



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



McIntosh Tractor Day coming August 29th

McIntosh will hold its annual Tractor Day on Saturday, August 29th.

The day will begin with the Antique Tractor Parade down Main Street starting at 11:00 am.

Tractor line-up begins at 9:00 am at Erickson Park on the east side of McIntosh.

After the parade there will be the Kiddie Tractor Pull in front of the Fire Department. The event is sponsored each

year by the Polar Beach Snowmobile Club and will feature different class pulling groups based on the age of the child.

The Tractor Pull will take place on the old football field around 1:00 pm. Pullers must be registered and pay their fees to participate.

There will also be food vendors on Main Street featuring hot dogs, hamburgers, candy, popcorn, pop, water and much more.

Make plans to attend the Annual Tractor Day in McIntosh on Saturday, August 29th starting at 11:00 am.

Make sure to check the next edition of the McIntosh Times for more updates and events happening around town that day.

For more information on the parade or pull please contact Roy Ostenaa at 218-280-1572 or Steve Urness at 218-280-0399.

Little Bobby's Bar & Grill will host music festival this weekend

This Friday, August 21st and Saturday, August 22nd Little Bobby's Bar and Grill in McIntosh will host a weekend full of fun events for all to enjoy.

Starting at noon on Friday there will be a hog roast.

There will be music starting at 8:00 pm featuring the Locker Room Band on Friday night.

Local favorite The Bad Campers will take the stage on Friday night at 10:00 pm.

Saturday there will be a car show featuring The Crookston Cruisers on the east side of the building with a "Ride the Wind" bike show on the west side of the building.

There will be a bake sale, and meat raffle.

At 2:15 pm there will be a



corn hole tourney with registration starting at 1:00 pm.

There will also be a youth event on Saturday at 2:00 pm. Bring a guitar and play and sing with Little Bobby, who will talk about music and guitar theory. There will also be a giveaway of a guitar and amp for one youth at the end of the event.

The music on Saturday will start with Jukebox Junkies at

2:00 pm, followed by Ten Sallies from 4:00 pm to 6:00 pm and at 7:00 pm Jim Stairs will perform.

Little Bobby and the Funk will begin at 9:00 pm and at 11:30 pm there will be a Birthday Party jam for Big Bobby's birthday with an open mic.

There will be camping available for free on the old football field starting at noon on Friday.

You can take a stroll down Main Street on Friday and Saturday to shop in the many shops that McIntosh has to offer.

Little Bobby's is located at 295 Cleveland Ave in McIntosh. If you have questions about the event or about camping, please call 218-563-3008.

2020 Census operational adjustments due to COVID-19

While Minnesota is well over the National Average of Census Response, at 72.7% while the National response is 63.6., Polk County is below the State average at 68.6%, McIntosh is at 62.7% and Winger is at 45.8%.

By: U.S. Census Bureau Director Steven Dillingham

The U.S. Census Bureau continues to evaluate its operational plans to collect and process 2020 Census data. Today, we are announcing updates to our plan that will include enumerator awards and the hiring of more employees to accelerate the completion of data collection and apportionment counts by our statutory deadline of December 31, 2020, as required by law and directed by the Secretary of Commerce. The Census Bureau's new plan reflects our continued commitment to conduct a complete count, provide accurate apportionment data, and protect the health and safety of the public and our workforce.

Complete Count: A robust field data collection operation will ensure we receive responses from households that have not yet self-responded to the 2020 Census.

We will improve the speed of our count without sacrificing completeness. As part of our revised plan, we will conduct additional training sessions and provide awards to enumerators in recognition of those who maximize hours worked. We will also keep phone and tablet computer devices for enumeration in use for the maximum time possible.

We will end field data collection by September 30, 2020. Self-response options will also close on that date to permit the commencement of data processing. Under this plan, the Census Bureau intends to meet a similar level of household responses as collected in prior censuses, including outreach

to hard-to-count communities.

Accurate Data and Efficient Processing: Once we have the data from self-response and field data collection in our secure systems, we plan to review it for completeness and accuracy, streamline its processing, and prioritize apportionment counts to meet the statutory deadline. In addition, we plan to increase our staff to ensure operations are running at full capacity.

Flexible Design: Our operation remains adaptable and additional resources will help speed our work. The Census Bureau will continue to analyze data and key metrics from its field work to ensure that our operations are agile and on target for meeting our statutory delivery dates. Of course, we recognize that events can still occur that no one can control, such as additional complications from severe weather or other natural disasters.

Health and Safety: We will continue to prioritize the health and safety of our workforce and the public. Our staff will continue to follow Federal, state, and local guidance, including providing appropriate safety trainings and personal protective equipment to field staff.

The Census Bureau continues its work on meeting the requirements of Executive Order 13880 issued July 11, 2019 and the Presidential Memorandum issued July 21, 2020. A team of experts are examining methodologies and options to be employed for this purpose. The collection and use of pertinent administrative data continues.

We are committed to a complete and accurate 2020 Census. To date, 93 million households, nearly 63 percent of all households in the Nation, have responded to the 2020 Census. Building on our successful and

Census... Continued on page 2 ...

Win-E-Mac approves reopening plan for 2020 - 2021 school year

On Thursday August 13th, the School Board approved a Reopening plan for students in Pre-K through 6th grade to attend school full in-person every day, and students in 7th through 12th grade will follow a hybrid model.

The school year will begin on Tuesday, September 8th. School information will be sent to student's home addresses, as in year's past. This includes classroom teacher information and bussing information.

This means the high school students will be in class two days a week with learning at home three days a week under the supervision of the teacher for each class.



If students need more time in class, arrangements will be made through the Principal.

With the guidance of Polk County Public Health and MDH, the case numbers in the county will be monitored weekly and will be communicated to the school if we need to change our Learning Model.

If we were to go to a Hybrid Model in the Elementary, we have included a color-coded calendar.

Physical Spaces

During in-person learning, classes will be set up to give as much distance between students as possible.

During hybrid learning, social distancing guidelines will be followed.

The structure of the school day will keep classes within the same groups as much as possible.

Travel throughout the building will be limited.

- Specialists (e.g. art and music) will go to elementary classrooms.
- Elementary lunch will be in their classrooms or other settings.
- Lunch will be delivered to each high school classroom.

Masks & Face Shields

- Masks will be required upon entering the school bus, the school building, and in the hallways.
- Masks or face shields will be required while seated in the classroom.
- All students can wear a face shield while at their desks;

masks will be required when moving around the building.

- Face shields provided by the school district will be stored at school.
- Students will not need to wear a mask while participating in school activities outside, as long as they follow distancing guidelines.
- The school will work diligently to provide breaks from the masks throughout the day

The district will give each student one face shield, one cloth mask (Families are responsible to wash cloth masks daily), and a limited number of disposable masks. (Mask and face shield requirements are ever-changing based on new information from MDH.)

Cleaning & Sanitizing

The custodial staff will be using a sanitizing fogger to disinfect every classroom each day. Cleaning materials will be available in each classroom for sanitizing during the day when needed.

Twice a week, the classrooms will be wiped down thoroughly with a disinfectant by custodial staff.

Common areas and surfaces will be cleaned and disinfected several times throughout the day.

Access for visitors

Non-school staff and students will not be allowed in the building.

When dropping off your student(s), you may bring them to the main doors by the office (door 1), but you will not be able to enter the building. When

picking up your student(s) during the school day, please call the school when you arrive. They will come out to you. You will not be able to enter the building.

For after-school pick-up, arrange to meet your student outside the building.

Getting to & from school

Temperature scanners will be placed on each bus. If the child's temperature is 100° or above, the child will not be allowed on the bus or to attend school.

A family plan for supervision needs to be in place in case a student is not allowed to board the bus.

Children getting dropped off by parents will enter through door number 1 (the doors by the office). No parents will be allowed in that door. Children will have their temperatures checked going through this door.

Parent responsibilities

- Monitor your students' health, as they will not be allowed in school or on the bus if they are running a temperature of 100° or above.
- Have plans in place for all models of learning.
- Provide and allow a quiet learning environment during virtual learning.
- Monitor the completion of the daily assignments.
- Ensure students are available for school from 8:25 am to 2:52 pm.

School..
Continued on page 4 ...



Father John with Bishop Hoepfner from Crookston with the newly dedicated statue of Mary at St. Mary's Church in Fosston.

St. Mary's Church dedicates new statue of Mary

St. Mary's parish of Fosston chose Sat., August 15, to dedicate the new hand-carved marble statue of Blessed Mother Mary that was set into place in front of St. Mary's Church because on August 15 the Catholic Church throughout the world celebrates the Solemnity of the Assumption of the Blessed Virgin Mary.

This feast day reminds us that the Immaculate Mother of God was assumed body and soul into heaven, our final des-

tinuation.

St. Mary's Church from its beginnings when it was named "Our Lady of Perpetual Help" has claimed our Blessed Mother Mary as her patroness. Blessed Mother Mary is also the patroness of the United States and the Americas.

Catholics do not worship Mary but ask her to intercede since she is the one who likely finds most favor with Jesus. She may be called upon to pray that our parish, our nation and

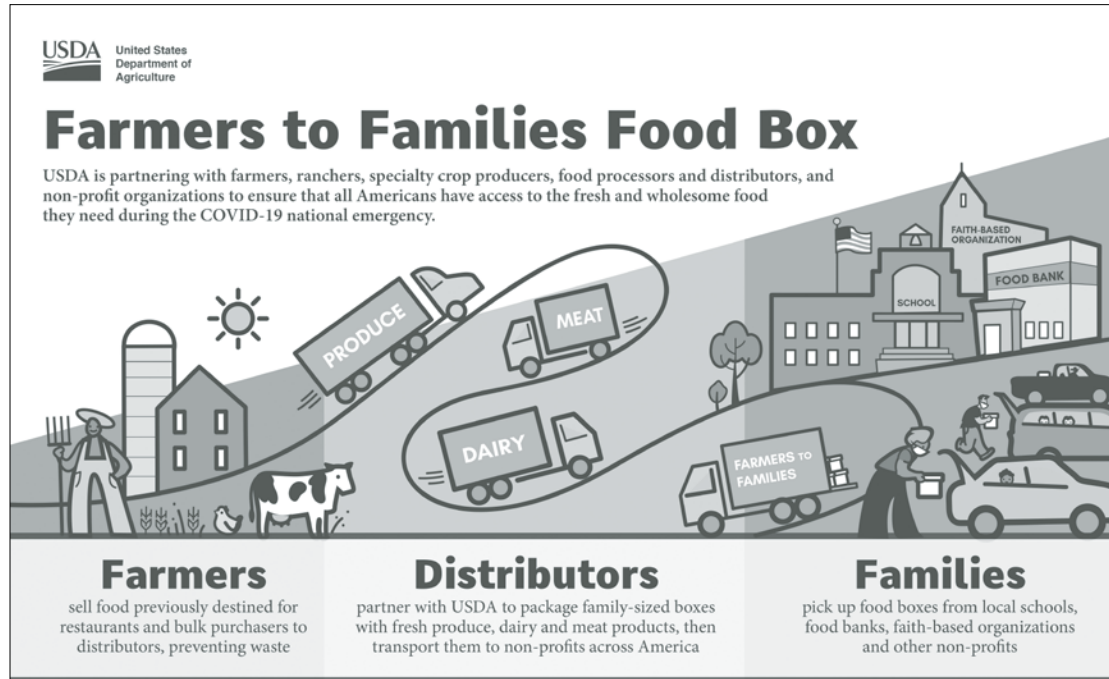
our world be delivered from all that is evil.

Parishioners from McIntosh, Lengby and Fosston gathered at 5pm to pray the rosary outside in view of the statue of Blessed Mother Mary. Bishop Michael Hoepfner of the Diocese of Crookston then blessed the statue of Blessed Mother Mary before heading inside to celebrate the Mass with local Pastor Fr. John. Fr. John thanked the donors, councils and the committee who made

this project possible under his leadership.

The local council of Catholic United Financial provided the beautiful potted plants on each side of the statue. Shane's Landscaping of Erskine-East Grand Forks did the landscaping.

The community is welcome to visit our Blessed Mother Mary statue. She is especially beautiful after dark when the lights come on.



USDA United States Department of Agriculture

Farmers to Families Food Box

USDA is partnering with farmers, ranchers, specialty crop producers, food processors and distributors, and non-profit organizations to ensure that all Americans have access to the fresh and wholesome food they need during the COVID-19 national emergency.

Farmers	Distributors	Families
sell food previously destined for restaurants and bulk purchasers to distributors, preventing waste	partner with USDA to package family-sized boxes with fresh produce, dairy and meat products, then transport them to non-profits across America	pick up food boxes from local schools, food banks, faith-based organizations and other non-profits

Farmers to Families food assistance

The next food box distribution event in the USDA Covid Food Assistance Program (CFAP) – Farmers to Families Food Assistance Program will take place on Monday, August 24th beginning at 9:00 AM at the Win-E-Mac School bus parking lot.

Grace Community Food Shelf in cooperation with the North Country Food Bank, Win-E-Mac School and the Polk County Sheriff's Mounted Posse will conduct the CFAP food box distribution in the bus parking lot of the Win-E-Mac School. Enter on the school's main road (345th Street SE), follow the road down to 233rd Ave. SE (down and around the East side of the football field) and around to the access road to the Bus Garage and the distribution site. DO NOT drive into the school's parking lot. Distribution will begin at 9:00 AM and go until supplies run

out. Please form a single line as designated by the traffic cones and directed by the Sheriff's Posse members.

We will have 60 sets of boxes for distribution on a first come first served basis. We will count out 60 cars to receive the 60 sets of boxes (one set per car).

The food assistance distribution may consist of pre-packaged 10-pound box of protein (meat), 10-pound box of dairy (different cheeses), and 30-pound box of produce. There are no income requirements or other restrictions. There will be no registration or paperwork to complete. You will enter on the school's main road, drive down and around to the Bus Garage, open your trunk, and follow the cones to the distribution area. Pull up to the distribution canopy and our volunteers will place the food boxes in your vehicle. If

you need food assistance, for whatever reason, please take advantage of this program!

The regular Grace Community Food Shelf day left for this month is on Thursday, August 20th from 10:00 AM to 2:00 PM at the Food Shelf. Regular USDA eligibility and income guidelines applies to the Food Shelf assistance program.

You can take advantage of both the Farmers to Families Food Assistance and the Food Shelf Food Assistance programs if eligible. If you have been unemployed by the Covid-19 pandemic you may qualify for the Food Shelf program.

For more information please go to the Grace Community Food Shelf page on Facebook, or call 218-687-2250 and hear details of the program and/or leave a number for a callback. You can also send your questions to foodshelf@grace-churcherskine.org.

Why are food allergies on the rise?

According to Food Allergy Research and Education, a group that works on behalf of the millions of people who have food allergies, a food allergy is a medical condition in which exposure to a food triggers a harmful immune system response.

Allergies can range from mild reactions to death. Life-threatening reactions can be initiated even by small traces of the trigger foods.

In August 2018, a six-year-old girl in western Australia died as a result of a dairy allergy. In 2016, Natasha Ednan-Laperouse collapsed on a flight from London to Nice after eating a baguette in which sesame seeds were not listed on the food label.

Data from the U.S. Centers for Disease Control and Prevention indicates that the prevalence of food allergies in children increased by 50 percent between 1997 and 2011, and it continues to rise. The CDC estimates that one in 13 children in the United States now has a food allergy. Food

allergies also affect roughly 7 percent of children in the United Kingdom and 9 percent of children in Australia.

While no one can answer why food allergy rates are increasing, researchers have been working hard to figure that out.

A number of agencies, including the U.S. Food and Drug Administration, are looking into the "hygiene hypothesis." This is a link to western society's obsession with preventing and fighting germs.

Researchers surmise that a lack of exposure to infectious agents early in childhood could create a situation in which a child's immune system mistakes a food protein as an invading germ, launching an attack.

According to Dr. Leigh Vinocour of the American College of Emergency Physicians, being too clean may be leading to a rise in allergic reactions.

Another theory is that the overuse of antibiotics and acid-reducing medications could change the microbiome of the

stomach and digestive system, potentially resulting in health-related problems like allergies.

Some other health experts say that failure to introduce common food allergens to children early in life could set them up for a lifetime of food allergies later. Dr. Adam Fox, a consultant pediatric allergist at Guy's and St. Thomas' hospitals in Great Britain, suggests that if parents introduce something into a young child's diet, then the child is less likely to become allergic to it.

Many other doctors believe food allergies are still a mystery. Dr. R. Sharon Chinthrajah of the Sean N. Parker Center for Allergy and Asthma Research at Stanford University believes the cause of allergies will ultimately come down to a combination of many factors.

Environmental exposure and even what mothers eat during pregnancy could have implications. Until more is learned, people must remain careful of the foods they eat and serve.

Census... Continued from front...

innovative internet response option, the dedicated women and men of the Census Bureau, including our temporary workforce deploying in communities across the country in upcoming weeks, will work diligently to achieve an accurate count.

We appreciate the support of our hundreds of thousands of community-based, business, state, local and tribal partners contributing to these efforts across our Nation. The 2020 Census belongs to us all. If you know someone who has not yet responded, please encourage them to do so today online at 2020census.gov, over the phone, or by mail.

Responding to the Census

The 2020 Census asks a few simple questions about you and everyone who was living with you on April 1, 2020.

Please note that if you are responding online, you must complete the census in one sitting, as you don't have the ability to save your progress. You can see the questions the census asked.

Even if you did not receive an invitation to respond from the Census Bureau, you may respond online or visit our Contact Us page to call our phone line.

The Census Bureau began mailing paper questionnaires in mid-April to homes that had not yet responded. If you have not already responded, please complete and mail back your form as soon as you receive it. And if you prefer, you still have the option of responding online or by phone instead.

Who Should Respond

The 2020 Census counts everyone living in the United States and its five territories (Puerto Rico, American Samoa, the Commonwealth of the Northern Mariana Islands, Guam, and the U.S. Virgin Islands).

One person should respond for each home. That person must be at least 15 years old. They should live in the home or place of residence themselves and know general information about each person living there.

Who Should

Be Counted and Where?

You should be counted where you were living and sleeping most of the time as of April 1, 2020. If you are responding for your home, count everyone who was living and sleeping there most of the time as of April 1, 2020. This includes young children, foster children, roommates, and any family members or friends who are living with you, even temporarily.

Please note that if someone was staying with you temporarily on April 1 due to the COVID-19 situation, they should be counted where they usually live. This includes college students, who should still be counted at school, even if they are home early because of the COVID-19 situation. If they live in student housing, the college will count them. If they live off campus, they should complete the census for their off-campus address and include any roommates or other people living there.

If someone is staying with you on April 1 who doesn't have a usual home elsewhere, please include them in your response. People in some living situations—including students, service members, and people in health care facilities—may have questions about how to respond or where they should count themselves. You may also have questions if you recently moved, have multiple residences, or have no permanent address.

Importance of the Data
The 2020 Census will determine congressional representation, inform hundreds of billions in federal funding every year, and provide data that will impact communities for the next decade.

The results of this once-a-decade count determine the number of seats each state has in the House of Representatives. They are also used to draw congressional and state legislative districts.

Over the next decade, lawmakers, business owners, and many others will use 2020 Census data to make critical decisions.

The results will show where communities need new schools, new clinics, new roads, and more services for families, older adults, and children.

The results will also inform how hundreds of billions of dollars in federal funding are allocated to more than 100 programs, including Medicaid, Head Start, block grants for community mental health services, and the Supplemental Nutrition Assistance Program, also known as SNAP.

Redistricting
The U.S. Constitution mandates that the country count its population once every 10 years. The results are used to adjust or redraw electoral districts, based on where populations have increased or decreased.

State legislatures or independent bipartisan commissions are responsible for redrawing congressional districts. The U.S. Census Bureau provides states with population counts for this purpose.

Federal Funding
The results of the 2020 Census will inform decisions about allocating hundreds of billions of dollars in federal funding to communities across the country—for hospitals, fire departments, school lunch programs,

and other critical programs and services.

Business Decisions

The 2020 Census will be valuable to businesses, as the results will provide a rich set of data on the communities they serve, including population trends and growth projections.

Business owners rely on census results to make decisions.

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

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The County Line

By Warren Strandell

Polk County Commissioner, Dist. 2

Without getting into the politics, here are few numbers from the Primary Election that might be of interest. The numbers are those that the media generally doesn't report (probably because they aren't of a lot of interest to most):

- Polk County, with a population estimate of 31,364 (as of July 1, 2019), has 16,702 registered voters. Of that number, 28 registered on Election Day.
- 4,774 persons voted in the Primary. This represented 28.58% of the registered voters.
- Republicans cast 2,067 ballots, or 43.3% of the total.
- Democrats cast 2,174 ballots, or 45.5% of the total.
- Nonpartisan voters cast 9.95% of the total while the Legalize Marijuana issue drew 38 voters, or .8% of the total.
- In Minnesota District 7**
Of contests with races of significance in Minnesota's massive District 7 are these (totals are from Polk County only):
 - Michelle Fischbach received 1,035 votes of the Republican votes to be the U.S. Representative candidate,

- or 50.56% of the total. Dave Hughes received 620 votes, 30.29%, and Noel Collis got 336 votes, or 16.41%.
- Congressman Collin Peterson received 81.69% of the Democrat votes, while challengers Alycia Gruenhagen received 11.07% and Stephen Emery received 7.24%.
- For U.S. Senator on the Republican ballot, Jason Lewis received 1,298 votes or 14.29% of the total, while John Berman received 281 votes, or 14.29%, and Cynthia Gail received 205 votes, 10.43%.
- Democratic voters gave Senator Tina Smith 1,672 votes, or 82% of the vote total in her effort to win a full term in U.S. Senate. Her main challenger was Steve Carlson who received 188 votes or 9.22% of the total.
- No Polk County races**
There were no Primary Election contests in Polk County. Primary elections are held when there are more than two candidates for an office. Primary Elections are held to narrow the field to two candidates for the General Election.

Polk County voters will determine three of the commissioners in General Election voting on Nov. 3.

Polk County has 63 of its 82 precincts that vote by Mail Ballot. Largely because of restrictions imposed because of the NOVID-19 pandemic, this number increased by six from the total prior to the Presidential Primary that was held in March.

It is likely that additional precincts could opt for mail balloting before the General Election in November.

Thoughts for the day:
Socialism is a philosophy of failure, the creed of ignorance and the gospel of envy. Its virtue is the equal sharing of misery. — Winston Churchill

You should always be better than you are— John Mayasich (hockey player)

Disclaimer: Thoughts expressed in this column are those of the author and are not necessarily a reflection of the opinions of the other members of the Polk County Board of Commissioners.

Grants available for value-added ag processing, COVID-29, cities civil unrest recovery added as priority funding areas

The Minnesota Department of Agriculture (MDA) is now accepting applications for the Agricultural Growth, Research, and Innovation (AGRI) Value-Added Grant Program. The MDA anticipates awarding approximately \$1 million to for-profit businesses, agricultural cooperatives, and local governments for equipment purchases that help increase sales of Minnesota agricultural products – including efforts to respond to the COVID-19 pandemic and civil unrest in the Twin Cities following the murder of George Floyd.

Investments in equipment that boost production capacity, market diversification, and market access for value-added

products will be considered with an emphasis in four priority areas:

Creating additional meat/poultry processing capacity.

Increasing food safety to improve marketability.

Responding to changing market conditions as a result of COVID-19 (e.g. increasing capacity for household-sized packaging rather than wholesale packaging).

Responding to civil unrest, primarily in the Twin Cities (e.g. rebuilding facilities damaged or destroyed, increasing processing capacity in affected areas).

Grant funds reimburse up to 25 percent of the total project cost.

The maximum equipment award is \$150,000, and the minimum award is \$1,000. Grant details, including eligibility, are explained in the request for proposals.

Applications must be received no later than October 29, 2020 in order to be considered for funding. Decisions are expected in mid-December.

We prefer that applicants submit proposals through our online application system. Full grant details are available at the AGRI Value-Added Grant website.

Funding for the grants was established through the AGRI Program to advance Minnesota's agricultural and renewable energy industries.

Signs your gutters are in need of repair

Fall is a great time to tackle projects around the house.

The weather each fall allows homeowners to make improvements to their homes' exteriors without worrying about extreme heat or cold, while interior projects like painting are made easier because homeowners can open the windows to allow for proper ventilation.

Fall also marks a great time to prepare for upcoming projects that can make winter work that much easier.

For example, fall is a great time to take stock of your gutters so you can address any issues before leaves begin to fall or the first snowstorm touches down.

Compromised gutters can contribute to water issues in basements and adversely affect a home's foundation if not addressed immediately, so it behooves homeowners to learn the signs that gutters are in need of repair or replacement.

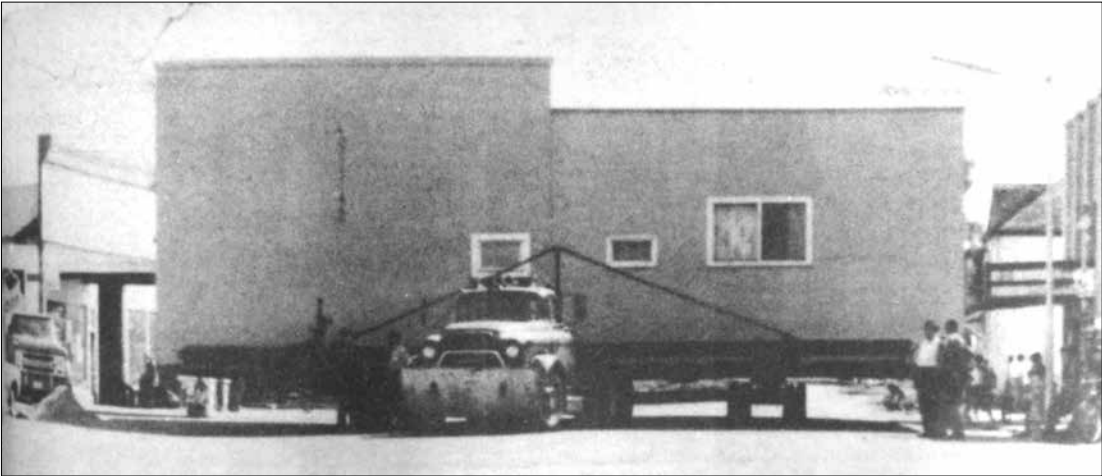
- **Gutters hanging off the home:** Gutters were once installed predominantly with spikes. However, many indus-

try professionals now install gutters with hanger brackets. Why the change? Spikes loosen over time, leading to the gutters hanging off the home. That can contribute to serious issues if left untreated. Gutters hanging off the home need not necessarily be replaced, but rather secured to the home, ideally with hanger brackets instead of spikes. Brackets hook into the front of the gutter and are then screwed into the fascia of a home. A professional who specializes in gutter repair can perform this task relatively quickly, and it's an inexpensive yet highly effective solution.- **Gutter separation:** Gutters that are no longer fastened together can leak and contribute to issues that affect the home's foundation, siding and appearance. Clogs and the accumulation of debris can cause gutters to separate because they are not designed to hold too much weight. Replacement of separated gutters may or may not be necessary depending on how big the problem is and the condition of the exist-

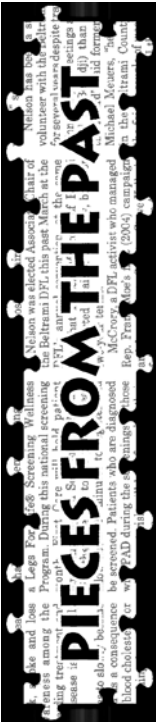
ing gutters. If replacement is not necessary, separated gutters may be remedied by securing the joints, another relatively simple and inexpensive fix.

- **Peeling exterior paint:** Paint that appears to be peeling off of your home may indicate that water is seeping over the edge of the gutter closest to your home. When that happens, water is coming down the side of the house, causing the paint to peel. In such instances, replacing the gutters is often necessary.
- **Basement flooding:** Not all signs of deteriorating gutters are outside a home. Many a homeowner has been flummoxed by flooding in their basements, and such flooding can be caused by aging, ineffective gutters. That's because deteriorating gutters sometimes allow water to leak near the foundation of a home, contributing to basement flooding.

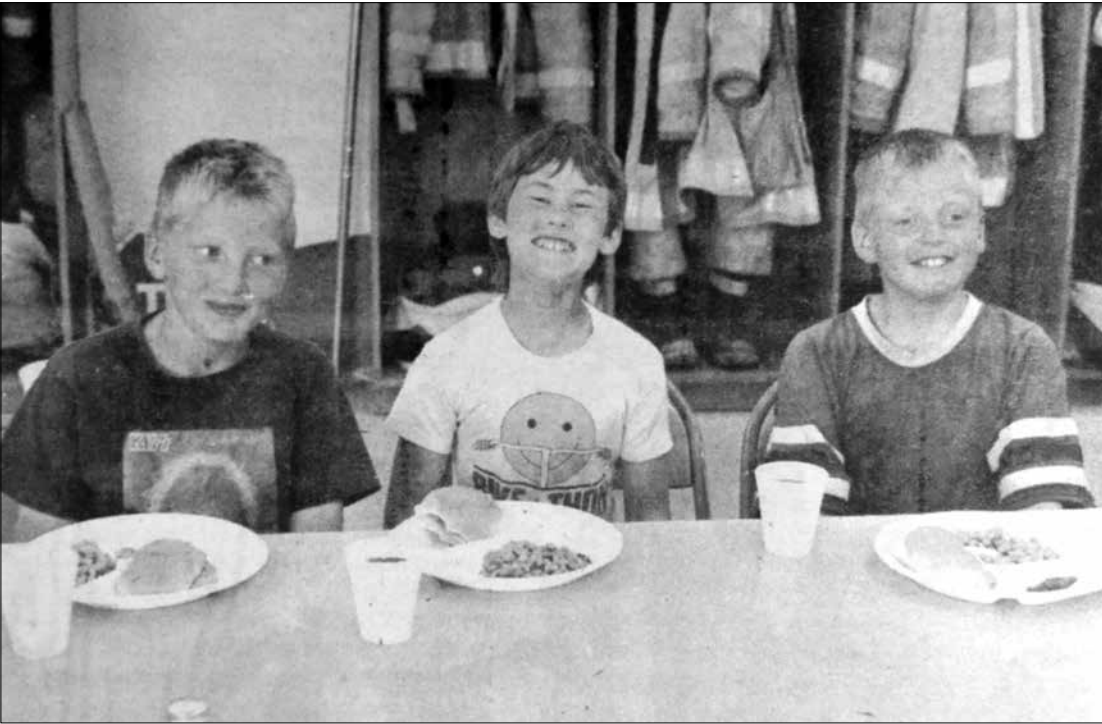
Fall is an ideal time to inspect gutters and have any issues fixed before leaves begin to fall or harsh winter weather arrives.



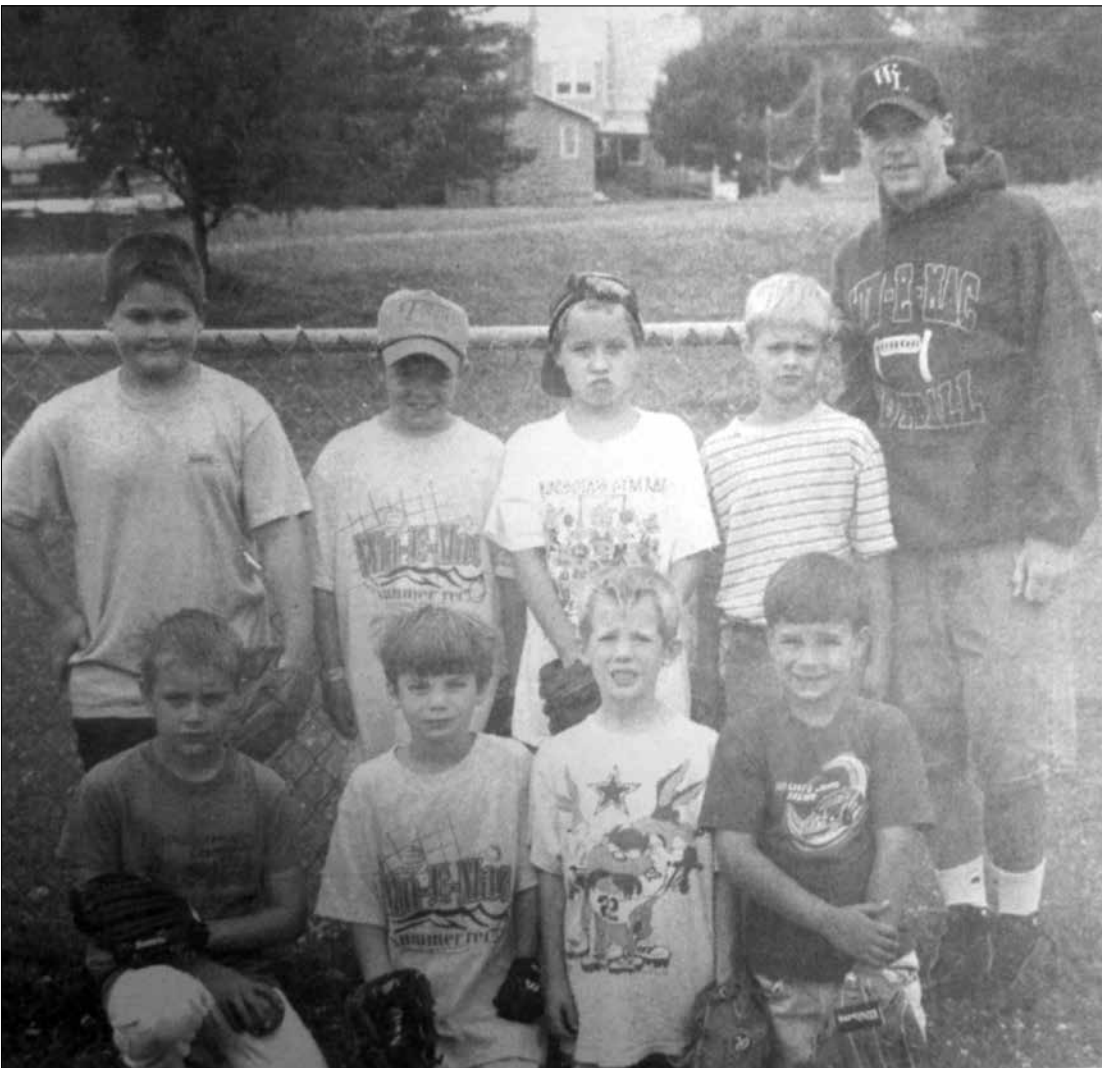
50 years ago...1970: The VFW Club building in McIntosh was moved out from its location to make room for the enlarged Highway 2. The building was moved to the north edge of town where it will be converted into classrooms for the Outreach Bible School. The move was made, although requiring to turn many corners, without a hitch.



40 years ago...1980: Dick Holen, President of the McIntosh Men's Action Club is presenting a check of \$159 to the Centennial '83 Steering Committee co-chairman, Harley Shurson and Clifton Olson. The money was derived from the Hole-in-One-Closest-to-the-Pin Gold Contest sponsored by the Mac MAC's on March-to-Mac Day in August, which the men are planning as an annual event. The Mac MAC's have about fifteen members, whose desire is to boost community functions and projects.



30 years ago...1990: Three young boys who were enjoying their pork sandwiches very much at the "Crazy Day" pork feed sponsored by the MAC's and served by the McIntosh Lions are Shawn Hedlund, Billy Fritz, and Wade Hedlund.



20 years ago...2000: The Win-E-Mac Summer Recreation program is underway with softball practices, games, swimming and other scheduled events. The Mites Softball team is honing their throwing and hitting skills under the direction of Coach Kevin Branstner. The group includes: (back, l-r) Brandon Haugen, Dylan Wang, Riley Nornes, Gavin Ross and Coach Branstner. (front) Hayden Gustafson, Zack Boehrnsen, Derek Brinkman and Kyle Peterson. Several team members weren't present for photo.



10 years ago...2010: Jeremy Kasprzak and Hunter Smeby took time out from discussing the merits of different brands of tractors to pose for this picture on July 10th at the Antique Tractor Cruise in McIntosh.

School... Continued from page 1...

- Communicate with teachers when you or your student need help.
- Contact the school if you do not have internet access at home.
- Update parent contact information with the school. The school needs families to update their contact and emergency contact information. We will need:
 - Parent/Guardian home and cell phone numbers.
 - Numbers for emergency contacts.
- This includes someone available for supervision of students who need to be sent home.
- Student cell phone numbers (if available).
- Fill out the form if you choose to learn virtually instead of the current school model by August 19, 2020.
- Student responsibilities**
 - Interact with your teacher/lessons daily; reach out to teachers for help.
 - **High school:** Be available from 8:25 am to 2:52 pm, Monday through Friday.
 - Do not schedule work during the school day.

The benefits of a new approach to learning for students

The validity of the adage "necessity is the mother of invention" was on full display during the COVID-19 outbreak. People quickly had to learn to adapt to a new way of life, including an educational system that was transformed dramatically by social distancing guidelines. More than 76 million students are enrolled in United States schools, per the latest Census Bureau information. In 2018, 2.12 million students were in Canadian postsecondary institutions alone. In a matter of days, millions of students who once attended classes in-person were forced to transition to virtual learning instruction. The process showed just how flexible learning systems can be, and how virtual instruction may become more than an emergency protocol in the future. Schools utilized systems like Google Classroom, Canvas and virtual meeting apps to connect and learn. While in-class lessons pro-

- **Elementary school:** When possible, be available from 8:25 am to 2:52 pm, Monday through Friday.
- Complete and return assignments.
- Take care of and charge your devices to be ready for the day's instruction.
- Students will need a backpack to carry their materials; lockers will only be used for coats. Students will not be accessing their lockers during the school day.
- Make sure that you wear your masks/shields.
- Make sure to follow social distancing guidelines.
- Technology & Platforms** PreK-2 will be using See-Saw and Zoom; Grades 3-12 will be using Google Classroom and Zoom; Usernames and passwords to additional educational websites or apps will be provided for each student; OWLs will be available to teachers to engage virtual learners with classroom instruction and activities.
- Depending upon the state's recommendation and our area numbers, we will work closely with Polk County Public Health to decide when we will transition between the three

vide the socialization and one-on-one interaction that can be vital for students' academic success, there are many different reasons why virtual instruction can be a key component of learning models as well. When virtual learning is used in conjunction with traditional teaching, students may have a more well-rounded experience. Here are some potential benefits that may unfold as more data is collected.

- **Pace:** Virtual learning affords students the chance to work on lessons at a pace that fits their individual needs. Students can go back and re-read or re-work problems until they're satisfied they have learned their lesson. Lessons can be slowed down or sped up depending on proficiency, creating a customized educational experience.
- **No more weather days.** Many school districts include snow or extreme weather days into their calendars, adding on extra days at the end of school year to meet the specified num-

ber of educational days. Remote learning can take over in these times and keep school districts from having to pad calendars.

- **Convenience:** The American Academy of Pediatrics recommends that middle and high schools start at 8:30 a.m. or later to provide students the best chance to get the amount of sleep they need.
- Still, most adolescents currently start school before 8:30 a.m. Remote learning enables students to complete their assignments when it works best for them. This may help them get more sleep, too.
- **Apps:** Learning apps are a new wave of educational tools that have helped buoy virtual instruction.
- Primary school students or those with individual education plans may benefit the most from reinforced app skills that match their learning pace in fun ways.
- Virtual home instruction may become a large part of the educational landscape even after it's no longer a social distancing necessity.

following models: in-person, hybrid and virtual. If the decision is made to change models, parents will be notified as soon as possible via SchoolMessenger. No matter the scenario, students are expected to be present during the entire school day. We want parents to begin making plans with your family as to how this will work for student learning at home if conditions worsen. The Win-E-Mac School District will not be testing students for COVID-19. The responsibility of testing will be left up to the child's parents.

- **Guiding Principles:** The number one goal in the Win-E-Mac reopening plan is to provide a safe environment for staff and students while still providing an equitable education for all students.
- We will take the necessary steps and precautions as guided by the Minnesota Department of Health and Polk County Public Health in making our school safe.
- Under their guidance, Win-E-Mac has hired Cassie Senn to be our COVID-19 Coordinator. She will be the contact for COVID-19 related health issues and questions.



Missionaries in the McIntosh area are taking pictures of headstones in local cemeteries to upload to a database for genealogy work.



Linking past and present, one photo at a time

Cemeteries hold a wealth of history. Each headstone is a slice of someone's past, a timeline connecting them to the present. Someone just needs to connect the dots. Thanks to the efforts of missionaries from The Church of Jesus Christ of Latter Day Saints, those links are being made. Because COVID-19 has curtailed the traditional work of sharing the message of Jesus Christ for many missionaries, including those serving in the McIntosh area, North Dakota Bismarck Mission President Scott L. Howell, a former sex-

ton and an amateur genealogist, gave the local Elders cameras and sent them to the Olivet Cemetery and the Saint Luke's Cemetery. "I thought," President Howell said, "that it would be helpful for our missionaries, during this time of social distancing, to get out in the fresh air and do something meaningful, like taking photos of headstones in cemeteries for genealogy purposes." Each picture is then uploaded to the BillionGraves website so the information can be accessed electronically by present-day family members

and genealogists seeking information about their ancestors. Elder Cameron Franklin, who participated in the project said, "I love doing BillionGraves projects. "It gives others the opportunity to learn more about their family, the cool things they've done, and ultimately draw closer to them." Anyone who knows of a small or private cemetery in the area that would benefit from the BillionGraves project may contact the local missionaries at (701) 214-1639. Help them continue connecting dots.

Cyber safety is important for every grade

People rely on the internet every day. In recent months, reliance on digital technology was pushed even further as social distancing measures had the world going online for school and work and to maintain relationships with friends and family. A 2018 report from Pew Research Center indicated that nearly 25 percent of young adults in America reported being online almost constantly. Common Sense Media says teens spend an average of nine hours a day online, compared to roughly six hours for those between the ages eight and 12 and 50 minutes for kids younger than eight. Students must exercise caution when spending time online. Connectivity can be empowering, but it also puts students at risk from others and even their own, sometimes irresponsible behaviors. Staying safe online should remain a priority for students who must

spend more time on the internet and using digital education tools. These are some tips for maintaining cyber safety.

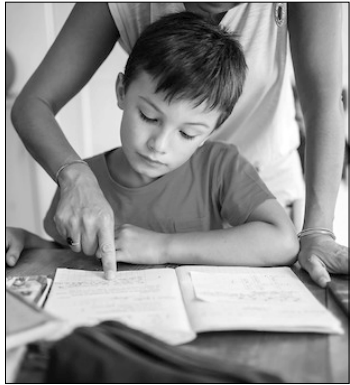
- **Exercise caution** when sharing information like your name, address, phone number, and other personal data online. Check with a trusted parent or teacher before sharing private data.
- **Report any online** activity that makes you feel uncomfortable, scared or confused, whether it is directed at you or a classmate.
- **Think carefully** before you post comments online. Data remains online indefinitely, and your words and actions today can greatly affect your future.
- **Respect others online** by refraining from demeaning or bullying comments.
- **Do not** try to get around firewalls and blocked websites set up by school administrators. These limitations are there for your protection.

- **Stick to school-sanctioned** assignments and internet browsing when using school-issued devices. Administrators may have the right to monitor student activity without students' knowledge and you can easily get yourself in trouble.
- **It is easy** to hide or fake one's identity on the internet, so never take someone you meet or speak with online at face value. Never meet up with someone you do not know or only met online.
- **Talk to your parents** or educators about extortion and ransomware that tries to trick you into providing payment in some shape or form to prevent a perpetrator from releasing private information about you, advises the Readiness and Emergency for Schools Technical Assistance Center.
- Various steps can be taken to promote cyber safety among students, parents and administrators.

3 ways parents can become more involved in their kids' educations

The dawn of a new school year provides a host of opportunities for students and their families. Students begin a new school year with a clean slate, while their parents can look at the start of the school year as an opportunity to take active roles in their children's education. Parents who pursue that opportunity can have a profound impact on their youngsters' academic success. According to an analysis from the National Center for Family and Community Connections with Schools, students perform better in the classroom and enroll in more advanced classes when schools and parents work together. Parents who want to take a more active role in their children's educations can consider these three simple means to doing just that.

- 1. Help children establish academic goals.** The National Education Association notes that the most significant type of parental involvement is what moms and dads do at home. Before a new school year begins, parents can discuss academic goals with their children. Be as specific

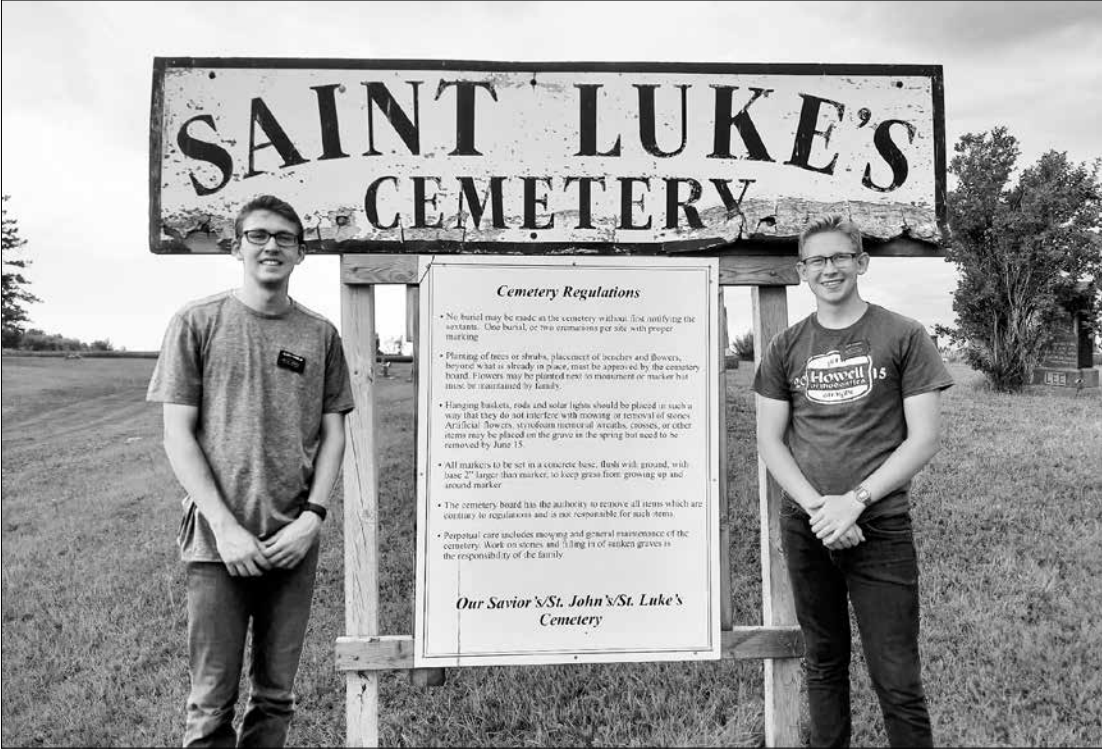


as possible when establishing goals so kids have something definitive to work toward during the school year.

- 2. Foster a strong learning environment.** Numerous studies have highlighted the effects that strong home learning environments can have on students. A 2014 study published in the Journal of Experimental Psychology found that something as simple as playing games with numbers with children can improve young students' ability to understand and work with numbers. Continuing to foster that same environment as students continue their educations is equally beneficial.

Establish quiet hours after school so kids can concentrate on their homework free from distractions. When kids ask for help, offer it promptly. Such a response sends the message to students that school is of the utmost importance.

- 3. Become more involved at school.** Of course, it's not just what parents do at home that can have a profound impact on their children's educations. If possible, take an active role at school as well as at home. Get involved with parent-teacher organizations and/or offer to assist with extracurricular activities. Parents also can attend board of education meetings to learn about the happenings in their children's school district. Such meetings typically provide parents with an opportunity to comment publicly on any issues they feel are important, providing a great channel for parents to communicate directly with decision-makers.
- Parents can take various steps to be more active in their children's educations, which can benefit students in myriad ways.



Jesus Christ of Latter Day Saint's Missionary's outside of McIntosh at St. Luke's Cemetery where they recently photographed headstones for part of a national database.

**Wear a mask
in public spaces.**

**Get tested if you
have any symptoms.**

**Answer if your health
department calls.**

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