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McIntosh, Minnesota



The First National Bank of McIntosh thanks The Clubhouse Childcare Center for having the kids cut out hearts to put fill their window. The bank is participating in #aworldofhearts, a worldwide movement to spread a message of hope and togetherness during the COVID-19 pandemic by adorning windows with hearts.

WEM School implements a Distance Learning Plan

Developments with COVID-19 and directives by Governor Walz have greatly impacted all of our lives. Win-E-Mac teachers and staff have been working hard to prepare for a possible distance learning model in the future.

We will be following our school calendar for the remainder of the school year. There will be no school on Friday, April 10th. The 4th quarter will end on May 22nd.

As Governor Walz announced continued social distancing Win-E-Mac School moved forward with distance learning on March 30th, 2020, and is implementing the following:

Teachers responsibilities:

- Communicate and interact with students and families.
- Continue to support Special Education and mental health needs.

- Continue to provide daily curriculum, lessons and assignments.
 - Continue to deliver instruction.
 - Provide technology tools (iPads and chromebooks).
 - Continue to help with student questions.
 - Take daily attendance
- Student responsibilities:**
- Interact with your teacher/lessons daily.
 - High school: Be available from 9:00 am to 3:00 pm, Monday through Friday.
 - Elementary school: When possible, be available from 9:00 am to 3:00 pm, Monday through Friday.
 - The schedule does not represent the amount of time a student will be spending on a device or with assignments.

It is a time frame for when teachers can schedule live activities with students. There will be ample time throughout the day for lunch and breaks. If you have questions or concerns, please contact the school or your teacher.

- Complete and return assignments.
- Take care of and charge your iPads and Chromebooks, be ready for the day's instruction.
- Reach out to your teachers for help.
- Attendance: Students are expected to be available for class activities from 9:00 am to 3:00 pm every school day. Excused absences still follow the handbook and need to be reported to the school by School...

Continued on page 4...



Last week the Patriot Pride Boosters held a Virtual Spirit Week for Win-E-Mac families. Here, Hazel, Jazmine and Izabelle Burthwick have Crazy Hair Day for Monday's theme.



Tuesday of the Win-E-Mac Virtual Spirit Week was Plaid/Lumberjack Day where kids were supposed to wear all the plaid they could. Here Henry and Hudson Swanson show off their awesome plaid pajamas.

Polk County Emergency Management issues statement on Governors Executive Order

On March 25th, 2020, Governor Walz issued Executive Order (EO) 20-20 directing Minnesotans to stay at home except for specific circumstances.

Law enforcement agencies across the State are fielding many questions regarding the order. It is our hope this letter will assist you in understanding some of the details. All State of MN public information regarding COVID-19, including executive orders, can be found at www.mn.gov.

One of the most important points for all our citizens to understand is that this order is NOT a lockdown, it is NOT Martial Law, and there hasn't been any communication about either of those topics at all. The rumors of such are false; simply not true.

Law enforcement in Polk County, including the East Grand Forks and Crookston Police Departments and the Polk County Sheriff's Office, will not randomly stop vehicles to determine if people are in compliance with this order. Our agencies are conducting most of our business as usual which includes traffic stops for all the same reasons we have done in the past; and for criminal investigations or other crimes. Law enforcement will first work to educate the public regarding anyone who isn't in compliance with the order. There is a possibility a citation will be issued after the second and subsequent violations and there is the possibility of being arrested if the education and citation routes do not seem to be working. Decisions on each situation will be made on a case-by-case basis.

"Stay at home" means you should stay at your home and leave only for essential reasons. Listed below are the seven justification categories, provided by the Department of Public Safety; why someone may leave their home as stipulated in the order. These reasons are fairly broad so each of us needs to use some common sense.

Daily trips to the grocery store should not take place, a weekly trip would be better.

"Shelter in place" typically happens after some sort of disaster like a tornado. People might be told not to come out of your home or business because it's not safe at the moment. This order is not a shelter-in-place order.

The EO includes seven justifications why someone may leave their home:

1. Relocation to ensure safety. Individuals whose homes or residences are unsafe or become unsafe, including individuals who have suffered or are at risk of domestic violence or for whom the safety, sanitation, or essential operations of the home or residence cannot be maintained, are allowed and urged to leave their home or residence and relocate to a safe alternative home or residence. Victim advocates are included in those exempted as Critical Sector staff by this order.

2. Health and safety activities. Individuals may seek emergency services, obtain medical services, supplies, and medications, and visit a health care or dental professional or facility, or a veterinarian. Individuals may also donate blood.

3. Outdoor activities. Individuals may also engage in outdoor activities (e.g., walking, hiking, running, biking, hunting, or fishing), and may go to available public parks, excluding outdoor play equipment, consistent with remaining at least six-feet apart from individuals not within the individual's household.

4. Necessary supplies and services. Individuals may obtain food, including delivery or carry-out services, beverages, and other grocery items, gasoline, supplies needed to work from home, and products needed to maintain the safety, sanitation, and essential operation of homes and residences or businesses. Individuals may also visit and use the services of laundromats and dry cleaners.

5. Essential and interstate travel. Individuals may travel to return to a home or place of residence from outside this state and may travel into and out of this state.

6. Care of others. Individuals may care for a family member, friend, or pet in another household, and may transport family members, friends, or pets as allowed by this Executive Order, including the transport of children pursuant to shared custody orders. This also includes child care providers, educators, and others who continue to care for emergency workers.

7. Displacement. Individuals without a home are exempt from the restrictions in this executive order, and they may move between emergency shelters, drop-in centers, and encampments. Encampments should not be subject to sweeps by state or local governments; as such sweeps increase the potential risk and spread of COVID-19.

Legitimate and/or essential reasons not listed or generally covered in the above paragraphs will also be allowed, again on a case-by-case basis. Travel to and from North Dakota is also not restricted so long as your reason(s) for that travel is/are justified or essential.

Lastly, on behalf of our agencies, all our officers and support staff, and the greater First Responder community, we want to thank you for your understanding and patience as we all work through this together. Please continue to follow the recommendations and guidelines provided by the MN Department of Health, MN Department of Public Safety and all the other sources of true and accurate information. All of us need to do everything we can for the sake of our own health, the health of our families and friends and for the health of all the first responders and people working behind the scenes that are fighting the COVID-19 pandemic.

Reframing fears and anxiety about Coronavirus

By Shauna Reitmeier, Director Northwest Minnesota Mental Health Center

As Coronavirus progresses closer to home, fear and anxiety about the outbreak can be overwhelming. It's important to acknowledge the impact it has on our mental health, not just our physical health. It is natural to feel stress, anxiety, grief, and worry during and after a traumatic event. While we're not experts on COVID-19, we can help you with tips to keep yourself emotionally healthy.

Stay Informed Through Trusted Sources

One of the best things you can do is stay informed, using trusted sources for updates. Reliable sources of information are advice and facts from the Centers for Disease Control (CDC), the Minnesota Department of Health (MDH), and the World Health Organization (WHO).

Keep Perspective
Excessive exposure to media coverage of COVID-19 can



Shauna Reitmeier

cause us to go down a path of unhelpful or unhealthy thinking.

"While it is important to have basic details and facts to protect you and your loved ones, it is important to keep our perspective," adds Janet Denison, Chief Clinical Officer at the NWMHC.

"Our lives have much more happening than the current

news and concerns. A balanced strategy could include: Know the facts, especially the ones most important to your unique situation, do the things you can do to keep yourself and your sphere of influence safe and well, and then go along with the rest of your whole life focusing with gratitude and hope."

Remember to take breaks from watching the news. Focus on what you can control and do things you enjoy. If you experience intense emotions, take a deep breath, and remind yourself that these feelings will fade.

Take Care of Yourself
Self-care is even more crucial when your mental health isn't at 100%. "Taking extra good care of ourselves whenever we are able, especially during high-stress times, will benefit you and so many others in the long run," says Denison.

Try different ways to relax

NWMHC...
Continued on page 3 ...

Blood donations needed during COVID-19 pandemic

Every week, the Community Blood Bank based in Sioux Falls, South Dakota, needs 500 units of blood to meet the demands of hospitals in parts of South Dakota, Minnesota and Iowa, including many Sanford Health hospitals.

But because of the COVID-19 pandemic, 10 blood drives have been canceled in the past 10 days.

Normally these drives get hosted at businesses, churches or other community spaces. Closures at some of these places leave the blood bank scrambling for space and donors.

Donate blood near you: Find a blood drive or donation location in Fargo,, Grand Forks or Bemidji by using the internet to search for local blood drives.

"If you have a business or a church that would host a pop-up blood drive, we would show

up with the bloodmobile and get the message out through texts and Facebook posts, and things like that, to get people in the door," said donor recruitment representative Rita Nelson.

35 minutes = 3 lives

This means, more than ever, blood donations are needed. When you donate blood, you save lives.

"If you are feeling well and healthy, come out and save lives. Donating blood is going to take about 35 minutes of your day, and within the 35 minutes, you've helped save the lives of three different patients," Nelson said.

Donations of all blood types are always needed. However, there's currently a crucial need for O positive, O negative and A negative, according to Nelson.

And a long-term shortage could eventually lead to postponed or canceled surgeries, she said. Lack of blood donations also could make it more difficult to treat patients who have critical needs.

'No risk in donating blood'

Nelson says despite the severity of the COVID-19 pandemic, it's safe to donate blood.

"There is no risk in donating blood," she said. "Donating blood is completely safe if you are healthy and well."

But if you're not, stay home. "If you have a sore throat, colds, or your nose is stuffy, we want you to stay away for right now. When you're feeling better in a couple weeks, come down and donate, because there is a need every day," Nelson said.



The kids from the Clubhouse Childcare Center recently made a lot of hearts to help to decorate the windows at The First National Bank in McIntosh.

Polk County Government changes and closings to date

Effective at 8:00 a.m. Monday, March 30 in compliance with Governor Walz "stay at home" executive order, all Polk County employees have been instructed to work from home. Employees that remain required to report to their work site will be doing so. Polk County residents may notice delays in response as Administration works to forward phones and adjust to work at home conditions. To be sure, Polk County remains open for County business, meaning the following:

1. County buildings remain closed to public access until further notice.

2. County phone lines and email access remain available to the public for conducting County business.

3. All county administrative and field personnel are to be working from home, responsive to phone and email, with only minimal access to County buildings.

4. All are advised to visit www.co.polk.mn.us for phone and email contacts for your County business needs.

5. The County Board meeting for April 7 is still scheduled at this time. Options are being reviewed to conduct the meeting via telephone connections. Additional information will be

made when the meeting can be confirmed for public access.

The County Board of Commissioners appreciates your understanding and cooperation in assisting mitigating the spread of the COVID-19 virus. Please visit www.co.polk.mn.us to contact County offices for your ongoing County related needs, employees will be responsive via phone and email contact to your questions.

Social Distancing: Continue to practice social distancing of 6ft or more and keeping close interactions brief. Use phone or web-based platforms as much as possible. Avoid groups of 10 or more.

Essentia Health expands to video appointments amid COVID-19 pandemic

Essentia Health had been planning to introduce virtual visit technology later this spring, but that technology has been fast-tracked due to the COVID-19 pandemic.

Patients can now schedule a virtual visit, which is a video appointment that occurs directly between a provider and a patient. The patient can do the visit from the comfort of their home and utilize their own technology such as a computer, tablet or smartphone.

This virtual visit model of providing care is being used for many primary care and specialty visits at Essentia Health.

To schedule your virtual visit, patients can call their regular clinic's appointment

line to schedule a virtual visit or schedule through the MyHealth website or the MyChart app. At a set appointment time, they'll log into the MyHealth website or the MyChart app and the visit will be started. The patient and provider will converse with audio and video like they would if they were together in the exam room.

These virtual visits are covered the same way an in-person visit is through most insurances.

Essentia Health is proud to be one of the first health systems to move forward with this virtual visit platform amid COVID-19. Dr. Sarah Manney, Essentia Health provider and chief medical informatics of-

ficer, has been conducting virtual visits over the past week with her patients.

Patients are appreciative of being able to continue necessary doctor appointments without having to leave their home. Dr. Manney says, "Given our current crisis, we have an opportunity to provide excellent and safe patient care in a different way."

Prior to your visit, you'll need to have a MyHealth account (sign up on our website, EssentiaHealth.org) and Zoom which can be downloaded through your app store or the Zoom.us website.

Learn more about virtual visits on our website at EssentiaHealth.org/VirtualVisit.

A guide to buying and setting up a bird bath

Warm weather means more opportunities to spend time outdoors while at home. Whether your favorite form of outdoor recreation includes sitting on the patio reading or digging in the garden, there's a good chance that you will be sharing the space with local wildlife.

Optimizing opportunities to view and interact with backyard wildlife can make the great outdoors even more enjoyable.

The Cornell Lab of Ornithology indicates that there are around 2,059 bird species on the continent of North America. Red-winged blackbirds, yellow-rumped warblers, American robins, and chipping sparrows are among the most commonly seen birds in North America.

Making a backyard hospitable to birds can increase the chances for sightings and hearing their sweet songs. Installing a bird bath can be a step in the right direction.

Bird baths can make yards more attractive to birds. Birds

require a supply of fresh, clean water for drinking and bathing. By setting up a bath, homeowners can attract not only seed-loving birds, but those that don't eat seeds and wouldn't normally congregate around feeders, indicates All About Birds.

Experts surmise that birds may bathe to maintain their feathers.

Not all bird baths are constructed the in the same fashion. Many bird baths sold in stores are better suited for decoration than for serving as functional baths.

There are four general types of bird bath: standing pedestal, hanging bath, deck-mounted, and ground-level.

In general, the lower a bird bath is to the ground, the more likely birds are to use it. Most natural sources of water birds use are on or near the ground. Therefore, ground-level bird baths may be the best investments.

It is important to keep the water in a bird bath shallow

(around two inches of water or less). This enables birds to splash around safely and wade in.

Birds do not want to slide around, so a material that is coated and slippery, like glazed ceramic or glass, may not be too popular. Rough stone or a bird bath modified with pea gravel or rocks can give birds steady footing.

Place the bird bath in the shade if possible to ensure the water is cool and fresh. Locate it by a tree so the birds can hop up to a branch and preen afterwards.

All About Birds also says that a bird bath is more attractive if it has a dripping or moving water feature, as this is often irresistible to birds.

Another way to ensure the bath will be used is to keep it clean and maintained.

Change the water every day or two. Rinse off the bath to remove droppings, bugs and other debris.

Once birds learn there is a comfortable bath nearby, they

People in MN warned to be on their guard as telephone scammers set to cash in on pandemic

People in Minnesota are being warned to be extra vigilant as scam callers are likely to ramp up their activity over the next few weeks to take advantage of increasing amounts of people being at home due to the current Coronavirus outbreak.

CPR Call Blocker, makers of the US's best-selling call blocking device, is predicting that scammers and fraudsters will be ready to strike and take advantage of the situation as more states go into lockdown, forcing people to stay at home, and is warning people in Minnesota to be on their guard for a rise in bogus calls.

In a bid to beat the scammers who are likely to take advantage of this extraordinary situation, CPR Call Blocker has compiled the top five active scams that people in Minnesota should watch out for over the next few weeks as the Coronavirus situation unfolds:

1. Fake test kits scam – someone may call claiming to offer free Coronavirus testing kits and will ask you for your personal information and health insurance details. A common version of this scam targets diabetic individuals that are higher risk, where a scam caller will offer both a free Coronavirus test kit and a free diabetic monitor.

2. FDIC scam – scam-callers posing as employees from the Federal Deposit Insurance Corporation will ask you for sensitive information, such as your social security number and bank account information, over the phone as a precondition to receive federal money. Remember the FDIC would never make unsolicited phone calls asking for personal information and money, and especially would not put pressure on you or threaten you.

3. Charity scam – you may get a call from someone claiming to be from a charitable organization which is collecting donations for individuals, groups or areas affected by Coronavirus. The caller will ask you to send cash donations in the mail, by wire transfer or by gift card.

4. Healthcare provider scam – scam-callers pretending to work for a healthcare provider will tell you that a relative or friend has been treated for Coronavirus, and then demand immediate payment for treatment before threatening legal action if you don't pay. Healthcare providers would not contact you this way.

5. Student loan scams – you receive a call to tell you that new measures due to the



Coronavirus outbreak will have an effect on your student loan, and that you need to ring a different phone number to find out how the new measures will impact your future payment obligations. If you ring this number, a scammer may ask you for personal information like your social security number and credit card details. While the list is not exhaustive, CPR Call Blocker hopes to make people in Minnesota aware that scammers are becoming more inventive and if something sounds too good to be true or out of the ordinary, then it could well be a scam.

Chelsea Davies from CPR Call Blocker said: "As more and more restrictions are put into place in the US, we predict that scammers are going to take advantage of more people being at home and, with many of those people also being distracted or stressed about the Coronavirus situation, this could be a recipe for disaster. When we're feeling vulnerable or distracted, it can be too easy to say "yes" to something without checking first whether it's genuine.

"We're warning people in Minnesota to bear this in mind and we would always strongly recommend never giving your bank details or paying for something over the phone that you're unsure of. Especially if the call you receive is the first time you have heard of any payment that needs to be made."

If you want to stop receiving scam and nuisance calls, follow CPR Call Blocker's quick three-step guide to stopping unwanted calls:

• Register with the National Do Not Call Registry – visit DoNotCall.gov.

• Don't consent to being contacted – get your phone number taken off directories and look out for tick boxed on all marketing correspondence to see if ticking or unticking them will prevent your details being passed on to third parties.

• Consider getting a call blocker.

If you think you may be receiving scam calls, here are a few ways to protect yourself:

• Don't reveal personal details. Never give out personal or financial information such

as your bank account details or PIN – even if the caller claims to be from your bank.

• Hang up. If you feel harassed or intimidated, end the call. You have the right not to feel pressurised.

• Ring the organization. If you're unsure whether the caller is genuine, you can always ring the company they claim to be from. Make sure you find the number yourself and don't use one provided by the caller.

• Don't be rushed. Scammers will try to rush you into providing personal details. They may say they have a time-limited offer or claim your bank account is at risk if you don't give them the information they need right away.

Ms Davies continued: "If you suspect you may have compromised your bank account, contact your bank or card provider as soon as possible. It is also advisable to check your bank and card statements regularly for unauthorized charges as a matter of course."

CPR Call Blocker is the best-selling and most trusted call blocker brand worldwide and is pre-programmed with thousands of known nuisance callers. The CPR suite of call blockers are available from www.callblockerusa.com and www.amazon.com.

Polk County Public Health

Polk County Public Health has cancelled all Foot Care Clinics and Blood Pressure Screenings throughout all of Polk County sites until further notice.

Future Foot Care Clinics and Blood Pressure Screenings are subject to change based on Minnesota Department of Health recommendations.

LSS Meals Menu 687-2262

Tues., April 7th: Pork Loin - Mashed Potatoes & Gravy - Mixed Vegetables - Tropical Fruit - Wheat Rolls - Carrot Cake - Milk

Wed., April 8th: Homemade Biscuits & Sausage Gravy - Peas & Onions - Cinnamon Apples - Blueberry Muffin - Milk

CHURCH DIRECTORY

ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

No Mass at St. Mary's Church, Fosston until further notice.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Services from Mt Carmel and Trinity Free Lutheran Churches will be on the Garden Valley TV Win-E-Mac channel 10am Sundays and repeated at 7pm Sunday and 6pm Wednesday.

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor

www.gosen-church.com
Face Book: Gosen Church

Sun, April 5 : 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service

Tues., April 7: 10:00 a.m. Sunday worship service telecast on GVTV-30; 1:30 p.m. No Bible Study at The Pioneer Memorial Care Center.

Wed., April 8: 6:30 p.m. Bible Study at Sharon Ramberg's

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh Supply Pastor

Gordon Syverson

There will be no Worship Services or Lenten Services for the next 4 weeks: March 29, April 5th and 12th. The issue will be reassessed after that time.

Calvary Lutheran Church, Winger, Immanuel Lutheran Church, Bejou, and Our Saviors 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 Calvary. Our Saviors service will be available by 8:30 am each Sunday until further notice.

Thank you to the McIntosh First Responders and Fosston Ambulance Services for their quick response to my call. A special thanks to Toby Strom. You are all great!
Bob Lee M2P

CLOSED TEMPORARILY

First National Bank will be closing its lobby until further notice. Walk up window services are available during our normal business hours. If customers have questions, they may contact us at 563-2865.

In addition, all insurance agency questions may directed directly to Darlene Dierkes at 218-683-7863.

Win-E-Mac preschool screening will be postponed to a later date. If you have already signed up for a time we will contact you when we are able to have our screening. If you have not signed up you can still call Heather at 218-689-0605 to get your child on our list.

may be more apt to visit a yard and may even become frequent guests.



Wed. April 1: Dylan Burslie, Logan Simonson, *Wendall & Judy Webster

Fri. April 3 Bria Weber

Sat. April 4: Destiny Hedlund, Ella Finseth

Sun. April 5: Levi Halstad, Earl Roed, Joan Lee

Monday, April 6: Kassi Schow, Judi Linds-eth, Callie Boucher, Doris Olson

Tues. April 7: Allen Carver

McINTOSH Times

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Superintendents Notes

By Randy Bruer

Win-E-Mac School

From the Governors "stay at home order" for 2 weeks, the Win-E-Mac School will begin its Distance learning plan on Monday, March 30 continuing through May 4th. Your teachers will connect with you to begin the process. Employees of the school are considered essential people to the work that needs to be done. Students will be required to take part in the work provided by your teachers. Meal delivery will continue as started last week. If you have any questions, please call the District Office @ 218-563-2900.

What "stay at home" means for students, staff and online learning

Minnesota public school students face at least five more weeks away from school under new orders Wednesday from Gov. Tim Walz. In an effort to slow the spread of the novel coronavirus, teachers across the state on Monday will begin implementing distance learning plans they've been developing since last week. Most students have been out of school and without teacher instruction since March 16.

Education Commissioner Mary Cathryn Ricker expects that when distance learning starts Monday, schools will



meet the learning needs of all students, including English language learners, those on special-education plans and homeless students. At the same time, schools must continue providing free meals on days when classes are scheduled, as well as offering on-site care for the children of workers in critical fields, such as healthcare.

Schools districts are to post their distance learning plans online by Friday.

Minnesota State High School League: No high school spring sports until May 4 at earliest

High school spring sports practice and games will be suspended at least until May 4, ex-

tending the current shutdown to remain in step with the closing of Minnesota schools.

The announcement Wednesday by the Minnesota State High School League came moments after Gov. Tim Walz's 2 p.m. briefing, during which he ordered state residents to stay at home and limit movements outside their homes beyond essential needs for two weeks beginning Saturday. School buildings will be closed throughout April while districts deploy distance learning to May 4, all in an effort to slow the spread of COVID-19.

The league said no decisions have been made "at this time" about canceling spring sports for the season.

Healthy employees and Parents can protect themselves and others

- Practice social distancing. Keep at least 6 feet of distance between yourself and other people. See the CDC website for more information on how to protect yourself.
- Wash hands often.
- Don't touch eyes, nose, or mouth with unwashed hands.
- Cover your cough.
- Monitor for symptoms and stay home if you get sick, except to get medical care. Call ahead before visiting your doctor.

NW MN Foundation accepting grant applications for Emergency Disaster Recovery

The Northwest Minnesota Foundation is now accepting grant applications for their Emergency Disaster Recovery Fund.

This fund was established to respond to the needs of communities in Northwest Minnesota amid the COVID-19 pandemic. Grant proposals up to \$5,000 will be considered on an ongoing basis. Eligible applicants must be 501(c)3 nonprofits, tribal entities, and government agencies in the Foundation's 12-county service area.

The 12 counties are: Beltrami, Clearwater, Hubbard, Kittson, Lake of the Woods, Mahanomen, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau. This includes the two tribal nations of White Earth and Red Lake. There is no deadline to apply. Grants will be made in stages based on requests and avail-

able funding.

High priority needs include, but are not limited to:

- Organizations providing nutrition/food to those significantly impacted
- Organizations providing supports for the low income, elderly, and vulnerable
- Tribal governments and tribal nonprofits
- Organizations providing supports for household needs such as heating, utilities, etc.
- Organizations sheltering those experiencing homelessness for cleaning supplies and the isolation of the most vulnerable

The priorities were identified by the Foundation through a Community Needs Survey that was conducted, along with region-wide conversations with community partners. That survey and the initial results can be found on their website at

www.nwmf.org/covid-19-updates-and-resources.

To apply, visit www.nwmf.org/resources/grants/open-grant-rounds to fill out the online preproposal form.

If you have questions about the application process, contact Nate Dorr, Vice President for Advocacy, at nated@nwmf.org.

The NMF Emergency Disaster Recovery Fund is also accepting donations so that the Foundation can make an even greater impact during this difficult time.

A donation of any amount is greatly appreciated, and you can be sure that your dollars are staying local. To make a gift, www.nwmf.org/give-now or text "SUPPORTNORTH-WESTMN" to 50155 to easily make a donation from your mobile phone.

NWMHC...

Continued from page 1

your body and mind like meditation, yoga or stretching, reading, or journaling. Eat healthy food, exercise, get plenty of sleep, and avoid drugs and alcohol. And of course, practicing good hand hygiene and cough etiquette is the best protection against respiratory illnesses such as influenza and COVID-19.

Make a Plan

Being prepared helps to minimize the anxiety of the unknown. By creating a plan when you are thinking clearly, you can reduce the stress you may feel should the outbreak impact you directly. Make a list of food, supplies, medications, and contacts you and your family need if you needed to stay home for two weeks. Talk to your kids about the plan, so they have a chance to process and prepare for what might happen. If you live alone, reach out to your support network and share your plan with someone.

Connect with Others

Sharing your concerns and how you are feeling with friends and family can be therapeutic. Reaching out to people you trust is one of the best ways to reduce anxiety, depression, and loneliness. During times of social distancing, quarantine, and isolation, you can use email, text messaging, social media, Skype, and FaceTime to stay connected.

If distress impacts your daily routine and activities, or you are experiencing symptoms of extreme stress, speak to a counselor or health care provider using the resources listed below.

If you feel like you want to harm yourself or someone else, call our 24/7 Crisis Hotline at 800-282-5005 5005 or contact a Trained Crisis Counselor by texting MN to 741741.

Rural Development launches resources page

USDA Rural Development has taken a number of immediate actions to help rural residents, businesses and communities affected by the COVID-19 outbreak. Rural Development will keep our customers, partners, and stakeholders continuously updated as more actions are taken to better serve rural America.

USDA Rural Development has launched a COVID-19 re-

source page to keep our customers, partners, and stakeholders continuously updated on actions taken by the Agency to help rural residents, businesses, and communities impacted by the COVID-19 outbreak.

Visit www.rd.usda.gov/coronavirus for information on Rural Development loan payment assistance, application deadline extensions, and more.



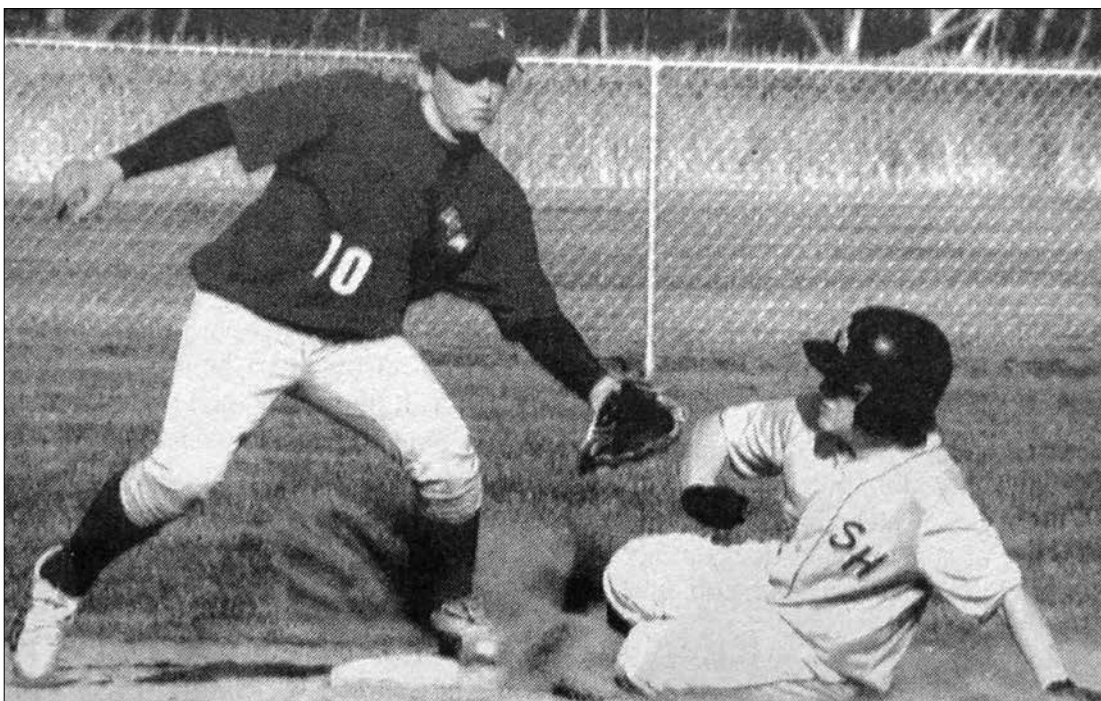
50 years ago...1970: Philip Jore was selected as the senior in the concert band most deserving to receive the John Philip Sousa Band Award. Each year members of the concert band vote on this award. His name will be placed on the plaque and displayed in the trophy case at the High School. He is the first trumpeter in the band. Philip, son of Mr. and Mrs. Kenneth Jore, is pictured here as he received the plaque from Director Richard McGraw.



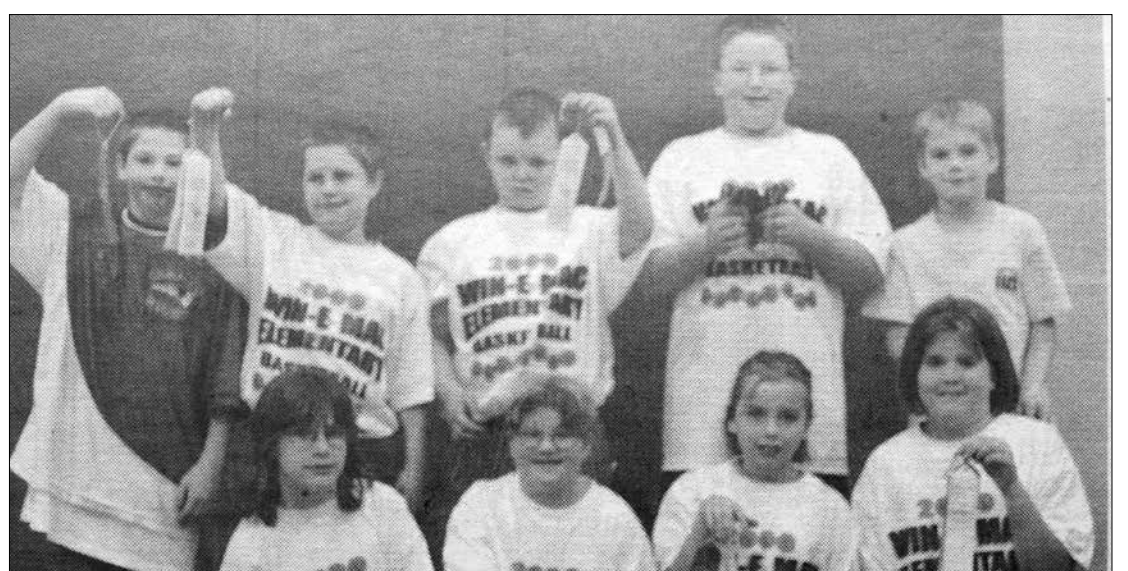
40 years ago...1980: The top 3 entrants in the toothpick bridge contest at the McIntosh-Winger School were Jim Mork (9th grade), Mark Votava (9th grade) and Carolyn Johnson (Senior).



30 years ago...1990: Win-E-Mac sixth grade students (L-R) Eric Myhre, Randy Landsverk, Wade Hartel and Shawn Hedlund work the kitchen scene at the Win-E-Mac pancake supper served to the community.



10 years ago...2010: Jeremy Kasprzak (left) holding down second base in Win-E-Mac's 8th Grade Baseball game Monday against East Grand Forks' Sacred Heart.



20 years ago...2000: Winners from the lay-up, free-throw and 3-point contest for the fourth grade class during the 2nd Annual Fun Day held at Win-E-Mac recently were: (Back l-r) Nick Stark, Andy Johnson, Danny Olson, Chandler Burns and Jarin Bjerke; (front) Raquel Lindseth, Sidney Foss, Kelsi Kiecker and Melissa Carter.

Polk County Commissioners Minutes

MARCH 3, 2020
BOARD MINUTES

Pursuant to motion of adjournment the Polk County Board of Commissioners met in regular session at 8:00 o'clock a.m., March 3, 2020 in the Commissioners Room, Government Center, Crookston, MN. Members present: Commissioner Gerald Jacobson, Commissioner Warren Strandell, Commissioner Gary Willhite, Commissioner Joan Lee and Commissioner Don Diedrich and Charles S. Whiting, County Administrator, Clerk of the Board. Others present: Valerie Bjerk, Deputy Clerk of the Board.

REVISED AGENDA

A motion was made by Commissioner Lee seconded by Commissioner Willhite and adopted by unanimous vote of the Board to approve the revised March 3, 2020 agenda adding Sarah Reese, Public Health.

CONSENT AGENDA

A motion was made by Commissioner Jacobson seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to approve the Consent Agenda:

1. Approve Auditor Warrants.
- COUNTY BOARD MEMBERS
ISSUE FORUM

1. Commissioner Jacobson brought forth that he attended the AMC Legislative Conference along with an MRC meeting.
2. Commissioner Strandell brought forth that he attended an MPO meeting, Red Lake Watershed Watch Dog meeting and an Intergovernmental meeting.
3. Commissioner Willhite brought forth that he attended an Emergency Preparedness meeting with UMC personnel.
4. Commissioner Lee brought forth that she attended the AMC Legislative Conference, an Education Training meeting, an MCIT meeting and she also met with Abdo, Eick & Meyers Certified Public Accountants.
5. Commissioner Diedrich brought forth that he attended the Red Lake Watershed Watch Dog meeting.

SHERIFF

Jim Tadmán, Polk County Sheriff along with Deputy Kyle Olson came before the Board with matters pertaining to the Sheriff's Office:

1. Introduction of New Deputy "Buffy" & K9 Handler Deputy Kyle Olson

Buffy the new K9 dog was introduced to the Board by K9 Handler Deputy Kyle Olson. A twelve week training course will take place the end of March 2020.

PLANNING AND ZONING

Jacob Snyder, Environmental Specialist/Planning and Zoning Administration came before the Board with matters pertaining to Planning and Zoning:

1. Resolution (2020-28) 2018 Polk County Aquatic Invasive Species Plan

2018 Polk County Aquatic Invasive Species Plan
RESOLUTION (2020-28)

The following resolution (2020-28) was offered by Commissioner Lee:

WHEREAS, 2014 Session Law Chapter 308 enacted by the Legislature provides Minnesota counties a County Program Aid grant for Aquatic Invasive Species (AIS) prevention. The amount designated for each county is based on the number of watercraft trailer launches as well as the number of watercraft trailer parking spaces within each county. Polk County was allocated \$24,932 for 2014, \$55,405 for 2015, \$55,187.00 for 2016, \$65,563 for 2017, \$65,073 for 2018 and years following, and

WHEREAS, The legislation requires that Polk County must establish, by resolution or through adoption of a plan, guidelines for the use of the proceeds which are to prevent the introduction or limit the spread of AIS at water access sites within the County, and

WHEREAS, The county may appropriate the proceeds directly or may use any portion of the proceeds to provide funding for a joint powers board or cooperative agreement with another political subdivision, a soil and water conservation district in the county, a watershed district in the county, or a lake association located in the county. Any money appropriated by the county to a different entity or political subdivision must be used as required under this section, and

WHEREAS, The county must submit a copy of its guidelines for use of the proceeds to the Department of Natural Resources by December 31 of the year the payments are received, and

WHEREAS, The threat of the introduction and spread of AIS is acknowledged as a serious concern to the health of the environmental and economic health of Polk County, and

NOW THEREFORE BE IT RESOLVED, That the Polk County Board of Commissioners designates oversight of Polk County's AIS prevention efforts to the Polk County Environmental Services Department and delegates to them the responsibility to prepare, implement and report annually a plan to allocate the funding in accordance with the above legislation. Allocation of funding, grant requests and plan updates are to be approved by the Polk County AIS Taskforce. A copy of the approved AIS plan will be kept on file in the Polk County Environmental Services Department.

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

2. Resolution (2020-29) 2019 Polk County Aquatic Invasive Species Plan

2019 Polk County Aquatic Invasive Species Plan
RESOLUTION (2020-29)

The following resolution (2020-29) was offered by Commissioner

Strandell:

WHEREAS, 2014 Session Law Chapter 308 enacted by the Legislature provides Minnesota counties a County Program Aid grant for Aquatic Invasive Species (AIS) prevention. The amount designated for each county is based on the number of watercraft trailer launches as well as the number of watercraft trailer parking spaces within each county. Polk County was allocated \$24,932 for 2014, \$55,405 for 2015, \$55,187.00 for 2016, \$65,563 for 2017, \$65,073 for 2018 and \$65,042 for 2019, and

WHEREAS, The legislation requires that Polk County must establish, by resolution or through adoption of a plan, guidelines for the use of the proceeds which are to prevent the introduction or limit the spread of AIS at water access sites within the County, and

WHEREAS, The county may appropriate the proceeds directly or may use any portion of the proceeds to provide funding for a joint powers board or cooperative agreement with another political subdivision, a soil and water conservation district in the county, a watershed district in the county, or a lake association located in the county. Any money appropriated by the county to a different entity or political subdivision must be used as required under this section, and

WHEREAS, The county must submit a copy of its guidelines for use of the proceeds to the Department of Natural Resources by December 31 of the year the payments are received, and

WHEREAS, The threat of the introduction and spread of AIS is acknowledged as a serious concern to the health of the environmental and economic health of Polk County, and

NOW THEREFORE BE IT RESOLVED, That the Polk County Board of Commissioners designates oversight of Polk County's AIS prevention efforts to the Polk County Environmental Services Department and delegates to them the responsibility to prepare, implement and report annually a plan to allocate the funding in accordance with the above legislation. Allocation of funding, grant requests and plan updates are to be approved by the Polk County AIS Taskforce. A copy of the approved AIS plan will be kept on file in the Polk County Environmental Services Department.

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

3. 2020 Aquatic Invasive Species Prevention Plan for Polk County

The 2020 Aquatic Invasive Species Prevention Plan for Polk County was discussed and presented to the Board. A motion was made by Commissioner Strandell seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to approve the 2020 Aquatic Invasive Species Prevention Plan for Polk County as presented. (Plan on file in the Administrator's Office)

4. Buffer Update – Administrative Penalty Order Process

An update along with the Administrative Penalty Order (Polk County Buffer Program) was presented to the Board. (Administrative Penalty Order (Polk County Buffer Program) on file in the Administrator's Office)

HIGHWAY

Richard Sanders, Polk County Highway Engineer came before the Board with matters pertaining to his department:

1. 2020 Dumpster Quote – Tilberg Park

A motion was made by Commissioner Jacobson seconded by Commissioner Lee and adopted by unanimous vote of the Board to award the dumpster quote for Tilberg Park to Alternative Sanitation, LLC. Erskine, MN in the amount of \$25.00/month (garbage pickup/each time \$42.5625 includes tax and dumpster rental)

2. 2020 Sign Quote

A motion was made by Commissioner Strandell seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to award the quote to Newman Signs, Jamestown, ND in the amount of \$13,220.20.

ENVIRONMENTAL SERVICES

Jon Steiner, Environmental Services Director came before the Board with matters pertaining to his department:

1. Solid Waste Program Updates

Discussion was held with the Board regarding general updates on projects and permits for the Transfer Station, Landfill and Resource Recovery Facility. Handouts pertaining to the future Landfill expansion option was also presented to the Board. (Handouts on file in the Administrator's Office)

*PUBLIC HEALTH

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

1. COVID-19 Virus Update

An update was given to the Board regarding the COVID-19 Virus (Coronavirus). The Center for Disease Control and the Minnesota Department of Health websites were referenced during the discussion.

ADMINISTRATION

Chuck Whiting, Polk County Administrator came before the Board on behalf of Michelle Cote, Property Records Director matters pertaining to her department:

1. Resolution (2020-27) Federal Recreational Trail Program 2020 Equipment Grant Fertilizer-Beltrami Sandhill Snowcruisers Inc.

Federal Recreational Trail Program

2020 Equipment Grant Fertilizer-Beltrami Sandhill Snowcruisers Inc.
RESOLUTION (2020-27)

The following resolution (2020-

27) was offered by Commissioner Jacobson:

WHEREAS, Polk County supports the grant application made to the Minnesota Department of Natural Resources for the Federal Recreational Trail Program. The application is to purchase snowmobile grooming equipment for the Fertilizer-Beltrami Sandhill Snowcruisers Recreational Trail System. The trail system is located in Polk County, and

WHEREAS, Polk County recognizes the twenty-five (25) percent match requirement for the Federal Recreational Trail Program, and has been secured by The Fertilizer-Beltrami Sandhill Snowcruisers for the matching funds

NOW THEREFORE BE IT RESOLVED, If Polk County is awarded a grant by the Minnesota Department of Natural resources, Polk County agrees to accept the grant award, and may enter into an agreement with the State of Minnesota for the above referenced project. Polk County will comply with all applicable laws, environmental requirements and regulations as stated in the grant agreement, and

BE IT FURTHER RESOLVED, That the applicant has read the Conflict of Interest Policy contained in the Trail Program Grant Manual and certifies it will report any actual, potential, perceived, or organizational conflicts of interest upon discovery to the state related to the application or grant award.

BE IT FURTHER RESOLVED, The Polk County Board of Commissioners names the fiscal agent for the Fertilizer-Beltrami Sandhill Snowcruisers, Inc.

AUDITOR WARRANTS 02/04/2020

Vendor Name	Amount
Cardmember Service	3,052.57
Ironhide Equipment Inc.	28,782.00
Lenes Sand & Gravel Inc.	8,305.47
Marshall County Coop	2,940.00
Mn State Treasurer	18,399.00
Norman County Public Health	27,817.97
Pemberton Law PLLP	8,262.64
Polk County Public Health	57,936.03
23 Payments less than 2000	6,183.70
Final Total:	161,679.38

AUDITOR WARRANTS 02/04/2020

Vendor Name	Amount
Verizon Wireless	2,827.01
Final Total:	2,827.01

AUDITOR WARRANTS 02/04/2020

Vendor Name	Amount
Andover Township Treasurer	26,233.11
Angus Township Treasurer	22,085.57
Badger Township	21,917.06
Belgium Township Treasurer	17,515.55
Brandsvold Township Treasurer	30,555.35
Brandt Township Treasurer	15,570.65
Brislet Township Treasurer	17,105.72
Bygland Township	26,108.54
Chester Township Treasurer	12,374.78
Columbia Township Treasurer	45,072.34
Crookston Township Treasurer	40,855.65
Eden Township Treasurer	25,745.27
Esther Township Treasurer	18,711.12
Euclid Township Treasurer	28,791.53
Fairfax Township Treasurer	27,280.31
Fanny Township Treasurer	24,291.96
Farley Township Treasurer	14,403.95
Fisher Township Treasurer	24,094.52
Garden Township Treasurer	31,253.13
Garfield Township Treasurer	44,642.37
Gentilly Township Treasurer	29,421.31
Godfrey Township Treasurer	33,611.61
Grand Forks Township Treasurer	16,132.55
Grove Park Tilden Township Treasurer	35,909.83
Gully Township Treasurer	20,267.57
Hammond Township Treasurer	25,060.16
Helgeland Township Treasurer	14,392.63
Higdem Township Treasurer	17,183.65
Hill River Township Treasurer	26,057.07
Hubbard Township Treasurer	19,333.50
Huntsville Township Treasurer	43,224.22
Johnson Township Treasurer	16,116.28
Kertsonville Township Treas.	12,863.82
Keystone Township Treasurer	21,885.65
King Township Treasurer	26,009.25
Knute Township Treasurer	49,133.13
Lessor Township Treasurer	25,050.02
Liberty Township Treasurer	19,009.12
Lowell Township Treasurer	31,978.49
Nesbit Township Treasurer	17,425.02
Northland Township Treasurer	26,234.33
Onstad Township Treasurer	15,453.72
Parnell Township Treasurer	19,705.65
Queen Township Treasurer	25,114.11
Reis Township Treasurer	14,964.66
Rhinehart Township Treasurer	11,347.59
Roome Township Treasurer	28,517.43
Rosebud Township Treasurer	34,250.26
Russia Township Treasurer	19,212.83
Sandsville Township Treasurer	11,845.49
Scandia Township Treasurer	17,599.79
Sletten Township Treasurer	26,650.46
Sullivan Township Treasurer	27,319.31
Tabor Township Treasurer	22,246.45
Tynsid Township Treasurer	7,119.60
Vineland Township Treasurer	28,155.41
Winger Township Treasurer	28,047.21
Woodside Township Treasurer	49,471.34
Final Total:	1,427,929.00

AUDITOR WARRANTS 02/05/2020

Vendor Name	Amount
1 Payments less than 2000	500.00
Final Total:	500.00

AUDITOR WARRANTS 02/11/2020

Vendor Name	Amount
Agassiz Asphalt LLC	15,744.51
BELTRAMI COUNTY SOLID WASTE	3,564.84
Crookston Driftbusters	15,465.66
Great Plains Natural Gas Co.	11,102.36
Halstad Telephone Co.	9,543.70
Lenes Sand & Gravel Inc.	24,527.97
Lepier Oil Company Inc.	9,285.68
M & K Porta Potties	8,132.00
Mn State Treasury	7,613.00
Norman County Public Health	15,005.43
Northdale Oil Inc.	3,623.97
Northside Express	5,600.52
Ottertail Power Co.	22,003.16
Polk County Environmental Services	68,749.68
Polk County Public Health	67,425.22
Sather Law Office Ltd	5,080.80
University Of North Dakota	6,250.28
21 Payments less than 2000	7,875.06
Final Total:	306,593.84

AUDITOR WARRANTS 02/18/2020

Vendor Name	Amount
Altru Health System	2,653.00
Cardmember Service	11,703.23
Fosston Municipal Utilities	49,762.20
Fosston Municipal Utilities	2,693.52
Garden Valley Technologies	2,838.21
Great Plains Natural Gas Co.	2,973.23
Ottertail Power Co.	2,200.02
Powerplan OIB	5,610.00
Verizon Wireless	3,610.91
Wilkins Inc./Lyle	18,610.84
23 Payments less than 2000	12,832.66
Final Total:	115,487.82

AUDITOR WARRANTS 02/25/2020

Vendor Name	Amount
Cole Papers Inc.	3,281.61
Crookston Water Department	3,346.66
GreatAmerica Financial Services	9,825.32

for this project as:

Polk County
Michelle Cote, Polk County
Director of Property Records
612 N. Broadway-Suite 207
Crookston MN 56716

BE IT FURTHER RESOLVED, Polk County hereby assures the grooming equipment acquired through this grant will be maintained for no less than twenty (20) years as required by the Federal Recreational Trail Grant Program or until such time as appropriate disposition actions are approved by the Minnesota Department of Natural Resources.

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

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

2. Update on MCIT Solid Waste Facilities Property/Casualty Coverage

A handout was received at the recent February 20, 2020 AMC meeting in St. Paul, MN pertaining to Property Reinsurance Update for Waste to Energy Operations was presented with the Board. (Handout on file in the Administrator's Office)

AUDITOR WARRANTS

A motion was made by Commissioner Jacobson seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to approve the following Auditor Warrants for payment:

Kronos SaaShr Inc.	3,562.63
Lenes Sand & Gravel Inc.	8,506.08
Mn State Auditor	14,397.72
Polk County	59,272.50
Polk County Public Health	2,110.27
Wilkins Inc./Lyle	24,671.00
15 Payments less than 2000	7,947.57
Final Total:	136,921.36

MANUAL WARRANTS 02/03/2020

Vendor Name	Amount
FURTHER	5,233.40
Final Total:	5,233.40

MANUAL WARRANTS 02/07/2020

Vendor Name	Amount
Internal Revenue Service	162,710.14
Minnesota Revenue	27,840.10
Minnesota Revenue	332.65
Final Total:	190,882.89

MANUAL WARRANTS 02/10/2020

Vendor Name	Amount
FURTHER	3,506.07
Final Total:	3,506.07

MANUAL WARRANTS 02/18/2020

Vendor Name	Amount
FURTHER	4,165.71
Final Total:	4,165.71

MANUAL WARRANTS 02/20/2020

Vendor Name	Amount
Northwest Service Cooperative	260,878.00
Final Total:	260,878.00

MANUAL WARRANTS 02/20/2020

Vendor Name	Amount
Mn Dept. Of Revenue	1,158.00
Final Total:	1,158.00

MANUAL WARRANTS 02/20/2020

Vendor Name	Amount
Minnesota Revenue	3,971.00
Minnesota Revenue	1,026.00
Mn Dept Of Rev. Tax Division	61,510.52
Mn Dept of Revenue	79.00
Mn Dept of Revenue	252.00
Final Total:	66,838.52

MANUAL WARRANTS 02/21/2020

Vendor Name	Amount
U.S. Bank Corporate Payment Systems	52,329.41
Final Total:	52,329.41

MANUAL WARRANTS 02/21/2020

Vendor Name	Amount
Internal Revenue Service	164,663.50
Minnesota Revenue	28,150.53
Final Total:	192,814.03

MANUAL WARRANTS 02/21/2020

Vendor Name	Amount
Minnesota Revenue	242.94
Final Total:	242.94

MANUAL WARRANTS 02/24/2020

Vendor Name	Amount
FURTHER	12,114.01
Final Total:	12,114.01

With no further business the Board adjourned to reconvene at 9:30 a.m., March 17, 2020.

	Gary Willhite, Chair
	Charles S. Whiting, Polk County Administrator Clerk of the Board

School...

Continued from page 1

calling the school or emailing Kristi at kplante@win-e-mac.k12.mn.us. If you need to send a note of a doctor or dentist appointment you can still have it faxed to the school at 563-2902 or take a picture of it and email it directly to her.

Parent/Guardian responsibilities:

- Provide and allow for a quiet learning environment.
- Monitor the completion of the daily assignments.
- Ensure students are available during the distance learning day from 9:00 am to 3:00 pm.

- See the distance learning page on the school website win-e-mac.k12.mn.us (remove the www at the beginning). Your classroom teacher will have instructions, lesson plans, and links to music, art, and Physical Education plans.

How families can confront remote learning

Amid concerns of coronavirus clusters and efforts to stop the spread of COVID-19, and based on social distancing recommendations from medical professionals, schools across the country began to close their doors and adopt a remote learning model in March 2020. One of the largest communities affected was New York City, which closed schools across the five boroughs.

The New York City school system is vast, with 1,800 schools servicing more than one million students.

School administrators and educators quickly scrambled to find a workaround to meet children's educational needs. Remote learning has been a part of many school curriculums for some time.

While remote learning had predominantly been reserved for higher learning institutions, in the wake of the COVID-19 outbreak, it became a necessity for grades K through 12 as well.

Teachers have had to design curriculums and assignments virtually on the fly in an attempt to minimize disruptions that could adversely affect students.

Remote learning requires the cooperation of school staff and also parents and guardians.

- Patience is necessary, and parents and educators may need to completely transform their daily schedules. The following tips can be an asset as students continue to navigate remote learning.
- Record class sessions.

- Support students in their learning tasks; however, we are not asking you to teach the lesson.

- Communicate with teachers when you or your student need help using email or your current mode of communication.

- Contact Garden Valley if you do not have internet access at home. GVT is offering free access for Win-E-Mac students without WiFi services. (800) 448 - 8260.

The Win-E-Mac school and staff are here to support students and families of our district.

Take advantage of this next week to stay home and spend quality time together. We continue to be committed to provide quality education to our students and families during these difficult times

Teachers can consider recording or "going live" with class instruction so that students can view the video and still have access to their teachers. This helps parents who may be unfamiliar with explaining the curriculum.