



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota

first day of fall

september 22

McIntosh Harvest Festival is this weekend!

The Annual McIntosh Harvest Festival, sponsored by the McIntosh Community Club will take place on Saturday, September 19th in downtown McIntosh.

There will be vendors set up in an outdoor market near the Community Center with many fun and unique items.

Voxland Pumpkins will be available in town during Harvest Day and near Minnesota Rust (on the north side of the building, between the store and the Stordahl building).

There will be kids games starting at noon. A pumpkin ring toss course set up for different age groups.

Get your pumpkin decorating skills brushed up and a jump on all those autumn and Halloween creations you have been thinking of, as there will be a pumpkin decorating contest for kids of all ages. The pumpkin decorating judging groups will be: birth - kindergarten; 1st grade - 6th grade; 7th grade - 12th grade; and adults. Please no vulgar or political pumpkins in the contest as we want it to be enjoyed by all in attendance.

The pumpkins need to be dropped off between 6:00 pm and 7:00 pm on Friday night or from 10:00 am to 11:30 am on Saturday morning. The drop off location this year will be the old B-B Cafe on Main Street in McIntosh (Next to the Red Poppy).

A fun and creative twist on the bake-off this year will be to create a dessert using your choice of garden produce, apples, pumpkins, zucchini, berries, peppers, etc.

Entries for the bake-off contest should be dropped at the Community Center on Saturday from 9:00 am to Noon.

There will be 2 winners of the bake-off and judging for the bake-off will be one for the best overall taste and one for the best use of creativity with your produce choice.

Winners of the bake-off will be announced in the McIntosh Times.

The Oof-Da Taco truck will be in town as well as hot dogs at Neil's Quality Meats & More.

Many of the local shops will have special sales and deals for all the shoppers who are out to enjoy the day.

A new twist on the day will be a light pole decorating competition with local businesses



decorating the light poles on Main Street in a chosen theme.

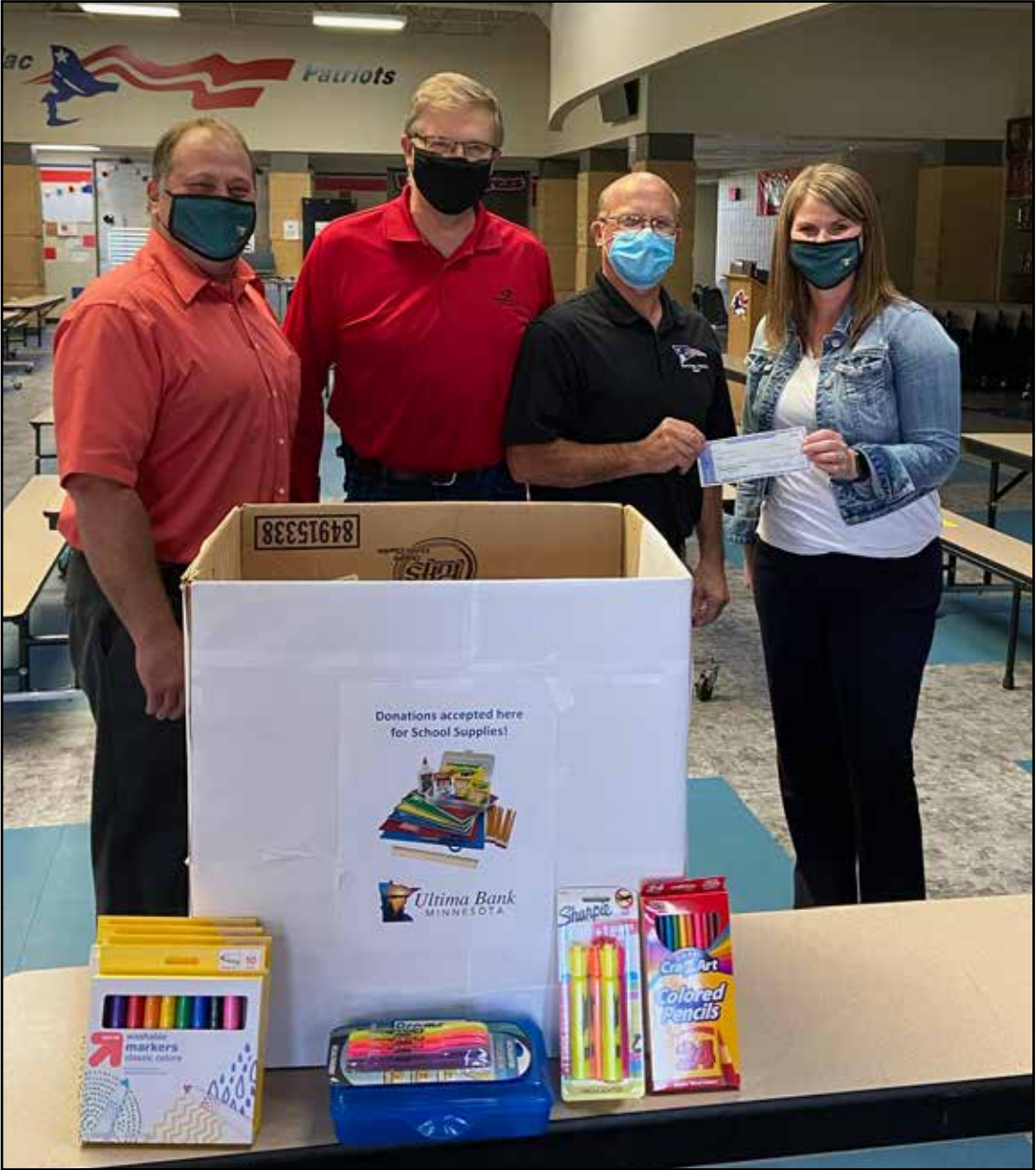
Harvest Festival goers will then have an opportunity to walk Main Street and choose the light pole decorated the way they like it best. A voting box will be set up outside of Minnesota Rust and the winner will be announced in the McIntosh Times with the winner receiving McIntosh Bucks.

Come out and enjoy a fun, fall day with family and friends in McIntosh, this Saturday, September 19th.

See you there!



Logan Kringlen was one of many kids who entered the annual Kiddie Pedal Pull, sponsored by the Polar Beach Snowmobile Club and held each McIntosh Tractor Day. Each year the kids have so much fun trying to see how far they can pedal the tractor.



Ultima Bank Minnesota held a school supply drive this fall for our local students heading back to school. The Winger branch of the bank donated half of the school supplies that were received at Win-E-Mac school. Pictured: (l-r) Ultima Bank Vice President, Ron LeMer; Jim Ferden, Win-E-Mac School Board Chairman; Randy Bruer, Win-E-Mac Superintendent; and Amanda Swanson, Ultima Bank Loan Services.



After a fierce storm blew down many trees in Asphalt Cemetery in Rural McIntosh, 20 volunteers got together to help with the massive clean up that took place on Labor Day. The crew set to work with racks, saws, and even a backhoe to make fast work of a big job, down to raking up the entire cemetery area. The picture above shows Connie Strom, Vicki Strom, Dave Lende and Joel Strom in the backhoe. The 20 volunteers worked together to load the branches and leaves into the backhoe bucket as pictured below with Dave and Jodi Lende, Mark Johnson with his friend, Krissy, Terry and Heidi Strom, Wayne and Vicki Strom, Joel & Connie Strom, Sharon and Tony Hedlund, Don and Carol Fox, Orville Brinkman, Dale Munter, Kay Roth, Mark Strom, Byer Strom and Mike Johnson all turning out to help with the keeping of the cemetery where their family and loved ones are laid to rest.



The resident's of McIntosh Senior Living have been enjoying the nice weather with some great entertainment from outdoor concerts at the facility. The residents have been practicing their social distancing while still getting to have some fun events. (See page 2 for more details.)



Pictured above and below: McIntosh Senior Living has had some outdoor concerts lately that allow for social distancing and still give residents some entertainment. Rachel and Bridget Roggenbuck (above) recently played for the residents and were accompanied by MSL's very own Ian Tugume (below) on the drums. Ian went through MSL's nursing assistant training program at the MSL Training Center. He is currently a great member of the facility's team, working as a certified nursing assistant. Ian commented after the performance: "It was beautiful sharing such moments with our loved ones ..."



NW MN Foundation seeks board applicants

The Northwest Minnesota Foundation (NMF) board is seeking to elect new directors at the November 2020 board meeting.

Newly elected directors will begin their 4-year terms in December 2020. All are encouraged to apply. Some specific areas where the board desires greater representation include:

AGE (40 or younger)
GEOGRAPHY (Counties: Norman, Kittson, Hubbard, Polk, Beltrami, Red Lake, Pennington, Red Lake Nation, White Earth Reservation)

ETHNICITY and UNDER-REPRESENTED (indigenous persons, persons of color, immigrants/new Americans, LG-BTQ, low-income)

SECTOR (banking, healthcare, manufacturing, nonprofit, low-income serving, arts, early childhood)

NMF invests resources, facilitates collaboration and promotes philanthropy to make the region a better place to live and work. The organization is committed to equity for all in the region, and seeks to ensure that all programming and work involving the foundation has been designed to be culturally supportive and effective for all. The vision of the foundation is that Northwest Minnesota will be a place where communities and people work together to foster opportunity, promote philanthropy, and enrich the lives of all residents.

Applications must be completed by September 27, 2020 at 11:59 PM to be considered.

A full position description and link to the online application can be found at www.nwmf.org/news/job-openings.

Interested applicants can contact Karen White, President and CEO, with any questions. karenw@nwmf.org or 218-759-2057.

Learn more at www.nwmf.org.

Learn to hunt deer through online classes

Anyone who wants to learn how to hunt deer with the DNR can register and participate in a series of 10 online classes from mid-September to mid-October.

Classes will cover a variety of topics including how to prepare, where to hunt, picking a

Please know your public library is here for you

Editorial by Liz Lynch, Executive Director Lake Agassiz Regional Library. lynchl@larl.org

Walking through the Moorhead Public Library in late February, I was stopped by a customer with an arm full of books who said, "Winters are so long...I don't know what I would do without my public library." Little did I know, we were days away from closing our doors to the public due to the COVID-19 pandemic.

As we closed the library in mid-March, I saw books, DVDs and other materials sitting idly on the library shelves and it broke my heart. I thought about how these books and library materials should be in the homes of our community members, not on the shelves of a closed library--especially during a pandemic. This was a time when our community members needed these resources most.

As the executive director of Lake Agassiz Regional Library, I witnessed firsthand the creativity and strength of Minnesota's public libraries. Thanks to the leadership of Mary Cathryn Ricker, Minnesota Commissioner of Education and Jennifer Nelson, Director of State Library Services, within days of closing, the Minnesota public library community joined together to creatively and safely offer library service throughout the region and the state.

Commissioner Ricker and Director Nelson listened to the concerns of librarians across Minnesota, participated in conversations and created a place for public libraries at the table during this crisis. They advocated for public libraries and supported a change in library legislation to improve digital inclusion and the purchase and distribution of Wi-Fi hotspots for checkouts at public libraries, and provided support and guidance to our industry during the COVID-19 crisis.

With new support from the CARES Act Grant and with the continued excellent support of our cities and counties, Lake Agassiz Regional Library's 22 locations are open and ready to assist in COVID-19 recovery while making safety and convenience a priority. We are here to provide books, movies, television shows, music, and more for entertainment purposes, but we are also here to help our community members reach their full potential by connecting them to the educational opportunities, resources and assistance that are needed by so many. We are here to support workforce development, economic recovery, student success and digital inclusion.



If history repeats itself, we know that during times of economic downturns, isolation and crisis, public libraries will be at the forefront, offering services and support to all. We feel fortunate to be in a state that leads the nation as a champion in education, values public libraries, and facilitates the necessary tools for lifelong learning. Please know that your public library is here for you always, but especially during this unprecedented time.

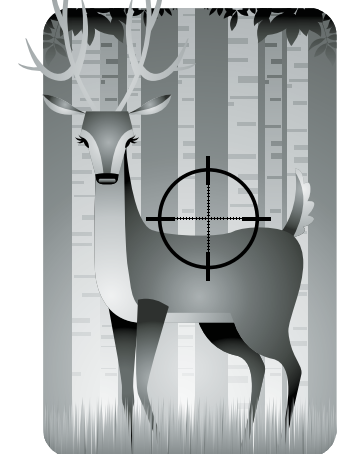
About LARL
Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK Sites serving the residents of seven counties in northwest Minnesota. For more information on this and other LARL events and services, contact the Lake Agassiz Regional Library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

Open House Baby Shower
For Hunter Schow & Baby Boy Silas
Saturday, September 19th
11:00 am to 1:00 pm
Our Saviors Lutheran Church, McIntosh
She is registered at Babylist.com



Community Birthday and Anniversary Calendar

Wed. Sept. 16: John Wertish, Rudy Finseth, Josiah Erickson, Laura Perkerwicz
Thurs. Sept. 17: *Mark & Karen Thompson
Fri. Sept. 18: Melissa Finseth, Eric Ostenson, Mark Langemo
Sat. Sept. 19: Orlett Hedlund, Zachary Simonson
Sun. Sept. 20: Julie Christianson, Hudson Vettleson, Annie Lian, *Bud & Clellie Kiecker, *Jeff & Heidi Haaven
Mon. Sept. 21: Siri Vigoren, *Bob & Shelly Quinlan
Tues. Sept. 22: Milan Wirth, Delores Syverson, Mark Strom, Adelle Stenmoen, *Brooke & Eli Clark, *Curt & Judy Bartz, *Bobby & Greta Strom



spot, gear for hunting, safety, regulations and how to care for meat from a harvest.

The first class is noon to 1 p.m. Tuesday, Sept. 15. Participants can tune in to any or all of the classes at no cost. Registration and post-event surveys are required.

Details are available on the DNR learn to deer hunt page.

Hospice of the Red River Valley offers free virtual grief support programs for adults

Hospice of the Red River Valley is offering free virtual educational workshops for adults who have recently experienced the death of a loved one.

All classes will be held virtually/online and are free and open to the public. Registration is required.

Grief During a Pandemic

Join us for a one-session class focused on grief in the midst of the COVID-19 pandemic.

Grief affects us through many types of losses. Participants will learn about different types of losses and grief, as well as practical ways to cope with their grief during this unique time.

This virtual class is free and open to the public. Registration

is required one day prior to the class date.

Two class times available
Thursday, Sept. 24 from 1-2:30 p.m. or
Thursday, Sept. 24 from 6:30-8 p.m.

Guided Mindfulness for Grief

Join us for a virtual, guided mindfulness session to explore grief and healing through mindfulness and visualization techniques.

The session will help attendees cultivate positive self-care through mindfulness, breathing exercises, visualization and meditation. No experience is necessary for this class. It's important participants join from a comfortable location with minimal distractions. This virtual class is free and open to the public. Registration

is required one day prior to the class date.

Thursday, Oct. 1 from 6-7:30 p.m.

Register for classes online at www.bit.ly/griefclassregistration, call (800) 237-4629 and ask for the grief support department, or email grief@hrrv.org. To view the complete class listing, visit www.hrrv.org.

About Hospice of the Red River Valley

Hospice of the Red River Valley is an independent, 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.

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

The family of Arlene Noyes would like to say
"Thank You"
to family, friends, workers at Pioneer Care Center, Carlin Funeral Home, and Pastor Blocker for his kind words spoken at the funeral.
Thanks to all & Blessings

The Lord's Festival of Trumpets

Everyone come and proclaim.

Where: the Winger Community Center, Winger, MN.

When: September 19, 2020
Time: 2 P.M.

The LORD has instructed us to gather at their appointed times each year for all His appointed Festivals. Leviticus chapter 23. The Festival of Trumpets in Hebrew is Yom Teruah; Meaning: Day of Blowing

Any questions: call Debbie Gunderson Home # 218-945-6288 Cell # 218-289-0535.

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

LSS Meals Menu 687-2262

Tues, Sept. 22nd - BBQ Chicken Breast - Boiled Potatoes - Squash - Wheat Rolls - Watermelon - Banana Bars - Milk

Wed, Sept. 23rd - Meatloaf - Baked Potato - Stewed Tomatoes - Tropical Fruit Salad - Wheat Bread - Rice Krispie Bar - Milk

Lutheran Social Services LSS Meals is looking for a volunteer driver for delivering meals to McIntosh on Tuesday and Wednesdays each week. Please contact Laura or Kira at 218-687-2262.



ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

Sun. Sept. 20 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

Sun. Sept. 27: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

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

DOVRE FREE LUTHERAN

Pastor Don Edlunds

Sundays - 10:00 a.m. Worship Service with Sunday School following (Adult and children)

Wednesday - 7:00 pm. Bible Study

GOSEN LUTHERAN CHURCH

Independent Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church

Sun., Sept. 20: 9:30 a.m.

Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: [gosenchurch](https://www.facebook.com/gosenchurch) and [gosenchurch](https://www.facebook.com/gosenchurch).com)

Tues, Sept. 22: 10:00 a.m. Sunday worship service telecast on GVTV-30

Wed, Sept. 23: 6:30 p.m. Bible Study at Sharon Ramberg's home

CALVARY-IMMANUEL LUTHERAN PARISH

Winger/Bejou Supply Pastor

Gordon Syverson

Calvary Lutheran Church, Winger, Immanuel Lutheran Church, Bejou, and Our Saviors Lutheran Church, McIntosh will run church services on channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit Calvary.

Our Saviors service will be available by 8:30 am each Sunday until further notice.

BUSINESS & PROFESSIONAL GUIDE

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

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McINTOSH Times

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"Serving the Win-E-Mac area"

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Farmers and agronomists encouraged to scout fields now for Palmer Amaranth

Suspicious plants should be reported to the MDA.

The Minnesota Department of Agriculture (MDA) is encouraging farmers and agronomists to scout fields now for the invasive weed Palmer amaranth.

Palmer amaranth is listed as a noxious weed in Minnesota and was first discovered in the state in 2016. All above and below ground parts of the plant must be destroyed, and it cannot be moved.

Left uncontrolled, a single female Palmer amaranth plant typically produces 100,000 to 500,000 seeds. It is resistant to multiple herbicides, can cause substantial yield losses, and greatly increase weed management costs in soybeans and corn.

Now is the time when Palmer amaranth is visible in agricultural fields. The MDA is asking farmers and agronomists to pull out any suspicious plants and report them to the Minnesota Department of Agriculture's Arrest the Pest line at 1-888-545-6684 or arrest.the.pest@state.mn.us.

Palmer amaranth can be identified by the following characteristics:

The green leaves are smooth and arranged in an alternate pattern that grows symmetrically around the stem. The leaves are oval to diamond or triangle shaped.

The leaves of some Palmer



amaranth plants have a whitish, V-shaped mark on them. Not all Palmer amaranth plants display this characteristic.

Palmer amaranth looks similar to our native pigweeds such as waterhemp (tuberculatus and A. rudis), Powell's amaranth (A. powellii), and redroot and smooth pigweeds (A. retroflexus and A. hybridus, respectively). Here are some distinguishing characteristics:

Redroot and smooth pigweeds have fine hairs on their stems and leaves. Palmer amaranth and waterhemp do not have these hairs.

The petiole (stalk connecting a leaf to the stem) is longer than the length of the leaf. For

waterhemp, the petiole will be only half the length of the leaf.

Seedhead spikes on female Palmer amaranth plants are much taller (up to three feet long) and pricklier than waterhemp or redroot and smooth pigweed spikes.

The invasive weed is also listed as a prohibited weed seed in the state. This means no Palmer amaranth is allowed in any seed offered for sale in Minnesota.

Palmer amaranth has been found in nine Minnesota counties; however, most of the sites have been successfully eradicated and the remaining are being closely monitored.

Details of previous finds can be found on the MDA website.

Trump Administration invests \$10.7 Million in renewable energy in rural MN

Investment to help 5 Communities Lower Energy Costs.

The United States Department of Agriculture (USDA) Rural Development State Director for Minnesota Brad Finstad today announced that USDA is investing \$10.7 million to reduce energy costs for farmers, ag producers and rural-based businesses and institutions in rural Minnesota.

"Renewable energy helps to create opportunities for improvement elsewhere, like creating jobs," said Finstad. "Under the leadership of President Trump and Agriculture Secretary Perdue, USDA continues to be a strong partner to rural Minnesota in building stronger and healthier communities, because we know when rural America thrives, all of America thrives."

Background:

In Danube, Minnesota, USS Chariot Solar LLC will use a \$2.1 million loan to purchase and install a 1.4 MW solar array that is estimated to produce 2.2 million kWh per year, which is enough energy to power 201 homes.

In rural Carver County, USS Hancock Solar LLC will use a \$2.24 million loan to purchase and install a 1.4 MW solar array that is estimated to

produce 2.2 million kWh per year, which is enough energy to power 201 homes.

In Owatonna, Minnesota, USS Bush Solar LLC will use a \$2 million loan to purchase and install a 1.4 MW solar array that is estimated to produce 2.2 million kWh per year, which is enough energy to power 201 homes.

In rural Chippewa County, USS Pheasant Solar LLC will use a \$2.12 million loan to purchase and install a 1.4 MW solar array that is estimated to produce 2.2 million kWh per year, which is enough energy to power 201 homes.

In Sauk Rapids, Minnesota, USS Reindeer Solar LLC will use a \$2.25 million loan to purchase and install a 1.4 MW solar array that is estimated to produce 2.2 million kWh per year, which is enough energy to power 201 homes.

Each of these companies are special entity subsidiaries of US Solar that was established to as a holding company for solar projects throughout Minnesota. US Solar provides residents, communities and businesses with a renewable energy option for electricity.

USDA is investing in 5 rural small businesses and ag producers through the Rural

Energy for America Program (REAP) Renewable Energy Systems & Energy Efficiency Improvement Grants and Guaranteed Loans. Investments can be used for renewable energy systems such as biomass, geothermal, hydropower and solar. REAP funding can also be used for energy audits and to make energy efficiency improvements to heating, ventilation and cooling systems, insulation, lighting and refrigeration.

Interested parties should contact their local Minnesota area office for information about additional funding, application procedures and eligibility details. Also visit <https://www.rd.usda.gov/onerdguarantee> to learn more about how the REAP Guaranteed Loan Program will be streamlined under the OneRD Guarantee Loan Initiative beginning October 1, 2020.

In April 2017, President Donald J. Trump established the Interagency Task Force on Agriculture and Rural Prosperity to identify legislative, regulatory and policy changes that could promote agriculture and prosperity in rural communities. In January 2018, Secretary Perdue presented the Task Force's findings to President Trump. These findings included 31 recommendations to align the federal government with state, local and tribal governments to take advantage of opportunities that exist in rural America. Supporting the rural workforce was a cornerstone recommendation of the task force.

To view the report in its entirety, please view the Report to the President of the United States from the Task Force on Agriculture and Rural Prosperity (PDF, 5.4 MB). In addition, to view the categories of the recommendations, please view the Rural Prosperity infographic (PDF, 190 KB).

USDA Rural Development provides loans and grants to help expand economic opportunities and create jobs in rural areas. This assistance supports infrastructure improvements; business development; housing; community facilities such as schools, public safety and health care; and high-speed internet access in rural areas. For more information, visit www.rd.usda.gov/mn.



The Kiddie Pedal Pull sponsored by the Polar Beach Snowmobile Club had 5 different classes of pullers (kids). Here Adeline Frisk has a turn.



Ethan Hanson was one of many kids who tried a hand at the Kiddie Pedal Pull during McIntosh Tractor Day which was held on August 29th.

Family-friendly outdoor activities

Children who spend a lot of time outdoors benefit from exposure to nature in myriad ways, some of which may surprise even the most devoted outdoorsmen.

According to a 2006 study published in the journal Human Dimensions of Wildlife, fifth graders who attended school at a local prairie wetlands where lessons in science, math and writing were integrated in an experimental way had significantly stronger reading and writing skills than their peers who attended more traditional schools. Another study published in the International Journal of Environmental Research and Public Health found that holding a class outdoors one day a week significantly improved the daily cortisol patterns of students, reducing their risk of stress and improving their ability to adapt to stress.

Parents who want their children to reap the rewards of being exposed to the great outdoors can encourage educators to incorporate nature into school curriculums and also embrace these family-friendly outdoor activities.

Nature treasure hunt: A treasure hunt in nature can keep kids engaged on family hiking excursions and provide an excellent opportunity for parents to teach children about the assortment of plants, birds and wildlife that live in the



parks and along the trails near their home.

Outdoor art class: Families don't even need to leave their properties to spend quality time together outside. Pick a pleasant afternoon and set up an outdoor painting station, encouraging everyone to paint what they see. Fall is a great time to host an outdoor art sessions thanks to the assortment of vibrant colors that have become synonymous with autumn landscapes.

Bonfire: Outdoor activities need not be limited to daylight hours. A post-dinner backyard bonfire can entice everyone outside, where families can tell scary stories as they make s'mores.

Stargaze: Stargazing is another way families can spend time outdoors and learn a few things at the same time.

Some blankets, a thermos of hot cocoa and a chart of constellations can provide the perfect complement to a sky full of bright stars. If visibility is compromised in the backyard, find a local spot where everyone can get a clear view of the night sky.

Fruit picking: Apple picking is a popular autumn activity, but families need not wait for the autumn harvest to enjoy a day picking fruit or vegetables at a nearby farm. Visit a local farm during its harvest season, teaching children about how the foods they love are grown and eventually make it to the family dinner table.

Families looking to spend more time together in the great outdoors can look to a number of activities people of all ages can enjoy.

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Free hot lunch from Win-E-Mac food service

There is good news from Win-E-Mac food service on the “free meal” front. Minnesota Department of Education (MDE) has provided Minnesota school districts with guidance on how to access free meals for all students. WEM is in the process of updating our Summer Food Service Program (SFSP) application.

Once this application is updated and submitted, free meals to all students of the Win-E-Mac School District will be available. (If you have your own lunch and take a milk or extra milks, this will be charged to your account, as this is not free.)

The free meal service on Monday, September 14th, 2020. If you are a distance learner and now want to pick up meals, please contact Cam (at cthompson@win-e-mac.k12.mn.us or call 218-563-2900) to arrange. Pick up meals will have meals prepared for a 3-day period.

At this time the USDA has notified the food service that free meals will be available until the end of December 2020 or until funding runs out. It is important to keep this fact in mind, since meals may have to return to charging for meals with little notice.

The WEM food service will update you as quickly as possible when this change takes place. Once funding runs out or when school starts in Janu-



ary after the winter break, there will need to be a charge for meals and return to operating under the NSLP (National School Lunch Program)/SBP (School Breakfast Program) programs.

These are the food distribution programs the school would normally follow during a school year.

The greatest change for our families in moving from SFSP to NSLP/SBP is that meals will no longer be free for every student. Only those families who fill out the “Application for Educational Benefits” form and are income-eligible will receive free and/or reduced meals once funding runs out or when school starts again in January 2021.

Again, there is a need for you to fill out the application ASAP and return it so we are

ready for the change.

We understand that many of the school families continue to find themselves in precarious financial conditions due to the Covid-19 pandemic.

For this reason, it is strongly encouraged that everyone fill out the application for educational benefits. The higher the number of qualified recipients of free and/or reduced meals a school district has, the more federal and state monies become available to our district in other areas as well as in our food service department.

Thank you for your patience with this process. Providing high-quality meals in an effort to nourish your students continues to be WEM school food services highest priority so that they are ready to learn and grow whether they are learning in school or at home.

Staying home when sick or exposed is key to keeping schools open

Officials urge parents to take attendance and stay-at-home guidance seriously, have a back-up plan

With school officially underway across the state of Minnesota, medical professionals are urging parents to be informed and aware of the guidelines for when their children can attend or need to stay home from school or child care. The COVID-19 attendance and exclusion guidance for school, child care and youth programming lays out a number of scenarios and appropriate steps for children, students, or staff.

“Staying home when you feel sick or have been exposed are some of the best defenses we have against COVID-19. The exclusion guidance helps people understand when they need to keep their children home from school or child care,” said Kris Ehresmann, infectious disease director at Minnesota Department of Health (MDH). “Whether it’s parents and families, or teachers and child care staff, the attendance and exclusion guidance and home screening tool is a proven prevention method to stop spread in our child cares and schools.”

Ehresmann says MDH collaborated with the Minnesota chapter of the American Academy of Pediatrics to develop this guidance.

“The biggest thing we want people to understand is that any Minnesotan – including children – who has been exposed to a confirmed case of COVID-19 needs to stay home for a minimum of 14 days,” continued Ehresmann. “You can’t test out of quarantine after an exposure. There’s no way to shorten the incubation period. So how you spend your time outside of school has a direct impact on your ability to

attend school in-person.”

For those who do not know if they have been exposed to a confirmed case of COVID-19, but are feeling sick – this guidance provides direction on when to stay home and for how long based on symptoms.

MDH tracks all cases where an individual attended a child care, school, or other youth setting prior to testing positive for COVID-19. Of those licensed child care centers, certified centers, summer day camps, and school-age care programs with cases that were operating prior to the start of the school year, 70% only had one confirmed case.

“Our experience in child care over the summer has shown how effective these actions can be to keep kids healthy and centers in operation,” said Susan Klammer, lead epidemiologist for child care and schools. “We know it’s not easy for parents – or our students -- who suddenly need to keep their children home for up to two weeks but it is a proven tool to help prevent spread and keep all of us safe. This will be critical to keeping children with the opportunity to learn in-person in our schools.”

“Pediatricians and medical leaders worked with MDH on the guidance, and we are grateful for the partnership,” said Dr. Singh, chair of pediatrics for Park Nicollet and co-lead of the HealthPartners and Park Nicollet Children’s Health Initiative. “As a board member with the Minnesota chapter of the American Academy of Pediatrics and a practicing pediatrician, I stand by this guidance. As a mom of two school-aged children, I know personally that this is not easy on families to adjust to these disruptions and try to balance work, but this fall and winter is going to look different. We have to work together – doctors, public health, and most of all families – to keep our children, their beloved child care and school staff, and our communities safe.”

Many schools across the state are operating on a hybrid model of some in-person instruction and some distance learning, while others are opening with a totally in-person or distance learning model. In just the first opening weeks, school officials are already reporting issues of families feeling confused and hearing conflicting messages on when their kids can attend in-person.

“We really need families to take the guidance on when to stay home seriously,” said Deb Mehr, president of the School Nurse Organization of Minnesota. “School nurses, administrators, teachers, and staff, -- we’re all here to be your partner in keeping everyone safe. But when families disregard the guidance, it puts our school communities in a difficult place, and ultimately can lead to more exposure and more spread. It’s important that we all work together this school year to prioritize the health and safety of our students and school staff.”



Joel Strom had his backhoe out at Asphalt Cemetery to help with the clean-up after a storm did vast amounts of damage to the rural McIntosh Cemetery.



During a Labor Day cleanup, Mark Strom and his son, Bryer did some heavy lifting out at Asphalt Cemetery picking up and placing headstones that were knocked over by the many fallen trees on the west side of the cemetery after a storm blew through Hill River Township on the Thursday before Labor Day weekend.

Cosmetic botox now offered at RiverView

You may need to act your age, but you don’t have to look it. Make a quick trip to RiverView Health to relieve those fine lines and wrinkles that may have snuck up on you.

Rebekah Aakre, APRN, FNP-C, is now offering cosmetic botulinum toxin (Botox) therapy at RiverView’s North Clinic, Crookston.

Over time, a combination of factors can cause facial lines and wrinkles, including the reduction of collagen and damage caused by free radicals from the sun and the environment. Repeated muscle contractions from frowning, squinting, or raising eyebrows cause skin to furrow and fold, gradually resulting in the formation of

facial lines.

Botox injections can help make frown lines and wrinkles temporarily look better.

Botox therapy works beneath the surface and temporarily reduces the underlying muscle activity that causes moderate to severe lines and wrinkles in adults – to help them look visibly smoother. Aakre injects

Botox with a micro-needle into the muscle(s) or areas in which the patient wants to improve, most commonly the glabella region (between the eyebrows and above the nose), forehead, and crow’s feet.

Some patients receiving Botox report the injections feel like a pinch.

You may begin to notice a visible smoothing of lines within 24 to 48 hours, with results lasting up to three months.

Aakre offers free consultations at RiverView Health. If she and the patient agree that Botox is appropriate, she may give the Botox injections at the same appointment.

The treatment only takes about 10 minutes, with minimal downtime for the patient.

The cost of Botox per unit is \$12. According to Aakre, on average, a patient needs 20-30 units.

If you are interested in cosmetic Botox therapy, call 218-281-9595 to make an appointment with Aakre.



Caulfield will be here on Thursday, September 17 at 8:00 for staff, preK-6 and Thursday-Friday Group (which would be Blue Group for High School and prek) pictures. Pictures for the red group of High school and PREK will be on Monday, OCTOBER 5th starting at 12:30 p.m. The pictures on the 17th will be for ALL STAFF, ELEMENTARY and high school Thursday-Friday group.

Volleyball practice: September 14th- October 2nd.

7th & 8th Grades: Monday, Tuesday, Thursday and Friday 3:30pm-5:30pm.

9th-12th Grades: Monday-Thursday 5:30pm-7:30pm.

Please bring your own face masks and water bottle to practice. Locker rooms will be open for changing purposes (before practice), nothing will be stored in them at this point.

7th graders need to have a sports physical on file with the school before participating in practice. We understand that some junior high students will not be able to attend practice on the days that they are home during hybrid learning and cannot get a ride to practice

Football practice: September 14th – October 2nd.

9th-12th Grades: Tuesdays and Thursdays 4:00pm, intrasquad scrimmage Oct. 2, 7:00pm.

Weight Lifting: Contact Aaron Cook (acook@win-e-mac.k12.mn.us) for your pod information.

Make sure to have your face mask (gaiter) and your water bottle. Locker rooms will be open for changing before practice only.

Libraries announce virtual "Conversation about Race in Minnesota" with Jason Sole

Lake Agassiz Regional Library will host a virtual event featuring national speaker and criminal justice educator Jason Sole.

On Tuesday, September 29 at 7 p.m., Sole will go live on the Lake Agassiz Regional Library’s Facebook page (www.facebook.com/larlmn) to discuss his memoir, "From Prison to Ph.D.: A Memoir of Hope, Resilience, and Second Chances." Topics will include Sole’s experiences, as well as the aftermath of the George Floyd lynching, transformative justice, and police abolition.

This virtual event, which will be held live on the Lake Agassiz Regional Library Facebook page, is made possible through funding from the Minnesota Arts & Cultural Heritage Fund.

About Jason Sole:

Jason Sole has been a criminal justice educator for a decade, serving as an adjunct professor at Hamline University. He is a national speaker and restorative justice trainer, as well as the past president of the Minneapolis NAACP

in which he launched several public safety initiatives that led to harm reduction in Hennepin County.

In 2013, Jason was a Bush Fellow, focusing on juvenile delinquency and recidivism throughout the state of Minnesota.

In 2014, he published his memoir, "From Prison to Ph.D.: A Memoir of Hope, Resilience, and Second Chances." Jason is the co-founder of the Humanize My Hoodie Movement in which he challenges threat perceptions of Black men with clothing, art exhibitions, documentary screenings, and ally workshops.

About LARL:

Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in northwest Minnesota.

For more information on this and other LARL events and services, contact the Lake Agassiz Regional Library office at 218-233-3757 or online at www.larl.org.

Wear a mask in public spaces.

Get tested if you have any symptoms.

Answer if your health department calls.

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STAY SAFE MN