



McINTOSH

Since 1888

\$1.00

Times

Hub of the Thirteen Townships

McIntosh, Minnesota



The Ultima Bank locations of Winger and Fosston held a "Fill up the Truck" food drive to benefit local area food shelves on May 21st. The Winger location's truck was filling up as staff from Ultima Bank gathered donations. Pictured, left to right: Jenny Hanson, Amanda Swanson, Ron Lemer, Shelby Chatterton, Rochelle Bauer and Marlys Balstad.

How to stay positive while social distancing

As recently as late February, much of the populations of the United States and Canada were living life as they normally would.

A few short weeks later, when COVID-19 began to affect a greater number of people, many businesses grinded to a halt.

Schools were closed to students, and governments instructed people to stay home as much as possible.

"Social distancing" quickly became part of the general lexicon, with people in many cities and towns staying six feet apart from others when venturing into the public, but mainly staying at home.

While it is still too soon to determine the lasting impact of COVID-19, the psychological effects of social distancing were apparent almost immediately. According to Dr. Adam Kaplin, M.D. PhD., a neuroscientist at Johns Hopkins University School of Medicine, anyone who has had some trauma in the past may discover that social distancing rekindled previous traumatic feelings.

Emily Roberts, a New York-based psychotherapist, says any form of isolation can be devastating to a person's mood because they are left with their own thoughts.

Various strategies can help to ease the potential psychological burden of social distancing and give people a new perspective on their situation.

- **Focus on the positives.** Look at what you have gained rather than lost from social distancing. This may translate to more time with the family;

Positive..
Continued on page 2...



Keeping social distance, Zach Simonson and Isaac Iverson during the Win-E-Mac community graduation parade held on Saturday, May 23rd in downtown Erskine shortly after the graduates had each received their diplomas at the school.



The Winger Fire Department was part of the parade held in Erskine for the Win-E-Mac graduates on Saturday, May 23rd.



Win-E-Mac Teacher, Vondria Winter explains the graduation procedure to each of the 32 graduates and their parents as they arrive to receive their diploma at Win-E-Mac school.

Phasing into "normal" at MSL

By Carissa Affeldt, RN
Infection Preventionist

The last few months have been challenging for us all in the face of the COVID-19 pandemic. We know it has been especially hard for residents and families with the visitation restrictions. Phone calls, FaceTime, and window visits are great, but can't replace a warm hug from a loved one. Despite all of the challenges, it has been remarkable to see the resilience exhibited by everyone, and heart-warming to see the care between the staff and residents. It really is a family here at McIntosh Senior Living!

We are all very anxious to start the process of moving back toward "normal". It has been frustrating not knowing when that can happen. The encouraging news is that our country is moving forward in the process of "Opening Up America Again". Many of you may have questions about how this applies to nursing homes. The national Department of Health & Human Services recently released guidance on nursing home reopening recommendations. This document does not suggest particular dates, and individual states and local public health officials may apply the guidance differently. However, it does give us some idea of what the reopening of nursing homes might look like and we wanted to share it with you.

The recommendations put forth acknowledge the vulnerable nature of the nursing home population and the risks of congregate living in a healthcare setting. So, while you may see much of America opening up again, the nursing homes will be a step behind. The factors included in the decision to relax restrictions in nursing homes include: COVID case status in the community and the nursing home, adequate staffing, testing, and PPE, the capacity of local hospitals to accept transfers from nursing homes, and the use of universal source control (wearing facemasks, practicing social distancing, and washing hands or using hand sanitizer). There are 3 phases of reopening and the recommendations suggest a nursing home should spend a minimum of 14 days in each phase before entering the next phase. Each phase may take longer depending on the current situation.

We are currently in Phase 1 of "Opening up America Again" and nursing homes are expected to remain at their highest level of vigilance and mitigation. The recommendations state that we are not to de-escalate or relax restrictions until our surrounding community is able to enter Phase 2.

Phase 1:
The following are some of the measures recommended in Phase 1.

- Visitation is generally prohibited, except in certain compassionate care situations.
- Restriction of non-essential healthcare personnel.
- Communal dining is limited.
- Non-medically necessary trips outside of the facility should be avoided.
- Group activities are restricted, but some activities may be conducted for COVID-19 negative and asymptomatic residents, using source control.
- Screening of all staff at the beginning of their shift and anyone entering the building
- Screening of all residents at least daily
- Universal source control

Phase 2:
The following are some of the measures recommended in Phase 2. Criteria for entering Phase 2 include the case status of COVID in the community and no new nursing home onset COVID cases in the nursing home for 14 days.

- Visitation is generally prohibited, except in certain compassionate care situations. (No change from Phase 1)
- Allow entry of limited numbers of non-essential healthcare personnel/contractors as determined necessary by the facility.

tors as determined necessary by the facility.

- Communal dining is limited. (No change from Phase 1)
- Group activities, including outings, limited (for COVID-19 negative and asymptomatic residents) with no more than 10 people and source control.
- Continue screening of all staff, other personnel, and residents. (No change from Phase 1).
- Universal source control.

Phase 3:
The following are some of the measures recommended in Phase 3. Criteria for entering Phase 3 include the case status in the community and no new nursing home onset COVID cases in the nursing home for 28 days (through phases 1 and 2).

- Visitation allowed with screening and additional precautions ensuring social distancing and hand hygiene. All visitors must wear a cloth face covering or facemask for the duration of their visit.
- Allow entry of non-essential healthcare personnel/contractors as determined necessary by the facility.

MSL..
Continued on page 2...



Mac Library update
The Library in McIntosh will be open regular hours starting Monday, June 1, 2020, with the exception of Thursdays when the library will be closed until further notice.

The only service available from the library location at this time is curb-side pickup which you can arrange on the LARL website at www.larl.org and by calling the library during regular hours at 563-4555.

Visit LARL.org to find many great online offerings that the library has to offer as well.



Dan and Karen Espeseth are the only family with their daughter Lindsay as each Win-E-Mac Senior is announced and handed their diploma by their parents in the graduation ceremony held at the school and in compliance with Minnesota state mandates.



During the Ultima Bank Fill the Truck food drive held on May 21st. Community members from all around visited the banks in Winger and Fosston to donate food to our local food shelves.

MSL... Continued from page 1.....

- Communal dining remains limited. (No change from Phase 1 or 2).
- Group activities, including outings, allowed (for COVID negative and asymptomatic residents only) with no more than the number of people where social distancing among residents can be maintained, appropriate hand hygiene, and use of a cloth face covering or facemask.
- Allow entry of volunteers with screening and additional precautions.
- Continue screening of all staff, other personnel, and resi-

dents. (No change from Phase 1 or 2).

- Universal source control

Additionally, COVID testing of staff and residents will be done as directed by State and Local guidelines and as needed based on symptoms and/or exposure. We hope these recommendations give everyone a feeling that there is light at the end of the tunnel! We will continue to focus our efforts on prevention and keep the safety of our residents and staff at the forefront.

If you have any questions, please don't hesitate to ask! We



The family of Neil Bursheim would like to express their deepest gratitude to everyone for their thoughts, prayers and kind words.

Thank you to all who gave memorials honoring Neil, also to the Highway 2 Cruisers Club for the parade in his honor. Your kindness will not be forgotten. Thank you to all again.

M11C

will do our best to share the most current information we have available. We are looking forward to seeing all of you again!

Make the most of your staycation with these activities

Staycations have grown in popularity in recent years. A 2018 poll from YouGov Omnibus found that 53 percent of the more than 100,000 participants had taken a staycation at some point, proving that forgoing traditional vacations for relaxing respites in the comfort of home is a wildly popular trend.

While they might not be as exotic as venturing off to parts unknown, staycations need not be limited to days spent lounging by the backyard pool or laying out on the living room couch. The following are a handful of activities that can help people make the most of their staycations.

- **Spa experience:** Who doesn't like the chance to engage in a little pampering when staying in a fancy hotel? That same luxury can be enjoyed during a staycation by booking an appointment at a local spa that offers all the amenities, including a sauna, steam room, beauty treatments, and, of course, massage services.
- **A day on the links:** The opportunity to test one's mettle on a new course in an idyllic setting is one golf lovers simply cannot pass up while vacationing. A similar challenge can be found when staying at home. Do a little homework to find the most challenging course within driving distance of your home and then book a tee time, treating yourself even further by indulging in a good meal in the clubhouse once your 18 holes are up.
- **The wonders of nature:**

Professional and personal lives can make it hard to enjoy the great outdoors, even when it's steps from your front door. During a staycation, commit to exploring local parks, hitting the trails to hike or mountain bike or renting a boat or kayak and taking to the water.

- **City life:** Just because you aren't traveling far away doesn't mean you cannot still get out of town for a day. Plan a day trip to a big city within driving distance of your home. See the sights, visit a museum

and cap it off with a visit to a restaurant serving your favorite ethnic cuisine.

- **"Go" camping:** Parents of young children can make a staycation more special by spending a night camping in the backyard. Leave your devices indoors as you sit around the firepit telling stories and making some delicious s'mores. Then set up the tents and sleep under the stars for a memorable night in the "wild."
- **Rainy day:** If the weather is not cooperating during your

The Mourner's guide to grief

by Janna Kontz, MDiv

Your grief is your grief, and it belongs to you alone. This sentiment may seem obvious. But it's a good reminder as you may encounter many well-meaning friends and family members who want so badly to help you. Others may try to help by telling you how they think your grief should look and feel. While we need others in this journey, we need to be able to navigate our own path to healing and living life with grief.

The list below is a guide of practical tips on how to claim your grief and grow into it. Please use what you find helpful in your journey.

Your grief is your grief. No one else has your personality, your relationship or your grief.

Your grief may surprise you. Grief sometimes affects us most when we least expect it.

Your grief can affect your health. Emotional, mental and your physical health are all a part of who you are. Pay attention to your whole self and ask for help when

Positive..

Continued from page 1.....

opportunities to exercise more; time to engage in a hobby; or chances to finish up projects around the house.

- **Get fresh air.** Where laws allow, make time daily to get outdoors, even if it's for a short jaunt around the neighborhood. Seeing new sights can be good for the mind, and exercise also is good for the body.
- **Establish a routine.**

needed.

Your grief may be quiet or loud. Often grief wants personal space and silence: silent tears or simply time to think and remember. Other times, grief will want to rage and scream. Trust both emotions and give them space.

Your grief may be a spiritual journey. A spiritual director can be very helpful. Embrace your spirituality whether your strength is found in faith, nature, family or various activities. Choose spiritual companions who understand your need for sharing or silence.

Your grief can be confusing. It's difficult to understand the death of loved ones. Your emotions will run the gamut from sadness to fear to confusion to guilt to joy. They are your feelings. Claim them and share them as you're comfortable.

Your grief may long for ritual. Memorial services and funerals are paths to healing for many. Rituals also provide a space for others' grief and comfort.

Your grief needs memo-

A routine helps anyone feel more in control, which is helpful when so much of the consequences of COVID-19 are beyond individuals' control. Psychology Today recommends rising and going to bed on your typical schedule, eating meals at regular intervals and making time for different activities each day.

- **Reach out to people.** Social distancing does not mean you have to cease being social. Contact friends or family on the phone, through video chats or even speak with them at a safe distance in person. If you need professional help, many therapists now offer telehealth therapy sessions.

- **Turn off the news.** Take a break from the constant onslaught of information. This can reduce stress and anxiety and allow the brain to focus on positive thoughts and ideas.

- **Express gratitude.** Give thanks for what you have each day and try to help others who may be less fortunate than you.

Social distancing has been a trial for everyone involved. Certain strategies can help turn grief into gratitude.



Wed. June 3: Clayton Bartz

Thurs. June 4: Megan & Nicolai Sveen

Fri. June 5: Madison Norton

Sat. June 6: Bernice Voxland, Theresa Agnes, Joanna Jore, *Albert & Karen Plante

Sun. June 7: Bob Olson, Sarah Lundquist, Carmen Syverson, Diana Linds-eth, Nickie Carlson, Kelly Lee, *Dennis & Diane Boucher

Mon. June 8: Holly Kringle, Derik Spaeth, *Jim & Carla Ferden

Tues. June 9: Calvin Burslie, Ava Frist, *Gerald & Colleen Borud, *Ron & Heidi LeMer

ries. Honor your loved one by honoring the memories. Find a way to embrace and record your loved one's story.

Your grief is now part of you. Your loved one was a part of you. That relationship doesn't end with death. Journeying into your grief is vital to healing. Healing is not about getting over your grief. Rather, healing equips you for your life with grief. Healthy grieving equals health living.

Your story and the story of your loved one needs to be told—sometimes over and over again. Compassionate listening is the most important gift a friend or loved one can give. When you recognize that gift, gratefully accept it and treasure it. Remember, your grief is your grief.

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

MAC TO FLUSH WATERLINES

The City of McIntosh will be flushing waterlines and hydrants each Thursday throughout the summer. Residents are encouraged to watch for rusty or dirty water on these days. Fill washing machines to check water before adding clothes.

M9-28C



WEM Preschool

Enroll students for their 2020 - 2021. Win-E-Mac offers students two full days each week and every other Friday.

To learn more or to register your child for preschool, please call or email Heather at: 218-689-0605; hears@win-e-mac.k12.mn.us.

Or call the Win-E-Mac school office at: 218-563-2900 or 218-687-2236. (preschool screening to be announced at a later date)

****to be eligible for preschool in the classroom at Win-E-Mac, students must be four years old by September 1, 2020.**

LSS

Meals Menu

687-2262

Tues. June 9: Beef Rigatoni Hotdish - Green Beans - Pineapple Tidbits - Garlic Bread - Chocolate Pudding - Milk

Wed. June 10: Meatloaf - Baked Potato/Sour Cream - Mixed Vegies - Tropical Fruit - Banana Bars - Milk



ST. MARY'S CHURCH Fosston
Fr. John Suvaeken, 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. June 7: 9:30 a.m. No Sunday School and Adult Bible Study; Worship Service on Facebook: gosenchurch and gosenchurch.com

Tues. June 9: 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. June 10: 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.



Students in the four communities of Win-E-Mac School district, including McIntosh, stood on the sidewalks in front of their homes on Friday, May 22nd as the staff of the school visited each community in a parade of buses and cars to celebrate the end of the year in a fun, yet unusual way due to the school's being shut down and moving to distance learning over the COVID-19 pandemic earlier in the year.

BUSINESS & PROFESSIONAL GUIDE

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

CALL 218-563-3585



Carlin
FAMILY FUNERAL SERVICE

"Caring service for three generations"

(218) 435-1144

Funeral Home ~ Cremation Service ~ Granite Memorials



ANDERSON FAMILY FUNERAL HOME & CREMATION SERVICE
THREE VALLEY HARBOR, MINNESOTA

719 N. Main Mahnomen, MN 644 Main St. Winger, MN

**Paige Ennen *Kelly Wolter*
**Tim & Denise Anderson*
*Licensed Funeral Director

218-935-9000
Toll free: **866-935-9009**



Is There A Wedding In Your Future?

We have the latest designs for wedding accessories - or, if you choose, we can assist with a design of your own.

LET US HELP MAKE YOUR WEDDING DAY MEMORABLE.

487-5225 Gonvick, MN

Richards Publishing Co.

McINTOSH Times

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"

PUBLISHER'S LIABILITY FOR ERROR: The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.

POLK COUNTY COMMISSIONERS MINUTES

MAY 5, 2020
WEBEX PHONE
CONFERENCE
BOARD MINUTES

Pursuant to motion of adjournment, the Polk County Board of Commissioners met in regular session via Webex phone conference at 8:00 o'clock a.m., May 5, 2020, Crookston, MN. Members present via Webex phone conference: 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. Other present: Michelle Cote, Deputy Clerk of the Board.

REVISED AGENDA

A motion was made by Commissioner Lee seconded by Commissioner Jacobson and adopted by unanimous vote of the Board to approve the revised May 5, 2020 agenda adding No. 4 and No. 5 and 6 under Richard Sanders, Highway Department.

CONSENT AGENDA

A motion was made by Commissioner Strandell seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to approve the May 5, 2020 consent agenda:

- 1. Approve Auditor Warrants.
- 2. Approve the April 28, 2020 Board minutes.

COUNTY BOARD MEMBERS
ISSUE FORUM

- 1. Commissioner Jacobson brought forth that he attended no meetings since the last Board meeting. Discussion was brought forth that he had received several calls regarding the 2nd Amendment issue
- 2. Commissioner Strandell brought forth that he attended a Polk County Building Committee meeting that focused on the East Grand Forks Human Service Center Building.
- 3. Commissioner Willhite brought forth that he received positive affirmation regarding a Score Block Grant from the Minnesota Pollution Control Agency. He also participated in the Polk County Building Committee meeting that focused on the East Grand Forks Human Service Center Building.
- 4. Commissioner Lee brought forth that she participated in a Red Lake River Corridor meeting. In addition, she attended a SCHSAC - State Community Health Services Advisory Committee meeting that focused on the COVID-19 pandemic.
- 5. Commissioner Diedrich brought forth that he attended no meetings since the last Board meeting.

EAST POLK SOIL & WATER
CONSERVATION DISTRICT

Rachel Klein, East Polk Soil & Water Conservation District came before the Board with matters pertaining to the District:

- 1. 2019 County Feedlot Officer (CFO) Annual Report
The 2019 County Feedlot Officer (CFO) Annual Reports were discussed and presented to the Board. A motion was made by Commissioner Lee seconded by Commissioner Jacobson and adopted by unanimous vote of the Board to approve and sign the Annual Report as presented to the Board. (Annual Report 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. Approve Agreement 1037009 and allow the Administrator and Board Chair to sign the Agreement.

The State of Minnesota Agency Agreement 1037009 Federal Participation in Advance Construction was discussed and presented to the Board. A motion was made by Commissioner Jacobson seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to approve Agreement 1037009 as presented. (Agreement on file in the Administrator's Office)

- 2. Approve Resolution (2020-42) MN Department of Transportation Agency Agreement 1037009

RESOLUTION (2020-42)
MN Department of Transportation Agency Agreement No. 1037009

The following resolution (2020-42) was offered by Commissioner Lee:

BE IT RESOLVED, That pursuant to Minnesota Statutes Section 161.36, the Commissioner of Transportation be appointed as Agent of the County of Polk to accept as its agent, federal aid funds which may be made available for eligible transportation related projects.

BE IT FURTHER RESOLVED, The Polk County Chair and the Polk County Administrator are hereby authorized and directed for and on behalf of the County to execute and enter into an agreement with the Commissioner of Transportation prescribing the terms and conditions of said federal aid participation as set forth and contained in "Minnesota Department of Transportation Agency Agreement No. 1037009, a copy of which said agreement was before the Polk County Board and which is made a part hereof by reference.

Titles of persons authorized to sign on behalf of Polk County: Polk County Chair and the Polk County Administrator.

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

- 3. Radio's for Highway Department

A motion was made by Commissioner Strandell seconded by Commissioner Jacobson and adopted by unanimous vote of the Board to approve the final amount of purchase for Armer 800mgh Radios to Motor-

ola Solutions, Inc., Chicago, ILL for the revised amount of \$84,071.80.

- 4. *Replace Engineering Technician IIIC

Due to an Engineering Technician IIIC resignation on May 31, 2020 a motion was made by Commissioner Strandell seconded by Commissioner Lee and adopted by unanimous vote of the Board to allow the Polk County Highway Department to fill the Engineering Technician IIIC position and authorize Human Resources to advertise for the position.

- 5. **Approve the Polk County Match Assurance Letter - Neilsville Bridge - Build Grant

A motion was made by Commissioner Strandell seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve the Polk County Match Assurance Letter from the United States Department of Transportation for the Multi-State Regional Connectivity Project BUILD Transportation Grant application as presented. (Assurance letter on file in the Administrator's Office)

- 6. ***Resolution (2020-43) Agreement To Be A Lead Applicant For BUILD Transportation Grant

RESOLUTION (2020-43)
Resolution Agreeing To Be A Lead Applicant For BUILD Transportation Grant

The following resolution (2020-43) was offered by Commissioner Strandell:

WHEREAS, Transportation is a vital part of Polk County's infrastructure and adequate transportation facilities are essential to sustain and maintain the social and economic wellbeing of the area;

WHEREAS, The Further Consolidated Appropriations Act of 2020 made available \$1 billion for National Infrastructure Investments, otherwise known as BUILD Transportation Grants.

NOW THEREFORE BE IT RESOLVED, The Polk County Board of Commissioners agrees to serve as the lead applicant for a BUILD Transportation Grant application with Traill County, North Dakota on the Multi-State Regional Connectivity Project. Agreeing to be a co-applicant includes a willingness to secure and guarantee the local share of costs associated with this project and responsibility for seeing this project through to its completion, with compliance of all applicable laws, rules and regulations.

BE IT FURTHER RESOLVED, The Polk County Board of Commissioners authorizes the submittal of a BUILD Transportation Grant application for the Multi-State Regional Connectivity Project.

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

PROPERTY RECORDS

Michelle Cote, Property Records Director came before the Board with matters pertaining to his department:

- 1. Abatement Request - RBJ's Restaurant, Crookston

A letter of request along with an Application for Abatement of Property Tax has been received from RBJ's Restaurant/Kim Samuelson Owner requesting a reduction of the 1st half of the 2020 taxes by 50% was discussed and presented to the Board. A motion was made by Commissioner Jacobson seconded by Commissioner Diedrich to table this matter until the County Board meeting on June 2, 2020. (Letter of request and the Application for Abatement of Property Tax is on file in the Administrator's Office)

- 2. Election Equipment Purchase - Omni Ballot Assistive Device

A motion was made by Commissioner Diedrich seconded by Commissioner Lee and adopted by unanimous vote of the Board to authorize the purchase of 13 OmniBallot Assistive Device machines in the amount of \$57,200.00 with the cost offset by the VEGA Grant Funding.

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.

DEPARTMENT HEAD REPORTS

- 1. COVID-19 Department Operations Status Reports

Mark Dietz, Facilities Manager; Sarah Reese, Public Health Director; Evan Bruggeman, Information Systems Director; Andy Larson, Executive Director of Tri-County Community Corrections; Jim Tadman, Polk County Sheriff, Alecia Helms, Human Resource Director; Jon Steiner, Environmental Services Director; Karen Warmack, Social Services Director; Richard Sanders, County Engineer; Ron Denison, Finance Director; Kurt Ellefson, Veteran's Service Director; Michelle Cote, Property Records Director, Jody Beauchane, Emergency Management and Chuck Whiting, Administrator came before the Board with reviews and updates from their respective departments relative to updates/changes made in response to the COVID-19 virus and Governor Walz's stay at home order.

ADMINISTRATION

Chuck Whiting, Polk County Administrator and Karen Warmack, Director of Social Services 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.

AUDITOR WARRANTS

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

AUDITOR WARRANTS 04/07/2020

Vendor Name	Amount
Cardmember Service	10,971.34
Fertile Oil Company	9,519.14
Hardwick & Nelson Law PLLC	2,073.81
Norman County Public Health	3,918.41
Ottertail Power Co	2,603.33
Polk County Public Health	11,916.24
University of North Dakota	6,250.28
Voyant	10,592.50
10 Payments less than 2000	5,668.63
Final Total:	63,513.68

AUDITOR WARRANTS 04/08/2020

Vendor Name	Amount
Thyssenkrupp Elevator Corp	46,937.50
1 Payments less than 2000	15.00
Final Total:	46,952.50

AUDITOR WARRANTS 04/14/2020

Vendor Name	Amount
Altru Health System	2,653.00
BMC Software Inc	2,426.07
Enterprise FM TRUST	9,772.50
Great Plains Natural Gas Co	8,654.50
Halstad Telephone Co	9,543.70
Interstate Billing Service	20,800.00
Lenes Sand & Gravel Inc	4,281.63
LePier Oil Company Inc	2,617.73
Morris Electronics Inc	21,377.50
Motorola	19,028.14
Ottertail Power Co	21,484.38
Polk County	61,367.15
Powerplan OIB	5,610.00
Regents Of the Univ Of Mn	33,320.19
Tri County Community Corr	1,317,874.25
Verizon Wireless	7,315.74
Ziegler Inc	5,873.32
17 Payments less than 2000	10,452.72
Final Total:	1,564,452.55

AUDITOR WARRANTS 04/21/2020

Vendor Name	Amount
BNSF Railway Company	33,600.00
Crookston Water Department	3,057.72
ENTERPRISE FM TRUST	2,583.85
Fischer Rust Stock & Rust, PLLC	2,358.75
Fosston Municipal Utilities	53,168.42
Garden Valley Technologies	2,696.88
Herzog Roofing Inc	199,500.00
ICS Inc	11,384.90
Lenes Sand & Gravel Inc	23,757.88
Newman Traffic Signs	13,220.20
Norman County Public Health	4,350.32
Polk County Public Health	8,736.04
Reynolds Harbott Knutson & Larson PLLP	7,638.40
Titan Machinery	112,100.00
21 Payments less than 2000	11,458.07
Final Total:	489,611.43

AUDITOR WARRANTS 04/28/2020

Vendor Name	Amount
City of McIntosh	5,436.10
Cole Papers Inc	2,758.03
Diversified Contractors Inc	199,595.00
ENTERPRISE FM TRUST	5,943.26
GreatAmerica Financial Services	9,825.32
Lake Agassiz Regional Library	68,505.00
Lenes Sand & Gravel Inc	4,803.56
Mn State Treasury	5,811.00
Mn UI Fund	4,256.00
Norman County Public Health	71,628.39
Otis Elevator Company	6,978.24
Polk County Public Health	84,762.65
Reiersen Construction Inc	16,319.39
Total Lawn Care & Landscaping	2,025.00
40 Payments less than 2000	14,275.67
Final Total:	502,922.61

MANUAL WARRANTS 04/03/2020

Vendor Name	Amount
Internal Revenue Service	161,186.19
Minnesota Revenue	27,454.33
Final Total:	188,640.52

MANUAL WARRANTS 04/06/2020

Vendor Name	Amount
FURTHER	3,730.95
Final Total:	3,730.95

MANUAL WARRANTS 04/13/2020

Vendor Name	Amount
FURTHER	3,713.97
Final Total:	3,713.97

MANUAL WARRANTS 04/17/2020

Vendor Name	Amount
Internal Revenue Service	160,962.30
Minnesota Revenue	27,384.87
Final Total:	188,347.17

MANUAL WARRANTS 04/20/2020

Vendor Name	Amount
Northwest Service Cooperative	263,717.00
Final Total:	263,717.00

MANUAL WARRANTS 04/20/2020

Vendor Name	Amount
Mn Dept Of Revenue	879.00
Final Total:	879.00

MANUAL WARRANTS 04/20/2020

Vendor Name	Amount
Minnesota Revenue	3,866.00
Minnesota Revenue	497.90
Mn Dept Of Rev Tax Division	58,175.03
Mn Dept Of Revenue	62.00
Mn Dept Of Revenue	469.00
Mn Dept Of Revenue	424.00
Final Total:	63,493.93

MANUAL WARRANTS 04/20/2020

Vendor Name	Amount
FURTHER	3,617.22
Final Total:	3,617.22

MANUAL WARRANTS 04/24/2020

Vendor Name	Amount
U.S. Bank Corporate Payment Systems	40,038.38
Final Total:	40,038.38

MANUAL WARRANTS 04/24/2020

Vendor Name	Amount
U.S. Bank Corporate Payment Systems	446.83
Final Total:	446.83

MANUAL WARRANTS 04/27/2020

Vendor Name	Amount
FURTHER	5,553.26
Final Total:	5,553.26

With no further business, the Board adjourned to reconvene at 9:30 a.m., May 19, 2020.

Gary Willhite, Chair

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

NW MN Foundation offering free mental health and wellness webinar series for farmers & ranchers

The Northwest Minnesota Foundation (NMF) is offering a free webinar series on their website to address mental health and wellness for farmers and ranchers.

The agricultural sector of northwestern Minnesota, and all over the country, has been significantly and negatively impacted over this last year. Difficult weather and tariffs, and now COVID-19, have challenged many of farmers, ranchers and their families.

NMF has worked with regional mental health specialists to present three webinars for farmers, ranchers and the people who work with them. The series is titled "Seeds of Promise: Growing Resiliency in Times of Stress" and includes topics such as coping in times of stress, addressing self-care and resiliency, and helping farm couples thrive during difficult times.

A link to access these webinars can be found on NMF's website homepage at www.nwmf.org and click "Support for Farmers and Ranchers".

Presenters include:

- Monica Kramer McConkey, MA, LPC: Monica grew up on a farm in northwestern Minnesota and has intimate understanding of the dynamics leading to farm stress and its impact on farm families. She currently works as one of two Rural Mental Health Specialists in Minnesota providing support to farmers and their families through a contract with the MN Ag Centers of Excellence and Farm Business Management. Monica also travels throughout the country speaking on the impact of Emotional Stress on the Farm through her consulting business Eyes on the Horizon Consulting, LLC.

- Dr. Brenda Mack, DSW, MSW, LICSW: Brenda is a behavioral health and wellness consultant, trainer, presenter, researcher, and Assistant Professor in the Social Work Department at Bemidji State University (BSU). Before joining the faculty at BSU, Brenda worked for twenty years as a program manager, outpatient and in-home therapist and mobile behavioral health crisis responder for a community mental health center. She

has a Bachelor and Master of Arts degrees in Social Work from the University of North Dakota and a Doctorate in Social Work from the University of St. Thomas in St. Paul, MN. She is a Licensed Independent Clinical Social Worker through the Minnesota Board of Social Work.

- Shauna Reitmeier, MSW, LGSW: Shauna serves as the Chief Executive Officer at Northwestern Mental Health Center (NWMHC). In addition to her leadership and management responsibilities at NWMHC, she is a Licensed Graduate Social Worker and sees clients at the Crookston clinic location. Shauna holds a Master of Social Work degree from the University of Michigan, Ann Arbor, and a bachelor's degree in social work from the University of North Dakota, Grand Forks.

Whether you are a farmer or rancher yourself, work at an ag lending institution, a school, church or you are a friend or neighbor, these sessions will provide information on how to best mitigate the challenges that farmers and ranchers are experiencing.

These webinars can be watched or listened to at home, in the truck or the tractor - anywhere there is an internet connection. This webinar series has been funded by a grant from The Funder's Network and the NMF work with the Philanthropic Preparedness Response and Emergency Partnership learning cohort.

NMF also provides a list of resources available to farmers and ranchers on their "COVID-19 Updates

and Resources" page, which can also be found by visiting www.nwmf.org and clicking the "Support for Farmers and Ranchers" link on the homepage.

The Northwest Minnesota Foundation is a public charitable nonprofit community foundation serving 12 northwestern Minnesota counties with a mission to invest resources, facilitate collaboration, and promote philanthropy to make the region a better place to live and work.

Learn more at www.nwmf.org.



Hunter Hoffart receives a hug from his mom, Carrie after receiving his diploma from her during the Win-E-Mac graduation program that was held at the school for graduates and their parents on an individual basis.



Dustin Osland is presented his diploma by his dad, Brian during his personal graduation ceremony with his parent at the Win-E-Mac School on May 23rd.

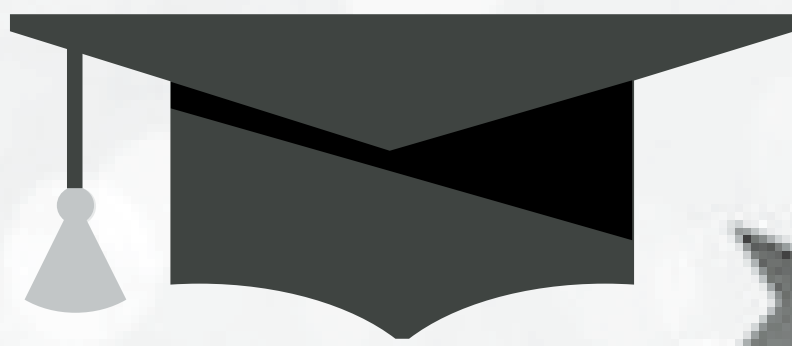


Do you have a story to share?

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

Right: Having your youngest graduate from high school is a big moment, even if it is during a strange time in the world. Abiding by guidelines set by the state, Win-E-Mac held their graduation with each student having a timed ceremony outside the school. Jaycee Knutson has her tassel moved by her dad during her ceremony at Win-E-Mac School on Saturday, May 23rd.

Win-E-Mac Class of 2020 Congratulations, Graduates!



The Win-E-Mac Class of 2020: (back, 1-r) Lindsey Espeseth, Gabriella Qualey, Connor Johnson, Isaac Iverson, Zachary Simonson, Candelario Flores, Dustin Osland and Jaycee Knutson. (third row, 1-r) Kalisfenia Snegirev, Uliana Boianoff, Krysten Price, Nathan Fortmann, Parker Gerber, Faina Kutsev, Tristen Seglem and Elena Boianoff. (second row, 1-r) Hunter Hoffart, Carlie Sander, Steffan Kuznetsov, Adeline Spry, Isabelle Hernandez, Laila Issa, Elliana Lindberg and Natasha Salsbery. (front, 1-r) Akeela Kulikov, Katrina Jackson, Isaac Salvhus, Abby Lende, Rylee Haugen, Travis Lewis, Mary Hallykate Catahan and Noah Roragen. *Composite picture courtesy of Erin Johnson Photography. (Worth noting: this picture is 32 individual photos made into one, social distance rules were followed.)*

Congratulations to the Class of 2020 from all of us at:

- Dan's Standard Auto Repair
- FarmChek Services
- Fosston Tri-Co-op
- Jered's Grocery
- King Town Insurance Group
- McIntosh First National Bank and Insurance Agency
- McIntosh Senior Living
- McIntosh Times
- Minnesota Rust
- Neil's Quality Meats & More
- North Country Lumber/
Jason & Chad's Heating and Plumbing
- Poplar Meadows Senior Living
- Rick's Repair
- Ron's Barber Shop
- Stordahl Construction
- Stordahl Counseling
- The City of McIntosh
- The Clubhouse
Childcare Center