



McINTOSH

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Times

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McIntosh, Minnesota



The Win-E-Mac School District #2609 will be shutting it's doors to students from March 18, 2020 to March 27, 2020 due to an order from the Minnesota Governor, who recently ordered all public schools to shut down in an attempt to keep the Coronavirus from spreading.

Essentia Health announces free E-visits for concerns relating to COVID-19

To support health and wellness in our communities, Essentia Health is waiving the fee for E-visits related to screening and evaluation of respiratory symptoms and concerns related to COVID-19.

In addition to COVID-19 screenings, E-visits cost only \$30 for 20 common conditions, including:

- Allergy symptoms
- Bug bites, including tick bites
- Colds
- Eye infections such as conjunctivitis (pink eye)
- Irritable bowel syndrome
- Lower back pain
- Mouth sores
- Sty, a red and painful bump near the eyelid
- Skin conditions such as acne; dermatitis; diaper rash; eczema; mild burns; shingles; and tinea infections, also called ringworm

Limiting visitor access to nursing homes and assisted livings

LeadingAge Minnesota and Care Providers of Minnesota today advised nursing homes and assisted living providers to take action immediately to restrict visitor access to only essential visits.

These recommendations build on the latest guidance from the Centers for Medicare & Medicaid Services and the Centers for Disease Control & Prevention.

All visitors -- including family members, contractors, and volunteers -- are being asked to temporarily avoid visiting nursing homes and assisted living settings except for essential circumstances.

For those limiting their visits, providers will work to ensure that loved ones can communicate with residents by using video chat, calling, texting, or checking in on social media. They will also provide families with regular updates on the status of their operations.

"We know that family members and friends want to be with their loved ones, but the current COVID-19 outbreak

- Tobacco use
 - Upper-respiratory infections, including sinus infections or influenza (flu)
 - Urinary tract infections (UTIs) in women
 - Vaginal yeast infections
- Starting an Essentia E-visit is easy. You'll fill out a short questionnaire.
- Your answers will be reviewed by an Essentia provider who will make a diagnosis and create a personalized care plan. You'll also be given a phone number to call if you have any questions or concerns about your care plan.
- If you're 18 or older and live in Minnesota, Wisconsin or North Dakota, you can use this convenient and cost-effective online service. You don't have to be an Essentia patient to have an E-visit. Start an E-visit at <https://www.essentia-health.org/services/e-visit/>.

Community Coronavirus notices and announcements as virus scare increases

City of McIntosh
The City of McIntosh is responding to local, state, and federal recommendations to address the public health concerns related to the threat of Coronavirus Disease, COVID-19. The City of McIntosh is monitoring conditions and potential impacts on services. As this situation evolves, the City will follow the advice of Polk County Public Health and Minnesota Department of Health recommendations to prevent and slow the transmission of COVID-19.

Win-E-Mac School
Minnesota Governor, Tim Walz, announced on Sunday, March 15, 2020 the closures of all schools to students in Minnesota beginning on Wednesday, March 18, 2020 through Friday, March 27, 2020. Win-E-Mac schools will continue to operate on Monday, March 16th and Tuesday, March 17th.

The closure is to give staff time to plan to provide educational services for all students in the event of a longer school closure.

If you are a member of the emergency services profession such as law enforcement, fire department, EMT or the medical profession that has school aged children between the ages of 4 years old to 12 years old, please contact the school to make arrangements to provide supervision for your children during what would be regular school hours.

We will also make arrangements to provide sack lunches for students on a "grab and go" basis at school or by bus delivery somewhere in your communities. Please contact the school to let us know if you will be utilizing school lunch services. We will need to know how many to prepare along with your name, bus number and your contact number.

As more information is made available, the school will use media, the school website, Facebook and School Messenger.

The following activities have been cancelled or postponed at the Win-E-Mac School: The Robotics World Championship; The Elementary Science Museum trip; the choir trip to Nashville, Knowledge Bowl tournament for Wednesday.

Kindergarten Round-Up
Win-E-Mac Kindergarten Round up scheduled for March 25th for the 2020-21 school year has been postponed for now. We will reschedule as soon as we can, and send out more information then.

If school continues long distance learning for a longer time than scheduled now, we will mail out your child's Kindergarten enrollment forms for you to fill out.

LARL Library
The Lake Agassiz Regional Library is closely monitoring information about the coronavirus (COVID-19) and in compliance with recommendations from the State of Minnesota,

all events, programs, home-bound deliveries and meetings will be canceled through March 31, however all locations will remain open.

The health and safety of library staff and customers is the organization's top priority and it is following directions from state and local health officials as decisions are made going forward.

LARL's branch libraries are located in Ada, Bagley, Barnesville, Breckenridge, Climax, Crookston, Detroit Lakes, Fertile, Fosston, Hawley, Mahanomen, McIntosh and Moorhead. LARL's LINK sites are found in Cormorant, Frazee, Gonvick, Halstad, Hendrum, Lake Park, Rothsay, Twin Valley and Ulen.

Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in northwest Minnesota. More information is available at www.larl.org.

Essentia Health
Our top priority is the safety and wellbeing of our patients, staff and the communities we are privileged to serve. As a result of the COVID-19 pandemic, Essentia Health has made the difficult decision to restrict visitors at our hospitals. This is being done to protect patients and staff, and prevent the spread of this virus.

No visitors are allowed, except in the following circumstances:

- **Inpatients:** Visitors only will be allowed based on compassionate-care needs. Family members are advised to call the hospital/unit before coming.
- **Emergency department:** One visitor for pediatric, vulnerable adult, trauma or other patient requiring communication to a health care team on their behalf.
- **Pediatric patients:** One adult visitor will be allowed per patient.
- **Labor and delivery patients:** One adult visitor will be allowed per patient.
- **Neonatal intensive care unit:** One parent is permitted to visit at a time.

All other visitors will be asked to leave the hospital.

Additionally, no visitors who are ill will be allowed.

We encourage family and friends to use alternative methods of communication with patients, such as phone calls, Facetime, Skype or other digital channels.

We recognize this change will be difficult, but we believe it is necessary to protect our patients and staff from spreading illness.

This policy goes into effect at noon Monday, March 16, and will continue indefinitely. We appreciate the understanding of everyone affected.

McIntosh Senior Living
We know that many members of the community are

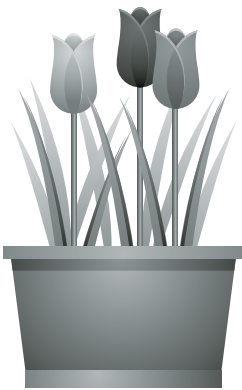
concerned about the spread of COVID-19 (the new coronavirus) and how it may impact us here at McIntosh Senior Living. Ensuring residents are cared for in a safe and healthy environment is our first priority. At this time, we don't have any cases in our community. We are acting now and have reviewed our infection prevention and control policies and procedures, as this is key to preventing coronavirus and other common viruses. We are ensuring that our staff and residents are practicing proper hand hygiene, and we have a team, including a trained infection preventionist that is working diligently on a facility risk assessment for this and other infections. It's critical that we remind all employees who are sick to stay home. In accordance with our Medical Director's recommendations and the guidance available from leading health agencies, including the CDC and the Minnesota Department of Health, we request that family and friends do not visit the facility. Out of an abundance of caution, we are restricting all visitors to our facility unless absolutely necessary. We are posting signs on our entryway doors to notify visitors of this policy and actively screening individuals, including staff, who need to come into the building.

We are in very close communication with local and state health officials to ensure we are taking the appropriate steps to stay up to date on the information to prevent and manage the spread of COVID-19.

We understand that connecting with your loved ones is incredibly important, and there are a variety of other ways you might consider communicating with them. These may include telephone, email, text, video chat or social media. If you believe a visit to the center is necessary, we request that you contact us at (218)563-2715 prior to your arrival.

Resident safety is a top priority for McIntosh Senior Living. We are saddened that we need to take these precautions, as we know it will be difficult for our residents and their loved ones. We believe these dramatic interventions are necessary due to the toll that COVID-19 has taken on the elderly. The World Health Organization is estimating that the mortality rate for individuals over 80 years old is around 21.9%. Many of our residents have chronic health conditions that also increase their risk of serious effects from this virus. Our goal is to try and keep the virus out and if it is found in the facility, to minimize the spread to anyone else.

We are following the same infection prevention procedures used during flu season: handwashing, using alcohol-based hand sanitizers, covering



Community Calendar

- Wed. March 18:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. March 19:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. March 20:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. March 23:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am
- Tue March 24:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm
- Wed. March 25:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. March 26:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. March 27:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. March 30:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tue March 31:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm



Congratulations to all our Win-E-Mac musicians who participated in ensemble contest on March 10th. WEM had 8 Vocal ensembles who received 4 Superior ratings and 4 Excellent ratings, and 2 Instrumental ensembles who received 2 Superior ratings! Great job.

Undercounted populations in the Census

The Census is our best source of information about our communities. It tells us what groups of people are growing, which are shrinking, and gives us a big picture view of our neighbors.

The Census is not like a survey where we just need a small sample of people. The Census is a count of everybody, at least in theory. Unfortunately, some populations are more likely to be undercounted.

In Minnesota, the Census has historically undercounted young children, people of color, indigenous people, low-income households, people with disabilities, renter households, and snowbirds, among others.

A project called The CoCreation Table with support from Grassroots Solutions has studied how to improve the count of these underserved groups. After speaking with 200 people from across the state, they found nearly a dozen reasons why the Census has missed its target of counting everyone.

Local Work meeting scheduled for East Polk County

The East Polk County Soil and Water Conservation District (SWCD) in cooperation with the Natural Resources Conservation Service (NRCS) will convene a local work group (LWG) meeting to provide guidance and discuss local resource conservation concerns and NRCS programs in East Polk County.

The local work group includes representatives from cooperating federal, state and local agencies, conservation organizations, and the public to provide localized information on natural resource priorities in the East Polk County SWCD.

"I would encourage partici-

The project found that many people do not know what the census is or why it is done. People are also fearful, both of random people showing up at their house and with how the data might be used against them.

Some people feel the information is "none of your business" and the questions are an invasion of privacy. Other groups have been historically traumatized or exploited by the government in the past and are skeptical of the government asking personal questions.

Similarly, indigenous populations feel they have effectively "been erased" and are invisible to the broader society. People also do not see the Census as their own, but rather an imposition upon them from an outside entity.

Undercounted populations want to learn about the Census from people like them. The study also found that community members have not heard stories of how the Census actu-

ally benefits them or their community in real, not abstract terms. And finally, some people are not aware of the Census timeline or the process of how it works.

These are complex issues that require us to keep talking with people about how the Census works and why it is important to take part.

We want to make sure everyone is counted in the Census this April.

Encourage your friends, family, and neighbors to take the 10 minutes needed to complete the Census, either online, by phone, by mail, or with a Census worker.

Your time invested in the Census will pay off. Political representation, public funding, and community planning projects depend on it.

For more information on undercounted populations, visit <https://mn.gov/admin/2020-census/learn-about/who-gets-missed/>

added.

The East Polk County SWCD local work group will meet at the USDA Service Center, McIntosh, MN, 10:00-11:00, April 25, 2018th. For more information contact Schwab (218)-563-3615.

Local Working Group meetings are open to the public. Anyone interested in becoming a member and participating in LWGs should contact the NRCS District Conservationist in their county and submit an application for LWG membership.

For information on local work groups in Minnesota, see the Schedule of Meetings.

LSS offers practical advice during financial uncertainty

With change and uncertainty around COVID-19, you may be feeling greater anxiety, worry and stress – especially around personal finances.

Some of us are facing the possibility of reduced income with hours cutback at work, while parents are scrambling to find child care or cover shifts so they can stay home because their child's school has closed. Many households are stocking up on food staples and supplies, creating strain on budgets. And, there is turbulence in the stock market.

LSS Financial Counseling, a trusted nonprofit service that has been guiding individuals and families for more than 30 years, recommends the following action steps:

1. Review your budget:

- If you are concerned about a decrease in income, review your budget and cut down on any expenses that you can.
- Ask yourself: Are there

items in your budget that could be cut temporarily?

- Avoid overbuying or stockpiling too many supplies, such as toilet paper and sanitizer.

2. Pay priority expenses:

- Pay your housing expenses first. That includes rent/mortgage and utilities. If you're concerned about making your mortgage, contact LSS Financial Counseling, which offers free housing counseling.

3. Take care of your mental and physical health:

- Food is priority expense. Also, maintain your health care and insurance premiums.
- Focus on what you can control, including basics such as exercise, good sleep and nutrition.

4. Have a plan for managing your debt:

- Debts for credit cards, car loans and student loans have different priorities and options for helping you through times of uncertainty. Create a plan for

addressing them.

- Contact lenders on your car loan, credit cards or student loans, and let them know if you are having difficulty making payments. See if they have any hardship programs.
- Contact LSS Financial Counseling, which specializes in these areas and can help you determine action for helping to manage your debt – at no cost to you.

5. Stay up to date on changing situations and resources available to you:

- Many states are looking at expanding unemployment benefits for those impacted by work stoppage, such as hourly employees at schools.
- In Minnesota, if you are facing unemployment, you can file online at www.uimn.org or call 651.296.3644 or toll free at 877.898.9090.

- Nationwide, check out United Way by calling 211 or visit www.211.org. This referral center will help you find support in your community for food, energy assistance, healthcare and many other essential needs.

6. Don't stop saving:

- 70% of Americans don't have \$1,000 saved. Make this a priority. This will decrease financial stress and uncertainty.
- Stock market fluctuations are inevitable. Keep investing as you can.
- If your employer has a retirement savings match, make sure you are doing at least the minimum to get the match.

Homes...

Continued from page 1..

"We know that these additional recommendations may be hard for residents and their families and disruptive to their normal routines" said Kven-vold.

"However, we believe we can help save lives and reduce severe illnesses by taking these steps today."

"Our organizations will continue to coordinate with the Minnesota Department of Health and other experts," concluded Cullen. "If we believe that additional steps must be taken, we will move swiftly to protect residents and staff from this virus."

Community...

Continued from page 1.....

coughs, and disinfecting the environment. In some circumstances, we will plan on wearing protective eyewear, masks, gowns and gloves when interacting with residents who present symptoms found with COVID-19.

We will notify the community about any changes in our approach to prevent the spread of COVID-19. McIntosh Senior Living appreciates our community's assistance with keeping our residents safe.

Poplar Meadows Senior Living

We know many of you are concerned about the spread of COVID-19 (the new coronavirus) and how it may impact us here at Poplar Meadows Senior Living. Ensuring residents are cared for in a safe and healthy environment is our priority.

Below are some examples of how you can help protect the residents, as well as prevent the spread throughout the community.

We ask all family members, visitors and volunteers to postpone visiting if they have a risk factor for COVID-19 or any other common viruses.

We are asking non-essential visitors, including family members, contractors, and volunteers to avoid visiting our facility for the time being.

At this time, we ARE RESTRICTING visitors if following apply to you:

- Respiratory symptoms (fever, sore throat, cough and new shortness of breath); and
- International travel within the last 14 days to areas where COVID-19 cases have been confirmed. Been on cruise ships, and if live in a community where there have been confirmed cases.

- Anyone who has worked in another health care setting with confirmed COVID-19 cases (this may change as COVID-19 spreads in your community).
- If you do enter Poplar Meadows to visit Please help prevent the spread of infection by exercising proper hand washing hygiene as well as coughing and sneezing etiquette.

Should you have any questions, please feel free to contact us at 218-563-2436.

This is a rapidly changing situation that we are monitoring closely.

Tenant safety is a top priority for Poplar Meadows Senior Living. We will update you if and when our restrictions change.

We appreciate your assistance in keeping our tenants safe.

Cornerstone Residence of Fosston

As we all are concerned about the spread of COVID-19 and how it may impact the residents at Cornerstone and to ensure residents are cared for in a safe and healthy environment, at this time, Cornerstone Residence requests that family and friends do not visit the center. Out of an abundance of caution, we are limiting all visitors to our facility unless absolutely necessary.

Signs have been posted on the entryway doors to notify visitors of this policy and any individuals, including staff, are actively screened before coming into the building.

Grace Community Food Shelf

Operational Changes We, the volunteers that operate the Food Shelf, are concerned about making sure we do all we can to keep our Food Shelf patrons and ourselves from the effects of Covid-19 (novel coronavirus). To do our part we are making some changes, effective immediately, to the operation of the Food Shelf. We will continue to be open our normal schedule – the 2nd and 3rd Thursdays of each month from 10:00 AM to 2:00 PM. For March that will be Thursday, March 19th and for April that will be Thursday, April 9th and April 16th.

The changes that we will be making in our operation will focus on implementing "social distancing".

1. If you drive to the Food Shelf please remain in your car and do not come into the building. We will come out to

your car to get your name and get you on the waiting list. When it is your turn to shop our volunteers will come out to get you and bring you into the Food Shelf. We ask that only one person from a family come in to shop. Stay in your vehicle until it's your turn to shop do not come into the Food Shelf!

2. If you are one of the people that walks to the Food Shelf please enter through the Vance Avenue door. A volunteer will meet you, get you registered to shop and assign you to a waiting room.

3. If you are not feeling well or have symptoms of a cold or flu please stay home and send your proxy to shop for you. If you don't have another option please tell our volunteer when they come to your vehicle and they will give you this week's Shopping List to complete. They will come in and pick your groceries and bring them out to your car. You can also find this week's shopping list on our Facebook Page (Grace Community Food Shelf at Facebook.com) to fill out and give to your proxy.

4. If you are picking up a NAPS Box (Nutrition Assistance Program for Seniors) remain in your vehicle, give the volunteer your name when they come to your door, and they will bring the box to your vehicle.

Our overriding concern is that we continue to provide food to those in need. Hopefully these operational changes will help protect all of us. This is a constantly changing and evolving event so there may be more changes to our operation in the weeks ahead. For additional information or to ask questions:

A. Visit our Face Book Page: Grace Community Food Shelf at Facebook.com

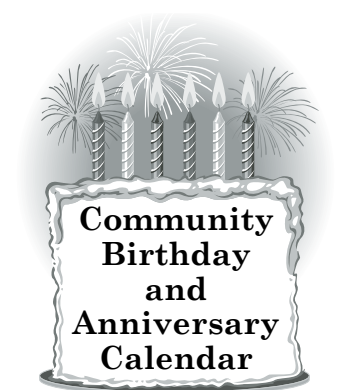
B. Send us an e-mail at: foodshelf@gracechurcherskine.org

C. Call us at: 218-687-2250 and leave a message.

LSS Meals Menu 687-2262

Tues. March 24: Roast Beef - Mashed Potatoes & Gravy - Corn - Bread - Cinnamon Apples - Milk.

Wed., March 25: Ginger Citrus Chicken Breast - Rice Pilaf - Carrots - Peaches - Wheat Rolls - Pineapple Coconut Bar - Milk.



Wed. March 18: Jason Voxland, Jay Mahlen, Bill Woods, Evalynn Sveen
Turs. March 19: Harald Thompson
Fri. March 20: Brady Strom, Larry Hedlund, Bonita Hubbard
Sat. March 21: Ron Grande, Andrew Biggerstaff, *Mr. & Mrs. Richard Richards
Sun. March 22: Dianne Roed
Monday, March 23: Roy Ostenaar, Mark Lee, Nicole Violette, Kelsey (Thompson) Mahlum



ST. MARY'S CHURCH
Fosston
Fr. John Suvakeen, Pastor
Sun. March 22: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. March 29: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH
Winger/Bejou Supply Pastor
Gordon Syverson
Sun. March 22: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. March 29: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh Supply Pastor
Gordon Syverson
Sun. March 22: 11:15am Worship Service.
Sun. March 29: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church
Wed. March 18: 6:30pm Bible Study at Sharon Ramberg's
Sun., March 22: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service
Tues. March 24: 10:00am Sunday worship service telecast on GVTV--30; 1:30pm Bible Study at The Pioneer Memorial Care Center
Wed. March 25: 6:30pm Bible Study at Sharon Ramberg's

For information on free rides to any of the above activities call 218-268-4242 or 218-687-3461 Gosen Church is located 4 miles south of the junctions of Hwy. 2 & 59 or 4 miles north of Winger; then ½ mile east on County Road 206.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Pastor Karl Anderson
Thurs. March 19: 7:00am Men's Breakfast at Mt. Carmel
Sun. March 22: 9:30 Mt. Carmel Worship; 9:45 Trinity Sunday School for all ages; 10:45 Mt Carmel Sunday School for all ages; 11:00 Trinity Worship;
Thurs. March 26: 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Jill Torgerson
Sun. March 22: 9am Worship; fellowship coffee following worship
Sun. March 29: 9am Worship; fellowship coffee following worship

DOVRE FREE LUTHERAN
Pastor Don Edlunds
Sun. March 22: 10:00am Worship Service and Children's Sunday School
Sun. March 29: 10:00am Worship Service and Children's Sunday School

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,
Sun. March 22: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School
Sun. March 29: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

GRACE LUTHERAN CHURCH NALC
Erskine, Minnesota
Pr. Mike Sletto
Sun. March 22: 10:30am Adult Bible Study; 9:15am Sunday School; 10:30am Worship
Sun. March 29: 10:300am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

RODNES LUTHERAN CHURCH
Erskine
Pastor Joel Smeby
Wed. March 18: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes
Sat. March 21: 8:00am Men's Prayer Group
Sun. March 22: 10:00am Worship
Wed. March 25: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

PMCC Annual Meeting

The Annual Meeting of the
Pioneer Memorial Care Center
23028 347th St SE • Erskine, MN.
will be held on
Thursday, March 26 at 2:00 pm
Please join us to meet the new administrator, Lisa Frey, and to hear about new renovations and ongoing projects at PMCC!

The agenda will include

- Election of new Board members
- Administrator's report
- Golf course update
- Employee service awards

20 Years - Virginia Farrell. **10 Years** - Robert Sinland, Elizabeth Toupin, & Kathy Walters. **5 Years** - Deliah Moran, Candace Brouse, Erika Holmvik, Jenny Haugen & Andrew Bryant.

Social with *coffee and cake*, as well as a tour of The Country Place, will be held afterwards. *All are welcome!*

BUSINESS & PROFESSIONAL GUIDE

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How did that weed get here? *Lessons from Palmer amaranth*

Shane Blair, Minnesota Department of Agriculture

There are many pathways that weed seed, including Palmer amaranth (*Amaranthus palmeri*), can move. Palmer amaranth was first documented in Minnesota in 2016. Since then, small infestations have been documented in the state along with identified pathways.

One pathway Palmer amaranth was introduced into Minnesota was through seed.

In 2016, Palmer amaranth was found growing in a newly planted conservation planting, and a native seed mixture was found to be the source. Because of this introduction, Palmer amaranth was added to the Minnesota Seed Law as a prohibited noxious weed seed meaning that a person or company is not allowed to sell seed in Minnesota if it contains Palmer amaranth.

Companies selling seed in the state have adopted the use of genetic testing to identify the presence of Palmer amaranth in their seed lots limiting the continued spread via seed.

Another pathway for introducing weed seed is screenings. Screenings are the by-products from cleaning seed to prepare it for sale to farmers for planting.

Screenings are also produced when grain is cleaned. Screenings can be used for feed, roughage, bedding, and compost. In 2018, Palmer amaranth was identified in wheat and sunflower screenings.

Those specific screenings were used as a roughage and source of protein for livestock. The manure from that livestock was then spread among various fields and Palmer amaranth was found.

A team at the University of Minnesota Extension has refined methods to screen manure for weed seeds so that we



Palmer amaranth

can better monitor this pathway going forward. Screenings are also being sampled across the state to help discover Palmer amaranth and possibly other types of noxious weeds.

Machinery, such as combines and other harvesting equipment, are also on the Minnesota Department of Agriculture's radar. This pathway is a challenge to monitor.

When farmers purchase equipment from a different state where Palmer amaranth is present, the equipment may arrive in Minnesota already contaminated with Palmer amaranth seed. Mowing equipment may also present a risk if used in an infested area.

Custom combining is another potential source, though to date the MDA has not documented custom combining as an introduction pathway for Minnesota.

To prevent the spread of weed seed from equipment, make sure to clean seed, chaff, and dirt from equipment before moving to a new location.

New technology to limit the spread of weed seeds is on the horizon.

Harvest equipment may include a way to separate and grind weed seeds before spreading the chaff back onto the field ultimately slowing the development of herbicide resistant weeds in agricultural fields.

Wildlife, such as migratory birds, are another pathway that is known to help seed move around the nation. However, migratory birds are a challenge to monitor. Cattle or other livestock that are being sold from one state to another are also a potential pathway. Weed seed could be in the gut or intestinal tract as well as stuck in the hoof of an animal. Livestock as an introduction pathway have not been confirmed in Minnesota.

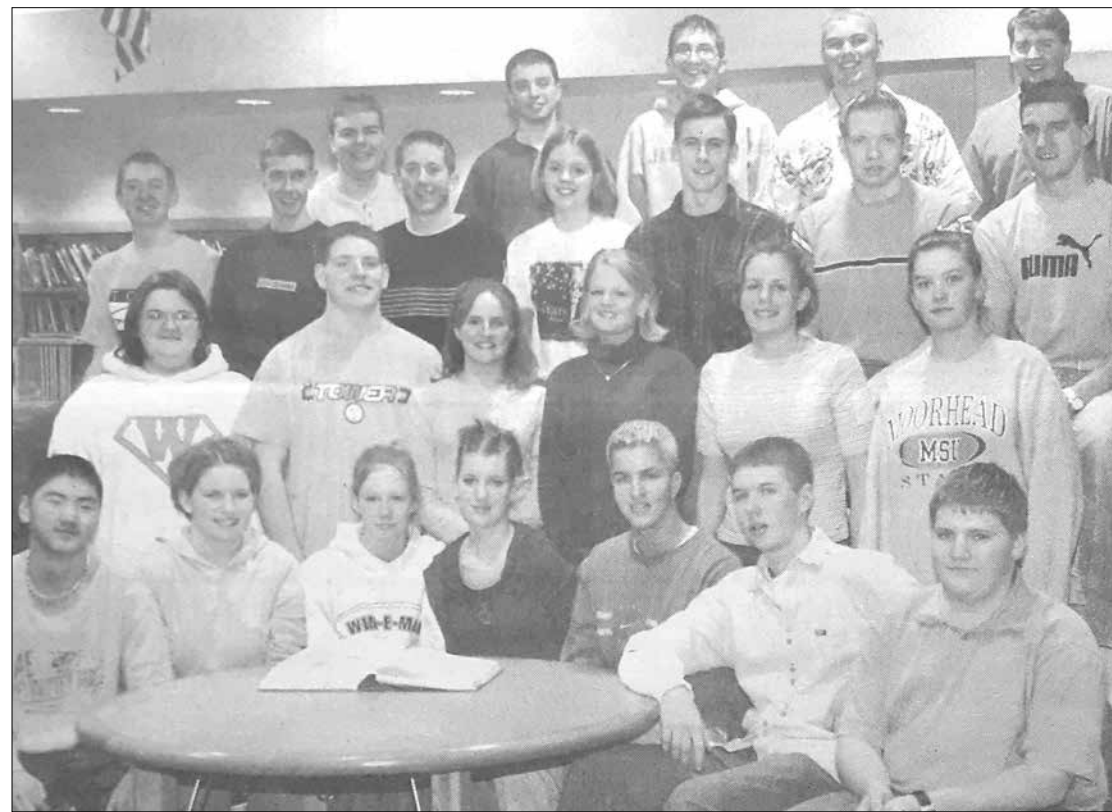
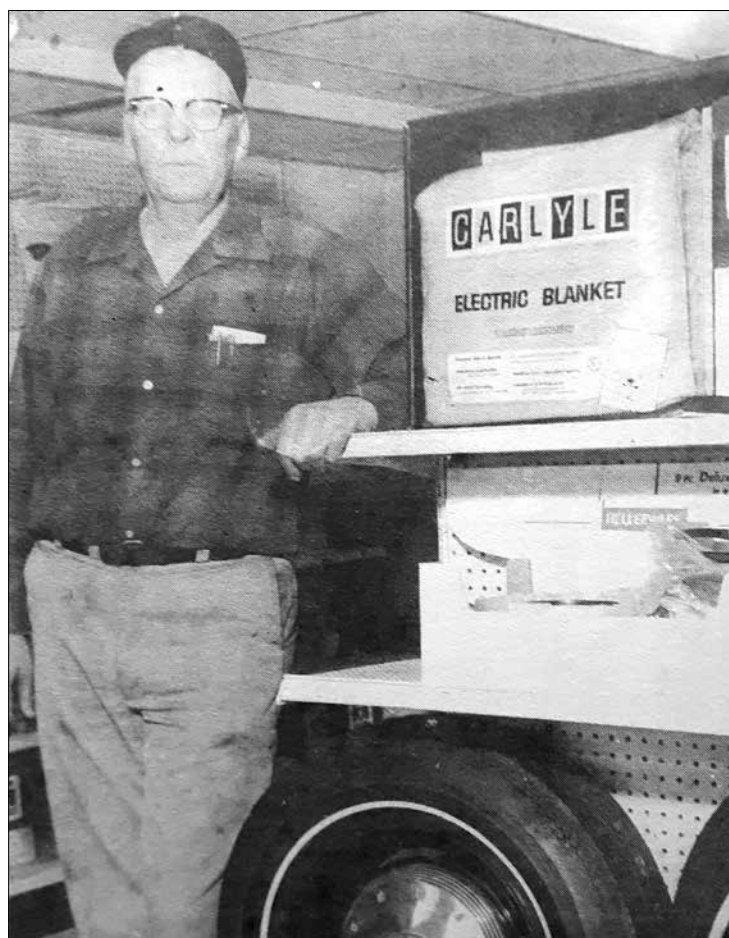
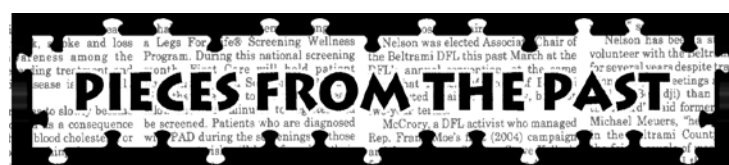
Lessons from the aggressive Palmer amaranth weed help us establish best practices for limiting the spread of all weed seeds.

The longer that we can protect Minnesota from Palmer amaranth and other aggressive weeds, the better we protect the health of our agricultural economy.

Right: 50 years ago...1970: Glen Ness took over management of the Winger Cooperative Oil Company. Mr. Ness is well known in the area as he has lived in Winger since 1947. Recently the association completed a modern new station to replace one destroyed by fire a year ago. Mr. Ness succeeds Sam Peters who has served the company since 1957. Other employees of the station are Wallace Aakhus and Wilma Solberg in the station and Elmer Ulland who operates the bulk tank wagon.



Pictured below: 40 years ago...1980: Receiving awards at the Scouts Blue and Gold Banquet in the City Hall last Thursday evening in McIntosh were the following boys: Kerry Mandt, Joey Smeby, Mark Krossen, Scott Gustafson, Bill Kaupang, Tom Sandahl; Front: Larry Finseth, Chris Marr, Chad Bjerken, Pat Thompson. Absent were Mike Necklace, John Schell and Earl Thomas.



20 years ago...2000: The season of competition has started for the Win-E-Mac Knowledge Team. The group coached by Ann Vesledahl, is enjoying successful contests. (back, l-r) Casey Bartz, Jeremy Gieseke, Brady Langemo, Joe Faldet and Conrad Strand; (third row) Scott Ostenson, Darren Kringlen, Tyler Kolden, Cassie Mellgren, Kyle Jore, David Jensen and Nathan Johnson; (second row) Shelly Haugen, Jon Ingman, Carrie Oian, Heidi Vesledahl, Krystle Simonson and Miranda Green; (front row) Adam Lundquist, LeAnn Johnson, Cathy Nephew, Amanda Clementson, Travis Keeler, Seth Johnson and Matt Massmann.

How parents can approach raising gamers

Gaming is a popular activity across the globe. Studies have shown that more than one billion people across the globe play some type of video game every day, and the number of gamers is growing every day. In fact, the market and consumer data provider Statista estimates there will be 2.7 billion gamers by 2021.

Such prevalence can make it hard for parents to govern their youngsters' gaming habits. As difficult as it can be to get kids to put their controllers down, the American Academy of Pediatrics notes that time spent gaming can take away from the time kids spend on other pursuits, including healthy activities like exercising and reading. That's part of the reason why the AAP recommends limiting the time kids spend gaming to no more than one hour per day.

In addition to limiting how much time kids spend gaming, parents can take these steps to make sure kids' gaming experiences are as positive as possible.

· **Familiarize yourself with a game's content** before

allowing kids to play it. Parents should be concerned by how long their youngsters play video games, and also by the content of those games. First-person shooter games remain incredibly popular, but such games can have an adverse effect on young players. The AAP notes that studies have shown that children exposed to virtual violence, such as that depicted in first-person shooter games, and violent media have shown that they may become numb to violence and even imitate the violence. Parents should always vet a game before allowing their children to play it.

· **Confirm ESRB ratings.** Parents of young children likely don't allow their youngsters to watch R-rated films, but they might not know that a similar rating system exists for video games. ESRB ratings help parents make informed decisions about the video games and the apps their children play. The ratings, which are broken down at www.esrb.org, are included on game packaging labels and let parents know how appropriate or inappropriate a game may be for children.

Founded by the Interactive Digital Software Association in 1994, the ESRB notes that 61 percent of its ratings for physical and console downloadable video games in 208 were rated either E (Everyone) or E10+ (Everyone 10+). That means parents of children under 10 have many age-appropriate game options when buying games for their kids.

· **Keep consoles in common areas.** By limiting gaming to common areas in the home, parents can more closely monitor how much time their youngsters are spending playing games. The AAP recommends parents designate handheld games as "family property" as opposed to items each child "owns."

· **Play with children.** Another way parents can monitor what their kids are playing and how long they're playing for is to play with them. Multiple player games are very popular, and parents can use that popularity to more effectively manage their kids' gaming habits.

Parents may face some challenges as they try to govern their kids' gaming habits.



30 years ago...1990: Named to the 1989-1990 Pine to Prairie All Conference from Win-E-Mac were: (l-r, back) Krissy Hoeft (honorable mention), and Stephanie Hoeft; (front) Carrie Hegg and Angela Ledding (honorable mention). Good work girls.



10 years ago...2010: The local Cub Scouts, the Cheetah Patrol from Pack 89 and community members helped them with their Spring "Food Turn". The scouts were able to collect and donate 260 plus pounds of food for the local food bank located at Grace Lutheran Church in Erskine. Shown with volunteers Ruth Hanson and Scott Schultz accepting the donations. The scouts realize that times are difficult for some right now and appreciate the communities willingness to help those less fortunate. They had another successful year of "Scouting for Food". Scouts are: (back) Alex Jacobson, Noah Ostenaar, Brock Trandem, Will Tofstad and Kobe Hamre; (front) Bryce DuChamp and Dylan Roy.

CITY OF WINGER Summary Financial Reports

The purpose of this report is to provide a summary of financial information concerning the City of Winger to interested citizens. The complete financial statements may be examined at the City Hall, Winger, MN. Questions about this report should be directed to the City Clerk/Treasurer at (218) 938-4150

	Total 2019	Total 2018	Increase (Decrease)	Percent Increase (Decrease)
Revenues				
Taxes	\$ 82,164	\$ 76,523	\$ 5,641	\$ 7.37%
Special assessments	643	247	396	160.32%
License and permits	3,590	3,770	(180)	-4.77%
Intergovernmental	63,468	62,056	1,412	2.28%
Charges for services	13,581	13,747	(166)	-1.21%
Gifts and contributions	1,263	-	1,263	100.00%
Investment earnings	2,951	1,732	1,219	70.38%
Miscellaneous	41,416	1,664	39,752	2388.94%
Total Revenues Per Capita	\$ 209,076 933.38	\$ 159,739 779.21	\$ 49,337 154.17	\$ 30.89% 19.79%
Expenditures				
Current				
General government	\$ 84,621	\$ 97,212	\$ (12,591)	\$ -12.95%
Public safety	36,886	18,861	18,025	95.57%
Highways and streets	16,010	12,495	3,515	28.13%
Sanitation	1,888	2,279	(391)	-17.16%
Culture and recreation	11,010	1,805	9,205	509.97%
Total Current	\$ 150,415	\$ 132,652	\$ 17,763	\$ 13.39%
Debt service				
Principal retirement	\$ 465	\$ 423	\$ 42	\$ 9.93%
Interest	932	974	(42)	-4.31%
Total Debt Service	\$ 1,397	\$ 1,397	\$ -	\$ 0.00%
Capital outlay				
Culture and recreation	\$ 17,008	\$ 6,982	\$ 10,026	\$ 143.60%
Total Expenditures Per Capita	\$ 168,820 750.31	\$ 141,031 687.96	\$ 27,789 62.35	\$ 19.70% 9.06%
Total Long-term Indebtedness Per Capita	\$ 27,955 124.80	\$ 28,420 138.63	\$ (465) (13.83)	\$ -1.64% -9.98%
Fund Balance - December 31 Per Capita	\$ 446,112 1,991.57	\$ 375,856 1,833.44	\$ 70,256 158.13	\$ 18.69% 8.62%

CITY OF WINGER WINGER, MINNESOTA STATEMENT OF CASH FLOWS PROPRIETARY FUNDS FOR THE YEAR ENDED DECEMBER 31, 2019 Increase (Decrease) in Cash and Cash Equivalents

	Sewer Enterprise	Water Enterprise	Total
Cash Flows from Operating Activities			
Receipts from customers	\$ 24,185	\$ 51,665	\$ 75,850
Payments to employees	(8,745)	(9,764)	(18,509)
Payments to suppliers	(11,117)	(11,526)	(22,643)
Net cash provided by (used in) operating activities	\$ 4,323	\$ 30,375	\$ 34,698
Cash Flows from Noncapital Financing Activities			
Intergovernmental receipts	\$ 22	\$ 25	\$ 47
Cash Flows from Capital and Related Financing Activities			
Purchase of capital assets	\$ (7,500)	\$ (1,893,461)	\$ (1,900,961)
Proceeds from loan	-	378,140	378,140
Principal paid on long-term debt	-	(13,920)	(13,920)
Interest paid on long-term debt	-	(7,494)	(7,494)
Intergovernmental receipts	-	1,507,568	1,507,568
Transfer out to other funds	-	(30,000)	(30,000)
Net cash provided by (used in) capital and related financing activities	\$ (7,500)	\$ (59,167)	\$ (66,667)
Net Increase (Decrease) in Cash and Cash Equivalents	\$ (3,155)	\$ (28,767)	\$ (31,922)
Cash and Cash Equivalents at January 1	37,741	68,024	105,765
Cash and Cash Equivalents at December 31	\$ 34,586	\$ 39,257	\$ 73,843
Reconciliation of operating income (loss) to net cash provided by (used in) operating activities			
Operating income (loss)	\$ 3,690	\$ 23,974	\$ 27,664
Adjustments to reconcile net operating income (loss) to net cash provided by (used in) operating activities			
Depreciation expense	\$ -	\$ 4,008	\$ 4,008
Decrease (increase) in assets and deferred outflows			
Accounts receivable	(164)	(196)	(360)
Deferred outflows - pensions	1,493	1,226	2,719
Increase (decrease) in liabilities and deferred inflows			
Accounts payable	(40)	279	239
Net pension liability	(1,472)	(311)	(1,783)
Deferred inflows - pensions	816	1,395	2,211
Total adjustments	\$ 633	\$ 6,401	\$ 7,034
Net cash provided by (used in) operating activities	\$ 4,323	\$ 30,375	\$ 34,698

CITY OF WINGER WINGER, MINNESOTA STATEMENT OF REVENUES, EXPENSES, AND CHANGES IN NET POSITION PROPRIETARY FUNDS FOR THE YEAR ENDED DECEMBER 31, 2019

	Sewer Enterprise	Water Enterprise	Total
Operating Revenues			
Charges for services	\$ 24,349	\$ 43,470	\$ 67,819
Miscellaneous	-	8,391	8,391
Total Operating Revenues	\$ 24,349	\$ 51,861	\$ 76,210
Operating Expenses			
Personnel services	\$ 9,432	\$ 11,924	\$ 21,356
Insurance	34	619	653
Repairs and maintenance	6,160	800	6,960
Supplies	511	4,790	5,301
Training	1,665	1,944	3,609
Utilities	1,875	1,423	3,298
Vehicle allowance	150	150	300
Miscellaneous	832	2,229	3,061
Depreciation	-	4,008	4,008
Total Operating Expenses	\$ 20,659	\$ 27,887	\$ 48,546
Operating Income	\$ 3,690	\$ 23,974	\$ 27,664
Nonoperating Revenues (Expenses)			
Intergovernmental	\$ 22	\$ 1,776,509	\$ 1,776,531
Interest expense	-	(2,501)	(2,501)
Bond issuance costs	-	(6,500)	(6,500)
Total Nonoperating Revenues (Expenses)	\$ 22	\$ 1,767,508	\$ 1,767,530
Income (Loss) Before Transfers	\$ 3,712	\$ 1,791,482	\$ 1,795,194
Transfers out	-	(30,000)	(30,000)
Change in Net Position	\$ 3,712	\$ 1,761,482	\$ 1,765,194
Net Position - January 1	31,599	235,150	266,749
Net Position - December 31	\$ 35,311	\$ 1,996,632	\$ 2,031,943

Polk County Public Notices

CITY OF WINGER WINGER, MINNESOTA STATEMENT OF NET POSITION DECEMBER 31, 2019

	Sewer Enterprise	Water Enterprise	Total
Assets			
Current Assets			
Cash and pooled investments	\$ 34,586	\$ 39,257	\$ 73,843
Accounts receivable	4,156	6,379	10,535
Due from other governments	-	268,916	268,916
Total Current Assets	\$ 38,742	\$ 314,552	\$ 353,294
Restricted Assets			
Loan proceeds receivable	\$ -	\$ 441,749	\$ 441,749
Noncurrent Assets			
Capital assets			
Non-depreciable	\$ 7,500	\$ 2,476,049	\$ 2,483,549
Depreciable - net of accumulated depreciation	-	34,275	34,275
Total Noncurrent Assets	\$ 7,500	\$ 2,510,324	\$ 2,517,824
Total Assets	\$ 46,242	\$ 3,266,625	\$ 3,312,867
Deferred Outflows			
Pensions	\$ 1,954	\$ 2,221	\$ 4,175
Liabilities			
Current Liabilities			
Accounts payable	\$ 125	\$ 6,094	\$ 6,219
Contracts payable	-	364,113	364,113
Accrued interest payable	-	1,507	1,507
PFA loan payable	-	26,000	26,000
Total Current Liabilities	\$ 125	\$ 397,714	\$ 397,839
Noncurrent Liabilities			
PFA loan	\$ -	\$ 860,000	\$ 860,000
Net pension liability	8,514	9,675	18,189
Total Noncurrent Liabilities	\$ 8,514	\$ 869,675	\$ 878,189
Total Liabilities	\$ 8,639	\$ 1,267,389	\$ 1,276,028
Deferred Inflows			
Pensions	\$ 4,246	\$ 4,825	\$ 9,071
Net Position			
Net investment in capital assets	\$ 7,500	\$ 2,066,073	\$ 2,073,573
Restricted for capital outlay	-	441,749	441,749
Unrestricted amounts	27,811	(511,190)	(483,379)
Total Net Position	\$ 35,311	\$ 1,996,632	\$ 2,031,943

Vendor Payments

Vendor Name: ABSOLUTE
FENCE LLC
Report Total \$7,907.50
Vendor Name: BACON'S
SANITATION
Report Total \$1,554.30
Vendor Name: FERTILE OIL
COMPANY
Report Total \$6,218.84
Vendor Name: GARDEN
VALLEY TECHNOLOGIES
Report Total \$2,316.38
Vendor Name: GENERAL
CONSTRUCTION SERVICES, INC.
Report Total \$152,000.00
Vendor Name: GORDON DALE
Report Total \$4,200.00
Vendor Name: GRAND FORKS
FIRE EQUIPMENT LLC
Report Total \$16,429.85
Vendor Name: HACH
COMPANY
Report Total \$3,305.14
Vendor Name: HAWKINS, INC.
Report Total \$4,241.45
Vendor Name: HEDLUND

BACKHOE
Report Total \$1,400.00
Vendor Name: J & R
WASTEWATER INC.
Report Total \$1,581.25
Vendor Name: JC & J
TRUCKING, INC.
Report Total \$1,603.40
Vendor Name: JOE MILLER
BLADING, LLC
Report Total \$5,310.00
Vendor Name: LARSON PARTS
& REPAIR INC.
Report Total \$1,819.89
Vendor Name: LUCKEN'S INC.
Report Total \$2,275.00
Vendor Name: MESSERLI &
KRAMER P. A.
Report Total \$4,358.70
Vendor Name: MN PUBLIC
FACILITIES AUTHORITY
Report Total \$14,913.79
Vendor Name: ND SEWAGE
PUMP
Report Total \$6,469.68
Vendor Name: NORTHERN

TECHNOLOGIES, LLC
Report Total \$5,245.00
Vendor Name: OFFICE
SUPPLIES PLUS
Report Total \$1,749.94
Vendor Name: OTTERTAIL
POWER COMPANY
Report Total \$11,631.94
Vendor Name: POLK COUNTY
ADMINISTRATOR
Report Total \$1,402.00
Vendor Name: RICE LAKE
CONSTRUCTION GROUP
Report Total \$1,669,465.70
Vendor Name: RMB
ENVIRONMENTAL LABS, INC.
Report Total \$1,353.00
Vendor Name: SMEBY
CONSTRUCTION
Report Total \$9,100.00
Vendor Name: ULTEIG
ENGINEER'S INC.
Report Total \$7,500.00
Vendor Name: WILD RICE
ELECTRIC
Report Total \$1,738.05

M52C

Tips for students moving out of classrooms and into online study



Western Governors University (WGU) is leveraging its 20-plus years of experience delivering exclusively online education to provide tips to help students who are currently being transitioned from their traditional brick and mortar classroom to an online format to help prevent the spread of COVID-19.

WGU suggests keeping the following in mind during these unusual times, whether students are being forced online for a couple of weeks or through the end of the spring semester:

- **Remember that online classes are still real classes.** While you may be able to take an online course in your pjs, you still need to show up, pay attention to the information being communicated and have a plan in place for when you will complete the related work and assignments that follow each class.

Students who treat their online studies as if it's their job will be setting themselves up for success.

- **Create a dedicated, organized and comfortable study spot.** Find a space that you'll use when engaging in your online learning and create an environment that's conducive to studying. High speed internet is a must.

So, whether that means setting up at your kitchen table or heading out to the closest library or café, make a decision as to where your "classroom" will be and go there to complete your work.

Keep all your related materials and pens, chargers, books, headphones or anything else you might need in one bag, so everything is readily accessible when needed. And choose a comfortable chair!

- **Distractions are the enemy, so eliminate or minimize them.** This can be particularly true if your dedicated study space is at home.

When it's time for class or study, a little soft music in the background can make the experience more enjoyable, but turn off other electronics (or at least your notifications) so you won't be tempted to check social media during your dedicated study times, and leave the TV off.

Keeping a consistent time for your online learning can also help to establish a routine so you'll know that you're only temporarily ignoring the latest status update.

Consider telling family and friends what hours you'll be "online" so they know not to interrupt you during those windows.

- **Manage time wisely.** When it comes to studying online, it's essential to practice good time management skills. The inherent flexibility that comes with online courses can lead to procrastination. Be sure to schedule time wisely – not just for a pre-set online class, but also for the follow-up work needed to study course materials, complete assignments, take an exam, etc.

Don't forget to make note of all assignment due dates so you can work in advance and avoid last-minute cram sessions.

- **Remember that online doesn't have to all alone.**

While students being routed to online courses during this current health crisis may not get the regular face-to-face time with their instructors that they are used to, those individuals still have a vested interest in each student's success.

Any transition to an online format will most likely include opportunities for online engagement with an instructor. And online study groups can help to keep students connected to their peers

Did you know?

The modern era is often referred to as the "Digital Age," but mankind's relationship with science and technology dates back much further than the 21st century.

According to Wired.com, in 2006 scientists confirmed that a device discovered in 1900 amid the remains of an ancient Mediterranean shipwreck was an analog computer. The device, since dubbed the "Antikythera Computer," was believed to help calculate astronomical cycles so sailors could more easily sail between Alexandria and Athens.

The Antikythera Computer has been dated to sometime around the first century B.C., proving that man's fascination with gadgets is an ancient one that has been paying dividends for millennia.