



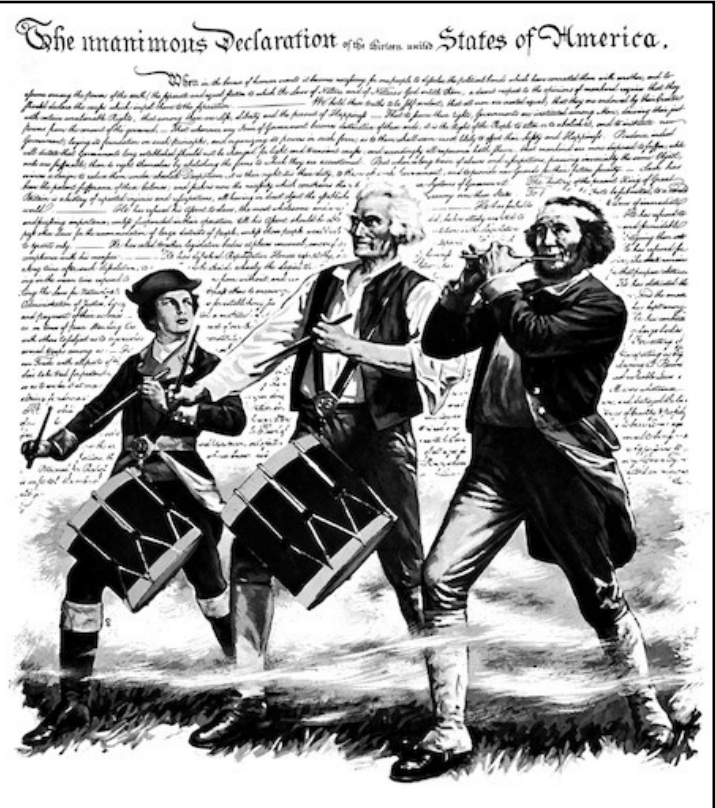
McINTOSH Times

Hub of the Thirteen Townships

Since 1888

McIntosh, Minnesota

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Declaration of Independence reading

Dan and Darlene Dierkes invite you again this year to start your 4th of July by hearing the Declaration of Independence as read by Ben Ramse.

This document is the cornerstone on which our great country was built; it's why we celebrate this weekend.

Both indoor and outdoor seating will be available to allow for social distancing. The Declaration will be read at

10:00 A.M.; come a little early to get situated.

The reading is done by about 10:15; you're welcome to stay just for the Declaration, or linger a little longer and visit with friends and neighbors. Refreshments will be served. Please bring your own lawn chairs. Address: 28891 350th St SE, McIntosh; please call 218-563-3382 or 320-250-5711 if you need directions.

Celebrate as Lloyd Schleicher turns 100



On July 15, 2020, Lloyd Schleicher of McIntosh will be celebrating a milestone birthday.

The big celebration which his family had planned for his 100th birthday, had to be cancelled due to Covid 19 restrictions.

As an alternative, his family would like the community to help him celebrate by doing drive-by birthday greetings. Come by car, truck, tractor, motorcycle, golf cart, horse-

back, skateboard or any other favorite mode of transportation.

Lloyd will be sitting out in front of Poplar Meadows Senior Living from 1:00 to 2:00 pm on Wednesday, July 15, and again from 6:00 to 7:00 that evening.

The address is 325 Scots Ave SE in McIntosh. Anyone wishing to send him a card can send it to that address, Apt. 102. We hope to see a big turnout to make this a birthday to remember.

How to master grilling a thick cut of meat

A thick cut of meat grilled over an open flame can make for a mouth watering meal. While such an endeavor likely won't lead to any complaints around the dinner table, many people still shy away from grilling especially thick cuts of meat.

A thick cut of uncooked meat can intimidate even the most devoted grilling enthusiast. Such cuts tend to take a long time to cook, and many a grilling devotee has put in that time only to end up with a dried out piece of meat. So what do? The following are some ways to master the art of grilling thick cuts of meat.

- **Reverse sear the steak.** According to Omaha Steaks, reverse searing involves bringing the steak up to temperature via indirect heat first, then searing the outside second. Reverse searing ensures the outside of the steak does not become charred while the inside takes its time cooking. This requires using both direct

and indirect heat. When using a gas grill with multiple burners, it's easy to create direct and indirect heating zones by only turning one set of burners on. When using a charcoal grill, move the hot coals to one side of the grill and leave the other side empty. Omaha Steaks recommends maintaining a grill temperature between 250 and 300 F and placing the meat over indirect heat first, keeping the steak there until a digital thermometer reads roughly 10 to 15 degrees below the desired temperature of the meat. The steak can then be moved over direct heat so all sides can be seared.

- **Salt the meat overnight.** People hesitant to salt their meat out of fear of overconsumption of sodium should know that it's not necessary to use a lot of salt to create a flavorful piece of meat. A sprinkling of kosher salt over the

Grilling...
Continued on page 2...

Win-E-Mac School launches new website

Win-E-Mac school has launched a new website, www.wemschools.org, that was rebuilt with a few concepts in mind for students and parents.

Less is more. The new website has far fewer pages than the old one. You'll notice that as you navigate the menus above. It is my hope that you find this new website better organized than the old one.

An easier address. With the hyphens and the "k12 dot mn dot us", the old domain was not so easy to type. The new one, "wemschools.org", is more user-friendly to type and to relay to others. However, please note that you DO NOT need to update your bookmarks. The "win-e-mac.k12.mn.us" domain is not going anywhere. It will redirect to the new website's home page starting June 30th and will continue to do so after that.

News to the front. The new homepage looks different from the old one. News posts (like this one) can be found on the home page. The home page won't be a static page; it will constantly change as events happen at our school! Click on "Next" or the numbers at the bottom of the page to read previous news posts.

Mobile accessibility. The mobile app that came with our previous website was not the best and has now been discontinued. Instead, try typing



"wemschools.org" into your mobile browser. The new website was built using a system that is very responsive to whatever size screen or type of device you're using.

A user-friendly backend. Only the webmasters will see this, but it's worth mentioning that this new website was built using a much easier (and also free) content management system (CMS) called "WordPress", which is also the most used CMS in the world. This will make it easier for us to keep the website up-to-date.

A work in progress. If you happen on a blank (or mostly blank) page, that's because it hasn't been finished yet. It's the goal of the Win-E-Mac Webmasters (and the students who will be helping us starting in the fall) to not have a blank page on the website at all by the end of the 2020-2021 school year.

The lead webmaster of the new site is Win-E-Mac staff member Andrew Hanson.

A form available at the website, www.wemschools.org, is available should you have any questions or comments about the new website.

WEM distance learning survey

Attention, parents! Win-E-Mac would like to hear from you!

The Win-E-Mac Distance Learning Committee has created a survey to gather data on how you think distance learning went for your child(ren) this spring. We will use this data to make more informed decisions as we move forward with planning for the fall. We won't know yet whether we will be back in the classroom completely, whether we will continue distance learning at home, or whether it will be a hybrid model. However, we need to prepare for any scenario.

We understand that your experience with distance learning from a guardian's perspective may vary widely from child to child (or from teacher to teacher). Please feel free to complete the survey multiple times (in other words, one time for each student that attends Win-E-Mac).

<http://www.wemschools.org/dl-survey>

This survey has approximately 15 questions, with optional follow-up questions if you want to clarify your answers further.

The last question asks whether you want to have a longer follow-up conversation with the principal. If so, please leave your contact information on that question.

Thank you so much for your input! This survey will close at noon on July 20th.



Enjoy a safe and Happy Independence Day

Independence Day is a celebration of the United States of America.

The holiday is marked by fanfare and large parties, complete with barbecues, fireworks and parades.

As fun as July 4th festivities typically are, injuries, particularly those involving fireworks, are a concern that celebrants should not take lightly. An estimated 11,000 people visited the emergency room for fireworks-related injuries in 2016, according to the U.S. Consumer Product Safety Commission. However, fireworks aren't the only danger this time of year. In order to remain safe, individuals can heed these tips.

- **Do not drink and drive.** Alcohol consumption may accompany Independence Day festivities. For those planning on using a car to get to and from parties, it is essential to designate a driver who will not imbibe. Otherwise, utilize any number of ridesharing services or available taxis.
- **Swim smartly.** Always swim with a buddy, and consider hiring a lifeguard if you'll be hosting a pool party and cannot keep a watchful eye on guests in the pool. Adults also should not swim intoxicated, as it can impede the ability to stay afloat and may lead to risky behaviors.
- **Leave fireworks to the professionals.** Watch a public fireworks display instead of lighting fireworks on the street or in the backyard.
- **Exercise caution with sparklers.** Kids running around with sparklers in hand could be a recipe for disaster, as sparklers burn extremely hot. Make sure children do not wave them around or others can get burned. Keep a bucket of water handy to properly extinguish the sparklers.
- **Review safe boating practices.** If July 4th festivities find you out on the water, be sure that life jackets are worn and set boating and water safety rules for the family.
- **Check in with a vet.** The Fourth of July can be traumatic for pets not accustomed to fireworks and other loud noises or crowds. Behavior therapy, medication and ensuring that pets do not run away from home and get lost may be necessary.
- **Watch food temperatures.** Do not leave food out in the hot sun for too long; otherwise, harmful bacteria can grow and potentially cause foodborne illnesses. The USDA Food Safety and Inspection Service says to never leave food out of refrigeration for more than two hours. If the temperature is above 90 F, food should not be left out for more than one hour.

These are some of the safety strategies that can keep Independence Day celebrations both safe and enjoyable.



McIntosh Senior Living residents enjoyed music and entertainment by Pastor Karl Anderson outside of the residence on a bright, sunny day, while practicing their social distancing.

MSL residents to have scheduled visits

McIntosh Senior Living has some exciting news. MSL is are now being allowed by the department of health to allow outdoor visits!! If you are interested in setting up an outdoor visit with your loved one.

Please call MSL at (218)563-2715, the outdoor visits can be scheduled from 9:00 am -3:30 pm and limited to 20 minutes. Visits are by appointment only to allow staff the opportunity to follow the safety regulations for COVID-19.

Visitors are encouraged to set up appointments Monday-Fridays from 9:00 am-4:00 pm. Visits at other times or on the weekend may be allowed on an individual basis. The staff has set up visiting areas in the courtyard.

Visitors and residents are required to wear masks and the visitor will need to check in prior to the visit and complete a quick screening.

As we all know this isn't quite getting back to "normal" but it is definitely a step in the right direction.



Enjoying warm weather while listening to music from Susan Lee, the residents of McIntosh Senior Living practiced social distancing. Now, thanks to some loosening of restrictions by the State, residents will be able to enjoy visits from family on a scheduled basis.

Recreation and invasive plants - what you can do

Mari Hardel, Minnesota Department of Agriculture

Summer is a great time to get outside and enjoy the nature we have in Minnesota, and many of us have hobbies that get us into the woods or onto the trails.

Think back to the last time you went hiking, horseback riding, biking, camping, ATV riding, or whatever it is you like to do outside – did you remember to clean your equipment, clothes, or pets before heading home or off to your next adventure? It may not be on your radar yet, but invasive plants can be spread accidentally as we recreate.

Invasive plant species move into our local ecosystems disrupting them and outcompeting the native plants. This impacts wildlife that rely on those native plants for food and habitat. Invasive plants are problematic in many ways, including increasing erosion, damaging infrastructure, and being harmful or toxic to wildlife, pets or humans.

You may or may not recognize the plants you pass by, but there's a good chance some of them are invasive. When we hike or ride through an area with invasive plants, seeds and pieces of plants can get stuck in mud in your bicycle treads, on or in your shoes and clothes, or on your pet's fur. By hitch-hiking along with your equipment, seeds of invasive plants can be moved to uninfested areas.

You can make a difference to prevent the spread of invasive plants. Cleaning equipment, pets, and clothes before leaving an area are simple methods that can have a big impact on preventing the spread of invasive plants. And leave those



Many trails have invasive species along them. Here, common tansy is found along a bike trail.

'wildflower' bouquets where you find them. You wouldn't want to purposely carry invasive plants back to your house.

PlayCleanGo.org (<https://info.playcleango.org/how-to-prevent-invasive-species>) has great resources and information about stopping the spread of invasive species and helps you learn what you can do, including using a boot brush, washing equipment, cleaning pets, picking seeds off of

clothes, sweeping out the RV or tent before leaving, and spraying down vehicles, trailers and bikes with water or compressed air.

Besides preventing the spread of noxious weeds and invasive plants, we can also prevent the spread of aquatic invasive species by cleaning boating and fishing equipment, and stop forest pests by not moving firewood.



Boot brushes are a simple tool to clean shoes or other equipment.

Getting outdoors really is good for you

People who live in regions where winters are cold often note the feeling of rejuvenation they enjoy on the first warm day of late-winter or spring. The chance to get outside and soak up some sun while breathing some warm air is a feeling unlike any other for those who spend much of their winters bundled up in layers of clothing.

The value of spending time outdoors extends well beyond dusting off winter cabin fever, providing long-term benefits that might surprise even the most ardent outdoor enthusiast. A 2018 report from researchers at the University of East Anglia found that living close to nature and spending time outside has wide-ranging health benefits, including a reduced risk for type 2 diabetes, cardiovascular disease, premature death, preterm birth, stress, and high blood pressure. Authors of the report studied data from across the globe, gathering evidence from more than 140 studies involving more than 290 million people.

Researchers cannot pinpoint exactly why people who spend ample time in greenspaces enjoy better health. However, the benefits appear to be so wide-ranging as to suggest that people who currently do not spend much time in greenspaces should make a concerted effort to do so. The following are a handful of ways busy individuals can start spending more time outdoors.

· **Dine al fresco.** On nights when the weather is fair, take dinner into the great outdoors. People who live in private homes can dine on the patio or on the deck in the backyard, while apartment dwellers can make use of local parks for nighttime picnics or dine on balconies or rooftop recreational areas, which have become popular in crowded metropolitan areas. Rooftops and balconies may not pass the "Is it greenspace?" test, but dining in such areas can be more relaxing than an apartment dining nook.

· **Get off the couch.** Don't hesitate to get outside when night falls. Spend time in the

backyard or go for nightly walks around the neighborhood or in a nearby park. Say so long to television binging sessions, making healthier and more beneficial use of nightly free time by utilizing nearby greenspaces.

· **Go hiking on weekends.** Even city dwellers no doubt live within driving distance of local hiking areas. Hiking provides a host of cardiovascular benefits and can make for a great, full-body workout. Researchers associated with the UEA report suggested that the practice of forest bathing, which is popular in Japan and promotes spending time sitting down or lying in nature, exposes people to a diverse array of bacteria present in natural areas that may benefit the immune system and reduce inflammation.

People who think that accessing nature is helping them to stay healthy aren't wrong. In fact, making time to include nature in your daily or weekly routine can have positive and wide-ranging effects on your overall health.

How to stay fit when social distancing

Many people consider their gyms much more than a place to exercise. A gym can be a great place to socialize while trying to stay healthy. Having friends or fellow fitness enthusiasts around also can provide the motivation many people need to stay the course and achieve their fitness goals.

The International Health, Racquet & Sportsclub Association says more than 70 million consumers visited health clubs in 2017.

That marked a record high since IHRSA began tracking data in 1987. Fitness memberships also are popular in Canada. GoodLife, the largest fitness club in Canada, has 400 different locations and more than 1.5 million members.

Fitness centers were among the many non-essential businesses forced to shutter as a result of COVID-19, forcing fitness enthusiasts to find new ways to stay mentally and physically fit. Many creative ideas have surfaced.

· **Online classes:** An internet connection is all that's

necessary to find a number of workouts that can be streamed from the comfort of home. The streaming website YouTube can be a gold mine for free workouts. Some cable service providers also may have On Demand fitness channels or rentals that can mirror some of the classes taken at the gym.

· **Social apps:** Gym-goers can inquire whether their gyms are offering alternative programs. For example, Jersey Strong, a fitness chain in New Jersey, began live-streaming many of its popular group fitness classes via a special Facebook page. Class instructors guide classes from their own homes or from empty gyms. Other gyms may provide links to subscriber-based gym training workouts free of charge.

· **The great outdoors:** Even though some parks, beaches and trails have been closed, workouts can take place in and around the neighborhood. Jogging or walking can be excellent cardiovascular exercises, as can taking a bicycle ride for a few miles down neighbor-



hood streets. People who live in rural areas can run through forested land or even farmland. Pushups, sit-ups, planks, and other body weight exercises can be done right in the backyard. Before making a decision about whether or not to be active outside, be sure to check the latest guidance from your local health department and community or state leaders.

· **Remote sports:** Videos of city dwellers playing tennis across roof tops for much-needed air and exercise have emerged in recent weeks. Similar benefits can be achieved with a game of catch, volleyball or racquet sports over fences with neighbors, provided limits on participants are placed and social distancing is maintained.

McIntosh Public Library resumes regular hours and services

McIntosh Public Library Announces Reopening, New Wireless Hotspots and Streaming Service

The McIntosh Public Library has resumed its regular hours after its building was closed to the public due to the coronavirus pandemic.

The library will be offering Express Service (allowing one customer or family in the building at the time and maintaining social distance, sanitation procedures and more) based on the following schedule:

Monday 10:00 am - 3:00 pm

Tuesday 4:00 pm - 7:00 pm
Wednesday 12:00 pm - 5:00 pm

Friday 12:00 pm - 5:00 pm

While the library building was closed to the public a number of new services were introduced, including adding Wireless Hotspots to its collection.

Wireless Hotspots are portable internet access devices that allow you to connect to a WiFi network using your computer, smartphone or another device at home or while on-the-go.

Customers can check out Wireless Hotspots the same

way they would check out a book or DVD, with a 14 day loan period and two possible auto-renewals if no one else has requested it.

To request a device, place a hold on a wireless hotspot in the library's catalog, or call the library for assistance.

Another addition to the library's services is access to hoopla, allowing cardholders to stream popular movies and TV shows and download eBooks and eAudiobooks. Get started at larl.org/ebooks.

Win-E-Mac Summer rec returns

Win-E-Mac Summer Recreation is set to return on Monday, July 6! We will begin with practices for all age levels and we will try and create game opportunities within our own levels or we will be contacting neighboring towns to set up some additional games following the guidelines set forth by the state. We will continue to practice social distancing during practices and games and will disinfect equipment as needed.

Please visit the school website to register your children

for their respective teams or call the school at 687-2236. There is no fee to participate this year as we want to get kids back outdoors and enjoy some fun activities. If you have any questions about the program or schedules, please contact Erik Hamre at 218-230-5046.

Summer Rec will run from July 6 through July 30 according to the following schedule:

9:00 a.m. Monday & Wednesday Cadets Practice
10:30 a.m. Monday & Wednesday Pee Wees Practice
9:00 a.m. Tuesday & Thurs-

day Mites/Midgets Practice
10:30 a.m. Tuesday & Thursday Bantams/Ponies Practice

Reminder: Free Breakfast and Lunch is served at the school every day.

Grilling... Continued from page 1 ...

surface of the meat is all that's necessary. Once the meat has been salted, store it in the refrigerator, uncovered, overnight, which allows ample time for the cut to fully absorb the salt, ultimately contributing to a juicy cut of meat.

· **Be patient.** Once the meat has been taken off the grill, let it sit for awhile before slicing into it. The goal is to allow the juice inside the meat to redistribute so each bite is as mouth watering as possible. This is the same principle that leads Thanksgiving cooks to let turkeys sit for awhile when they first come out of the oven. While turkeys may require roughly 30 minutes of sitting, meat typically only needs between 10 and 20 minutes, with thick cuts requiring more time than thin cuts.

Grilling aficionados need not be intimidated by thick cuts of meat. A few tricks of the trade can make it easy to serve up a thick piece of meat where each bite is juicy and full of flavor.

LSS
Meals Menu
687-2262

Tuesday, July 7 - Pork Loin - Mashed Potatoes & Gravy - Peas - Fruited Jello - Wheat Rolls - Brownies - Milk
Wednesday, July 8 - Salisbury Steak - Mashed Potatoes & Gravy - Mixed Veggies - Peaches - Wheat Rolls - Blueberry Pear Crisp - Milk



MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Pastor Karl Anderson
Beginning July 6
9:30 Trinity
11:00 Mt Carmel
A weekly video service will continue on GVTV Channel 30, 10:00 Sunday morning, repeated at 7pm Sunday and 6pm Wednesday and also posted on the McIntosh Free Lutheran YouTube Channel.

ST. MARY'S CHURCH
Fosston
Fr. John Suvakeen, Pastor
Sun. July 5: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley
Sun. July 8: 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., July 5: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues, July 7: 10:00 a.m. Sunday worship service telecast on GVTV-30

Wed, July 8: 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.

Community
Birthday
and
Anniversary
Calendar

Wed. July 1: Justin Burslie, Carla Grundyson
Thurs. July 2: Nikolas Schow, Hudson Smeby, Gabe Paskvan, Westin Enger, *Paul & Julie Schow, *Dan & Mary Salvhus
Fri. July 3: Chase Svalen, Beth (Brekke) Rominski
Sat. July 4: Josh Bartz, Barb Urness, *Phillip & Amy Carlson
Sun. July 5: Ron Roed
Mon. July 6: Timothy Perreault, Ella Strom
Tues. July 7: Karol Langemo, Macy Carlson

MAC TO FLUSH
WATERLINES

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

M9-28C

BUSINESS & PROFESSIONAL GUIDE

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M3-28C

THE WINGER ENTERPRISE

Wednesday, July 1, 2020

Interior distributes more than \$514 million to support critical local services

1,900 local governments received Payments in Lieu of Taxes.

U.S. Secretary of the Interior David L. Bernhardt announced today that more than 1,900 local governments around the country will receive \$514.7 million in Payments in Lieu of Taxes (PILT) funding for 2020.

"This year's distribution of \$514.7 million to more than 1,900 counties will help small towns pay for critical needs like emergency response, public safety, public schools, housing, social services, and infrastructure," said Secretary Bernhardt.

PILT payments are made annually for tax-exempt Federal lands administered by U.S. Department of the Interior (DOI) agencies including the Bureau of Land Management (BLM), the National Park Service (NPS), the U.S. Fish and Wildlife Service (FWS), for lands administered by the U.S. Department of Agriculture's U.S. Forest Service (USFS); and for Federal water projects and some military installations.

Using a statutory formula, the annual PILT payments to local governments are computed based on the number of acres of Federal land within each county or jurisdiction and on the population of that county or jurisdiction. The lands include the national forest and national park systems; lands in the FWS Refuge System; areas managed by the BLM and U.S. Army Corps of Engineers, respectively; U.S. Bureau of Reclamation water resource development projects; and others.

Since PILT payments began in 1977, DOI has distributed over \$9.7 billion dollars to States and the District of Columbia, Puerto Rico, Guam, and the U.S. Virgin Islands.

DOI collects more than \$13.2 billion in revenue annually from commercial activities on public lands, such as oil and gas leasing, livestock grazing, and timber harvesting. A portion of these revenues are shared with States and counties. The balance is deposited in the U.S. Treasury, which in turn pays for a broad array of Federal activities, including PILT funding.

Individual county payments may vary from year to year as a result of changes in acreage data, which is updated annually by the Federal agency administering the land; prior-year Federal revenue sharing payments reported annually by the Governor of each State; and population data, which is updated using information from the U.S. Census Bureau.

Federal revenue sharing payments are made to local governments under programs other than PILT during the previous fiscal year, including payments such as those made under the Bankhead-Jones Farm Tenant Act, the Refuge Revenue Sharing Fund, the National Forest Fund, the Taylor Grazing Act, the Mineral Leasing Act, the Federal Power Act, and the Secure Rural Schools and Community Self-Determination Act of 2000, as authorized.

Under the law, local officials retain the authority to allocate these funds. However, as President Donald J. Trump's Executive Order on "Protecting American Monuments, Memorials, and Statues and Combating Recent Criminal Violence," highlighted, "[o]ver the last 5 weeks, there has been a sustained assault on the life and property of civilians, law enforcement officers, government property, and revered American monuments such as the Lincoln Memorial." Much of this destruction is taking place on historic landmarks that populate the very lands that are receiving PILT payments. These symbols of American exceptionalism greatly contribute to the value of the public lands the Department maintains.

Like other monuments and landmarks, these pieces represent unique aspects of our storied history. Their cultural and economic contributions to local residents and institutions is undeniable and should be protected. Consistent with the Executive Order and applicable law, "it is the policy of the United States, to withhold Federal support tied to public spaces from State and local governments that have failed to protect public monuments, memorials, and statues from destruction or vandalism." Any recipient of funding pursuant to this program agrees they will enforce the rule of law and defend these important public monuments, memorials, and statues.

A full list of funding by State and county is available at www.doi.gov/pilt.

Put your best home facial face forward

Facials can bring about the best in your skin and help treat various conditions.

Few things beat the pampering of a professional facial spa treatment - a luxury that many men and women afford themselves when possible. However, lately people have had to look elsewhere for popular beauty services.

Though they're wildly popular, facials have fallen victim to social distancing guidelines that shuttered many salons. While not a carbon copy of the in-depth treatments offered at spas, at-home facials can bridge the gap until spas reopen.

Understand the facial process: Professional facials typically feature a series of steps. These include cleansing, exfoliation, steaming, extraction, specialized spot treatment, toning, and moisturizing. Aestheticians use products they endorse or those required by the spa. But you can use any products on hand to achieve similar results, which means you can shop around for the price point that works for you.

Know your skin: Understanding your skin is the key to targeting and addressing issues. Just because a particular moisturizer worked on your sister who has dry skin doesn't mean it would work the same way on your skin. Consider allergies as well. If you tend to break out when sipping orange juice, a citrus-based toner may not be your best bet.

Gather your tool: You likely have all you need at home to give yourself a good facial. A steamy shower or a pot of boiling water satisfies the steam requirement. A nubby, cotton washcloth can help with the cleansing and exfoliation of skin. Chances are you already

have a toner, cleanser and moisturizer in your bathroom cabinet that can be utilized.

If you want to invest in any specialized tools, aestheticians like Kerry Benjamin from the Los Angeles-based Stacked-Skincare recommend micro-needling, which is achieved with a dermaroller. This device causes tiny injuries to the skin to increase collagen production and help thicken the skin. A dermaroller can help with issues like dark circles under the eyes and fill in lines.

Remember to follow up any facial treatment with good skincare at other times, which includes wearing sunscreen at all times to protect against UV rays.

Burgers...

Continued from page 2....

roll back foil and cut into 1/2-inch slices. When slicing from frozen, warm the knife under hot water first. After slicing, always tightly rewrap the unused flavored butter roll in the foil before returning to refrigerator or freezer.

Best Burger Variations

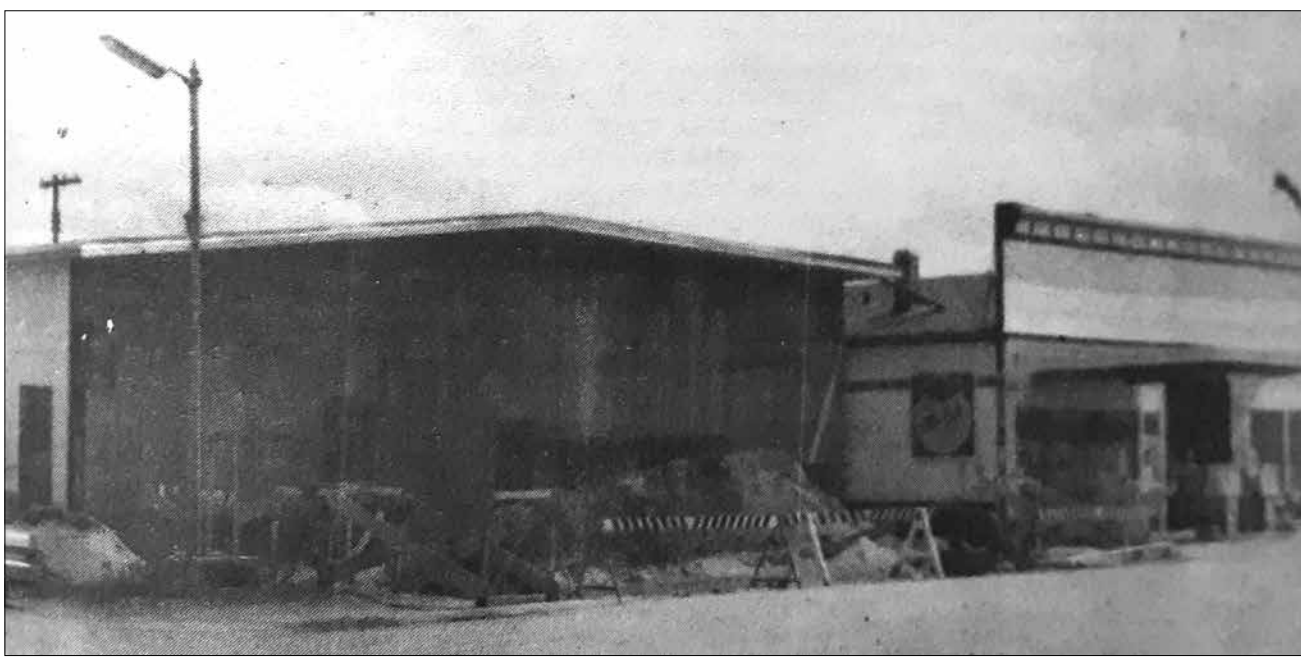
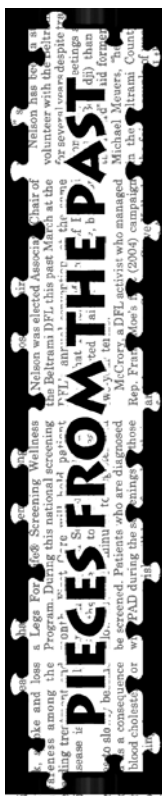
- Herbed Burger: Add 2 teaspoons fresh thyme leaves or 1 teaspoon dried thyme, 1 crushed garlic clove and 1 tablespoon finely chopped onion to the ground steak.

- Spicy Burger: Add 1/2 teaspoon tabasco, 1 tablespoon Worcestershire sauce and 1 teaspoon Dijon mustard to the ground steak.

Think ahead:

Shape burgers up to 1 day in advance. Cover with plastic wrap and refrigerate.

Cooks' Note: Overhandling the meat when shaping will result in a tough, dry burger. To guarantee a juicy burger, handle the meat as little as possible.



50 years ago...1970: Construction is well underway on the new service station being built by the Mac Co-op Oil Association. The building is being erected just north of their old quarters and will incorporate the former Standard Oil station into the new structure. Kalmer Bjella is the contractor. Pictured on the right is the present station which will be razed to make way for the new four-lane Highway 2 construction which is scheduled for August this year.

NOTICE

Bethel Cemetery will hold its annual meeting on July 15 at 8:00am. The meeting will be held at the Bethel Cemetery.

M15-16C

- NOTICE - 2020 ELECTION MAIL BALLOT NOTICE

The Town of Winger hereby notifies residents of the ownership 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 Town 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 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 Nathan Johnson Town of Winger Clerk, or by calling 218-280-0887.

Nathan Johnson,
Town of Winger Clerk M15-16C



40 years ago...1980: the new reigning Senior Citizen Queen, Cora Grove of McIntosh and reigning Senior King, Roy Leervig of Fosston received their crowns from 1979 Senior King and Queen, Alvin Paulson and Ruth Anderson at the East Polk County Fair in Fosston on July 5th.



30 years ago...1990: Seven plaques were presented to members of the McIntosh Volunteer Fire Department who have retired from active duty. One hundred and sixty five years of service were recognized at the department's honor banquet held June 22nd. Recipients of the awards were (l-r) Richard Keller, 20 years; Curtis Heideman, 18 years; Jerry Wertish, 42 years; Melford Grundyson, 23 years, Harald Thompson, 15 years; and Karston Syverson 20 years. Not present for photo, Sherman Tranby, 27 years.



Paddleboarding for Beginners

Stand-up paddleboarding is like a cross between surfing and canoeing, and is the fastest growing paddlesport in the nation!

You can rent paddleboards in several Minnesota state parks or rent and learn from a private outfitter on one of Minnesota's lakes.

In the land of 10,000 lakes, there are many choices! Beginners should start on a smaller lake, or a quiet bay on a larger lake. As your skills improve you can try larger lakes and slow moving rivers. Fast moving rivers with rocks or other hazards are for advanced paddlers.

Minnesota state water trails
Minnesota has 35 designated state water trails. These water trails are managed for recreation, and have designated accesses, rest areas and campsites. When currents are slow, flat water portions of the Mississippi, Minnesota and St. Croix Rivers are suitable for intermediate paddlers or beginners with a guide.

Find water trail conditions
For conditions on a specific water trail, check the water trails river level map and contact your local DNR office for more information. Water levels are ideal for the less experienced paddler when the gauge is interpreted as medium. Note: gauge interpretations are based on conditions for canoeists and kayakers.

Be sure to always check the individual water trail maps before paddling! They include helpful information about rapids, dams and other obstructions.

Get Geared Up to SUP
Good news: You need just a few key pieces of equipment to enjoy stand up paddle boarding.

Stand up paddle board: Your first time or two out, you may want to rent gear or borrow from a friend. After that, if you decide you love to SUP and want to do more of it, consider buying your own. Your board choice is determined by a combination of paddler weight and skill, your intended use and the local conditions. Different boards excel at different disciplines, such as recreational paddling, surfing, touring, racing and SUP yoga. If you're renting, the staff at the rental shop will help guide your choice. .

Paddle: A SUP paddle looks a bit like a stretched-out canoe paddle with a tear-drop-shaped blade that angles forward for maximum paddling efficiency. The correct length paddle will reach up to your wrist when you stand the paddle up in front of you and raise your arm above your head. Read more about choosing and sizing paddles in our article, SUP Paddles: How to Choose.

PFD (Personal Flotation Device): The U.S. Coast Guard classifies stand up paddle boards as vessels, so if you're paddling outside a surf or swimming area, you have to have a PFD on board. Adults don't have to wear the PFD, but children must. Check your state's regulations for age requirements.

Safety whistle and light: The Coast Guard also requires that you carry a safety whistle to warn other boaters. If you expect to be out after sunset, be sure to have a light on board.

Proper clothing: During the summer months on a warm body of water, most people choose to wear some combination of a swimsuit, board shorts, and a short- or long-sleeved rash guard for sun protection. For cool conditions where hypothermia is a concern, wear a wetsuit or dry suit.

Leash: Typically sold separately, a leash tethers your SUP to you, keeping it close by if you fall off. Your SUP is a large flotation device, so being attached to it can be important for your safety. There are leashes designed specifically for surf, flatwater and rivers; be sure to purchase the correct one for your intended use.

Sun protection: Wear sunscreen, sunglasses and sun-protective clothing.

With only a little instruction, most beginners are able to stand up and start paddling shortly after taking a SUP out for the very first time. To get you started, here are some tips

Practice this technique for standing up: Stand alongside the board in about knee-deep water (just deep enough that the fins on the board don't hit the bottom).

Hold the board by the edges and work your way onto the board in a kneeling position, just behind the center point of the board (you can quickly locate the center of the board by

finding the carry handle).

Keep your hands on the sides of the board to stabilize it and move one foot at a time to place your feet where your knees were.

Rather than standing up in one motion, start by raising your chest up while keeping your knees bent. Once your chest is vertical, extend your legs to stand up.

Once you're standing, there are a handful of things you can do to maintain your balance on the board: Position your feet so they are parallel, about hip-width distance apart, and centered between the edges of the board.

Keep your toes pointed forward, knees slightly bent and your back straight.

Keep your head and shoulders steady and upright, and shift your weight by moving your hips.

Your gaze should be level at the horizon. Avoid staring at your feet.

It's fairly common to see beginner paddlers holding their SUP paddles the wrong way. To avoid making the same mistake, here are two things to know when grabbing your paddle: Make sure the tear-drop-shaped blade of the paddle angles away from you and toward the nose of the board.

When you're paddling on the right side of your board, your left hand will be on the T-grip and your right hand a few feet down on the shaft. When you switch sides, reverse your hand positions.

Despite your best efforts to stay balanced on your board, you're going to fall in the water at some point. Even experienced paddlers take the plunge from time to time, so if you're feeling a little wobbly, don't worry about it and remember that SUP is a watersport, so it's okay to get wet.

For those inevitable times when you lose your balance: Aim yourself to the side, so that you fall into the water and not onto the board. Falling onto the board is more likely to cause an injury.

Try to hang onto your paddle while falling. If you get separated from it, retrieve your board first and get back on, then paddle with your hands to get the paddle.

To get back on your SUP after falling off: Position yourself next to your board and near the center.

Grab the handle at the center of the board with one hand.

Let your legs float up to the surface behind you, then kick your legs while pulling on the handle to slide yourself onto the board.

SUP Strokes
Here's when the real fun begins. As a SUP beginner, there are three basics strokes that will help you get moving.

Forward Stroke:
This basic stroke propels your board forward through the water.

Plant the paddle in the water by reaching about two feet forward, then push the blade

Paddleboarding Safety Tips

- Always wear your life jacket.
- Know or learn how to swim.
- Tie a whistle onto your lifejacket in case of an emergency.
- Paddle on a lake or a calm bay of a larger lake if you are a beginner.
- Tell someone where you're going and when you'll be back.
- Paddle sober. Never paddle under the influence of drugs or alcohol.
- Be aware of weather and wind conditions.
- Paddle with a group, not alone.
- Take a paddling skills course to learn how to self-rescue and tow another paddleboard.
- Be aware of paddling hazards like rocks and low hanging branches.
- Know when to wear a leash (for more information read the "More SUP Safety" section below).
- In case of an emergency, bring a cell phone in a water-proof case or bag.
- Consider wearing foot-ware to protect your feet.

Paddleboarding and Minnesota law
There must be a United States Coast Guard approved life jacket, either worn or on board, for each person.

Children younger than 10 years old must wear a properly fitted lifejacket.

After sunset, you must at least carry a white lantern or flashlight. This light should be strong enough so that other boats can see it at least two miles away. The light must be displayed in time to avoid a col-

lision with another watercraft. Registration is required if your paddleboard is more than 10 feet long. Place the registration decals on the front of the paddleboard if possible. If not, place both decals on the back of the paddleboard.

More SUP Safety Information
Comfortable life jackets
Try an inflatable belt pack or vest if you're at least 16 years old and a strong swimmer, or try a low-profile paddling-style life jacket.

Paddleboard leashes
On a lake, wear a coiled leash. On a river, where your leash could get tangled in underwater brush, wear a leash with a quick release at waist level.

Practice defensive paddleboarding
Prevent collisions or mishaps despite the actions of others. Keep a careful watch and avoid other boats. Assume that they do not see you. Don't insist on the right of way around large vessels that may have difficulty maneuvering or stopping. Stay away from congested areas when possible.

Which direction

all the way under the surface. Move the paddle back through the water to your ankle, then out of the water.

Keep your arms straight and twist from your torso as you paddle. Push down on the paddle grip with your top hand rather than pulling the paddle back with your lower arm. It's helpful for some people to think of pulling the board past the paddle rather than pulling the paddle through the water.

To go in a reasonably straight line, you'll need to alternate strokes on either side of the board. There's no set number of strokes per side; try about three or four strokes on one side, then switch to the other.

The more vertical you keep the paddle, the straighter you will go.

Reverse Stroke:
The reverse stroke is simple to perform and can be used for slowing down, stopping and turning. It is essentially the opposite of the forward stroke.

If you're paddling on the right, reach back behind you and plant the paddle in the water near the tail of your board. Make sure the blade is all the way under the surface of the water.

Like with the forward stroke, keep your arms straight and twist from your torso rather than pulling the blade forward with your arms.

Doing the reverse stroke on the right side of your board will cause the nose of your board to turn to the right and vice versa.

Sweep Stroke:
The sweep stroke is useful for turning your board while standing still or moving.

If you're paddling on the right, rotate your shoulders so that your right shoulder comes forward.

Reach forward and plant your paddle in the water, submerging the entire blade.

Sweep the paddle away from the board in a big arcing motion from the nose of the board to the tail by rotating your torso and using the leverage of your legs and hips.

Doing the sweep stroke on the right side of your board will turn the board to the left and vice versa.

Before you grab your board and head to the water for the first time, here are some simple tips for planning your SUP outing:

Choose a small, calm body of water, like a lake or pond, that's free of lots of obstacles like boats and buoys.

Look for a sandy beach or another place you can wade into the water to easily launch your SUP.

Choose a sunny day with little to no wind.

If your route requires that you paddle into the wind, do so on your way out so you can get a boost from the wind on the way back when you're getting tired.

Go with a friend so you can keep an eye on each other.

Plan to paddle for about one hour on your first outing.

to paddle when it's windy
Paddle into the wind at the start of a round-trip paddle (start at point A, return to point A), or with the wind at your back if traveling one way (from point A to B).

Paddleboarding on rivers
Shallow rocks and even small rapids can be dangerous to paddleboard. Additional paddling skills and equipment like helmets, elbow pads, knee pads, shin guards, special leashes, foot protection and special boards may all be required depending on the level of difficulty.

Cold water
Dress for the water temperature and don't paddle alone. If the water is cool, wear quick-drying clothes (not cotton). If the water is cold, wear a wet or dry suit appropriate for the water temperature or don't go paddling.

How to use a paddleboard paddle
The tip of the angled blade should be closer to the nose of the board. If you're using a curved blade, the inside of the curved blade should face the tail.



The appeal of stand-up paddling

Recreational activities entice people to embrace the great outdoors, particularly in summer.

Stand-up paddling is one such activity that has become more popular in recent years.

Recent research from the Physical Activity Council, a collective effort on the part of eight leading trade associations in sports, fitness and recreation, found that 3.5 million Americans participate in stand-up paddling.

Participation in the sport is split up almost 50-50 by gender (51 percent female, 49 percent male), indicating that stand-up paddling is equally attractive to both men and women. In addition to serving as a re-

5 conversations to have when a loved one nears the end of life

by Ruby Gramlow, RN
During my time as a hospice nurse, I've witnessed many of our patients take their last breaths.

Many times, when someone is surrounded by those they love and their wishes are honored, there is a great sense of peace when they pass. It's beautiful to witness.

I've also noticed similarities, from family to family, about to what people tend to talk about as they near end of life. While not all the conversations sound the same, many share a similar theme. If you listen closely, you'll hear people talking about the gift of life and how precious life can be.

It's human nature to believe we'll always have more time. But a terminal diagnosis changes that. There are several meaningful ways for you to interact with the person who is dying. The exchanges can may help both you and your loved one feel a sense of peace in an uncertain time.

Ask your loved one if he or she has anything they'd like to do or accomplish. Help your loved one accomplish any remaining wishes, if possible. Some people have

laxing way to enjoy the beauty of nature, stand-up paddling gets some of its appeal from its relative ease of participating.

The PAC notes that minimal equipment is needed to engage in stand-up paddling, participants typically spend minimal time and effort preparing for an outing.

That makes stand-up paddling an ideal respite from the hustle and bustle of everyday life and a perfect way to spend some time outdoors for people whose schedules suddenly clear up.

Would-be paddlers who are curious about the availability of places to paddle should know that more than half of all stand-up paddlers travel less

5 conversations to have when a loved one nears the end of life

a wish or goal they want to reach before death. For example, someone may wish to see a grandchild graduate or marry, or to see a family member who lives a great distance away.

Recognize and resolve conflicts. Sometimes families, or even close friends, have challenging dynamics that may cause emotional pain. Dr. Ira Byock, a hospice and palliative care physician and expert, wrote in his book "The Four Things that Matter Most" that there are four basic messages a person needs to communicate at the end of life. These little phrases can help achieve a sense of peace and closure:

"I love you."
"Thank you."
"I forgive you."
"Please forgive me."

Review a person's life to find meaning. You can help your loved one recognize all the people they have loved and those who have loved them. Reflect on your loved one's work and the contributions they made. This review helps the dying person convey what brought meaning to his or her life and can help them feel more at peace with their death.

Find out what's truly important. What does the dying person really want? Discuss pain management and

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. You 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

than 10 miles to paddle, proving that just about any body of water provides an opportunity to engage in this activity.

People interested in stand-up paddling but unwilling to make any significant financial commitment before trying it out should know that 42 percent of people who do not own paddleboards rent them from local businesses such as on-site rental providers at bathhouses or marinas and independent outdoor specialty stores.

That makes stand-up paddling among the more accessible activities for people looking to enjoy the great outdoors this summer and beyond

5 conversations to have when a loved one nears the end of life

the different types of pain. We all think of physical pain, but some of the patients I have cared for also experience deep spiritual or emotional pain. Does the person want to be hospitalized and/or pursue aggressive treatments, or are they instead ready to focus on quality of life through palliative or hospice care? Help your loved one complete an advance directive that will document their wishes and preferences. If they become unable to speak for themselves, the remaining family will know exactly what they want.

Be mindful of your presence. You may want to be with your loved one as much as possible, but some people, as they near death, want solitude and time for reflection while others want all their family and friends around. Ask your loved one how often they want to be with people. It might feel difficult for you to honor their preferences, and not your own—especially if that means giving them space.

A good death is possible. I believe the final days of one's life hold some of the best memories and can be fully lived.

Ruby Gramlow is a registered nurse with Hospice of the Red River Valley.

Easy ways to keep your immune system strong

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. 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. 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.