



McINTOSH Times

Hub of the Thirteen Townships

Since 1888

McIntosh, Minnesota

\$1.00



The McIntosh Fire Department along with other Polk County Emergency Services are ready to help community members with emergency needs. Please remember to tell dispatch if you have flu-like symptoms when calling 911.

Emergency Services feeling the strain as they work to keep our communities safe

As our communities around the globe battle the spread of COVID-19, on the front lines of the fight are our emergency responders, the Polk County Sheriff's Department, McIntosh Fire & Rescue and the Winger Fire Department.

The most important piece of information to help our emergency services is when calling 911, should you or any family member have any symptoms of COVID-19 or any flu, it is imperative that you notify dispatch during the phone call.

As these officers and firefighters are always ready to assist their communities, we have to respect some changes to their operational procedures due to the now, global pandemic of coronavirus.

Every police officer is on the front lines of the battle against the coronavirus pandemic since our understanding of how the virus is transmitted is very limited. Rural officers often find themselves playing mul-

multiple roles in their undeserved communities, volunteering as firefighters and cross-training in EMS (Emergency Medical Services).

If a single deputy is forced into isolation by a COVID-19 exposure, it can be a catastrophic staffing shortage for a small department.

Sheriffs, police chiefs, and state and local leadership must advocate for immediate augmentation of resources for all agencies and officers. Every agency in the nation is facing tremendous strain. While urban agencies respond by adding shifts and moving officers from specialty assignments to patrol, rural agencies are already performing multiple roles due to lack of staff. The effects of fatigue and stress on law enforcement are thoroughly researched and proven.

Should the Fire Department's Emergency Medical Services arrive at a 911 medical call, they will enter the

house as a single person or a pair of trained personnel. The goal is to have as few people enter a setting to access a situation before the possible exposure of others happens.

Should the medical emergency be a possible flu situation, only those needed to keep the situation under control will enter, including ambulance services and law enforcement.

Having our emergency personnel available in our communities is an imperative part of our safety and well being. Keeping them safe from exposure to COVID-19 as well as other viruses or harmful situations is a responsibility for every member of our community for which they serve.

Remember that to continue to slow the spread of Coronavirus that social distancing, frequent hand washing, avoid touching your face, and disinfect frequently.

If you feel ill, please phone your doctor's office.

Essentia Health reduces staff and redirects resources

Essentia Health today announced plans to reduce non-medical staffing levels as we prepare for the expected surge of COVID-19 patients in the communities we serve.

These plans include re-deploying our workforce to best position Essentia Health to care for patients, while responding to the significant financial impacts caused by a reduction in services due to the pandemic. As a result, several hundred employees who are not involved in direct patient care have been placed on a special administrative leave. Staffing levels will continually be evaluated and adjusted as needs evolve.

To slow the spread of the virus and preserve valuable personal protective equipment, Essentia Health has postponed elective surgeries and procedures. We have closed some clinics and postponed routine appointments. Even with our new ability to convert clinic appointments to virtual video

visits, patient volumes have declined.

"Essentia Health is focused on keeping our staff and communities safe while addressing the challenges of this pandemic," said David C. Herman, MD, chief executive officer at Essentia. "We are collaborating with regional partners to share resources and ensure a coordinated response in anticipation of an expected COVID-19 surge. Predictive modeling is taking place both within Essentia Health and via our partners across the states we serve. This data-informed modeling will improve our preparedness."

Essentia Health has not been immune to the impact on our business operations as we comply with directives from state and federal health officials, which have led to a severe disruption in services. Like other health care organizations around the country, we are projecting a 20-40% decrease in revenue due to

pandemic-related declines in patient volumes.

About 500 of our 14,500 employees are being placed on special administrative leave. Essentia is providing support for affected staff members by maintaining health insurance for the near term. These employees can take vacation time or paid time off to lessen the financial impact, as well as unpaid leave. They also can apply for unemployment benefits, which have been expanded and extended by recent legislation. Essentia is offering access to employee-assistance programs like financial counseling, as well as other counseling resources.

"The decision to refocus our operations for the coming COVID-19 surge is difficult because we deeply appreciate the contributions of all our Essentia colleagues," Dr. Herman said. "We recognize and regret the hardship this uncertainty will have on our coworkers and their families."

Call for entries in the statewide author contest

Minnesota Author Project creates opportunities for self-published authors.

Lake Agassiz Regional Library is pleased to announce a call for entries in this year's statewide contest for independently-published Young Adult and Adult Fiction in Minnesota.

The winners will receive:

- \$1000 each in adult and young adult categories. Prizes sponsored by the Minnesota Library Foundation and BiblioLabs.
- Honors at an Indie Author Project celebration reception in 2021
- Inclusion in a full-page print spread in Library Journal, one of America's oldest and most renowned trade publications for library news

For indie-published authors, the contest is a great way to elevate their careers and business. Being recognized by libraries creates credibility and visibility in the growing marketplace of digital content and indie-published books. Sarah Hanley, 2019 winner in the Adult Fiction category, describes how "the contest has connected me with readers from across the state and nation, and has opened up amazing opportunities."

According to Publisher's Weekly, the number of self-published books increased by 40% in 2018, totaling more than 1.4 million titles. The Minnesota Author Project (combined with the MN Writes MN Reads suite of resources for writers to use to self-pub-

lish their work) allows libraries to encourage new work from this growing group.

Submissions will be accepted from April 1-May 31, 2020. Authors are invited to submit entries at indieauthorproject.libraryessshare.com/Minnesota and to check out the free self-publishing resources at mn-writesmnreads.org. Each book submitted to the contest must be an independently-published work of adult or young adult fiction, written by a Minnesota resident and available in either PDF or ePUB format. Multiple submissions are welcome.

The public encouraged to check out the indie Minnesota library. Download the BiblioBoard Library app or go to <https://library.biblioboard.com/module/indie-minnesota>.

Minnesota health officials confirm case of COVID-19 in Polk County

Polk County Public Health has been notified by the Minnesota Department of Health (MDH) of the first lab confirmed case of novel coronavirus, COVID-19 in Polk County. The patient in their 30's is at home in isolation and being monitored by MDH. It is believed that the patient was likely exposed to COVID-19 while travelling internationally – and was not the result of community transmission.

"On behalf of Polk County Public Health, I'd like to extend our best wishes to the patient for a speedy and full recovery. While our first confirmed case in Polk County is travel related, we know other cases have been discovered in neighboring counties and that there is community spread occurring in Minnesota. The virus is quite possibly circulating in our communities as well," said Sarah Reese, Polk County Public Health Director.

As of April 4th, Minnesota has had 865 lab confirmed cases of COVID-19, with approximately 25,423 tests completed. There have been 180 cases re-

quiring hospitalization and 24 deaths.

Polk County Emergency Management and Polk County Public Health continues to stress the importance of following Minnesota's Stay at Home order. As a reminder it means to avoid going out in public unless necessary, like to get groceries, medicine, or medical care – and to use social distancing when doing so.

As we all work together to slow the spread of this virus, Polk County Public Health urges everyone to continue following the preventative measures to protect yourself and others such as washing your hands often with soap and water for 20 seconds, avoiding close contact with people who are sick, covering your cough and sneezes, cleaning and disinfecting commonly touched surfaces and staying home if you are sick.

If you are experiencing symptoms that you suspect are related to COVID-19, please call your local healthcare system.

Polk County Public Health

is available to answer COVID-19 questions and connect Polk County residents to essential services by calling 218-281-3385, Monday to Friday, 8:00 a.m. – 4:30 p.m. and Saturday and Sunday from 10:00 a.m. – 2:00 p.m.

The Minnesota Department of Health has a COVID-19 Hotline available by calling 1-800-657-3903. The hotline is available 7 days a week from 7:00 a.m. – 7:00 p.m.

Visit the Centers for Disease Control and Prevention and Minnesota Department of Health websites for more COVID-19 information. Follow Polk County Public Health on Facebook (@pcphealth), Instagram (@polkcountypublichealth) and Twitter (@HealthPolk) for local information.

CDC website - Coronavirus Disease 2019 (COVID-19): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

MDH website - Coronavirus Disease 2019 (COVID-19): <https://www.health.state.mn.us/diseases/coronavirus/index.html>

Give a world of hearts and go hunting teddy bears

As our communities are forced to stay home from work and school during the COVID-19 pandemic, there are ways to still connect with your neighbors, friends and family.

Social media trends are hearts and teddy bears showing in windows across the globe.

The #aworldofhearts is a trend where homes and businesses are decorated with hearts of all sizes in all sorts of patterns on windows and doors to show that while we may be isolated from each other we can reach out and connect to show that we are all in this together.

Started in Bismark, ND with a Facebook page the trend has moved across America from small communities to large cities. People are putting hearts in their windows to show they care.

Another way to involve yourself in your community is by putting a teddy bear or some stuffed animal, maybe even a drawing of a teddy bear into a window in your home or business.

As kids and parents are out for a walk or a drive they can play the game of looking for the teddy bears sitting in the windows and it is a great distraction from the stressful situation that is reaching into every community across the globe.

These simple activities help to unify our communities and help kids and adults alike find



King Town Insurance in McIntosh displays a door full of hearts amidst their COVID-19 office closure sign, keeping the community together though we are apart.

a way to interact during this time of "social distancing"

It is an activity that allows families to spend time together making hearts or creating a display with a teddy bear or other animals.

In a time of great uncertainty it is a way to feel like you are connected to the world.

A message that we are all in this together even though we are apart.

Polk County Sheriff's Department to use body cameras

The Polk County Sheriff's Office, in compliance with Minnesota Statute 626.8473, announces that they will be incorporating body-cameras into its equipment inventory, for daily use by the Polk County Sheriff's Office sworn personnel.

A draft copy of the Portable Audio/Video Recorders policy is currently posted and for review on the Polk County website located at <https://www.co.polk.mn.us/221/Sheriffs-Office>.

The Polk County Sheriff's Office will accept public comments in writing on the Polk County website Form Center, located at <https://www.co.polk.mn.us/formcenter/Contact-Us-4/Sheriffs-Office-53> or by mail at:

Polk County Sheriff's Office
Body-camera project
600 Bruce Street

Crookston, MN 56716

If you wish to be heard in person, a public meeting will be held at the County Board chambers at the Polk County Government Center on 4/28/2020 at 9:00 AM. Due to the current Stay at Home Order by the Governor this might change.

Comments will be received and considered until April 28, 2020.

Grace Community Food Shelf's Covid-19 procedure update

Your Grace Community Food Shelf is working hard to adapt to the changing face of the Covid-19 pandemic! We started adapting our process with the March Food Shelf days and as we get ready for April shopping there are additional changes. Our goal is provide as safe an environment as possible for our patrons and our volunteers.

The Food Shelf will be open from 10:00 AM to 2:00 PM on Thursday April 9th and Thursday April 16th. Due to a change in our North Country Food Bank Truck arrival we WILL NOT have NAPS (Nutrition Assistance Program) for Seniors Boxes for distribution on April 9th. We WILL have NAPS boxes only on Thursday, April 16th, that will be the only day in April for NAPS boxes for those signed up.

A reminder that our service financial guidelines have changed and we now use a

weekly income guideline. So if your employment status has recently changed you may now be able to receive assistance. If you are new to the Food Shelf we have a streamlined qualification process in which one of our volunteers will get basic family information from you while you are in your car. They will set your form up for you with no pens or clipboards to handle.

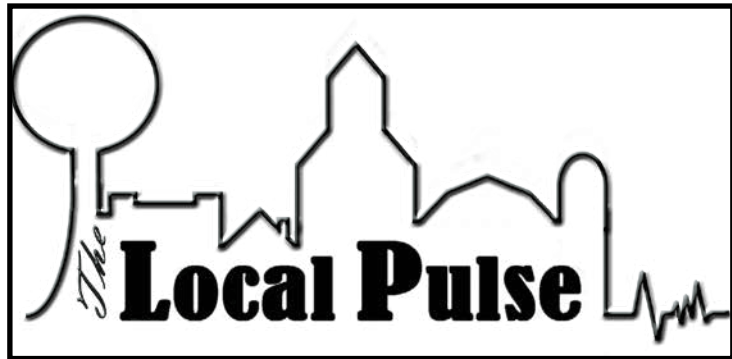
If you are visiting the Grace Community Food Shelf in April we ask that you please follow these procedures. When you arrive at the Food Shelf please REMAIN IN YOUR CAR. A volunteer staff member will come out to your car to check you in.

They will give you a shopping list of all the items available this month. Using the pencil provide and the instructions they give you select the items you would like from the list. When it's your turn the

volunteer will come back to the car and get your list (you keep the pencil for next month) and take it into the Food Shelf. Using your list our volunteers will select your groceries, pack them in bags, and process your order.

Once your order is processed a volunteer will bring your groceries out to your car. If your trunk is open they will put your groceries in the trunk. They will not put groceries in the passenger compartment of your car. You would need to take your own groceries from our cart and put them into the passenger area. You won't be asked to sign anything and you can be on your way back home.

If you have questions please call us at 218-687-2250 and leave a message, or email us at foodshelf@gracechurcherskine.org. You can also find out additional info by visiting us on Facebook at Grace Community Food Shelf.



We know small town businesses are struggling or closing their doors because big box stores and online shopping are taking over the consumer market. Price and convenience often undermine local consumer loyalty. Local economy is the backbone of community and it's fracturing in many rural areas. And while larger towns and cities may have the advantage when it comes to price and selection, we—in the rural areas—know there is no better marketing technique than good old fashioned word-of-mouth.

In McIntosh, Fosston and our surrounding areas, we have been drawn together in a thousand ways; at church, the gas pump, on the street or at a local business. Yet this way of life is perched on a precipice.

Social Security benefits will be paid on time and other updates

Andrew Saul, Commissioner of Social Security, reminds the public that Social Security and Supplemental Security Income (SSI) benefit payments will continue to be paid on time during the COVID-19 pandemic.

The agency also reminds everyone to be aware of scammers who try to take advantage of the pandemic to trick people into providing personal information or payment via retail gift cards, wire transfers, internet currency, or by mailing cash, to maintain Social Security benefit payments or receive economic impact payments from the Department of the Treasury.

"Social Security will pay monthly benefits on time and these payments will not be affected by the COVID-19 pandemic," Commissioner Saul

Our sense of community has been affected by the closing doors of businesses that were at the very heart of community connection. And now with "social distancing" new challenges for local businesses are arising as this isolation attempts to redefine community. But even as we spend time apart, there are ways to still be a good neighbor from a distance. After all, this is only a season and we know all about seasons. And we are resilient; you have to be when you live in Northern Minnesota!

We have hardworking visionaries in our very midst; some have been here for years, others are just starting. Their services may differ but their intent is the same: to make their lives here, to grow their

said, "I want our beneficiaries to be aware that scammers may try to trick you into thinking the pandemic is stopping or somehow changing your Social Security payments, but that is not true. Don't be fooled."

The Department of the Treasury will soon provide information about economic impact payments under the recently enacted law, the Coronavirus Aid, Relief, and Economic Security Act, or CARES Act. Treasury, not Social Security, will be making direct payments to eligible people. Please do not call Social Security about these payments as the agency does not have information to share.

The agency continues to direct the public to its online self-service options whenever possible.

Local offices are closed to

families here. To thrive here, not just survive. How can we become part of their visions? By spending our dollars in our local areas. By realizing the convenience we may be cashing in on outside of our local economy may actually be the gang of thieves stealing convenience from under our very noses.

If we don't breathe some life back into our local economy, and keep it here—our "convenience" may end up being miles away. And that wouldn't be convenient!

Sustaining a healthy local economy begins with awareness. Join us for a look at some small businesses you may not even know about in our area, some who have weathered the years, some who have just arrived and an occasional human interest story highlighting local activities. Let's keep the heartbeat of our rural, local economy and community strong!

-a.m.opdahl
*if you would like to have your local business highlighted in The Local Pulse or you have a human interest idea, please contact Alison at alison@marialharbor.com or call 218.563.2504

the public but are available by phone. People can find their local field office phone number by accessing the Field Office Locator.

To allow available agents to provide better phone coverage, the agency is temporarily changing the National 800 Number hours starting on Tuesday, March 31, 2020. The hours will change from 7:00 a.m. to 7:00 p.m. local time to 8:00 a.m. to 5:30 p.m. local time. The agency is experiencing longer than normal wait times on the 800 Number and asks the public to remain patient, use its online services at www.socialsecurity.gov, or call their local office.

Please visit the agency's COVID-19 web page at www.socialsecurity.gov/coronavirus/ for important information and updates.

Finding faith during Easter celebrations

For many Christians, modern Easter celebrations would not be complete without bonnets, bunnies and colored eggs. As fun as those components can be, Christianity is at the heart of Easter, which is the most important date on the Christian religious calendar. Easter Sunday marks the culmination of events that shaped the beliefs and teachings of an entire faith.

Easter marks the Resurrection of Jesus Christ, which Christians believe occurred within days of his crucifixion and burial.

The New Testament indicates that the Resurrection of Jesus is one of the chief tenets of the Christian faith and established Jesus as the Son of God. Easter is an example that God will righteously judge the world by sacrificing His son for the sins of others. And any person who chooses to follow Jesus receives everlasting life thanks to Christ's Resurrection



Easter is linked to the Jewish celebration of Passover due to its proximity on the calendar and the fact that Jesus was Jewish.

The Bible states that Jesus participated in the Passover meal during The Last Supper. At The Last Supper, Jesus identified the matzo (bread) and wine as his body and blood, soon to be sacrificed and shed. Christians believe

The Last Supper marked the first transubstantiation, or the turning of bread and wine into the actual substance of Christ's body and blood. This also was the first celebration of the Eucharist and Holy Mass

that would become another core component of the Christian faith.

Easter is a time of great celebration that is preceded by Lent, a weeklong period of reflection, prayer and repentance.

The days immediately prior to Easter are commonly referred to as Holy Week. This encompasses Palm Sunday and lasts through Holy Thursday (the day of The Last Supper), Good Friday (when Jesus was crucified and placed in the tomb), and Holy Saturday (the 40-hour-long vigil that the followers of Jesus Christ held after his death and burial).

On Easter Sunday, four women, including Mary Magdalene, went to Christ's tomb to anoint his body with spices and oils.

They found the tomb was empty and were met with an angel who told them that Jesus had been raised from the dead.

Help finding services for older adults during COVID-19

As Minnesotans are adjusting to changes due to the threats of COVID-19, access to services and other resources has become a more urgent need.

Older adults are among those at greatest risk for the coronavirus and many of the familiar services that help them stay independent in their homes may not be available or may offer different or more limited services.

The Minnesota Association of Area Agencies on Aging (m4a) and the Minnesota Board on Aging (MBA) are working together to ensure the needs of older Minnesotans and tribal elders are met and respond quickly to the increasing and changing needs caused by the pandemic. Through the administration of Older Americans Act and relat-

COVID-19 and the Arts Council

We are committed to the health and safety of our staff, the public, and the artists we serve. Thus, we have had to make changes to the way we do business.

Office Closing: The Northwest Minnesota Arts Council office is closed and our staff will work from home until further notice. If you need to come to our office you will need to make an appointment.

We are also available by phone or email. Please give us a call at 218-745-9111 and leave a message or email director@nwwartsCouncil.org. Please stay tuned for any changes or updates.

Routine Grant Activity; We have received some inquiries about grants that had activities during this time. We know that some granted activity will need to be suspended, rescheduled, or canceled. As we field questions and requests from those planning changes to their granted projects and programs, our commitment is to find solutions that will result in the least amount of hardship for all involved. We will be drafting an amendment to those grant reports.

For more information and a list of organizations and resources at this time, please visit our website.

A biblical account in John 20:14-16 indicates that Mary Magdalene was the first to speak with the risen Jesus. She mistakes Jesus for a gardener and says to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." Jesus said to her, "Mary!" She turned and said to him, "Rabboni!" In regard to his apostle, Simon Peter was the first to see the risen Christ.

Easter is a time of joy and celebration, and a great opportunity for Christians to immerse themselves in their faith

Polk County Road Closures

Public Access on the Red River Closed.

Please be advised that the public access points to the Red River through Polk County are closed due to the rise of the Red River.

With the increasing river levels, existing ice jams, and debris in the river, it is unsafe for public use at this time. Access will be re-opened when the river recedes to a safe level.

As the waters rise we expect some overland flooding and additional road closures. Please continue to watch the Polk County Website for updated information on the road closings.

LSS Meals Menu 687-2262

Tues. April 14: Ginger Citrus Chicken Breast, Brown Rice Pilaf, Oriental Vegetables, Blueberry Pear Crisp, Milk

Wed. April 15: Roast Turkey, Mashed Potatoes, Broccoli, Wheat Rolls, Swedish Coconut Cookies, Milk

ed funds, we are working closely with local community organizations to target funding to crucial services, such as home-delivered meals, grocery shopping and delivery services, virtual caregiver support and telephone reassurance for isolated older adults.

These organizations are on the front lines and continue to provide important services in this challenging environment.

The Senior LinkAge Line® (1-800-333-2433) continues to be the best source of unbiased and accurate information for older adults and caregivers. To supplement that service, we are announcing today a new online resource finder tool with current information on services specific to older adults, tribal elders and caregivers during the COVID-19 pandemic.

This finder tool is located at HelpOlderAdultsMN.org and is a searchable listing of services

from across the state, including Indian County.

Users can access the information through categories of services, such as home-delivered meals, grocery and drug deliveries, care coordination and home care. Search capabilities make it easy to find services relatively close to home.

Currently the listing includes services provided under the Older Americans Act and other readily accessed information. We will continue to add and update resources on a daily basis to make it as complete and up to date as possible.

Thank You!

A thank you to everyone who showed kindness and gave of themselves to Dave when he was in the hospital and then in the nursing home. Thank you to those who brought food and their visits to the house which helped to ease the busyness following Dave's passing. Words are never enough to express all we would like to all who expressed sympathy and had words of kindness. The family of David Salvhus

Essentia Health restricts clinic visitors

Beginning Wednesday, April 1, patients visiting any Essentia Health clinic are asked to attend their appointments alone.

Limited exceptions include one additional person being allowed to accompany children, obstetric patients and adult patients that require assistance.

Anyone accompanying a patient to a clinic appointment is required to be healthy and at least 18 years old.

This follows recent restrictions placed on visitors at our hospitals.

These steps are geared toward slowing the spread of COVID-19 and protecting our patients, staff and the communities we serve.

Legal Notice

Dated: April 8, 2020
To: Anthony Beltoya
38677 U.S. Hwy 59 SE
McIntosh, MN 56556

This letter is to notify you on April 8, 2020 that disconnection of Electric service provided by Wild Rice Electric of Mahanomen, MN at 38677 U.S. Hwy 59 SE McIntosh, MN 56556 will occur in 30 days. After those 30 days you may establish service with Wild Rice Electric in your own name if you wish.

Signature: *Anthony Beltoya*
Elizabeth Beltoya
6715 27th Ave
Kenosha, WI 53143 M3-4C

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 12: 9:30 a.m. No Sunday School and Adult Bible Study; Worship Service on Facebook: gosenchurch and gosenchurch.com

Tues., April 14: 10:00 a.m. Sunday worship service telecast on GVTv-30; 1:30 p.m. No Bible Study at The Pioneer Memorial Care Center

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.

Ness Cafe

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Pestle & Vessel by Alison Opdahl

Intent

Well, homeschooling is an ongoing adventure into the morass of parenthood; taking parenting to a whole new level. Currently, I have been teaching Dinah to read. I had never actually thought about what it would be like to train someone else to read. Two words: it's hard. My sister—who has been a professional in the field for around 15 years—said it is the most unnatural skill to teach someone. Great. Two firstborns: myself and my daughter, one whose intent is to teach something unnatural and another whose aim is to do it her own way.

And for some reason, when I try to get my Mom's sympathy in situations like this—it makes her smile!!

I have written about the attitude of prayer before, yet I felt compelled to revisit it. I have been asking myself: "What is the intent or aim of prayer? What should it be?" My conclusion has simply come to this: prayer needs to be about changing me. There is no need to ask Yah to be compassionate because He is compassion. This is, in fact, the very first way He describes Himself to man as revealed to Moses. There is no need to ask Jehovah Jireh to provide because He is provider.

I do not need to ask Him to lead, direct, grant wisdom

or healing because He is the source of all these abilities. Again, prayer needs to change me.

I need a different lens and a shift in my paradigm because I am still prone to pray in the way I have for over 40 years. Asking the Creator of the universe to act in a situation when in fact, He never stops acting. So what is the intent of prayer? What is the aim of prayer? Some might answer to intercede, to bring us into relationship with our Lord and to grow our faith. But if—at the heart of it—we do not exercise the right attitude, prayer is only lip service.

Let me share an example of a prayer I have prayed many times: "Lord, please be with the Danielson family as they navigate this time of loss. Surround them with Your peace, comfort and rest and give them strength." On the surface, it is a considerate and very typical prayer. But let's excavate it. "Please be with the Danielson family..." Does God park Himself somewhere waiting for a human to wave Him over? Or is He omnipresent? Does He need to be reminded to bring peace and comfort? Or is He the source? Does He need to be requisitioned to dole out strength? Or is He unbreakable? Even in perceived human weakness, He conquered death! The foundation of this

prayer is weak from the outset. Because it rests on the unspoken premise that God does not act unless asked.

Now some of you might be thinking of verses in Matthew of Luke which encourage: "ask and it will be given to you." But if we are praying like the one I shared above, we are still missing the point. We are asking with the wrong aim: a corrupted intent. Because, let's face it: most prayer is prayed with the desire to maintain control of a situation. I propose prayer is one of the most unnatural parts of relationship with Yah because it goes against our human inclination to control a situation. You see, creation doesn't come to a screeching halt waiting for us to "ask" God to act. He breathed stars into existence! He set creation in motion! It continues all around us and because we are made in His image we are invited to step into relationship with Him.

Let's revisit my prayer example with a new lens. "Lord, I lift the Danielson family up to You: the source of peace, comfort and rest. I ask that they would press into You and seek Your strength and presence in this time of loss." Prayer is about changing the human condition. It is about aligning with our sovereign God and reminding us—not Him—of who He is.

Opposition to recreational use of marijuana in MN

Editor's Note: The following position paper opposing the legalization of recreational marijuana was written by Dakota County Attorney James C. Backstrom and Dakota County Sheriff Tim Leslie.

Polk County Sheriff James Tadman, Polk County Attorney Greg Widseth, Polk County Public Health Director Sarah Reese, Crookston Police Chief Paul Biermaier, and East Grand Forks Police Chief Michael Hedlund also oppose the legalization of recreational marijuana as do the Pine to Prairie Drug Task Force, the Minnesota Sheriffs Association, the Chiefs of Police Association, the Minnesota Police and Peace Officers Association and the Minnesota County Attorneys Association.

By James C. Backstrom and Tim Leslie

Legalizing the recreational use of marijuana would not be good for Minnesota.

Restricting marijuana use to just those ages 21 or older will not keep underage youth safe. In fact, one in four 12th-graders report that they would try marijuana, or that their use would increase, if the drug were legalized.

Chemical addiction and illegal drug use are the largest contributor to crime. The proponents of legalization don't want to acknowledge that marijuana is an addictive substance.

Unfortunately, most people in America are unaware of this, but it is a fact that cannot be ignored. The marijuana available today is much more potent (and consequently more addictive) than the marijuana smoked in the 1960s.

Marijuana can directly worsen symptoms of anxiety, depression, and schizophrenia. A recent marijuana study has also linked its use to higher risk of stroke and heart failure.

Marijuana is a gateway drug for many to the use of other illegal drugs... methamphetamine, heroin and cocaine. Studies have confirmed that the use of marijuana lowers inhibitions about drug use and exposes users to a culture that encourages the use of other il-

legal drugs.

While some initial studies in the scientific literature concluded that marijuana legalization reduces opioid use, subsequent studies have exposed flaws in those prior studies debunking these findings. These more recent reports in fact show the opposite trend... that recreational marijuana will increase opioid abuse.

America's prisons are NOT filled with low-level, nonviolent marijuana users. Pro-marijuana advocates have spread this misinformation, but that is a fallacy. The actual statistics are:

- Less than half of one percent of individuals in Minnesota prisons are there for a marijuana offense – and 70 percent of those individuals had prior felony convictions.

The reality is that you don't go to prison for a marijuana offense unless you are in possession of or dealing large quantities of this controlled substance.

Many prosecutors regularly refer non-violent drug offenders to drug courts and diversion programs for low-level drugs, allowing them to obtain dismissals of their criminal charge if they complete treatment, attend counseling and stay sober. These types of common-sense efforts are designed to keep drug offenders out of jail and prison and help address their drug addictions, which are destroying their lives and adversely impacting public safety.

Lowering the criminal penalties for marijuana use is a completely different topic from legalization of this substance. The Minnesota Legislature reduced criminal penalties for low-level drug offenders, including marijuana users, four years ago.

Legalization would not reduce the burden of the criminal justice system, nor would it curb drug-related violence.

It is a complete fallacy to believe that legalizing marijuana will eliminate black market sales of this controlled substance by drug dealers and cartels. Black market activity has increased, not decreased,

in states where recreational use of marijuana is legal. Black market sales of marijuana in Colorado have never been higher. Highway seizures of illegal marijuana in that state have increased by 39 percent since recreational marijuana was legalized.

One of the most serious and fastest growing crime problems in states that have legalized marijuana use is vehicle crashes. Since recreational marijuana was legalized in Colorado in 2013, marijuana-related traffic deaths have increased 151 percent — an increase of 83 traffic deaths every year. And the number of persons seriously injured in marijuana-related crashes far exceeds that number.

In the state of Washington, drivers involved in fatal car crashes who tested positive for marijuana doubled in the five-year period after legalization. One in five drivers involved in fatal car crashes in 2017 tested positive for marijuana. Recent research study shows that frequent marijuana users are dangerous drivers even when sober. Legalization of marijuana in Minnesota will result in more traffic deaths and injuries than occur from impaired driving today.

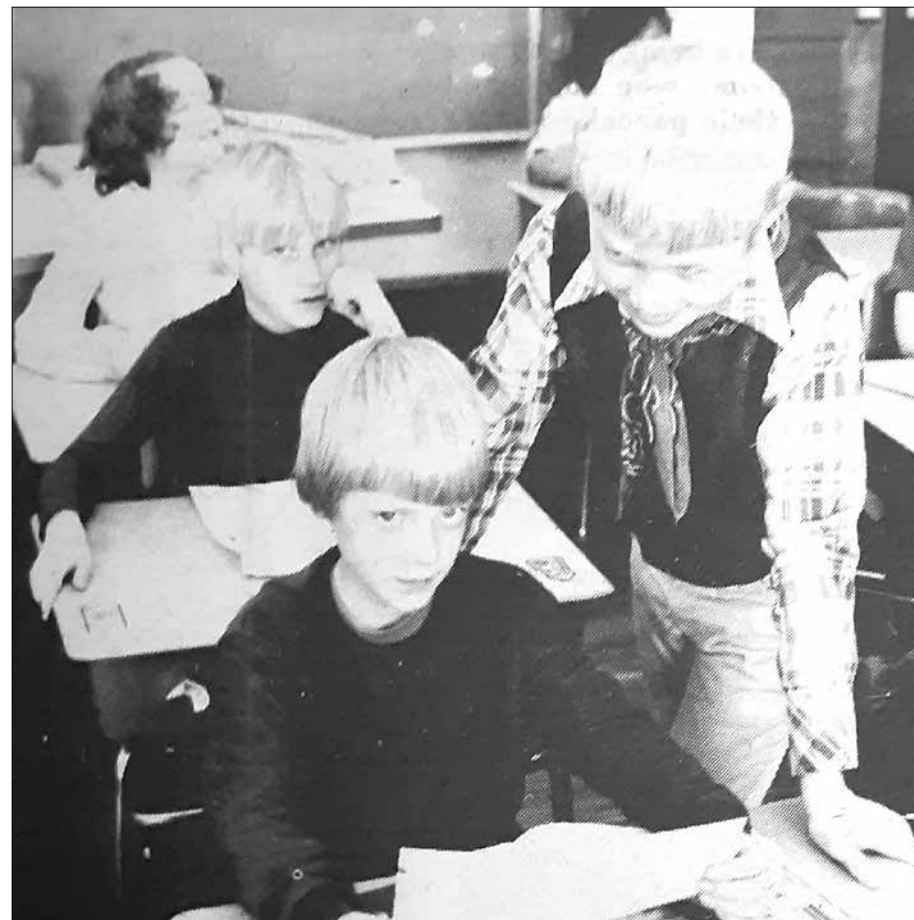
Commercializing marijuana increases public health and public safety costs beyond any economic tax benefits projected to be gained from legalization of the substance. The negative social and health costs of marijuana use far outweigh any anticipated tax revenues from commercialization. For every dollar gained in tax revenue from legalized sales of marijuana in Colorado, it is estimated that over \$4.50 was spent to mitigate the social costs of legalization.

Legalizing marijuana in Minnesota would likely increase its use among teens, lead to more addiction, cause more traffic deaths and injuries, lead to more mental health problems, and increase the use of other illegal drugs.

We should not be legalizing this dangerous and addictive substance and encouraging more people to use it.



50 years ago...1970: In the state music festival these young folks are proud of the trophy they won in the District music contest. These choir officers represent the boys and girls glee club which groups won the trophy. Left to right are director Richard McGraw, Jim Benson, Sharon Keicker, President and Vice President John Berg.



40 years ago...1980: Matthew Hulst's pen pal letter from a 3rd grade student in a wheel chair is being observed by Chad Carlson, in the 3rd grade room in McIntosh.



30 years ago...1990: Win-E-Mac Junior High students participating in the vocal and instrumental district and state/regional ensemble contest were: (back, l-r) Tiffany Haaven, Jim Langemo, Ricky Busch, Shane Voxland, Lori Lucken; (second row) Tina Haaven, Solveig Borud, Chris Hammer, Shawn Burkman, Heather Noyes; (first row) Crystal Larson, Lana Hartel, Anita Skeie, Heather Benbo and Amber Vaughn; (front row) Rachel Olson, Jessica Pearce, Wendy Vig, and Polly Berg.



20 years ago...2000: In recognition of the "Read Across America" project, volunteers from around the Win-E-Mac area brought favorite stories to read to elementary classes. The first round of volunteers were (back) Marjetta Hadler, Denise Stark, Roxanne Stordahl; (front) Connie and Stuart Benson, Terry Cook and Sandra Busch.



10 years ago...2010: The Win-E-Mac sixth grade class graduated from the D.A.R.E. program Monday. Upper left: Sheriff Mark LeTexier; upper right: Sgt. Phil Jore.

POLK COUNTY COMMISSIONERS MINUTES

MARCH 17, 2020
BOARD MINUTES

Pursuant to motion of adjournment the Polk County Board of Commissioners met in regular session at 9:30 o'clock a.m., March 17, 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: Michelle Cote, Deputy Clerk of the Board.

REVISED AGENDA

A motion was made by Commissioner Lee seconded by Commissioner Jacobson and adopted by unanimous vote of the Board to approve the revised agenda adding No. 5 under the consent agenda and removing MNDOT for March 17, 2020.

REVISED CONSENT AGENDA

A motion was made by Commissioner Strandell seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to approve the consent agenda for March 17, 2020:

1. Approve Commissioner Warrants: General Revenue Fund, \$150,277.93; Public Works Fund, \$82,964.09; Public Safety Fund, \$30,526.80; Public Health Fund, \$21,523.77; Forfeited Tax Sale Fund, \$100.00; CAP Grant Project, \$1,376.00; Environmental Services Fund, \$13,339.04; Resource Recovery Fund, \$116,454.10; Land-fill Fund, \$31,284.10; Per Diems, \$1,650.00; Meal Reimbursements (without overnight lodging), \$224.60 and Sign Audit List.
2. Approve the February 4, February 18, February 25 and March 3, 2020 Board minutes.
3. Approve payment to Card Member Services, St. Louis, MO in the amount of \$14,622.89 for credit card purchases.
4. Approve payment to Hewlett Packard, Inc., Boston, MA in the amount of \$5,271.82 for docking stations, monitors and laptops for the MIS Department.
5. *Approve payment to US Bank, St. Louis MO in the amount of \$140,687.38 for procurement card purchases.

COUNTY BOARD MEMBER IS-SUE FORUM

1. Commissioner Jacobson brought forth that he attended a Maple Lake Improvement Association meeting regarding large boat canopy covers. He also participated in a subcommittee meeting for Northwestern Mental Health Center focused on outreach and promotion. In addition he participated in the Land of the Dancing Sky Agency on Aging meeting where the focus was getting food to seniors during the COVID 19 crisis.
2. Commissioner Strandell brought forth that he participated in a meeting with East Grand Forks officials regarding the closing of City buildings to the public. He also participated in the Tri-County Community Corrections meeting. In addition he attended the Northwest Regional Development Commission and Radio Board meeting.
3. Commissioner Willhite brought forth that he participated in the Tri-Valley Opportunity Council meeting.
4. Commissioner Lee brought forth that she participated in a Solid Waste Advisory Board meeting.
5. Commissioner Diedrich brought forth that he participated in a Tri-Valley Opportunity Council meeting where the financial audit was the focus. In addition he attended a MCIT meeting where the COVID 19 virus was the focus.
6. The Polk County Township Association meeting scheduled for March 24, 2020 has been cancelled.

COUNTY ATTORNEY

Greg Widseth came before the Board with matters pertaining to his department:

1. Closed Session – Pursuant to Minnesota Statutes 13D.05, Subd. 3(b) And The Attorney Client Privilege, To Discuss Proposed Settlement Of Town Square General L.L.C. Tax Appeal

A motion was made by Commissioner Strandell seconded by Commissioner Lee and adopted by unanimous vote of the Board to move into closed session at 10:02 a.m.

2. Action To Move Back Into Open Session To Address Settlement Proposal Of Town Square General L.L.C. Tax Appeal

A motion was made by Commissioner Jacobson seconded by Commissioner Strandell and adopted by unanimous vote of the Board to reconvene into regular session at 10:08 a.m. A motion was made by Commissioner Strandell seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to accept the stipulation as presented and authorize the County Attorney to sign said stipulation.

3. Regulation of Large Boat Canopy Covers

Discussion along with a handout pertaining to large boat canopy covers on public waters within Polk County was presented to the Board. (Handout on file in the Administrator's Office)

SOCIAL SERVICES

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

1. Two Child Support Officer Positions Replacement Request

A motion was made by Commissioner Strandell seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to approve refilling two (2) Child Support Officer positions and any internal subsequent position vacancies occurring as a result of this action.

2. Eligibility Worker Position Replacement Request

A motion was made by Commissioner Jacobson seconded by

Commissioner Lee and adopted by unanimous vote of the Board to approve refilling an Eligibility Worker position working with Adult Services and any internal subsequent position vacancies occurring as a result of this action.

3. Eligibility Worker Position Replacement Request

A motion was made by Commissioner Diedrich seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve refilling an Eligibility Worker position working with the METS Program and any internal subsequent position vacancies occurring as a result of this action.

ADMINISTRATION

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

1. Employer Support of the Guard and Reserve Day

Discussion along with a handout/agenda pertaining to The Army National Guard's 2/136 Combined Arms Battalion and ESCR Employer Day have invited employers to an employer-focused event at Camp Ripley, MN. This Employer Day will entail seeing and hearing what your Minnesota Army National Guard Service members do, view some of their equipment and observe a portion of their training along with other activities. This daylong activity would mean flying from Crookston Airport to Camp Ripley and back by helicopter that day. (Handout on file in the Administrator's Office)

** This event has been postponed.

2. Follow Up Review Of Enterprise Software Proposals

Discussion along with a handout pertaining to the updates on the Munis Software Options from Tyler Technologies was presented to the Board. Geniene Scherer from Abdo, Eick & Meyer attended the Board meeting via web portal to review the changes made since the last Board discussion on these options. (Handout on file in the Administrator's Office)

HIGHWAY

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

Bridge No.	New Bridge No.	Road No.	Estimated Proj. Cost	Federal	Local	Bridge Funds	Proposed Const. Yr.
7041	60567	CSAH 1	800,000		400,000	400,000	2020
7042	60568	CSAH 1	800,000		400,000	400,000	2020
5767	60565	CSAH 1	4,000,000		500,000	3,500,000	2020
LT10	60L49	Brandsvold	150,000		10,000	140,000	2020
60504		CSAH 9	600,000		300,000	300,000	2021
L7510		Euclid	65,000		5,000	60,000	2021
L5792		Kertsonville	75,000		5,000	70,000	2021
L7624		Lessor	75,000		5,000	70,000	2021
L5788		Chester	400,000		20,000	380,000	2021
L7522		Scandia	400,000		20,000	380,000	2021

WHEREAS, Local roads play an essential role in the overall state transportation network and local bridges are the critical component of the local road systems, and

WHEREAS, The State's support for the replacement or rehabilitation of local bridges continues to be crucial to maintaining the integrity of the local road systems and is necessary for the county and townships to proceed with the replacement or rehabilitation of the high priority deficient bridges described above; and

WHEREAS, Polk County intends to proceed with replacement or rehabilitation of these bridges as soon as possible when Funds are available.

FURTHERMORE, Polk County does hereby request authorization to replace, rehabilitate, or remove such bridges; and

FURTHERMORE, Polk County does hereby request financial assistance with eligible approach grading and engineering costs on township bridges, as provided by law.

NOW THEREFORE BE IT RESOLVED, That Polk County commits that it will proceed with the design and contract documents for these bridges immediately after being notified that funds are available in order to permit construction to take place

COMMISSIONER WARRANTS DATED 03/20/2020

APPROVED 03/17/2020

Vendor Name

Acuity Specialty Products Inc	Amount
Altru Health System	3,345.19
Ameripride Linen & Apparel Service	2,360.00
Architectural Resources Inc.	2,046.33
Beltrami Industrial Services	5,198.75
Brad's Electric	67,405.38
Cardinal Health	2,120.18
Carlson Inc/Re	2,013.53
Church & Dwight Co Inc.	2,040.00
Code 4 Services	9,317.64
Crookston Fuel Company	10,555.63
D & T Ventures, LLC	3,818.40
Domson BG Service	3,175.00
DS Solutions Inc.	2,962.00
Fosston Municipal Utilities	2,132.00
Hennen Equipment Inc.	2,446.55
HP INC	3,734.32
Intradyn	57,710.47
Lean Packaging	5,100.00
Lenes Sand & Gravel Inc.	3,879.56
MCCC BIN#135033	5,500.00
Morris Electronics Inc.	9,840.00
Northern Propane	2,986.20
Polk County Administrator	11,624.99
Polk County Highway Department	3,048.46
SeaChange Printing & Marketing	12,794.81
TheraCom LLC	3,333.81
U S Water Services	6,530.30
US Bank Voyager Fleet Sys	6,107.51
Vanguard Appraisals Inc.	5,005.31
Wenck Associates Inc.	20,546.00
Widseth Smith Nolting & Assoc.	20,977.60
Winter Truck Line Inc.	36,889.94
Ziegler Inc.	2,073.50
Ziegler Inc.	3,614.65
243 Payments less than 2000	4,927.55
Final Total:	100,684.55
	447,845.83

With no further business the Board adjourned to reconvene at 8:00 o'clock a.m., March 24, 2020.

Gary Willhite, Chair
ATTEST:

Charles S. Whiting, County Administrator
Clerk of the Board

1. Sweeper Quotes

A motion was made by Commissioner Diedrich seconded by Commissioner Jacobson and adopted by unanimous vote of the Board to contract with Total Lawn Care, Crookston, MN in the amount of \$92.00 per hour for street sweeping services in small cities for 2020.

2. Resolution (2020-30) CSAH 2 From TH 92 To Polk Pennington County Line – 60 MPH

CSAH 2 From TH 92 to Polk Pennington County Line
60 MPH
RESOLUTION (2020-30)

The following resolution (2020-30) was offered by Commissioner Strandell:

WHEREAS, County State Aid 2 from TH 92 to Polk Pennington County Line has a speed limit of 55 mph as per MN Statute 169.14,

WHEREAS, State Statutes and the Minnesota Department of Transportation regulation govern speed zoning on local roads.

WHEREAS, Polk County believes the speed limits on County State Aid Highway 2 should be increased to 60 mph outside the city limits of Gully from TH 92 to Polk Pennington County Line.

NOW THEREFORE BE IT RESOLVED, By the Board of County Commissioners of Polk County that the Minnesota Department of Transportation restudy the posted limits on CSAH 2.

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

3. Resolution (2020-31) Bridge Replacement Priority List
Bridge Replacement Priority List
RESOLUTION (2020-31)

The following resolution (2020-31) was offered by Commissioner Lee:

WHEREAS, Polk County has reviewed the pertinent data on bridges requiring replacement, rehabilitation, or removal, supplied by local citizenry and local units of government; and WHEREAS, Polk County has identified those bridges that are high priority and that require replacement, rehabilitation, or removal within the next five years;

WHEREAS, Polk County has determined that the following deficient bridges on the County State Aid Highway, County Road and Township systems are a high priority and require replacement or rehabilitation and

within one year of notification.

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

PUBLIC HEALTH

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

1. COVID 19 Status Report

An update was given to the Board regarding the COVID 19 virus. A motion was made by Commissioner Strandell seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to allow the County Administrator latitude to concur with the Chairman of the County Board in the decisions regarding the safety and welfare of the County employees during the COVID 19 event.

**MNDOT - CANCELLED COMMISSIONER WARRANTS

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

Reed Perkins announces candidacy for Senate District 1

(East Grand Forks, MN) Reed Perkins, a Minnesota born and raised father, science teacher, and proud air force husband, is proud to announce their candidacy for state senate by running in Senate District 1 in the 2020 election.

"The three planks of my platform are simple." Reed said, "We need to start treating healthcare as a human right for all people, that means both accessible and affordable here in rural counties.

"Childcare availability must be expanded because families should feel more freedom to start families here. And our Ag policy needs an overhaul because current policy has tilted the playing field towards big business against our family farmers; the current level of market consolidation is both unfair and unhealthy to both our farmers and our small towns."

Reed has worked as a park



Reed Perkins

ranger with the National Park Service, a camp counselor with the Audubon Society, a public school teacher, and a leader of a homeschool coalition on an Air Force Base. His wife is a Major and he has participated in several Military Spouse groups. The variety of environments he's done education and built communities in has him excited to help his home state

Social distancing & Grief: 5 tips for good self-care

By Janel Ruby, LBSW

Does it feel like overnight the world as you know it has changed? If it does, you aren't alone. Trying to balance the recommended guidelines for social distancing while grieving can be daunting.

Does your daily life look different right now? Yes. Will this go on indefinitely? No.

Taking good care of yourself becomes even more important during times of stress and grief. Self-care includes tending to your own physical, emotional and social well-being. The basics of self-care haven't changed even with current events, but it can feel overwhelming to concentrate on yourself when you are grieving and facing uncontrollable circumstances.

It's possible to find ways to practice good self-care even in times of turmoil. Take one step at a time and know that a few small changes can make a lasting impact on your overall health and help you on your path to healing.

So, what can we do to help ourselves right now?

1. Get Plenty of Rest

People can feel more tired than normal following the death of a loved one. Grieving is a lot of work and you may require more rest at this time. The benefits of 7-9 hours of sleep at night include reducing stress and inflammation, feeling more alert and improving memory. Getting a good night's rest can also help increase helpful chemicals in your body, like serotonin, that can help prevent depression.

Napping during the day is an effective, refreshing alternative to caffeine that is both good for your overall health and can increase your productivity. Sleep helps the body by repairing damage caused by stress, ultraviolet rays and other harmful exposure.

2. Take Care of Your Physical Health

Be active by participating in your favorite physical activity. There are many options



you can do at home. Some include online guided activities, such as yoga, dance and other workouts with limited equipment. Enjoy the outdoors through going for a walk, yardwork and more. Did you know that a regular brisk walk can help you maintain a healthy weight, strengthen your bones and muscles and improve your mood? The faster, farther and more frequently you walk, the greater the benefits.

3. Take Care of Your Nutritional Health

Many grieving individuals will experience an increase or decrease in their appetite, which will often resolve on its own after a period. There are five key messages in healthy food choices:

- Make at least half your grains whole
 - Vary your veggies
 - Focus on fruit
 - Get your calcium-rich foods
 - Eat lean proteins
- Try to cook regular meals that can be divided into smaller quantities and stored in the freezer for later.

4. Take Care of Your Emotional Health

We honor our grief feelings when we give attention to them. You have the right to experience your own unique grief; your grief is your grief. Claim it as your own and be honest with your emotions by allowing yourself to express how you are feeling—sadness, anger, guilt, relief.

Becoming familiar with the terrain of these emotions and establishing self-care guide-

again.

"I'm thrilled for the opportunity to give back to my home state," Reed continued, "This is a state that gave me so much and to have the chance to run for office as I raise my family where I grew up is a dream come true. I've spent the last several years helping other military spouses navigate government systems to have their needs met and I'm ready to put those skills to work for those of us living in this corner of our state."

Reed Perkins lives in East Grand Forks where he and his wife raise two daughters. He says he's ready to make certain everyone in rural Minnesota is given a seat at the table where their voices can be heard.

To learn more about Reed Perkins and his campaign, you can visit his website www.PerkinsForMN1.com or find him on facebook at "Perkins for MN1".

lines can and will help you authentically mourn and heal in small ways over time. Some techniques that can help with this include journaling, meditation, daily affirmations, creating a list of things you are grateful for and exploring creativity.

Creative expression can help us to see the world in a new way. Expressing ourselves creatively can include writing, painting, sewing, woodworking, knitting, crafts, photography ... the list is endless. Getting lost in the flow of creativity can lead to a greater appreciation of the beauty of life that surrounds us.

5. Connect with Others

It's important to look at all the supports in our lives and to be open to support systems we may not have previously considered. There are still ways to connect even with the current social distancing guidelines. There may be times when we can't physically be together, but we can still connect in other ways, including phone calls, texts and letter writing. There are many ways to take care of your social well-being through technology, such as FaceTime, Zoom, Skype, among others.

Set a schedule to "check-in" with your loved ones on a weekly basis. Take advantage of this unique time to nurture the relationships in your life. You may be surprised on how this time away from others can create a space for more gratitude and reflection in your life.

Keep in mind what Arthur Ashe once said, "Start where you are. Use what you have. Do what you can."

If you are having difficulty coping with your grief, we can help. Hospice of the Red River Valley grief specialists are ready to help you through this painful time. You don't have to grieve alone. Call (800) 237-4629 and ask to speak to someone in the grief support department.

Janel Ruby is a grief specialist with Hospice of the Red River Valley.

Rural Finance Authority funding to allow COVID-19 response

Gov. Tim Walz signs \$330 million COVID-19 relief bill with RFA provision.

Assistance from the Minnesota Department of Agriculture's (MDA) Rural Finance Authority (RFA) will be available to help farmers whose operations are affected by the COVID-19 pandemic.

A \$330 million Minnesota COVID-19 relief bill Governor Tim Walz signed into law Saturday contains provisions expanding the use of funding for the RFA that was approved earlier this spring, opening up the Disaster Recovery Loan

Program for loss of revenue due to human contagious disease.

"It's important that we make sure farmers whose businesses are affected by the COVID-19 outbreak have resources to help them get through this difficult period," Commissioner Thom Petersen said. "We're thankful the Legislature authorized these changes to give the RFA greater flexibility in allocating these funds."

In addition, the Legislature expanded the animal diseases covered by the Disaster Recovery Loan Program and opened

it up more broadly to hazards, rather than naming them specifically.

Gov. Walz recently signed a bill into law allocating \$50 million to the RFA, replenishing the funds available to offer Minnesota farmers affordable financing and terms and conditions not available from traditional lenders.

Minnesota farmers interested in learning more about the assistance offered by the Rural Finance Authority should visit the Minnesota Department of Agriculture website or contact 651-201-6004.

How to clean when faced with a shortage of supplies

These recommendations involve using common household products to sanitize homes, offices and public spaces.

Everything from hand sanitizers to paper towels may be hard to find on grocery store shelves, leaving some to wonder what they can do to remain safe without sanitizers?

The Environmental Protection Agency states that coronaviruses are some of the easiest types of viruses to kill because they have an envelope around them that enables them to merge with other cells and infect them.

If that protective coating can be disrupted, the virus can't do its job. For those hav-

ing trouble finding well-known cleaning agents, these alternatives may suffice.

Hot water and soap

The reason hand-washing is at the top of the list of sanitizing methods is because it is so effective at washing away viruses and bacteria.

Friction from scrubbing with soap and water can help break the protective envelope, states the EPA.

Soap and water can clean all surfaces in a home, especially when applying a little extra elbow grease.

Hydrogen peroxide

As people clear isopropyl (rubbing alcohol) off the shelves, do not discount hydro-

gen peroxide. The CDC says household hydrogen peroxide at 3 percent concentration can deactivate rhinovirus, the virus that causes the common cold, within six to eight minutes of contact.

Coronavirus is easier to destroy than rhinovirus, so hydrogen peroxide may be effective at combating that virus as well.

Natural items can be used for general cleaning, but have not been endorsed for use on COVID-19 disinfection.

In lieu of shortages, white vinegar, baking soda pastes and citrus oils and juices could fill the void of chemically-based cleansers for other home tasks.