr. Hubred, presented Grandma Sparky, the founder of the "Who I Am Makes a Difference" movement, and special guest, via the internet.

Grandma Sparky told her story about why she bean the Blue Ribbon movement, "The "Who I Am Makes A Difference"® Blue Ribbon Ceremony was born out of my desire to create a world where all people would feel connected, valued, and loved.

"In 1979, I was a 37-year-old wife, mother, and successful businesswoman going through a divorce, feeling lost, alone, and desperate for love. I had thoughts of committing suicide on a daily basis. So how did I manage to find a way to heal the pain of others and bring love to 50 million people throughout the world? I began to teach kids, teachers, parents, neighbors, business people, everyone I came in contact with how to express their appreciation, respect, and love,

value uniqueness, and empower dreams.

"My deepest desire is that you will know who you are, why you were born, and the difference you make. You will not be alone. Instead, you will be part of a global team helping to Unite Humanity Through the Power of Love for this generation and all generations to come."

There are 19 Win-E-Mac 5th and 6th graders who are part of a team who planned this event, held many meetings and will serve as stewards of the movement throughout the school. If you are looking for a blue ribbon, you can look to them to have one for you. There are also five classrooms in the school that will have blue ribbons that you can take to present someone with. In the high school, there are Mrs. Strom's, Mr. Eckman's, and Mr. Hubred's rooms. For the elementary, there are Mrs. Frisk's room and Mrs. Cook's rooms.

When honored with the blue ribbon, the person giving it to you will tell you all your positives and things they find great about you.

During the event, Mr. Hu-

bred and the 19 team members called down all the adults who were in the audience and gave each of them a blue ribbon to show the appreciation that the students at Win-E-Mac have for these adults in their lives.

During the event, there was also a presentation by the Max Foundation talking about Project 11.

Project 11 was created in honor of #11, Rick Rypien, former player of the Winnipeg Jets and Manitoba Moose. Rick Rypien was well known for being tenacious and giving. He loved children and held hockey development camps in his hometown, providing positive opportunities to kids in his community. He often spoke of his desire to see accessible mental health education and supports for kids, as he believed he himself would have benefitted from such a program. Rick experienced difficult mental health challenges throughout much of his life until his passing in 2011. The Max Foundation also supports Project 11 and donated several books to the Win-E-Mac School library.

The school will use these programs to promote mental

wellness and avoid the stigma of talking about mental health and suicide with our youth community.



Breakfast with Santa in Winger

The Winger Lions will host their annual Breakfast with Santa on Saturday, December 14th from 9:00 am to 11:00 am at the Winger Community Center.

There will be a pancake breakfast starting at 9:00 am with Santa Clause arriving around 10:00 am. Santa will be bringing a goodie bag for each of the kids in attendance.

Along with the breakfast, there will also be a silent auction with the proceeds benefitting the Winger Playground Project.

Scandanavian Christmas traditions: Forjulshygge

A Nordic Christmas is an experience for the senses. It really is everything you read about. In fact, so much so that it even has its own special Christmas version of hygge (a quality of coziness and comfortable friendliness that engenders a feeling of contentment or well-being). It's called forjulshygge. Forjulshygge is that cozy warm feeling you get from the enjoyment of the run up to Christmas. It can be anything from wandering around a Christmas market to putting the first decorations up.

In Norway forjulshygge usually starts at the beginning of December with a special Christmas tree lighting. Nearly every town and village has its own Christmas tree, often donated by people who have a large pine tree growing that they no longer want or is in the way. Everyone gathers in one part of the town or village, and it starts with a torch lit procession. Candles are such a key part of autumn and winter life in Scandinavia, shining a light through the darkness of those long, cold evenings. For this fun event people cozy up in their warmest sweat-

ers, scarves and a hat called a nisselue which is like a long, knitted Santa hat that hangs over the shoulder or down the back. Candles are carried and the procession weaves its way through the town to the Christmas tree, going at the pace of the slowest person, usually the oldest or the youngest, until it reaches the tree. The lights are turned on and there is a celebration with a delicious hot snack called julegrot. Julegrot is a warm, creamy rice pudding sprinkled with sugar and cinnamon and the perfect thing to warm up with after a cold evening walk.

Christmas in the Nordics is full of wonderful sights and smells. It's the warm smell of cinnamon, ginger and glogg (mulled wine), pine, candles and open fires. It seems like everyone is doing their best to make it as cozy as possible, with shops putting candles outside to welcome shoppers, houses with candles in the windows and the scent of Christmas spices filling the air.

Most people in Norway will put up a real tree for Christmas and why not, when the country is famous for pine for-



ests? For those few weeks that the tree is up, the house has a wonderful smell of fresh pine. In typical Nordic style buying a Christmas tree has been elevated to something cosy and memorable. Christmas tree farms host events where families take a saw and cut down their tree, usually followed by a freshly baked waffle or a hot-dog cooked over an open fire and enjoyed out in the crisp, fresh, winter air. It's a full day event that really makes the most of forjulshygge and the mindfulness of simple luxuries.

We can't possibly talk about a Nordic Christmas without talking about pepperkaker, or gingerbread. At this time of year, all the shops fill their

shelves with different types of pepperkaker. In fact, many put out a welcoming table of pepperkaker with hot fruit tea or freshly brewed coffee for their customers to enjoy as they are strolling around the shop. It's easy to go and buy pepperkaker but making them and having a pepperkaker verksted (gingerbread workshop) is a way many people choose to slow down, enjoy a few hours with family or friends and have fun making gingerbread hearts and figures, and then decorating them. Hot chocolate and coffee are served, and some well needed breaks are taken for a bowl of hot julegrot.

So if you are imagining a Nordic Christmas covered in snow, with warm woolly gloves and a hot drink in your hand whilst you amble around a Christmas market you would be right!

But it's also special treats like a favorite sweet, warm gingerbread and a seasonal tea. It's a time filled with candlelight, open air cooking with friends and family, the smell of pine and relaxing by the fire in a pair of fluffy socks. Now that is Nordic forjulshygge!



The 19, 5th and 6th graders, who helped make it possible for the Blue Ribbon movement at Win-E-Mac School are: 5th Grade: Andrea Strutz, Amy McGlynn, Rosie Subbert, Natalie Bring, Elizaveta Boianoff, Kenadie Jaeger, Evsavey Egoroff, Evva Basargin, Sophia Berdogin and 6th Grade: Grafton Langemo, Henry Swanson, Adeline Frisk, Annabell Shultz, Natasha Steen, Brody Cook, Cole Breitbach, Hope Amundson, Faith Amundson, and Jeremiah Hagen. (Not all kids pictured.)



The Blue Ribbon group handing out blue ribbons to all the adults that attended the event. Giving the ribbons to the adults to show the appreciation of the staff at Win-E-Mac School.

POLK COUNTY BOARD MINUTES

NOVEMBER 19, 2024
BOARD MINUTES

Pursuant to motion of adjournment, the Polk County Board of Commissioners met in regular session at 9:30 o'clock a.m., November 19, 2024. Members present: Commissioner Paul Reese, Commissioner Warren Strandell, Commissioner Gary Willhite, Commissioner Mark Holy, Commissioner Joan Lee, and Charles S. Whiting, County Administrator, Clerk of the Board. Others present: Ashley Loewen. Members absent: Samuel Melbye, Deputy Clerk of the Board.

AGENDA

A motion was made by Commissioner Lee seconded by Commissioner Reese and adopted by unanimous vote of the Board to approve the November 19, 2024, agenda.

CONSENT ITEMS

A motion was made by Commissioner Strandell seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve the November 19, 2024, consent items:

- 1.Approve November 5, 2024, and November 7, 2024, Board minutes.
- 2.Approve Commissioner Warrants: General Revenue Fund, \$107,835.03; Public Works Fund, \$168,518.72; Public Safety Fund, \$136,992.02; Public Health Fund, \$28,656.42; Opioid Settlement, \$5,034.97; Forfeited Tax Sale Fund, \$1,117.16; Spec Assmnts (Ditch) Fund, \$12,589.70; Environmental Services Fund, \$8,121.74; Resource Recovery Fund, \$162,850.92; Landfill Fund, \$97,825.85; Per Diems, \$1,725.00; Meal Reimbursements (without over-night lodging), \$122.40; and Sign Audit List.
- 3.Approve payment to US Bank, St. Louis, MO, in the amount of \$126,250.24 for procurement card purchases.
- 4.Approve Resolution (2024-77) Accepting Financial Donations on Behalf of Polk County Social Services 2024.

RESOLUTION (2024-77)

Accepting Financial Donations on Behalf of Polk County Social Services 2024

The following resolution (2024-77) was offered by Commissioner Strandell:

WHEREAS, Organizations in and around Polk County are providing holiday gifts to individuals in need throughout the county; and
WHEREAS, Gifts will be accepted and distributed between 11/1/2024 and 12/31/2024; and
WHEREAS, Community organizations have made gifts to support individuals and families in Polk County.

NOW THEREFORE BE IT RESOLVED, By the County Board of Polk County, Minnesota as follows:

The gifts from community organizations be accepted for distribution between 11/1/2024 – 12/31/2024, hereby be accepted by the Polk County Board of Commissioners on behalf of Polk County Social Services to be used to help individuals and families throughout Polk County.

Commissioner Holy seconded the foregoing resolution, and it was declared adopted upon the following vote: YEAS: Commissioner Reese, Commissioner Strandell, Commissioner Willhite, Commissioner Holy, Commissioner Lee. NAYS: None.

- 5.Approve payment to The Thirteen Towns, Fosston, MN, in the amount of \$45.00 for a 1-Year Subscription for the Solid Waste Department.

COUNTY BOARD MEMBER
ISSUE FORUM

1. Commissioner Reese brought forth that he attended the following meetings:
 - a.Attended Veterans Day program in Fertile.
 - b. Sand Hill Watershed District Advisory Committee meeting.
2. Commissioner Strandell brought forth that he attended the following meetings:
 - a.Tri-County Community Corrections meeting.
 - b.Commented on property taxes.
- 3.Commissioner Willhite brought forth that he attended the following meetings:
 - a.Attended Veterans Day program at UMC.
 - b.Tri-County Community Corrections meeting.
 - c.Consideration of settlement agreement with Pierce Lee Roofing.
 - d.Crookston City Council meeting.
4. Commissioner Holy brought forth that he attended the following meetings:
 - a. Marshall Polk Rural Water System meeting.
 - b. Discussed unlawful use of an abandoned gravel pit in Polk County with Sheriff Tadman.
 - c. Discussed Garden Valley installing lines in rural Polk County and expressed concern that rural customers cannot get services even with these new lines.
5. Commissioner Lee brought forth that she attended the following meetings:
 - a. Emergency Board meeting last week for closed session.
 - b.Monthly radio program.
 - c.Monthly Women's Cohort.
 - d.State Community Health Services Advisory Committee (SCHSAC) Executive meeting.
 - e. AMC Futures Committee meeting.
 - f. Sand Hill Watershed District Advisory Committee meeting.
 - g. Development Achievement Center (DAC) Board Meeting.
 - h. Canvassing for elections.

SHERIFF

James Tadman, Polk County Sheriff, came before the Board with matters pertaining to his department:

1. **Monthly Sheriff's Reports**
The October 2024 Monthly Sheriff Reports were discussed and presented to the Board. (Reports on file in the Administrator's Office)
2. **Back-Up Dispatch Center Project EGF**
A motion was made by Commissioner Reese seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the Back-Up Dispatch Center Project in the EGF Social Services building.
3. **Fosston Substation Issues and Concerns**
A motion was made by Commissioner Reese seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve sharing office space with Social Services in McIntosh.

SOCIAL SERVICES

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

1. **Social Worker Replacement Request**
A motion was made by Commissioner Holy seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve filling a Social Worker position, and to fill any internal subsequent position vacancies occurring because of this action.
2. **Social Worker Team Leader New Position Request**
A motion was made by Commissioner Holy seconded by Commissioner Willhite and adopted by unanimous vote of the Board to approve filling a Social Worker Team Leader position, and to fill any internal subsequent position vacancies occurring because of this action.
3. **Cultural Navigation Services Agreement**
A motion was made by Commissioner Lee seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve the agreement with Dekka Ali to provide Cultural Navigation services in the amount of \$15,200.00 from January 1, 2025 – December 31, 2025.
4. **DEED/CareerForce MFIP/ DWP Joint Powers Agreement Contract Approval**
A motion was made by Commissioner Holy seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve the January 01, 2025 - December 31, 2025, contract for \$597,772.00 with DEED/ CareerForce.
5. **HSL Consulting, LLC Contract Approval**
A motion was made by Commissioner Reese seconded by Commissioner Willhite and adopted by unanimous vote of the Board to approve the January 01, 2025 – December 31, 2025, contract with HSL Consulting, LLC in the amount of \$15,300.00.
6. **Ray of HOPE, LLC Contract Approval**
A motion was made by Commissioner Holy seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the January 01, 2025 – December 31, 2025, contract with Ray of HOPE, LLC in the amount of \$6,750.00.
7. **TriMin Systems, Inc. – Agency Collection System / Social Welfare System Support Services Agreement Approval**
A motion was made by Commissioner Reese seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve the January 01, 2025 – December 31, 2025, agreement with TriMin Systems, Inc. to include an annual cost of \$1,700.00 for the Agency Collection System and an annual cost of \$1,700.00 for the Social Welfare System.
8. **Violence Intervention Project Contract Approval**
A motion was made by Commissioner Strandell seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve the January 1, 2025 – December 31, 2025, contract with Violence Intervention Project.
9. **Wellness in the Woods Virtual Peer Support Network Contract Approval**
A motion was made by Commissioner Reese seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve the January 01, 2025 – December 31, 2025, contract with Wellness in the Woods Virtual Peer Support Network in the amount of \$6,000.00.
10. **Resolution (2024-78) Accepting Crookston Community Fund Grant on Behalf of Polk County Social Services 2024**

Accepting Crookston Community Fund Grant on Behalf of Polk County Social Services 2024

The following resolution (2024-78) was offered by Commissioner Willhite:

WHEREAS, Crookston Community Fund is providing grant funding to the Polk County Family Resource Center(s) to support individuals in need throughout the county; and
WHEREAS, Grant will be accepted and distributed between 11/1/2024 and 12/31/2025; and
WHEREAS, Community organizations have distributed grant funding to support individuals and families in Polk County.

NOW THEREFORE BE IT RESOLVED, By the County Board of Polk County, Minnesota as follows:

The grant from Crookston Area Community Fund in the amount of \$5,000.00 will be accepted for distribution between 11/1/2024 – 12/31/2025, hereby be accepted

by the Polk County Board of Commissioners on behalf of Polk County Social Services to be used to help individuals and families.

Commissioner Reese seconded the foregoing resolution, and it was declared adopted upon the following vote: YEAS: Commissioner Reese, Commissioner Strandell, Commissioner Willhite, Commissioner Holy, Commissioner Lee. NAYS: None.

11. Resolution (2024-79) Support Clay County to Request Minnesota Bond Funds for Development of a Psychiatric Residential Treatment Facility

RESOLUTION (2024-79)

Support Clay County to Request Minnesota Bond Funds for Development of a Psychiatric Residential Treatment Facility

The following resolution (2024-79) was offered by Commissioner Lee:

WHEREAS, There is inadequate capacity across Minnesota's continuum of care to support children with high-acuity, complex, and/or co-occurring conditions, including violent or sexually inappropriate behavior and significant physical health challenges; and
WHEREAS, Psychiatric Residential Treatment Facilities (PRTF) play a critical role in serving children and youth under the age of 21 with severe mental health needs and aggression, as part of this continuum; and
WHEREAS, Currently only four PRTF facilities are operational in Minnesota, offering a total of 166 beds, which is insufficient to meet the growing needs of children with serious and complex mental health conditions; and
WHEREAS, The demand for additional PRTF beds across Minnesota is urgent to ensure children receive timely and appropriate care; and
WHEREAS, Equitable distribution of PRTF beds throughout the state is essential to provide children with proximity to their home communities, families, and local service providers; and
WHEREAS, Clay County is committed to addressing this critical gap in mental health services by establishing a PRTF in partnership with a qualified service provider for the delivery of these essential services; and
WHEREAS, Clay County seeks bond proceeds funds from the commissioner of human services for a grant to Clay County to predesign, design, and remodel the West Central Regional Juvenile Center non-secure unit into an 18-bed psychiatric residential treatment facility and address the predesign, design, construct, furnish, and equip of a non-secure unit within Clay County to replace the existing facility that will become a psychiatric residential treatment facility.

NOW THEREFORE BE IT RESOLVED, By the County Board of Polk County, Minnesota as follows:
This resolution supports Clay County to request Minnesota state funds for infrastructure development for a Psychiatric Residential Treatment Facility in Clay County, ensuring access to specialized care for children with complex mental health needs across the region.

Commissioner Strandell seconded the foregoing resolution, and it was declared adopted upon the following vote: YEAS: Commissioner Reese, Commissioner Strandell, Commissioner Willhite, Commissioner Holy, Commissioner Lee. NAYS: None.

Commissioner Strandell seconded the foregoing resolution, and it was declared adopted upon the following vote: YEAS: Commissioner Reese, Commissioner Strandell, Commissioner Willhite, Commissioner Holy, Commissioner Lee. NAYS: None.

RED LAKE WATERSHED
BOARD OF MANAGERS

Terry Sorenson came before the Board with matters pertaining to his appointment to the Red Lake Watershed Board of Managers:

1. **Make (1) 3-Year Appointment to the Red Lake Watershed Board of Managers:**
A motion was made by Commissioner Strandell seconded by Commissioner Lee and adopted by unanimous vote of the Board to re-appoint Terry Sorenson for a 3-year term to the Red Lake Watershed Board of Managers to expire on January 10, 2028.

PLANNING & ZONING

Jacob Snyder, Assistant Environmental Services Administrator, came before the Board with matters pertaining to his department:

1. **Final Plat Approval – “Kongsvinger Cemetery”**
The applicant proposes to plat a cemetery on a 2.5-acre portion of land on parcel #18.00006.05, located in Section 2 of Esther Township. The Cemetery would create 208 new grave sites to east of the existing cemetery. A motion was made by Commissioner Holy seconded by Commissioner Strandell and adopted by Commissioner Holy seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the Final Plat for "Kongsvinger Cemetery".
2. **City of Crookston Airport Ordinance and Maps**
The City of Crookston has amended an Airport Safety Zoning Ordinance for review along with maps that will dictate how property around the airport will be used, permitted uses, and existing uses will be enforced. A motion was made by Commissioner Holy seconded by Commissioner Strandell and adopted by Commissioner Holy seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the City of Crookston Municipal Airport Zoning Ordinance.

MN DEPARTMENT OF
NATURAL RESOURCES

Emily Hutchins, Assistant Area Wildlife Manager, along with Doug Franke, Area Wildlife Supervisor, came before the Board with matters

pertaining to the MN Department of Natural Resources:

1. Resolution (2024-80) Review of Proposed State Land Acquisition

RESOLUTION (2024-80)

Review of Proposed State Land Acquisition

The following resolution (2024-80) was offered by Commissioner Holy:

WHEREAS, In accordance with Minnesota Statute 97A.145, Subd. 2, the Commissioner of the Department of Natural Resources on November 19, 2024, provided the County Board with a description of lands to be acquired by the State of Minnesota for Wildlife Management Area purposes; and
WHEREAS, Lands to be acquired are described as follows: The Northwest Quarter of Section 12, Township 153 North of Range 46 West of the Fifth Principal Meridian, Polk County, Minnesota; and
WHEREAS, This is a preliminary version of the legal description. This description is intended to generally describe the property in the proposed transaction. However, the final legal description is subject to change for reasons including but not limited to correcting errors, ensuring accuracy, and/or after property surveying; and
WHEREAS, It is understood that the above parcel will be represented by an annual PILT payment from the Department of Natural Resources.

NOW THEREFORE BE IT RESOLVED, By the Board of County Commissioners of Polk County that the State's proposed acquisition of the above-described property be approved.

Commissioner Strandell seconded the foregoing resolution, and it was declared adopted upon the following vote: YEAS: Commissioner Reese, Commissioner Strandell, Commissioner Willhite, Commissioner Holy, Commissioner Lee. NAYS: None.

MARSHALL POLK RURAL
WATER SYSTEM

Jason Hillman, MPRWS Manager, along with Jerry Pribula, MPRWS Engineer, came before the Board with matters pertaining to the Marshall Polk Rural Water System:

1. **Discussion of Marshall Polk Rural Water System Territory**
Discussion was held with the Board regarding MPRWS's territory. At a preliminary hearing for the West Central Regional Water District, representatives of the Marshall Polk Rural Water System informed the presiding judge of their boundary interests with the newly forming water district. The judge acknowledged their concerns noting it is something for the two districts and the Polk County Board to reconcile.

FACILITIES

Richard Langlois, Facilities Director, came before the Board with matters pertaining to his department:

1. **Maintenance I Positions**
A motion was made by Commissioner Strandell seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve moving forward with hiring two Maintenance I positions to replace the two employees retiring from the Facilities maintenance department.

FINANCE

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

1. **Retirement of County Official Signer**
A motion was made by Commissioner Strandell seconded by Commissioner Holy and adopted by unanimous vote of the Board to approve the removal of Ron Denison as official signer for all accounts held by Polk County, effective December 13, 2024.
2. **Budget to Actual Report**
Discussion was held with the Board regarding the 2024 3rd quarter budget to actual report.

SAND HILL RIVER
WATERSHED BOARD OF
MANAGERS

The Board discussed Stuart Christian's appointment to the Sand Hill River Watershed Board of Managers:

1. **Make (1) 3-Year Appointment to the Sand Hill River Watershed Board of Managers:**
A motion was made by Commissioner Reese seconded by Commissioner Strandell and adopted by unanimous vote of the Board to re-appoint Stuart Christian for a 3-year term to the Sand Hill River Watershed Board of Managers to expire on January 1, 2028.

ADMINISTRATION

Chuck Whiting, Polk County Administrator, came before the Board with matters pertaining to his

department:

1. **RAISE Planning Grant Application Resubmittal**
Discussion was held with the Board regarding resubmittal of the RAISE Planning Grant Application for the south end East Grand Forks/ Grand Forks bridge planning for the Merrifield/Inner City Bridges. The item was held over until the December 3rd, 2024, Board meeting.
2. **2025 Budget**
Discussion was held with the Board regarding the 2025 budget.

COMMISSIONER WARRANTS

A motion was made by Commissioner Strandell seconded by Commissioner Holy and adopted by unanimous vote of the Board that the following Commissioner Warrants were approved:

COMMISSIONER WARRANTS DATED 11/22/2024 APPROVED 11/19/2024	
Vendor Name	Amount
Acme Tools - Grand Forks	3,088.14
Alluma Inc	5,034.97
Baldwin Supply Company	14,155.55
Beltrami Industrial Services	65,738.46
BNSF Railway Company	21,694.75
Brandner Printing & Office Supplies	3,198.65
Brost Chevrolet Inc	6,497.14
Central States Wire Products Inc	2,723.20
Church & Dwight Co Inc	13,034.51
CNH Industrial Accounts	6,591.57
Code 4 Services Inc	102,722.25
Crookston Fuel Company	9,979.85
Destination Transport	2,190.00
Domson BG Service	2,403.93
Election Systems & Software Inc	17,501.52
Everbridge Inc	14,121.71
Fastenal	3,119.43
Garden Valley Innovations	3,600.00
GF- Bergstrom Electric Inc	2,514.32
Gladden Construction Inc	3,705.86
Kennedy Scales	3,090.66
Kurita America Inc	10,490.85
Kustom Kollision LLC	10,679.07
Lean Packaging	2,610.00
Level 5 Services	4,250.09
MacQueen	5,094.40
McKesson Medical Surgical	2,203.06
Mn Dept Of Transportation	13,078.67
MN Northern Railroad	18,600.00
Morgan Printing Inc	6,112.42
MRRA/Michael Reed	2,000.00
Northdale Oil Inc	3,474.00
Northern Lumber	5,630.38
OK Tire Store - Fargo	10,073.22
Pemberton Law PLLP	15,568.95
Polk County Highway Department	10,296.61
Polk County IS Department	7,886.00
PSI Engineering LLC	6,092.09
Riverview Healthcare Assoc	2,814.12
Saber Shred Solutions, Inc	4,657.60
Seaberg Solar Salt	2,420.00
SeaChange Printing & Marketing	6,669.76
Stantec Consulting Services Inc	3,591.00
Stone's Mobile Radio Inc	3,398.60
Strata Corporation	5,221.65
TAPCO	20,180.74
The Exponent	2,315.47
Titan Machinery	2,628.16
True North Steel	4,008.00
UpNorth Engineering LLC	72,125.50
Valley Electric Of Crookston LLC	5,211.25
Valley Plains Equipment	25,758.00
Vertex Unmanned Solutions, LLC	6,607.00
Vestis	2,814.66
Widseth Smith Nolting & Assoc	5,719.60
Ziegler Inc	19,883.92
Ziegler Inc	5,281.35
199 Payments less than 2000	87,389.87
Final Total:	729,542.53

With no further business, the Board adjourned to reconvene at 1:00 o'clock p.m., December 3, 2024.

Gary Willhite, Chair

ATTEST:

Charles S. Whiting, County Administrator
Clerk of the Board

M39C



Congresswoman Michelle Fischbach recently spoke at the Minnesota Farm Bureau Annual Meeting. She is grateful for the work and strength of the agriculture community, both here in Minnesota's Seventh Congressional District, and across the state and country. The Congresswoman shared her disappointment with the Senate's version of the critical Farm Bill. While the House Ag Committee released a strong farm-friendly farm bill in May, the Senate's version was only released in November and did not contain components that are critical to the Seventh District, like a meaningfully strengthened farm safety net. She also shared her excitement for the work the Ways and Means Committee is doing to extend critical tax policies in the coming year. Congresswoman Michelle Fischbach: "I was pleased to be able to join the Minnesota Farm Bureau's annual meeting. I look forward to continuing our conversations on ways to strengthen our strong, rural communities and ensure that the legislation coming out of Washington, D.C. supports Minnesota's and our nation's farmers." Pictured with Michelle is Minnesota Farm Bureau Dan Glessing.



7 ways to enjoy a healthy holiday

Certain words are synonymous with the holiday season, and "festive," "family," "friends," and "food" are certainly among them.

Celebrants focus on being a little more indulgent with their time and habits as the year comes to a close, and health and fitness may be set to simmer on the back burner.

According to a research review published in the journal *Obesity*, the average person gains between 0.8 and 2 pounds during the holiday season. Food represents more than just nutrition this time of year, as family gatherings around the dinner table are about tradition and fellowship. While no one wants to feel deprived when holiday celebrations arrive, it is important to make smart choices and continue to prioritize health as much as possible. These seven tips can help.

1. Plan your daily eating. Scale back meals accordingly if a large family feast is on the docket at dinnertime. While you shouldn't skip meals altogether, a light breakfast or lunch may enable you to save more calories for dinner and treats to come later in the evening.

2. Aim for mostly healthy foods. Buttery rolls, fatty roasts, candied yams, and pies come out in full force during the holidays. Try to make the majority of your plate full of lean protein, low-fat dairy and plenty of vegetables and whole grains. Then you can splurge on one or two foods like pumpkin pie.

3. Remain physically active. It may be tempting to hibernate inside watching heartfelt holiday movies on television, but resist the urge to be sedentary. Keep up normal fitness routines, aiming for the recommended 150 minutes of moderate-intensity exercise per week or 75 minutes of vigorous-intensity exercise. Take the stairs at malls and park further away from stores when shopping for the holidays to add a little extra movement to your day.

4. Get enough sleep. It may seem your schedule is packed with everything from parties to holiday preparation, but it is important to get adequate rest. Without enough sleep, you may feel sluggish and your immune system may not be as strong.

5. Lay off the alcohol. Holiday toasts are replete with

delicious cocktails. However, moderation is key whenever alcohol is being served. Popular drinks often are calorie-dense, and health experts warn that consuming too much alcohol is linked to a higher risk of developing certain conditions, like liver issues, cancer, diabetes, and heart disease, says WebMD. Opt for non-alcoholic beverages. Water and unsweetened drinks are healthy options.

6. Position yourself away from the buffet. When you are close to food, you might engage in mindless nibbling. Find a seat away from the dinner table or buffet during holiday gatherings.

7. Slow down and be aware. The holiday season is a busy time of year, and that means people may be racing around distracted or in a rush. Take special care to be alert while driving to avoid accidents that can lead to injuries or even fatalities.

Although nutrition often isn't top of mind during the holiday season, healthy behaviors shouldn't be completely forgotten during this festive time of year.



10th Annual Rydell/Glacial Ridge Christmas Bird Count

Rydell and Glacial Ridge National Wildlife Refuges will be hosting their 10th Annual Christmas Bird Count on Thursday, December 19th. This public event is administered by the National Audubon Society and is the longest running citizen science bird project in the U.S. This year marks the 125th year of the Christmas Bird Count.

Counts are held in designated areas between December 14th and January 5th each year. In recent years, counts were annually completed in over 2,500 locations, including Canada and Latin America. More than 75,000 people participate in the counts and more than 50 million birds are tallied each year!

Information from the count provides important information on winter ranges of birds, population trends, and how a changing climate alters winter bird distribution.

Birds observed in the Rydell/Glacial Ridge Count Circle over the past nine years have included 57 different species, including northern shrikes, Bohemian waxwings, red-bellied woodpeckers, snowy owls, northern goshawks, white-winged crossbills, and Lapland longspurs.

People interested in participating do not need to be experienced birders. This event can serve as a learning experience for new birders and those individuals will be paired up with Refuge staff or experienced volunteers. Participants should meet at the Rydell NWR Visitor Center at 8:00am for coffee and a brief meeting. Bring binoculars and a bird book if you have them. If not, we'll have some on hand for your use. Counting will take place within a 15-mile diameter circle that stretches from Erskine west to the center of Glacial Ridge NWR. Participants can count from a vehicle or on foot, depending on their preference and the weather conditions that day. Refuge staff will host

Pictured: (left, below): Twins are Olivia and Brynlee Branstner had fun with the fun activities during the Freedom Christian Academy's Thanksgiving dinner and celebration. The event was held on Thanksgiving day, November 28th.

(left, below): Volunteers. Melissa Singer, Marilyn Branstner, Sarah Goltz, Joseph Breckel and Lily Breckel prepared and served meals during the Freedom Christian Academy Thanksgiving dinner.



a potluck lunch back at the Visitor Center at noon. After a hearty lunch, folks can "call it a day", or can go back out and continue to search for birds.

Please RSVP no later than December 16th to Wildlife Biologist, Ben Walker at 218-230-5563 or benjamin_walker@fws.gov. Ben can also help

if you have questions about the count or need more information.

LEGAL NOTICES

Invitation to Bid 2025 Official Newspaper & Publishing Bids Close
January 7, 2025, 9:00 A.M. Polk County, Minnesota

Sealed bids will be RECEIVED by Samuel W. Melbye, Polk County Director of Property Records, on behalf of the Polk County Board of Commissioners until 9:00 A.M. on Tuesday, January 7, 2025, by Polk County for the year 2025 as listed below. Proposals received after 9:00 A.M. will not be considered. Proposals will be OPENED and READ publicly at 9:15 A.M., January 7, 2025, by the Board of County Commissioners or their representative at the Polk County Government Center in Crookston, Minnesota for the following:

PUBLICATION OF THE COUNTY BOARD PROCEEDINGS PURSUANT TO MINNESOTA STATUTES 375.12, AND THE PUBLICATION OF ALL LEGAL NOTICES OF THE COUNTY, INCLUDING BID NOTICES, SAMPLE BALLOTS AND ALL OTHER PUBLISHING REQUESTS OR NEEDS OR REQUIREMENTS OF THE COUNTY, KNOWN OR UNKNOWN, DURING 2025.

The bidders must comply with the legal requirements of Minnesota Statutes, Chapter 331A, and the legal requirements for publication of this material, and the bidders should make themselves familiar with these requirements.

Bids must be submitted on the form provided by the Polk County Taxpayer Service.

Center, and all bids must comply with the additional specifications on the bid form.

The words "Bids for Publishing" must be written on the outside of the bid envelope.

The Polk County Board reserves the right to reject any and all bids and to waive any irregularities in the bidding process.

Dated at Crookston, Minnesota, this 4th day of December 2024.

Samuel W. Melbye
Polk County Director
of Property Records M39C

LEGAL NOTICES

Invitation to Bid Delinquent Tax List Publications Bids Close January 7, 2025, 9:00 A.M. Polk County, Minnesota

Sealed bids will be RECEIVED by Samuel W. Melbye, Polk County Director of Property Records, on behalf of the Polk County Board of Commissioners until 9:00 A.M. on Tuesday, January 7, 2025, by Polk County for the year 2025 as listed below. Proposals received after 9:00 A.M. will not be considered. Proposals will be OPENED and READ publicly at 9:15 A.M., January 7, 2025, by the Board of County Commissioners or their representative at the Polk County Government Center in Crookston, Minnesota for the following:

TWO PUBLICATIONS OF THE LIST OF DELINQUENT TAXES PURSUANT TO MINNESOTA STATUTES 279.05, 279.06, 279.07, 279.08 AND 279.09.

The bidders must comply with the legal requirements of Minnesota Statutes, Chapter 331A, and the legal requirements for publication of this material, and the bidders should make themselves familiar with these requirements.

Bids must be submitted on the form provided by the Polk County Taxpayer Service Center, and all bids must comply with the additional specifications on the bid form.

The words "Bids for Publishing" must be written on the outside of the bid envelope.

The Polk County Board reserves the right to reject any and all bids and to waive any irregularities in the bidding process.

Dated at Crookston, Minnesota, this 4th day of December 2024.

Samuel W. Melbye
Polk County Director
of Property Records M39C



Freedom Christian Academy in Erskine served over 260 people at the Thanksgiving Day dinner. The staff at FCA says they couldn't have done it without all the volunteers who were there to lend a hand.