



McINTOSH

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Times

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\$1.00



Early summer brings bears out hunting for food and sometimes that means a visit for them in to a town.

Minnesota Small Business Relief grants

The Minnesota Department of Employment and Economic Development (DEED) will oversee the Minnesota Small Business Relief Grants Program approved by the Minnesota State Legislature and signed by Gov. Tim Walz on June 16, 2020.

This program will make available \$10,000 grants to Minnesotan owned and operated businesses that can demonstrate financial hardship as a result of the COVID-19 outbreak.

A total of \$60.3 million is available for grant awards which will be selected through a computer-generated, randomized selection process.

Awards will be disbursed and administered by qualified local and regionally based non-profit organizations.

Grant funds received by individual businesses shall be used for working capital to support payroll expenses, rent, mortgage payments, utility bills, and other similar expenses that occur or have occurred since March 1, 2020, in the regular course of business. These are grants and no repayment will be required.

To qualify, an applicant must:

- Be a private for-profit business that has a permanent physical location in Minnesota.
- Be majority owned by a permanent resident of Minnesota.
- Be in good standing with the Minnesota Secretary of State and the Minnesota Department of Revenue as of March 1, 2020.
- Employ the equivalent of 50 or fewer full-time workers.
- Be able to demonstrate financial hardship as a result of the COVID-19 outbreak.

NOTE: Businesses that received funding under the Small Business Emergency Loan Program (SBEL) are NOT eligible for this program. (However, businesses that received funding through the various Small Business Administration emergency loan programs ARE still eligible for this program.)

In making awards, there are minimum set asides for various targeted groups and categories of businesses.

- 50% of funds will be available for businesses based in Greater Minnesota.
- 50% of funds will be available for businesses based in the 7-county metro area (Anoka, Carver, Dakota, Hennepin, Ramsey, Scott, and Washington counties).

A minimum amount of funds must be awarded as follows:

- \$18 million for businesses with six or fewer full-time workers.
- \$10 million for minority business enterprises.
- \$2.5 million for businesses that are majority owned and operated by veterans.
- \$2.5 million for businesses that are majority owned and operated by women.
- \$2.5 million for operators of indoor retail and food markets with an ethnic cultural emphasis.

If your business plans to apply, please check back here for the online grant application link. Applications will be accepted BY LAW FOR A 10-DAY PERIOD BEGINNING Tuesday, June 23 through Thursday, July 2.

Meanwhile, you can review eligibility criteria, see frequently asked questions and see what types of questions will be on the application.

Numerous bear sightings, no threatening bear reports at this time

The Polk County Sheriff's Office and the MN DNR have received calls of black bear in and around Fertile and Erskine.

At this time there are no reports of the bears being threatening to people or pets, however the bears are enjoying garbage cans, grills, and bird feeders.

Please contact PCSO if needed and do not approach the bears.

Bears have been moving to the northwestern part of Minnesota for about the last 20 years.

Believe it or not, about 20 years ago, there was a sow bear with 2 cubs spotted at the Rydell National Wildlife Refuge, and that was an unusual sight.

In the past 20 years, bears have been pushing out to the west side of the state due to the severe food shortages the bears experienced in eastern Minnesota in the mid 1990's.

The food that bears like best, acorns, berries were found in the under story of our large aspen stands that prevail in our northwest Minnesota landscape.

The increase was thought to be a short-term problem as our area would be unable to provide enough forest and den sites for the bears.

This is the time of year when bears mate, and due to the season, it is also the time that the mother bears push their 2 year old cubs out of the den and send them to fend for themselves. Often these young bears look for an easy food

source, which bring them close to towns and farm sites where bird feeders and garbage cans offer easy meals for the young bears new to fending for themselves.

Here is a list of do's and don'ts that will help keep bears away:

Do:

- Remove bird feeders in the spring. If you persist in feeding birds during the summer, remove seed, suet and hummingbird feeders at night. You can also hang bird feeders from a cable out of a bear's reach: 10-12 feet off of the ground and 10 feet from any other trees.
- Store your trash can in a secure area, such as a sturdy shed or garage, and put it out on the morning of garbage pickup, not the night before. Alternately, contact your trash hauler service about bear-proof garbage can options.
- Wash garbage cans regularly to reduce odors. Rinse food cans and wrappers before disposal.
- Store meat scraps and fish entrails in the freezer until trash pickup day.
- Limit compost piles to grass, leaves and garden clippings, and turn piles regularly.
- Immediately cover composting food scraps with 6 inches or more of brown materials, like leaves or 4 inches of green materials like fresh mowed grass.
- Harvest garden produce as it matures.
- Pick up and remove ripe fruit from fruit trees and surrounding grounds. If your fruit crop is too abundant to clean

up, consider protecting your fruit trees with energized fencing.

- Clean grills and store them in a secure location, such as a sturdy shed or garage.
- Keep doors and windows shut when you are not in your home or cabin. Bears have pushed in screen doors and windows to enter cabins to find food sources when people are not around.

Don't:

- Ever feed bears! It teaches them to associate you or your space with food and they will return. You may be comfortable with wildlife in close proximity to your home, but your neighbor may not. Feeding bears can create conflict between neighbors. Bears may be killed if they become a safety threat to people or pets, or cause property damage.
- Leave pet food outside.

Bear Season

It is also important to note that in Polk County and Red Lake County there is no restrictions for the 2020 bear hunting season.

What this means is that the 2 counties are No Quota Zones and anyone who applies for a bear hunting license will be granted one.

Should you experience a bear in the City limits of any community in Polk County, please call the Polk County Sheriff's Department to report the sighting. Should you have a bear at your homestead or farm sight area in rural Polk County, you can contact the DNR for assistance and information.

Living with bears in Minnesota

If you live in Minnesota, you live in bear country. The black bear is an iconic species usually associated with Minnesota's north woods, and, while they are common throughout the forested northern and central portions of the state, they can live throughout the state, sometimes wandering into cities and towns.

Black bears are naturally cautious animals that avoid human contact for their safety, but conflicts between people and bears can arise. To live peacefully with bears, humans play a part by being responsible for their behavior. We can prevent conflict and stay safe, at home and while exploring nature, by reducing the availability of bear attractants, and preparing for bear encounters, especially during times of the years and in areas where they are more likely to be found.

Conflicts between people and bears have increased as more people build homes and cabins and recreate in northern and central Minnesota. Conflicts can arise when bears interact with domestic pets, tip over garbage cans, or damage bird feeders, personal property, beehives, livestock and agricultural crops.

The best way to avoid problems with bears is to not attract them in the first place.

Once a bear finds a food source, it will return repeatedly. Bears prefer natural foods and are especially attracted to calorie-dense food sources. They have an incredible sense of smell, are opportunistic and are easily attracted to foods or food sources provided by humans (including things like dog food, birdseed and grease).

Bear attractants are things that smell, taste or look like food to bears. These include birdseed, dog food, grease on grills, garbage, fish entrails and fruit. Taking the initiative to secure or remove attractants will help prevent bears from becoming a nuisance.

Bears and people meet under a variety of circumstances. Encountering a bear can be a positive, memorable experience. Black bears, by nature, are wary of people and not normally aggressive. They are, however, large, powerful and surprisingly fast-moving animals. Anyone who encounters a bear should have healthy respect for it, but, at the same time, do not feel that it is an inherent threat.

People share in the responsibility to prevent conflicts with bears, and the DNR relies on the public to manage attractants as the primary means for reducing conflicts.

In order to maintain a

healthy bear population and reduce bear conflicts with humans, the DNR manages bear populations through a regulated recreational hunting season. While hunting provides population control across a large geographic area, it does not manage individual bear conflicts.

If you have persistent bear problems after making recommended adjustments from the bear preparedness tips, contact your local DNR Area Wildlife Manager for assistance.



The history of America's Independence Day

Few summertime holidays elicit as much excitement as the Fourth of July, also known as Independence Day in the United States.

Each year, family, friends and revelers anticipate the arrival of the holiday so they can host barbecues, enjoy the sun, listen to their favorite summertime tunes, and commemorate the freedoms afforded by the monumental events that led to the holiday's establishment.

Independence Day became a federal holiday in 1941, but July 4th has stood as the birth of American independence for much longer.

July 4th marks a pivotal moment in the American Revolution. According to PBS, the colonies were forced to pay taxes to England's King George III despite having no representation in the British Parliament. "Taxation without representation" became a battle cry and was one of several grievances colonists had with Great Britain.

Conflict between the colonies had been going on for at least a year before the colonies convened a Continental Congress in Philadelphia in June of 1776, says Military.com.

On July 2, 1776, the Continental Congress voted in favor of independence from England.

Two days later, on July 4, 1776, delegates from the 13 colonies adopted the Declaration of Independence.

The Declaration of Independence is an historic document drafted by Thomas Jefferson. Jefferson was considered the strongest and most eloquent writer of the declaration writing committee charged with putting the colonies' sentiments into words.

Richard Henry Lee of Virginia was one of the first people to present a resolution for American independence, and his commentary was the impetus for the formal Declaration of Independence.

A total of 86 changes were made to Jefferson's original draft until the final version was adopted. The signing of



the document helped to solidify independence, and eventually lead to the formation of the United States of America.

A total of 56 delegates signed the document. Although John Hancock's signature is the largest, it did not hold more weight than the other signatures.

Rather, rumor has it, Hancock signed it so large so that the "fat, old King could read it without his spectacles." However, the National Archives

says it was also customary that, since Hancock was the president of the Continental Congress, he be the first person to sign the document centered below the text.

The Pennsylvania Evening Post was the first newspaper to print the Declaration of Independence on July 6, 1776. The first public readings of the Declaration were held in Philadelphia's Independence Square on July 8, 1776.

Education and COVID -19

The outbreak of the novel coronavirus COVID-19 left no aspect of life untouched, and education was no exception.

The short-term effects of stay-at-home measures were felt immediately by millions of students across the globe.

But there will be long-term effects, too, and one of the first such long-term dominoes to fall was the relaxation of SAT requirements for aspiring college students.

As stay-at-home measures lasted longer than many people initially anticipated, high school students learned that SAT and SAT subject tests were being canceled. The Princeton Review® noted in late May that the College Board added a new test date for September after the June tests were canceled.

However, many schools have dropped the SAT and ACT requirement for fall 2021 admissions.



The University of California, which includes nine different schools in its system, suspended the requirement for students applying for fall 2021 in early April, and many schools followed suit in the ensuing months.

As prospective high school seniors prepare for their final year of high school and begin thinking about where they want to apply for college, they should work with their guidance counselors to determine just what is required of them during the admissions process.

Maximize time spent in the pool

One of the advantages of having a pool right in the backyard is the convenience of being able to take a dip anytime you so desire. Spending time in the pool is a great way to kick off summer vacations - especially if that vacation is a staycation. The pool also is a fun gathering place for casual barbecues or hangouts with friends.

The Association of Pool & Spa Professionals says there are 10.4 million residential swimming pools in the United States. The Pool & Spa Marketing group has found that the number of pool permits issued in 2018 in Canada (the most recent year for data) was the third highest in the last 14 years, indicating a booming pool market that continues to show promise, especially considering that the data does not reflect many of the rural areas that do not require building permits for pool construction.

With hazy summer days on the horizon, it's time to dive into ways to maximize pooltime fun.

- Carefully consider pool location.** Those who are installing a new pool should spend time in their yards look-



ing at the landscape, how the sun travels overhead and any obstructions that can get in the way of the pool. Then the pool can be properly located for ideal results.- Select upgrades.** Certain upgrades can be added when pools are being built; otherwise, aftermarket additions can enhance the pool experience. Zero entry effects can reduce the number of steps or ladders needed, while a water shelf, also known as a Baja bench, enables swimmers to play or cool off without being completely immersed in water. Diving boards or water slides can complete the package and provide some extra thrills.
- Stock up on toys.** Anything from aqua volleyball nets to climbing walls to float-

ing golf games and even inflatable hamster balls that float on water can amp up the fun factor.

- Lather up the SPF.** Pool time can be cut short if people are not diligent when applying sunscreen. Follow package directions regarding application, being sure to reapply regularly. Even waterproof products will need to be reapplied frequently.
- Offer a shady escape.** Like a sunburn, heat exhaustion can compromise a fun day in the pool. Provide a shady respite, particularly one stocked with refreshing drinks like water or lemonade.

Time spent in the pool can be enhanced with various additions and smart safety guidelines.

Essentia Health receives Healthcare Hero Award

Essentia has received the Blue Cross and Blue Shield of Minnesota Trailblazer Award for its nation-leading efforts to improve access to virtual care during the COVID-19 pandemic.

The COVID-19 crisis encouraged Essentia Health teams to provide an opportunity for patients to receive care from their health care provider virtually using a phone, tablet, laptop or PC from the comfort of their home a full month ahead of a planned launch. Virtual visits launched March 18, prompted

by a need to keep patients and staff safe from the virus.

"We literally went from zero to about 3,000 virtual visits per day in less than three weeks and we ramped up more quickly and have done more volume than just about anyone in the country," says Essentia CEO David Herman, MD.

The new approach to care was welcomed among more than 1,200 primary care providers, as well as physicians and advanced care providers within as many as 60 specialties.

How to support a friend who is ill

by Kriston Wenzel, LBSW, CT

It's hard to know exactly what to do when a friend is facing an illness. You can feel stuck in how to "be" around your friend—not knowing what to do or say, or if you can even help. You also may have many questions about his or her illness that you may even be unsure if they're appropriate to ask. It's completely normal to feel this way.

Being prepared and knowing what to expect can help lessen feelings of helplessness—and allow you to support your friend to the best of your ability. Ask yourself: If you were in a similar position, how would you want to be treated?

The most important thing to remember is your friend is still the same person they were before the diagnosis or illness. Something as simple as just listening to your friend, without providing feedback or comparisons, can greatly reduce his or her burdens while also allowing you the opportunity to understand what your friend is going through. This will also help you become more compassionate and gentler toward your friend and his or her situation.

The following tips offers practical suggestions on how to support a friend who is ill.

What you should know when a friend is ill

It's important to know that when someone is ill, they may not look ill. There are many types of illnesses and even the same diagnosis can look different from person to person. Even serious illness can be invisible.

Recognize that you don't need to know every single detail of the illness and the treatment. The person who is ill might not fully understand it all either, which can be very scary. It's up to the person and their family to decide how much information they want to share about the illness.

A person who is ill can have a wide range of emotions. The fear of the unknown and the reality of learning you are ill can be a major blow. Expect your friend's mood and feelings to fluctuate. Try to be understanding and compassionate with your friend through the ups and downs.

Expect your friend, at times, to laugh, have fun and do the things he or she did before the illness. The person continues to be the same self and wants to keep living life as normally as possible.

What your friend might be feeling

- I feel angry. Why is this happening to me?
- I'm sick of people asking me questions.
- I feel something but don't know how to describe it.
- I'm sick of everyone bugging me.
- I just want everything to be how it was.
- Everyone always wants me to talk, but I don't always feel like talking.
- I just want to be normal.
- I want to do what my friends are doing.
- I don't understand why this happened to me.
- There are some questions I want to answer and some that I don't. There are questions I don't even know how to answer.

Ways to Offer Support

Talk to the person who is ill. Let them know that you are here for him or her, even if you don't know the exact words to say.

Don't worry so much about saying the wrong thing. There are no magic words to make

your friend feel better but knowing that friends care will mean a lot.

Tell your friend you are there to help and follow through if/when the person does ask for help.

Just be with them. Be present.

Listen. Listen. Listen.

Include your friend in the same things you always have.

Invite them to spend time with you and other friends.

Respect that your friend may want to have alone time now and then.

Watch for behavior that is out of the ordinary. You may

MN based MathTreks announces launch of online math tutoring services

MathTreks announced the launch of its new online tutoring service to expand the curiosity, capabilities, and confidence of today and tomorrow's problem-solvers. MathTreks' certified math teachers facilitate thirty minute problem - solving sessions that are designed around one complex applied math problem that is chosen for its personal appeal to the student.

MathTreks offers sessions for individual students, teenagers and their grandparents, and small groups - giving students a convenient way to transfer their mathematical understanding to topics of personal interest.

With MathTreks, middle and high school students can solve sophisticated math problems that are aligned with their mathematical needs and individual interests.

Students are immersed in their problems' rich contexts through video and engage in a four-part process: understand the problem, develop and execute a plan, and reflect.

In each thirty-minute session, an experienced math teacher engages students through well-timed questions and suggestions to propel students' thinking further with immediate feedback.

Teachers support students' self-reflection through post-session qualitative, evidence-based feedback.

The online format - in a secure, virtual classroom - supports convenient scheduling for individual, grandchild - grandparent, and small-group sessions.

In focusing on complex problem - solving, MathTreks expands and improves the type of support students can receive for learning math outside of school.

MathTreks gives students a way to concretely answer the question "When am I going to use this math?" by solving a problem that addresses a topic that the students identify as meaningful.

"MathTreks gives families a way to address two crucial areas of learning math that are common challenges: motivation and complex problem - solving. By leveraging the strengths of human connection and technology, MathTreks nurtures students' intrinsic

Patients also responded positively.

Analytics indicate as many as 69% of total Essentia Health visits were conducted using virtual visits,

E-Visits and video visits between facilities. An early May survey of 1,500 patients found more than 90 percent said they received the care they needed and would consider virtual visits in the future.

Nearly 100 percent of patients said they had a great experience seeing their provider virtually.

need to enlist the help of others.

It's OK to not have all the answers. Do your best to support your friend in the way you would want to be supported. Just being with your friend and following his or her lead can mean so much in this tender time.

Kriston Wenzel, LBSW, CT, is a grief specialist at Hospice of the Red River Valley. What she enjoys most about her work is having the chance to help individuals and families find their strength and resiliency during such a difficult time in their lives.

Polk County Commissioners News

There has long existed a sizeable difference between the actual and the desired math performance of middle and high school students in Minnesota.

While consistently outperforming the country on the National Assessment of Education Progress, Minnesota 8th grade math students have fallen far short of reaching the level of 'advanced' achievement for the past twenty years. "Students are often good at answering the first layer of a problem in the United States.

"But as soon as students have to go deeper and answer the more complex part of a problem, they have difficulties." says Andreas Schleicher, Director of Education and Skills at OECD. Early research suggests COVID-19 has likely exacerbated the difference between students' actual and desired performance, with researchers predicting increased learning loss from school closures this spring.

"MathTreks offers a unique opportunity for students to complement their formal math coursework at a specific point in their learning cycle. Unlike common tutoring approaches that are designed around homework help or test prep, MathTreks is focused only on complex problem-solving.

"In striving to supercharge students' learning with well-timed, rich learning experiences, MathTreks endeavors to motivate students to undertake more ambitious challenges in their formal academic coursework and beyond. Ultimately, MathTreks' goal is to be a pivotal agent in developing curious, capable, and confident mathematicians," said Touhey.

ABOUT MathTreks is an online learning company on a mission to expand the curiosity, knowledge, and skill of today and tomorrow's problem solvers. We actively engage middle and high school math students in deep mathematical thinking, and foster their appreciation for the beauty, structure, and utility of mathematics. MathTreks' provides personalized online tutoring sessions that are designed around meaningful, complex math problems.

Travel insurance exceptions

As various parts of the world begin to slowly reopen, people looking forward to traveling should know that many travel insurance policies do not provide coverage for travelers who decide to cancel their plans due to concerns about a pandemic. According to AARP, many insurance companies explicitly state in travel insurance policies that pandemics are excluded as reasons for

canceling a trip. Travel insurance providers note that exclusion exists because pandemics are extremely unpredictable, which makes it difficult to properly assess the risk of one happening when determining the cost of a policy. In the wake of the COVID-19 outbreak, some travel insurance providers expressed a willingness to be flexible. However, such flexibility is not uniform,

Virtual Author talk with LARL

Local author Terry Shoptaugh will give a virtual reading and presentation about his latest book, "Sons of the Wild Jackass" on Wednesday, June 24 at 7 p.m. Shoptaugh's presentation is offered in partnership with Lake Agassiz Regional Library and will take place on the library's Facebook page at facebook.com/larlmn.

Shoptaugh will relate incidents in the early years of North Dakota's Nonpartisan League (NPL), a farmers' movement that flourished in the early 20th century and influenced subsequent advances in agricultural organizations, as well as NPL activities in

Minnesota.

This event is offered virtually and is made possible by funding from the Minnesota Arts and Cultural Heritage Fund.

Shoptaugh will go live on Lake Agassiz Regional Library's Facebook page on Wednesday, June 24 at 7 p.m. An account is not required to view the presentation.

In effort to support Lake Agassiz Regional Library, discounted copies of Terry Shoptaugh's book, "Sons of the Wild Jackass: The Nonpartisan League in North Dakota", will be available for purchase. All proceeds will go to Lake Agassiz Regional Library.

Essentia Health visitor policy update

Essentia Health has updated its visitor policy at all facilities.

The policy continues to protect our patients and staff from the transmission of COVID-19 while also keeping in mind the emotional well-being of our patients and their loved ones.

Effective immediately, Essentia Health will implement visitor hours between 9 a.m.

and 6 p.m. daily at hospitals and clinics. One adult visitor at a time will be allowed per patient in all clinic, hospital and procedural patient care areas, including the emergency department. Chaplains and clergy will also be allowed to visit hospital patients.

Our visitor restrictions for patients that are positive for COVID-19 will remain the

The potential medical benefits of meditation

Meditation has long been part of Eastern practices and recommended by alternative health practitioners. With the widespread adoption of yoga, breathing exercises and general mindfulness, meditation has become much more mainstream and something many traditional physicians now recommend to their patients.

According to the yoga equipment supply company Gaia, meditation is an approach to training the mind that is similar to the way athletes train their bodies. Many meditation techniques exist, and the term meditation refers to an overall discipline rather than one specific activity. People who have been meditating for some time may be able to rest their brains for extended periods of time. Some may need to work up to it. Others practice focus-specific meditation, which makes them focus on a sensation or a particular object to tune out other distractions. Another option is open-monitoring meditation, which involves paying attention to all of one's surroundings. Instead of reacting, you just notice things as they are.

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

Meditation has been long studied as a way to induce relaxation and help alleviate stress. In the 1970s, Herbert Benson, MD, a researcher at Harvard University Medical School, coined the term "relaxation response." In Benson's words, this is "an opposite, involuntary response that causes a reduction in the activity of the sympathetic nervous system." Meditation helps achieve that.

Meditation may produce many different health results. Some are immediate, and others are cumulative. Here are some changes a person may see:

- better focus while not meditating
- reduced anxiety
- lower blood pressure



and travelers, such as those who have not tested positive for the virus, may need to find alternative solutions if they do not want to travel but have already booked vacations. Travel agents or others who helped book travel reservations may be willing to serve as intermediaries between travelers and hotels owners to increase the chances that vacationers are not stuck paying for vacations they have no intention of taking

- lower blood cortisol levels
- greater feelings of well-being
- reduced feelings of stress
- ability to cope better with challenging situations
- potential benefits on immune system function

Meditation is a skill some-

Story to Share?

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

Polk County Commissioners News

Polk County Board of Commissioners
The Polk County Board of Commissioners Board meetings have been moved from the Polk County Government Center to the Environmental Services (Transfer Station) building at 320 Ingersoll Avenue, Crookston until further notice to allow for social distancing. For Board meeting dates and agenda information go to <http://www.co.polk.mn.us>

Community Birthday and Anniversary Calendar

Wed. June 24:
Karlie Schow, Holly Schlagel, Mark Simonson, *Calvin & Annie Schow, *Steve & Candace Haaven

Thurs. June 25:
*Travis & Kelsey Mahlum

Fri. June 26:
Matt Thompson

Sat. June 27:
Debbie Haaven, Tensley Grettum, *Clay & Teresa Syverson

Sun. June 28:
Judy Webster, *Craig & Jill Lende

Mon. June 29:
Cole Shaver, David Herem

Tues. June 30:
Jade Pries

McIntosh Times

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siz Regional Library. Books are being sold at the discounted rate of \$20 each, and can be autographed if desired. Purchases can be made at larl.org.

About Lake Agassiz Regional Library

Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in northwest Minnesota. For more information on this and other LARL events and services, contact the Lake Agassiz Regional Library office at 833-522-5275 or online at www.larl.org.

one learns with practice. It's never too early or too late to learn how to meditate.

Online courses and neighborhood studios can help people get on the road to wellness through meditation.

Full details of the visitor policy including allowed exceptions are available on our website.

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.

MS-28C

LSS Meals Menu 687-2262

Tues. June 30: Beef Tips/Gravy over Mashed Potatoes - Corn - Wheat Bread - Chocolate Crazy Cake - Milk
Wed. July 1: Chicken Wild Rice Hotdish - Winter Blend Veggies - Pears - Wheat Bread - Rhubarb Desert - Milk

CHURCH DIRECTORY

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 Suvakeen, Pastor
Sun. June 28: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley
Sun. July 5: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church
Sun., June 28: 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 30: 10:00 a.m. Sunday worship service telecast on GVTV-30

Wed, July 1: 6:30 p.m. Bible Study at Sharon Ramberg's home

CALVARY-IMMANUEL LUTHERAN PARISH
Winger/Bejou Supply Pastor
Gordon Syverson
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.

BUSINESS & PROFESSIONAL GUIDE

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

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*Paige Ennen *Kelly Wolfjer
*Tim & Denise Anderson
*Licensed Funeral Director
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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.

MDA informs farmers of new COVID-19 preparedness plan requirements

Plans are required to be developed and implemented by June 29, 2020.

Farms, farmers' markets, and other agricultural businesses were designated critical businesses under Executive Order 20-48 in April of 2020. By June 29, 2020, all critical sector businesses, including all farms and farmers' markets, are required to develop and implement a COVID-19 Preparedness Plan that complies with Centers for Disease Control and Prevention (CDC)

and Minnesota Department of Health (MDH) COVID-19 guidelines and OSHA standards.

The Minnesota Department of Labor and Industry (DLI) has created a preparedness plan template that includes all required plan components and is available in Hmong, Somali, and Spanish. Your farm may use other templates, such as this produce farm-specific plan from the University of Minnesota Extension, if all components outlined in the DLI tem-

plate are addressed.

For additional information or assistance in developing a plan, businesses can contact Minnesota Occupational Safety and Health Administration (MNOSHA) Workplace Safety Consultation at 651-284-5060 or osha.consultation@state.mn.us.

For more COVID-19 resources specific to farms, visit MDA COVID-19 Food and Agriculture. Questions may be sent to MDAResponds@state.mn.us

Using conservation to protect polinator habitat, boost crop production

By Troy Daniell, USDA NRCS State Conservationist, and Joe Martin, USDA FSA State Executive Director, in Minnesota

The next time you snack on almonds, add blueberries to your smoothie or eat pumpkin pie, thank a pollinator and thank farmers, ranchers and private forestland owners who work hard to create and maintain their habitat.



Pollinators, such as honeybees, bumblebees, butterflies, birds, bats, flies and many others, play a critical role in crop production. Without pollinators, we wouldn't have many crops.

During the week of June 22-28, the nation will celebrate these iconic and crucial pollinators during National Pollinator Week. This year's theme is "Pollinators, Plants, People and Planet."

Thirteen years ago, the U.S. Senate unanimously designated the third week in June as National Pollinator Week to increase awareness about the importance of pollinators and the challenges many of them face, including serious population declines and habitat losses, often due to land use changes and excessive or improper pesticide use. Nearly 200 species of pollinators are considered threatened or extinct.

Pollination occurs when pollen grains are moved between two flowers of the same species, or within a single flower by wind or insects and animals. Successful pollination results in healthy fruit and fertile seeds, allowing the plants to reproduce.

The extensive and critical world of crop pollinators is a \$20 billion a year industry. About 75 percent of crop plants are pollinated by billions of animals and insects every year

Many federal, state and local government agencies, nongovernment organizations and universities have launched

extensive efforts to protect pollinators, especially honeybees and the Monarch butterfly. The U.S. Department of Agriculture (USDA) works closely with farmers, forest landowners and other private landowners to increase pollinator habitat in targeted areas nationwide.

The Environmental Quality Incentives Program (EQIP), through USDA's Natural Resources Conservation Service (NRCS), offers financial incentives to agricultural producers and private forest landowners who enhance pollinator habitat by voluntarily implementing conservation practices such as cover crops, wildflower and native plantings in buffers and areas not in production.

Conservation Reserve Program (CRP) also can be used to enhance habitat to protect pollinators.

Administered by USDA's Farm Service Agency (FSA), CRP is a land conservation program in which enrolled landowners remove environmentally sensitive land from agricultural production and plant species that will improve environmental health and quality.

As owners and stewards of the land, many farmers, ranchers and private forest landowners manage their natural resources to work to achieve their production goals, they are protecting the rich and diverse ecology on or near their opera-

tions.

When we protect pollinators, we protect our ability to grow food. We thank our farmers, ranchers and private forest landowners for who offer a safe haven for pollinators and grow the products we enjoy.

Whether you are a large commodity producer, a small and diverse organic producer or even a suburban homeowner, you can have an important role in saving pollinators in Minnesota.

You can help protect pollinators by doing the following:

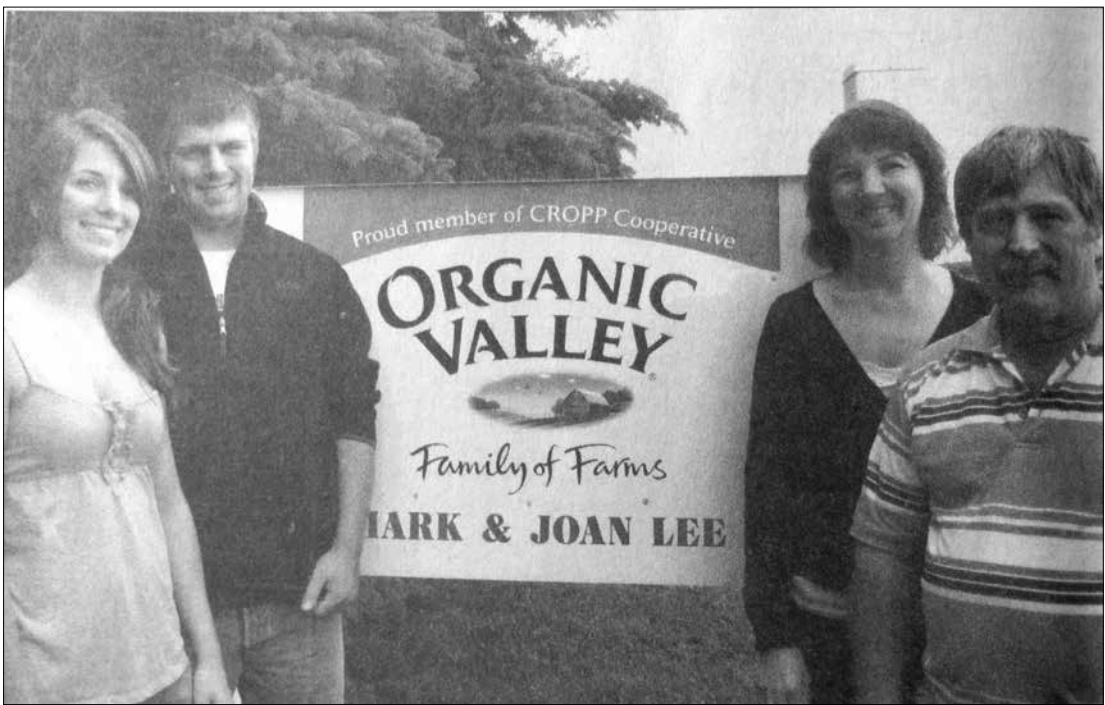
Plant appropriate vegetation. Use conservation practices and create habitat that sustains and enhance pollinators on the farm, forest or the yard.

Use pesticides, herbicides and insecticides carefully on and off the farm, ranch and private forests. Keep your operation pollinator friendly.

Protect flowering plants and potential pollinator nesting sites such as areas of undisturbed ground and native vegetation.

Do your part to help protect pollinators. By taking action to diversify and beautify your operation or property, you could ensure that many fruits and vegetables are available and plentiful for future generations for many years to come.

For more information about pollinators and what you can do in Minnesota, please contact your local USDA service center.



10 years ago...2010: Breakfast on the farm will be held at the Mark and Joan Lee farm north of McIntosh. From left: Samantha (daughter), Joseph (son), and Joan and Mark Lee.

Right: 20 years ago...2000: The older girls from the Brownie Scout Troop welcomed the girls from the Daisy Troop who "bridged" into the Brownie Scouts in ceremonies held in Roholt Park recently. Brownies included: (back, l-r) Kendra Lee, Jordyn Thompson, Megan Syverson and Nicole Thompson. Leaders are: Theresa Syverson and Michelle Espeseth. Five members of the Daisy Troop who were honored are: (Front, l-r) Allena Gerving, Kjersti Haugen, Samantha Lee, Caitlyn Espeseth and Carmen Syverson.



Right: 50 years ago...1970: Jim Benson, McIntosh High School trackman just returned from the State High School meet in Minneapolis. To win his berth at the state meet he made a strong showing in regional competition and en route set a new District 30 record in the 180 yard low hurdles of 20.2.



Below: 40 years ago...1980: The Roy Schleicher family was joined by friends and relatives at the Roholt City Park recently, when this photo was taken of their family. L-R: Jean (Schleicher) Kirkeby, Joe, Jennifer and Jana, Adella and Roy Schleicher, Pastor Jon Frusti with daughter, Teresa and wife, Fern (Schleicher) Frusti, Dana, Roy and Patty Schleicher and Heidi.



30 years ago...1990: The Dice Shaken' Coffee Group decided their statistician, Armond Sannes, had been absent from their twice daily "meetings" and moved the coffee pot, sugar, spoons, dice box and participants to the Sannes garage on Monday afternoon. Sannes has been recuperating from a tractor accident at his home and joined the 13 noisy dice shakers for a bit-of-sport. (L-R) Armond Sannes, Ken Jore, Russ Horacek, Clarence Knudson, Roland Habedank, Harald Thompson, Bill Finkle, Charlie Reitmeier, Hubert Stardig, Jerry Wertish, Lloyd Carlson, Clifton Burslie, and Ron Strom.



President Trump's conservation legacy: Rebuilding our national parks

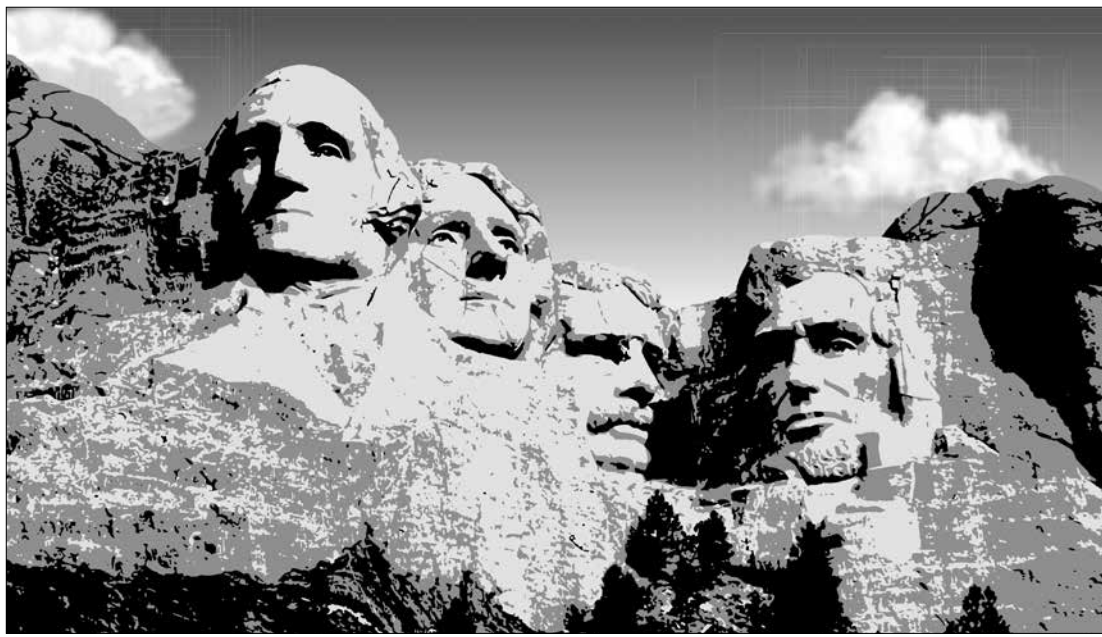
Originally Published by: The Hill

By: U.S. Secretary of the Interior David L. Bernhardt

Our national parks are in dire need of repairs. After decades of administrations and Congress paying lip service while kicking the can down the road, President Trump took bold action and provided unprecedented support for Congress to fix the aging infrastructure at our national parks and to simultaneously and permanently fund conservation projects. The enactment of the combination of these two proposals would be the most significant conservation legislation in generations.

The Great American Outdoors Act is one of the few pieces of bipartisan legislation that Congress is actively considering. This legislation would provide half of all receipts from energy development on federal lands and waters, up to \$1.9 billion per year, for five years to make needed repairs to critical facilities and infrastructure in our national parks, national forests, wildlife refuges, public lands and at our American Indian schools. Most of those funds, 70 percent, would go to rebuilding our national parks. At the same time, the legislation permanently funds the Lands and Water Conservation Fund (LWCF) to the tune of \$900 million a year to invest in conservation and recreation opportunities across the country.

Support for conservation and outdoor recreation not only bridges a seemingly widening political divide in Congress but is also shared by countless Americans. It is hard to imagine a time in recent history when it has been more important for the American people to have access to the great out-



doors, and there is no better place for the American people to do so than at any of our 419 national parks, 568 wildlife refuges, and numerous other public sites across the 500 million acres of public lands we are entrusted to manage.

Last year, the National Park Service welcomed 327 million visitors who generated an economic impact of over \$41 billion and supported more than 340,000 jobs. Yet, as the popularity of our national parks increases, there is a cost in managing the public's assets, and the National Park Service estimates that the current needs of our crumbling park infrastructure to be in excess of \$12 billion. Most notably, this only includes repairing what we have, not investing in new ideas or projects. Much of our infrastructure is over a half century old, and more than 5,500 miles of paved roads, 17,000 miles of trails and 24,000 buildings are in need of maintenance improvements.

We care for these unparal-

leled and wondrous landscapes not only for our current enjoyment but also for our children and grandchildren, and we are charged to leave these special places better than we found them. We want future generations to enjoy the splendor and inspiration one feels when visiting Grand Canyon or Yellowstone national parks for the first time. Walking up to the South Rim of the Grand Canyon and taking in the overwhelming magnificence of its expanse or watching Old Faithful erupt stays with us for a lifetime.

As we work to invest more smartly in what we have, we must also lean forward in expanding outdoor recreation opportunities for the American people. With President Trump's support, the LWCF leverages public and private dollars to help state and local governments create and improve parks, trails, and other recreation areas in their communities for public enjoyment and outdoor recreation. This

allows us to find practical ways to systematically improve access to our public lands and expand recreation opportunities. This program also supports the federal government and other partners' efforts to improve habitat quality for wildlife, specifically winter range and migration corridors for Western big-game species that migrate across thousands of miles of federal, state, tribal and private lands during their annual journeys. The Department has been a leader in supporting these efforts throughout this administration.

President Trump's leadership and that of the bipartisan group of senators has placed the most significant legislative accomplishment for conservation stewardship at the threshold of enactment. The sole test now is whether the Democratic majority in the House of Representatives can actually move this commonsense solution forward to be presented to the president for signature. They should get on with it.

How to keep your baby sun-safe this summer

Spending time outdoors is a summertime tradition for people of all ages. Sunny summer afternoons may be especially cherished in 2020, when people across the globe have been forced to spend more time indoors as they adhere to social distancing guidelines implemented to prevent the spread of the COVID-19 virus.

Parents of infants may be extra excited to get outdoors this summer.

Chances to get out and about don't come around very often for parents of infants, and those chances may be even more rare as social distancing guidelines remain in place. But before parents rush out the door to soak up some summer sun, it's imperative that they take steps to protect their tiny tots from UV rays.

· Avoid exposing infants

to the sun. The Skin Cancer Foundation notes that infants' skin is especially sensitive to the sun, so the organization advises parents to shield children six months and younger from the sun rather than using sunscreen. Instead of applying sunscreen to their infants, parents should keep them out of the sun entirely. Seek shade between 10 a.m. and 4 p.m., when the sun's rays are especially intense. When taking infants out in their strollers, make sure they are shaded at all times and avoid walking on the sunny side of the street.

· **Dress babies for the sun.** The SCF advises parents to dress their babies in brimmed hats and lightweight clothing that fully covers their arms and legs. Dressing babies for the sun may seem like common sense, but the SCF notes that

researchers at the University of Miami found that only 43 percent of parents consistently cover their babies with hats, and even fewer (40 percent) cover babies with long-sleeved shirts and pants when going out in the sun.

· **Consider sunglasses.** Sunglasses are another way parents can protect their children from the sun's harmful ultraviolet rays. Sunglasses can be an alternative for parents whose infants keep taking off their hats, as many baby-sized sunglasses are equipped with elastic straps to keep the glasses on. Sunglasses may be vital because the melanin in infants' eyes is still forming, and that development can be adversely affected if infants' eyes are exposed to UV rays.

· **Introduce sunscreen at six months.** The SCF ad-

vises parents to begin applying sunscreen to their infants when their children reach six months of age. Choose a broad-spectrum, water-resistant sunscreen with a minimum sun protection factor (SPF) of 15. The SCF notes that sunscreens that contain zinc oxide and titanium dioxide are good choices because these physical filters do not rely on absorption of chemicals and are therefore less likely to cause a skin reaction. The SCF also advises testing the sunscreen on your baby's wrist before applying it all over the body. This can indicate if the product irritates the child's skin and needs to be replaced, or if it's safe to use.

In the rush to get outside, parents should make sure they don't forget to take every step necessary to protect their infants from UV exposure.



The risks of forgetting sunscreen

It can be easy to forget to apply sunscreen when a sunny summer day beckons you to get outside and enjoy the great outdoors.

But forgetting to apply sunscreen before spending time in the sun is a potentially deadly mistake. According to the World Health Organization, one in every three cancers diagnosed is a skin cancer. In addition, the Skin Cancer Foundation notes that one in five Americans will develop skin cancer by the age of 70.

The discomfort of a sunburn might seem relatively harmless, but the relationship between sunburns and cancer

risk is significant. The SCF notes that having five or more sunburns doubles your risk for melanoma, a type of skin cancer that often and quickly spreads to nearby lymph nodes. Perhaps that's one reason why the American Cancer Society reports that the number of new invasive melanoma cases diagnosed annually increased by 47 percent between 2010 and 2020.

Avoiding sunburn by applying and reapplying a broad-spectrum sunscreen with a minimum sun protection factor (SPF) of 30 should be a priority for anyone spending time outdoors

2020 Election-Mail Ballot Reminder

The City of Winger hereby notifies residents of the city that voting in the 2020 Primary and General Elections as allowed by M.S. 204B.45, will be done by mail.

All voters in the City of Winger registered by July 21, 2020 will be mailed a ballot for the Primary Election set for August 11, 2020. Ballots will be mailed on or before July 1, 2020. Ballots must be returned to the Polk County Taxpayer Service Center 612 N. Broadway Suite 213, Crookston by mail or delivered in person until 8:00 P.M. on Election Day-August 11, 2020. This location can also be utilized for in person voting. And an assistive device will be available for use.

An eligible voter who is not registered to vote by July 21, 2020 may apply for and receive an absentee ballot from the Polk County Taxpayer Service Center until 8:00 P.M. on August 11, 2020 and any registered voter may apply to the Polk County Taxpayer Service Center to receive an absentee ballot.

The ballots will be processed at 8:00 P.M. at the Polk County Government Center 612 N. Broadway Crookston by the Polk County Mail Ballot Board election judges. This process is open to the public.

Additional information on mail balloting procedures can be obtained from Dominica Zarkoff City of Winger Clerk, or by calling 218-938-4150.

Dominica Zarkoff, City of Winger Clerk

Polk County Legal Notice

Social Services Legal Notice

Name of County

Polk County, Minnesota

Date of Meeting

May 19, 2020 Convened at 8:00 A.M. -Adjourned at 9:04 A.M.

Board Members Present

Gary Willhite - Chair
Gerald Jacobson - Vice Chair
Joan Lee - Commissioner
Don Diedrich - Commissioner
Warren Strandell, Commissioner
Paula Waters - Secretary
Cathy Gutterud - Board Member

Staff Present

Karen Warmack, Director
Betty Solie, Support Services Supervisor
Randy Beggs, Fiscal Supervisor I
LeAnn Holte, Financial Assistance Supervisor II
Jon Street, Financial Assistance Supervisor I
Victoria Ramirez, Social Services Supervisor
Molly Paulsrud, Social Services Supervisor
Cheryl Smart, Social Services Supervisor
Megan Starr, Social Services Supervisor
Melissa Hesby, Child Support Supervisor

Others Present

Chuck Whiting, County Administrator

Minutes

A motion was made by Board Member Waters to approve the Minutes from the April 21, 2020 Polk County Social Services Board Meeting. This motion was seconded by Commissioner Diedrich. Yea vote entered by Commissioner Lee, Yea vote entered by Strandell, Yea vote entered by Commissioner Jacobson, Yea vote entered by Board Member Gutterud, Yea vote entered by Board Member Waters, Yea vote entered by Commissioner Diedrich, and Yea vote entered by Commissioner Willhite. The motion was carried by unanimous vote of the Board to approve the Minutes from the April 21, 2020 Polk County Social Services Board Meeting.

Agenda

A motion was made by Commissioner Lee to approve the Polk County Social Services Agenda for May 19, 2020. This motion was seconded by Board Member Gutterud, Yea vote entered by Commissioner Lee, Yea vote entered by Strandell, Yea vote entered by Commissioner Jacobson, Yea vote entered by Board Member Gutterud, Yea vote entered by Board Member Waters, Yea vote entered by Commissioner Diedrich, and Yea vote entered by Commissioner Willhite. The motion was carried by unanimous vote of the Board to approve the Agenda from the May 19, 2020 Polk County Social Services Board Meeting.

Review of the Cases and Claims

A motion was made by Commissioner Willhite to approve the Case and Claims from the April 21, 2020 Polk County Social Services Board meeting. This motion was seconded by Commissioner Jacobson, Yea vote entered by Commissioner Lee, Yea vote entered by Strandell, Yea vote entered by Commissioner Jacobson, Yea vote entered by Board Member Gutterud, Yea vote entered by Board Member Waters, Yea vote entered by Commissioner Diedrich, and Yea vote entered by Commissioner Willhite. The motion was carried by unanimous vote of the Board to approve the Case and Claims from the April 21, 2020 Polk County Social Services Board meeting.

A motion was made by Commissioner Jacobson to approve the Cases and Claims. This motion was seconded by Commissioner Willhite. Yea vote entered by Commissioner Lee, Yea vote entered by Strandell, Yea vote entered by Commissioner Jacobson, Yea vote entered by Board Member Gutterud, Yea vote entered by Board Member Waters, Yea vote entered by Commissioner Diedrich, and Yea vote entered by Commissioner Willhite. The motion was carried by unanimous vote of the Board to approve the Case and Claims as follows:

<u>Admin</u>	
Medicare Part B	\$8,097.60
Administration	\$35,684.83
Employee and Board	\$1,403.53
 <u>Non Public</u>	
Special Run	\$518.00
POS 4/30/20	\$60,807.29
Payroll – Paydate 5/1/20	\$253,519.70
1 st of the Month	\$103,304.46
Payroll – Paydate 5/15/20	\$311,842.80
POS 5-22-20	\$234,756.03
MA Insurance	\$5,653.52
Medical Transportation	\$8,900.45
Payroll – Paydate 5/29/20	\$312,317.31

Warrants for Publication

Warrants Approved on 5/19/2020 for Payment 4/29/2020

<u>Vendor Name</u>	<u>Amount</u>
1 Payments less than 2000	\$518.00
Final Total:	\$518.00

Warrants for Publication

Warrants Approved on 5/19/2020 for Payment 5/08/2020

<u>Vendor Name</u>	<u>Amount</u>
Fleet Services	\$5,744.96
Polk County Public Health	\$96,000.00
5 Payments less than 2000	\$1,559.50
Final Total:	\$103,304.46

Warrants for Publication

Warrants Approved on 5/19/2020 for Payment 5/22/2020

<u>Vendor Name</u>	<u>Amount</u>
Cease Family Funeral Homes	\$2,750.00
DHS Swift	\$12,383.40
Fleet Services	\$5,140.58
Polk County Administrator	\$4,180.61
Verizon Wireless	\$5,213.19
22 Payments less than 2000	\$6,017.05
Final Total:	\$35,684.83

Warrants for Publication

Warrants Approved on 5/19/2020 for Payment 5/22/2020

<u>Vendor Name</u>	<u>Amount</u>
13 Payments less than 2000	\$1,403.53
Final Total:	\$1,403.53

Personnel

The Director informed the Board regarding the Probationary Appointment of Sydney Moug, Social Worker CPS, effective April 28, 2020.

The Director informed the Board regarding the end of Probationary Period for Hana Mohamoud, Eligibility Worker, effective May 1, 2020.

The Director reviewed with the Board the Personnel Organizational Chart dated May 19, 2020.

Budget

The Director and Randy Beggs, Fiscal Supervisor I, reviewed with the Board the following Budget Reports:

Social Services Budget Review Report for both Income Maintenance and Social Services -April 2020.

Social Services Month End Fund Balance Summary -1999 through April 2020.

Out-of-Home Placement Cost Expenditures Report-2018 through April 2020.

Out-of-Home Placement Report -April 2020.

Screened in Child Protection Reports -April 2020.

Child Protection Information for April 2020.

Adult Mental Health Placement Costs for State Operated Services -April 2020.

Adult Mental Health Commitments Report -April 2020.

Consolidated Chemical Dependency Treatment Fund Report. MA Recoveries/Estate Recoveries -April 2020.

Burial Expense Report -2019 through April 2020.

Purchase of Services

The Director informed the Board regarding the contract for SNAP Employment and Training Program Contract with Career force for the time period of April 10, 2020 through September 30, 2020. Referred to County Board.

General Business

Correspondence from OHS dated May 1, 2020 regarding perfect performance in meeting OHS financial reporting requirements for calendar year 2019.

The Director informed the Board regarding MN Department of Human Services OEO Covid-19 Emergency Response funding awarded to Polk County.

The Director shared with the Board "Thank you notes we received from clients that appreciated the support.

Other

Income Maintenance Unit 2020 Active Cases by Program Report. Child Support Collection & Distribution Reports -April 2020.

The Director and Social Services Leadership team spoke to the Board regarding COVID-19 the concerns and the impact the agency is going through with trying to implement social distancing for our staff but still need to provide the required services. Discussion was held amongst the Board.

The Director shared with the Board regarding the COVID preparedness plan the Leadership team has been developing. Our agency would like to keep Social Services door closed to the public until the peacetime emergency has lifted. If other departments open to the public prior to that time our agency will put a note on our office door informing the public that our agency is closed until the peacetime emergency is lifted. Our agency would continue to support staff teleworking and some staff returning voluntarily to the office in a limited capacity.

Karen Warmack
Karen Warmack, Director
Polk County Social Service Center

[Signature]
Chairman, County Social Service Board

Paula Waters M14C
Attest: Secretary, County Social Service Board