



McINTOSH

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McIntosh, Minnesota



The McIntosh Friends of Veteran's hosted the annual blood drive in McIntosh on Monday, January 20th. Working during the blood drive are Garnet Aanenson, Ava Rolf, and Mary Goodwin, who are always there to help with this event.

Another successful blood drive in McIntosh

The McIntosh Friends of Veteran's hosted a blood drive with Vitalant on Monday, January 20 at the McIntosh Community Center which helped collect a total of 36 units of blood products for patients in need.

A total of 43 individuals volunteered to donate blood and 30 individuals were able to successfully donate at the Vitalant blood drive on January 20. A total of three donors also came forward to donate Power Red Cells (2RBC) which collects two units of red blood cells while returning platelets, plasma and a saline solution back to the donor. There were 2 donors who volunteered for their first time.

Vitalant expressed their gratitude to Mary Goodwin, who coordinated the drive, and McIntosh Friends of Veterans which sponsored the blood drive, as well as all the donors who came out to donate.

One thing we are sure of, is that the need for blood never ceases. Blood is only useable for 42 days, so a constant supply is always needed, no matter the season. Winter has challenges with the threat of weather/ travel and planning, but the winter weather is no wonderland for hospital patients who depend on blood to keep them healthy and alive.

There are other blood drives coming to the area. Please seek



out upcoming events by searching by zip code at donors.vitalant.org.

Those who haven't given for many years, please look at giving blood again, as many of the qualifications have changes.

One of the recent changes issued in 2022, those who have spent time in France, Ireland or the United Kingdom are no longer permanently deferred from donating blood due to risk of variant Creutzfeldt-Jakob disease (vCJD, also known as mad cow disease).

Donors can make a convenient appointment to give blood at www.donors.vitalant.org or by calling 877-25-VITAL. With each donation, donors receive a free total cholesterol test and earn reward points.

Blood donation takes about an hour from check-in to refreshments, while the blood draw typically taking less than 10 minutes.

Donors can save about 20 minutes by completing their Health History Questionnaire the day they donate on www.vitalant.org/health.

February Fitness Fever – Free community events across Polk County

Polk County Community Health Services is excited to share details about this year's February Fitness Fever, a month-long initiative designed to encourage community members to stay active during the winter season. Every Sunday in February, community members can participate in free,

fun-filled activities in Polk County.

These events highlight the many ways to stay active outdoors and engage with the community:

- February 9th, 1:00 pm - 3:00 pm: Ice Skating at the Crookston Sports Center. There will be various, but limited ice skates available.

ited ice skates available.

- February 16th, 5:30 pm - 8:00 pm: Open Swim at the Crookston Community Pool. Free open swim.
- February 23rd, 1:00 pm - 4:00 pm: Snowshoeing and Cross-Country Skiing at Fertile's Agassiz Environmental Learning Center. Free rentals at Agassiz Environmental Learning Center in Fertile.

als at Agassiz Environmental Learning Center in Fertile.

For more information or questions please visit Polk County Public Health on Facebook or on their website.



First time donor at the annual blood drive in McIntosh was Todd Goodwin, who was able to give 2 units.



One of the annual donors at the blood drive in McIntosh is Stephanie Halland, who gives blood when she can.



Congratulations to the Win-E-Mac 4th grade boys basketball team, who placed 2nd at the Ada tournament this past weekend. Pictured: Connor Breitbach, Ryke Chaput, Maxim Erofeeff, Charlie Rue, Dawson Gunufson, Krosby Jore, Carter Bartz and Kolby Cook. Coaches - Adam Jore and Kelsi Gunufson.

“The Women” by Kristin Hannah tops the list of most checked out books at the McIntosh Public Library

In 2024, The Women by Kristin Hannah was the most checked out title at the McIntosh Public Library.

This historical novel is a coming of age story set during the Vietnam War. Other titles which were popular in McIntosh include The Housemaid by Freida McFadden, The Great Alone by Kristin Hannah and Fox Creek by William Kent Krueger.

The McIntosh Public Library is a branch of the Lake Agassiz Regional Library, which offers library service to seven counties in northwest Minnesota. Polk County residents are eligible for a free library card, which offers access to hundreds of thousands of books, movies and other items



available in the library’s collection. Those interested can apply online at larl.org/apply-online or can stop by the McIntosh Public Library at 115

Broadway NW. The library is open Mondays from 10 a.m.-3 p.m., Tuesdays and Thursdays from 4-7 p.m. and Wednesdays and Fridays from 12-5 p.m.

The best-selling books of all time

Popular books have a way of finding their way into homes across the globe. Indeed, certain books transcend geographical boundaries and entice readers from all walks of life and cultural backgrounds. But which books have earned their place among the best-selling tomes of all time? Though it's hard to compile an indisputable list of history's best-selling books, as sales of religious texts such as The Bible and the Quran, which are routinely distributed for free, are hard to quantify, the following are some of the best-selling non-religious texts to ever find their way onto a shelf.

• **“Don Quixote” by Miguel de Cervantes:** This tragicomedy initially published in 1605 (part two was published a decade later) is estimated to have sold half a billion copies.

• **“A Tale of Two Cities” by Charles Dickens:** This novel with the famed opening line of "It was the best of times, it was the worst of times," has sold an estimated 200 million copies since it was first published in 1859.

• **“The Little Prince” by Antoine de Saint-Exupéry:** This tale, published in 1943, was written for children but has proven equally popular with adult audiences, which no doubt accounts for its sales estimated at around 140 million copies.

• **“Harry Potter and the Sorcerer’s Stone” by J.K. Rowling:** This is just one of a handful of books in Rowling's Harry Potter series that are among the best-selling titles of all time. Estimates indicate

this first book in the series is the best-selling Harry Potter title to date, with roughly 120 million copies sold since its initial publication in 1997.

• **“And Then There Were None” by Agatha Christie:** English mystery master Agatha Christie was a prolific writer, with more than 66 detective novels to her credit. None sold more than this classic murder mystery, which has sales of around 100 million copies since it was first published in 1939.

• **“Dream of the Red Chamber” by Cao Xueqin:** Western audiences may not recognize this title as readily as the other books that qualify for the list of the best-selling works of all time, but this classic Chinese novel written in 1791 has sold roughly 100 million copies over the centuries.

• **“The Hobbit” by J.R.R. Tolkien:** “The Hobbit” preceded Tolkien's "The Lord of the Rings Trilogy," sales of which are believed to have exceeded 150 million copies (the trilogy was serialized, but many copies have since been sold in a single-volume work, making it difficult to determine where each book ranks on a list of best-selling titles of all time). Popular in its own right, "The Hobbit" has sold an estimated 100 million copies since Tolkien first introduced the world to "Bilbo Baggins" in 1937.

• **“The Lion, the Witch and the Wardrobe” by C.S. Lewis:** Many a child across the globe has had this 1950 work from C.S. Lewis on their bookshelf. Kids simply love the world of Narnia, which has

Upcoming deadline for arts grants for organizations is Feb. 28; Free grant writing workshop Feb. 11

Applications are open for arts grants for nonprofit arts organizations, communities, schools, and other nonprofit organizations from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau counties.

Nonprofits and government organizations can apply for one arts project at a time. Upcoming grants deadlines for these are February 28. Grants are between \$500 and \$10,000. Funding sources for these grants are Clean Water, Land and Legacy funds and general allocation funds from the State of Minnesota.

Organizational arts activities funded through these very important grant opportunities include festivals, community theatre projects, folk music entertainment, sponsorship of visual demonstrations, creative writing workshops and many other activities that improve the quality of life of people in our communities. This is a great way to bring arts experiences to your community.

We are offering a grant writing workshop online or in person to assist you with your application. You are welcome to come to our office in Warren

for the workshop or to work on your grants. RSVPs are required for grant writing sessions – please email director@nwartscouncil.org.

The session will be held Tuesday, February 11 at 4:00 PM. You can also set up a time to work one-on-one with our director on the grant writing process.

Schools in our seven-county region can also apply now for an Artist Residency grant of \$2,600 plus an additional \$400 if the residency needs supplies. Our teaching artist roster is a great resource to view artists available to teach in our area and is available on our website at www.NorthwestMinnesotaArtsCouncil.org under the artists tab. Another resource to view artists available to enhance curriculum is COMPAS.

Schools can initially apply for one residency. Then based on remaining funding, can request up to three additional residencies into spring and summer. Funding for residency activities comes from the Clean Water, Land and Legacy Amendment in Minnesota.

Also available on a first come-first served basis are Quick Turnaround Grants for \$500. These grants are awarded to performing artists, visual

artists, media artists, and creative writing artists from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau counties.

To learn more about these grant programs and start an application visit www.NorthwestMinnesotaArtsCouncil.org.

NW MN annual art exhibit submissions accepted until Feb. 28

The Northwest Minnesota Arts Council is pleased to announce their latest “Call for Entries” for the 2025 Annual Art Exhibit. The deadline to submit your artwork is February 28, 2025.

This year, the annual Art Exhibit will be at the University of Minnesota Crookston from Monday, April 7 until Sunday, April 27. Artwork will be dropped off on Monday, March 31 from 10 AM - 7 PM at UMC.

Artists and creatives from our 7 county- service region are invited to enter this art exhibit and will be competing for \$2,300 in cash awards. The first place prize for adults is \$500! Artists must reside in Kittson, Marshall, Norman, Polk, Pennington, Roseau,

Application period now open for Lawns to Legumes 2025 grants

Anyone who lives in Minnesota and has an outdoor space for planting is eligible to apply for a fall 2025 Lawns to Legumes grant.

The Lawns to Legumes program aims to increase habitat for at-risk pollinators in residential settings across the state by providing reimbursement-based funding, workshops, coaching and gardening resources. People who live in Minnesota and have a yard, deck, or other outdoor space for planting can apply to be reimbursed for up to \$400 in costs associated with establishing new pollinator habitat. The program is available to both Minnesota homeowners and renters.

Minnesota is home to more than 450 native bee species. Pollinators also include butterflies, moths, beetles and native flies. All play a key role in pollinating many food crops and native plants, but populations have significantly declined worldwide in recent years. Population decline can be attributed to habitat loss and lack of related nutrition for pollinators, as well as pesticide use and pathogens. Lawns to Legumes seeks to combat pop-

ulation decline by creating new pollinator habitat and habitat corridors that provide food sources and nesting space for pollinators. The program emphasizes protection of at-risk species, such as Minnesota's state bee, the federally-endangered Rusty patched bumble bee.

HOW TO APPLY: Lawns to Legumes is administered by the Minnesota Board of Water and Soil Resources (BWSR) in partnership with Blue Thumb – Planting for Clean Water. Apply for Fall 2025 grants on Blue Thumb – Planting for Clean Water's website.

“Even small plantings in yards or boulevards make a difference for Minnesota's pollinators,” said BWSR Executive Director John Jaschke. “Lawns to Legumes gives Minnesotans a unique opportunity to take a hands-on approach to conservation.”

Applications will be accepted through May 15. If you previously applied for the program and did not receive an award, you will need to reapply to be considered for fall 2025 funding.

More than 8,000 residential habitat projects across all 87 Minnesota counties have been completed since the program launched in 2019. Lawns to Legumes also shares online resources such as gardening templates, habitat guides and advice about selecting native plants for all Minnesotans interested in creating pollinator habitat in their yards. The state's general fund supports Lawns to Legumes.

For more information about Lawns to Legumes, visit BWSR's website at <https://bwsr.state.mn.us/l2l>

College News

Savahanna Svalen, McIntosh, Minnesota studying Early Childhood Education has been named to the Minnesota State University Moorhead dean's list in recognition of academic achievement for fall semester 2024. Students must maintain a 3.25 or higher grade-point average and carry 12 graded credits to qualify for the honor.



Wed. Feb. 5: Rebecca (Lee) Kleven, Rhett Roed, *Craig & Lynette Espeseth
Fri. Feb. 7: Mavis Finseth, Tori Lee Weber, Lydia Herem, Hazel Burthwick, *Ron & Nicole Grande
Sat. Feb. 8: Renee Brekke
Sun, Feb. 9: Erich Gensburger
Mon Feb. 10: Melford Grundyson, Nicole Grande, Ashleigh Bartz
Tues. Feb. 11: Julie Sultvedt, Clay Syverson, Garrett Nornes, *Mark & Brook Simonson



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

Wed. Feb. 5: 11:30am Mass at St. Mary's, Fosston
Sun. Feb. 9: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Feb. 12: 11:30am Mass at St. Mary's, Fosston
Sun. Feb. 16: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Pastor Rene Mehlberg
Synodical Authorized
Rachel Roggenbuck, SAM

Sun. Feb. 9: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Feb. 16: 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 FREE LUTHERAN AFLC
McIntosh Trinity /
Mount Carmel:
Pastor:
Jerry Moan

Trinity: (27262 315th St. SE, McIntosh) Sunday Worship: 9:30am; 10:45am Sunday School

Mt. Carmel: (305 State St. NE, McIntosh) 9:45am Sunday School; Sunday Worship: 11:00am

Wednesdays: 6:30pm Confirmation; 7:15pm Free Lutheran Youth meets at Pastor Moan's home

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

Sun, Feb. 9: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, Feb. 11: 10:00am. Sunday worship service telecast on GVTV--30

Wed, Feb. 12: 6:30pm Bible Study at Connie Parr's
Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
PastorLee Laaveg

Sun. Feb. 9: 9:00am Worship
Sun. Feb. 16: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

DOVRE LUTHERAN CHURCH
Winger, MN

Sundays: 9:00am Adult and Children's Sunday School; 10:00am Worship Service
Wednesdays: 7:00pm Bible Study

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.

THRIVING LIFE CHURCH
Erskine, MN

Sunday servie at 10:00 am
Call or visit us at: 22722 350th Street; 218-687-2343

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Donate to the RiverView
Foundation on Giving Hearts
Day for a Healthier Community

Giving Hearts Day is Thursday, Feb. 13! Please support RiverView Health through a donation to the RiverView Foundation to aid in RiverView's promise of providing exceptional care for exceptional outcomes.

The RiverView Foundation has participated in the online, non-profit fundraiser since its start in 2008.

Donations and gifts given in memory or honor of loved ones have been used to start projects and programs and purchase essential equipment to keep our community healthy.

Undesignated Funds
Used to Purchase IV Infusion System

The RiverView Foundation Board has determined that undesignated Giving Hearts Day 2025 contributions be used to assist in replacing RiverView's Intravenous (IV) Infusion System, which was purchased in 2015 and is utilized by the Inpatient Unit, Emergency Department, Surgical and Anesthesia Services, and Outpatient Nursing Infusions and Procedures.

IV therapy is the administration of fluids directly into a vein. It benefits treatment by enabling water, medication, blood, or nutrients to access the body faster through the circulatory system.

Providers use the technique as a fast-acting way to feed essential fluids into the body's system.

IV therapy treats:

- Severe dehydration by administering fluids.
- Health conditions by administering medication.
- Pain by administering pain relief.
- Blood loss by blood transfusion.
- Malnutrition or inability to take food by administering nutrients.

Early Giving is Open

If you do not want to wait until Feb. 13 to donate, you can give your gift now, ahead of the big day, by going to https://rvhealth.org/GHD_2025. Online giving is open through Feb. 13.

The Dakota Medical Foundation (DMF), Impact Foundation, and Alex Stern Family Foundation host Giving Hearts Day. This year, these generous



Undesignated funds will be used to replace the IV Infusion System at RiverView.

donors and others will provide up to \$60,000 in match contributions to the Foundation to stretch donations even further to make the maximum impact.

"Thank you for your past support and consideration of

a gift to Giving Hearts Day 2025," stated Foundation Director Randy Schoenborn. "Your belief and trust in our mission will make a positive difference in the future health and vitality of our rural re-

gion."

For more information about the Giving Hearts Day program, contact Schoenborn at rschoenborn@riverviewhealth.org or call 281-9249.

Strategic Farming: Let's talk crops!
session talks soybean modeling to
help farmers make better decisions

On January 29, Seth Naeve, University of Minnesota Extension soybean agronomist and Anibal Cerrudo, a visiting professor for the last 3 years in the Naeve lab joined UMN Extension crops educator Angie Peltier for a discussion about how using crop modeling can help soybean producers in Minnesota gain important insights into how their management choice could impact yield. This was the fourth weekly episode of the 2025 Strategic Farming: Let's talk crops! webinars. The series runs through March.

The University of Minnesota team of soybean agronomists are developing crop models with the end goal of helping farmers make data-driven decisions.

Crop models incorporate weather, soil condition, crop genetics and management practice data into a series of mathematical equations that can help agronomists or farmers to estimate crop yield. Once

enough applied, field-scale data has been compiled and fit to a model, a modeler can run various crop production scenarios through the model without leaving their computer or putting out a field trial.

While some of the larger ag companies have developed paid, proprietary tools based on crop modeling of how management conditions can impact their own varieties' yield, Cerrudo and Naeve's crop modeling work isn't designed to work for a specific set of soybean varieties, but is rather designed to provide an open-source set of tools to aid in farmer decision-making based on maturity groups grown in Minnesota. As additional data informs the model, their model's predictive ability improves.

There are process-driven models and data-driven models and the Naeve lab is working with both, to better understand the interrelatedness of the various factors that can

impact soybean yield.

Process-driven models require an advanced understanding of the processes that contribute to yield, be they solar radiation, rainfall, planting date, nutrients, soybean growth and development or resource partitioning. Data-driven models use computational power and artificial intelligence (AI) to find relationships between the factors that contribute to yield. According to Cerrudo, instead of being based on knowledge of processes, data-driven models "try to find patterns or relationships from the data" without asking about the processes that underly the data. The webinar showed some of the modeling work that the team has been focused on related to planting date and yield.

For those that missed this session, it is now available to view on YouTube at: <http://z.umn.edu/StrategicFarmingRecordings>.



Tips to make a
bedroom a more relaxing space

Homes are often characterized as sanctuaries. A home's interior spaces can provide a respite from the hustle and bustle of daily life no matter what's going on in the outside world.

Perhaps no space inside a home should be more relaxing than a bedroom. But bedrooms are not impervious to the hectic pace of life unless homeowners make a concerted effort to transform these spaces into relaxing respites.

By implementing a variety of strategies, homeowners can ensure bedrooms embody the notion that homes are sanctuaries for their residents.

· **Install new window treatments.** Blinds, curtains, shades, and other window treatments come in a variety of styles and colors, ensuring there's at least one out there that can match an existing design scheme in a bedroom. Window treatments can be utilized to create a cozy vibe in a bedroom, blocking out lights from outside, including natural light from the sun and moon but also street lamps and decorative lights from neighboring properties. This can ensure bedrooms are a peaceful and welcoming respite when homeowners and residents return home each night.

· **Make the room a device-free zone.** If escapism is an end goal, then turning a bedroom into a device-free zone is a must. Televisions, tablets and smartphones ensure the distractions and stressors of everyday life are never too far away, so removing these devices

from bedrooms can help to establish a more peaceful bedroom environment. In addition, the National Sleep Foundation reports that using devices in a bedroom tends to reduce sleep duration by delaying the time users go to sleep.

· **Reconsider the lighting.** Bedroom lighting is another variable that merits consideration when trying to transform the space into a more relaxing room. Ambient lighting can be utilized to create a soft and welcoming atmosphere in the room. Dimmable lights also allow residents to adjust the amount of light depending on the time of day. Lights can be bright when getting dressed in the morning, and then turned down when residents are going to bed and want to unwind before closing their eyes.

· **Clear out clutter.** A cluttered bedroom is more than an eyesore. The Royal Australian College of General Practitioners notes that clutter can contribute to anxiety and adversely affect individuals' ability to sleep and focus. Examine bedrooms to see if there is any unnecessary or overly bulky furnishings that make the spaces feel cramped and cluttered. Remove those items when possible, or consider working with a contractor to expand the room if budget and space allows.

Bedrooms can be respites within the larger sanctuary that homes are meant to be. That's especially so when residents implement strategies to transform bedrooms into more relaxing spaces

RiverView Health Annual Meeting covers rewards, challenges of rural healthcare

RiverView Healthcare Association members heard the highs and lows of 2024 virtually Monday, Jan. 27, during the Association's 127th Annual Meeting.

Betty Arvidson, CFO, shared preliminary financial information for Fiscal Year 2024, from Oct. 1, 2023, through Sept. 30, 2024. Unfortunately, RiverView was one of the many healthcare systems across the United States impacted by the February 2024 Change Healthcare cyberattack, which created a backlog of unpaid claims. Therefore, the final 2024 numbers are yet to come.

However, it is clear that a substantial loss occurred for the organization.

Carrie Michalski, President/CEO, followed Arvidson's report, saying 2024 was the organization's third consecutive extremely challenging financial year.

"We had projected three very lean, break even to slight loss years after opening our new hospital with the increased interest and depreciation expenses that came online at the completion of the \$54 million project. That was planned.

"What wasn't planned was the COVID-19 pandemic and the disruption that would bring to workforce and supply chains around the globe that inevitably led to multiple years of hyperinflation.

"The reality is we cannot recover simply by reducing waste and creating higher efficiency. To maintain access to current programs an investment in government payers paying their fair share of costs is necessary."

According to Michalski, Medicare and Medicaid patients make up over 50 percent of RiverView's business. Unfortunately, Medicare only reimburses 99 cents on the dollar for the actual cost of care, while Medicaid's reimbursement covers approximately 68 cents on the dollar. In 2023, RiverView's subsidy for care to Medicaid recipients was \$3.6 million.

Beyond subsidizing unpaid government-run health insurance programs, RiverView also provides free training to future healthcare workers, offers health-related education for the community, and charity care for the uninsured. Over the past five years, RiverView's total charitable community benefit giving has equaled 5-7.5 percent of its total expense structure.

"Even in trying times with negative operating margins our commitment to our community and especially the patients without the means to pay for emergency and lifesaving care is strong," stated Michalski.

Although non-profit hospitals provide community benefits, their tax-exempt status has been under extreme scrutiny by the Legislature, Michalski reported. "RiverView has been recognized by the IRS as a tax-exempt charitable institution since 1948. But we cannot take that for granted and must reflect annually on the contributions we make to our community and the patients we serve."

Seeking Solutions

To preserve access to healthcare services, Minnesota's 140 hospitals have united to seek Directed Provider Pay-

ments (DPP) for Medicaid hospital patients.

This program could leverage an additional \$1 billion in federal investment in Minnesota hospitals annually, including over \$2 million annually for RiverView Health. Support is needed through the Legislature, a partnership for administration with the State of Minnesota, and federal approval.

Last week, Michalski and other hospital representatives asked Senate co-leader Senator Mark Johnson for support. They also provided testimony to the House Health Policy and Finance Committee. Forty-one other states already have an approved DPP program.

RiverView is also one of 18 independent rural hospitals that formed the Headwaters Network in April of 2024 to collaborate on clinical and operational initiatives to enhance the quality of care, availability, and affordability in rural communities.

Michalski serves as a board member for the group, working toward gaining economies of scale to negotiate better and more fair contracts with larger insurers.

In the annual meeting keynote address, Brittany Sachdeva, chief clinical officer, and John Naylor, strategic advisor of Cibolo Health, explained the vision of the Headwaters Network, which is sustainable rural Minnesota healthcare, healthy rural Minnesota people, and vital rural Minnesota communities.

Hitting the High Notes

▪ Michalski's presentation included the following highlights from 2024 and upcoming wins for the organization.

▪ Orthopaedic Surgeon Brennen Smith, DMV, DO, started his RiverView practice, which includes hip and knee replacement procedures performed with the assistance of a robotic arm.

▪ Mental health services were added with provider Justin Goff, MSSW. Jennifer Dotsch, PMHNP, will be joining the program soon.

▪ Dr. Edmund Irankunda joined RiverView's Emergency Medicine Team.

▪ The RiverView Recovery Center and Care and Share of Crookston started collaborating on substance use education, assessment, and treatment with opioid settlement funds granted to Polk County.

Adelle Christianson, RiverView's Operating Room/Same Day Surgery coordinator, was named the 2024 Employee of the Year. Christianson will be featured in an upcoming news release.

▪ The Benedictine Living Community was awarded the 2024 Reaching Out to Serve honor and will be featured in an upcoming news release.

▪ The addition of a family medicine provider and two internal medicine providers will occur in 2025.

▪ The family medicine provider was hired through the Community Physician Recruiter Incentive Program, which is designed to engage the community in helping recruit physicians to RiverView. In return, the community member can be rewarded up to \$20,000. More information is available at riverviewhealth.org.

Board of Directors

Outgoing board members Reed Engelstad and Garrett Borowicz were recognized for

their years of service to the organization.

Nicole Heldstab, Tanner Holten, Judy Hulst, all of Crookston, and Michelle Cote, Mentor, were elected to the board.

Dr. Erik Kantan and Kari Koenig were reelected. Other board members are Grant Gunderson, Tim Brinkman, Stephanie Harbott, Dr. Brett Vibeto, and Lori Keller.

2024 Proves Busy
for the Auxiliary

Below are some of the highlights for the Auxiliary.

▪ The volunteers hosted blood drives, delivered Home Delivered Meals, completed many sewing projects, participated in the annual teddy bear clinic, and held a hat and mitten drive.

▪ Departments received grants amounting to \$11,670 from the Auxiliary for the Reach Out to Read program, activity items for pediatric and swing bed patients, an upper body exerciser for Rehab Services, inpatient clothing, a pediatric adjustable height table, and the Sensory Santa event.

Scholarships were awarded to RiverView employees Evan Christianson and Mariah Stueness, who are pursuing healthcare degrees.

▪ Twenty-eight volunteers donated 3,295 hours of their time and talents to RiverView throughout the year.

▪ Kathie Barnes was selected as the 2024 Alta Hermodson Volunteer of the Year. She will be recognized at the Auxiliary Spring Meeting on April 9.

Auxiliary board members are Gloria Watro, Jean LaPlante, Jacqueline Cournia, Deb Normandin, Nancy Capistran, Judie Kantan, Kristie

Ricard, and Deb Sylvester.

Foundation Raises
Funds Benefitting Patients,
Healthcare Students

Foundation Director Randy Schoenborn shared the following highlights of 2024:

▪ Over \$263,000 was donated through 487 gifts.

▪ The annual golf classic raised more than \$27,500. The 2025 event will be held on June 9.

▪ The Foundation awarded area students pursuing healthcare careers nearly \$44,000 in scholarships.

▪ Nearly 300 donors gave over \$173,000 for Giving Hearts Day, an online non-profit fundraiser.

The Foundation is gearing up for Giving Hearts Day 2025 on Feb. 13. That day, the Dakota Medical Foundation and other generous donors will match gifts to the Foundation up to \$60,000.

Undesignated 2025 Giving Hearts Day contributions will be used to assist in replacing RiverView's Intravenous (IV) Infusion System, utilized by the Inpatient Unit, Emergency Department, Surgical and Anesthesia Services, and Outpatient Nursing Infusions and Procedures.

Early giving is now open at https://rvhealth.org/GHD_2025.

For more information or assistance with a donation, contact Schoenborn at rschoenborn@riverviewhealth.org or call 281-9249.

Marilyn Wentzel, Cory Dallager, Jodi Clauson, Tim Brinkman, Kari Koenig, Hunter Plante, Taylor Sannes, and Marcia Schoenborn comprise the Foundation Board of Directors.

WEM announces
2nd quarter Honor Roll

The following Win-E-Mac Junior High School and Senior High School students have attained either an “A” or “B” average in academic subjects for the second quarter of the 2024 – 2025 school year. Congratulations! To be eligible for the “A” Honor Roll, you need to have attained a 3.76 – 4.00 GPA (grade point average), and to be eligible for the “B” Honor Roll, you need to have attained a 3.00 – 3.75 GPA.

Seniors:
“A”
Clay Below
Ariana Dickinson
Josie Fortman
Mason Halstad
Calvin Hill
Livaeh Kiecker
Erica Kramer
Shelby Long
Colten Mandt
Shelby Mandt
Kassidi Qualey
Evelyn Ryan
Brayden Sander
Abigail Sauer
Pamela Solis
Danielle Winter
“B”
Emelia Boianoff
Kaylee Dickinson
Hank Earls
Braylon Hamre
Bergen Howard
Julian Janisch
Samuel Lundy
Destiny Molstad
Mariah Overgaard
Juniors:
“A”
Paige Breitbach
Cody Johnson
Josie Johnson
Lauren Kaupang
Joy Neubert
Karlie Schow
Hudson Smeby
“B”
Daniel Boianoff
Cambell Brown
Jordyn Halstad
Riley Kochmann
Klaudia Kutsev
Marissa Mayer
Adrian Ryan

Hunter Westcott
Sophomores
“A”
Joe Courneya
Carter Fortman
Chloe Howard
Austin Johnson
Hayden Johnson
Austin Langseth
Kalli Roy
Nathaniel Spry
Jareth Walk
“B”
Ashton Anderson
Cora Earls
Macie Haskett
Caralina Janisch
Clara Kolden
Theodore Moritz
Kolten Schow
Lillian Shimpa
Alex Soterias
David Zarkoff
9th Grade:
“A”
Charles Carlson
Jayden Close
Lukas Gensburger
Adelaide Hickman
Malaina Jax
Stephen Kutsev
Ella Langemo
Owen Strom
Ella Subbert
“B”
Samantha Arme
Andrew Austin
Haylee Beckett
Abraham Chere
Addison Clow
Garett Davis
Axel Fuglseth
Cooper Gieseke
Grace Gunderson
Callie Herriman
Cameron Holth
Eleanor Kaiser
Elsii Kiecker
Khloe Luckow
Adara Peterson
Nickolas Schow
Bella Senn
Krista Shimpa
Kale Smeby
Peyton Solie
8th Grade:
“A”
Bennett Bailey
Grady Breitbach

Emma Determan
Ana Kolden
Kinsley Kroshus
Megan McGlynn
Alexander Molina
Shelby Shimpa
Mya Strom
“B”
Stephanida Anufriev
Carsen Boyd
Stella Davis
Aria Doyle
Carson Fortman
Ethan Geray
Levi Halstad
Dakota Hedlund
Larissa Martuseh
Madelyn McKinney
Corbin Moran
Liam Schow
7th Grade:
“A”
LaShelle Johns
Ava Sharp
Sofia Zarkoff
“B”
Bailey Audette
Lynn Burd
Elizabeth Determan
Tavin Hewitt
Jaelyn Hillstad
Iris Howard
Karl Jax
Jorgen Johnson
Logan Johnson
Efrosia Kutsev
Sydnee Overgaard
Clara Roed
Maxwell Rue

6 Valentine's Day traditions

Valentine's Day is a day of love nestled in the middle of February. Sweethearts use Valentine's Day as an opportunity to show the people they care about just how deep those feelings run.

A 2023 survey from the National Retail Federation found consumers expected to spend \$25.9 billion on Valentine's Day, up from \$23.9 billion in 2022. Forecasters suspect spending is likely to increase this year as well.

Valentine's Day is awash in many different customs. Here's a deep look at some of those enduring traditions and others that some may feel should be brought back into favor or adopted entirely.

Handwritten cards
It's a common scene each year in card retailers and pharmacies: people three-deep in the aisle trying to pick out Valentine's Day cards in the eleventh hour. People can save themselves the hassle of fighting the crowds if they make their own handmade cards. In the eighteenth and nineteenth centuries, sweethearts created unique cards from scratch, according to Country Living. And prior to products produced by Hallmark and other greeting card companies, people used

to send one another cards customized with personalized messages.

Pampering gentlemen
It is common in North America for Valentine's Day celebrations to lean significantly toward favoring women, who are often on the receiving end of flowers and chocolates. However, in South Korea and Japan, it is the men who are pampered with such gifts. Women purchase chocolates for their male partners, family members and coworkers as tokens of appreciation and affection. Never fear, a month later on White Day (March 14) men reciprocate with candy, cake and flowers.

Bouquets
These days a dozen long-stemmed red roses might be the norm for Valentine's Day gifting. However, roses weren't always the preferred flower for the holiday. History.com reports that, in the nineteenth century, bouquets might contain all sorts of flowers, each chosen to convey certain messages. Individuals can research the meanings behind certain flowers and put together a Valentine's Day gift this year that expresses exactly what they are feeling.

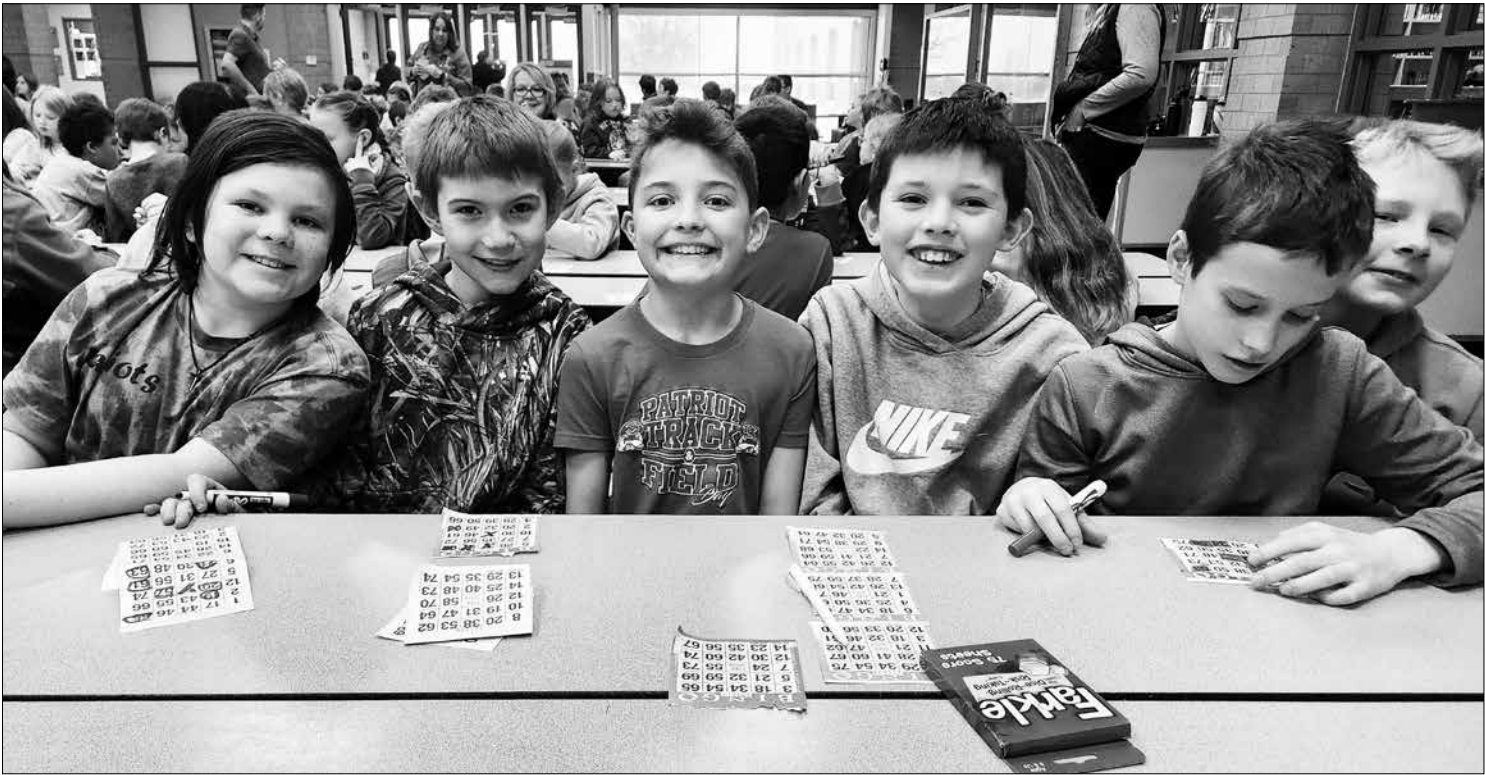
Puzzle purses

Sweethearts in Victorian England created "puzzle purses," which were a series of love letters that could be read separately, but also fit together to create a design and message. These intricately folded sheets of paper had parts of messages or verses written on different corners and were meant to be read in a specific order.

Heart-shaped chocolate boxes
British chocolatier Richard Cadbury is credited with creating the first heart-shaped box for Valentine's Day. The boxes were intended to be so beautiful they would be kept to hold trinkets or love letters. Ornate chocolate boxes are not quite as common today, although the gifting of chocolate for the holiday is still strong.

Celebrating in June?
Many Brazilians skip Valentine's Day in February and choose to celebrate Saint Anthony, the patron saint of marriage and matchmaking, on June 12. Celebrating both is fine for those who prefer to shower affection on loved ones multiple times a year.

Valentine's Day traditions are still strong and can add a little something extra to celebrations this February.



(above and below) Students at Win-E-Mac who reached their Accelerated Reader (AR) goals were rewarded with some afternoon bingo with their friends. They were able to win some great prizes and enjoy some fun.



Win-E-Mac elementary school recently rewarded the 2nd quarter AR goals with Bingo! The students won prizes and had a lot of fun!