



McINTOSH

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Times

McIntosh, Minnesota



Local community members gathered in Fosston to meet with candidate Fischbach.

Candidate meet and greet held in Fosston

Senator Mark Johnson hosts Congressional Candidate Michelle Fischbach. The event room of Daroo's Pizza was filled on Monday night as endorsed republican congressional candidate Michelle Fischbach met with local farmers and community leaders. Fischbach joined local State Senator Mark Johnson (R-East Grand Forks) for a chance to sit down and listen to the concerns of people in the area. Fischbach spoke about her conservative credentials from her time in the Minnesota Senate, including her 100% pro-life voting record and her lifetime "A" rating by the NRA. She also promoted President Trump's "complete and total" endorsement of her campaign. She talked about the importance of working with the president to support economic recovery and protect our law enforcement officers. Senator Johnson has joined President Trump, the Republican Party of Minnesota, National Right to Life and nearly all of the republican legislators in the district in endorsing Fischbach.

Face masks to be worn in WEM School

By: Randy Bruer, Win-E-Mac School Superintendent
With the recent order of Governor Waltz, the school will follow The Executive Order of wearing face masks. Meals can be picked up with a face mask on or notify the school and we can set outside the door. Inside sport activities will follow the guidelines and if an individual has a related medical condition, mental health condition, disability etc. that compromise their ability, these individuals should consider using alternatives to face coverings, including clear face shields, and staying at home as much as possible. Students in our Century 21 program in school will follow the Order of a face mask. A "face covering" must be worn to cover the nose and mouth completely, and can include a paper or disposable face mask, a cloth face mask, a scarf, a bandanna, a neck gaiter, or a religious face covering. Minnesotans are encouraged to refer to CDC guidance on How to Make Cloth Face Coverings, available at <https://www.cdc.gov/coronavirus/2019-ncov/preventgettingsick/how-to-make-cloth-face-covering.html>. Medical-grade masks and respirators are sufficient face coverings, but to preserve adequate supplies, their purchase and use is discouraged for Minnesotans who do not work in a health care setting or in other occupations that require medical-grade protective equipment (e.g., certain construction occupations). Masks that incorporate a valve designed to facilitate easy exhaling, mesh masks, or masks with openings, holes, visible gaps in the design or material, or vents are not sufficient face coverings because they allow exhaled droplets to be released into the air.



Coronavirus fraud in Polk County

On Monday morning, the Polk County Sheriff's Office received a report of someone impersonating a Law Enforcement Officer. The reporting party was traveling in Knute Township when they met an older style SUV on the road. The SUV made a U-turn and started following the reporting party. The reporting party then noticed a red bubble light on the roof of the car and red and blue flashing lights in the windshield. The reporting party pulled over and a white male described as being in his 50's or 60's, tall, skinny, and having a bald spot on top of his head and gray hair approached the vehicle. The male, who was wearing a mask over his mouth and nose, and advised the reporting party they did nothing wrong and that he was making sure people are doing okay during the Corona Virus Pandemic. The male was told by the reporting party that they needed to go and they left without any further issues.

Protect yourself from coronavirus fraud

Restrictions implemented to prevent the spread of the novel coronavirus COVID-19 have saved untold numbers of lives. The world has adjusted to such restrictions, and many parts of the world have relaxed measures as case numbers have declined. As communities begin returning to some semblance of normalcy, the Centers for Disease Control and Prevention has warned people against letting their guard down. The U.S. Department of Health and Human Services Office of the Inspector General has advised the general public about scams involving Medicare fraud. Such schemes are targeting Medicare beneficiaries in an assortment of ways, including through text messages, social media, telemarketing calls, and even door-to-door visits. When perpetrating such frauds, scammers seek beneficiaries' personal information, which they then use to fraudulently bill federal health care programs, potentially leaving their victims on the hook for costly unapproved tests related to COVID-19. The CDC notes the importance of being aware of such schemes. Awareness can help consumers avoid being victimized by scammers, and the following are some additional measures people can take to protect themselves from COVID-19-related fraud. **Do not share personal account information.** Scammers need their victims' personal information to perpetrate their fraudulent schemes. The CDC cautions beneficiaries to be suspicious of unsolicited requests for their Medicare or Medicaid numbers. **Do not take callers or visitors at face value.** Unsolicited callers or visitors requesting Medicare or Medicaid information should be met with extreme caution. Be suspicious of any unexpected calls or visitors offering COVID-19

tests or supplies. Compromised personal information may be used in other fraud schemes. **Never click on links in emails or text messages.** Do not respond to, or open hyperlinks in, text messages or emails about COVID-19 from unknown individuals. **Ignore offers or advertisements for COVID-19** testing or treatments on social media sites. Offers or ads for testing are one of the ways scammers are accessing personal information. Only a physician or other trusted health-care provider should assess your condition and approve any requests for COVID-19 testing. The COVID-19 outbreak has made it easy for criminals to exploit consumers concerned about their health. Consumers who suspect COVID-19 fraud can contact the National Center for Disaster Fraud Hotline at (866) 720-5721 or visit justice.gov/DisasterComplaint-Form to file a complaint.

Polk-Norman-Mahnomen Community Health Services celebrates World Breastfeeding Week

With the world in the midst of a global pandemic, it is a good time to recognize the important role breastfeeding plays in protecting babies from germs all across the planet. The Polk-Norman-Mahnomen Community Health Services (PNM CHS) WIC Program and SHIP are celebrating Minnesota Breastfeeding Awareness Month throughout August. The theme for World Breastfeeding Week, Aug. 1-7, is "Support breastfeeding for healthier families, healthier communities, healthier planet." The theme for Black Breastfeeding Week, Aug. 25-31, is "Revive, Restore, Reclaim."



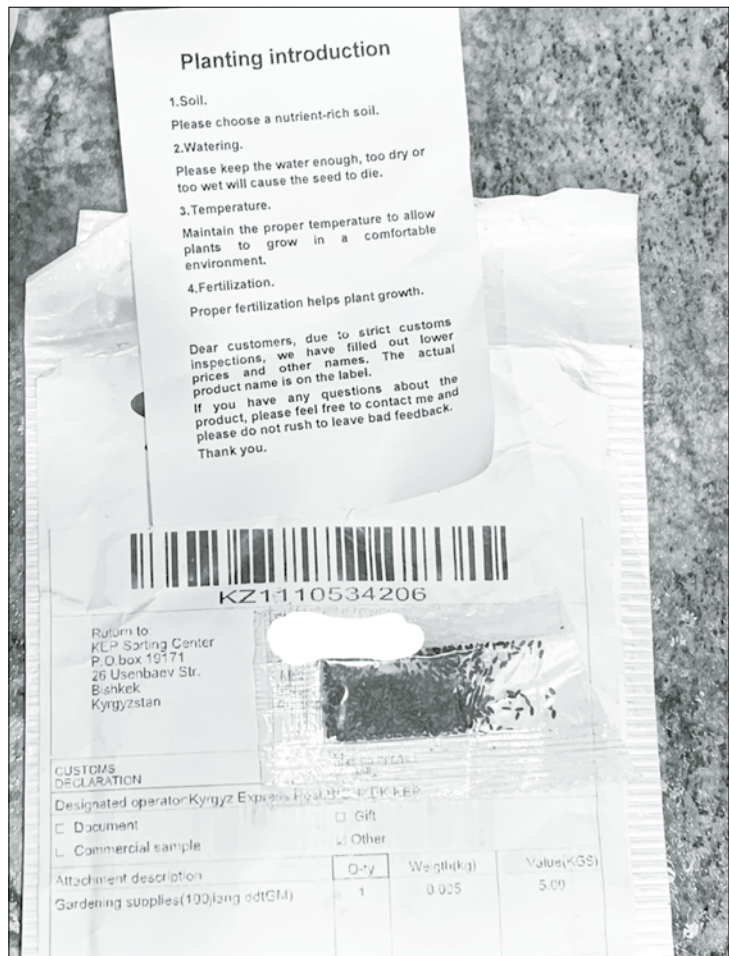
As the world's leading scientists race to find a COVID-19 vaccine, humans have their own, natural way of protecting the next generation. Moms, through breast milk, pass on helpful antibodies that fight germs. Though it is too early to know for sure, researchers are finding evidence that moms who previously had COVID-19 may pass on helpful antibodies that can fight the virus. Parents may worry about the safety of breastfeeding during the pandemic. However, the World Health Organization (WHO) recommends breastfeeding. The benefits simply outweigh the potential risk of spreading the virus to the baby. In addition, researchers have not found the infectious virus in breastmilk. Even when a mother has COVID-19, she is advised to still breastfeed while doing hand hygiene and wearing a mask when with baby. This year's worldwide breastfeeding week also emphasizes how "green" and climate friendly breastfeeding is. Human milk is a natural, renewable food produced and delivered to babies without pollution, packaging, or waste. Finally, promoting and removing barriers to breastfeeding for people of color is one way to address structural racism in Minnesota. COVID-19 has disproportionately affected Black, people of color, and American Indians in Minnesota due to underlying social, economic, and health disparities. These same underlying factors have made it more difficult over the years for Minnesotans of color to breastfeed. Supporting breastfeeding through culturally appropriate care increases initiation and duration rates across all racial and cultural groups. Growing numbers of health care, employers, and health departments are working to address the barriers and make breastfeeding easier for new mothers. P-N-M CHB SHIP has been working with area employers to promote the importance of supporting breastfeeding moms at their place of employment as well as providing and promoting Rock and Rest tents at area fairs and community events for all families. The Polk County Breastfeeding Coalition has introduced to many businesses the "Anytime, Anywhere Initiative". Polk County Public Health Norman County Public Health Mahnomen County Public Health 816 Marin Ave Suite #125 16 3rd Ave E. Suite #107 115 E Madison Ave Crookston, MN 56176 Ada, MN 56510 Mahnomen, MN 56557 PH: 218-281-3385 PH: 218-784-5425 PH: 218-935-2527 Fax: 218-281-7376 Fax: 218-784-7818 Fax: 218-935-5331 sharing about the Minnesota law that protects all breastfeeding women to breastfeed in any location, public or private, where the mother and child are allowed to be. Supporting businesses have hung a "Breastfeeding Welcome Here" window cling along with signing a pledge in support. The P-N-M CHB WIC program along with Polk County Public Health supports breastfeeding by offering Breastfeeding Peer Counselors to all pregnant and breastfeeding WIC clients. Breastfeeding Peer counselors are women who have successfully breastfed, and trained to help WIC participants with common breastfeeding issues and support. Breastfeeding support is also offered with "Mama's Milk Connection" a monthly breastfeeding support group that is provided to all pregnant and breastfeeding women, offering a sense of community to share personal experiences, challenges and successes. Meetings are usually held the third Thursday of the month, 6:00-7:00 p.m. and are currently offered virtually via zoom. The Baby-Friendly Hospital Initiative has reduced racial disparities in breastfeeding rates. The Minnesota Department of Health recognizes maternity centers that have taken steps toward implementing breastfeeding friendly practices through the Minnesota Breastfeeding Friendly Maternity Center Designation Program. "The pandemic has illuminated the many ways health is interconnected," said Tammy Conn, Lactation Consultant for Polk County Public Health. "Given all we face in 2020, let's not forge to promote breastfeeding. Breastfeeding is one of these pathways to health, right at the start of life, with far reaching benefits for families, communities, and the planet." For more information, on breastfeeding, P-N-M CHB WIC services, Polk County Breastfeeding Coalition, Mama's Milk Connection or worksite lactation services, contact Polk County Public Health at 218-281-3385 or Norman-Mahnomen Public Health at 218-784-5425.

Was Your Operation Impacted by the Coronavirus Pandemic? Apply for the Coronavirus Food Assistance Program Today

By Joe Martin, State Executive Director in Minnesota, USDA Farm Service Agency
Farmers and ranchers feed our state, our nation, and in fact, our world. You work long hours to provide essential resources for us all, and in these challenging times, I want you to know that USDA is here to support you and your operation through our Coronavirus Food Assistance Program, or CFAP. Whether you farm one acre or many more, grow food for local markets or big supply chains, CFAP can help. We're accepting applications through August 28 and encouraging producers to apply now. In Minnesota, we have already approved 26,316 applications and disbursed \$418 million as of July 27, 2020. I know many of you have applied for CFAP already, but the numbers indicate that some who are eligible have not. If you're still unsure about CFAP and your operation, I encourage you to take five minutes today to visit farmers.gov/cfap or call your county FSA office to learn about eligibility and options to apply. Whether you've worked with FSA for years or this will be a first, we're here to help you every step of the way. CFAP provides direct relief to producers who faced price declines and additional marketing costs due to COVID-19. A range of commodities are eligible for CFAP, including malting barley, canola, corn, millet, oats, potatoes, soybeans, sorghum, sunflowers, durum wheat, hard red spring wheat, hogs, cattle, and sheep. You can access the full list of eligible non-specialty, specialty, livestock, dairy, and wool commodities by visiting farmers.gov/cfap. We know you're busy, so we've outlined options to apply at the top of farmers.gov/cfap. We offer a CFAP Application Portal where those of you with eAuthentication accounts can submit your application online. Don't have an eAuthentication account? You can enroll at farmers.gov/sign-in. We also offer a manual application option, and a CFAP Application Generator and Payment Calculator that allows you to input information specific to your operation to determine estimated payments and populate the application form. You can apply now for the

NMF receives grant for child care initiatives

The Northwest Minnesota Foundation (NMF) received a \$200,000 grant from the Blue Cross and Blue Shield of Minnesota Foundation's Healthy Start program. NMF will use this funding to support child care providers in Northwest Minnesota over the next two years. The Blue Cross Foundation has been funding community partners focused on the crucial early years of life for over 15 years. Their Healthy Start program was created to help improve access to quality early education. The first five years of a child's life are crucial in setting them up for a successful life. About ninety percent of brain development occurs before the age of 5. Ensuring that families have access to quality early education programs is a top priority for the Blue Cross Foundation, since early education helps children achieve greater educational and health achievement later on in their life. "We are committed to making sure child care providers in our region are receiving the support they need to continue to provide quality care," said Missy Okeson, program officer at NMF. For more information visit <https://www.bluecrossmnfoundation.org/our-grantmaking/healthy-start>. To learn more about NMF and their Child Care program, visit www.nwmf.org/programs.



An unsolicited package of seeds sent to a Minnesotan.

Minnesotans report receiving mystery seeds appearing to come from China

Recipients of seed packages should contact the MDA.

The Minnesota Department of Agriculture (MDA) has been receiving reports of residents receiving unsolicited packages of seeds appearing to come from China. Officials in other states, including Louisiana, Utah, Virginia, and Washington, have reported similar situations. Any Minnesotan receiving a package of seeds they did not order should not plant the seeds and contact the MDA.

"We're uncertain what these seeds may be and why people are receiving these unsolicited packages," said Denise Thiede, MDA's Seed Unit Supervisor. "Until we know more, we encourage people to contact us because of the risk they may

pose to Minnesota agriculture and our natural landscapes."

Minnesotans should do the following if they have received unsolicited packages of seeds.

Do not throw away the package or its contents.

Do not plant the seeds.

Contact Arrest the Pest line at 1-888-545-6684 or arrest.the.pest@state.mn.us and provide your name, contact information, and the date the package was received.

Officials will coordinate shipping the packaging and contents to the MDA Seed Program.

The MDA is working with the United States Department of Agriculture's Smuggling Interdiction and Trade Compliance Program on identification and destruction of the seeds.

How to effectively freeze vegetables

To say that COVID-19 transformed daily life would be an understatement. Few, if any, aspects of life were untouched once the virus hit.

One aspect of daily life that changed considerably is the way people shop for food. As recommendations to remain home and out of crowded places spread, many people felt that shopping in bulk, or at the very least, meal-planning and buying necessities for a few weeks at a time, would reduce the number of trips they needed to make to supermarkets or small food stores.

In addition, due to shortages on popular foods, many people have purchased items they did not necessarily need in anticipation that such foods may not be available in the coming weeks or months.

Large packages of meat and poultry can be broken down and frozen easily. But what about the fresh produce that many people rely on for important nutrients?

Fresh vegetables only last so long, so people need to learn how to safely freeze fresh vegetables to avoid throwing them out.

To freeze vegetables properly so they retain their flavor and texture, it is important to freeze them within a few hours of picking them from a garden or taking them home. Certain vegetables can be frozen in their raw state.

The texture might change slightly upon thawing, but they will remain flavorful. Other vegetables may require blanching before freezing. Blanching requires scalding vegetables in boiling water or steam for a brief time.

Blanching helps stop the enzymes that cause vegetables to decay, a process that can occur even in frozen storage. Items that do well with blanching include spinach, kale, winter squash, and broccoli, according



to HGTV.com.

Another way to freeze produce is to remove the air that can compromise the food. You can do so by filling containers or bags and pushing out the extra air.

Vacuum sealers can work to remove the air and help preserve items in the freezer longer; otherwise, use a tray pack method to freeze items. Place chilled and drained blanched vegetables in shallow trays or pans.

Freeze them until the vegetables are firm and then quickly fill freezer bags or containers, says the National Center for Home Food Preservation.

Remember to label and date containers so items can be used in the order in which they were packed. Most vegetables maintain high quality for eight to 12 months at 0 F or lower, according to the University of Georgia.

Freezing fresh vegetables is an option when stocking up on essentials. Flavor and texture can be retained and items will not need to be discarded before they can be eaten.

RiverView Health offering First Aid Training Aug. 6, 7

Due to COVID-19, RiverView Health will offer two separate First Aid Training Classes with smaller class sizes for social distancing purposes. The same course will be offered on Thursday, Aug. 6 (class is full), and again on Friday, Aug. 7.

The program, developed by the American Heart Association, is open to the public. Participants will learn to provide first aid for acute injuries and sudden illnesses such as burns, bites, poisoning, and seizures.

Each four-hour class will be held from 6 to 10 pm at the RiverView Home Care building, 721 South Minnesota Street, Crookston. The cost of the class, including the book and card, is \$45. The American Heart Association is not responsible for any fees charged for the course.

The class is an American Heart Association (AHA) Community Training Center af-

filiated course. Contracted Community Training Centers (CTCs) and their affiliated sites are the only facilities permitted to offer AHA courses to the public and professionals through their affiliated instructors and programs.

To register or for more information on this class or other courses offered through the CTC, call 218-281-9405 or 1-800-743-6551, extension 9405.

The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. The use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the AHA.

How to remove mildew from your home's exterior

Homeowners want their residences to look inviting inside and out. Part of keeping an attractive property involves addressing issues that can compromise not only the appearance of a home, but even its integrity.

People who live in regions with high humidity may find their homes are vulnerable to exterior mildew growth. Mildew is a kind of mold.

Molds include all species of microscopic fungi that grow in the form of hyphae, which are multicellular filaments, according to the Environmental Protection Agency. Mold thrives on any organic matter and surfaces with moisture management problems. Mildew, in particular, lives on shower walls, windowsills and other places where moisture levels are high.

Mildew also can grow on home siding as well as fences and other exterior structures. While typically gray or white, mildew can be various colors.

Experts recommend various cleansers to help combat the issue of mildew on a home. One of the first products that homeowners tend to reach for is sodium hypochlorite, which is a standard bleach used in laundry and pool sanitation.

While sodium hypochlorite seems to make mildew vanish, those at This Old House say that chlorine evaporates too quickly to get to mildew's roots on porous surfaces, such as wood or vinyl siding. Bleach also can stain clothing and damage foliage around the house.

Hydrogen peroxide, or oxygen bleach, is less volatile, will not affect foliage and can clean

mildew, algae and dirt on and below the surface.

Trisodium phosphate is another effective cleanser. Commonly known as TSP, it often succeeds where other solutions fail in regard to stubborn stains and mildew. TSP also works well on various exterior surfaces. TSP needs to be used with extreme caution. When using TSP, wear long sleeves, gloves, goggles, and a respiratory mask, says Today's Homeowner.

The product also requires adequate ventilation. There also are some environmental concerns, as TSP can damage foliage. In addition, if the product ends up in lakes and streams, it can trigger an overgrowth of algae that results in the depletion of oxygen levels in the water. Eco-conscious homeowners may want to try oxy cleansers before TSP.

Mildew shies away from bright sunlight, so it tends to grow on the north side of homes.

Removing trees or other foliage that can further block sunlight to areas of the house can help eradicate mildew growth and stop it before it starts. Another tactic is to clean out gutters regularly and thoroughly to reduce moisture and to prevent decomposing debris from running over the edge of the gutters. This runoff can drip down the home's siding and spread the mildew to other areas.

Mildew can be problematic any time of year. Clean up mildew when the weather cools down to spruce up the look of a home.

The benefits of shopping farmers markets

Farmers markets have grown in popularity in recent years.

Nowadays, consumers interested in farmers markets can likely find one near their homes whether those homes are in rural communities, the suburbs or bustling cities.

People who have never before shopped farmers markets may be curious as to why many people find them so appealing. The following are a handful of benefits of shopping farmers markets that might turn market novices into full-fledged devotees.

Freshness: Many people visit farmers markets because the fruits and vegetables sold at such markets seem to taste more fresh than those sold at chain grocery stores. People are not mistaken, as the produce available at farmers markets often comes from local farms, meaning there's no long-distance shipping necessary. Locally sourced foods need not be frozen en route to the market, meaning foods purchased there tend to taste especially fresh.

In-season foods: Some grocery stores may sell fruits and vegetables even when those foods are out of season. Farmers markets only sell in-season fruits and vegetables.

To grow fruits and vegetables out-of-season, farmers may need to rely on chemicals or other unnatural methods. No such means are necessary when farmers stick to growing foods in-season.

Environmental benefits: According to the Center for Urban Education about Sustainable Agriculture, food in the United States travels an average of 1,500 miles to get to consumers' plates. Such journeys burn natural resources, pollute the air and produce sizable amounts of trash that ultimately ends up in landfills and/or the world's oceans. Because food sold at farmers markets is locally sourced, considerably fewer natural resources are necessary to transport the food from farm to table, and the relatively short distances the food travels translates to less air pollution.

Biodiversity: Many farmers market shoppers find unique foods not readily available at their local grocery stores. This is not only a great way to discover new and delicious foods, but also a way to promote biodiversity.

Farmers markets are more accessible than ever, and the benefits to shopping such markets are endless.

Letter to the Editor

Dear Editor,
It is my intention to not run for re-election to the Win-E-Mac School Board. At the end of this year I will have served 8 years and I feel it is time for a different voice at the board table. As I was making this decision, I wondered what I could to encourage others in our district to consider school board service? The answer is a Letter to the Editor of our two local newspapers.

School board service has been a very rewarding experience for me. My board colleagues and our dedicated Staff and Administration have been privileged to witness amazing student achievements in academics, fine arts, technology, and athletics over the past 7.5 years. The list is exhaustive and couldn't possibly fit in this letter. We have made enhancements to our school building to create more opportunities for Fine Arts and Technical Education while addressing maintenance of major systems for the next 20-30 years. District finances are in order. Enrollment is stable. Now is a good time to run for the school board and "learn the ropes".

I truly feel that the Win-E-Mac School District is a great place for children to Learn, Create, and Compete. That said, the district is not without its challenges. That is why we need a steady supply of individuals diverse in background and thought to consider board service. That is the best way to ensure we are doing the most we can for all of the students in our district.

You don't need to be a policy expert or a master of Robert's Rules of Order to be an effective school board member. All

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Julie Praska-Moser
218.686.6228 OR
Julie.Praska-Moser@lssmn.org

Community Birthday and Anniversary Calendar

Wed. July 29: Kathy Finseth, Cecil Finseth, Mae Dianne Breckel

Thurs. July 30: Grafton Langemo, Cody Huschle

Fri. July 31: Steve Urness, Sydney Svalen, *Jason & Nicki Carlson, *Jeremy & danielle Finseth

Sun. August 2: Connie Syverson, Chelsea Ekeberg, Travis Mahlum, Adler Stordahl, Calie Maruska, Courtney Maruska, Tanya Hamre, Pearl Johnson, *Bob & Karen Olson

Mon. August 3: Chad Olson, Brook Clark, Dalton Agnes, *Earl & Dianne Roed

Tues. August 4: Luke Syverson, Lauren Strom, Steve Espeseth, *Bryan & Laura Paskvan

McIntosh Times

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you need is an open mind and a strong desire to help students achieve, whatever that looks like for a given child. I am happy to visit with anyone considering service on the Win-E-Mac School Board. Remember, the filing period is July 28-August 11.

Sincerely,
Jason Carlson
McIntosh, MN

Notice

Sletten Township polls will be open for the Primary Election August 11, 2020 From 10am-8 pm. Voting will take place at the Sletten Town Hall. M19-20C

SUBSCRIBE ONLINE
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Polk County Public Health

Polk County Public Health has resumed Foot Care Clinics in all locations including McIntosh. The days at the Bjella Building location are 1st and 3rd Thursday of each month.

Please call 218.563.2010 to schedule an appointment.

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

LSS Meals Menu
687-2262

Tues, August 4th: Pork Chops - Mashed Potatoes & Gravy - Beets - Wheat Rolls - Peach Crisp Cake - Milk

Wed, August 5th- **CALL WITH CHOICE 687-2262**

Liver & Onions OR Chicken Fried Beef Steak - Boiled Potatoes - Baby Carrots - Bread - Jello Cake - 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 Trinity
11:00 Mt Carmel
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. August 2: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

Sun. August 9: 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., August 2: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues, August 4: 10:00 a.m. Sunday worship service telecast on GVTV-30

Wed, August 5: 6:30 p.m. Bible Study at Sharon Ramberg's home

CALVARY-IMMANUEL LUTHERAN PARISH

Winger/Bejow Supply Pastor

Gordon Syverson

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

BUSINESS & PROFESSIONAL GUIDE

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Richards Publishing Co.

Wednesday, July 29, 2020



100 years ago...1920: The 1920 McIntosh baseball team: Ole Alrick (Uncle to Dolores Narveson and Veronica Knutson); Skye, Ed Nason; Doc Vig (Dentist in McIntosh); Nason, Scott, Al Narveson (Dolores Narveson's father); Gotfred Stovern; Neilson. (Al Narveson was pitcher, and G. Stovern, catcher, making up the Battery) both men played professional baseball before 1920. Dolores gives a little history of her father: Al Narveson started his baseball career at Brockett, ND in his teens. He pitched for the Canadian League at Moose Jaw, Saskatchewan, and Victoria, British Columbia for Lincoln, NE team in Minor Leagues. Also, in the Majors, one year for Cincinnati Reds, where he injured his shoulder in the second season and sent back his contract.



50 years ago...1970: Edgar Olson made three girls happy at the East Polk Fair Monday night as he announced the champions in the dress review. Here he is crowning Judy Kroening of Fosston as the queen. She wins the trip to the State Fair. On the left is attendant Patty Zahl of Winger and on the right, Karen Bergman of McIntosh.

MDA expands options for contacting farm & rural helpline

Text and email service now available.

The Minnesota Department of Agriculture (MDA) is offering two new ways that farmers and others involved in agriculture can contact the Minnesota Farm & Rural Helpline: text and email.

"We want to make it as easy

as possible for our farmers to get the help they need when they need it," said Agriculture Commissioner Thom Petersen. "COVID-19 has come on top of several years of high costs, low prices, and bad weather for farmers.

"We know chronic stress takes a toll on people and can

really affect the way they cope with challenging situations."

The confidential service, available 24/7, connects Minnesota farmers and others in the agricultural community to counselors who can serve as a sounding board, provide emotional support, and help them

Continued on page 4 ...

RiverView named one of best places to work in healthcare for 4th consecutive year

While COVID-19 has shaken up almost every aspect of the healthcare industry, from how care is delivered to how employees do their work, it has not shaken the faith RiverView Health employees have in their employer.

That faith has earned RiverView the fourth year on Modern Healthcare's Best Places to Work in Healthcare list.

RiverView is one of 150 companies and organizations to make the Best Places list in 2020. The recognition program honors companies throughout the industry that empower employees to provide patients and customers with the best possible care, products, and services.

How the organizations have navigated the COVID-19 pandemic is only part of the story; they were also scored on more traditional measures such as benefit design, transparent communication from leadership, and others.

Modern Healthcare will reveal the ranked order of the 150 best companies in October at its virtual Workplace of the Future conference. RiverView was first named to the list in 2017 and ranked 71st of 150; in 2018 RiverView moved to the 35th position, and in 2019 ranked 16th.

"RiverView is honored to be once again included amongst

these companies based on the feedback you provide in the Best Companies Survey," RiverView President/CEO Carrie Michalski said in an email to RiverView employees recently. "I thank you all for your candid feedback.

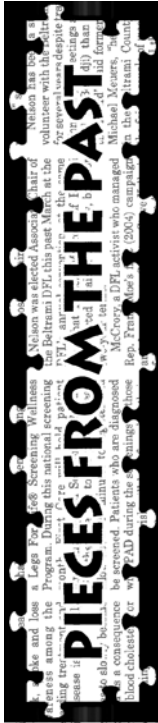
"We look forward to receiving our data packets (employee surveys/comments), which is why we participate, to learn from what you provided and become stronger and better as an organization."

Modern Healthcare is a leader in healthcare business news, research, and data. The company has sponsored the Best Places to Work program for 13 years, and partners with the Best Companies Group on the assessment process, which includes an extensive, voluntary, anonymous employee survey to benchmark standings against other healthcare facilities across the country.

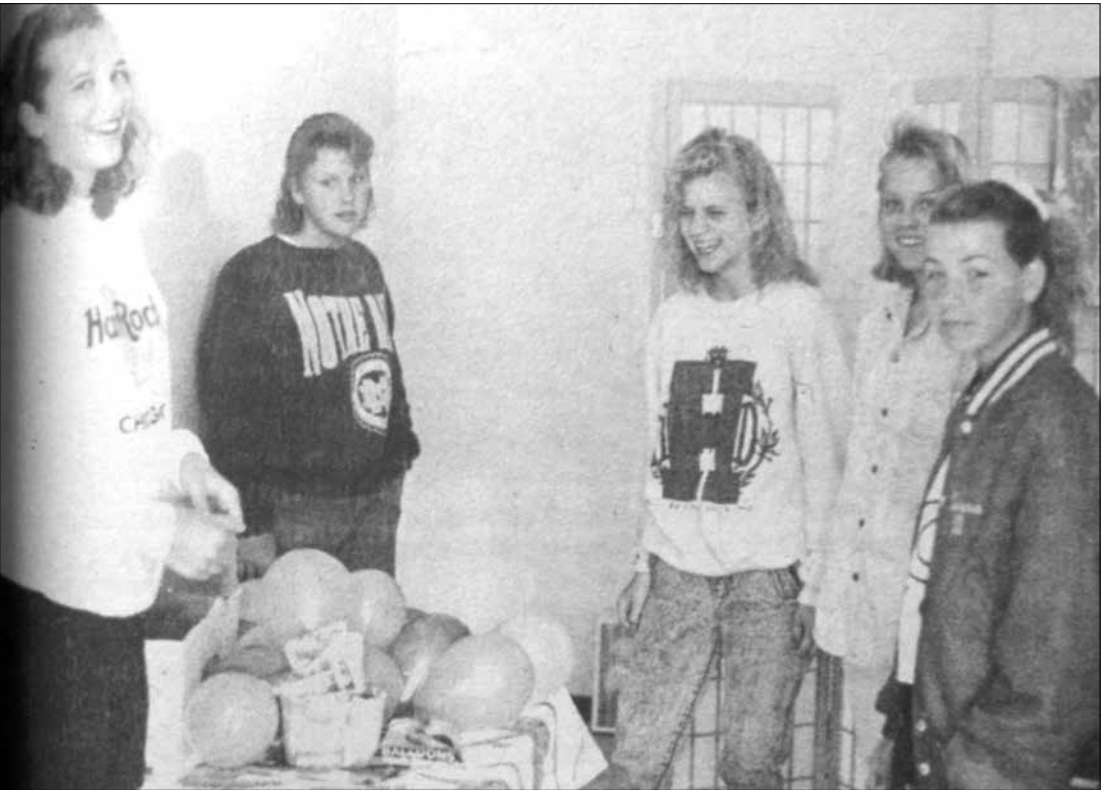
"We have such an amazing team here at RiverView, committed to the collaboration it takes to nurture a great workplace," Michalski shared. "When we ask for feedback, our team responds, candidly. We are not a perfect organization.

"We are a learning organization. We are humble about our imperfections, committed to learning, open to new ideas, and new processes. We are not afraid to try something new as

we strive to attain excellence. Keeping a place on Modern Healthcare's Best Places to Work list is a testament to our learning from the team's feedback and using that to improve further. The journey continues every day."



40 years ago...1980: 1980 - 81 Miss McIntosh Ann Schow, smiles with her court, Miss congeniality, Nancy Burslie, and First runner-up Christy Hagen.



30 years ago...1990: Several young area athletes are preparing to host a fun day for the youth of Winger. These young people are responsible for serving customers in their new coffee shop also. Proceeds of the coffee shop go toward participation expenses. (Leah Sonstelie, Kristin Carlson, Jenny Buchholz, and Meredith Hegg.



20 years ago...2000: Travis Plante, Danelle Schommer, Jordan Thompson, Bobbi Jo Bartz, Tahlor Ose and Cody Lee enjoyed the carefree Saturday morning at Breakfast on the Farm. They also investigated the young calves outside in a holding pen.



10 years ago...2010: The Win-E-Mac Cadets won the World Series game that was played on July 28th. Members of the 2010 Cadet World Series Championship team: (back, l-r) Coach Jason Svalen, Austin Tadman, Hunter Plante, Travis Kaster, Zac Tradewell, Matt Thompson, Zach Plante, Coach Bill Solheim; (front) Jorey Carlson, Logan Simonson, Chase Svalen, Jonah Semerikov, Alec Kiecker, Noah Klinkhammer, Chris Kuznetsov and Alex Kutsev. Not pictured: Kolton Stuhaut, Hunter Chaput, and Anthony Grande.

