



McINTOSH

Since 1888

\$1.00

Times

Hub of the Thirteen Townships

McIntosh, Minnesota



McIntosh Senior Living completed facility-wide COVID testing today for staff and residents as part of a process called a Point Prevalence Survey (PPS). The purpose of completing a PPS is to provide situational awareness and potentially identify asymptomatic cases early. We are taking a proactive approach with testing in the hopes that it will move us closer to re-opening. MSL wants to send a huge thank you to the Minnesota National Guard team that came to assist us with testing today. They were all wonderful and helped to make the whole process go very smooth.

Minnesotans continue to report unsolicited seeds arriving by mail

Recipients of seed packages should contact the MDA

The Minnesota Department of Agriculture (MDA) continues to receive reports of citizens getting unsolicited seed packages in the mail. To date, over 700 Minnesotans have made reports to the department.

The packages have contained a variety of seeds. Seed analysts with the MDA Laboratory have identified some as cosmos, radish, mung bean, juniper, basil, cucurbit, and zinnia. While these are not seeds from invasive plants, seeds may carry disease and pests can hide in packaging. So far, there is no indication these unsolicited seeds have gone through appropriate inspection or that they are properly labeled.

The MDA is working with the United States Department of Agriculture (USDA) on the issue. All seeds collected in Minnesota are being sent to USDA for additional identification and destruction. Federal officials are investigating the source of the seeds, and the USDA is currently referring to the situation as a “brushing scam” where people receive

unsolicited items from a seller who then posts false customer reviews to boost sales. Their latest statement on the seed packages can be found here.

Those receiving the packages have indicated they either never made an online seed order or they purchased seeds online earlier in the year but never got them and their order indicates it is still unfulfilled.

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

Save the seeds and the package they came in, including the mailing label.

Do not open the seed packages.

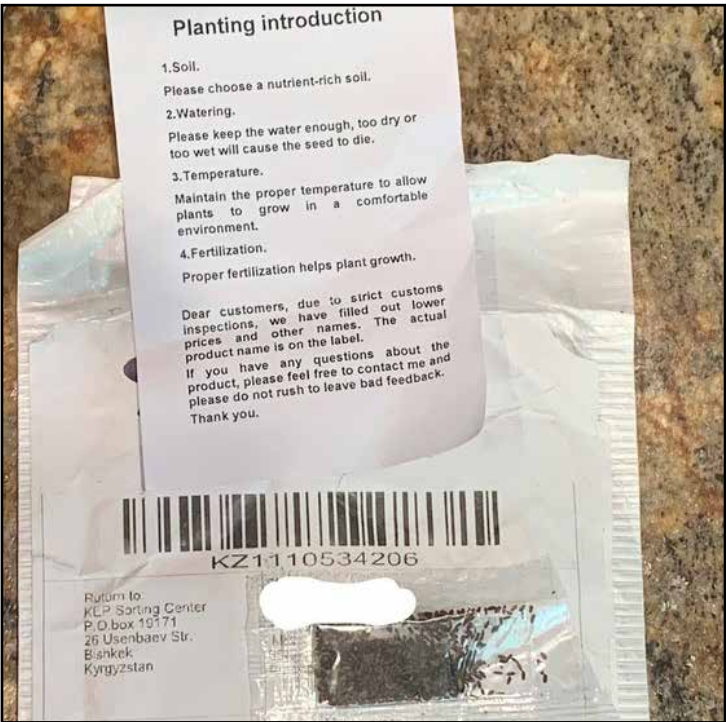
Do not plant any of the seed.

If the packets are already opened, place all materials (seeds and packaging) into a tightly sealed plastic bag.

Contact the MDA through this form (mda.state.mn.us/unlabeledseeds).

If you have planted the seeds you received, please destroy any plants that have germinated.

While plants and soil are usually prohibited from trash collection, in this unusual situation, pull up the plants, double bag them and the sur-



rounding soil, and dispose of everything in the trash. Do not compost the seeds, plants, or soil. Please notify the MDA if you have disposed of any seeds or plants through our contact form.

You should always buy seeds from a reputable source.

According to Minnesota law, all seeds sold in the state must be properly labeled, and those selling seeds are required to have a permit from the MDA. You can look up seed permit holders on the MDA website. Never plant unlabeled or unknown seeds.

Managing stress through Covid-19

Living through the threat of a public health emergency such as COVID-19 can be extremely stressful. Dealing with the threat of COVID-19 is upsetting because it is outside the range of a normal day to day experience.

You may feel anxiety, or fear for yourself and your loved ones becoming exposed to the virus.

At the same time, you may be feeling overwhelmed by the constant, rapidly changing, and often conflicting information provided by the media regarding the growing danger of COVID-19.

While it is critical during this time to take care of your physical health, you also need to pay attention to your emotional health.

The stress of COVID-19 may affect your ability to think clearly, make it harder to pay attention, solve problems or remember.

It does not mean that you are “crazy” or “losing your mind.” These are common reactions in times of high stress. They are signals to you to take action to care for yourself.

You can reduce your stress by taking positive steps to protect yourself and your loved ones.

Control your exposure to news and social media reports about COVID-19. While it is important to stay aware of the situation, overexposure will keep you in a heightened state of stress.

Instead, focus your attention on things that are positive in your life and take action over the things that you do have control over.

Develop a COVID-19 disaster kit so that you will have the supplies you need if you or a loved one gets ill.

Find your happy place.
Tips to reduce stress during the Covid-19 pandemic

1. Focus on what you can control, including your thoughts, behaviors.
2. Remember that you are resilient, and so is humankind. We will get through this.
3. Do what you can to reduce your risk; take comfort that you are caring for yourself and others.
4. Use technology to connect with others frequently.
5. Look for the good stuff; the helpers, time with family, and opportunities to pull together. Write down three things you are grateful for each day.
6. Limit exposure to news or social media updates.

7. Use reputable sources of news, avoid speculation and rumors.

8. Model peaceful behavior for those around you. Remember everyone experiences stress in different ways.

9. Don't let fear influence your decisions, such as hoarding supplies.

10. Be gentle with yourself and others.

11. Create a regular routine, especially for children and work from home.

12. Maintaining a healthy diet and exercise routines to help your immune system and mental health.

13. Spend time in nature while adhering to social distancing guidelines.

14. Reflect on your reactions. Many who have experienced trauma may be triggered by feelings of powerlessness. Understanding what you are feeling can help you consider how you want to respond to the triggers.

15. Practice meditation, yoga, or other mind-body techniques. Find apps or online videos to help.

16. Reach out if you need to talk. There are local and national hotlines and warmlines that can help.



WEM sports player update

Only students who do not have a Sports Physical on file at the school will need one for this upcoming school year. This basically means only 7th graders will be required physicals for this year. However, it is suggested that sophomores or anyone else whose physical was set to “expire” get one, but you are not required to for this year.

No decision has been made by the MSHSL for the upcoming seasons at this point. I hope to have information to you next week.

Please mark on your calendars 8/12 as the Sports Informational Meeting for parents though. More information to come on that in the near future as well.

If you have questions, please contact the AD: blange-mo@win-e-mac.k12.mn.us

Park the Phone: Avoid slipping back into old habits by going hands free

Extra Hands-Free and Distracted Driving Enforcement on Minnesota Roads Aug. 1st - 8th.

Minnesotans should be getting into the habit of parking the phone after one year of the hands-free cell phone law. Unfortunately, drivers may be slipping back into old habits, risking the lives of innocent motorists.

Law enforcement agencies and traffic safety partners across Minnesota will participate in extra hands-free and distracted driving enforcement and awareness beginning Aug. 1. The goal is to remind motorists about the law and educate Minnesotans about the importance of driving smart. The Minnesota Department of Public Safety Office of Traffic Safety coordinates the campaign and distributes funds provided by the National Highway Traffic Safety Administration (NHTSA).

“Slipping back into old habits is easy,” said Mike Hanson, Office of Traffic Safety director. “Some old habits might make you gain weight or go into debt, but slipping back into manipulating your phone while driving could cost you your life. Recommit to driving distraction-free and go hands free with your cell phone. Together we can save lives.”

Hands-Free Cell Phone Law

The Minnesota hands-free law went into effect on Aug. 1, 2019. State Patrol troopers and law enforcement officers throughout Minnesota have seen an increasing number

of drivers using hands-free options such as mounts and holders. Some drivers cited for breaking the law say they are having a hard time breaking the habit. Other drivers stopped have phone holders in the vehicle but aren't using them, or they think law enforcement isn't conducting traffic stops during the pandemic.

During the first 11 months of the hands-free law, 19,160 drivers were cited for failing to comply with the law.

Most Minnesotans understand parking the phone allows drivers to focus on the road. Early indications show the hands-free law may be making a difference in distraction-related crashes.

Hands-Free Cell Phone Law do's & don'ts

- Don't hold your phone while driving.
- You can place your phone anywhere in the vehicle as long as you are not holding it with your hand. If mounted on the windshield, it must be in the lower part of the windshield, not obstructing your view.
- The new law allows a driver to use their cell phone to make calls, text, listen to music or podcasts and get directions, but only by voice commands or single-touch activation without holding the phone.
- Drivers may not use their phone at any time for video calling, video live-streaming, Snapchat, gaming, looking at video or photos stored on the phone, using non-navigation apps, reading texts and scrolling or typing on the phone.

▪ GPS devices and other systems that can only be used for navigation are exempt from the hands-free law. In-car screens and systems are also exempt. In both cases, most of these systems lock when the vehicle is moving.

▪ Hand-held phone use is allowed to obtain emergency assistance, if there is an immediate threat to life and safety, or when in an authorized emergency vehicle while performing official duties.

▪ More FAQs are available at HandsFreeMN.org

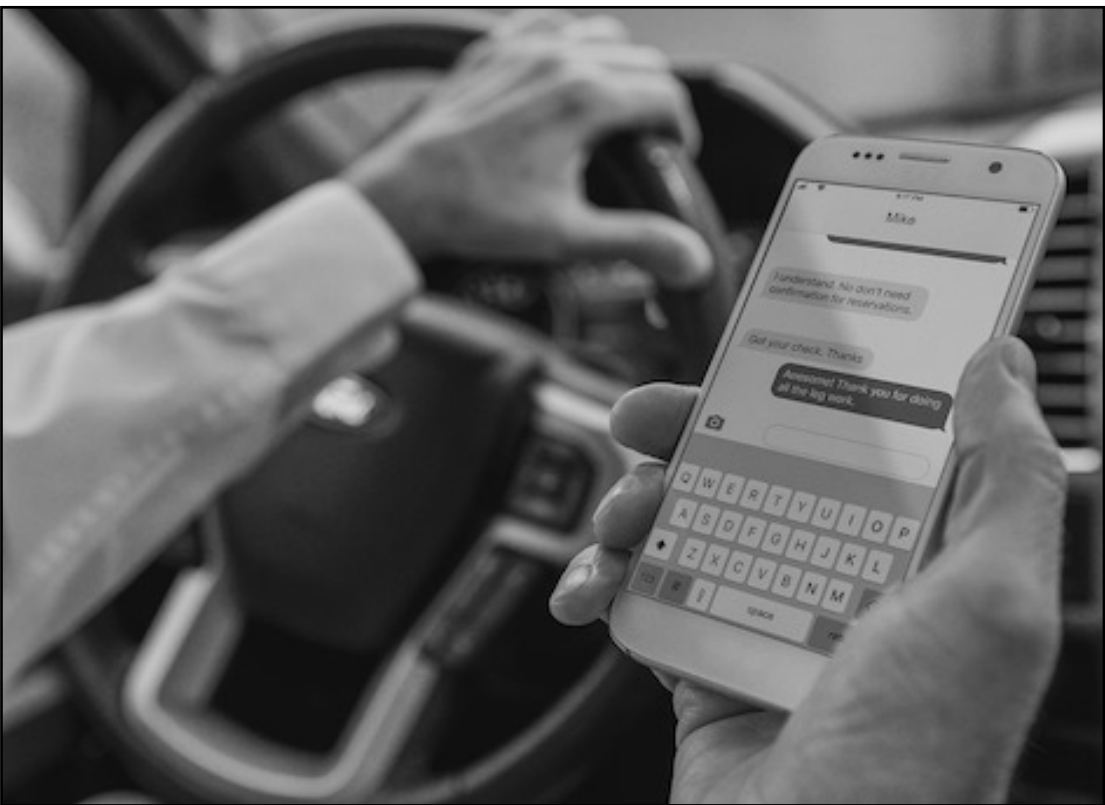
Hands-free cell phone consequences

Penalties for this violation can include:

- More than \$120 that includes the fine plus court costs for a first offense.
- More than \$300 that includes the fine plus court costs for a subsequent offense.
- Potential for increased insurance rates.
- If you injure or kill someone under the hands-free law, you can face a felony charge of criminal vehicular operation or homicide.

Drive Smart: Drive Distraction-Free

Drive smart means parking the phone, setting the GPS and music before driving, keeping your eyes on the road during a conversation in the vehicle, not reaching down for an object on the floor, not eating messy food that could spill and take your attention off the road, and the list goes on. Drive smart simply means putting all the distractions away and focusing on the road.



Too many drivers fail to drive smart and it takes on even greater importance as Minnesotans need healthcare and emergency resources focused on COVID-19. Distracted driving-related crashes claim an average of 41 lives each year. This causes a lifetime of grief and pain for the families left behind and an untold story of what could have been.

Distracted Driving is Dangerous Driving

More than 50,000 crashes were distracted driving-related from 2015-2019 contributing to one in seven crashes in Minne-

sota.

Distracted driving contributed to 3,279 injuries and 32 deaths in 2019.

Distracted driving contributes to an average of 40 deaths and 195 life-changing injuries a year (2015 – 2019).

Drivesmart and join Minnesotans driving distracted-free

Cell phones: Park the phone by putting it down, turning it off, placing it out of reach or going hands free.

Music and other controls: Pre-program radio stations and arrange music in an easy-to-access spot. Adjust

mirrors and ventilation before traveling.

Navigation: Map out the destination and enter the GPS route in advance.

Eating and drinking: Avoid messy foods and secure drinks.

Children: Teach children the importance of good behavior in a vehicle and model proper driving behavior.

Passengers: Speak up to stop drivers from distracted driving behavior and offer to help with anything that takes the driver's attention off the road.

Smokey corn is a classic campfire dish

Many different foods call to mind campfire cooking. Foods cooked over an open fire take on a unique, smokey and savory flavor that is hard to replicate.

There's something special about collectively preparing, cooking and sharing a meal in the great outdoors that makes camping so appealing.

Although s'mores may be the first treat that comes to mind when considering classic campfire foods, everything from casseroles to soups to cobblers can suffice.

Even vegetables and seafood can be cooked over a campfire with the right preparation.

Corn on the cob is a tasty side dish that is tailor-made for campsite cooking.

The sweet flavor of corn com-



plements just about any meal, and those kernels take on a robust flavor when touched with a little char.

Enjoy this recipe for "Campfire Corn on the Cob," courtesy of Kampgrounds of America

(KOA).

Campfire Corn on the Cob

Serves 4

4 corn on the cob (do not husk) Water
1/2 to 1 cup sugar (optional)
Butter to taste
Salt to taste (optional)
Mix the water and sugar in a clean bucket, cooler or large pan (add enough water to cover corn). Add the corn to the water mixture and soak for 1 to 2 hours. Remove the corn from the water and place over the campfire or on the grill, turning often to avoid over-burning the husk. Cook for approximately 20 to 30 minutes or until tender; remove corn from the fire. Peel back the husk and silk, spread with butter and/or salt. Enjoy steaming hot.

Skewered chicken goes great on the grill

Grilling chicken is an easy way to transform this versatile food into something even more delicious. Various cultures serve chicken in kebab form after grilling it over an open flame, and taste is a big reason this particular method of cooking chicken is so beloved.

While you might not expect to see kebabs on the menu at your favorite Italian restaurant, "spiedini" is Italian for "little skewers," proving that Italian chefs recognize how delicious chicken can be when served in kebab form. In this recipe for "Spiedini of Chicken and Zucchini with Almond Salsa Verde" from "Cooking Light: Dinner's Ready" (Oxmoor House) by The Cooking Light Editors, skewers are paired with a zesty salsa full of nuts, herbs and citrus, which makes for the perfect complement to the smoky grilled flavor.

Spiedini of Chicken and Zucchini with Almond Salsa Verde

Makes 6 servings

Salsa:

1 cup chopped flat parsley
2 tablespoons chopped almonds, toasted
2 tablespoons chopped fresh chives
3 tablespoons capers, chopped

1/2 teaspoon grated lemon rind
3 tablespoons fresh lemon juice
1 tablespoon extra-virgin olive oil
1/2 teaspoon chopped fresh thyme
1/2 teaspoon chopped fresh oregano
1/4 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper
1 garlic clove, minced
Spiedini:
11/2 pounds skinless, boneless chicken breast, cut into 1-inch pieces
6 small zucchini, cut into 1-inch slices (about 11/4 pounds)
Cooking spray
1/4 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper
Soak 12 (10-inch) wooden skewers in water for 30 minutes to prevent burning.
Bring the grill to medium-high heat
To prepare the salsa, combine the first 12 ingredients; set aside.
To prepare the spiedini, thread the chicken and zucchini alternately on each of the 12 skewers. Coat the spiedini with cooking spray; sprinkle

evenly with 1/4 teaspoon salt and 1/8 teaspoon pepper. Place on a grill rack; grill 6 minutes or until done, turning once. Serve with salsa.

Tip: Prepare the salsa up to a day ahead, and assemble the skewers earlier in the day. Coat with the seasonings just before grilling.

Golfing in the era of social distancing

Golfers enthusiastically look forward to the day when their favorite courses reopen to players each year.

That anticipation was even greater in 2020, when social distancing measures forced many courses to stay closed even as the weather warmed up.

Thankfully for golfers, golf courses were among the first businesses given the green light to reopen as governments began to lift restrictions.

Golfing in the era of social distancing may not be quite the same as it was prior to the outbreak of COVID-19, but golfers can still have fun as they hit the links.

That's especially true when they take steps to understand just what it means to golf while social distancing prior to teeing off.

Assess your personal health before going to the golf course. Golf attracts athletes from all age groups, including some that are more vulnerable to COVID-19 than others.

According to the Centers for Disease Control and Pre-

Bite into summer with Minnesota sweet corn



Summertime favorite available now from local growers.

The freshest Minnesota sweet corn is now available from local growers around the state. The recent heat has led to a great crop of sweet corn and harvest is expected to be bountiful, according to many growers.

"Our sweet corn looks fantastic!" said Brian Schiltgen, of Schiltgen Farms in Afton, Minnesota.

Sweet corn season starts in late July and continues through early September. Sweet corn farmers often plant in stages so they can offer fresh corn throughout the second half of summer.

Eating this summertime favorite just after it has been

picked ensures the best flavor. As time passes after harvest, the sugars in the corn convert to starch and the sweet flavor diminishes.

Buying local sweet corn from a Minnesota farm ensures that you will get the freshest sweet corn available. Locally grown sweet corn is often available at farmers' markets, farm stands, and retailers featuring local produce.

Be sure to call ahead or look up a farm or farmers' market online to confirm any adjustments due to COVID-19. Wearing a mask, social distancing, and washing hands frequently are all best practices when visiting a farm or farmers' market.

but are asymptomatic. Simply wipe down clubs and other equipment with disinfectant or an alcohol-based cleanser that is at least 60 percent alcohol.

If playing with a friend, resist the urge to share clubs, no matter how tempting it may be to take your playing partner's new driver for a spin on the first hole.

Golfing in the era of social distancing may be different, but there's no reason golfers cannot still enjoy a summer on the links.

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



Community Birthday and Anniversary Calendar

Wed. August 5: Justin Carlson
Thurs. August 6: Judy Hagen, Dan Dierkes
Fri. August 7: Gretchen Finseth, Maganolia Langemo, Nick Ostenaa, Dara Drydal, *Jared & Angela Olson, *Adam & Erin Jore
Sat. August 8: Valerie Fritz, Jon Klemer, Ben Ramse, Katie Salvhus, Laura Bursheim, Jason Smeby, *Erik & Tanya Hamre
Sun. August 9: Ryan Schow, Derrick Haugen, *Jay & Leah Mahlen
Mon. August 10: Lily Breckel, Damien Andress, Maxwell Rue, *Clayton & Carol Bartz
Tues. August 11: Violet Ronne, *Shawn & Tamara Ostenaa

McIntosh Times

PUBLISHED WEEKLY IN THE HUB OF THE THIRTEEN TOWNSHIPS BY RICHARDS PUBLISHING CO., INC.

RICHARD D. RICHARDS, PUBLISHER
KIM HEDLUND, EDITOR

McIntosh • (218) 563-3585

"McIntosh Times" (USPS 336-020) is published weekly for \$30.00 per year (in county) and \$40.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.
POSTMASTER: Send address changes to:
McIntosh Times, PO Box 9, McIntosh, MN 56556.
mcintoshtimes@gmail.com

"Serving the Win-E-Mac area"

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

NOTICE

Notice is hereby given that a hearing has been set for August 28, 2020 at 9:45 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave, Crookston, Minnesota or should you wish to join us remotely, a WEBEX meeting is available upon request, to consider the application of Polk County Highway Department, 820 Old Hwy 75 South, Crookston, Mn 56716 for a Conditional Use Permit to allow for three mobile commercial retail or food vendors to rent a space to sell or peddle their food/goods at East Shore Beach picnic area which is on a parcel of land located in Section 3 of Woodside Township. All property owners within 1/4 mile of the proposed Conditional Use Permit are invited to appear at said hearing. If attending via WEBEX, you must contact our office 3 days prior to the public hearing at 218-281-6445.

Dated: July 30, 2020
Jacob J. Snyder
Planning & Zoning Administrator

M20C

NOTICE

Notice is hereby given that a hearing has been set for August 28, 2020 at 9:25 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave, Crookston, Minnesota or should you wish to join us remotely, a WEBEX meeting is available upon request, to consider the application of Polk County Highway Department, 820 Old Hwy 75 South, Crookston, Mn 56716 for a Conditional Use Permit to allow for one mobile commercial retail or food vendor to rent a space to sell or peddle their food/goods at Polk County Park which is on a parcel of land described as: Lot One (1), Section Seven (7) Township One Hundred Forty-eight (148) North of Range 43 West of the Fifth Principal Meridian, parcel #74.00070.00. All property owners within 1/4 mile of the proposed Conditional Use Permit are invited to appear at said hearing. If attending via WEBEX, you must contact our office 3 days prior to the public hearing at 218-281-6445.

Dated: July 30, 2020
Jacob J. Snyder
Planning & Zoning Administrator

M20C

NOTICE

Notice is hereby given that a hearing has been set for August 28, 2020 at 10:15 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave, Crookston, Minnesota or should you wish to join us remotely, a WEBEX meeting is available upon request, to consider the application of Nathan & Ben Kauffman, 45094 400th Ave SE, Lengby, MN 56651 for an After the Fact Variance to reduce the ROW setback off County Hwy 25 from 50' to 25' for a shed on a parcel of land described as: The West Six Hundred Seventy-eight feet (678') of the South Nine Hundred feet (900') of the Southwest Quarter of the Northwest Quarter (SW1/4NW1/4), Section Thirty-four (34), Township One Hundred Forty-seven (147) North, Range Thirty-nine (39) West, parcel #12.00275.01. All property owners within 500 feet of the proposed Variance are invited to appear at said hearing. If attending via WEBEX, you must contact our office 3 days prior to the public hearing at 218-281-6445.

Dated: July 30, 2020
Jacob J. Snyder
Planning & Zoning Administrator

M20C

BUSINESS & PROFESSIONAL GUIDE

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

CALL 218-563-3585



FAMILY FUNERAL SERVICE

"Caring service for three generations"

(218) 435-1144

Funeral Home ~ Cremation Service ~ Granite Memorials



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

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

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



Is There A Wedding In Your Future?

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

LET US HELP MAKE YOUR WEDDING DAY MEMORABLE.

487-5225 Gonvick, MN

Richards Publishing Co.

M3-28C

The Minnesota Grown Directory is available in print and online, and is a great resource for finding local farmers or farmers' markets. The 2020 Directory includes 91 sweet corn growers and 195 farmers' markets. Free, printed copies of the Directory may be ordered online or by calling 1-651-201-6469.

Paid Volunteer Opportunities

- Become a respite volunteer
- Visit older adults a few hours a week
- Earn a monthly living allowance

To learn more contact Julie Praska-Moser 218.686.6228 OR Julie.Praska-Moser@lssmn.org

M18-20C

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, Aug. 11th: Pork Loin - Mashed Potatoes & Gravy - Corn - Tropical Fruit - Wheat Bread - Pumpkin Bins - Milk

Wed, Aug. 12th: BBQ Chicken Breast - Augratin Potatoes - Baked Beans - Watermelon Cubes - Wheat Rolls - Banana Bars - 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 9: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

Sun. August 16: 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 9: 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 11: 10:00 a.m. Sunday worship service telecast on GVTV-30

Wed, August 12: 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.

Wednesday, August 5, 2020



70 years ago...1950: This team picture was taken after the Winger Women took second place in a Tri-County tournament. Much of the credit was due to our battery, Joyce Anderson (Ulland) with her strong arm and fast pitch and Edna Helgaas behind the plate. Manager Lorraine Anderson held down the hot spot at third base. (Back) Edna Helgaas, Marvie Solberg, Hermina Rude, Donna Olson, Mary Ann Svien, Coach Erwin Rude; (front) Verna Olson, Camilla Aasen, Lorraine Anderson, Shirley Stai and Joyce Anderson. A quote from Bill Geldacker from and article in the Winger Enterprise, "Women have come into their own in Winger at last with the forming of a girl's softball team. We looked over the new hopefuls the other night as they went through their practice routines. They're a promising-looking bunch of sluggers, alright, with plenty of power, if they learn to use it. What gets us, though, is the noise they can make in the field., Men's teams have to be continually reminded to 'keep up the chatter', but the women have got it all over the men in that respect. People say that women do more talking than men, and when you see a couple of girl's teams playing, you will almost believe it."

Emerging farmers can receive more help as Microloan program doubles maximum loan amount

A loan program designed to help nontraditional farmers start or expand their businesses is doubling the maximum amount that emerging farmers can borrow.

The Pilot Agricultural Microloan Program from the Minnesota Department of Agriculture's (MDA) Rural Finance Authority (RFA) can be used for working capital (annual costs such as seed, feed, fertilizer, land rent) or equipment and other farm asset purchases with a common useful life of 10 years or less.

The Minnesota Legislature this year appropriated funds to expand the maximum loan amount from \$10,000 to \$20,000.

"We know that agricultural opportunity is not equally available to all Minnesotans. We also know that there is an urgent need to address the future of farming in Minnesota," Assistant Commissioner

Patrice Bailey said. "We at the MDA are examining how to better support Emerging Farmers, and this is one more tool we can use to increase our support for farmers who have traditionally faced barriers to the education and resources necessary to succeed."

Loans are obtained through participating local lenders. Applicants must meet the following criteria to be eligible:

- Be a resident of Minnesota.
- Be a member of a Protected Group or a qualified non-citizen as defined under Minnesota statutes.
- Use the funds toward production and marketing of specialty crops or eligible livestock.
- Demonstrate an ability to repay the loan.

For more information and to apply, visit the Pilot Agricultural Microloan Program web page.

Nitrogen fertilizer restrictions begin Sept. 1

Groundwater Protection Rule prohibits applications in certain areas of MN.

The Minnesota Department of Agriculture (MDA) is reminding farmers and landowners that beginning September 1, 2020 the application of nitrogen fertilizer in the fall and on frozen soil will be restricted in areas vulnerable to groundwater contamination.

This will also apply to Drinking Water Supply Management Areas (DWSMAs) with elevated nitrate levels.

Vulnerable groundwater areas include coarse textured soils, karst geology, and shallow bedrock. Approximately 12 to 13 percent of Minnesota's cropland is vulnerable to groundwater contamination. A map showing the vulnerable groundwater areas as well as a list of exceptions to the restrictions are outlined on the Groundwater Protection Rule website.

A short video on the fall restrictions and links for additional information are available on the MDA website.

The MDA will also hold a webinar on August 12, 2020, from 10:00 to 11:00 a.m. to answer questions. The video and webinar details are available online.

The nitrogen fertilizer

restrictions are part of the Groundwater Protection Rule, which minimizes potential fertilizer sources of nitrate pollution to the state's groundwater and works with local farmers to prevent public water supply wells from exceeding the drinking water standard for nitrate contamination.

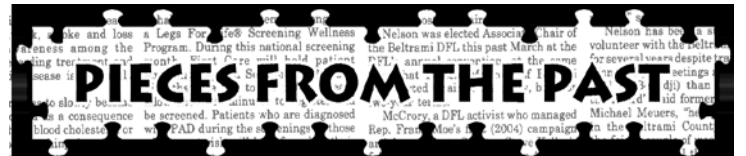
For more information, please contact Larry Gunderson at 651-201-6168, Larry.Gunderson@state.mn.us.

Did you know?

According to the Substance Abuse and Mental Health Services Administration, 8.8 million young adults between the ages of 18 and 25 report having a mental illness.

Among those who reported such illnesses, 42 percent indicated their illness went untreated. Substance abuse disorders also are more common among 18- to 25-year-olds than many people may think. SAMHSA notes that 5.1 million young adults report having a substance abuse disorder, and 87 percent of those with disorders are not treated.

More information about mental health and substance abuse, including how to find treatment, is available at www.samhsa.gov.



50 years ago...1970: A new electric neon sign was hung into position at the First National Bank in McIntosh on Monday. Here, Cashier, Kenneth Jore, is tending to his sidewalk superintendent's job.



40 years ago...1980: Queen candidates for the 1980 March-to-Mac weekend were: (front) Julie Stenmoen, Kim Bjerken, Brenda Johnson, Renee Carlson, Mechelle Voxland, Grace Quam, Christy Hagen; (middle) Stacy Lucken, Carolyn Johnson, Juanita Gustafson, Nancy Burslie, Karen Shurson, Ann Schow; (Back) Debbie Froirak, Diane Habedank, Hannah Hsaio, Charlotte Rolf, Lori Raben, Melanie Grundyson, and Kelly Thompson. The girls were guests at a noon luncheon prepared by Lois Schimanski and Pat Tranby. They met with the judges throughout the afternoon and the Queen and her court were announced at a program Saturday evening.



30 years ago...1990: The McIntosh Stitching Group has struck again! Nimble fingered ladies include: (L-r) Shirley Cyr, Bernice Voxland, Dolly Lee, Helga Tranby, Clara Grundyson, Esther Swanson, Stella Johnson, Myrtle Langemo, and Jane Bronken. Missing: Lucille Senn. The beautiful quilt is done on a white background with mauve and blue flowers. The ladies commented that approximately 168 stitching hours were needed to complete the lovely hand-worked piece.

Return to Participation Task Force continues its work

Minnesota Governor Tim Walz's announcement today of Executive Order 20-82 provides Minnesota schools direction for how they will return to learning for the 2020-2021 school year.

With that direction, the Minnesota State High School League's Return to Participation Task Force will continue its work in developing programming options for the 2020-2021 school year to present to the League's Board of Directors for final consideration and approval.

The task force, authorized by the Board of Directors at its meeting on July 14, consists of activities administrators from throughout Minnesota and is assisted by League staff.

This group will present options for return to participation for member schools' implementation of co-curricular activities on Tuesday, August 4th during the board's next scheduled meeting. Their work has used the



following Guiding Principles in exploring options in a return to participation:

- * **Prioritize** the health and safety for all to the greatest extent possible.
- * **Align** return to participation options with the requirements and recommendations of state organizations and agencies focused on safety and

return to learn models.

- * **Provide** an opportunity for education-based participation in each sport and activity.
- * **Demonstrate** equity and fairness in preparation of programming options.
- * **Acknowledge** financial implications.
- * **Apply** guidelines consistently.

How college students can confront returning to campus

The world's response to the outbreak of the COVID-19 virus left no aspect of life untouched. People from all walks of life had to make sacrifices to prevent the spread of the potentially deadly virus, and college students were no exception.

Many colleges and universities abruptly canceled in-person classes in mid-March 2020, forcing students to finish their coursework via remote learning.

That response had a significant impact on the 2019-20 school year, and the virus figures to affect the upcoming school year just as much.

In fact, many colleges and universities are beginning the coming school year early in the hopes that students can continue their educations on campus but be safely back home by late November, when many scientists are anticipating a second wave of COVID-19 infections will arrive.

Schools that are reopening this summer insist that it is safe to do so, and have even indicated their intentions to implement new practices to ensure their campuses are safe and healthy environments in which to learn.

For example, the University of North Carolina at Chapel Hill is reconfiguring in-person course instruction to include physical distancing provisions. Small classes will meet in larger spaces, while lectures may be delivered remotely.

Despite such measures, some students may still be hesitant to return to campus at a time when so much about the COVID-19 virus remains a mystery. The following are some ways students can confront any nervous feelings they may have about returning to campus for a new school year.

Determine your options.

While many colleges and universities are returning to campus, some may be allowing students to learn remotely. For instance, students with pre-

existing conditions that make them vulnerable to COVID-19 may be allowed to continue learning from home. Many schools' roadmaps to returning are fluid, so students concerned about returning to campus likely have options that do not require them to sit out the semester.

Learn about residential life.

Many college students live in dorms that feature double or even triple occupancy rooms. Such an environment will compromise students' ability to practice social distancing. Some schools, including Binghamton University in New York, are converting triple occupancy rooms into double occupancy. Both Binghamton and UNC Chapel Hill also are designating one residential hall as temporary housing for students who test positive for COVID-19.

In addition, some schools may be designating certain residential facilities for at-risk students. Students who want to avoid the dorms should inquire about off-campus, single-person housing.

Ask about testing.

Students have a right to know about COVID-19 testing protocols and should not hesitate to ask what those protocols will be.

Due to the fluid nature of schools' roadmaps to return, testing policies may not yet be set in stone, and are likely to evolve as the school year progresses.

Students should look into the testing policy specifics and ask if they have any recourse if they feel the testing policy is inadequate.

Students who are hesitant to return to campus this summer or fall can do their due diligence to determine if they're comfortable going back to campus.



Health officials suspect new cases of severe lung injuries associated with vaping

The Minnesota Department of Health (MDH) today sent an alert to health care providers in response to reports of 11 suspected cases in Minnesota of severe lung injuries associated with vaping.

The vaping cases in Minnesotans ages 14- to 46-years old occurred in June and July, with a median age of 18 years. Diagnosis was made more difficult because the symptoms of the disease can be similar to those of COVID-19. All 11 cases resulted in hospitalizations with some requiring intensive care, including being placed on ventilators.

"This public health threat got a lot of attention last year, and unfortunately it has not gone away," Minnesota Commissioner of Health Jan Malcolm said.

"We want providers and the public to be aware of the continued dangers of vaping products, and the possibility of lung injuries presenting as COVID-19. As we continue to investigate the causes of the lung injuries, we encourage people to take advantage of our free Quit Partner resources to help with quitting vaping."

The patients sought care for symptoms similar to severe COVID-19 infection, including cough and shortness of breath. However, testing found the patients were not infected.

Patients also responded to systemic steroid therapy, the treatment for e-cigarette or vaping product use-associated lung injury (EVALI).

The patients said they had a history of vaping. Most reported vaping THC or tetrahydrocannabinol, the principal and most active ingredient in marijuana. Some reported using nicotine-based products. There are similar reports of a resurgence of lung injury cases in California.

"With this resurgence of cases, we are advising patients with a history of vaping who are experiencing lung-injury symptoms to seek clinical care," said MDH State Epidemiologist and Medical Director Dr. Ruth Lynfield. "In addition, because this can present like COVID-19, providers also need to conduct a test to rule this out."

Clinical presentation for EVALI includes shortness of breath, cough, fever, malaise and gastrointestinal symptoms (nausea, vomiting, abdominal pain or diarrhea). Other symptoms reported by some patients included headache, dizziness and chest pain.

More information on vaping-related lung injuries can be found on the MDH website.

Quit Partner is Minnesota's new family of programs from the Minnesota Department of Health and offers free support – like coaching and quit medications – for quitting commercial tobacco. On Aug. 1, the state of Minnesota will implement a Tobacco 21 law that will ensure implementation, compliance and enforcement of a commercial tobacco sale age of 21 years old.



The state law will strengthen a national Tobacco 21 law that went into effect in December 2019 by allowing local governments to conduct compliance checks and ensure the law is being followed.

Minnesota was one of the first states to join with federal and state partners to investigate the vaping-associated lung injury outbreak of 2019. MDH first alerted health care providers to the condition in August 2019.

Ways to help teens grieve

By Janna Benson Kontz, MDiv

The death of a loved one is a difficult and profound lesson for any of us. Now imagine you're already living in a continual and changing swirl of emotions even before someone you love dies.

Teens are in a constant state of change even without something as dramatic and life-altering as the death of someone who was important to them.

They grieve deeply, but often don't know how to or don't want to express that grief. Adults try to be helpful by telling teens how to grieve, but teens can struggle because their grief doesn't seem to fit the expectations of others.

Tips for helping grieving teens include:
Listen. Listen to their grief and their concerns and their questions without judgement.

Be honest. Show them your own grief instead of trying to hide it. Answer their questions honestly or find someone who can.

Walk with them. Let them know that grief is a journey not



a one-time event. Be present.

Love them. Teenagers, like all of us, can be downright unlovable at times. Grief can make this worse as they act out or rebel. Love them through it.

Ask for help. If you're feeling at a loss of how to help your teen with their grief, ask for help. You are not alone. Seek assistance from other family members or friends, or reach out to experts in this area to help you navigate this time.

Remember, teens are caught in that place between childhood and being adults—a difficult place even in the best of times. Our care and compassion in the worst of times can shape their lives and reactions forever. We can help them

learn that healing is good, and joy can be a part of life again.

If you need assistance helping your teen, we can help so you can allow your teen to turn a difficult time into a lifelong learning event. Young people are amazing and very resilient, so take their lead, be honest, and you will get through this.

For more information about our free community grief support services, visit www.hrrv.org or call 800-237-4629.

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

About Hospice of the Red River Valley

Hospice of the Red River Valley is an independent, community-based, nonprofit hospice serving more than 30 counties in North Dakota and Minnesota. Hospice care is intensive comfort care that alleviates pain and suffering, enhancing the quality of life for patients with life-limiting illnesses and their loved ones by addressing their medical, emotional, spiritual and grief needs. For more information, call toll free 800-237-4629, email questions@hrrv.org or visit www.hrrv.org.



How to recognize when you can stop mowing

Each weekend in spring, summer and fall, millions of homeowners fire up their mowers and cut the grass in their yards.

A few hours spent mowing the lawn can be a great time to get some sun and some exercise in the great outdoors.

As fall gradually transitions to winter, homeowners may wonder when to stop mowing their lawns.

Each lawn is different, and when to stop mowing may depend on a host of factors, including local climate and the type of turf.

In addition to climate and turf, homeowners can keep an eye on these conditions to determine when the time is right to put their mowers away for the winter.

Warm-season grasses typically go dormant after a couple

of significant frosts. Homeowners can jot down each frost during fall. Frosts are most noticeable in the early morning hours, so be sure to check lawn conditions each morning as the weather begins to grow cold.

Frost may be noticeable without even going outside, but homeowners may need to go outside to check on chilly mornings or on days when the previous night was especially cold.

If you must go outside, stay off the grass to protect it. Two or three frosts might be enough to make warm-season grasses go dormant for the winter. Cool-season grasses may keep growing and require moving even after a few frosts, so it's imperative that homeowners determine which type of grass is in their yards.

If it's hard to determine if

frosts have occurred, homeowners can try checking the temperature of their soil to decide if they need to keep mowing.

The lawn care experts at Pennington recommend homeowners continue mowing warm-season grasses so long as they keep growing. Lawns may not grow as quickly in fall as they do in spring or summer, and growth may not be as visible to the naked eye during this time of year as it is in other times.

Homeowners can routinely check soil temperature to determine if their grasses have stopped growing.

Warm-season grasses tend to stop growing once the soil temperature is consistently at 55 F or below, while cool-season grasses tend to stop when temperatures are 45 F or

lower.

Falling leaves have long been a barometer used by homeowners to determine if they need to keep mowing their lawns.

That's not necessarily a reliable metric, as grass can still keep growing even if leaves have been falling for weeks. In addition, using a mulching mower when leaves begin falling is a great way to provide the lawn with nutrients it can use throughout the winter. Some trees shed their leaves more quickly than others, but it's a good rule of thumb that lawns will need to keep being mowed if trees are still retaining more than half their leaves.

A host of factors can help homeowners determine when it's safe to put their mowers away for the winter.

Pallet projects can be a handy hobby

One of the most popular eco-friendly endeavors that can add flair to any project. The following are just a handful of pallet project ideas.

Christmas trees: Start thinking ahead to the holiday season. Cut pallet planks into sizes that incrementally get larger and attach to form a triangular Christmas tree shape. Decorate with paint or other accents, and don't forget to place a star on top.

Pallet planter: Make a planter box as big or as small as you like to grow flowers, vegetables or herbs. A narrow planter also can be hung on a wall to add flair to spaces indoors or outside.

Swing chair: A pallet, a supportive back and some cushions can be used to make a swing that is fastened to the ceiling of a porch or even a tree.

Wine rack: Turn pallet wood into a wine rack that also

has a space to store wine glasses below it.

Outdoor table: Top a disused table with pallet boards nailed or screwed to the top. Stain or clear coat them, and the result is a brand new table for gardening use or outdoor entertaining.

Platform bed: Pallets can be sanded, painted and placed to form the base of a platform bed. Utilize more pallets to serve as a headboard attached to the wall or bed frame.

Bench: Make a pallet bench that can be crafted child- or adult-sized. Use it inside the house or outdoors on a patio.

Does vaping make it harder to quit smoking?

More people in the United States are addicted to nicotine than any other drug, states the Centers for Disease Control and Prevention.

Smokers become dependent on cigarettes for various reasons, not the least of which is the addictive properties of nicotine.

According to longitudinal data from the National Population Health Survey in Canada, approximately 20 percent of adult daily smokers 18 years and older who had quit in the past two years resumed smoking within the next two years. The CDC says quitting smoking may require several attempts before quitters can successfully put smoking behind them.

Factors such as withdrawal symptoms, stress and weight gain compel many people to light up after quitting.

Some people may feel that e-cigarettes can help them gradually kick their tobacco habit. And thanks to the variety of flavors and styles of vapor-based nicotine delivery systems, it seems more people are vaping because they believe it to be less dangerous than traditional smoking.

But the Center for Tobacco Control Research and Education at the University of California indicates smokers who vape are 28 percent less likely to ditch traditional cigarettes despite believing they are cessation aids. And they still may be putting their health in grave risk.

The American Lung Association says there are hundreds of brands of e-cigarettes on the market and none of them have

been evaluated by the FDA for safety.

Because vaping is largely in its infancy, there are no long-term studies of its health implications or its efficacy in regard to helping smokers quit. However, much of the available evidence suggests that vaping may only be marginally better than using tobacco cigarettes.

Analysis from the Society for Research on Nicotine and Tobacco suggests that people who vape every day may double their risk of having a heart attack than those who do not vape or smoke (compared to triple the risk with smoking tobacco).

Also, according to the Bloomberg School of Public Health, researchers found that the aerosol particles that vapers breathe contain some of the same toxic metals and metallic elements found in conventional cigarettes, including cadmium and nickel. Potentially unsafe levels of several other dangerous substances, such as arsenic, chromium and manganese, were also found. Another cause for concern is the propensity to abuse e-cigarettes, taking much more than is recommended.

Vapers may be consuming very high levels of nicotine per day without realizing how much they are inhaling. A 2014 study showed wide-ranging nicotine levels and inconsistencies between listed and actual nicotine levels, according to the ALA. E-cigarettes are a controversial subject. More research is required to determine their health risks and their potential to help people quit smoking altogether.