



McIntosh Senior Living has received donated cloth masks sewn by community members, including Jenny Roy, Lois Boehrnsen, Vicki Strom, and Connie Strom.

Use of cloth face coverings to help slow the spread of COVID-19

Many community members have been busy during the quarantine, making good use of their time by making homemade masks for local medical facilities, assisted livings, and nursing homes along with many other businesses. The crew donates time and, in most cases, materials to the making of these masks for our community safety.

How to Wear a Cloth Face Covering

An individual wearing a cloth face covering, which conceals their mouth and nose areas and has a string looped behind the ear to hold the covering in place. The top of the covering is positioned just below the eyes and the bottom extends down to cover the chin. The visible side of the covering extends to cover approximately half of the individual's cheek.

Cloth face coverings should:

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

The Center for Disease Control (CDC) recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

The CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may

have the virus and do not know it from transmitting it to others.

Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidelines.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

Check out page 4 of this edition of the McIntosh Times for instructions on how to sew a mask and a no-sew mask as well.

LARL continue offering digital services, expand to virtual events

While Lake Agassiz Regional Library buildings remain closed due to the coronavirus pandemic, a number of free options for entertainment and education are available at larl.org, including popular tools for family genealogy research, homeschooling aids and more, all offered free-of-charge.

The library is welcoming dozens of new cardholders daily, as those without library cards are being encouraged to sign up online. If eligible, applicants will receive a library card number within 24 hours which will give them free access to eBooks and eAudio-books as well as education and research tools. To sign up visit larl.org/applyonline

New popular titles are added daily to the 20,000+ downloadable eBooks and eAudiobooks currently available through the library's collection in OverDrive. To begin downloading, users simply enter their library card number and select a title to download.

Those who are missing their local librarian will enjoy visiting larl.org/athome, where they can experience library events from the comfort of home, including watching Storytimes, Baby Bounces, STEM events and more.

Librarians are available to answer questions by call or text at 833-522-5275 from 9 AM-9 PM Monday through Friday. They are eager to offer assistance with downloading eBooks, filling out the Census, filing for unemployment as well as providing book and film recommendations, technology tutoring and much more.

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Polk County launches COVID-19 hub for residents

Interactive Maps Offer Easy Way to View Up-to-Date Information on Local Virus Stats.

Polk County has launched a website for residents to access up-to-date, reliable information on COVID-19 in the community.

The website, Polk County Coronavirus Response Hub, is available by clicking on a link on the County's website home page, <https://www.co.polk.mn.us/> by following the top link, directly at <https://coronavirus-response-pcg.hub.arcgis.com/>, and via the County's GIS Hub at <https://hub-pcg.hub.arcgis.com/>. The Coronavirus Response Hub uses mapping software to organize and share data from verified sources on the impact of COVID-19 locally, with information on the number and status of COVID-19 cases, availability of food resources, locations of health facilities and schools providing food to students.

The website also provides clear information on COVID-19 symptoms, what residents should do if they develop symptoms or have been in close contact with an individual known to have COVID-19, or have recently traveled from an area of COVID-19 community spread.

Statewide guidelines and resources are also provided, ensuring a one-stop location for COVID-19 information for Polk County residents. A number of web and mobile maps and apps are available:

- **Dashboard** showing COVID-19 positive cases in Polk and Grand Forks Counties, and on state, national and global levels

- **Food and Supplies Guide** – locate available food supply resources, restaurants, convenience stores and food distribution sites: <https://coronavirus-response-pcg.hub.arcgis.com/app/d7f7f299facd-4154899310dafd662006>

- **Medical Resources Guide** – locate the nearest hospital, healthcare clinic, and other health services: <https://coronavirus-response-pcg.hub.arcgis.com/app/758a8f44e1204382b56b40fcf64de083>

- **School Meals Guide** – locate educational facilities providing food and meals to elementary and secondary students: <https://coronavirus-response-pcg.hub.arcgis.com/app/fde63865cb2c4535af543ce10813b4ca>

Jody Beauchane, Polk County Emergency Manager said: "Our goal at the County

is always to serve the residents of Polk County in the best way possible. During the coronavirus pandemic this means making sure trustworthy information is easy to find and up-to-date so that our citizens can make good decisions to protect themselves and their neighbors and loved ones. We hope that the Coronavirus Response Hub is valuable to our community by providing many resources in a single location that's easy to use and always up-to-date. The public should continue to follow the advice shared on the site: wash your hands often, limit trips outside of the home and practice social distancing. It could just save a life."

The Polk County Coronavirus Response Hub was developed by Polk County working with Minnesota-based geographic information systems (GIS) company Pro-West & Associates. The maps are based on Esri mapping technology and show data provided by the Minnesota Department of Health (MDH) and the Center for Disease Control and Prevention (CDC).

For more information, contact Jody Beauchane, Polk County Emergency Manager.



The dispatch center in Polk County where all emergency 911 calls for the County are directed. A very high pace and stressful job for the hardworking individuals that work in this field.

Sheriff Tadman recognizes County dispatcher's during National Public Safety Telecommunicator's Week

National Public Safety Telecommunicators Week is April 12-18, 2020.

Your hardworking dispatchers and other public safety telecommunicators serve as a vital link between your community and fire, medical, and law enforcement agencies.

Please join me in thanking our fantastic team of 911 dispatchers.

Each of them has the dedication and drive to be the "voice in the dark" helping members of our community stay safe until help can arrive.



Perched on the intersection of Cleveland Avenue and First Street in downtown McIntosh, MN is a two-story structure built to conform to the sharp angle of the corner. A large sign announces that this is the "Stordahl Building." The ground level, constructed of thick brick walls, first served as the Citizens State Bank until falling victim to the Great Depression. The upper level, built with wood, was used for apartment living. Sometime in the 1950's this building saw use as the switchboard for Garden Valley Telephone Company; night operators had sleeping rooms on site. Think of Mayberry and Sarah; the character Andy and Barney often talked to but we never met. Then it became the local post office when Postmaster, Orville Stordahl bought it. He would later deed it to his son, Dave Stordahl, who started up his tax service in 1987. After 40 plus years it has been remodeled and Dave's sister-in-law, Roxanne Stordahl, moved her private practice into it in late 2019.

Roxanne has been working in the mental health field since 2005. She began as a Licensed Social Worker with additional training as a Practical Nurse

They are heroes and all of us at the Polk County Sheriff's Office wish to thank them for their support and recognize that without them, we would be unable to maintain the high level of safety in the community we have come to expect in Polk County.

The men and women in the Polk County 911 Dispatch Center are from different backgrounds.

They span an age range of nearly 20 years and each of them brings a unique perspective and professionalism that

we respect and admire.

Thank you to all of the Public Safety Telecommunicators. During these difficult times, they have been crucial to the success of our law enforcement, fire and rescue teams not only in Polk County, but throughout our great nation as well.

We are grateful for your service and your dedication to the Polk County Sheriff's Office residents of Polk County, and to the public service vision.

Sheriff James Tadman
Polk County Sheriff

Stordahl offers counseling in a historic building in Mac



Roxanne Stordahl

and Emergency Medical Technician. She previously worked with Northwestern Mental Health based in Crookston, MN and Marial Harbor Body Wellness Center of McIntosh until life put her practice on pause.

Unimaginably, Roxanne endured years as caregiver to both her son, Bryan, and her husband, Jim, throughout their cancer journeys. Bryan lost his battle in 2013 and Jim lost his in 2017. Because of her life experiences, she can relate to people on multiple levels; from mental health issues and abuse to stress management and grief. She firmly believes life is about finding balance as opportunities and challenges arise and has dedicated her life

to serving God as well as others.

As you step into the renovated space of the Stordahl Building, you immediately notice high ceilings and natural light bathing a cozy waiting room. You can see Roxanne's office at the end of the longest hallway. Sprinkled throughout the updated light grey paneling and soft white interior are one-of-a-kind rustic and industrial finds that look like they may have wandered in from next door. And indeed, they probably have, since Andrea Stordahl—the owner of Minnesota Rust (the nearest business neighbor)—is Roxanne's

Local Pulse...
Continued on page 2 ...

Essentia Health encourages patients to wear masks

Beginning Monday, April 13, patients and visitors at all Essentia Health facilities will be encouraged to bring and wear their own cloth masks — if they have them — to help limit the spread of COVID-19.

This follows recent guidance from the Centers for Disease Control and Prevention that encourages all people to wear face coverings in places like clinics and hospitals, where it's not always practical to maintain six feet of separation between individuals.

For patients and visitors who do not have their own

homemade masks, Essentia will supply one.

Essentia Health hospital staff and some clinic staff involved in direct patient care have been practicing continuous wearing of a Level 1 procedure mask.

Beginning Monday, the rest of our staff will be wearing masks, as well.

It's well documented that many people infected with the novel coronavirus are asymptomatic and that they still can transmit this highly contagious virus to others. Thus, it's crucial to keep mouths and

noses covered.

By asking patients and visitors to bring their own homemade masks, it will allow us to preserve our supply of Level 1 procedure masks and homemade masks for staff, as well as patients and visitors who do not have their own.

For people interested in making their own masks, this video offers a step-by-step process.

Protecting our patients, staff and communities is our highest priority, and this is another way we can all work together to contain this virus.

FLCAA News by Kay Carlsen

April – It should be spring, but I keep seeing snow. We are all staying home for the most part, because of the global coronavirus pandemic. Therefore, there are no activities scheduled at the McIntosh Library, which is closed.

However, the library has several on-line resources available at larl.org. With a growing collection of more than 20,000 titles of downloadable eBooks and eAudiobooks, there is plenty of reading material that can be accessed on your computer, your phone or your e-reader. And if you have some printed library books that are already checked out, don't worry. Just return them when the library reopens and there will be no overdue fees.

You are required to have a library card to check out these

eBooks. If you don't, you can apply for one online (again at larl.org). You will be sent a library card number via e-mail within 24 hours. As always, library cards are free.

Also, on the library Website you can find links to a ton of on-line resources for kids. There are sites for early learners, for grades K-6, and for grades 7-12. Sites such as Tumblebook Library, ReadBrightly Storytimes, and Britannica School Elementary will help children keep learning from home.

If you are interested in genealogy research, with your library card you can have free access to AncestryLibrary and HeritageQuest. I just took a quick look at HeritageQuest and found the 1900 census page showing my grandfather, who at that time was single

and living as a boarder in someone else's home.

Magazine and newspaper articles from thousands of publications around the world can be accessed digitally. I looked at these two sites also. The amount of choices was a bit bewildering, but if one takes the time to look for something, you can probably find it.

For all you aspiring writers out there, this might be the time to sit down and write. After all, there is basically no place to go. MN Writes MN Reads is a resource for writers seeking free resources for publishing and sharing e-books and for readers interested in discovering books by local writers.

Take care, stay safe, practice social distancing and read a book (an eBook that is.)

Tips when planting shade trees

Beautiful landscaping can add instant curb appeal to a property. But beauty isn't the only thing that makes idyllic landscaping attractive to homeowners. Some landscaping features, such as shade trees, save homeowners money while adding aesthetic appeal.

The U.S. Department of Energy notes that shading is the most cost-effective way to reduce solar heat gain in a home. Shading also cuts air conditioning costs, which tend to be expensive in areas with warm, humid climates. In fact, the DOE notes that well-planned landscapes can reduce unshaded homes' air conditioning costs by anywhere from 15 to 50 percent.

When planting shade trees, one of the first decisions homeowners will need to make is which type of tree, deciduous or evergreen, they want to plant. Deciduous trees are those that seasonally shed their leaves, while evergreens are trees that keep their leaves throughout the year.

Deciduous trees can help keep homes cool in the summer by blocking sun, and those same trees can be beneficial in winter after they shed their leaves by letting the sun in and keeping homes warm. But evergreens also can be beneficial in winter by blocking wind, potentially preventing cold air from making its way into a home through cracks in walls or around windows.

When planting shade trees, techniques vary depending on which type of tree homeowners ultimately choose to plant.

Planting deciduous trees

The DOE says that deciduous trees that are between six and eight feet tall when planted will begin shading the windows of a home within a year of being planted. Depending on the species of the plant and the home, those same deciduous trees may begin shading the roof within five to 10 years of being planted. When planting deciduous trees, homeowners should keep these tips in mind.

Plant trees to the south of the home. When planted to the south of the home, deciduous trees can screen between 70



and 90 percent of the summer sun while still allowing residents to feel summer breezes.

Consider sun angles. Homeowners who want to shade their homes from low afternoon sun angles should plant trees with crowns that are lower to the ground on the west side of their homes.

Cool air before it reaches your home. Shrubs and ground-cover plants can be planted to cool air before it reaches a home.

Evergreen trees

Planting evergreens to block wind is known as "wind-breaking," which lowers the wind chill near a home. Wind also can be used to cool a home in summer. But these benefits can only be realized when evergreens are strategically planted.

Location, location, location: The DOE advises planting evergreen trees to the north and northwest of the home to stop wind. In addition, to get the most bang for your windbreaking buck, the distance between the home

The history of beer

There's no way to attribute the invention of beer to a particular individual, culture or time period, but historians believe fermented beverages have a deep history.

A very deep history. According to History.com, the first fermented beverages likely emerged when the development of cereal agriculture began roughly 12,000 years ago. Historians believe that the shift from hunter-gatherer tribes to agrarian civilizations based on crops like wheat, barley and rice led to the discovery of fermentation. That discovery paved the way for beer to be brewed.

History.com notes that the first barley beer was most likely created in the Middle East, and ceramic vessels that date back to 3400 B.C. were discovered in Mesopotamia.

These vessels, which might be considered a precursor to



the modern beer mug, still contained some sticky substance that archaeologists believe was the residue of beer.

Beer lovers who have ever found themselves loudly touting the virtues of beer, especially after having a few of these beloved beverages, should know that such boasts also are deeply rooted in tradition.

The 1800 B.C. "Hymn to Ninkasi," an ode to the Sumerian goddess of beer, includes a beer recipe

Do you sew? LSS needs your talents

Mailing and drop-off locations established for protective face masks,

If you have sewing skills, your talents are needed. Lutheran Social Service of Minnesota (LSS) is inviting Minnesotans to sew protective face masks to protect against sneezes and coughs to help safeguard people supported by the organization, employees, volunteers and the greater community.

"In services where our

Local Pulse...

Continued from page 1.....

daughter-in-law.

Roxanne offers Wellness Counseling for Individuals: children, teens and adults. She counsels couples and families as well. She also consults regarding Medical Insurance and Health Care System issues. In January 2020, she became a practitioner for Healing Touch Spiritual Ministry. During this season of social distancing, she is working with clients over the phone or via Facetime.

Through triumph and tribulation, Roxanne has worked to serve her clients and family. She believes every journey begins with a single step—how-

The potential medical benefits of meditation

Meditation has long been part of Eastern practices and recommended by alternative health practitioners. With the widespread adoption of yoga, breathing exercises and general mindfulness, meditation has become much more mainstream.

According to the yoga equipment supply company Gaia, meditation is an approach to training the mind that is similar to the way athletes train their bodies. Many meditation techniques exist, and the term meditation refers to an overall discipline rather than one specific activity. Others practice focus-specific meditation, which makes them focus on a sensation or a particular object to tune out other distractions. Another option is open-monitoring meditation, which involves paying attention to all of one's surroundings. Instead of reacting, you just notice things as they are.

The brand-building company Buffer says that meditation produces measurable changes in the brain. Modern technology like MRI scans show a decrease in beta waves during meditation. Those waves normally indicate that the brain is processing information. Meditation helps to slow or stop

physical presence is required, health and safety are top priorities," said Julie Wright, director of Church Partnerships and Volunteer Services. "Sewing masks is a critically-important way that people can make a big impact in our community right now to help keep people safe. We encourage Minnesotans to invite their friends, family members, neighbors and church groups who sew to join us in our efforts."

Please visit www.lssmn.org.

ever, that first step isn't always easy. It takes bravery to realize being vulnerable is a strength not a weakness. Asking for help can be the most courageous action some of us ever take.

Bringing extensive knowledge, real life experiences and passion to her ministry, Roxanne meets people where they are at, helping them find their best selves and the road to healing. She is available by appointment Monday through Friday and some evenings. She may be contacted at 218.230.4036.

-a.m.opdahl

Memoriam

In Loving Memory of
Lynn (Bucky) Nornes
March 12, 1948 - April 15, 2006
Those whom we love and lose are no longer where they were before. They are now wherever we are. Greatly missed,
Family of Lynn

MMC

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 *Elizabeth Beltoya*

Elizabeth Beltoya
6715 27th Ave
Kenosha, WI 53143 M3-4C

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Facebook

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Announcements • Photos • Community Updates

**LSS
Meals Menu
687-2262**

Tues., April 21st: **Call with your choice** Liver & Onions or Chicken Fried Beef Steak, Boiled Potatoes, Stewed Tomatoes, Wheat Bread, Brownies, Milk

Wed., April 22nd: Beef Stroganoff over Egg Noodles, Broccoli Normandy, Mandarin Oranges, French Bread, Peach Crisp, 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
Indendent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church**

Sun., April 19: No Sunday School and Adult Bible Study; Worship Service on Facebook: [gosenchurch](https://www.facebook.com/gosenchurch) and [gosenchurch](https://www.facebook.com/gosenchurch).com

Tues., April 22: 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.

HILL RIVER ASSESSMENT NOTICE

Notice is hereby given, that the Board of Appeal and Equalization of the township of Hill River in Polk County, Minnesota, will meet at 9:30 a.m. in said township, at the Town Hall, on Monday the 27th day of April for the year 2020. The purpose of this meeting is to determine whether taxable property in the jurisdiction has been properly valued and classified by the assessor, and to determine whether corrections need to be made.

If you believe the value or classification of your property is incorrect, please contact your assessor's office to discuss your concerns. If you are still not satisfied with the valuation or classification after discussing it with your assessor, you may appear before the local board of appeal and equalization. The board shall review the valuation, classification, or both if necessary, and shall correct it as needed. Generally, an appearance before your local board of appeal and equalization is required by law before an appeal can be taken to the county board of appeal and equalization.

Due to the COVID-19 pandemic, the procedure has changed this year. Only one member of the town board shall be present at the town hall. Once you arrive, you shall be connected via telephone conference call with the other members and Mark Landsverk, Assessor. You will then present your concerns and the local board will make their decision. Please bring your cell phone to participate and maintain the six foot spacing recommended by the CDC. Given under my hand this 3rd day of April, 2020.

Raymond O. Sundrud
Clerk/Treasurer of Hill River Township

M4-5C

Important Information Regarding Assessment and Classification of Property

This may affect your 2021 property tax payments.

The Board of Appeal and Equalization for township of Sletten will meet on Tuesday, April 28th, 3:30 PM, at the Town Hall. The purpose of this meeting is to determine whether property in the jurisdiction has been properly valued and classified by the assessor.

If you believe the value or classification of your property is incorrect, please contact your assessor's office to discuss your concerns. If you disagree with the valuation or classification after discussing it with your assessor, you may appear before the local board of appeal and equalization. The board will review your assessments and may make corrections as needed. Generally, you must appeal to the local board before appealing to the county board of appeal and equalization.

Given under my hand this 3rd of February, 2020
Terri Kaupang, Clerk of the township of Sletten

M4-5C

BUSINESS & PROFESSIONAL GUIDE

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"Serving the Win-E-Mac area"

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The County Line

By Warren Strandell
Polk County Commissioner, Dist. 2

A big problem developed when the 11 inches of snow that landed on the roof of the Polk County Human Service Center in East Grand Forks during the most recent storm started to melt during the first days of April.

A roof replacement project was underway at the time and the water from the melt pooled 11 inches deep in one area of the roof before finding ways through it.

For reference, the building, which had been built in the 1970s as a Warehouse Foods store and was the home of Maury's TV & Appliance before the county purchased it in 2001, houses satellite Polk County offices in East Grand Forks for Social Services, Public Health and Veterans Services. Other space is rented to the Northwest Mental Health Center, Tri-Valley Opportunity Council, Tri-County Community Corrections, Inter-County Community Council, and DEED (Minnesota Department of Employment and Economic Development).

If there is one splinter of benefit from the COVID-19 pandemic — and there certainly can't be many, if any — it would be that to accommodate interior remodeling work most of the offices — Northwest Mental Health being the exception — had moved their operations to off-site locations prior to the snowstorm and melting problem.

The space occupied by Northwest Mental Health Center, which had undergone an extensive expansion and remodeling project just last year, received the most damage. The

area occupied by Public Health had severe damage, too, with every area of the building affected.

Virtually all the floor had water. Some sheetrock walls — both new and existing — had to be removed because of water damage and because of the threat of mold and other issues down the road. Restoration is underway with insurance expected to cover the cost.

Throughout this water event and the ongoing coronavirus ordeal, there has been another showing of the high quality of our Polk County employees. All of them are now working from home.

When there has been any kind of a problem, they always step up. They know what they are doing and have more than proved their worth over time by doing what is best for the county.

During my time as a county commissioner, I have learned that it is often best just to step back, try to give them what they need to do the job and then get out of the way. Let those who know best do what needs to be done.

The same trust seems to go for other people in the county, the state, the country and the world.

Just look at everything that those heroes in healthcare are doing. And those in law enforcement, the firefighters, first responders, ambulance attendants, dispatchers, and the people in emergency management.

Really on top of their jobs now, too, are the checkout gals at the grocery stores along with the people who stock the

shelves and the truckers who bring the supplies. All of them and so many others, too, really come to the front in the time of trouble.

We, in East Grand Forks, saw how people came to our aid during the flood of 1997. Not only did our neighbors, friends and relatives answer the call but so did so many others. We had no idea of who many of them were or where they came from but they came to help... to fill and place sandbags, help with evacuations and even help with clean-up. They came from all over the region, the state and the country.

Now, with the COVID-19 pandemic, people are again doing whatever needs to be done.

The people who made up the Greatest Generation, those who fought in and otherwise experienced the world wars, and others who went through previous health pandemics and other crises all showed true character in their time. When challenged, Americans have always responded.

Maybe the COVID-19 pandemic will be looked at as this generation's "world war" experience.

Thoughts for the day:

Do all fairy tales begin with "Once upon a time?" No, some begin with "When I am elected..."

The reward of a thing well done is to have it done. — Emerson

Disclaimer: Thoughts expressed in this column are those of the author and are not necessarily a reflection of the opinions of the other members of the Polk County Board of Commissioners

USDA announces loan maturity for marketing assistance loans now extended to 12 months

Provides Producers with Marketing Flexibilities Amid COVID-19 Uncertainties.

Agricultural producers now have more time to repay Marketing Assistance Loans (MAL) as part of the U.S. Department of Agriculture's implementation of the Coronavirus Aid, Relief, and Economic Security (CARES) Act of 2020. The loans now mature at 12 months rather than nine, and this flexibility is available for most commodities.

"Spring is the season when most producers have the biggest need for capital, and many may have or are considering putting commodities under loan. Extending the commodity loan maturity affords farmers more time to market their commodity and repay their loan at a later time," said U.S. Secretary of Agriculture Sonny Perdue.

Effective immediately, producers of eligible commodities now have up to 12 months to repay their commodity loans. The maturity extension applies to nonrecourse loans for crop years 2018, 2019 and 2020. Eligible open loans must be in good standing with a maturity date of March 31, 2020, or later or new crop year (2019 or 2020) loans requested by September 30, 2020. All new loans requested by September 30, 2020, will have a maturity date 12 months following the date of approval.

The maturity extension for current, active loans will be automatically extended an

additional 3 months. Loans that matured March 31 have already been automatically extended by USDA's Farm Service Agency (FSA). Producers who prefer a nine-month loan will need to contact their local FSA county office. Loans requested after September 30, 2020, will have a term of nine months.

Eligible commodities include barley, chickpeas (small and large), corn, cotton (upland and extra-long staple), dry peas, grain sorghum, honey, lentils, mohair, oats, peanuts, rice (long and medium grain), soybeans, unshorn pelts, wheat, wool (graded and nongraded); and other oilseeds, including canola, crambe, flaxseed, mustard seed, rapeseed, safflower, sunflower seed, and sesame seed. Seed cotton and sugar are not eligible.

About MALs

Placing commodities under loan provides producers interim financing to meet cash flow needs without having to sell their commodities when market prices are low and allows producers to store production for more orderly marketing of commodities throughout the year.

These loans are considered nonrecourse because the commodity is pledged as loan collateral, and producers have the option of delivering the pledged collateral to the Commodity Credit Corporation (CCC) for repayment of the outstanding loan at maturity.

MAL Repayment

Under the new maturity provisions, producers can still repay the loan as they would have before the extension:

- repay the MAL on or before the maturity date;
- upon maturity by delivering or forfeiting the commodity to CCC as loan repayment; or
- after maturity and before CCC acquires the farm-stored commodity by repaying the outstanding MAL principle and interest.

Marketing Loan Gains

A Marketing Loan Gain occurs when a MAL is repaid at less than the loan principal. If market gain is applicable during the now-extended loan period, producers can receive a gain on the repayment made before the loan matures.

For more information on MALs, contact the nearest FSA county office. USDA Service Centers, including FSA county offices, are open for business by phone appointment only, and field work will continue with appropriate social distancing. While program delivery staff will continue to come into the office, they will be working with producers by phone and using online tools whenever possible.

All Service Center visitors wishing to conduct business with the FSA, Natural Resources Conservation Service, or any other Service Center agency are required to call their Service Center to schedule a phone appointment. More information can be found at farmers.gov/coronavirus.



50 years ago...1970: The new superintendent of schools at McIntosh will be Arnold Carlson (left) who has served as principal since 1967. Here he is being congratulated by retiring superintendent R. I. Edwards. The position of principal remains open at McIntosh.



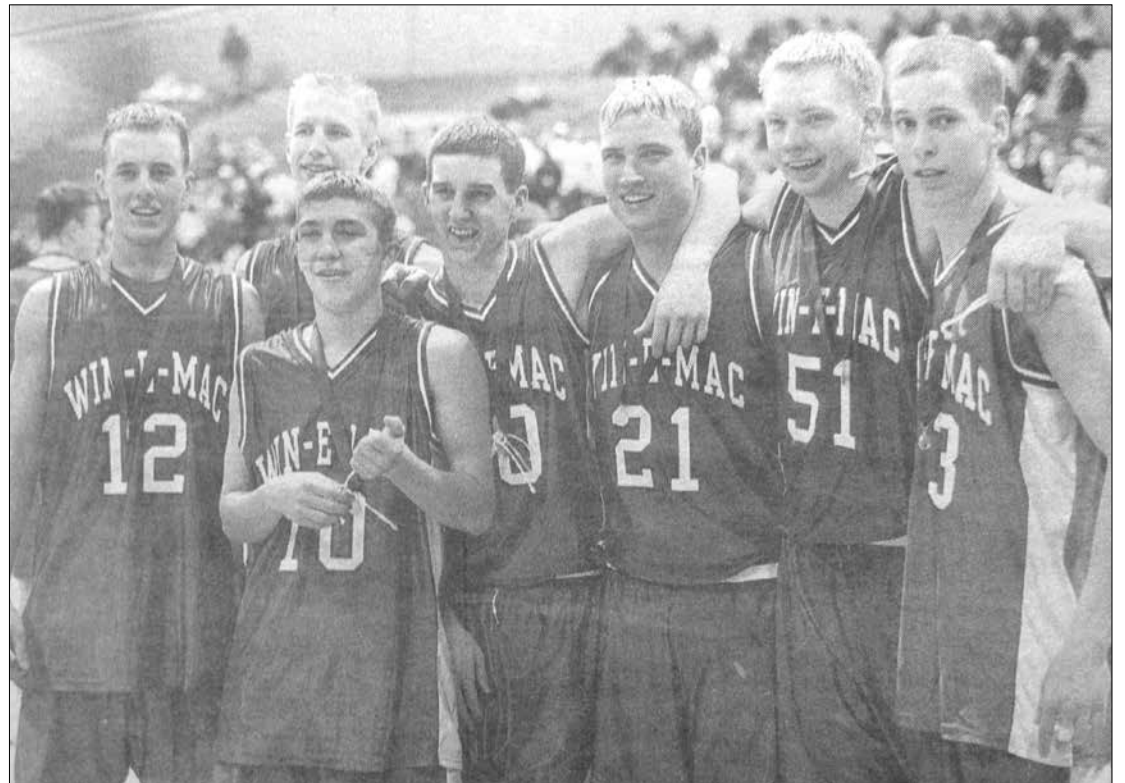
40 years ago...1980: Community Education Advisory Committee includes the following: Elmyrna Kaupang, representing Sletten Township; ReMar Voxland, Secretary, representing Lessor Township; Cindy Ostenaar, Education Director; (back) Gary Hartel, representing Brandsvold Township; and Simon Knudson, representing Knute Township. Not pictured is Chairman Harley Shurson, as he took the photo.



30 years ago...1990: High School students from Win-E-Mac School who took part in the district state/regional ensemble contest held recently were: (back, l-r) Bobby Roed, Ryan Tangen, Tim Olson, Dan Mork, Dan Vesledahl, Stuart Ingman, Nikki Berg, Katina Bruggeman; (second row) Julie Wang, Tracee Holen, Shannon Haugen, Cherie Roed, Heather Baldwin, Lisa Erickson, Carrie Hegg, Stephanie Hegg; (first row) Stephanie Voxland, Julie Hole, Jodi Brevik, Krissy Hoeft, Sara Jorgenson, Carrie Hamre, Cam Hoaas, Lori Bacon; (front row) Janna Kiecker, Tracy Vesledahl, Melanie Rivera, Marlene Rivera. Not present for photo: Cathy Brugmayer.



10 years ago...2010: At the WEM AAA and Awards Program . (L-r) Kyle Sonsteli was awarded the Senior Outstanding Male Athlete Award; Kaitlyn Espeseth the Randy Helgaas Defensive Player of the Year (Girls Basketball-Junior Varsity), Samantha Lee the Randy Helgaas Defensive Player of the Year (Girls Basketball-Varsity), and Travis Plante the Senior Outstanding Academic and Fine Arts Student Award.



20 years ago...2000: Seven happy senior boys will play "one more time" together against Stephen-Argyle at UMC - Crookston in semi-final action in Sub-section *A. Travis Nelson, Steven Bradley, Brady Langemo, Nathan Johnson, Mark Sylstad, Dave Jenson and Ryan Voxland.

POLK COUNTY COMMISSIONERS MINUTES

MARCH 24, 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 24, 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.

Chair Willhite offered a prayer for the group in light of the coronavirus impacts on people and our country.

REVISED AGENDA

A motion was made by Commissioner Lee seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to approve the revised March 24, 2020 agenda adding No. 4 under Environmental Services.

CONSENT AGENDA

A motion was made by Commissioner Strandell seconded by Commissioner Jacobson and adopted by unanimous vote of the Board to approve the March 24, 2020 consent agenda:

1. Approve the March 17, 2020 Board minutes.
2. Approve payment to Minnesota Counties Intergovernmental Trust, St. Paul, MN in the amount of \$42,908.00 for 2020 Property Re-insurance Coverage for the Resource Recovery Facility.
3. Approve payment to Enterprise FM Trust, Kansas City, MO in the amount of \$10,460.60 vehicle maintenance for the Sheriff's Office.

COUNTY BOARD MEMBERS

ISSUE FORUM
1. Commissioner Jacobson brought forth that he had a virtual Northwestern Mental Health Center meeting; subcommittees, financial information and the COVID-19 virus were the main topics.
2. Commissioner Strandell brought forth that he had an MPO meeting via telephone.
3. Commissioner Willhite brought forth that he had an Emergency Preparedness meeting where the COVID-19 virus was the topic of discussion. A Lake Agassiz Regional Library meeting was held were fund raising was discussed.

4. Commissioner Lee brought forth that she had an SCHSAC (State Community Health Services Advisory Committee) meeting/MDH Board meeting where the COVID-19 virus was the topic of discussion. Also an Inter-County Community Council meeting was attended where assistance, grants and funding were discussed.
5. Commissioner Diedrich brought forth that he had a virtual Northwestern Mental Health Center meeting; subcommittees, financial information and the COVID-19 virus were the main topics.

SHERIFF

Jim Tadmán, Polk County Sheriff, along with Jody Beauchane, Emergency Management came before the Board with matters pertaining to the Sheriff's Office:

1. Purchase of New Emergency Management/Command Trailer

A motion was made by Commissioner Strandell seconded by Commissioner Willhite and adopted by unanimous vote of the Board to accept the quote from Outlet Recreation.com for an EM/Command trailer in the amount of \$29,105.00 and amending the Sheriff's Department 2020 budget to allow for this trailer purchase.

2. Resolution (2020-32) Accepting Financial Donations On Behalf Of Polk County Sheriff's Office From The City of Climax In Memory Of Gary Letness

Resolution Accepting Financial Donations On Behalf Of Polk County Sheriff's Office From The City of Climax In Memory Of Gary Letness

RESOLUTION (2020-32)

The following resolution (2020-32) was offered by Commissioner Strandell:

WHEREAS, City of Climax has made a financial donation of \$100.00 in memory of Gary Letness to support the Polk County K9 Program in Polk County; and

WHEREAS, Polk County Sheriff's Office, wishes to have the County Board formally accept the financial donation on behalf of Polk County Sheriff's Office and put towards the Polk County K9 Program.

NOW THEREFORE BE IT RESOLVED, By the County Board of Polk County, Minnesota as follows:

1. The financial donations from the City of Climax in memory of Gary Letness, which is listed above, hereby are accepted by the Polk County Board of Commissioners on behalf of the Polk County Sheriff's Office and used for Polk County K9 Program.

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

3. Resolution (2020-33) Accepting Financial Donations On Behalf Of Polk County Sheriff's Office From Kustom Kollision, LLC, Crookston, MN

Resolution Accepting Financial Donations On Behalf Of Polk County Sheriff's Office From Kustom Kollision, LLC, Crookston, MN

RESOLUTION (2020-33)

The following resolution (2020-33) was offered by Commissioner Jacobson:

WHEREAS, Kustom Kollision LLC, Crookston, MN made a financial donation of \$500.00 to support the Polk County K9 Program in Polk County; and

WHEREAS, Polk County Sheriff's

Office, wishes to have the County Board formally accept the financial donation on behalf of Polk County Sheriff's Office and put towards the Polk County K9 Program.

NOW THEREFORE BE IT RESOLVED, By the County Board of Polk County, Minnesota as follows:

1. The financial donations from Kustom Kollision LLC, Crookston, MN which is listed above, hereby are accepted by the Polk County Board of Commissioners on behalf of the Polk County Sheriff's Office and used for Polk County K9 Program.

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

4. Monthly Sheriff Reports

The February monthly Sheriff Reports were discussed and presented to the Board. (Monthly reports on file in the Administrator's Office)

ENVIRONMENTAL SERVICES

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

1. Tire Recycling Contract - 2020

A motion was made by Commissioner Jacobson seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve ESA to execute the Contract as presented to the Board for tire recycling service with Liberty Tire, Savage, MN with added language reserving the right to use the tires for any Polk County purpose without penalty. (Contract on file in the Administrator's Office)

2.2020 Score Resolution

A motion was made by Commissioner Diedrich seconded by Commissioner Strandell and adopted by unanimous vote of the Board to authorize the Environmental Services Director to execute the SCORE Grant Agreement as presented to the Board with the Minnesota Pollution Control Agency for FY 2020. (Agreement on file in the Administrator's Office)

3. Landfill Expansion – Wetland Replacement

Discussion of the Landfill Expansion – Wetland Replacement was tabled and will be discussed at a future Board meeting.

4. * Amendment #01 – CY 2020 – CY 2022 Polk County Roll-Off Hauling Contract

The Amendment to Contract #01 CY 2020 – CY 2022 Polk County Roll-Off Hauling Contract was discussed and presented to the Board. A motion was made by Commissioner Diedrich seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve the Amendment to Contract #01 as presented. (Amendment 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. New or Low Hour Used Motor Grader

Tabled until a future Board meeting (waiting on quotes)

2. Radios For Highway Department

A motion was made by Commissioner Diedrich seconded by Commissioner Strandell and adopted by unanimous vote of the Board to award the quote to Stones Radio, Grand Forks, ND in the amount of \$80,537.40 for the 800 MHz radios and amending the Highway Department's 2020 budget to reflect this purchase. Sanders was asked to check if 800 MHz grant funding for this purchase is available.

3. SP 060-621-014 CSAH 21 from TH 220 to TH 75

Tabled until future Board meeting (waiting on information)

4. SP 060-601-061 CSAH 1 from CSAH 10 to TH 59 & SP 060-616-010 CSAH 16 from TH 75 to CSAH 9

A motion was made by Commissioner Strandell seconded by Commissioner Jacobson and adopted by unanimous vote of the Board to award SP 060-601-061 etc. to Knife River Materials, Bemidji, MN in the amount of \$1,881,907.80 and have the Chair and the Polk County Administrator sign the contracts.

5. SAP 060-620-018 CSAH 20 from CSAH 19 to CSAH 21

A motion was made by Commissioner Strandell seconded by Commissioner Jacobson and adopted by unanimous vote of the Board to award SAP 060-620-018 to Knife River Materials, Bemidji, MN in the amount of \$552,441.70 and have the Chair and the Polk County Administrator sign the contracts.

ADMINISTRATION

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

1. Resolution (2020-34) Declaring A State Of Emergency (COVID-19)

Declaring A State Of Emergency (COVID-19)

RESOLUTION (2020-34)

The following resolution (2020-34) was offered by Commissioner Lee:

WHEREAS, The COVID-19 pandemic event will impact the population of Polk County and its cities due to the disruption of services, to include the closure of schools, child-care services and other services that will negatively impact day to day life; and

WHEREAS, The Polk County Emergency Management Director requests the Polk County Board declare Polk County in a STATE OF EMERGENCY for the COVID-19 pandemic event of March 2020.

NOW THEREFORE BE IT RESOLVED, The Polk County Board of Commissioners declares Polk County in a State of Emergency for conditions resulting from the COVID-19 pandemic event of March 2020.

Commissioner Strandell second-

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

2. Discussion of Future County Board Meetings and Public Access

Options were discussed with the Board regarding the future Board meetings and public access.

REVISED AGENDA

A motion was made by Commissioner Lee seconded by Commissioner Jacobson and adopted by unanimous vote of the Board to amend the March 24, 2020 agenda adding Resolution (2020-35) Restricting Public Access To County Buildings During The Novel Coronavirus Outbreak Of 2020.

1. Resolution (2020-35) Restricting Public Access To County Buildings During The Novel Coronavirus Outbreak Of 2020

Restricting Public Access To County Buildings During The Novel Coronavirus Outbreak Of 2020

RESOLUTION (2020-35)

The following resolution (2020-35) was offered by Commissioner Strandell:

WHEREAS, On March 13, 2020, the Governor of the State of Minnesota declared a peacetime emergency related to the transmission of the novel coronavirus and its resulting illness, which is designated as COVID-19;

WHEREAS, COVID-19 is a viral respiratory illness caused by a novel coronavirus, which is potentially fatal and known to spread rapidly among populations without preventative measures and rapid action by local authorities;

WHEREAS, Public health authorities have recommended that action be taken to reduce likelihood of novel coronavirus transmission in public places and in order to slow down "community transmission" of the virus;

WHEREAS, The Polk County Board of Commissioners has a responsibility to manage operations within its facilities in a way that best protects Polk County employees from becoming ill and best prevents or slows the transmission of the novel coronavirus;

WHEREAS, Many cities and counties in Minnesota are restricting public access to city and county buildings in light of the state of emergency and the COVID-19 outbreak;

WHEREAS, On March 17, 2020, the Polk County Board of Commissioners passed a resolution authorizing the Polk County Administrator and the Board Chair to limit the public's access to Polk County buildings if deemed necessary due to the COVID-19 outbreak; and

WHEREAS, On Friday March 20, 2020, The County Administrator, in consultation with the Board Chair, closed Polk County offices to the general public pending response to mitigation efforts against the COVID-19 virus; and

WHEREAS, Minn. Stat. 373.052, subd. 1b, authorized the County Board to close county offices if there is an emergency situation, public business is transacted at other reasonable times and places, and the public interest is served. That statute also authorizes the County Board to retroactively approve an emergency closing at its next succeeding meeting; and

WHEREAS, The Polk County Board of Commissioners believes that the public interest will be served by limiting public access to county buildings in light of the COVID-19 outbreak.

THEREFORE BE IT RESOLVED THAT:

1. Effective as of noon, Friday, March 20, 2020, all county buildings are closed to physical public access until further notice except as allowed by the County's modified procedures for access to county services referred to above.

2. The County Administrator is directed to work with county department heads to develop and institute procedures and policies for the provision of essential county services without the requirement of entry into county buildings; primarily by phone, email, and other means, without unnecessary face-to-face contact between members of the public and county employees.

3. Any procedures shall be consistent with the Orders issued by the Supreme Court of the State of Minnesota on March 13, 2020, and March 20, 2020.

4. Any procedures shall be consistent with Open Meeting Law (providing access of the public to public meetings of public bodies), Government Data Practices Law, the Americans with Disabilities Act, or any other state or federal law.

5. Closure of Polk County buildings will continue until further resolution of the County Board or until otherwise directed by the County Administrator.

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

PUBLIC HEALTH

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

1. COVID-19 Update

An update was given to the Board regarding the COVID-19 virus. The Minnesota Department of Health website was referenced.

With no further business the Board adjourned to reconvene at 8:00 a.m., April 7, 2020.

Gary Willhite, Chair

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

MAC

5 tips to help with long-distance caregiving

by Janna Kontz, MDiv

Caregiving is rewarding, and it's also a tough road to travel. When you are unable to be physically present with the person you are helping care for, it's even tougher. Many families these days are spread across the country or globe. Physical distance can make a challenging situation even more overwhelming when a loved one is ill.

There are times when even family who are geographically close are unable to be physically present because of illness or other situations.

There are practical ways to be a caregiver even from a distance. Here are some suggestions:

1. Find ways to connect. Electronic communication can be life-giving. If your loved one can communicate, call them. Video chat, such as FaceTime or Skype, may be an option with the help of other family members or facility caregivers who are present. Send cards and letters without the expectation of reciprocation. Most importantly, find meaningful ways you can provide emotional support if you can't be physically present.

2. Be patient. Caregivers who are physically present are tired—in body and spirit. They may get frustrated with those who are not physically present. Know that this is normal and try not to take it personally. Communicate with caregivers as often as is comfortable for both you and the person giving care. Be patient.

3. Send gifts of gratitude. Flowers can brighten the room of the one who is ill. They can also brighten the home or desk of a family or facility caregiver. Gift cards for meals out, massages, hobbies or other more essential things are a perfect way to show appreciation. Always say or write your appreciation. Words matter, especially during these tender times. Encouragement goes a long way. Be grateful.

4. Trust. When you are care-

giving from a distance, it can be difficult to trust the information you're receiving about your loved one—not because it isn't true—but because you want so much to be present yourself. Learn to trust what others tell you. If something seems off or uncomfortable, look into it and if you find a problem, address it. Trust.

5. Give grace and do your best. Know that everyone involved, including you, are doing the best they can in the situation they've been given. Be your best self as you and your family and friends navigate this time and remember to give grace to those who are present doing the care giving. It can bring you closer or it can drive a wedge between you. You and your fam-

ily have that choice to make. If you are your best self from a distance, it encourages those who are physically close to do the same. Do your best.

These things may seem simple but being a caregiver from a distance is never simple. It can be difficult and heart-wrenching. It can also be beautiful and life-giving. It takes work—emotional, spiritual and mental. But care giving, nearby or from a distance, is always worth the effort. It is possible to be a caregiver, even when you can't comfort someone physically. Your voice, your smile and your gratitude can provide comfort beyond measure.

Janna Kontz is a grief specialist with Hospice of the Red River Valley.

Polk County Taxpayer Service Center 2019 Property Tax Abatements

NOTICE IS HEREBY GIVEN THAT: A Public Hearing to consider abatement of the county tax for parcels qualifying for the Housing Incentive Programs in the cities of Crookston & East Grand Forks are listed as follows:

PARCEL NUMBER	PROPERTY OWNER	PROPERTY ADDRESS
City of Crookston		
82.03958.00	DENNIS & JENNIFER TATE	528 3RD AVE NE
82.00371.00	TK PROPERTIES OF CROOKSTON LLC	7TH ST E
City of East Grand Forks		
83.04253.00	MICHAEL & LAURA LUKKASON	927 GREENWAY BLVD SE
83.04222.00	MARK & AMY GUMTO	1505 LAUREL DR SE
83.04471.00	JASON & JENNA KAISER	1403 14TH AVE SE
83.04262.00	JODI STAUSS-STASSEN	2514 AUGUSTA DR
83.04239.00	MIKE & NICOLE KOLSTOE	812 13TH ST SE
83.00235.00	JUSTIN & ALLISON JOHNSON	529 12TH ST NW
83.04472.00	VIRGINIA STAUS	1407 14TH AVE SE
83.04065.00	MICHAEL HEDLUND & MELANIE JACOBS	2510 PEBBLE BEACH RD
83.04083.00	CHAD & NICOLE ANVINSON	2415 ST ANDREWS DR
83.04097.00	KEITH & SHELLY WESTOVER	2324 ST ANDREWS DR
83.04105.00	BHARAT & PROMIL BHUTANI	2324 TROON CIRCLE
83.04475.00	LORALEE TAYLOR	1419 GREENWAY BLVD SE
83.04449.00	STUART MARRSON & PEGGY DUNN	1428 CRYSTAL CIRCLE
83.04476.00	DONALD & RHONDA HOLLARN	1423 GREENWAY BLVD
83.04447.00	MATTHEW & TIFFANY FOSS	627 BRANDON BLVD
83.04474.00	ZACHARY & KARLI FINNEY	1417 14TH AVE SE
83.04403.00	BROCK & ELIZABETH LARSON	29 RIVERVIEW LANE SE
83.04064.00	JIM & KATHY TORKELSON	2518 PEBBLE BEACH RD
83.04101.00	KEVIN WEBER & STEPH KAZNIERCZAK	2424 ST ANDREWS DR

The estimated total amount of the county share of the incentive for taxes payable in 2019 is \$33,225.46. The Hearing will be held on Tuesday, April 28, 2020 at 8:50 a.m., in the County Commissioner's Board Room at the Polk County Government Center, Crookston, MN.

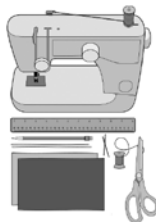
Charles S. Whiting
Polk County Administrator
Clerk of the Board

MAC

Sewn Cloth Face Covering

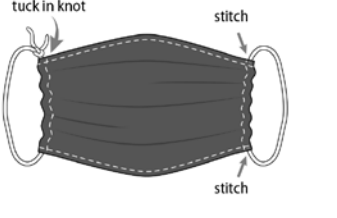
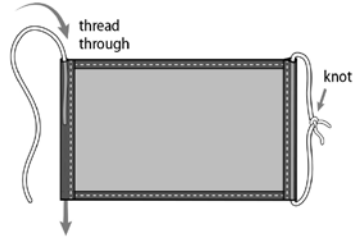
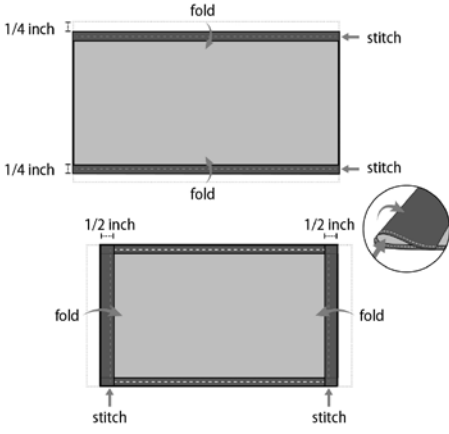
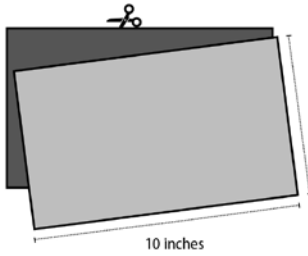
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine



Tutorial

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.
2. Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along the short sides and stitch down.
3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.
4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



Quick Cut T-shirt Cloth Face Covering (no sew method)

Tutorial

1. Cut out a T-shirt.
2. Cut out a 6-7 inch rectangular piece from the T-shirt.
3. Tie strings around neck, then over top of head.
4. Fold side to the middle and tuck.
5. Fold top down. Fold bottom up.
6. Place rubber bands or hair ties about 6 inches apart.

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Scissors (if you are cutting your own cloth)
- Rubber bands (or hair ties)

Tutorial

1. Fold bandana in half.
2. Fold top down. Fold bottom up.
3. Place rubber bands or hair ties about 6 inches apart.
4. Fold side to the middle and tuck.
5. Tie strings around neck, then over top of head.
6. Place rubber bands or hair ties about 6 inches apart.

Ad deadline:
Noon Friday