



McINTOSH Times

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McIntosh, Minnesota

National Poison Prevention Week with poison prevention tips

Young children learn about their environment through sight, touch and taste. They are curious about the world around them and want to put everything into their mouths. When they are putting their toys in their mouth, this is fine. When they are putting something that they find that is dangerous in their mouth, this is a completely different story.

- Poisonings can happen from:
 - Prescription medication (pills, insulin, patches, liquids)
 - Over-the-counter medication (pills, creams, ointments, children's liquid medication, vitamins, eye or ear drops)
 - Household items (diaper rash cream, lotions, makeup, paint, etc.)
 - Cleaning products (soaps, liquid cleansers, furniture polish, bleach, Tide Pods, etc.)

Medicines are the leading cause of accidental poisonings that involve children. Keeping and storing medication in a house with a child can be hard and can become a risk for the safety of that child. National Poison Prevention Week is a celebration every third week of March to raise awareness of poison prevention and safety.

Every minute of every day, a parent or caregiver calls a poison control center after a child has gotten into medicine or has been given the wrong dose of medicine.

More than 47,000 children (under age 6) are treated in emergency departments for medicine poisoning each year. This is 1 child every 10 minutes. Of these children, 8,432 needed to be admitted to the hospital for treatment, equaling 1 child every hour, and about every 12 days a young child dies because they got into medicine. While medications are helpful to the body for many reasons such as reducing blood pressure, helping alleviate pain, attacking an infection or helping with a whole host of other medical conditions. However, we also need to think of medications as dangerous and poisonous products, as they are that too. When we consider them a poisoning agent, we are more inclined to use care when handling and storing the items.

Medicine can become poison when the wrong dose is administered or if a child or infant gets medication without supervision. It is important to put all medicine up and away and out of sight and to always use the dosing device the medicine comes with and never a kitchen spoon. Young children get curious and can reach counters, tables, purses, and bags. Make sure to close all medicine tight-

ly after each use and choose the highest cabinet up to store and lock them. Children can also get in visitors' bags, purses, and jackets, so make sure your visitors do not leave any medicine, vape, or other harmful substances in a bag that your children can reach.

When visiting someone else's home or a public place, remember that they are not always child proofed environments. Take a few minutes to look at the space from your child's point of view and remove harmful items.

Medicine is not the only thing that can become harmful to children. Cleaning products like bleach, spray cleaners, air fresheners, and even soaps and shampoos can cause harm to your children's health. When purchasing them, look for child-resistant containers for extra protection and keep them up and away, out of children's reach and sight in a locked cabinet. Makeup can also be poisonous to young children, so make sure not to keep any in your handbag that small children can reach. Keep bags with harmful materials out of reach of children.

No one can watch someone every minute of every day, and this is an unreal expectation. With this being said, the best solution is to create an environment that is as safe as possible. Check your house for old and expired items you no longer need/use and throw them away. For medicine disposal check law enforcement centers or pharmacies, they usually have a drop box in the lobby area of the building where you can drop off any unused or expired medications. Medicine placed in those boxes get incinerated.

If your child has ingested more than the recommended amount of medicine or any other harmful product, call the poison control number at 1.800.222.1222. These centers offer free consultation 24 hours a day, 7 days week.

In 2021, 3,809 poison-related deaths were reported, and more than 2 million human exposure cases were answered by the Poison Help. Most of these cases included household items like cleaning supplies and cosmetic and personal care products. A lot of these cases could have been avoided with proper education and awareness, so please read these tips to keep everyone in your household safe.

If you are interested in obtaining free sharps disposal containers, medication disposal bags, cabinet locks or poison center stickers/magnets

with their phone number on it, please contact Safe Kids Grand Forks at Altru Health System. For more information on this or other safety topics, visit www.safekidsgf.com or call us at 701.780.1489.

Scouts annual food drive is this week



Since 1987 Scouts BSA has held an annual spring food drive. The food collected in the area by our local Pack 3089 of Erskine is shared by the Grace Food Shelf in Erskine and the Loaves and Fishes food shelf in Fosston.

Scouts, and other volunteers will deliver informational door hangers to homes March 16-20, 2025 and return to those homes on Saturday March 22, 2025 to collect the food donations. If your home receives a door-hanger, please place your bag filled with non-perishable

food items outside your door no later than 9:00am on Saturday, March 22, 2025. Residents that do not get a Scouting for Food door hanger at their home can participate in this service project by 1) purchasing ready-made food bags at Hugo's in Fosston, 2) taking bags filled with food and personal care items to their local food cupboard, or 3) taking bags filled with food and personal care items to their local Gate City bank. We thank you for your participation in this excellent service opportunity!



What parents should know about mental health issues and children

Mental health issues were once stigmatized to such an extent that many people dealing with problems like anxiety and depression felt uncomfortable speaking about them or even seeking help. Though some may still find it difficult to acknowledge their mental health issues, society has made great strides in regard to destigmatizing mental health conditions and recognizing how common such problems are.

Parents may be surprised to learn that many mental health issues begin in childhood. According to the National Institute of Mental Health, anxiety disorders, depression and other mood disorders can start to develop long before children leave

for college. Recognition of that reality may compel parents to learn more about children and mental health, including signs of potential issues and how to determine if certain behaviors are indicative of a burgeoning issue or a part of normal development.

Identifying mental health issues in children

The NIMH notes the difficulty in distinguishing between behaviors that are a normal part of a child's development and those that suggest a potential mental health problem. Parents know that children's behaviors and emotions can be challenging to deal with, but that's often a normal part of a child's development



Earning a "Best of Day" for their saxophone duet were Win-E-Mac students Kassidi Qualey and Shelby Mandt during the recent Ensemble Contest held at Twin Valley, Minnesota.



This woodwind duet won an alternate "Best of Day" for their wonderful performance. Students Kassidi Qualey and Julian Janisch, are from Win-E-Mac School and participated in the Ensemble Contest.

that youngsters outgrow with age. The NIMH notes that time is a potential indicator of a mental health problem, and encourages parents to seek help if a child's challenging behavior or emotions persist for weeks or longer. Kids will not outgrow negative behaviors overnight, but persistent problems that extend for weeks or months could be indicative of something beyond normal developmental hurdles.

Behaviors and emotions that cause distress for a child or the child's family are another potential indicator of a mental health issue. In addition, behaviors or emotions that interfere with a child's ability to function, be it at school or

at home or among friends, may indicate the presence of a mental health issue.

What if signs suggestive of mental health issues are present?
The NIMH advises parents to be proactive if they notice signs of mental health issues in their children. Parents can begin by contacting their child's teacher and asking how the child behaves in school, both in the classroom and on the playground. A child's pediatrician also can be a valuable resource. Share the particular behavior(s) or emotion(s) that are causing concern with the

Mental Health.....
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On Monday, March 10th, the Win-E-Mac Band and Choir students participated in an Ensemble Contest in Twin Valley, Minnesota.

February McIntosh Council Minutes

Minutes
February 13, 2025

The meeting of the McIntosh City Council was called to order by Mayor Toby Strom at 5:30 PM Thursday February 13, 2025

Present: Toby Strom, Luke Syverson, Beth Hagen, Adam Strutz, Mark Simonson

Poplar Meadows Committee Member: Rebecca Boehrsen – Licensed Director for Poplar Meadows of McIntosh

Guests: Kim Spaeth, Lance Erickson, Alison Opdahl

1) Motion by Councilmember Syverson and seconded by Councilmember Hagen to approve the January 9, 2025 minutes. Passed and carried.

2) MEDA and Poplar Meadows Committee Reports:

Poplar Meadows Committee member Boehrsen reported there are currently 22 residents at Poplar Meadows with 5 open apartments. Ms. Boehrsen reported there has been some inquiries in the empty apartments and hopes to have them all filled this spring.

Lance Erickson provided a bid in the amount of \$3,527.12 for labor and materials to build a wall in the efficiency to make it a one-bedroom apartment. Motion by Councilmember Syverson to approve the bid. Motion was seconded by Councilmember Simonson and carried.

Motion by Councilmember Hagen to approve the submitted claims for Poplar Meadows in the amount of \$96,233.30. Motion seconded by Council-

member Syverson and carried.

3) The City Clerk informed the Council that she filled out an application for a housing grant in the hopes to be able to secure funding to put toward the debt payment for Poplar Meadows.

4) Alison Opdahl was in attendance to ask permission to use the Community Center for homeschool classes to be held every Monday for twenty-four weeks in the school year. Council felt that twenty-four weeks was too much of a commitment to hold the City to in case other parties would like to rent the space.

5) Paradis Inc. is in the process of purchasing the old McIntosh Motors and have asked the City to move the boundary line, north of the storage sheds, to accommodate constructing another building. Motion by Councilmember Syverson to approve. Motion was seconded by Councilmember Simonson and carried.

6) Julie Klinke wrote a letter to the Mayor and Council requesting to have a judgement put on her restitution so that she can apply for higher paying jobs. Ms. Klinke appeared in court on October 17, 2019, and pled guilty to 6 counts of felony theft of McIntosh taxpayer funds while she was manager of Poplar Meadows Assisted Living. She was ordered to pay restitution in the amount of \$21,332.98 on January 15, 2020, and to date has paid \$1,974.98. Council-

member Syverson motioned to deny a judgement put on her restitution for fear she could file for bankruptcy and not pay the City back. Motion by was seconded by Councilmember Simonson and carried.

7) The Council was asked to forgive a resident's utility fees due to sewer pipe issues which has caused her to have to live elsewhere. Prior to asking for debt forgiveness, the resident failed to inform the City that she was no longer living in her residence and also stated in a text message that she would pay the delinquent amount, in full, by January 15, 2025, which she did not do. The Council felt that since she said she'd pay, the City will not waive the debt. They also sited that forgiving the debt could set a precedent where residents can pick and choose which utilities to be billed for.

8) The Council agreed to advertise for the summer mowing position. Starting wage of \$14.00 per hour.

9) Motion by Councilmember Simonson and seconded by Councilmember Hagen to approve the submitted claims in the amount of \$34,497.08. Passed unopposed.

10) Motion by Councilmember Syverson to adjourn at 6:30. Motion seconded by Councilmember Hagen and carried.

Toby Strom – Mayor
Melissa Finseth – City Clerk/Treasurer

Notable events that make spring even more fun

Spring is widely considered a season of rejuvenation. The warmer post-winter air that is a hallmark of spring certainly adds an extra hop to the steps of millions of people each year, but a number of notable events also lend a festive feel to this beloved time of year.

St. Patrick's Day: Though the holiday itself occurs on one of the final days of winter, St. Patrick's Day celebrations tend to take place throughout the month of March. Many communities host St. Patrick's Day parades after the spring equinox, and celebrations of the patron saint of the Emerald Isle have a reputation for being especially convivial. A St. Patrick's Day celebration at a local Irish pub featuring live music and food that would be at home on any dinner table in Ireland can mark the perfect way to close out winter and usher in spring.

March Madness: Basketball fans get their fix and then some each March, when the 68-team, single-elimination NCAA Tournament tips off. Affectionately known as March Madness, the college basketball tournament that unfolds over three weeks from mid-March to early April features its fair share of buzzer beaters, upsets and, of course, busted brackets. Regional contests ensure that just about everyone across the United States is within driving distance of the exciting, if maddening, action.

Major League Baseball Opening Day: Another hallmark of early spring, Opening Day of the baseball season embodies the seasonal spirit of rejuvenation. Baseball fans across the globe know that every team has a chance come Opening Day, when millions of fans return to stadiums to see their favorite teams kick off the six-month campaign.

Spring flower festivals: Spring flower festivals dot the landscape every year. Many occur between mid-March and mid-April and serve as beautiful, awe-inspiring reminders of the blooms that make spring such a colorful and enjoyable time of year.

Kentucky Derby: The annual "Run for the Roses" is held on the first Saturday in May and attracts more than 100,000 visitors to the race track at Churchill Downs. Often referred to as "The Fastest Two Minutes in Sports," the Kentucky Derby serves as the first leg of the Triple Crown and inspires men to don their best seersucker suits

and women to showcase their most elaborate, and typically largest, hats as they sip a mint julep and watch the thrilling race unfold.

Memorial Day weekend: Memorial Day is an American holiday that honors and mourns United States military personnel who died while serving in the nation's Armed Forces. Though there's a solemnity to Memorial Day events that is not present with other notable

Biscotti are a dunkable delicacy

Cookies are a treat any time of the day, and many find biscotti particularly appealing. These crunchy cookies are equally at home with a morning cup of coffee as they are with an evening mug of hot cocoa.

Biscotti are hard, crunchy, Italian cookies that are baked twice. In fact, their name comes from the Latin "bis," meaning "twice," and "coccus," meaning "cooked." Although they can be enjoyed on their own, their dry, crunchy nature makes them hold up well when dunked into a beverage. Biscotti were even once commonly dipped into red wine.

Though they might seem complicated, biscotti generally are easy to make. Try this recipe for "Semolina and Almond Biscotti" from "Butter, Flour, Sugar, Joy" (Sourcebooks) by Danielle Kartes.

Semolina and Almond Biscotti
Yields 12 to 16 cookies
1 cup sugar
1/2 cup melted butter
3 eggs
1 teaspoon vanilla extract
1 pinch salt
2 3/4 cups all-purpose flour
1 cup sliced almonds
1/2 cup semolina flour
1 teaspoon baking powder
Optional: 10 ounces dark chocolate to melt for dipping
Preheat oven to 325 F. Line a baking sheet with parchment paper.

In a stand mixer, cream the sugar, butter and eggs until light and creamy, about 2 to 3 minutes.

Add the vanilla and salt. Mix to incorporate. Add the all-purpose flour, almonds, semolina flour, and baking powder. Mix until well combined, but don't overmix.

Turn the dough out onto the prepared baking sheet. Pat gently to form one long loaf of dough roughly 14 to 16 inches long and 5 to 6 inches wide.

celebrations each spring, the weekend itself also has become a time to gather with friends and family for backyard barbecues. Beachside communities also have come to see Memorial Day weekend as the unofficial beginning of summer.

There are no shortage of events each spring that serve as reminders of why this time of year is so special and enjoyable.

Bake 30 minutes.

Remove the loaf from the oven and allow to cool 5 to 6 minutes before using a long knife to cut the loaf gently into 12 to 16 cookies.

Lay each cookie on its side and bake another 20 minutes, flipping the cookies midway through.

Cool completely to achieve that signature crunch. The centers will be a bit soft if eaten warm. These are perfect for dunking in coffee, tea or hot chocolate.

Optional: Melt the chocolate in the microwave in 30-second bursts and gently dip half of each biscotti into it lengthwise. Flip the biscotti chocolate-side-up onto a sheet tray and allow the chocolate to set.

NOTICE OF MEETING OF STOCKHOLDERS OF FOSTON TRI-COOP FOSTON, MINNESOTA

Notice is hereby given that the Annual meeting of stockholders of Fosston Tri-Coop will be held at Ventures Bar & Grill in Fosston, Minnesota on Tuesday, March 25th. Meeting will start at 5:00 p.m. with a meal to follow.

The business meeting will include the presentation of the annual report and election of two directors, who will serve a term of three years.

Curtis Bartz
Secretary-Treasurer

M52-1C

Mental Health... Continued from page 1

child's pediatrician. The pediatrician may note if the behavior is part of normal development or may recommend a mental health professional to further address the issue.

Is an evaluation really necessary?

The aforementioned stigma associated with mental health issues may make even the most well-intentioned parents hesitant to seek an evaluation. But evaluations can set children on a path to improved mental health, and it's worth reminding parents that issues like anxiety and depression are quite common and nothing to

be ashamed of.

In fact, a large-scale 2023 study published in the journal The Lancet Psychiatry found that one out of every two people in the world will develop a mental health disorder in their lifetime. Evaluation is one of the initial steps toward overcoming mental health issues, and children may exhibit different signs that an evaluation is necessary based on their age. For example, the NIMH notes that young children who often seem fearful or worried and those who have frequent tantrums or are irritable much of the time may benefit from a mental health evaluation.

Older children who engage in self-harm behaviors or those who diet or exercise excessively can benefit from an evaluation. Additional age-based indicators that an evaluation may be necessary can be found at nimh.nih.gov.

Many mental health issues begin in childhood. Parents can keep an eye out for indicators of mental health issues and work with their children's health care providers to determine the best course of action



SS provides update about its death records

Social Security announced today that more than three million deaths are reported to the Social Security Administration each year and explains that the agency's records are highly accurate.

Of these millions of death reports received each year, less than one-third of 1 percent are erroneously reported deaths that need to be corrected.

Deaths are reported to Social Security primarily from the States, but also from other sources, including family members, funeral homes, Federal agencies, and financial institutions.

In a 2008 audit report, the IG noted that "SSA receives most death reports from funeral homes or friends/relatives of the deceased. SSA considers such first party death reports to be verified and immediately posts them to the Death Master File."

Instances when a person is erroneously reported as deceased to Social Security can be devastating to the individual, spouse, and dependent children. Benefits are stopped in the short term which can cause financial hardship until fixed and benefits restored, and the process to prove an erroneous death will always seem too long and challenging.

If a person suspects that they have been incorrectly listed as deceased on their Social Security record, they should contact their local Social Security office as soon as possible. They can locate their nearest Social Security office at www.ssa.gov/agency/contact/.

They should be prepared to bring at least one piece of current (not expired) original form of identification. Social Security takes immediate action to correct its records and the agency can provide a letter that the error has been corrected that can be shared with other organizations, agencies, and employers.

For additional information, please visit: www.ssa.gov/personal-record/when-someone-dies.

Gosen Luther League

The Gosen Luther League meets on Sunday evening, March 23rd, at 7 o'clock. The Rusty Chords Trio will be in concert.

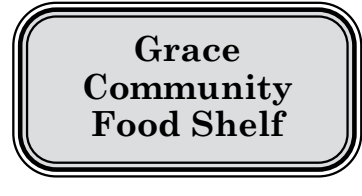
The trio is comprised of Dr. Noah Chelliah, Marilyn Lee, and Cecil Malme, all who are talented, professional recording artists.

They wish to state the following: "We aim to praise the Lord Jesus Christ with our music ministry."

Join us for an inspirational evening. Refreshments will be served following the program.

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 791-0797 or 280-0821.



Grace Community Food Shelf will be open Thursday, March 20th. We are on the east side of Grace Church in double garage. We welcome all of our communities for your needs.

Contact: foodshelf@gracechurcherskine.org or 218-687-2250. Leave name and number. We are also on Facebook.



Thurs. Mar. 20: Brady Strom, Larry Hedlund, Bonita Hubbard
Fri. Mar. 21: Ron Grande, Andrew Biggerstaff, *Dick & Corrine Richards
Sat. Mar. 22: Dianne Roed
Sun. Mar. 23: Roy Ostenaar, Mark Lee, Nicole Violette, Kelsey (Thompson) Mahlum
Tues. Mar. 25: Anya Modac



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

Wed. Mar. 19 : 11:30am Mass at St. Mary's, Fosston
Sun. Mar. 23: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Mar. 26: 11:30am Mass at St. Mary's, Fosston
Sun. Mar. 30: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh
Rachel Roggenbuck, SAM

Sun. Mar. 23: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Mar. 30: 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
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church

Sun. Mar. 23: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com); 7:00pm Luther League Concert (see article elsewhere in the paper)

Tues. Mar. 25: 10:00am. Sunday worship service telecast on GVTV--30

Wed. Mar. 26: 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
Pastor Lee Laaveg

Sun. Mar. 23 : 9:00am Worship
Sun. Mar. 30: 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
Early intervention can slow progression of symptoms and extend lives

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

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RiverView Health offers revolutionary spine care, minimally invasive options for back issues

If you suffer from chronic back pain, you know it can affect almost every aspect of your life; everyday activities bring discomfort, and you just aren't feeling your best. Thankfully, RiverView Health can help relieve your pain and get you back to the life you want to live.

RiverView Health is proud to offer the innovative services of Neurosurgeon Hamid Abbasi, MD, and Spine Surgeon Sunny Kim, MD, world leaders in minimally invasive, complex spine care. Drs. Abbasi and Kim treat patients from all over the country with the latest, most advanced technology available. They help patients that other spine surgeons cannot.

Drs. Abbasi and Kim treat spinal conditions with conservative, nonsurgical therapies whenever possible and only resort to surgery when necessary to alleviate pain, correct a deformity, or halt the progression of a degenerative spinal disorder.

What is Minimally Invasive Surgery?

A high percentage of patients do not require surgery, but if surgery is necessary, both providers offer minimally invasive spine surgery through groundbreaking fluoroscopic techniques that reduce surgical damage and provide a faster recovery. Fluoroscopy is a type of medical imaging that projects a continuous X-ray image of the surgical site on a monitor.

The surgeon can use the fluoroscopic image to view the surgical site and more precisely perform the surgery with a much smaller incision.

Minimally invasive spine surgery offers:

- No muscle damage: The incision – smaller than a dime – protects back muscles and surrounding tissue.

- Lower risk: Surgery that used to require hours is performed in minutes.

- Outpatient surgery: Most patients are discharged less than 24 hours after surgery.

- Faster recovery: 96% of patients walk unassisted 2 to 24 hours after surgery. Most patients return to work and their other normal activities 2 to 4 weeks after the surgery.

Of the many procedures Drs. Abbasi and Kim offer, Oblique Lateral Lumbar Interbody Fusion (OLLIF) is one of the most innovative.

The OLLIF procedure represents medicine's latest advancements in minimally invasive spine surgery. It treats back pain related to degenerative disc disease, herniated discs, spondylolisthesis, scoliosis, and spinal stenosis. An OLLIF procedure is often required when a disc is damaged or is degenerated. Typically, the height of the disc is reduced, unstable, and bulging. This condition, in turn, can put pressure on the nerves exiting the spine and can cause severe pain in the legs and back. OLLIF reestablishes the height of the disc, reduces movement of



Dr. Hamid Abbasi



Dr. Sunny Kim

the disc, and alleviates pain.

Other diseases and conditions treated for chronic back pain include:

- Facet Joint Syndrome
- Thoracic Disc Disease
- Arthritis of the Spine
- Fractures
- Myelopathy
- Radiculopathy
- Spine Deformities

Meet Our Specialists

Dr. Hamid Abbasi is board-certified with the American Board of Neurological Surgery. He is an expert in brain and spine disease. His vast experience includes minimally invasive correction of deformities and scoliosis, surgical pain management, complex spine surgery, trauma, spinal stabilizations, spine and spinal cord tumors, brain tumors, pituitary tumors, brain hemorrhage, non-emergent trauma, vagal nerve stimulator, peripheral nerve, and carpal tunnel.

A graduate of the University of Heidelberg, Germany, with a doctorate of medicine and philosophy, he spent 13 years after graduation pursuing extensive neurosurgical training at world-famous institutions, including the University of Heidelberg, Stanford University, Dartmouth College, and the University of Texas.

RiverView Foundation wins Giving Hearts Day bonus, surges beyond \$190K in donations

Giving Hearts Day 2025 is the gift that keeps giving for the RiverView Foundation. As was previously announced, the Feb. 13 online fundraiser for nonprofits was a huge success with 293 gifts given to the Foundation by generous donors for more than \$179,000. Additional gifts brought the total to \$182,000. Since that announcement, the Dakota Medical Foundation has crunched the numbers and revealed that the RiverView Foundation placed second in raising funds in the Small Budget (\$0 - \$250,000) division.

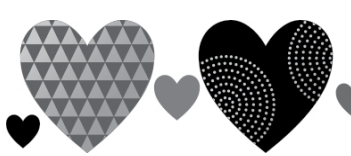
The recent news brings a prize of \$8,000 to elevate the Foundation's 2025 event total to more than \$190,000.

"When I heard the news from Dakota Medical concerning the award and their gift to 2025 Giving Hearts Day, I was so thankful," Foundation Director Randy Schoenborn shared. "I know that we could not do it without the generous support of our donors, who are

Dr. Sunny Kim is an orthopedic spine surgeon certified by the American Board of Orthopedic Surgery and the American Board of Spine Surgery. Dr. Kim averages hundreds of surgical spinal cases each year. He is among a select number of surgeons in the United States who can take out a thoracic disc herniation in a minimally invasive manner. He also specializes in performing spine surgeries that require a high degree of expertise, including OLLIF.

After graduating from the Pritzker School of Medicine at the University of Chicago, Dr. Kim pursued an Orthopedic Surgery Residency at Columbia University Medical Center in New York City. Later, he became a Spine Surgery Fellow at Minnesota Spine Center, a fellowship program recognized as one of the very best in the country.

If you are suffering from back pain, Drs. Abbasi and Kim have the medical expertise and technological capability to successfully treat your problem and help you recover as quickly as possible. Call RiverView Health today at 281.9595 to make an appointment and start your journey back to your best self.



the reason for our success.

"Thank you to Dakota Medical and all the generous people for their level of confidence, support, and trust to help keep quality medical care close to home."

According to the Dakota Medical Foundation, this year, 619 nonprofits throughout North Dakota and northwest Minnesota raised \$31 million through 40,210 donors. Charities have now raised over \$225 million since the event's inception in 2008.

If you would like to donate to the RiverView Foundation to benefit patients of RiverView Health, contact Schoenborn at 281.9249, via email at rschoenborn@riverviewhealth.org, or by stopping at the Foundation office located at 721 S. Minnesota Street, Crookston.

Annual Women's Ag Leadership Conference April 9th

Network with agricultural leaders at the 27th annual Women's Agricultural Leadership Conference (WALC) on April 9, 2025, at the Minnesota Landscape Arboretum. This year's WALC theme, "Rooted in Agriculture: Cultivating Leadership; Growing Together", will focus on empowering participants to grow personally and professionally, ensuring a stronger and more resilient agricultural community.

"For many of our attendees this is the best one day event of the year as this unique event brings together people from all areas of agriculture to dialogue and network," said Doris Mold, conference co-founder. "Our program encourages connections and energizes and motivates participants to become leaders in their work and communities. We're also excited to offer two new pre-conference sessions, COMET and safe-TALK, focused on giving participants the skills they need to support people struggling in their communities. The WALC is committed to promoting stress reduction and mental wellness in agriculture."

Attendees will be welcomed by Allison Deplazes, a Minnesota 4-H Agriculture Ambassador, and Cora Martensen, a Minnesota 4-H State Ambassador. The general session panel, "Leading and Learning at Every Stage," features Jamie Dreher, Vice President, Business Banking Underwriting Manager, Agriculture Originations, U.S. Bank; Ashley Hagenow, 76th Alice in Dairyland, Wisconsin Department of Agriculture, Trade and Consumer Protection; Barb Liebenstein, Co-Owner, Wolf Creek Cattle and Farm; and Friendly Vang Johnson, Director of Government Affairs, Minnesota Farmers Market Association.

A highlight of the conference is the recognition of 2025's Outstanding Agriculture Mentors.

This award is in its 23rd year and recognizes people who have been positive mentors and role models for people in agriculture, especially women. Nominations are open until March 19.

The day also includes two breakout sessions, mini-sessions focused on current topics, and an opportunity to learn about the Arboretum's new cafe, Rootstock, from Arboretum Culinary Lead Beth Fisher and Executive Chef Niki Heber.

Participants can choose from 10 different breakout topics:

- Agritourism: Keeping Your Visitors, Your Animals, and Your Assets Safe
- Forever Green Initiative: Creating Market Opportunities for Continuous Living Cover Crops
- From Farm to Front Page: Personal Branding for Women in Agriculture
- From Vision to Reality: Supporting Your Change Journey

- Medicine Soup: Edible and Medicinal Plant for Every Day
- Minnesota Demographic Trends

- On-Farm Resilience: Responding to Changing and Extreme Weather Patterns
- Relationship Building Across Agriculture: A Conversation Panel

- Risk Busters: Uncovering the Hidden Threats to Future-Proof Your Business
- The Latest on the Legislature: Agricultural Policy Updates

The conference is open to individuals with an interest in women's agricultural leadership regardless of gender, age, or affiliation. Register by March 28 for a discounted rate. The Women's Agricultural Leadership Conference is

made possible by Innovator Sponsorship Partner – Ag-Country Farm Credit Services; along with Major Sponsorship Partners – CoBank, Compeer Financial, Farm Credit Leasing, U.S. Bank; Sponsorship Partners – Minnesota Corn, Minnesota Farm Bureau, Minnesota Farmers Union, Minnesota Soybean Research Promotion Council, Minnesota State Southern Agricultural Center of Excellence; and many other conference partners and volunteers.

For the full conference brochure and more information, visit: <https://www.womensagriculture.org/>. Please reach out to Doris Mold with any questions. She can be contacted at 612-414-7574 or doris@sunriseag.net.

Test to be sure all's well with your water well

More than 4 million Minnesotans rely on groundwater for their drinking water, and 1.1 million of them get that groundwater from a private well.

Wells can be a source of high-quality drinking water, but they require regular maintenance. If groundwater becomes contaminated, it can affect the health of those who drink it. During National Groundwater Awareness Week — March 9-15 — officials at the Minnesota Department of Health (MDH) are reminding private well owners about the importance of yearly well testing.

The five most common contaminants in Minnesota are nitrate, coliform bacteria, arsenic, lead and manganese. MDH recommends that well owners test for nitrate and coliform bacteria every year and for arsenic, lead and manganese at least once.

"You can't taste, smell or see most contaminants, so

testing is the only way to know how safe your water is," said MDH Water Policy Manager Tannie Eshenaur. "Well testing is particularly important if babies or pregnant people will be drinking the water."

MDH recommends using an accredited laboratory for well testing (Search for Accredited Laboratories).

If testing identifies any contaminants, treatment options can include: Installing point-of-use or whole-home filters, such as reverse osmosis or a water softener; Repairing cracks where contaminants are entering the well; Building a new well.

A limited number of grants and low-interest loans are available to help offset water treatment costs (Financial Assistance for Home Water Treatment and Well Construction, Repair, and Sealing).

More information to understand well testing, results, and options for treatment is on MDH's website.

LEGAL NOTICE

NOTICE OF MORTGAGE FORECLOSURE SALE

THE RIGHT TO VERIFICATION OF THE DEBT AND IDENTITY OF THE ORIGINAL CREDITOR WITHIN THE TIME PROVIDED BY LAW IS NOT AFFECTED BY THIS ACTION. NOTICE IS HEREBY GIVEN:

That default has occurred in the conditions of the following described mortgage:

DATE OF MORTGAGE: November 22, 2021

MORTGAGOR: Mitchell D. Marquis and Qihua Lyu, married to each other

MORTGAGEE: Affinity Plus Federal Credit Union, a credit union organized under the laws of the United States of America

DATE AND PLACE OF RECORDING: Recorded November 30, 2021, in the office of the County Recorder, as Document No. A000738134, Polk County, Minnesota.

MORTGAGED PROPERTY ADDRESS: 34219310th St, Fosston, MN 56542

TAX PARCEL I.D. NOS. 38.00131.02

LEGAL DESCRIPTION OF PROPERTY: That part of the Northwest Quarter of the Northwest Quarter (NW 1/4 NW 1/4), Section Twenty-three (23), Township One Hundred Forty-nine (149) North of Range Forty (40) West of the Fifth Principal Meridian, described as follows: Commencing at a point on the North line of the Northwest Quarter 620 feet West of the Northeast corner of the Northwest Quarter of the Northwest Quarter; thence West along said North line 700 feet to the West corner of the Northwest Quarter of the Northwest Quarter; thence South along the West line of Northwest Quarter of the Northwest Quarter, distance 320 feet; thence East on a line parallel with the North line 700 feet; thence North 0 degrees 320 feet to the point of beginning, Polk County, Minnesota.

COUNTY IN WHICH PROPERTY IS LOCATED: Polk
ORIGINAL PRINCIPAL AMOUNT OF MORTGAGE: \$132,465.00
AMOUNT DUE AND CLAIMED TO BE DUE AS OF DATE OF NOTICE, INCLUDING TAXES, IF ANY, PAID BY MORTGAGEE: \$108,167.94

INTEREST RATE AND PER DIEM: Current interest rate is 1.875%, with a daily per diem of \$5.42.

The person holding the Mortgage is not a transaction agent, as defined by Minn. Stat. 58.02, Subd. 30. The

name of the residential mortgage servicer and lender or broker, as defined in Minn. Stat. 58.02 is: Affinity Plus Federal Credit Union.

That prior to commencement of this mortgage foreclosure proceeding Mortgagee complied with all notice requirements by statute; That no action or proceeding has been instituted at law or otherwise to recover the debt secured by said mortgage or any part thereof;

PURSUANT to the power of sale contained in said mortgage, the above described property will be sold by the Sheriff of said county as follows:

DATE AND TIME OF SALE: March 27, 2025, at 10:00 am.

PLACE OF SALE: Polk County Sheriff's Office, Polk County Law Enforcement Center, 600 Bruce Street, Crookston, Minnesota 56716, to pay the debt then secured by said Mortgage, taxes, if any, on said premises, and the costs and disbursements, including attorneys' fees allowed by law subject to redemption within six (6) months from the date of said sale by the mortgagor(s), their personal representatives or assigns.

DATE AND TIME MORTGAGOR MUST VACATE THE PREMISES: September 27, 2025, at 11:59 p.m.

"THE TIME ALLOWED BY LAW FOR REDEMPTION BY THE MORTGAGOR, THE MORTGAGOR'S PERSONAL REPRESENTATIVES OR ASSIGNS, MAY BE REDUCED TO FIVE (5) WEEKS IF A JUDICIAL ORDER IS ENTERED UNDER MINNESOTA STATUTES, SECTION 582.032, DETERMINING, AMONG OTHER THINGS, THAT THE MORTGAGED PREMISES ARE IMPROVED WITH A RESIDENTIAL DWELLING OF LESS THAN FIVE UNITS, ARE NOT PROPERTY USED IN AGRICULTURAL PRODUCTION, AND ARE ABANDONED."

Dated: January 31, 2025
AVISEN LEGAL P.A.
By: /s/ Creig Andreason
Creig Andreason (#334832)
901 Marquette Avenue South,
Suite 1675
Minneapolis, MN 55402
612-416-2199
Attorney in Fact for
Affinity Plus Federal Credit Union

IMPORTANT NOTICE
This communication is from a debt collector and is an attempt to collect a debt. Any information obtained will be used for that purpose. M48-1C



These students were a vocal ensemble from Win-E-Mac school who won "Best of Day" from their judge during the Ensemble Contest held at Twin Valley on Monday, March 10th. Back L-R: Cameron Svalen, Joy Neubert, Joonhyuk Choi and Adrian Ryan; front L-R: Alexa Morberg, Josie Johnson and Marissa Mayer. (Not pictured: Paige Breitbach),

The application period is now open for many healthcare scholarships through the RiverView Foundation. Applications are due to the Foundation office by noon on April 15, 2025.

Bishop Afonya Healthcare Scholarship: In memory of his father, Bishop Afonya, Dr. Idatonye Afonya offers the Bishop Afonya Healthcare Scholarship through the RiverView Foundation. Dr. Idatonye Afonya is a retired general surgeon who served RiverView Health as a valued member of the medical staff. This \$1,000 scholarship is given to any resident of RiverView's service area within a 30-mile radius of Crookston. The recipient must either be enrolled or with an intention to enroll in a post-secondary program in a healthcare field.

Lenertz Family Healthcare Scholarship: In recognition of the time and efforts Thomas C. Lenertz provided to the establishment and advancement of the RiverView Health Foundation, its Board of Directors established the Lenertz Family Healthcare Scholarship. As one of the RiverView Foundation's original founders in 1990, Lenertz was instrumental in all development stages of the Foundation. As RiverView Health CEO, he continued to serve the Foundation as an ex-officio member

of the Board of Directors until his December 2000 retirement. The \$1,000 Lenertz Family Healthcare Scholarship will be awarded to three recipients from RiverView's service area who are pursuing post-secondary education in a healthcare field.

June E. Shaver Healthcare Scholarship: In memory of long-time Crookston community and healthcare champion June Shaver, this scholarship is for area students who have completed one semester of college, are enrolled in a second semester and are pursuing a healthcare degree. The scholarship is open to students from the communities of Crookston, Climax, Fertile, Mentor, Erskine, Red Lake Falls, Warren, Argyle, Stephen, Fisher, and East Grand Forks. A stipend of up to \$1,000 will be awarded to each year's scholarship recipient. Shaver served as the administrator of the Northwestern Clinic in Crookston from 1953 until her retirement in 1983.

Richard Maves Healthcare Scholarship: In memory of Crookston community member Richard Maves, the Richard Maves Healthcare Scholarship is for area high school graduates who are enrolled and are pursuing a degree in a healthcare field. A stipend of up to \$1,000 will be awarded to each year's scholarship recipient. Applicants must be River-

View employees or live within the 30-mile radius of RiverView Health in Crookston. Maves' legacy was his career as a pharmacist and successful business owner. He managed Eagle Drug in downtown Crookston for thirty plus years.

Lynette "Pud" Joseph Healthcare Scholarship: This scholarship is in memory of Joseph's dedication to the nursing profession and the countless number of patients she so compassionately cared for over the years at RiverView. Joseph spent 49 years providing patient care and training nurses and students to be their very best. She passed away in 2020. The scholarship is open to residents within a 30-mile radius of RiverView. Applicants must be accepted into a LPN or initial (pre-licensure) RN nursing program (Associate degree or Baccalaureate degree). A stipend of \$750 will be awarded to each year's scholarship recipient.

Rongen Family Healthcare Scholarship: Established in memory of Charles and Laverne Rongen, this \$500 scholarship is open to high school graduates from Crookston, Beltrami, Fertile, and Fisher. Applicants must have completed one semester of college, enrolled in a second semester, and be working toward a degree in healthcare. Chuck and Laverne Rongen were both born and raised in

Fertile. In 1964, they moved to Crookston where they were an active part of the community, serving in most of the service clubs. Laverne was passionate about the RiverView Auxiliary and active in RiverView's Limited Addition Gift Shop.

RiverView/Glenmore Foundation Scholarship: The Glenmore Foundation established this scholarship in an effort to provide advanced training for professional development for those serving the therapeutic needs of individuals and families suffering from the disease of addiction. Eligible applicants must be seeking a degree and/or licensure in the field of addiction studies, addiction counseling, co-occurring disorder treatment or mental/chemical health fields. Preference will be given to candidates intending to work

Fly Zone Puzzle Mania

Fly Zone Puzzle Mania will take place on Friday, April 4, 2025 at 6:00 pm at the McIntosh Community Center. Reserve Teams of 2, 3 or 4. There is a fee of \$25 per person. Please RSVP by March 19th to Cassie Subbert via email: casubbert@gmail.com

Cash and raffle prizes. All funds raised support upcoming Youth Group trip to FLY. Have a fun night with family or friends.

A stipend of up to \$2500 will be awarded to each scholarship recipient.

Guidelines and applications are available online at www.riverviewhealth.org/foundation/scholarships/, by calling the Foundation office at 281-9249, emailing Foundation Director Randy Schoenborn at rschoenborn@riverviewhealth.org, or by stopping at the Foundation office located at 721 S. Minnesota Street, Crookston.

WEM early childhood/preschool screening

Preschool/early childhood screening is a free and simple check of how your child is growing, developing, and learning. Win-E-Mac school readiness and Head Start will offer screening on Monday, April 7, 2025.

A trained professional will check: Vision and hearing; Height and weight; Immunizations; Large and small muscles; Thinking, language and communication skills; Social and emotional development.

Preschool/early childhood screening is open to all children, ages three years old and up, who have not been screened previously.

Children must be screened before entering preschool and kindergarten. The screening takes place on Monday, April 7 at the Polk County Public Health office in at Bjella Building on Main Street in McIntosh.

Contact Heather Earls at Win-E-Mac to set up an appointment for your child to be screened. e-mail: hearls@wem-schools.org.

WEM kindergarten

Looking ahead to next fall, if your child turns 5 years old by September 1, 2025, they are eligible to enroll in kindergarten. Please contact the district office at 218 - 687 - 2236 to enroll your child.

Please do so by May 1, 2025 so your child can be included with our kindergarten and preschool transition activities. If your child attends pre-school at Win-E-Mac, they are already enrolled.



National Poison Prevention Week

March 16-22, 2025



Members of the Win-E-Mac Choir performed at the Ensemble Contest in Twin Valley on Monday, March 10th.



On Monday, March 10th, members of the Win-E-Mac band traveled to Twin Valley to perform in the ensemble contest.