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McIntosh, Minnesota

President Trump visits NW Minnesota

Last Friday, September 18th, President Donald J. Trump visited Bemidji, MN held in support of his re-election campaign the “Great American Comeback” event. President Trump is the first sitting President to visit Bemidji.

The outdoor rally took place at Bemidji Aviation Services as a general admission event with the doors opening at 3:00 pm. Parking was off-site and located north of the Wal-Mart and near Sanford Hospital, which was just east of the airport. Buses took crowds of people from the parking area to the airport starting with the large swell of crowds right away in the early morning until the arrival of the President shortly after 6:00 pm.

There were thousands of Trump supporters who waited in the long lines for a shuttle bus ride to the event, waited through the long line at the security screening area, temperature testing and packed into the fenced area where the rally was held, with most dressed in patriotic attire showing a lot of support of President Trump. During his speech, President Trump said it was not the crowd of someone who is going to finish second.

As the President deplaned at the Bemidji airport he was met with a large crowd and the chants of “four more years”, which was repeated during his nearly 2 hours of speaking to the crowd, ending the event around 8:00 pm.

President Trump also spoke about his democratic opponents, his handling of the Covid-19 pandemic thus far, he talked about how he opened up the State’s Iron Range area again, Social Security, his support of Enbridge Line 3 replacement upgrade project, historical statues, Big 10 football, and even talked about how his Air Force One pilots are the best pilots in the world.

Present at the event were the six Iron Range mayors who recently endorsed President Donald Trump, Jason Lewis, candidate for U.S. Senate, Michelle Fischbach, U.S. House of Representatives 7th District Candidate, Jennifer Carnahan, the Minnesota Republican Chairwoman, and Mike Lindell, CEO of My Pillow, Inc.

As the President’s speech ended and made his way back to Air Force One, he was told about the death of Ruth Bader Ginsburg.



President Donald Trump visits Bemidji, Minnesota.

Win-E-Mac Covid-19 update

Staying home when you are sick is one of our best ways to fight Covid-19. Keeping sick children and children who are exposed to Covid-19 away from others helps stop the spread of the virus to other children, staff, and the surrounding community. Parents and guardians can use this guide to understand when their child can attend school, youth programs, and child care during Covid-19.

When must my child stay home?

Your child **MUST** stay home if they have at least one symptom from this list:

- Fever of 100.4 degrees Fahrenheit or higher.
- New cough, or a cough gets worse.
- Difficulty or trouble breathing.
- New loss of taste or smell.

Your child **MUST** stay home if they have at least two symptoms from this list, even if they do not have any symptoms from the first list above:

- Sore throat;
- Nausea;
- Vomiting;
- Diarrhea;
- Chills;
- Muscle pain;
- Excessive fatigue (being very tired);
- New or severe headache;
- New nasal congestion or runny nose.

If a child must stay home because they have symptoms, the other children living in the house need to stay home from school or child care, too (quarantine). This means they must not take part in activities outside of the home for at least 14 days, unless a Covid-19 test, a doctor, or some other health care provider finds that the child does not have Covid-19.

Your child must stay home if they test positive for Covid-19, but show no symptoms.

- They must stay at home and stay away from others in the home for 10 days (isolation), counting from the day after they were tested.

Your child must stay home if they have close contact with anyone who tests positive for Covid-19.

- Children who have close contact with someone with Covid-19 must stay home for at least 14 days (quarantine). They must stay home even if they do not have symptoms of Covid-19. Close contacts may include everyone they live with and people outside of the home, such as grandparents; aunts and uncles; or other children or adults at school, in the neighborhood, at church, at sports or social activities; or at any other place.

Your child must stay home for 14 days (quarantine), even if they test negative for Covid-19, because they could develop Covid-19 for up to 14 days.

Your child must stay home if someone who lives in their house has symptoms of Covid-19 infection and is being tested.

- Children must stay home until test results are known.
- If someone in the household is being tested for Covid-19, but does not have symptoms, children may go to school or child care.
- In either case:

- If the test result is negative, children can go to school or child care.
- If the test result is positive, children must stay home for 14 days (quarantine), counting from the last day they had close contact with the person who tested positive.

How long does my child need to stay home if they have symptoms consistent with Covid-19, tested positive, or if a doctor said they likely have Covid-19?

If your child has symptoms, they must stay at home and away from others (in isolation) until ALL THREE of the following have happened:

- At least 10 days have passed since their symptoms started (even if they start to feel better) AND;
- They have not had a fever in the last 24 hours without using any medication to lower fever AND;
- Their symptoms have improved.

Siblings and household members are close contacts, so they also need to stay home and quarantine from all activities for at least 14 days. It is possible for them to develop COVID-19 during these 14 days; staying home prevents them from unknowingly spreading the virus in school, child care, or other settings.

What if my child tests positive for Covid-19, but does not show symptoms?

When your child tests positive, but has no symptoms, they must stay at home and away from others in the home (isolation) for 10 days, counting from the day after they were tested.

Example: If a child is tested on Monday and gets positive test results on Wednesday, day one starts Tuesday, the day after their test. The child would be able to return to activities the following Friday.

During the 10 days at home, your child must stay away from others. Even if the child does not have symptoms, they still can spread the virus.

Covid-19..
Continued on page 4 ...



The McIntosh Fireman's Relief Association is selling raffle tickets for the two deer stands in the picture. The stands are The Stump 4 'White Properties Pro Hunter' and The Stump 2. The drawing is limited to 500 tickets and will take place on Friday, December 4, 2020. Tickets can be purchased from any McIntosh Fire & Rescue Squad member. You need not be present for the drawing to win.



Dan Salvhus and his grandson, Tyus at the Trump rally held in Bemidji on Friday, September 18th.



Making his way through the crowd of thousands at the Trump Rally held last Friday in Bemidji was Luke Syverson.

Fun fall facts

Weather is often the first indicator that the seasons are changing. For many people across the globe, the hot days of summer will soon be giving way to the more crisp days of fall.

For those who live in regions where summer only subtly gives way to fall or is seemingly gone before the end of August, the 2020 autumnal equinox occurs on September 22. That marks the official beginning of fall, also known as autumn. In fact, the season the follows summer seemingly goes by two different names is just one of many interesting facts about fall.

- A season by any other name . Fall is the term most often used to reference the season succeeding summer in the United States. But the season

Fall...
Continued on page 2 ...



Thousands attended the Trump "Great American Comeback" rally held in Bemidji on Friday, September 18th.

How to hit the open road during a pandemic

Fall has traditionally been a great time of year to hit the open road. Fall foliage annually provides an idyllic backdrop for fall road trips. But 2020 is a year unlike any other, and veteran road trippers may wonder if it's wise, or even legal, to take to the open road this fall.

The COVID-19 virus has forced local governments to implement various changes aimed at preventing the spread of the potentially deadly virus. While interstate travel during the outbreak is different, it's not illegal. However, many states put specific policies in place that mandated out-of-state visitors self-quarantine for a certain period time, most often 14 days. Such measures compelled many would-be travelers to remain within the borders of their home states.

But traveling need not be a relic of the past because of a pandemic. In fact, travel enthusiasts can hit the open road this fall with their peace of mind intact, especially if they follow a few safety precautions while heading off for parts unknown.

• **Determine how far you really need to go.** Restrictions have been lifted in many areas, but it's still most convenient for drivers to stay somewhat close to home, ideally

within their own states. That makes it easy for them to buy food, gas, use a restroom, or visit a park or monument without violating the spirit of quarantine mandates. A trip need not cross borders to be fun.

• **Plan for fewer pitstops.** The fewer stops drivers make on their trips, the lower their risk of being exposed to the COVID-19 virus. In lieu of dining out during your trip, pack your lunch at home and take it with you. In addition, fill up your car before embarking on your trip so you don't have to visit the filling station while on the road. Bring enough water and snacks so you can stay hydrated and don't become hungry while out and about.

• **Get a tuneup before your trip.** No one wants to confront car trouble during a road trip, and that's especially so when traveling during a pandemic. A breakdown during a pandemic may force drivers to visit roadside body shops or arrange for tow trucks, potentially putting them at greater risk of getting COVID-19. Drivers should take their cars in for a tuneup before taking a road trip to lower that risk.

• **Avoid densely populated areas** if you intend to get out of your vehicle. If you intend to get out of your vehicle

during a road trip, avoid visiting areas that tend to draw large crowds. Popular look-out points may provide some beautiful fall views, but such points also draw crowds that may exceed the limits on group gatherings recommended by the Centers for Disease Control and Prevention and state health agencies.

It's possible to travel during a pandemic. But drivers must take extra precautions to reduce their risk of being exposed to potentially deadly viruses like COVID-19.

POLK COUNTY SOCIAL SERVICES MINUTES

Name of County
Polk County, Minnesota

Date of Meeting
August 18, 2020 Convened at 8:02 A.M.
-Adjourned at 9: 13 A.M.

Board Members Present
Gerald Jacobson -Chair
Joan Lee -Vice Chair
Gary Willhite -Commissioner
Don Diedrich -Commissioner
Warren Strandell, Commissioner
Cathy Gutterud -Secretary
Paula Waters -Board Member

Staff Present
Karen Warmack, Director
Betty Solie, Support Services Supervisor
Randy Beggs, Fiscal Supervisor I
Melissa Hesby, Child Support Supervisor

Others Present
Chuck Whiting, County Administrator

Admin
Administration \$76,241.95
Employee and Board \$743.06
Medicare Part B \$7,519.20

Non Public
Special Run 7-27-20 \$75.00
POS 7/31/20 \$276,074.19
Medical Transportation \$291.72
Payroll – Paydate 8/7/20 \$305,390.47
1st of the Month \$42,500.18
Medical Transportation 8/13/20 \$78.66
POS 8/21/20 \$214,287.57
MA Insurance \$7,340.39
Medical Transportation \$9,100.60
Collaborative \$28,057.00

Warrants for Publication
Warrants Approved on 8/18/2020 for Payment 7/27/2020

Vendor Name	Amount
1 Payments less than 2000	\$75.00
Final Total:	\$75.00

Warrants for Publication
Warrants Approved on 8/18/2020 for Payment 8/7/2020

Vendor Name	Amount
Fleet Services	\$4,721.53
GrandStay Perham	\$2,528.30
Polk County Social Services	\$26,807.00
17 Payments less than 2000	\$8,443.35
Final Total:	\$42,500.18

Warrants for Publication
Warrants Approved on 8/18/2020 for Payment 8/21/2020

Vendor Name	Amount
DHS Swift	\$41,656.89
Polk County Administrator	\$22,381.17
Verizon Wireless	\$4,917.73
26 Payments less than 2000	\$7,286.16
Final Total:	\$76,241.95

Warrants for Publication
Warrants Approved on 8/18/2020 for Payment 8/21/2020

Vendor Name	Amount
Polk County Social Services	\$26,807.00
1 Payments less than 2000	\$1,250.00
Final Total:	\$28,057.00

Warrants for Publication
Warrants Approved on 8/18/2020 for Payment 8/21/2020

Vendor Name	Amount
12 Payments less than 2000	\$743.06
Final Total:	\$743.06

Personnel
The Director informed the Board regarding the Resignation of Valerie Bower, Family Based Services Provider, effective August 14, 2020. Request for replacement was approved at County Board on July 28, 2020.

The Director reviewed with the Board the Personnel Organizational Chart dated August 18, 2020.

Budget
The Director and Randy Beggs, Fiscal Supervisor I, reviewed with the Board the following Budget Reports:
Social Services Budget Review Report for both Income Maintenance and Social Services - July 2020.
Social Services Month End Fund Balance Summary - 1999 through July 2020.
Out-of-Home Placement Cost Expenditures Report- 2018 through July 2020.
Out-of-Home Placement Report - July 2020.
Screened in Child Protection Reports - July 2020.
Child Protection Information for July 2020.
Source of CP Reports in June and July 2020 Report.
Intake Data - Intake for 2019 and 2020 Report.
Adult Mental Health Placement Costs for State Operated Services - July 2020.

A skillet supper makes for easy entertaining

Roasts and hams certainly may get a lot of fanfare for holiday dining, but chicken is a versatile food that is mild enough to be molded into whatever flavor profile cooks desire. Chicken also can be dressed up so it easily competes with other protein sources for top billing on holiday tables.

Easily cooked on the stovetop in a flash, this recipe for "Almond Chicken With Peaches and Roquefort" from "125 Best Chicken Recipes" (Robert Rose) by Rose Murray can be customized and multi-

plied depending on the size of the crowd.

While peaches may not be in season where you live during the holidays, simply substitute two small pears, which work well for fall and winter meals.

Serve with crisp green beans and lemon couscous, which is easily made by adding 1/2 teaspoon grated lemon zest and 1 tablespoon fresh lemon juice to warm couscous.

"Almond Chicken With Peaches and Roquefort"
Serves 2
2 skinless, boneless chicken breasts
1/4 cup all-purpose flour
Salt and pepper
1 egg, lightly beaten
3/4 cup sliced almonds
2 tablespoons vegetable oil
2 unpeeled peaches, sliced;
or 2 small pears, cored and sliced
1/4 cup dry white wine or chicken stock
1/4 cup whipping cream
2 tablespoons Roquefort or Gorgonzola cheese

1. Place chicken breasts between two pieces of plastic wrap and pound to an even thickness of about 1/4 inch. Dredge in flour mixed with 1/4 teaspoon each salt and pepper. Dip each breast in egg and coat with almonds.

2. In a large skillet, heat half the oil over medium heat. Add chicken and cook about 5 minutes per side, turning once, until golden and no longer pink inside. Remove to a warm platter and keep warm.

3. Add remaining oil to pan and heat over medium heat. Add peaches (or pears) and cook 1 minute. Stir in wine and bring to a boil; cook 3 minutes to reduce. Stir in cream, cheese and salt and pepper to taste. Cook stirring, until thickened. Spoon sauce around the chicken and serve.

E. Polk QOV to meet
The East Polk Quilts of Val- or will have a meeting at the McIntosh Community Center on Tuesday September 29th at 6:30pm. All are welcome to attend. This will be an informational meeting for upcoming events and sewing dates. See you there.

Gosen Luther League
The Gosen Luther League meets on Sunday evening, September 27th, at 7 o'clock. The Ottosons will be in concert.

Danny and Merilee Ottoson are accomplished Gospel singers, songwriters, and recording artists. Since 1979 they have traveled throughout the United States and Canada and also to the Philippines and Mexico.

Their program will include southern Gospel songs, hymns, and audience sing-alongs; also there will be a special children's feature. Join us for an inspirational evening in honor of our Lord Jesus Christ.

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 106. For information call 268-4242 or 687-3461.

LSS Meals Menu 687-2262

Tues, Sept. 29th - Swedish Meatballs - Mashed Potatoes/ Country Gravy - Broccoli Mix -Wheat Rolls - Fruited Jello - Milk

Wed, Sept. 30th - Turkey/ Dressing - Mashed Potatoes & Gravy - Mixed Veggies - Chocolate Chip Cookie Bar - Milk

LSS Meals is looking for a volunteer(s) to deliver meals to the community of McIntosh 2 days a week. For more information, please call 218-687-2262 and speak to Laura or Kira

Thank you to the many individuals, organizations and businesses who donated items to Win-E-Mac students for the start of the school year. Donated items ranged from school supplies, water bottles, backpacks, earbuds and headphones as well as monetary donations. **Thank you to all for your generosity!** M27C

CHURCH DIRECTORY

ST. MARY'S CHURCH
Fosston
Fr. John Suvakeen, Pastor
Sun. Sept. 27: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley
Sun. October 4: 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

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church
Sun., Sept. 27: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com); 7:00pm Luther League (see article elsewhere in the paper)

Tues, Sept. 29: 10:00 a.m. Sunday worship service telecast on GVTV--30
Wed, Sept. 30: 6:30 p.m. Bible Study at Sharon Ramberg's home.

CALVARY-IMMANUEL LUTHERAN PARISH
Winger/Bejou
Supply Pastor
Gordon Syverson
Calvary Lutheran Church, Winger, Immanuel Lutheran Church, Bejou, and Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit Calvary. Our Saviors service will be available by 8:30 am each Sunday until further notice.

Community Birthday and Anniversary Calendar

Wed. September 23: Michael Lindseth, Angel Hedlund, Kolten Bartch, Garnet Aanenson

Thurs. September 24: Shawn Burslioe, Caitlyn Espeseth, Nathan Frisk, *Tyler & Amanda Schow

Fri. September 25: Paulette Kringle, *Dan & Mary Schow, *Larry & Orlett Hedlund

Sat. September 26: Marvin Rolf, Sheree Breckel, Elliot Carlson, Margaret Kaasa, *Mark & Jan Langemo

Sun. September 27: Dominic Kringle, Emma Ekeberg, Tish Burslie * Joel & Connie Strom, Wesley & Valerie Brekke, *Jackie & Cody Huschle

Mon. September 28: Jeff Jacobson

Tues. September 29: Lindsay Haaven, Brileigh Nordskog, Elaine Roed, Emily Carlson, *Shawn & Angel Hedlund

McINTOSH Times

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Teresa Syverson was one of many people from our communities that attended the Trump rally in Bemidji last Friday evening.

Fall...
Continued from page 1

is referred to as "autumn" in other parts of the world, including Great Britain. Fall was once even known as "harvest" because of the harvest moon, which appears close to the autumnal equinox.

• **The colors of fall** foliage are actually present year-round. Fall is known for its colorful foliage. But the pigments responsible for those colors are actually present year-round. According to the SUNY College of Environmental Science and Forestry, green, yellow and orange pigments are present year-round.

However, during spring and summer, the leaves serve as factories where many foods necessary to help the tree grow are manufactured. That process takes place in the leaf in cells containing chlorophyll, which gives the leaves their green color. This process ceases as hours of daylight decrease and temperatures drop. As a result, chlorophyll breaks down, the green color disappears, and the vivid colors of fall foliage begin to appear.

• **Squirrels have a (so-**

phisticated) plan out there. Squirrels hiding food in autumn for the upcoming winter is a familiar sight. And squirrels are more organized than many people may know. Groundbreaking research released in 1991 found that, even when squirrels bury that stash of nuts closely to one another, they will each return to the precise location of their personal cache. Recent research also has shown that squirrels bury their stash based on certain traits, such as the type of nut being buried.

• **Babies born in fall** are more likely to see the century mark. Researchers at the University of Chicago studied more than 1,500 centenarians born in the United States between 1880 and 1895. They then compared birth and death information with those centenarians' siblings and spouses so they could compare their early environment and genetic background and their adult environment. Their research found that most centenarians were born between September and November.

BUSINESS & PROFESSIONAL GUIDE

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The Blast to Brooks parade took place during the annual event held in Brooks with ABATE Minnesota in the line-up. Here, William Shimpa follows along on a dirt bike.



Each year, Blast to Brooks has a phenomenal car show as part of the days festivities. Lloyd and Kim Larson visited from the Twin Cities area to be a part of the show. Lloyd is a Mac-Winger graduate.

MN unemployment rate falls to 7.4% in August

Job growth continues with 40,500 payroll jobs added.

Minnesota's seasonally adjusted unemployment rate continues to move lower, falling to 7.4% in August, according to numbers released today by the Minnesota Department of Employment and Economic Development (DEED).

Minnesota added a seasonally adjusted 40,500 payroll jobs in August, up 1.5% from July. The U.S. gained 1,371 million payroll jobs in August, up 1.0% from July. The national unemployment rate is at 8.4% for August.

"We are continuing to see steady job growth and a decline in unemployment in Minnesota, but it will take some time to replace jobs lost during the pandemic," said DEED Commissioner Steve Grove.

"While job growth in Minnesota was stronger in August than in July, growth continues to be uneven across industries and occupations. People in lower income occupations continue to be most impacted by job loss."

Minnesota unemployment has dropped steadily since reaching a high of 9.9% in May, which was the month with the highest pandemic-related unemployment. In June, Minne-

sota's unemployment rate was 8.6% and in July it was 7.6%.

Some groups of Minnesotans have been more affected by unemployment than others during the pandemic.

Based on six month moving averages (March to August 2020 data), the unemployment rate for Black Minnesotans is 16.3% in August, up nearly 11 percentage points from 5.4% one year ago, in August 2019. For Hispanic Minnesotans, unemployment was 9.7% in August, up from 3.9% in August 2019. White Minnesotans have an unemployment rate of 6.7% in August, up from 3% one year ago.

Over the month, seasonally adjusted gains in Minnesota were led by Government, up 11,000 jobs due to federal Census hiring and Local Government, followed by Leisure & Hospitality, up 7,800 jobs or 4.0% entirely in Accommodations & Food Services, Education & Health Services, up 7,100 jobs or 1.4% with gains in both component sectors, and Manufacturing, up 5,200 jobs or 1.7% with gains in both durable and nondurable goods.

One supersector, Financial Activities, lost jobs on a seasonally adjusted basis in August from July, down 100 jobs

or-0.1%.

Over the year in August, Minnesota shed 219,268 payroll jobs, down 7.3%, while the private sector shed 196,363 jobs, down 7.5%. U.S. over the year job loss stood at 7.0% with the private sector down 7.5% in August.

Three supersectors in Minnesota showed strength compared to the nation: Trade, Transportation & Utilities (Retail Trade), Professional & Business Services (temp help) and Manufacturing (Food Manufacturing). Retail trade has made a full rebound in jobs to pre-pandemic levels, up 0.5% over the year. Food manufacturing jobs are also up 2.3% over the year.

The number of unemployed workers in Minnesota stood at 231,599 in August, down 4,948 from July and down 71,367 since May, when the number peaked at 302,966.

The number of employed people rose 24,766 in August and 114,545 since its trough in May. Minnesota's labor force participation rate increased to 69.8% in August from 69.2% in July, closing in on 70.2% where it stood in February.

The national labor force participation rate is 61.7% in August.



20 years ago...2000: First place winners in the Winger Days Kiddie Parade were Brittney Taylor, Marissa Carlson and Jade Benesh, who were Barbie, Ken and the Rockers.



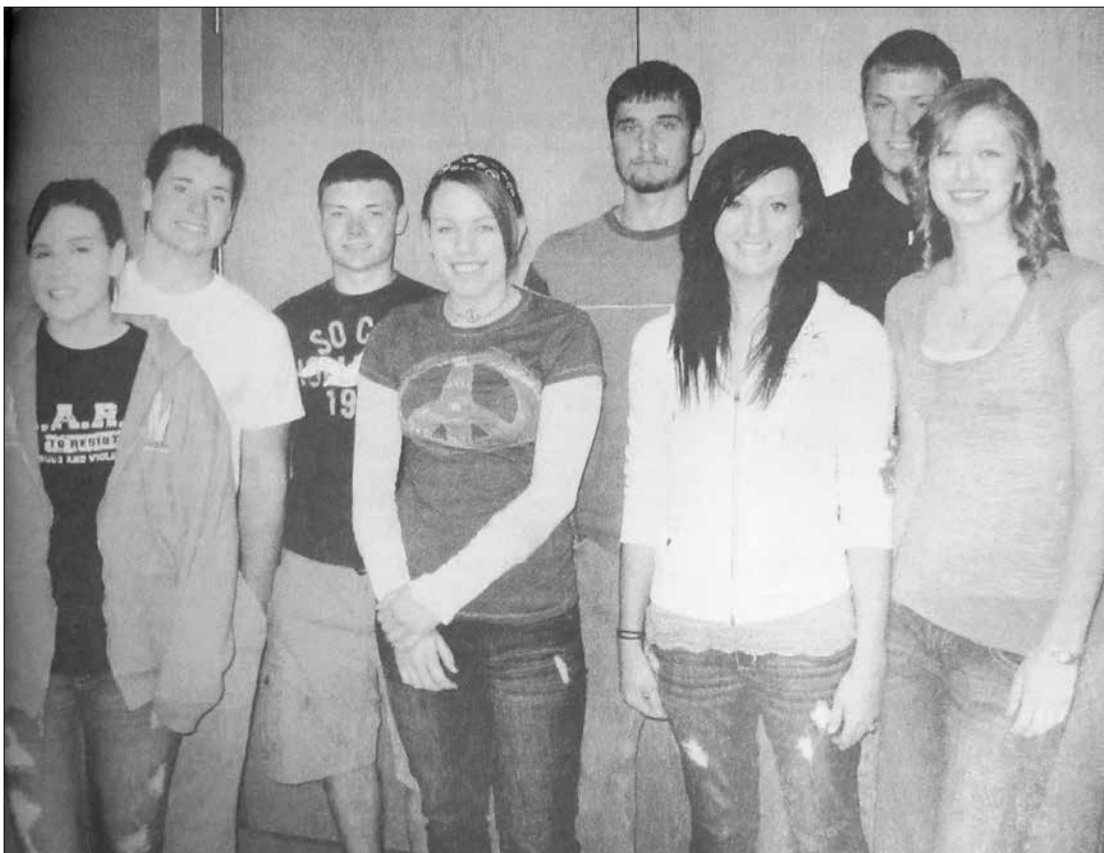
50 years ago...1970: Five finalists were named Friday night in the Miss Northwest Sunflower Pageant and they were crowned by Gail Nepper, Miss Thief River Falls. Left to right are Miss Ann Stordahl of McIntosh, Bekki Radneicki of Trail, Miss Fern Evje, Miss Debbie Staehnke of Bagley, and Miss Cindi Bestul.



40 years ago...1980: Christy Hagen was crowned Homecoming Queen at the school festivities. Her escort is Cameron Burslie. Gift bearers are Ben Lecy and Christina Lier. 1979 Homecoming Queen relinquishing her crown was Dwayna Carlson with her escort, Todd Haugen.



30 years ago...1990: Members of the Winger Lioness Club who received a 5 year Anniversary pin were (Back Row) Joyce Balstad, Wilma Wang, Florence Espeseth, Sonya Oberle, Anne Vesledahl, Elmyrna Kaupang; (Front Row) June Versdahl, Delores Westcott and Carrie Christianson. Not present: Bernadine Helgaas, Mildred Hendrickson, Darlene Roue, Beulah Solie, Diane Sonstelie, Cheryl Wang and Irene Vesledahl. Of these members 8 also received a 5 year perfect attendance pin.



10 years ago...2010: Win-E-Mac High School King and Queen Candidates selected for Homecoming week. King candidates for the 2010 WEM Homecoming (Back) Derek Gieseke, Bryson Gunerson, Alec Lisoff and Matt Simonson; Queen candidates (Front): Molly Olson, Megan Hertwig, Alicia Morrison and Kendyl Ross.

Cybersecurity for all aspects of daily life

The internet is a big part of life in the 21st century. Going online was a mere novelty around 25 years ago, but now it has become a vital component of daily life.

According to the Digital 2019 report by HootSuite and We are Social, the average internet user spends more than a quarter of his or her life online. The same report states that consumers are on the internet an average of 6 hours and 42 minutes each day. The internet is used for work, school and recreation. In addition, as a consequence of the outbreak of the novel coronavirus COVID-19 in 2019-2020, social distancing measures have required people spend even more time online rather than in person.

While the internet has changed lives in many positive ways, the connectivity of the technology also opens individuals up to various dangers. These tips can help people be safe when spending time online.

- **Think before you click.** Malicious links can pop up everywhere, but particularly in phishing emails. Links may look like they come from reputable sources so it can be difficult to tell dangerous links from reputable ones. Hover the cursor over a link without clicking it to see where the link will lead. Do not click links from un-

recognized sources or senders.

- **Choose strong passwords.** Passwords help protect personal information and data. Select strong passwords and do not share them. Do not use the same password for all accounts. Change your passwords frequently, especially if you believe your accounts have been hacked.

- **Friend or foe?** Some cyber criminals can create fake profiles to befriend you on social media. They may try to trick you into sharing confidential data with them.

- **Maintain security updates.** Software patches are issued when security flaws are discovered. Be sure to update software as indicated, which can help you stay safer.

- **Use private networks.** Only connect to private networks when handling sensitive information. Security does not end with laptop, desktop or notebook computers. Securing mobile devices also is essential. Turn off Bluetooth and don't automatically connect to public Wi-Fi whenever possible.

- **Lock up devices.** Never leave your computer, phone or other tech device unlocked while you are away from it. That can make it easier for people to get into your system and steal information.

- **Use two-factor authenti-**

cation. Also known as a two-step verification, two-factor authentication is widely used to add extra security to online accounts. It's preferable on accounts that secure sensitive information, such as banking sites. This authentication uses different methods to trust devices, such as requiring users to type in a unique code that is emailed or texted in addition to entering their passwords.

- **Be aware of ransomware.** Heimdal Security, a cybersecurity company, says ransomware is a significant cyber threat. It encrypts all data and locks you out. It asks for a payment before a decryption key will be given. Frequent backups of computers and keeping data in multiple locations can help. Also, never access attachments from unknown senders.

It is important to learn about cybersecurity as the world spends more and more time online.

Paid Volunteer Opportunities

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

**Win-E-Mac**

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

MMS-32C

Enjoy whole grains, even on a gluten-free diet

People adhere to gluten-free diets for various reasons. Individuals with Celiac disease have to avoid gluten because they have a form of gluten intolerance that results in severe gastrointestinal distress if they consume it.

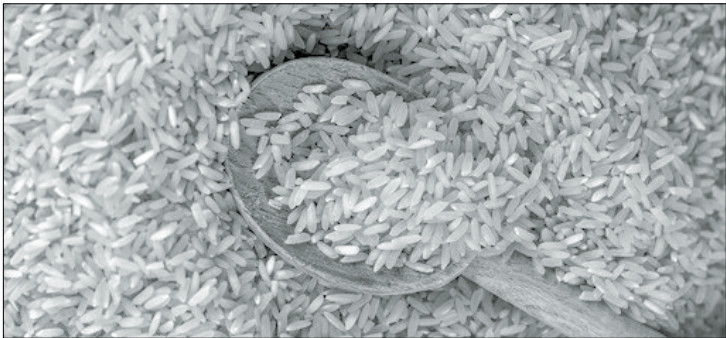
However, others avoid gluten, which is a protein found in all kinds of wheat, including barley, rye, triticale, rye, and wheat hybrids, because they're simply allergic to wheat. Some have intolerances that are not exactly allergies or Celiac disease, but can make it difficult to digest gluten.

Whole grains, which have all of the parts of the original kernel - bran, germ and endosperm - in the original proportions, help a person to feel full longer, can help keep digestion regular and also may help the body from absorbing "bad" cholesterol.

They also may lower triglyceride levels, which are a major contributor to heart disease. Whole grains also can help people maintain healthy weights.

Just because a person is following a gluten-free diet does not mean he or she needs to avoid all grains, particularly whole grains that are so essential for good health. Most grains are gluten-free and can be enjoyed as part of a balanced diet.

- **Amaranth:** Amaranth is a tall plant and a few varieties



are grown as a food source. It is considered a pseudocereal and is a complete protein, containing all nine essential amino acids, which is close to double the amount found in rice and corn.

- **Buckwheat:** Buckwheat is a good source of protein, fiber, phosphorous, and the B vitamin riboflavin. It also contains all of the nine essential amino acids that humans do not produce naturally and must consume through food.

- **Corn:** Corn products are gluten-free and can be consumed in many forms, whether whole kernel, ground into cornmeal or cornstarch, and formed into chips or tortillas. Corn is baked into breads as well. The Whole Grain Council says recent studies have found that corn has naturally high levels of resistant starch that may be especially good at making people feel full longer.

- **Oats:** Oats are inherently gluten-free, but quite often they are contaminated with

wheat while growing or being processed. So it's essential to find products that contain pure oats only.

- **Quinoa:** This grain is native to the Andean region of South America. Another complete protein, quinoa has high amounts of other nutrients, such as potassium, that helps control blood pressure. It also is rich in antioxidants.

- **Rice:** Rice provides about half the calories for nearly half of the world's population, particularly in Asia and South America.

Rice can be nutritious, particularly brown rice. Just one cup of cooked brown rice also provides 88 percent of daily need for manganese, a mineral that helps the body digest fats and get the most from proteins and carbohydrates.

Going gluten-free is a choice or a necessity. People can continue to enjoy many whole grains even if they are on a gluten-free diet.



Sheila Olson from our Local Head Start Program receiving the donations of school supplies from Bob Bursheim of Neil's Quality Meats & More in McIntosh. The supplies were collected in August at the store, for the start of the school year. Thanks to everyone for the Donations.

**WEM School**
Announcements

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

Covid-19...

Continued from page 1

Everyone else who lives in the house are close contacts. They need to stay home for at least 14 days (quarantine). It is possible for them to develop Covid-19 during these 14 days. Staying home stops them from spreading the virus in school, child care, and other settings without knowing it.

What if my child gets sick, but tests negative for Covid-19 and is not a close

Football practice:
September 14th – October 2nd.

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

Weight Lifting: Contact

Did you know?

Hunting enthusiasts anxiously look forward to the first day of hunting season, a date chosen after local gaming authorities carefully consider a host of factors.

Conservation of both game and the hobby hunters love so much are two of the driving forces that determine when hunting seasons begin.

Local gaming authorities want to protect wildlife from overhunting, and they also want to ensure hunters won't have to confront dwindling animal populations that will affect their hunting.

Estimates of local animal populations are one of the main factors gaming authorities consider when trying to figure out the best time to start a hunting

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.

season.

If local authorities deem that the animal population is too large, thereby adversely affecting local residents, they will time hunting season in such a way as to give hunters an advantage.

This can help control local wildlife populations and make communities safer. On the opposite end of the spectrum, if population estimates are especially low, authorities will time hunting season so fewer animals are likely to be killed. These efforts at managing local animal populations can benefit hunters, animals and even local residents who don't participate when hunting season begins.

home while they are sick and should not return to school or child care until they feel well. This includes staying home for at least 24 hours after a fever is gone, without using fever-reducing medications.

In this situation, brothers, sisters, and other children who live in the house DO NOT need to stay home (quarantine) and can continue going to school or child care.



Nicole Cook from The Clubhouse Child Care Center with her students and the donations made in a school supply drive at Neil's Quality Meats & More in McIntosh. Thanks to everyone who made a Donation to our Local Head Start. The donations were divided between the Head Start program at the Win-E-Mac school and the Head Start program at The Clubhouse Childcare Center in McIntosh.