



McINTOSH Times

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McIntosh Main Street reopens for business

Last week the community of McIntosh was re-opened for business.

Little Bobby's Bar & Grill opened with patio seating and an updated outdoor bar area. Little Bobby's will offer live music each weekend again and it is worth a trip to check out the updated interior and hear some great music while relaxing over a drink.

Krissy's Hair Affair is taking customer's by appointment and a call to the salon can get you an appointment. There is no waiting inside for your stylist as per the safety guidelines prepared by the State of Minnesota.

The Beauty Room on Main Street is also accepting customers by appointment. You

can visit their page on Facebook or call for an appointment when openings allow.

Each weekend, The Shoppe's on Main Street: The Red Poppy, Howard Soap Company, Minnesota Rust and Joan's Junk Connection are open for customers to browse the wide variety offered by these stores. They have also had some annuals and perennials for sale at The Red Poppy over the weekend so be on the lookout for some great deals coming your way.

Stop in and support our local business now that they are operating again. Please make sure to follow the social distancing guidelines that have been set into place by the State of Minnesota and the CDC.



Recently LSS Senior Meals in Erskine began to offer Senior Meals to residents in McIntosh. Each Tuesday and Wednesday Seniors have the opportunity to purchase a hot meal that is delivered by volunteers Russ Horacek and Charles Svalen. Each week these two gentlemen volunteer to drive to Erskine to retrieve the meals for our Seniors in McIntosh and deliver them each order outside of the McIntosh Community Center. If you are interested and not yet receiving these meals, please call 687-2262 for more information. Please give a big thank you to Russ and Charles for their dedication and service.

Easy ways to keep your immune system strong

The immune system is a powerful component of the human body.

The immune system recognizes when viruses, bacteria and other foreign invaders enter or compromise the body, and then takes action to prevent illnesses from taking over. The average person can help his or her immune system do its job more effectively by making the immune system as strong as it can be.

Harvard Medical School says that diet, exercise, age, and psychological stress may affect immune system response.

Certain lifestyle choices can promote a strong immune system.

- **Get adequate sleep.** Doctors believe sleep and immunity are closely tied. A study of 164 healthy adults published by the National Institutes of Health found those who slept fewer than six hours each night were more likely to catch a cold than people who slept for more than six hours. Aim for adequate rest each night to keep your body in top form.
- **Increase your intake of fruits and vegetables.** Fruits and vegetables supply the powerhouse antioxidants that are essential for protecting a body against free radicals. Free radicals may play a role in heart disease, cancer and other diseases. Serve fruits and/or vegetables with every meal to ensure you're getting enough antioxidant-rich foods.
- **Consume fiber and fermented foods.** Fiber can help feed the gut microbiome, which

is linked to a robust immune system.

The microbiome also may prevent harmful pathogens from entering the body through the digestive tract. Data also suggests that eating more fermented foods can further strengthen and populate healthy bacteria in the gut.

- **Exercise regularly.** Aim for 30 minutes of moderate exercise per day, advises the American Heart Association. Thirty minutes of exercise each day can go a long way toward keeping the body healthy. The U.S. National Library of Medicine says physical activity may help flush bacteria out of the lungs and airways.
- Exercise causes changes in antibodies and white blood cells.
- These antibodies and white blood cells circulate rapidly, so they may detect illnesses earlier than they would if you do not exercise. Body temperature also rises during exercise, which could naturally prevent bacteria from growing.
- Try to minimize stress. According to Simply Psychology, when people are stressed, the immune system's ability to fight off antigens is reduced, making people more susceptible to infections.
- The stress hormone corticosteroid can suppress the effectiveness of the immune system. Limiting stress through meditation and breathing exercises, or trying to remove stressors from one's life, may help.
- A healthy immune system is vital to fending off or recovering from illness.

McIntosh Library offers digital summer library experience for kids and adults

Each summer the young families in McIntosh have enjoyed the summer programs offered for kids at the McIntosh Library. Due to COVID-19 and social distancing, the summer program has become a virtual program full of just as much fun and reading adventure.

You can explore the summer library experience by logging on the LARL.org/explore from June 15th to August 15th.

Kids can sign up for an account, track their reading and earn tickets for prize drawings at www.larl.org/explore.

Teens and adults are not left out of the reading adventure for the summer either. Logging in to www.larl.org/



These programs are free of charge to kids, teens and adults from June 15th to August 15th.

While at the website check out all the other offerings that LARL has to offer.

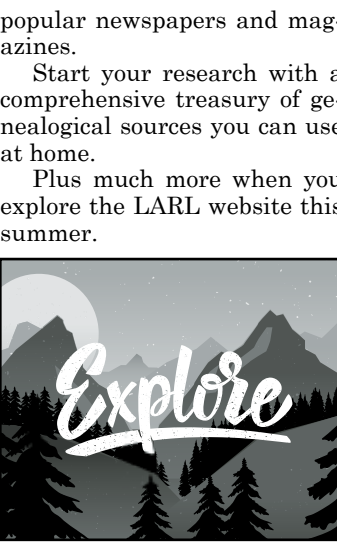
Stream movies and music and download eBooks and eAudiobooks with Hoopla!

Join the effort to collect recipes for a community cookbook celebrating "Because of Winn-Dixie."

Take on the challenge and solve the puzzle in one of the library's virtual escape rooms.

Follow along as librarians offer library programming that can be experienced from home.

Your library card offers you free access to read articles from



Governor Walz extends peacetime emergency

Following the advice of public health experts, senior advocates, labor, doctors, hospitals, and long-term care providers, Governor Tim Walz today signed Executive Order 20-75, extending the COVID-19 peacetime emergency that gives the state flexibility in responding to rapidly-evolving issues stemming from COVID-19.

The peacetime emergency protects Minnesotans against evictions and wage garnishment; provides expedited procurement power for PPE and other equipment; allows Minnesota to re-open society strategically, while following the advice of public health experts; and protects workers from unsafe working conditions. If the peacetime emergency ends, it would jeopardize over \$50 million each month in federal funding.

"Minnesotans' health and safety is our top priority, and the actions we took over the

last three months have saved lives," said Governor Walz. "The peacetime emergency opens our toolbox, allowing us to take swift action as necessary to protect the health and well-being of our communities, businesses, and families. This pandemic is not over. We must continue to work together to put public health first."

Over 50 community and public health organizations have written to Governor Walz, explaining how the peacetime

emergency has allowed them to protect Minnesotans and asking him to extend it. On June 9, two studies revealed that stay home orders have saved millions of lives worldwide.

Every other state in the country has declared a state of emergency allowing governors and other officials to quickly respond to rapidly-evolving threats stemming from COVID-19. 54 out of 55 declarations in U.S. states and territories are still in effect.

Unique ways to make this Father's Day special

Like a handful of holidays that came before it, Father's Day in 2020 will be different than in years past. Due to the outbreak of the novel coronavirus COVID-19, much of the world continues to live under some degree of stay-at-home restrictions. Those guidelines will influence how people can celebrate Father's Day.

St. Patrick's Day, Easter, Mother's Day, and Memorial Day celebrations were all affected by the COVID-19 outbreak, so people may now be accustomed to celebrating in the era of social distancing. But those looking for unique ways to let Dad know how much he's loved and appreciated can consider these ideas to make Father's Day special in 2020.

- **Game day** It's a tradition in many families to take dad to a ball game on Father's Day. But many sports leagues have been forced to shut down to prevent the spread of COVID-19, while even those that have returned to action are doing so without fans in the stands. But that doesn't mean Dad still can't enjoy a ballgame outdoors this Father's Day. If there's room in the backyard, set up a television outdoors and stream a classic game (many sports channels have compensated for no live action by broadcasting classic games from years past). For apartment dwellers, charge up a tablet, take Dad to a local park and let him relax



as he streams a ballgame.

- **"Go" golfing** If Dad's an avid golfer, finding a tee time on a local course may be difficult come Father's Day. While many golf courses are were among the first businesses to reopen, competition for tee times may be steep, especially on Father's Day. But that doesn't mean Dad can't still play a round on Father's Day. Moms and kids can turn their yards into a mini

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McIntosh Community Garage Sale Cancelled



gov/covid-19/checklists/english-checklists/garage-sales-and-outdoor-retail-sales-covid-19-checklist.

Included on this list are factors such as:

- Set up tables and chairs within 6 feet apart.
 - Use heavy-duty tape to form a flow for customers to follow throughout the sale.
 - Make sure all merchandise is washed and dried and/or wiped down with a disinfectant product before placing on a table or chair for sale.
 - Wear masks and disposable gloves at all times during the sale.
- Please see the entire page of guidelines to insure you are following the proper steps to keep your community and family safe.

Ness Cafe Father's Day

Dine Inside or Outside, Take Out, Curbside or Delivery in Erskine Available.

Sunday, June 21st

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MN River Area Agency on Aging Dancing Sky AAA receives grant

Dancing Sky Area Agency on Aging (DSAAA) recently received \$100,000 from the Minnesota Council on Foundations (MCF) to assist organizations serving older adults during the COVID-19 pandemic. "We are thrilled with the opportunities this grant will create to expand services in our communities. These funds will be used to assist our families, friends and neighbors, with nutrition-related services, and technology or other related services," said Darla Waldner, Director.

"As we work to mobilize the philanthropic community in Minnesota to meet the immense needs growing out of the pandemic, we seek to deliver a high impact, coordinated response. We recognize and support the many other efforts underway to help during this challenging time and will do our best to coordinate with them to provide the most strategic response," said Susie Brown, MCF President. "In

times of need, the generosity of Minnesotans can be counted on to support community-led solutions for those who are vulnerable and at-risk in our state," said Eric J. Jolly, Ph.D., president and CEO of the Foundation. "As Minnesotans face risks associated with the coronavirus, that generosity will again be deployed through the Minnesota Disaster Recovery Fund. We are proud to play a contributing role with the MCF in the fund and in continuing Minnesota's legacy of giving, especially during this challenging time."

DSAAA is currently developing the grant applications and will post information regarding the grant on our website at www.dancingskyaaa.org. If you have any questions, please feel free to reach out to us at 218-745-6733.

The MCF exists to collectively advance prosperity and equity in the state of Minnesota. MCF currently connects,

mobilizes and strengthens over 140 philanthropic partners within the sector, serving grantmaking organizations for 50 years. Members of MCF include family and independent foundations, community and other public foundations, corporate foundations and giving programs. Learn more at www.mcf.org. #WeAreMCF

About the Minnesota River-Dancing Sky Area Agency on Aging

As the designated area agency on aging for 27 counties in southwest northwest and west central Minnesota, the Minnesota RiverDancing Sky Area Agency on Aging works with rural communities to help older adults stay in control of their choices. Together older adults and communities thrive. To learn more about MNRAAA and the DSAAA, visit www.mnraaadancingskyaaa.org. The DSAAA is a program of the Northwest Regional Development Commission.

Pollinators are an important part of gardens

A thriving backyard garden requires homeowners to take steps to ensure the garden has the best environment in which to grow and thrive. The right tools and components, including trowels, rakes, soil, amendments, and fertilizer, can help gardeners create beautiful spaces. It's also important that pollinators are made to feel welcome in the garden.

The United States Department of Agriculture reports that one-third of all agricultural output depends on pollinators. The USDA notes that insects and other animal pollinators are vital to the production of healthy crops for food, fibers, edible oils, medicines, and other products. Pollinators also are essential for maintaining habitats and ecosystems that many wild animals rely on for food and shelter.



The U.S. Forest Service says that, without pollinators, the human race and all of the earth's terrestrial ecosystems would not survive. Pollination

done the natural way often yields large, flavorful fruits.

Pollinators are make-or-break components of large-scale agriculture, and they're just as important in private home gardens. The Pollinator Partnership, an organization that works to protect pollinators and their habitats across North America, says pollinators include bees, butterflies, beetles, birds, and bats. These animals travel from plant to plant carrying pollen on their bodies. The following are some ways to maintain healthy pollinator habitats.

- **Consider the soil** and types of plants that will thrive in it before choosing what to plant. Fix drainage issues and plant with sunlight in mind.
- **Vary the colors** and shapes of plants to attract a greater array of pollinators.

The basics of Lyme disease as a global issue

Lyme disease poses a threat to millions of people across the globe.

The misconception that Lyme disease is exclusive to the United States, and the northeastern portion of the country in particular, is understandable.

Hundreds of thousands of people in the U.S. are diagnosed with Lyme disease each year, but the 2017 U.S. Geological Survey found that 95 percent of those cases are in the northeast, mid-Atlantic or northern mid-west regions. In spite of that, no one is immune to Lyme disease, regardless of where they live.

The World Health Organization notes that, in addition to the United States, there are foci of Lyme borreliosis in forested areas of Asian and in northwestern, central and eastern Europe, proving that Lyme disease is a global issue.

With that in mind, it behooves everyone to take steps to understand Lyme disease and how to reduce their risk of getting it.

What is Lyme disease?

According to Lymedisease.

org, an online resource that supports science-based advocacy, Lyme disease is caused by a bacterium known as *Borrelia burgdorferi*.

Lyme disease can affect any organ of the body, and it is often misdiagnosed because it tends to mimic symptoms of other diseases. Lyme disease may be misdiagnosed as chronic fatigue syndrome, fibromyalgia, multiple sclerosis, and even psychiatric illnesses like depression. Such misdiagnoses can delay treatment of the underlying infection.

How do I get Lyme disease?

The majority of Lyme disease patients get the disease from the bite of a nymphal tick. Nymphs are immature forms of ticks that are very small, typically the size of a poppy seed, according to Lymedisease.org.

The bites are painless and, when coupled with the size of nymphal ticks, that increases the likelihood that people will not even realize they've been bitten.

Ticks can stay attached to the body for several days, feed-

ing all the while. Lymedisease.org notes that the longer the tick stays attached, the more likely it will transmit the Lyme and other pathogens into the bloodstream of the person it's attached to.

How can I safeguard myself against Lyme disease?

The Global Lyme Alliance, which funds research aimed at preventing, diagnosing and treating tick-borne illnesses, notes that practicing tick bite prevention habits is the best way to prevent Lyme disease. Through its "Be Tick AWARE" campaign, the GLA urges people to follow these simple steps to reduce their risk for Lyme disease:

- **Avoid high tick** traffic areas, like tall grass and leaf piles.
- **Wear proper clothing**, including long pants, sleeves and socks.
- **Avoid walking** in grass barefoot or in open sandals, even when grass has been cut short.
- **Apply tick repellent** approved by the Environmental Protection Agency.
- **Remove clothing upon**

Dining Room
will be
open this weekend at
Morans
in Winger

June 19th & 20th
4pm - 8pm

AND

Sunday June 21st
for Sunday dinner
11am - 1pm

Closed June 22nd until further notice due to Mike's surgery.

Moran's Supper Club
Winger, MN
938-4151



Oven-free summer dinner ideas

The idea of warming up the house by turning on the oven to cook a meal may be especially unappealing.

Recipes that require little to no cooking - and no stove - can be a home cook's best friend as summer progresses. Here are a few ideas to get started.

Grilled paninis

Gather some favorite sandwich fixings, such as sliced meats, vegetables and cheeses, and head to the grill. Put ingredients between two slices of crusty bread and place on the grill over low or indirect heat. Weigh down the sandwiches with cast-iron pans to flatten out the sandwiches.

Savory salads

Cool salads can be refreshing and light on hot summer evenings. Salads can range



Be on the lookout for Duckies coming to your Community! The NW8 Adult Mental Health Local Advisory Council will be placing Duckies throughout the entire region in the next few weeks. We hope if you find one, you will take a selfie with Ducky, tell us where you found him and post it to our Facebook page www.facebook.com/nw8amhi/. Please know we are taking all the proper precautions as we assemble the Duckies and are following CDC & MDH guidelines for your safety. Remember to Stay Safe & Be Kind!!

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; hearl@s-w-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 23rd- Ginger Citrus Chicken Breast - Rice Pilaf - Oriental Vegetables - Pears - Cherry Pear Crisp - Milk

Wed. June 24th- Turkey - Mashed Potatoes & Gravy - Broccoli - Wheat Rolls - Peanut Butter Cookies - Milk



**MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:**

Pastor Karl Anderson
Mt Carmel and Trinity Free Lutheran Churches in McIntosh have resumed holding Sunday Services.

9:30 am at Mt Carmel
11:00 am at Trinity
Social distancing practices will be encouraged.

Video Services will continue on GVTV Channel 30 at 10am Sunday, 7pm Sunday and 6pm Wednesday.

They will also be posted on the McIntosh AFLC Parish YouTube channel

**ST. MARY'S CHURCH
Fosston
Fr. John Suvaheen,
Pastor**

Wed. June 17: 11:30 a.m. Mass at St. Mary's, Fosston
Fri. June 19: 8 a.m.. Mass at St. Mary's, Fosston
Sun. June 21: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

Wed. June 24: 11:30 a.m. Mass at St. Mary's, Fosston
Fri. June 26: 8:30 a.m. Mass at St. Mary's, Fosston

**GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor**

www.gosen-church.com
Face Book: Gosen Church
Sun., June 21: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch.com and gosenchurch.com)

Tues, June 23: 10:00 a.m. Sunday worship service telecast on GVTV-30

Wed, June 24: 6:30 p.m. Bible Study at Sharon Ramberg's home

**CALVARY-IMMANUEL LUTHERAN PARISH
Winger/Bejow
Supply Pastor
Gordon Syverson**

Calvary Lutheran Church, Winger, Immanuel Lutheran Church, Bejow, 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.

Community Birthday and Anniversary Calendar

Wed. June 17:
Kathy Johnson

Thurs. June 18:
Jeff Haaven, Braylon Hamre, Gordon Oseth, *Mike & Brittany Sylstad

Fri. June 19:
Adam Carlson, Alex Hedlund, *Kyle & Kayla Jore

Sat. June 20:
Tom Hegg, Lota Deitzler

Sun. June 21:
Linda Christianson, Elvind Jore, *David & Judy Hagen, *Jim & Susan Lee

Mon. June 22:
Erik Hamre, *Andy & Stacy Smith, *Jerry & Bonita Shaver, *Jason & Shannon Svalen

Tues. June 23:
Vicki Strom, Fernando Soto, *Kris & Gwen Rue, *Paul & Sandra Jore

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.



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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"

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Call today about 2020 crop year eligibility for ARC or PLC

June 30 Last Day to Complete Enrollment for 2020 Agriculture Risk Coverage, Price Loss Coverage Programs.

Agricultural producers who have not yet enrolled in the Agriculture Risk Coverage (ARC) or Price Loss Coverage (PLC) programs for 2020 must do so by June 30.

Although program elections for the 2020 crop year remain the same as elections made for 2019, all producers need to contact their local USDA Farm Service Agency (FSA) office to sign a 2020 enrollment contract.

"The Agriculture Risk Coverage and Price Loss Coverage programs are critical safety-net programs for farmers, helping producers weather market distortions resulting from natural disasters, trade disruptions and, this year, a pandemic," said FSA Administrator Richard Fordyce. "Contact your FSA county office today to complete enrollment before June 30. This can be done in concert with filing your acreage report and applying for other FSA programs."

To date, more than 1.4 million ARC and PLC contracts have been signed for the 2020 crop year.

This represents 89 percent of expected enrollment. FSA will send reminder postcards to producers who, according to agency records, have not yet submitted signed contracts for ARC or PLC for the 2020 crop year.

Producers who do not complete enrollment by close of business local time on Tuesday, June 30 will not be enrolled in ARC or PLC for the 2020 crop year and will be ineligible to receive a payment should one trigger for an eligible crop.

ARC and PLC contracts can

be mailed or emailed to producers for signature depending on producer preference. Signed contracts can be mailed or emailed back to FSA or, arrangements can be made in advance with FSA to drop off signed contracts at the FSA county office – call ahead for local drop off and other options available for submitting signed contracts electronically.

Producers are eligible to enroll on farms with base acres for the following commodities: barley, canola, large and small chickpeas, corn, crambe, flaxseed, grain sorghum, lentils, mustard seed, oats, peanuts, dry peas, rapeseed, long grain rice, medium- and short-grain rice, safflower seed, seed cotton, sesame, soybeans, sunflower seed and wheat.

More Information

For more information on ARC and PLC including web-based decision tools, visit farmers.gov/arc-plc.

USDA Service Centers, including FSA county offices, are open for business by phone only, and field work will continue with appropriate social distancing.

While program delivery staff will continue to come into the office, they will be working with producers by phone and using online tools whenever possible.

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

Visit offices.usda.gov to find location and contact information for the nearest FSA county office.

FSA County Committee nominations open June 15th

#LeadYourFSA and be the Voice of Farmers in Your Community.

USDA's Farm Service Agency (FSA) will begin accepting nominations for county committee members on Monday, June 15, 2020.

Elections will occur in certain Local Administrative Areas (LAA) for these members who make important decisions about how federal farm programs are administered locally.

All nomination forms for the 2020 election must be postmarked or received in the local FSA office by Aug. 1, 2020.

"I encourage America's farmers, ranchers and forest stewards to nominate candidates to lead, serve and represent their community on their county committee," FSA Administrator Richard Fordyce said. "There's an increasing need for diverse representation, including underserved producers, which includes beginning, women and minority farmers and ranchers."

Agricultural producers who participate or cooperate in an FSA program, and reside in the LAA that is up for election this year, may be nominated for candidacy for the county committee. Individuals may nominate themselves or others, and organizations, in-

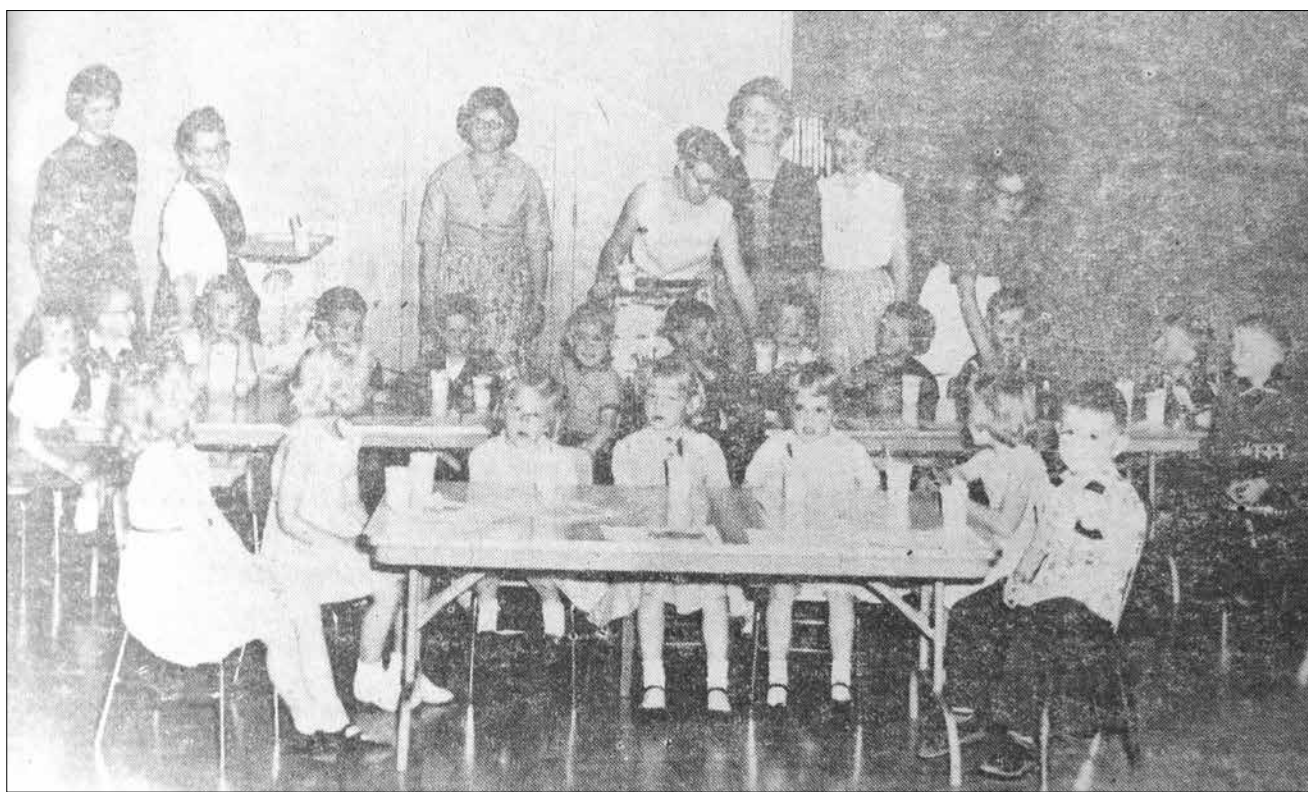
cluding those representing beginning, women and minority producers, also may nominate candidates.

Committee members are vital to how FSA carries out disaster programs, as well as conservation, commodity and price support programs, county office employment and other agricultural issues.

Nationwide, more than 7,700 dedicated members of the agricultural community serve on FSA county committees. The committees are made of three to 11 members and typically meet once a month. Members serve three-year terms. Producers serving on FSA county committees play a critical role in the day-to-day operations of the agency.

Producers should contact their local FSA office today to find out how to get involved in their county's election. Check with your local USDA service center to see if your LAA is up for election this year. To be considered, a producer must sign an FSA-669A nomination form. The form and other information about FSA county committee elections are available at fsa.usda.gov/elections.

Election ballots will be mailed to eligible voters beginning Nov. 2, 2020. Read more to learn about important election dates.



60 years ago...1960: The children who attended the Spring Primary class this year and who will be first graders next fall are pictured here with some of the members of the home economics class who helped direct their activities under the child development program. Seated at the table in from left to right are Naomi Rolf, Carol Ann Linseth, Sharon Ann Smeby, Lois Ramse, Randi Lee Christofferson, Ann Martha Thompson and a visitor, Howard Carver Jr. The children at the second table from left to right are Jane Widseth, Michael Gustafson, Cheryl Kiefat, Donald Vaa, Kenneth Michael Hansen, Curtis Aaseng, William Senn, Crystal Hanson, Fern Schleicher, Dean Hartel, Larry Hedlund, and Dean Simonson. Standing from left to right are the home economics teacher Miss Ruth Erickson, Viola Syverson, Gloria Offenbacher, Diane Knutson, Joanne Hagen, Betty Swanson and Lorene Goodwin.



50 years ago...1970: With the final week of school in McIntosh this week before the summer vacation period, these youngsters have completed their first year. These pictures were taken at Easter Time when the classes made their own Easter bonnets. (Above left) Morning Class: 3rd row, left to right, Michael Carver, Bryan Kaupang, Mark Ekeberg, Steven Aanenson; 2nd row: Deanna Syverson, Kevin Haugen, Susan Oseth, Curtis Oppegard; 1st row: Tammi Knutson, Wade Turner, Julie Stenmoen, Miss Dianne Christiansen, kindergarten teacher. (Above right) Afternoon Class: 3rd row, left to right: Blake Burslie, Debra Froirak, John Tofslly, Linda Plante; 2nd row: Russell Bly, Marilyn Hebedank, Timmy Finseth; 1st row: Tammy Brua, Janet Finseth and Lorraine Olson.



40 years ago...1980: On Sunday morning, June 1st, the Mac-Winger graduates of Our Savior's Lutheran Church of McIntosh were honored. Pictured here are Coby Burslie, Dwayne Carlson, Dean DeFrang, Renae Carlson, James Ferden, Linda Finkle, Jeff Gunderson, Carolyn Johnson, Ann Schow, Jim Strom, Julie Tofsley, Jill Tranby and David Votava. A poem, "May you Climb Till Your Dream Comes True" was read in their honor and each Senior received a red prayer book from the Sunday School.



30 years ago...1990: Preparing to leave for the District Track Meet are the members of the Win-E-Mac senior high track team: (back) April Sebenaler, Travis Finseth, Robbie Roed, Ryan Tangen, Chad Galland, Emily Hegg, Solveig Borud, Jeramie Pearce and Shawn Ostenaa; (front) Meredith Hegg, Jenny Buchholz, Shawn Burkman, Janna Kiecker, Carrie Hegg, Angie Stuhag and Jessica Carlson. The team is coached by Donnie Nelson and Doug Johnson.

Win-E-Mac 4th quarter Honor Roll announced

The following Win-E-Mac Junior High School and Senior High School students have attained either an “A” or “B” average in academic subjects for the fourth quarter of the 2019 – 2020 school year. To be eligible for the “A” Honor Roll, a student needs to have attained a 3.76 – 4.00 GPA (grade point average). To be eligible for the “B” Honor Roll, a student needs to have attained a 3.00 – 3.76 GPA.

Seniors:
“A”
Lindsey Espeseth
Nathan Fortmann
Rylee Haugen
Laila Issa
Liliana Jager
Abby Lende
Elliana Lindberg
Dustin Osland
Natasha Salsbery
Carlie Sander
“B”
Mary Catahan
Katrina Jackson
Connor Johnson
Jaycee Knutson
Faina Kutsev
Zachary Simonson
Adeline Spry
Juniors:
“A”
Paige Breckel
Remy Goodwin
Gavin Haskett
Alex Jacobson
Sidney Roed
Dylan Roy
Bryer Strom
Mia Thompson
Supawan Vorarat
Gavin Walker
“B”
Felicity Address

Bryce Duchamp
Nikon Erofeeff
Catalina Flores
Kobe Hamre
Grace Kaupang
Taybryn Knutosn
Avtonom Martushev
Kendyl Nelson
Reed Neubert
Noah Ostenaa
Joshus Sannes
Will Tofstad
Sophomores
“A”
Anton Hickman
Teagan Paulson
Haley Sander
Maci Smeby
Savahanna Svalen
Alivia Winter
“B”
Rebecca Armye
Tabitha Bratager
Kolten Cherf
Monania Erofeeff
Jadon Kangas
Lukiya Kutsev
Hunter Trandem
9th grade:
“A”
Fivea Boianoff
Bret Duchamp
George Erofeeff
Kallie Hand
Logan Kalinoski
Zachary Luckow
Nadelly Neubert
Laila Roragen
“B”
Iriney Boianoff
Anna Cymbaluk
Kylie Geray
Vadim Kulikov
Andray Lisov
Kaleb Morberg
Jonathan Moritz
Izabele Ostenaa
Jonas Spry

8th grade
“A”
Kiersten Anderson
Ava Howard
Emily Strom
Luella Strom
Clare Stuhaug
Kyra Stuhaug
Sydney Svalen
Kianna Tadman
“B”
Joseph Breckel
Wyatt Davis
Caleb Green
Dylan Hagen
Alec Haskett
Kailee Kramer
Preston Lecy
Alyssa Morberg
Kaden Oliver
Emily Olson
Hana Thompson
7th grade
“A”
Emelia Boianoff
Ruby Breckel
Sava Erofeeff
Josie Fortmann
Presley Haugen
Bergen Howard
Livaeh Keicker
Colten Mandt
Shelby Mandt
Evelyn Ryan
Abigail Sauer
Danielle Winter
“B”
Elizabeth Basargin
Clay Below
Hank Earls
Brooklyn Gunderson
Braylon Hamre
Calvin Hill
Ericka Kramer
Zoya Kulikov
Ustina Mametieff
Brayden Sander

Celebrating Father's Day while social distancing

To say that COVID-19 changed life as we know it would be an understatement. Many people likely never imagined how much their daily routines would be affected when this novel coronavirus was just a blip on the radar at the end of 2019.

Social distancing may have become the new normal, but it doesn't mean that holidays like Father's Day have to be a washout. As evidenced by holidays that have already taken place amidst social distancing guidelines, people are finding creative ways to celebrate special occasions.

Here are some ways to make Father's Day special even while social distancing.

- **Turn to social apps.** Virtual meeting applica-

tions, like Zoom, Skype and FaceTime provide invaluable opportunities to speak and connect face-to-face when in-person gatherings are not possible. They also can be used to break bread together or to play games or relay stories.

- **Deliver gifts.** Take a few cues from the Easter Bunny or Santa Claus and plan to drop gifts and run. Seniors and people who have compromised immune systems are at a higher risk of contracting contagious illnesses.

While it may be tempting to visit your father or grandfather in person, even a short visit could put his health at risk.

Instead, leave gifts outside the house. For added fun, hide the gifts and provide scavenger

hunt clues.

- **Dine out at home.** If dining out was something you typically do on Father's Day, replicate the experience at home.

Try to recreate Dad's favorite meal from the restaurant he loves or see if that restaurant offers curbside pickup. Transform the dining table into a restaurant table, or take the meal outdoors for some al fresco fun. Let kids serve as the wait staff.

- **Spend time together.** One of the silver linings of social distancing is the opportunity for family members who reside under one roof to have more uninterrupted time together. Chances are having the kids nearby and sharing some stories and laughs together

Idea Competition names 2020 winners

The IDEA Competition, a program of the Northwest Minnesota Foundation (NMF), has named its winners for the 2019-2020 competition.

Due to the COVID-19 pandemic, the annual IDEA Competition Awards Banquet has been postponed, but competition organizers are planning a virtual recognition event to take place in the fall in conjunction with kicking off the 2020-2021 competition.

The following businesses were named the 2020 winners of the IDEA Competition:

1st Place: Muskox – Ron Bergman, Mentor

- o The Muskox makes snow-removal a single step process by continuing to blow snow in reverse.

Today's snow blower attachments only work moving forward.

The chutes block vision and lack throwing power. The advantages of this product include: bi-directional snow blowing, upper cutting edges, angled back wall for better sight, slip clutch, and lowered chute. Muskox received a \$15,000 cash award and a \$5,000 service package from IdeaWorks.

Runners Up (in no particular order) Moonlit Analytics – Michael Hendricks, Bemidji

- o Unlike data science that seeks meaning from data, decision science is the application of data inferences to solve business problems using data science tools.

Decision scientists clearly define the business problem or opportunity and have the acumen to solve the problem or capture the opportunity. The Moonlit Analytics team

are the decision scientists capable of modeling specifically to customer needs whether it is anomaly detection for equipment, likelihood of payment from a customer, forecasting sales, or optimizing employee schedules, they have an affordable solution.

Moonlit Analytics received a \$5,000 cash award from the competition and a 15 hour Awareness Campaign package from Evolve Creative.

Table for 7 - Amber Lynne Cooper, Bemidji

- o This will be a niche restaurant that will bring Bemidji back to its roots, where every local community should look for the source of its food.

Not only will it support and raise up the local growing community but it will also be a place if education for people who are passionate about good food.

In turn those people will go on to be more equipped in the food industry as they advance in their career.

It is a niche restaurant that is unlike what Bemidji already has for choices of places to eat out. It will be a fresh and healthy alternative for eating out. Table for 7 received a \$4,000 cash award.

F&H Design – Tim Halberg and Marty Feil, Shevlin

- o This organizer system will act to protect equipment, or items within the Ice Fishing embodiment.

The needless destruction of equipment during hauling, towing the ice fishing sled, and the entanglement of equipment, or items will be reduced.

This adjustable system is to fit all sizes of the ice fishing sled, and can be customized for

individual use planning, and placement of items.

The adjustability and interlocking panels will help to secure the load within the sled. F&H Design received a \$1,000 cash award, a \$5,000 service package from Hamre, Schumann, Mueller & Larson, and \$5,000 worth of services from LVI Supply.

“LaValley Industries and all our affiliated companies are very pleased to be able to support the IDEA Competition and this year's winners,” said Jorge Prince, chief financial officer at LaValley Industries.

“It takes great heart and determination to move business ideas forward and we are honored to be able to work with each winner and help them take the next step forward.”

For additional information about the winners, their businesses, and the IDEA Competition, visit www.ideacompetition.org.

IDEA has been made possible by the generous contributions of the following sponsors: Northwest Minnesota Foundation, LaValley Industries, IdeaWorks, Hamre, Schumann, Mueller & Larson, Evolve Creative, LVI Supply, Minnesota State Advanced Manufacturing Center of Excellence, Bremer Bank of Crookston and Warren, Security Bank USA, Baer Family Foundation Fund, Northwest Minnesota Small Business Development Center, Minnkota Power, United Valley Bank, Headwaters Regional Development Commission, LaunchPad, Northwest Regional Development Commission, University of Minnesota Crookston.



will be a perfect way for Dad to enjoy Father's Day.

With some creative thinking, dads across the county can

still enjoy the special day they deserve.

3 family-friendly card games



Family game night is a great way for families to have fun and spend time together. Whether it's a rainy summer night or a designated device-free evening at home, game night can prove a bonding experience for both parents and children.

If board games have lost some of their luster, parents may want to break out a deck of cards.

In such instances, these three family-friendly card games can make for a fun activity.

1. Crazy eights
Crazy eights requires between two and seven players, making it an ideal card game for families. The winner is the first player to discard all of his or her cards. A basic 52-card deck is used when playing with five or fewer players, while two 52-card decks are used when there are more than five players. When playing with more than two players, each player is initially dealt five cards, and the remaining cards are then placed face down at the center of the table. The game begins when the top card is turned face up. Players can discard their cards by matching the rank or suit with the top card of the discard pile. If they cannot match the rank or suit of the top card and are not holding an eight, players must

draw a card from the stockpile. Players also may play an eight at any time, and when they do, they must declare the suit the next player must play. The next player can either play that suit or play an eight if they have one. The first player with no cards left is the winner.

2. Go Fish
Go Fish is a great game for young children. To begin, each player is dealt five cards from a 52-card deck (or seven cards if there are three players or less), and the remaining cards are then shared between the players. Players whose turn it is ask another player for his or her cards of a certain face value. For example, a player may ask "Dad, do you have any twos?" Players must ask for a face value they are already holding. Therefore, in the above example, the player who asks for the two must be holding a two. If the player has cards of that value, then he or she must hand them all over to the player who asked. If the player has no such cards, the player who asked must draw a card. If it's not the two the player asked for, the player must keep it and allow the next player to take his or her turn. If the card is a two, the player must show it to the other players and then select another card. Players who have all four

cards of a face value are said to have a "book," and books must be placed face up in front of the player as they're accumulated. When all cards have been laid down in books, the player with the most books is the winner.

3. Old Maid
Old Maid can be played with a 52-card deck. In such instances, one card must be added or removed. That leaves one unmatched card. At the beginning of the game, the designated dealer deals all of the cards, and some players can end up with more cards than others. Once the cards have been dealt, players look at their hands and discard all pairs, but not three of kind. Each player, beginning with the dealer, offers his or her hand, face-down, to the player to his or her left. The player offered must select a card without seeing which card it is and add it to his or her hand. If the card chosen matches a card the player is holding, then the pair can be discarded. The player who chose a card then offers his or her hand to the player to his or her left, and the game continues in this vein. Players can shuffle their hands before offering them to other players. The game ends when all pairs have been discarded and one player is left holding the unmatched card, which is referred to as the "old maid."

National Park visitor spending generates economic impact of more than \$41 billion

U.S. Secretary of the Interior David L. Bernhardt today announced the annual economic benefit of national parks to the U.S. and local economies. In 2019, visitor spending in communities near national parks resulted in a \$41.7 billion benefit to the nation's economy and supported 340,500 jobs.

Visitor spending increased by \$800 million from 2018 to 2019 and the overall effect on the U.S. economy grew by \$1.6 billion. In the last five years, visitor spending has increased by \$4.1 billion and the effect on the U.S. economy grew by \$9.7 billion.

“We have been working to safely welcome the public back to their national parks and provide more service again,” said Secretary Bernhardt. “These treasured places provide respite and recreation for the American people, in addition to vital economic support to gateway communities across the country.”

“The tremendous value of our national parks is undeniable as is the need to adequately maintain them, which is why President Trump has called on Congress to address the decades of deferred maintenance.”

According to the annual National Park Service report released today, 2019 National Park Visitor Spending Effects, more than 327 million visitors spent \$21 billion in communities within 60 miles of a park in the National Park System. Of the 340,500 jobs supported by visitor spending, more than 278,000 jobs exist in communities adjacent to parks.

The report includes statistics by park and by state on visitor spending and the number of jobs supported by visitor spending.

“Safely increasing access to national parks and other public lands supports individual and collective physical and mental wellness, said National Park Service Deputy Director David Vela, exercising the authority of the Director. “It also benefits park gateway communities where millions of visitors each year find a place to sleep and eat, hire outfitters and



guides and make use of other local services that help drive a vibrant tourism and outdoor recreation industry.”

Lodging expenses account for the largest share of visitor spending totaling \$7.1 billion in 2019. The restaurant sector had the next greatest effects with \$4.2 billion in economic output. Motor vehicle fuel expenditures were \$2.16 billion with retail spending at \$1.93 billion.

There are National Park System sites in all 50 states, the District of Columbia and the U.S. Territories of Puerto Rico, the Virgin Islands, American Samoa and Guam. Visitation varies across the country from Grand Canyon National Park in Arizona to Grand Portage National Monument in Minnesota.

Last year, Grand Canyon National Park attracted

nearly 6 million visitors who spent more than \$890 million, supporting 11,806 jobs and generating a \$1.1 billion total economic output. Grand Portage National Monument recorded approximately 94,985 recreation visitors who spent an estimated \$6,208,000. That spending supported 78 jobs and more than a \$6 million total economic output.

An online interactive tool enables users to explore visitor spending, jobs, labor income, value added, and output effects by sector for national, state, and local economies. It also shows annual, trend data.

For additional state-by-state information about national parks and how the National Park Service is working with communities, go to [http://www.nps.gov/\[statename\]](http://www.nps.gov/[statename]), for example: <http://www.nps.gov/virginia>.

The importance of safety

Backyard pools provide families with ample opportunities for recreation. It's easy to be distracted by all the fun when swimming in a backyard pool, but it is crucial that homeowners take steps to ensure everyone is safe when spending time in the pool.

Establish a barrier The Consumer Product Safety Commission warns that drowning is the leading cause of unintentional death in chil-

dren between the ages of one and four in the United States. Pools attract curious children, so maintaining a barrier between the home and the pool is essential. Many municipalities require some sort of fencing around pools or ladders that self-latch or can be closed off to climbing.

Keep play under control Children and even adults may be swept up in the fun and engage in potentially dangerous

when swimming in backyard pools

behaviors. Pool users should not be allowed to run around the perimeter of an inground pool, as the cement can get slippery when wet and lead to falls that can cause injuries.

The Red Cross recommends a water depth of 11.5 feet for safe diving and the transition wall should be at least 16.5 feet from the tip of the diving board. However, the standard depth for many pools is 7.5 feet of water and a slope beginning

seven feet from the board.

Exercise caution with inflatables The Good Housekeeping Research Institute found that inflatable pool toys are especially dangerous. Such toys can flip easily, putting children at risk for injury (from striking the sides of the pool) or drowning (especially if the children were ejected into deep water).

Choose a backyard lifeguard At least one person

should be designated as backyard lifeguard when the pool is in use. This person should always direct his or her focus on the pool, counting swimmers and keeping track of who enters and leaves the pool. Safe Kids Worldwide suggests rotating water watchers every 15 minutes.

Pools are fun places to spend summer afternoons, especially when every step is taken to ensure the safety of swimmers.