



McINTOSH

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McIntosh, Minnesota



Homemade masks are being made by volunteers and given to local health care facilities and other businesses that are in need during the crisis. These Vikings masks were made by Connie Strom.

By Governor proclamation, this week is homemade mask week

April 18th - 25th has been declared by State of Minnesota Governor Tim Walz.

The Governor's proclamation states that there is nothing more important than the health, safety and wellbeing of all Minnesotans, and those working on the frontlines of the COVID-19 pandemic including those working in health care facilities, nursing homes and shelters.

The proclamation stated that cloth face masks can help prevent the wearer's germs from infecting others, especially in situations where they may spread the virus with no symptoms.

Minnesotans are encouraged to make homemade masks, following guidance and patterns provided by the Minnesota Department of Health and drop them off at their local fire station from 10:00 am to 12:00 pm on Saturday, April 25th for donation to local shelters, nursing homes and congregate living facilities.

Connie Strom is challenging all who sew in the McIntosh Fire Department area to sew 1 dozen homemade masks and deliver to McIntosh Fire Department on Saturday, April 25th starting at 10:00 am until 12:00 pm (not 2:00).

Please use social distancing

when delivering your masks. Fire Chief Justin Shultz and Assistant Fire Chief Toby Strom along with others from our local McIntosh Fire Department will be there to accept your donation.

If you prefer to not get out of your vehicle just honk and a member of Fire Department will come to you!!

If you do not sew but crochet or knit 5 1:2"-6" crocheted straps with a button on each end are needed as well. These straps relieve stress off their ears.

Please join this challenge to help our frontline workers.

Building resilient communities through self-care

We start each day thinking, "Today things are going to stabilize. Today we'll hit a plateau." But for the past month, regular updates from Governor Walz, new reports from the CDC, and revised guidance from our state and local public health agencies have kept us on our toes. If we've learned anything so far, it's how resilient we are. Our employees, clients, partners, and communities have stepped up.



Shauna Reitmeier

We've watched heartfelt videos from school teachers and staff, pouring out their love for our children. Parents are hosting virtual birthday parties to keep families connected. Employees are extending more grace and patience to their co-workers. Drive through any neighborhood, and you're bound to see paper hearts on the windows of at least one home or business. These are examples of how we're adjusting to this new world, finding our new norm while we cope with the effects of COVID-19.

In the coming weeks and months, your mental health will become even more important. Functioning in this physically isolated environment like this is not easy for most people. If you aren't practicing and modeling self-care and wellness, you may start seeing some challenges at home and with those in your household.

Our message to you today: We are here to help you build resiliency and prepare for what lies ahead. Whatever your situation looks like right now, we have resources and options to support you.

"You don't have to be in crisis or have suicidal thoughts to use our crisis line. It's normal to feel some additional anxiety and stress during a global pandemic," says CEO of Northwestern Mental Health Center, Shauna Reitmeier. "Call our mobile crisis team before you reach a breaking point. Our team is trained to assist in these situations."

Typically, our Mobile Crisis Response Team (MCRT) receives four to five calls each day. Roughly 60 percent of the calls originate in Polk county.

The other 40 percent comes from Mahanomen, Norman, Red Lake, Marshall, Kittson, Pennington, and Roseau counties. While we saw a slight drop in calls the third week of March, calls have been steady.

"About 15 percent of calls between March 16 and April 8 were related to anxiety and worries due to COVID-19," says Christie Wisk, Mental Health Practitioner on our MCRT.

Since March 23, we've been supporting crisis callers through telemedicine when possible. Before that, our MCRT was activated and met with individuals face-to-face for approximately half of the calls.

The other half were resolved over the phone. In the last two weeks, we've used telemedicine to resolve 70 percent of our crisis calls.

"This is a win-win. It's safer for callers and our employees. Seeing someone through telemedicine feels more connected and warmer than just talking on the phone. We can see the individual, read body cues, and evaluate the environment around them," says Wisk. "And if the situation requires face-to-face interaction, we're still going to go. But we're taking extra precautions in those instances now, to keep everyone healthy."

With so many uncertainties, NWMHC providers like Wisk hope to see more people reach out in April and May.

Overall, we've modified the delivery of all our services. Most of our providers now offer therapy, case management, and rehabilitation services from their homes using technology. And individuals can receive NWMHC services from anywhere using a phone, smartphone, or computer.

But there's concern that as

time goes on, people will need more support. We've put processes in place to connect with current clients, and we have openings for new clients. We're exploring ways to reach those who may not have access to technology to connect through telemedicine. Or people who don't have a safe place to request and receive mental and chemical health care services. We're also discussing how we can best support first responders, teachers, and those experiencing financial hardships due to COVID-19.

"Support from federal, state, and local governments has been critical in the last few weeks. It's clear no one wants a mental health crisis to follow this pandemic," says Reitmeier. "As funding and programs roll out and open doors, people should expect to see more opportunities for receiving mental health care in their communities."

Northwestern Mental Health Center is a pathfinder and innovator in the mental health care industry, not just in Minnesota, but nationally. We will continue to advocate for the people we serve and do everything we can to build resilient families and communities. We are in this together. And we will make it through this together.

Please email communication@nwmhc.org for any mental health or substance use disorder questions and concerns related to COVID-19.

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



Bear Hunt

Local libraries can be a conduit for many people to resources and events that are both educational and inspirational. Of course, access to these services looks very different now.

At the McIntosh and Fosston Public Libraries, the books are pining on their shelves, longing to share their stories. The puppets perched on their stands are lonely for the chatter and laughter of children. But this season of "social distancing" is only a season and meanwhile, a new season has crept up on us: Spring. Of course, Old Man Winter has thrown a few temper tantrums. But it is only a matter of time before Spring slips out of his grasp and displays her



blossoming allure; calling to young and old to venture out and see what can be seen... perhaps a bear?

Caese Haroldson, started as the librarian at the LARL branch in Fosston last fall and what a year it has been! During this unprecedented season, she and the other LARL librarians have been thinking outside of the box. If you're wran-

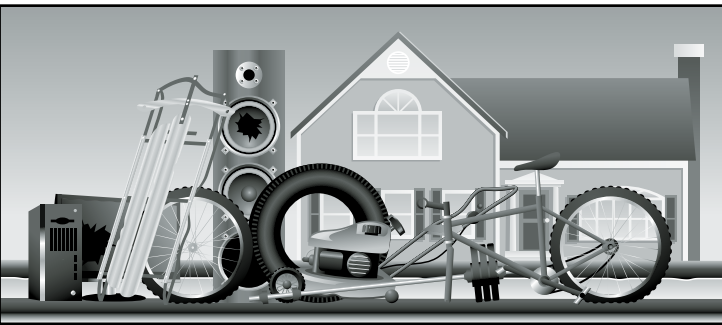
City of McIntosh Clean Up Week will be May 6th thru May 13th

The City of McIntosh Council would like to promote a clean and healthy community by designating the first full week of May as CITY OF MCINTOSH CLEAN UP WEEK. Property owners within city limits may bring items to the lift station site on 1st St SE (area south of the baseball field). Please throw items in the proper bins. This service is free of charge, but donations would be greatly appreciated to help defray costs.

Be prepared to show proof you own property or reside within the city limits of McIntosh. Having a McIntosh mailing address does not necessarily mean you live within city limits. This service is provided solely to MCINTOSH CITY TAXPAYERS. If you are unsure, please call the city clerk's office: 218.563.3043.

Pick-up service is available for those unable to bring in their own items. Items must be piled near the street no later than 8a.m. on May 13th. If further help is needed with removing items from property please call the city office and help will be scheduled. If interested in volunteering to pick up items and/or use of your truck and/or trailer please call the City Office.

- Acceptable items:
- Small Amounts of Demolition Material (Wood, Metal, Shingles, Windows, Sheet Rock)
 - Dry Paint Cans
 - Mattresses, Box Springs, Couches, Chairs
 - Other Miscellaneous



Household Items

- non-acceptable items:
- Tires
 - Small Appliances
 - TVs
 - Computers or Monitors
 - Railroad Ties
 - Fluorescent Bulbs
 - Cement
 - Hazardous Materials

*Please note that we are not accepting yard waste: branches, leaves, grass clippings, etc. These items can be taken to the green dump on the south end of town. If you need assistance please contact the City Office.

Don't let this happen to you! It's that time of year when folks are doing extra cleaning around the house and trying new products to make those jobs easier. We strive to make sure the sewer system stays clear and doesn't back up into buildings. You can help us (and your neighbors) by not flushing:

- grease or oil down drains. Grease such as cooking oils, tallow, bacon grease, etc. will harden in the lines, and on the float switches, causing the pumps not to work.

- non-biodegradable items down drains. Items such as cigarette butts, dental floss, Q-tips, disposable diapers, sanitary napkins, tampons or condoms can clog the pump and pipes.
 - flushable manufactured wipes. Even if product states it is flushable it does not disintegrate like toilet paper so it clogs and tangles in the rotors of the pumps and lines.
 - rigid or gritty materials down drains such as cat litter, coffee grounds, chicken bones, egg shells, fish scales, etc. Limit the materials you put through a garbage disposal to edible food products only.
 - flammable or volatile liquids down drains such as gas, waste oil and thinners. It is illegal to dispose of these items in the sewer system.
 - household chemicals down drains, such as paint, pesticides, herbicides, strong cleaning products, or other toxic chemicals.
- Manufacturers list many things as flushable, but the only thing that belongs in a toilet is toilet paper and human waste.

The latest on Unemployment Insurance

By Commissioner Steve Grove

The COVID-19 pandemic has turned people's lives upside down – and at DEED, we're focused every day on helping Minnesotans navigate this unprecedented and challenging time, and finding ways to get people the benefits they need as soon as possible.

I know that many of you are wondering about the CARES Act, which was passed by Congress and signed into law in late March. Here's what you should know:

We are excited to announce that DEED authorized the first payments of the temporary additional compensation of \$600/week for people receiving unemployment benefits. You don't need to contact us or do anything additional; if you receive unemployment you will also automatically receive an additional \$600 for every week you remain eligible.

The first week for which you can get the additional \$600 is the week beginning March 29th.

We are waiting on further federal guidance on two additional parts of the CARES Act and will provide updates as soon as we have more information, including:

A new benefit program for some independent contractors and self-employed people who are unemployed as a result of COVID-19 and who are NOT eligible for regular unemployment benefits.

The 13-week unemployment benefit extension.

On Monday, Governor Tim Walz signed Executive Order 20-29 to help us quickly approve thousands of Minnesotans who have applied and are waiting for their benefits. Previously, DEED was required to delay benefits for applicants who are taking vacation, sick pay or personal time off when they apply for Unemployment Insurance. Executive Order 20-29 suspended that requirement, meaning thousands more Minnesotans will begin receiving benefits very soon. This was a technical change, but one that will provide immediate relief to folks who have been stuck on this common eligibility issue – and we're grateful for Governor Walz's leadership to help us get it done.

But many Minnesotans still have pending "eligibility issues" on their accounts, and we're working as fast as we can to clear those up.

Our Unemployment Insurance program currently has more active applicants than it has ever had in the program's 85-year history – more than 350,000 applications in the last three weeks alone, far exceeding our entire annual total for 2019.

Despite this massive and unprecedented amount of applications, our team is working 7 days a week to review eligibility holds and resolve issues.

We have successfully processed initial weekly payments for more than 90% of eligible applicants – but until that number is 100%, we know that Minnesotans are still waiting

and need our help. I assure you that we're working overtime to get you the answers you deserve and the benefits you need.

Finally, we have fully reopened our call lines to assist with questions about your account, password resets and help completing your application – but are asking people to call on certain days and times depending on their needs:

If you have a question about your account, call Monday - Thursday, between 8 am - 2 pm. If you need help applying for unemployment benefits, call Friday between 8 am - 4:30 pm. If you need help with your password, call anytime during business hours. Our team is receiving around 800 calls per hour, so you should expect long wait times on the phones.

As always, uimn.org will remain your best starting point for information and we're continually updating it with new information.

I want to thank Minnesotans for your patience and bearing with us during this crisis.

We're all in this together – and please know that we won't stop working until every Minnesotan who needs help is able to get through the Unemployment Insurance application process and receive the benefits you need to support your families and take care of yourself.



ook and eAudiobooks libraries.

On their homepage, finding age appropriate resources is just a click away. For example, the TumbleBook Library link provides an assortment of books which are animated and read aloud. Audible for kids has an ever expanding library, including many "living books," stories which use human experience to convey historical or life lessons. If you cannot get online, you can access LARL services by calling 833.522.5275.

Look for other resources like the Ancestry Library or suggestions for pairing books and videos for extended e-learning at home. Or maybe you want to write a book!

They have resources for

Local Pulse... Continued on page 2..

Social distancing is driving force behind RSVP’s 7 day meal kit project

Thanks to recent North-west Minnesota Foundation and NW Regional Sustainable Development Partnership (NWRSDP) grants, isolated seniors and individuals affected by COVID job loss have one less thing to worry about. Using a newly-developed University of MN Extension, "14 Day Meal Kit" template, the Retired and Senior Volunteer Program of the Red River Valley (RSVP of the RRV) has secured funds to implement and provide Weekly Meal Kits for those most needy during and after the COVID-19-induced Stay at Home and social distancing directives.

RSVP is partnering with small town grocers and RSVP volunteers (without compromised health issues) throughout the 7 County NW MN region to package and deliver non-perishable meal kit boxes at no cost to recipients. Food items chosen will be according to the 14 day meal kit guide produced by a UMN Extension team, and revised for a 7 day version. Meal kits, projected to feed one person for a week, will be assembled by participating local grocery stores and delivered to those in need by RSVP volunteers, keeping social distancing and the health and safety of clients and volunteers, in mind.

The emergency food, suggested by a UMN Extension health and nutrition team, is 'shelf stable, easy to prepare, and calorie sufficient for vulnerable populations.' The products are typically easy to find in any rural grocery store, thereby supporting local businesses. The kits include items

for breakfast, lunch, dinner and snacks. "These meal kits will allow communities to help each other while also supporting local businesses that serve as a critical resource during times of crisis."

An RSVP volunteer task-force (COVID screened) has been established, representative of each NW MN County, who will be the eyes, ears and hands throughout the region. Volunteers will pick up meal kits that have been packaged by partnering grocery stores, then provide non-contact delivery to recipients, thereby minimizing contact among members of the public. Non-contact delivery means that deliveries will be left outside the door of a client's home. Recipients will be screened prior to delivery to assure that a solution will be found if someone is unable to get their groceries from outside.

Aiming to replicate the meal kit project within each of the 7 Counties served by RSVP of the RRV, Program Director, Tammy Frohlich, wrote the grant proposal to supply 10 meal kits within each. Rural living can be isolating under normal circumstances; adding COVID-19 concerns and sheltering in place intensifies fear and disconnection. "My hope is to alleviate financial burden and fear of COVID-19 exposure, while creating connections that meet fundamental needs among those most vulnerable," Frohlich states.

The FREE Meal kits are available to seniors age 60 and older or to individuals of any age who have experienced job loss due to the current pandemic in the following Coun-

ties: Polk, Norman, Kittson, Roseau, Red Lake, Pennington and Marshall. Ten meal kits are available within each County and will be distributed on a first come first served basis.

Community or family members, churches, nonprofit organizations, social service providers or individuals themselves may contact RSVP directly to request a meal kit. Please call or email Tammy Frohlich, RSVP Director, (tsykes@umn.edu; 218-281-8289) or Jennifer Erdmann, RSVP Coordinator (jkerdman@umn.edu; 218-289-3732) for more information or to request a 7 Day Meal Kit for yourself or someone you know.

About RSVP
RSVP connects volunteers age 55 and over with meaningful service opportunities that impact individuals and communities. RSVP of the Red River Valley Volunteers put their skills, talents, and life experiences into motion for others, focusing on allowing seniors to remain living independently through grocery, handyman and meal delivery services, assisting children with literacy skills and food security for all persons.

RSVP is a Senior Corp program, administered by the Corporation for National and Community Service (CNCS), the federal agency for volunteering, service and civic engagement. CNCS engages millions of Americans in citizen service through its AmeriCorps and Senior Corp programs and leads the nation's volunteer and service efforts. For more information, visit NationalService.gov.

Story to Share?

If you have a story or photos you want to share, please send to: mcintoshtimes@gmail.com

NWMHC receives award of excellence

Northwestern Mental Health Center (NWMHC) has been recognized for its invaluable contributions to the behavioral health care field by The National Council for Behavioral Health.

"We reserve our Awards of Excellence for those with distinguished achievements in behavioral health care, and I'm incredibly proud to give this award to Northwestern Mental Health Center," National Council for Behavioral Health President and CEO Chuck Ingolia said.

The National Council Innovation Award is given to those who increasingly think "outside of the box" in search

Create kid-friendly spaces at home

Maintaining a home that is welcoming and kid-friendly can be challenging. Kids are full of energy and oftentimes put fun ahead of tidiness. But no matter how energetic their youngsters are, parents can still employ several strategies to ensure their homes are both sophisticated and child-friendly.

· **Consider an open floor plan.** Rooms that flow into one another make it easier to keep tabs on children. Such rooms also allow residents and guests to mingle in separate rooms but not be too far away from one another.

· **Choose washable fabrics.** Upholstery will need to stand up to the abuse kids can dish out. Sofas and chairs with slipcovers can be advantageous because many slipcovers can be easily removed and laundered. Patterned fabrics will hide some stains, while treated fabrics may resist liquid spills for easier cleanup.

· **Create a catch-all spot.** Special bins or other organizational tools in the entryway can help to cull clutter when children come in the house from school or play. Be sure the keep cubbies, containers and coat hooks at a child-friendly height.

· **Look for high-traffic rugs.** Rugs designed for high-

MN issues first \$600 CARES Act payments

The Minnesota Department of Employment and Economic Development (DEED) announced today that the agency received final guidance from the U.S. Department of Labor to be one of the first states to make \$600 additional compensation payments to people receiving unemployment benefits.

These payments were authorized by Congress in the Coronavirus Aid, Relief, and Economic Security Act (CARES Act), which was signed into law on March 27, 2020.

"As soon as the CARES Act became law, our team at DEED got to work putting the technology in place to support these payments and ensure that we were ready to get the money to Minnesotans in need," said Commissioner Steve Grove. "With a record number of unemployment ap-

plications, we know this is an uncertain and challenging time for many. It was critical that we act swiftly and provide this additional compensation without delay."

All individuals who are currently receiving Minnesota unemployment benefits will qualify for the \$600 additional compensation and will continue to receive their regular unemployment benefit.

What Minnesotans need to know:

The first week for which you can get the additional \$600 is the week beginning March 29.

You could request the week of March 29 on or after April 5. If you already requested payment for that week, you will get the \$600 payment automatically.

You do not need to contact DEED or do anything to get the additional \$600. We will

automatically process the additional \$600 payment AFTER you request benefits for the week of March 29 (and every week after that you are eligible).

You will not see the \$600 payment on your online unemployment account.

You will only see it on your bank account or your unemployment debit card statement.

Payments may take a few days to reach your bank/debit card.

DEED is the state's principal economic development agency, promoting business recruitment, expansion and retention, workforce development, international trade and community development. For more information about the agency and its services visit the DEED website or follow DEED on Twitter.

Libraries invite Minnesotans to read together in new statewide ‘One Book’ program

The Lake Agassiz Regional Library invites its customers to read Because of Winn-Dixie in a new statewide book club which is being launched by The Friends of the Saint Paul Public Library as the Minnesota Center for the Book.

The intention of One Book | One Minnesota is for Minnesotans of all ages to read a common title and come together virtually to enjoy, reflect, and discuss. Presented in partnership with State Library Services, a division of the Minnesota Department of Education, the program aims to bring Minnesotans together during a challenging time and highlight the role of libraries as community connectors.

The inaugural title for the program is Because of Winn-Dixie by Minnesota author Kate DiCamillo (Candlewick Press).

During the months of April and May, Lake Agassiz Regional Library customers will be invited to read the book and will have access to author vid-



eos, reading guides, and virtual book club discussions including a statewide virtual discussion with the author in May.

Kate DiCamillo expressed her excitement in her recent introduction video. "I'm so thrilled that my book, Because of Winn-Dixie, is the very first book for One Book | One Minnesota. Stories connect us, and

I'm so happy to be connected with all of you through story."

Because of Winn-Dixie will be available on multiple platforms, including as a downloadable eBook without wait lists or hold on Ebooks Minnesota, a statewide digital library available to all Minnesota residents at library.biblioboard.com.

One Book | One Minnesota is presented by The Friends of the Saint Paul Public Library, as the Minnesota Center for the Book, in partnership with State Library Services. Program partners also include Candlewick Press, Council of Regional Public Library System Administrators, Minitex (a joint program of the University of Minnesota and the Minnesota Office of Higher Education), and the Minnesota Department of Education.

This program is made possible in part by the State of Minnesota through a grant to the Minnesota Center for the Book through the Minnesota Department of Education.

LSS Meals Menu 687-2262

Tues. April 28: Swedish Meatballs - Potatoes & Gravy - Peas & Carrots - Wheat Rolls - Roman Apple Cake - Milk

Wed. April 29: Spaghetti with Meat Sauce - Green Beans - Lettuce Salad - Breadsticks - Chocolate Pudding - Milk

CHURCH DIRECTORY

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

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

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:

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

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church
Sun. April 26: 9:30 a.m.
No Sunday School and Adult Bible Study; Worship Service on Facebook: gosenchurch and gosenchurch.com

Tues. April 28: 10:00 a.m. Sunday worship service telecast on GVTV--30; 1:30 p.m. No Bible Study at The Pioneer Memorial Care Center

Wed., April 29: 6:30 p.m. No Bible Study at Sharon Ramberg's

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh Supply Pastor Gordon Syverson

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

Calvary Lutheran Church, Winger, Immanuel Lutheran Church, Bejou, and Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit Calvary. Our Saviors service will be available by 8:30 am each Sunday until further notice.



Plans are underway for the 4th Annual Mentor/Lakes Area 5K. The event will take place on Saturday, July 18th. Save the date and follow Mentor Park & Playground Fundraiser on Facebook for more details! Pictured last year is Erin Jore, McIntosh, MN, supporting a great cause! Erin ran an impressive 5K while pushing her children in the stroller! Way to go Erin!

BUSINESS & PROFESSIONAL GUIDE

This space for rent at \$127.40 for 6 months.

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PUBLISHED WEEKLY IN THE HUB OF THE THIRTEEN TOWNSHIPS BY RICHARDS PUBLISHING CO., INC.

RICHARD D. RICHARDS, PUBLISHER
KIM HEDLUND, EDITOR

McIntosh • (218) 563-3585

"McIntosh Times" (USPS 336-020) is published weekly for \$30.00 per year (in county) and \$40.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.

POSTMASTER: Send address changes to:
McIntosh Times, PO Box 9, McIntosh, MN 56556.
mcintoshtimes@gmail.com

"Serving the Win-E-Mac area"

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M3-28C

Pestle & Vessel by Alison Opdahl

Opportunity

We all have relationships which present us with challenges. Even our relationships with ourselves can be a challenge. As I have struggled internally with the woman I desire to be and how I actually act—I have been facing hard realizations. Circumstances may appear to be dictating my choices but the truth is my attitude is driving the bus. Pedal to the metal, I'm afraid.

There are times when I feel like more of an obligation than an opportunity to someone I am in relationship with... does this sound familiar? I was praying this morning and asking Ruach for wisdom and this is what was revealed to me. And then, very gently, Ruach also revealed my tendency to treat others—primarily my daughter—in this same way. Ouch!

Dinah is a bright soul in my life. She is my reason for living; my contribution to my family tree. I and all of my generations before me have existed for her, and she exists for the next generations. As I sow into her, I must exercise discernment and discretion. Because the choices I make will either grow fruit or poison her branch. It can be overwhelm-

ing to contemplate the enormity of parenting. "How-to" books on parenting could fill library after library but I truly believe it is much simpler than that. And also way more complicated!

The simple approach to parenting? Get out of the way! And that is exactly what makes it so complicated. I have my own expectations for my daughter. My previous experiences have formed my fears and grown my abilities. I desire for her to be more than I am. But was she granted to me to be more—or to be her?

Because she is equally her mother's daughter and her father's daughter; she has tendencies that challenge me. There are aspects to her personality which Elohim perfectly paired so there would never be another child like her. Oh, and some days, I feel those differences intensely! One day she loooovves eggs for breakfast and the next day she hates them. This is exactly the kind of ordinary situation when I need to recognize that Dinah is an opportunity not an obligation.

Our relationship is not always about eggs. She has learned to eat her food even if she does not like it. And I have

discovered most of the time—in circumstances like that—it boils down to her desire for control. And that is the struggle alive and well in all of us. So what about the times when it is not about eggs?

I am not masterful at hiding my opinions so Dinah picks up on my non-verbal cues. But I am a master at words and now I set myself a challenge: to use my words to communicate to my beautiful, energetic and creative daughter that she is not an obligation. She is a shining and vivacious opportunity.

Our great Creator does not see us as "problems" but yearns for our "potential" to shine in His Kingdom. Because we were made to "be" not "do" and let's face it, children are experts at this.

While we must certainly discipline sinful behaviors let's not forget that our children have much to remind us of by just being themselves. Parenting wears us down, it embroils us in frustration and exhaustion. It traps us in our humanity. May we set an example by reading the only book we ever need for parenting standards: the Word of God. We are not "obligations" to Elohim but "opportunities." Go shine!

MDA asks organic farmers about ideas, experiences

Survey of state's organic producers aims to shape programs

St. Paul, MN: The Minnesota Department of Agriculture (MDA) wants to know what's on organic farmers' minds.

This month, the MDA mailed a survey of Minnesota organic farms to the state's 800 certified organic operations. The survey asks certified organic farmers to share both their opinions and experiences and includes 27 questions about profitability, production costs and challenges, research

needs, marketing, and outlook.

"The insights organic farmers share help us focus programs and resources on areas that will make a difference to their bottom line," said Assistant Commissioner Patrice Bailey. "Organic market demand is very strong, and we want to do all we can to help existing and new organic farmers capitalize on that fact."

The U.S. organic market hit a new record high in 2018,

reaching \$52.5 billion in sales, up 6.3 percent from the previous year, according to the 2019 Organic Industry Survey released by the Organic Trade Association.

Certified organic farmers who did not receive a survey in the mail can contact MDA Organic Agriculture Specialist Cassie Dahl at 651-201-6134 to request a copy. Survey results will be available at the MDA's web site later this fall.

Practice digital safety while social distancing

As COVID-19 spread across the globe, it was evident that strong measures would need to be taken to help slow the rate of infection so as to not overwhelm the health systems. Schools shifted to remote learning, nonessential workers were asked to work remotely and families were told to engage in internet-based chats in lieu of in-person gatherings.

Staying home dramatically increased reliance on the internet. Heightened use of the internet and digital products puts users at risk when they go online. Brandonigaille Small Business & Marketing Advice offers that 82 percent of predators use social networking sites to target victims by learning about them. In addition, many identity theft crimes are perpetrated online.

The following are a handful of ways people can stay safe as they rely on the internet more and more.

- **Limit the information you share.** Children and adults should limit how much personal information they share online. Do not share bank account numbers, birth dates, addresses, and other information readily - especially on unsecured sites.

- **Utilize private browsers.** It's possible to set browsers to private mode and lock down social media accounts to offer the bare minimum of information to the public. However, even with such precautions, websites and applications may

be collecting information and using it for marketing purposes. Law enforcement, website administrators and even hackers may be able to access private information, according to the computer security company Norton.

- **Take note of your surroundings.** People who engage in video chats or share images online should be aware of their immediate surroundings. Do items in the house in view of the camera give indication of personal identity details? Are there any embarrassing or inappropriate belongings in view? Check reflections in windows and mirrors to make sure that others in the house are not inadvertently showing up

online as well.

- **Be careful of attachments.** Exercise caution when downloading attachments from unknown sources through social media, chat rooms or email. Do not click on unrecognizable links, which could be harboring viruses that steal data.

- **Use only a secure internet connection.** Always use a secure internet connection when sharing important data, such as credit card numbers or banking information. Password protect all Wi-Fi networks.

These are some ways to stay safe as internet activity increases in the wake of social distancing mandates.

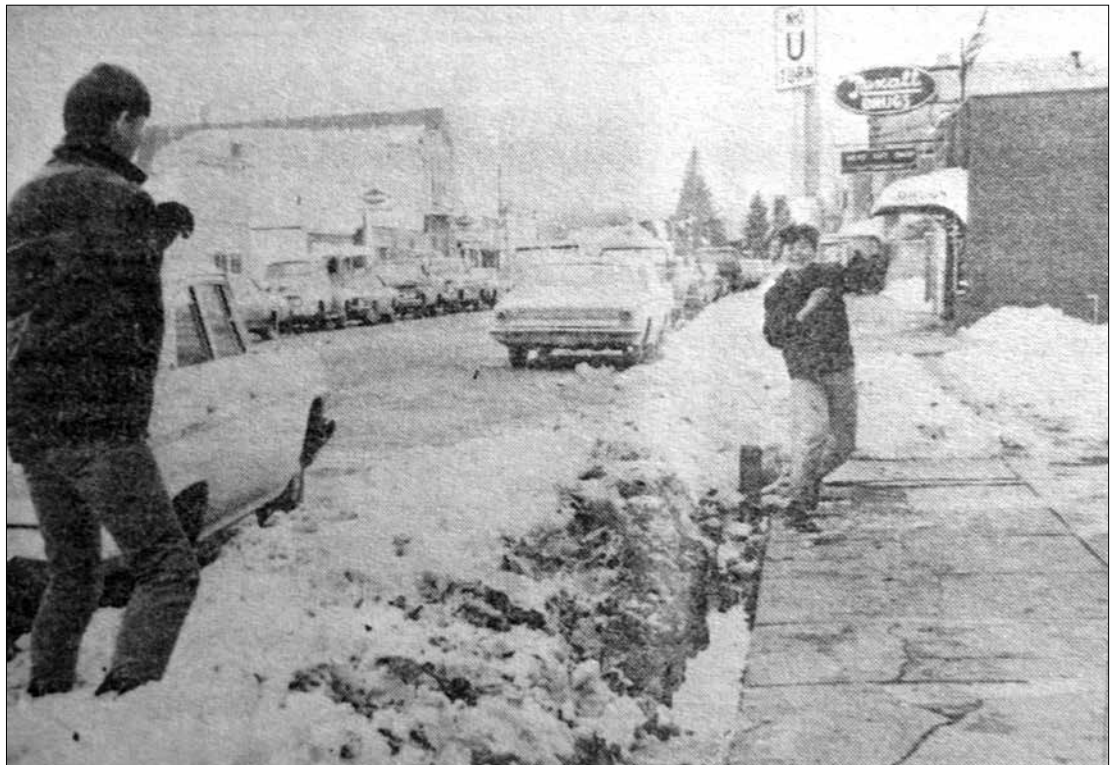
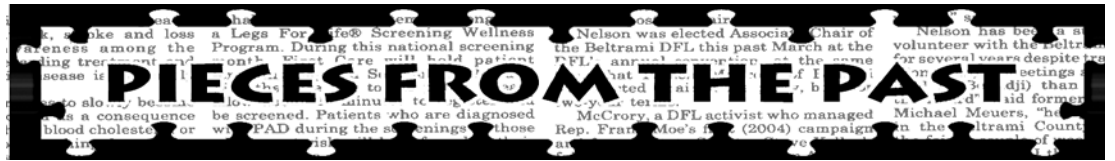
Important Information Regarding Assessment and Classification of Property

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



50 years ago...1970: The young folks at McIntosh appreciated the 10 inch snowfall Monday when it caused closing of schools. Mild weather prevailed, however, and though roads were heavy on Sunday mostly the late April storm was accepted in stride.



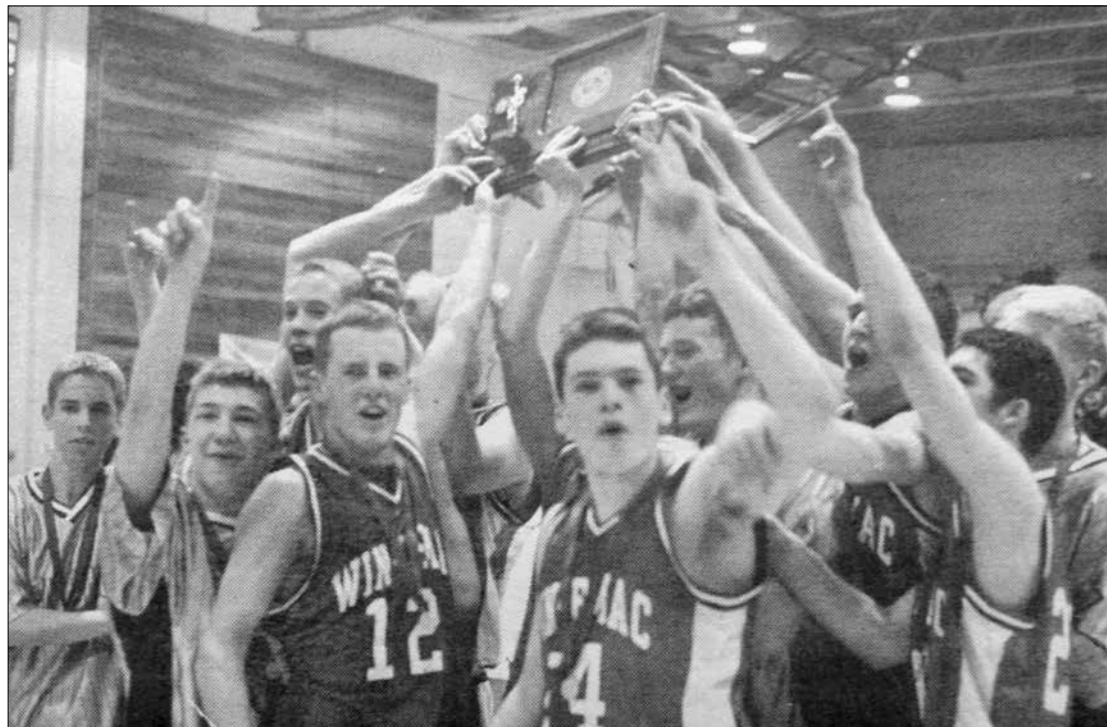
40 years ago...1980: The Mac-Winger School presented an all-school Charley Brown Musical, Friday and Saturday night. The cast was as follows: (l-r) Steve Aanenson as Linus; Lori Sonsteli as Lucy; Ann Schow as Peppermint Patty; Ray Vaa as Charlie Brown; Janice Aanenson as Snoopy; Scenery was prepared by Mary Salveson and her Art Students. Helpers were Jim Hamilton, Paul Ose and Kevin Kundert. Photo by Randy Kaupang, Mac-Winger Photo Club.



30 years ago...1990: Honor Band and choir participants from Win-E-Mac numbered eleven at the District concert. They are: (back, l-r) Tracy Vesledahl, Janna Kiecker, Stephanie Voxland, Heather Baldwin, Lisa Erickson, Nikki Berg; (front) Dan Mork, Tim Olson, Stuart Ingman, Ryan Tangen and Shannon Haugen.



10 years ago...2010: Win-E-Mac students who exceeded MCA-II tests expectations in Math for the 7th grade: (back, l-r) Madison Stuhaug, Anya Eyman, Karen Hixon, Travis Kaster, Jacob Knutson, Zach Tradewell, Zach Plante, Austin Tadmam; (front) Arseny Andilofieff, Kara Sonsteli, Magdaline Spry, Chase Svalen, Kaysee Mandt, Hannah Wiersma, Jenna Wiersma.



20 years ago...2000: Patriots on to state with their win over Red Lake.

9 Jobs Hiring Now

Many businesses working to provide essential services like health care, food, supplies and transportation are hiring right now in Minnesota. Some positions may be temporary during the COVID-19 pandemic, but many are permanent and, particularly in the health care field, can serve as a stepping stone to higher-paying careers for those who get additional experience or training.

Many of the jobs listed below may be posted under multiple titles – some of which vary in their job descriptions, requirements, and wages. If a job sounds like a good fit for you, you should consider applying even if you don't meet all the preferred qualifications in terms of experience or education.

Hourly wage ranges represent the middle 50% of Minnesota workers in that job category – meaning one-quarter earn less and one-quarter earn more than the listed range. In addition, some employers are offering bonuses during the COVID-19 pandemic.

The state's online job bank currently has more than 65,000 job listings. Some industries have extensive hiring needs. For instance, providers of home- and community-based services to support people living with disabilities have launched the #MeetTheNeed-MN campaign to hire more than 18,500 direct support workers in Minnesota.

Occupations with Openings Personal Care Aide

Related job titles include: Caregiver, Direct Support Professional (DSP), Direct Support Worker, Patient Care Assistant (PCA), Personal Care Aide, Personal Care Assistant (PCA), Personal Care Attendant (PCA), Resident Care Assistant (RCA) *Some related job titles may require certification.

Description: Assist the elderly, convalescents, or persons with disabilities with daily living activities at the person's home or in a care facility. Duties performed at a place of residence may include keeping house (making beds, doing laundry, washing dishes) and preparing meals. May provide assistance at non-residential care facilities. May advise clients and families regarding nutrition, cleanliness, and household activities.

Employers/work settings: home health care companies; senior and other residential facilities; mental health care and substance abuse facilities

Hourly wages: \$11.53 - \$14.43

Home Health Aide

Related job titles include: Caregiver, Certified Home Health Aide (CHHA), Certified Medical Aide (CMA), Certified Nurses Aide (CNA), Home Attendant, Home Care Aide, Home Health Aide (HHA), Home Health Provider, Hospice/Home Health Aide, In Home Caregiver *Some related job titles may require certification.

Description: Provide routine individualized health care such as changing bandages and dressing wounds, and applying topical medications to the elderly, convalescents, or persons with disabilities at the patient's home or in a care facility. Monitor or report changes in health status. May also provide personal care such as



bathing, dressing, and grooming.

Employers/work settings: home health care agencies

Hourly wages: \$12.76 - \$15.69

Light Truck or Delivery Services Driver

Related job titles include: Bulk Delivery Driver, Delivery Driver, Driver, Driver/Merchandiser, Package Car Driver, Package Delivery Driver, Route Driver, Route Supervisor, Service Provider, Truck Driver

Description: Drive a light vehicle, such as a truck or van, with a capacity of less than 26,000 pounds Gross Vehicle Weight (GVW), primarily to deliver or pick up merchandise or to deliver packages. May load and unload vehicle.

Employers/work settings: couriers and express delivery services; various stores and retailers; may be self-employed

Hourly wages: \$14.47 - \$24.81

Stock Clerk / Order Filler

Related job titles include: Checker Stocker, Checker/ Stocker, Clerk, Dairy Clerk, Grocery Clerk, Night Stocker, Order Filler, Sales Support Specialist, Stock Clerk, Stocker, Store Clerk

Description: Receive, store, and issue sales floor merchandise. Stock shelves, racks, cases, bins, and tables with merchandise and arrange merchandise displays to attract customers. May periodically take physical count of stock or check and mark merchandise.

Employers/work settings: Most often grocery or convenience stores, building material and supply stores, and large warehouse stores

Hourly wages: \$11.66 - \$17.34

Cashier

Related job titles include: Cage Cashier, Cashier, Center Aisle Cashier, Central Aisle Cashier, Checker, Customer Assistant, Mutual Clerk, Sales Associate, Visitor Service Associate

Description: Receive and disburse money in establishments other than financial institutions. May use electronic scanners, cash registers, or related equipment. May process credit or debit card transactions and validate checks.

Employers/work settings: grocery stores such as Cub Foods and Hy-Vee; gasoline and convenience stores; pharmacies and merchandise stores

Hourly wages: \$10.73 - \$13.07

Retail Salesperson/Home Shopper

Related job titles include: Clerk, Customer Assistant, Home Shopper, Internet Shopper, Retail Salesperson, Sales Associate, Sales Clerk, Sales Consultant, Sales Person, Sales Representative

Description: While some stores are looking for retail salespeople, many positions now are for home shoppers or internet shoppers – who gather items from online or phone orders and collect them for pick-up or delivery.

Employers/work settings: retail stores, particularly grocery stores right now

Hourly wages: \$11.05 - \$15.51

Customer Service Representative

Related job titles include: Account Manager, Account Representative, Call Center Representative, Client Services Representative, Customer Care Representative (CCR), Customer Service Agent, Customer Service Representative (Customer Service Rep), Customer Service Specialist, Member Services Representative, Sales Facilitator

Description: Interact with customers to provide information in response to inquiries about products and services and to handle and resolve complaints.

Employers/work settings: insurance companies, health care organizations, banks, service companies, cell phone companies, retail stores

Hourly wages: \$14.79 - \$23.57

Combined Food Preparation and Serving Workers, Including Fast Food

Related job titles include: Food Preparer, Food Service Worker, Nutrition Aide

Description: Serves food outside a restaurant environment. May include some food preparation and clean-up. Monitor food distribution to ensure meals are delivered to the correct recipients and guidelines, such as those for special diets, are followed.

Employers/settings: Includes hospitals, residential care facilities, and limited service restaurants

Hourly wages: \$11.38 - \$15.49

Housekeeping Cleaner

Related job titles include: Cleaners, Housekeeping Cleaners, Housekeepers, Maids

Description: Perform any combination of light cleaning duties to maintain private households or commercial establishments, such as hotels and hospitals, in a clean and orderly manner. Duties may include making beds, replenishing linens, cleaning rooms and halls, and vacuuming.

Employers/work settings: Hospitals, hotels, private households

Hourly wages: \$11.37 - \$15.70

Getting help finding a job

CareerForce can help you with your job search. We offer virtual and interactive services

– including virtual workshops; videos, online resources.

You can also connect by phone or email with staff at your nearest CareerForce location

Essentia Health use of virtual care during COVID-19 pandemic soars

In less than one month, well over 34,000 visits have been completed.

Essentia Health is leading the country in their robust use of virtual visits to ensure the high quality of care that our patients have come to expect during the COVID-19 pandemic.

“We had been working toward this goal prior to the COVID-19 pandemic,” explains Dr. Rich Vetter, chief medical officer. “The pandemic certainly accelerated our plans and moved the launch date forward.”

Essentia's first virtual visit was conducted on March 18, 2020 and since then Essentia Health has conducted more than 34,000 virtual visits and the number grows every day. Nearly 3,000 visits are occurring each day and at any given moment, more than 100 visits are happening simultaneously.

Patients can now schedule a virtual visit, which is a video appointment that occurs directly between a provider and a patient.

The patient can do the visit

from the comfort of their home and utilize their own technology such as a computer, tablet or smartphone.

Patients are appreciative of being able to continue necessary doctor appointments without having to leave their homes. Essentia Health is providing excellent and safe patient care in a different way.

Essentia Health is using virtual visits in areas you might not expect.

Examples include physical, occupational and speech language therapy visits. Both new and existing patients are being seen via virtual visits for their appointments. The results have been impressive.

For Bruce Neuhausen of Moorhead, the virtual visit has helped with a better therapy experience and once the pandemic subsides, it's something he hopes he can continue when possible. A stroke at age 47 left him unable to walk, sit up, or balance. He says, “I came to occupational therapy to help me figure out how to get the best out of where I am now. I'll never be my old self again, so I

interview about finding a job during the pandemic.

To search and find current Minnesota job postings, visit the CareerForce Job Search page

need to adapt to my new normal.”

Neuhausen also experiences what is described as “white coat syndrome” where his blood pressure rises to a level above the normal range in a clinical setting. He does not show elevated blood pressure in other settings.

“The virtual visit where I'm at home and not entering the clinic leaves me more relaxed and offers a more conducive therapy experience. I'm freer with my thoughts and conversation,” Neuhausen says.

Rehabilitation services director, Michelle Enockson says sentiments like Neuhausen's are common now that the department has transitioned to more virtual visits. “We have a lot of patients who were concerned that their therapy might not be able to continue during the pandemic and were very concerned. We've been able to alleviate those fears,” Enockson explains.

Here in Fargo, we are seeing on average, 140 patients each day virtually and that number is growing.

NW MN Foundation announces first round of emergency disaster recovery grand awards

The Northwest Minnesota Foundation (NMF) announced their first round of Emergency Disaster Recovery grant recipients. The grant awards are provided through their Emergency Disaster Recovery Fund which was established on March 20th to respond to COVID-19 relief efforts around the Northwest region.

A total of \$43,000 was awarded to the following organizations that are providing emergency food and housing security:

- City of Newfolden
- Lutheran Social Services

serving Kittson County

· Thief River Falls Area Food Shelf

· Loaves and Fishes serving Fosston and East Polk County

· White Earth Tribal and Community College

· Peoples Church in Bemidji

· Helping Hands serving Mahanomen County

· Heritage Community Center serving Pennington County

· White Earth Band of Ojibwe

NMF will review a second round of applications and plans to award additional funding at the end of April. The Emergency Disaster Recovery Fund

is open to receive charitable gifts, and anyone interested in supporting these continued relief efforts around the region can make a donation online at www.nwmf.org. Donations can also be made by texting “SupportNorthwestMN” to 50155. A gift of any amount makes a difference during these challenging times.

To learn more about NMF's ongoing COVID-19 relief efforts, visit www.nwmf.org and click on the “COVID-19 Updates and Resources” button at the top of the homepage.

Dr. Kevin Murphy Joins RiverView Health

RiverView Health is pleased to announce the addition of Kevin Murphy, MD, to its medical staff.

A graduate of Mayo Medical School, Rochester, MN, Dr. Murphy specializes in rehabilitation services for children with physical disabilities and adults with childhood-onset conditions. His practice is located in RiverView's Specialty Clinic, Crookston.

He specializes in care for patients with:

- Genetic functional impairment
- Musculoskeletal issues
- Neurologic impairments
- Neuromuscular disorders

Dr. Murphy is the medical director of pediatric rehabilitation for Sanford Health Systems in Bismarck, ND, and Northern Minnesota. He is also



the CEO and chief medical officer for Northland Pediatric Rehabilitation LLC, a private practice consulting service for pediatric rehabilitation medicine. His clinical expertise includes rural specialty

healthcare, pediatrics, adults with childhood-onset disability (lifespan care), musculoskeletal medicine, and ultrasound. He holds subspecialty certification in pediatric rehabilitation medicine. He is also the editor, along with two co-editors, of Pediatric Rehabilitation Medicine, Principles and Practice, 6th edition, Demos Medical, NY, NY, 2020.

A proud member of the military, Dr. Murphy served 24 years, including four combat tours in Iraq.

In his free time, he enjoys scuba diving, hiking, reading, and practicing martial arts. He also enjoys spending time with his family and being on Rainy Lake.

To make an appointment with Dr. Murphy, call 218-281-9553.

COVID-19 update from PCPH

COVID-19

is important to follow the Governor's Stay at Home order-leaving only when absolutely necessary, maintaining social distancing of 6 feet apart and wearing a cloth face mask in public (especially if social distancing can't be maintained). Staying home, hand washing often with soap and water for 20 seconds, avoiding close contact with people who are sick, covering your cough and sneezes, and cleaning and disinfecting commonly touched surfaces are important actions to help slow the spread of the virus.

“Moving forward, we don't intend to do a press release

for each Polk County lab confirmed case.

“We will provide future press releases when we are notified that there are a significant number of positive cases in a day, a clustered outbreak, or when we have our first hospitalized individual,” said Reese.

Visit the Minnesota Department of Health and Centers for Disease Control and Prevention websites for more COVID-19 information.

Follow Polk County Public Health on Facebook (@pcphhealth), Instagram (@polkcountypublichealth) and Twitter (@HealthPolk) for local information. Polk County Covid-19 Response: <https://coronavirus-response-pcg.hub.arcgis.com/>

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

- 1. You're looking for a bite to eat!**
Local school & senior menus posted weekly.
Restaurants and bar specials posted.
- 2. You need a job (or a new job)!**
The latest job listing are posted in the classifieds section.
- 3. You've outgrown your apartment or house!**
Homes for sale & apartments for rent posted in the classifieds.
- 4. Your car went kaput or needs some work**
Watch the Canary section for vehicles for every budget.
- 5. You want to know who passed away in your area.**
Obituaries are posted weekly in the Canary section.
- 6. You need a carpenter, electrician, or a realtor!**
Professional services listed in the classifieds.
- 7. You get to see your relatives, friends and neighbors in pictures from area events.**
- 8. Keep up on school events!**
Lunch menu, sports calendar, plays and more!
- 9. If you read a story you like, you can tear it out and save it!**
- 10. Your newspaper is inexpensive and recyclable!**

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