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Gage Bauer (pictured with his dad, Logan) shot a definite trophy deer during the recent Youth Hunt held in Minnesota. This buck was 14 points and was shot SW of McIntosh. The 2020 youth firearms deer season was held statewide from Thursday, October 15th, through Sunday, October 18th for kids ages 10 to 17 years old. It is a fun time of year as kids get to get out and learn and focus on their hunting skills with help from parents or friends.

Halloween trunk-or-treat in Mac

The McIntosh Community Club will host a fun, safe and spooky Halloween Trunk-or-Treat event in downtown McIntosh on Halloween, Saturday, October 31st from 6:00 pm to 8:00 pm.

The event will include candy collecting from decorated cars downtown McIntosh.

There will also be a "haunted" alley suitable for kids of all ages between the bank and the Bjella Bulding.

Those wishing to participate by decorating their vehicle can message the McIntosh Community Club on Facebook and provide their name and phone number or can call 701-866-0371 to register as well.

Cars may start to set up beginning at 5:00 pm on October 31st and must be ready to greet



trick-or-treaters by 5:45 pm.

All children who participate must be accompanied by an adult.

Social distancing guidelines are encourages and following common sense and good judgement while participating in the event.

It may be best to skip the bowl of treats and pass out treats yourself so that trick-or-treaters are not all reaching into the same bowl. This is a good practice at the event or if you are choosing to pass out candy at your home or business as well.

Please join the McIntosh Community Club and friends, neighbors and family for this fun event held in downtown McIntosh this Saturday, October 31st from 6:00 pm to 8:00 pm. See you there!

The McIntosh Times wishes a happy, safe Halloween to all.

Halloween full moon

Many images associated with Halloween feature a cloud-draped full moon in the background.

Whether a witch is stirring her cauldron, bats are flying through the air or zombies are rising from a cemetery, a full moon is prominent in Halloween imagery. But just how common is a full moon on All Hallow's Eve anyway? According to "The Farmer's Almanac," a Halloween full moon occurs only once every 18 to 19 years.

Luckily for full moon lovers, they'll get to witness two full moons in October 2020. The Full Harvest Moon takes place on October 1, 2020, and marks the full moon nearest the autumnal equinox, which occurs on September 22 this year.

In addition, the Full Hunter's Moon rises on Halloween night. The second full moon

also is known as a blue moon. This is when two full moons appear in a single month, something that happens on average every 2.5. to 3 years. This unusual and rare event is the basis behind the phrase "once in a blue moon."

Those who peer out at the full moon on Halloween will not notice a blue tinge to the moon, but it will be something that's very uncommon. Try to catch the moon when it has first risen over the horizon, shortly after sunset, when something called the "moon illusion" is visible.

When the moon is low and viewed in relation to trees and chimneys, the moon can seem more massive than when it is high in the sky.

This can serve as the perfect backdrop for vivid Halloween photos.

Why hasn't Win-E-Mac moved to a different learning model?

The coronavirus in Polk County has moved to a higher number of 33.24 (per 10,000 people) from September 27 to October 10 data. You may wonder why Win-E-Mac School is not moving to a different model as previously advertised before the school year began. Win-E-Mac School officials work with Polk County Public Health (PCPH) and other health agencies, and we believe we should remain status quo for now, as the number relates more to family units versus many individuals throughout the county. The latest seven-day cases make up 16% of school-age students. The data is broken down daily by PCPH and is monitored very closely. Superintendents met online on Thursday with the commissioner of MDE, and additional guidance has been issued to the E-12 schools regarding the educational model:

The Minnesota Department of Education (MDE) provided additional guidance to E-12 public schools this week on learning and expectations in the midst of the COVID-19 pandemic.

Adjusting the learning model

School districts may adjust their learning model based on the district's statistics, rather than simply by county-level data. MDE told school leaders on Thursday that the decision is very much a local decision with multiple data points that help guide the decision. That means schools in the same community can be in different learning models based on each school's data.

If a school district chooses the distance learning model when the data support a less



restrictive model, the district can allow students to participate in activities and athletics.

The decision to change learning models will not be based upon a single, objective number, or data point. Nor is there a "magic" number that will determine when a model change needs to be made. Instead, schools must examine and analyze a number of "data points" in making this important decision. Initially, the 14-day rolling average in each county was an important metric that schools were directed to use to determine the learning models they should use to start the school year. However, these rolling averages should not be the only metric schools use to determine the need for a model change during the year. The following data points should also be utilized to inform such a decision now:

Geographic data (zip codes and other data) about the spread of COVID-19 in the area.

Demographic data around age groups with positive cases (how many school-aged children have COVID-19?).

Whether or not commu-

nity spread is occurring in our school buildings.

The number of school district employees who are unable to perform their duties due to contracting COVID-19 or needing to quarantine after close contact with someone who is positive for COVID-19.

Whether the school is still a safe place for students to learn and employees to work.

School district leaders have met with the NW Minnesota COVID Regional Response Team to consult about the data points listed above. The Regional Response Team, which is comprised of experts from the Minnesota Department of Health (MDH) and the Minnesota Department of Education (MDE), has advised us that, despite increasing numbers in our county, we do NOT need to change our learning models at this time. While numbers are rising throughout the county, COVID-19 is still not spreading as rapidly in our schools. Schools are still a safe place for students and employees.

Remember: "The behavior of the community will determine the model of instruction used in our school."



The McIntosh Fire & Rescue Assistant Chief, Toby Strom explains the fire protection suit worn by the squad during a fire call. Wearing the suit is Luke Syverson, a McIntosh Fire Department member.



Recently Luke Syverson (Right) and Toby Strom (Left), both members of the McIntosh Fire & Rescue Squad visited Win-E-Mac School to teach the Kindergartners 3rd graders and 6th graders about fire safety. They are pictured here with the 3rd graders.



A trophy 14 point buck was shot by Gage Bauer southwest of McIntosh during the Youth Deer Hunting event that took place throughout the State of Minnesota in October.

How to field dress wild game properly and safely

Fishing and hunting are popular outdoor activities. Many outdoor enthusiasts engage in angling or hunting so they can have trophies to put up on their walls.

Others rely on hunting and fishing for supplemental food sources.

Game animals will have to be cleaned and processed properly whether they're headed to the dinner table or to the taxidermist.

Pathogen contamination is one of the biggest risks when field dressing an animal. As with any animal, game can contain harmful bacteria, such as salmonella and strains of E. coli.

Other animals, such as wild hogs, can infect people with a flu-like illness called brucellosis, which can be caught through contact with blood, fluid or tissue of an infected hog. Deer, elk and moose also may have chronic wasting disease, or CWD.

Although there is no evidence that links CWD to human illness, the Centers for Disease Control and Prevention advises caution.

Proper field dressing techniques and game transport can help reduce the risk of pathogen-

ic contamination.

Here are some tips for getting started, courtesy of Penn State and the CDC.

• **Wear safety gear.** When handling any game animals, protect yourself with rubber gloves. This will prevent the blood and fluids from the game animal from getting on your skin. Eye protection is also advised when handling carcasses.

• **Work quickly.** The elapsed time from when the animal is downed until it is processed can affect the safety and the quality of the meat if it will be consumed, according to Martin Bucknavage, food safety extension associate in the Penn State Department of Food Science. Field dress as soon as possible to ensure rapid loss of the animal's body heat, to prevent surface bacteria from growing and to preserve the quality of the meat. Eviscerate the animal to help the carcass dissipate heat and remove the internal organs, where spoilage tends to occur more quickly.

• **Watch out for internal organs.** Avoid cutting into internal organs, especially the intestines, where the largest amount of bad bacteria tend to reside.

• **Chill the carcass.** Deterioration will occur more quickly in temperatures greater than 40 F. Therefore, insert plastic bags of ice or snow into the body cavity of the animal to keep the carcass chilled. Move the carcass into a cooler or refrigerator as soon as possible after field dress.

• **Choose tools wisely.** Use clean, sharp knives when field dressing and butchering to make it easier to cut through and process the carcass. Use clean water, premoistened wipes or alcohol wipes to clean the knife frequently between cuts to prevent bacterial contamination.

• **Hang game by hind legs.** Hang the animal by its hind legs with its head down when aging or butchering. This prevents brain and spinal fluids from contacting the meat.

Most importantly during field dress, if any of the internal organs smell or look offensive, or if there is oddly colored discharge, do not consume the meat.

Hunters and anglers are advised to learn more about field dress techniques to hone their skills. Speak with local fish and game officials about nearby courses.

DEB KIEL
For State Representative

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M31-32P
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Rep. Kiel urges local residents in vote-by-mail only precincts to return ballots

State Representative Deb Kiel, R-Crookston, is urging local residents that live in vote-by-mail only precincts to make sure they complete and return their ballot or vote in person at their local county election office.

"No matter your party, it is important that people living in mail-only voting precincts are aware that they must either mail in their ballots or vote in person at the local county election office," Kiel said. "Voting is incredibly important, and I encourage all eligible Minnesotans to exercise their right to vote."

New precincts in our area that will now vote-by-mail

include: Cloverleaf Township, Deer Park Township, Goodridge, Goodridge Township, Kratka Township, Reiner Township, St. Hilaire, Brandsvold Township, Bygland Township, Esther Township, Garden Township, Garfield Township, Hill River Township, Huntsville Township, Winger Township, and Terrebonne Township. Precincts that have voted by mail in past years should continue to do so.

Residents that live in vote-by-mail only precincts have the option of voting in person at their county election office through Election Day, November 3rd.

How to prepare and cook pumpkin seeds

Nutrition and Halloween do not necessarily go hand in hand.

While many parents may go to great lengths to ensure their youngsters' Halloween treats offer at least a little nutritional value, the bulk of costumed kids' hauls still tends to be candy.

Pumpkin seeds are one delicious yet often overlooked Halloween treat.

According to Healthline, an online medical resource that aims to educate readers as they pursue their health and overall well-being, pumpkin seeds provide a host of health benefits. Data from the U.S. Department of Agriculture indicates that a single cup of pumpkin seeds can provide as much as 22 percent of a person's daily recommended value of dietary fiber.

In addition, pumpkin seeds are loaded with vitamin K, which plays a role in blood clotting and bone metabolism and helps to regulate blood calcium levels.

Pumpkin seeds tend to be easily accessible come Halloween, as they're right inside the pumpkins many who celebrate this ghoulish holiday turn into jack-o'-lanterns.

When carving pumpkins this Halloween, people can forgo relegating pumpkin seeds to the garbage can in favor of cooking them. The following are some tips, courtesy of Whole Foods, to help Halloween celebrants prepare and cook pumpkin seeds.

• **Remove seeds from the inner cavity.** Pumpkin seeds may sometimes be covered in excess pulp. Upon removing the seeds from the inner cavity, wipe off the pulp and then spread the seeds out evenly on a paper bag, allowing them to dry overnight.

• **Place the seeds in a single layer on a cookie sheet.** Once the seeds have dried, they can be placed in a single layer on a cookie sheet. Roast the seeds in the oven at a temperature between 160 and 170 F for 15 to 20 minutes. Whole Foods notes researchers found that roasting pumpkin seeds for more than 20 minutes can lead to unwanted changes in the fat structure of the seeds. To avoid such changes, make sure the seeds are not roasted for more than 20 minutes.

Once they have been roasted, pumpkin seeds can be served as-is as a delicious snack.

Whole Foods notes that seeds also can be sprinkled into mixed green salads.

Pumpkin seeds can even be ground with fresh garlic,

parsley and cilantro leaves and then mixed with olive oil and lemon juice to create a delicious salad dressing. Chopped pumpkin seeds also can be added to cereals.

This Halloween, don't forget to add a little nutrition to celebrations by roasting some pumpkin seeds.

General Election

Sletten Township will be open for voting on November 3 from 10am to 8pm. Voting will take place at the township hall. M31-32C

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

Community Birthday and Anniversary Calendar

Wed. Oct. 28: Shelby Msndt, Colten Mandt, Leah Mahlen

Thurs. Oct. 29: Brenda Ugalde, Bob Bursheim, Croix Haaven

Fri. Oct. 30: Randy Christianson, Dave Stordahl

Sat. Oct. 31: Gloria Bren, *Joseph & Kelly Lee

Sun. Nov. 1: Kain Schow, Caleb Paskvan, Janet Landsverk

Mon. Nov. 2: Bridgette Burslie, Robert Christianson, Bernie Marshall, *Ron & Elaine Roed

Tues. Nov. 3: Ethan Ekeberg, Sharon Hegland, Bob Quinlan

McINTOSH Times

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"Serving the Win-E-Mac area"

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LSS
Meals Menu
687-2262

Tues, Nov. 3rd - (Chef's Choice) Beef Tips in Gravy over Egg Noodles - Mixed Vegetables - Apricots - Wheat Rolls - Chocolate Chip Cookie Bars - Milk

Wed, Nov. 4 - Call with Choice (687-2262) Liver & Onions or Chicken Fried Beef Steak - Boiled Potatoes - Baby Carrots - Wheat Bread - Fruit Cocktail - Milk



ST. MARY'S CHURCH
Fosston
Fr. John Suvakeen,
Pastor

Sun. November 1: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

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

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Supply Pastor
Gordon Syverson

Our Savior's Church of McIntosh will resume church services stating on October 4th. The plan moving forward will be to alternate with Calvary every other week. Our Savior's will host on the 1st and 3rd Sunday's and Calvary the 2nd and 4th Sunday's of each month. The new time will be 10:30 am every Sunday at both locations.

The following guidelines will be in place. Masks must be wore at all times, social distancing from non-family members or anyone else you aren't currently spending time with, no singing as all the hymnals will be removed from the pews and the hymns will be in your bulletin to follow along with, communion will be held in the pews on the 1st and 2nd Sunday's of the month with the communion kits we are currently using, offering trays will be placed on a table to put your offering in when you come in, no sharing of the peace.

If you don't have a mask we'll have some available but please take with you afterwards and dispose of at home. Hand sanitizer will also be available to use before sitting down in your pew. Please only sit it the pews that aren't taped off.

We will still continue to have services on Garden Valley and YouTube so if you aren't comfortable in coming please stay home and enjoy on tv.

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
Fri, October 30: 10:00am Telecast of Luther League program on GVTV-3

Sun., November 1: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues, November 3: 10:00 a.m. Sunday worship service telecast on GVTV-30

Wed, November 4: 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.



I'm Collin Peterson and these are my granddaughters, Astrid and Ingrid. They're the reason I fight so hard to protect our way of life.

As Independent as the Seventh District,
I will always vote for what's best for Minnesota.

Congressman Collin
Peterson

Prepared and paid for by Peterson for Congress, P.O. Box 265, Detroit Lakes, MN 56502

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USDA announces 4th round of the Farmers to Families Food Box Program

The U.S. Department of Agriculture (USDA) today announced it has authorized \$500 million for a fourth round of purchases for the USDA Farmers to Families Food Box Program. USDA is issuing solicitations for the fourth round to existing Basic Ordering Agreement (BOA) holders and expects to award contracts by Oct. 30 for deliveries of food boxes from Nov. 1 through Dec. 31, 2020.

In the fourth round, as in the third round, states have been allocated boxes based on the internal need of the state. The program will continue the purchase of combination boxes to include fresh produce, dairy products, fluid milk and meat products.

The program also will continue to require that proposals illustrate how coverage would be provided to areas identified as opportunity zones, detail subcontracting agreements, and address the “last mile” delivery of product into the hands of the food insecure population. Entities who meet the government’s requirements and specifications will be issued agreements and submit pricing through a competitive acquisition process.

“I’m gratified by the overwhelmingly positive response to the Farmers to Families Food Box program from families, distributors, food banks, faith-based organizations and non-profits in communities across the country.

We recently surpassed 110 million boxes delivered, and millions more are headed to Americans in need,” U.S. Secretary of Agriculture Sonny Perdue said. “I’m very pleased that we are able to extend this program and continue our re-

lief efforts for American farmers and families.”

“Across the country, I have seen firsthand how the Trump Administration is fueling millions of American families through the Farmers to Families Food Box Program,” said Advisor to the President Ivanka Trump. “President Trump’s commitment to extend this impactful program is ensuring healthy and nutritious produce, dairy and meat will continue to reach our Nation’s most vulnerable communities while supporting our farmers!”

Background:

The third round of Farmers to Families Food Box program was announced July 24, 2020, and the President announced on Aug. 24, 2020, that up to an additional \$1 billion was being made available for deliveries through Oct. 31, 2020. USDA announced contracts for the third round on Sept. 17, 2020, and has purchased more than \$2.981 billion worth of food, to date.

In the second round of purchasing and distribution, which began July 1 and ended on Sep. 18, 2020, USDA purchased more than \$1.763 billion of food through extended contracts of select vendors from the first round of the program.

It also issued new contracts focused on Opportunity Zones in order to direct food to reach underserved areas, places where either no boxes have yet been delivered, or where boxes are being delivered, but where there is additional need.

The first round of purchases occurred from May 15 through June 30, 2020, and saw more than 35.5 million boxes delivered in the first 45 days.

Updates to the number of food boxes verified as delivered

will continue to be displayed on the USDA’s Agricultural Marketing Service (AMS) website, with breakdowns by performance period on the Farmers to Families Food Box Program page.

This additional funding for the food box program is one of many recent efforts by the USDA to continue providing critical support to the American people. USDA’s Food and Nutrition Service (FNS) also has taken steps to ensure Americans in need are able to feed themselves and their families.

Earlier this month, USDA extended flexibilities to allow free meals to continue to be available to all children throughout the entire 2020-2021 school year.

This unprecedented move is part of USDA’s unwavering commitment to ensuring all children across America have access to nutritious food as the nation recovers from the COVID-19 pandemic. USDA previously extended child nutrition waivers through December 2020 based upon available funding at the time.

The flexibilities extended

Did you know?

Aging men and women may be tempted to eschew home cooking entirely.

After all, there are plenty of convenient frozen or take-out foods available that can be whipped up in a snap.

However, there are certain benefits to cooking your own meals.

John Moore, DO, an Aetna medical director and senior health specialist, says that cooking can be good for helping to stave off cognitive decline. Dr. Moore notes that, when

allow schools and other local program operators to continue to leverage the Summer Food Service Program (SFSP) and the Seamless Summer Option (SSO) to provide meals to all children, at no cost, at over 90,000 sites across the country through June 30, 2021.

In April, USDA increased Monthly SNAP Benefits across all 50 states and three territories to increase food security during the coronavirus national emergency.

These emergency benefits represent a 40 percent increase in overall monthly SNAP benefits, significantly increasing food purchasing power for American families. In addition, USDA announced in May that 90 percent of participants would soon be able to use SNAP benefits to purchase food from authorized retailers online.

USDA has also provided over \$3 billion in food and administrative funds to food banks through The Emergency Food Assistance Program (TEFAP), which provides 100 percent domestic USDA Food to families in need.

cooking, the mind is put to use following a recipe and learning new skills and tasks.

Furthermore, cooking for oneself can boost seniors’ self-confidence, reassuring them that they can handle an important daily task without having to rely on their family for meals.

As long as it is deemed safe (i.e., no sign of cognitive decline or forgetfulness), seniors should be encouraged to continue cooking.



When Seasonal Affective Disorder & grief co-exist

by Stephanie Pritchard, LPC, NCC

Surely you have noticed the chill in the air and the turning of leaves from lush green to yellows, oranges, reds and browns.

The cooler weather and beautiful fall colors are a sure sign that fall is here and winter will soon follow. This also means that the amount of daylight we have each day is slowly dwindling.

According to Psychology Today, as many as 10 million Americans will start to feel the effects of Seasonal Affective Disorder (SAD).

Seasonal Affective Disorder (SAD) is a change in mood that happens around the same time each year and affects a person’s ability to function. It’s sometimes referred to as seasonal depression or the winter blues.

It can also be attached to a mood disorder diagnosis, like major depressive disorder “with a seasonal pattern.”

SAD is characterized by any combination of the following:

- Feelings of sadness or despair
- Lack of interest in activities you once enjoyed
- Low energy
- Feeling agitated or irritable
- Difficulty concentrating
- Feeling sluggish
- Increased thoughts of death or suicide

Mayo Clinic cites people with winter onset SAD are more likely to display weight gain, craving of high carbohydrate foods, fatigue and sleeping too much. Spring/summer onset SAD, which is less common than winter onset, is more likely to include insomnia, decreased appetite, weight loss or anxiety. The symptoms must be present at about the same time of year for at least two years to be deemed a “seasonal pattern.”

Grief & SAD

Grief affects everyone differently, but many grief reactions people experience are similar to those of SAD.

Some commonalities include:

- Changes in appetite
- Sleep disturbances
- Fatigue or exhaustion
- Sadness or depressed mood
- Anxiety or Irritability
- Hopelessness
- Increased thoughts about death or suicide

Many people experience a resurgence of grief reactions each year near the anniversary of their loved one’s death. If your loss occurred in the fall or winter months, it can be especially difficult to distinguish if a person is experiencing primarily grief, SAD or both simultaneously.

Although it’s not always possible to identify with certainty which symptoms are a result of SAD and which are attributed to grief, it’s worth exploring so you can begin to identify ways to help yourself feel better.

Treatment of SAD

If you have been experiencing a shift in your mood at about the same time each year for at least two years prior to your loss, you may want to talk with your doctor about treatment for SAD.

According to Mayo Clinic, the exact cause of SAD is unknown, but researchers believe that some contributing factors include changes in our sleep/wake cycle, and serotonin and melatonin levels as a result of decreased levels of sunlight exposure in the winter months. The result is altered sleep patterns and a change in mood.

SAD should resolve on its own as the seasons change, but there are treatments available to help you feel better through the winter months. The most common treatments are light therapy, anti-depression medication and counseling.

Light therapy or phototherapy is usually the first treatment option to consider, as it is non-invasive and has few side effects.

Light therapy involves using a light therapy box for a certain amount of time each day, usually in the morning, to mimic the sun’s light. You should not look directly at the light, but instead have it enter your eye indirectly. If you can, position the light above your head so that the light would enter your eye at about the same angle as the sun would.

Light therapy boxes do not require a prescription, but you should talk to your doctor about the intensity, timing and duration of using the light, as well as how to choose a good quality light box (one that does not omit UV light).

Helping Yourself Through Grief & SAD

When you are grieving the loss of a loved one, regardless if that grief co-exists with SAD, there are steps you can take ease the burden of grief:

- **Recognize that each person experiences grief differently.** Try not to compare your own grief experience to others who are coping differently.
- **Seek support through friends, family, clergy,** a counselor and/or a grief support group. Having at least one person to talk with about your grief and your loved one can make a difference.
- **Expose yourself to sunlight, when possible.** Outdoor time can be limited during the winter months, but try to get outside at least daily even if it’s just a trip to the mailbox or post office. If you are confined to your home, create a cozy space next to a window where you can sit and enjoy the natural light. Open blinds and curtains to let light in during the day.
- **Be outside if you can.** When snow, ice and wind aren’t keeping you inside, get out of the house and move your body. Go for a walk, snowshoe, cross country ski or go on a sled ride with a child. A short brisk walk can drastically improve your mood and can help fend off the feelings of sluggishness and fatigue.
- **Be gentle with yourself** through the grief process. Losing a loved one can be incredibly trying and you deserve grace as you process the loss.

Above all else, it’s important to remember that although the season you are in is challenging, it is just that—a season. Before we know it, the trees will wake up, the flowers will bloom, and we will be basking in the warm sunlight as spring arrives in all its glory.

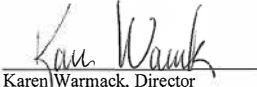
Our hope is that as you come out of the season of deep grief you will enter a new season marked by growth, strength and true joy.

If you are struggling, we can help. For more information about our free community grief support services, visit our website or call 800-237-4629.

Stephanie Pritchard, LPC, NCC, is a grief specialist with Hospice of the Red River Valley.

POLK COUNTY SOCIAL SERVICES MINUTES

Name of County Polk County, Minnesota Date of Meeting September 15, 2020 Convened at 8:00 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 Others Present Chuck Whiting, County Administrator	
Minutes A motion was made by Commissioner Willhite, seconded by Board Member Waters and adopted by unanimous vote of the Board to approve the Minutes from the August 18, 2020 Polk County Social Service Board Meeting.	
Agenda A motion was made by Commissioner Lee, seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to approve the meeting Agenda for September 15, 2020 Polk County Social Service Board Meeting.	
Review of the Cases and Claims A motion was made by Commissioner Lee, seconded by Commissioner Jacobson, and adopted by unanimous vote of the Board to approve the Cases and Claims as follows:	
Admin Medicare Part B Medicare Part B Employee & Board Administration	\$144.60 \$7,230.00 \$830.95 \$270,419.57
Non Public MA Insurance Payroll – Paydate 8/21/20 Payroll (Retro) – Paydate 8/28/20 Special Run MA Insurance Medical Transportation 8/31/20 POS 8/31/20 Collaborative 9/15/20 Payroll – Paydate 9/4/20 1 st of the Month POS 9/18/20 MA Insurance Medical Transportation Payroll – Paydate 9-18-20 Special Payroll – Paydate 9/18/20	\$1,106.89 \$311,557.88 \$172,273.96 \$30.00 \$1,622.92 \$115.44 \$143,796.88 \$76,922.00 \$315,061.12 \$147,141.97 \$178,503.98 \$9,635.24 \$11,949.22 \$311,823.00 \$ 93,722.53
Warrants for Publication Warrants Approved on 9/15/2020 for Payment 8/28/2020	
Vendor Name 2 Payments less than 2000 Final Total:	Amount \$30.00 \$30.00
Warrants for Publication Warrants Approved on 9/15/2020 for Payment 9/4/2020	
Vendor Name Fleet Services Krutzfeldt & Jones, LLP Mahnommen County Human Services Marshall County Social Services Norman County Social Services Pennington County Human Services Red Lake County Social Services Roseau County Social Service Center 14 Payments less than 2000 Final Total:	Amount \$4,811.26 \$2,360.00 \$6,958.00 \$8,890.00 \$10,862.00 \$24,349.00 \$9,669.00 \$72,566.00 \$6,676.71 \$147,141.97
Warrants for Publication Warrants Approved on 9/15/2020 for Payment 9/18/2020	
Vendor Name 11 Payments less than 2000 Final Total:	Amount \$830.95 \$830.95

Warrants for Publication Warrants Approved on 9/15/2020 for Payment 9/18/2020	
Vendor Name Climax Shelly School District 592 Crookston School District 593 EGF School Dist 595 Fertile-Beltrami School Fosston Public School Win-E-Mac Public School 2 Payments less than 2000 Final Total:	Amount \$12,393.00 \$13,680.00 \$12,852.00 \$10,288.00 \$13,421.00 \$11,350.00 \$2,938.00 \$76,922.00
Warrants for Publication Warrants Approved on 9/15/2020 for Payment 9/18/2020	
Vendor Name Career Force – Willmar DHS-Swift Language Line Services Polk County Administrator Stenshoel-Houske Verizon Wireless 23 Payments less than 2000 Final Total:	Amount \$6,177.89 \$25,881.01 \$2,779.07 \$218,305.92 \$5,300.00 \$4,857.46 \$7,118.22 \$270,419.57
Personnel The Director informed the Board regarding the Probationary Appointment of Daniel Strandquist, Social Worker CPS, effective September 8, 2020. The Director informed the Board regarding the Probationary Appointment of Ashley Glass, Social Worker CPS, effective September 9, 2020. The Director informed the Board regarding the Probationary Appointment of Alexis Johnson, Office Support Specialist, effective September 14, 2020. The Director informed the Board regarding the Probationary Appointment of Frances Johnson, Office Support Specialist, effective September 21, 2020. The Director informed the Board regarding the Probationary Appointment of Erica King, Family Based Services Provider, effective November 23, 2020. The Director informed the Board regarding the Resignation of Megan Wilmer, Social Worker CPS, effective October 2, 2020. Request for replacement was approved at County Board on August 25, 2020. The Director informed the Board regarding the Resignation of Toni Langved-Kelley, Office Support Specialist, effective September 18, 2020. Request for replacement was referred to County Board. The Director informed the Board regarding the Resignation of Hana Mohamoud, Eligibility Worker, effective October 14, 2020. Request for replacement will be referred to County Board on September 22, 2020. The Director reviewed with the Board the Personnel Organizational Chart dated September 15, 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 -August 2020. Social Services Month End Fund Balance Summary - 1999 through August 2020. Out-of-Home Placement Cost Expenditures Report - 2018 through August 2020. Out-of-Home Placement Report-August 2020. Screened in Child Protection Reports - August 2020. August CP Information Report. Adult Mental Health Placement Costs for State Operated Services - August 2020. Adult Mental Health Commitments Report - August 2020. Consolidated Chemical Dependency Treatment Fund Report. MA Recoveries/Estate Recoveries - August 2020. Burial Expense Report -2019 through August 2020. Other Income Maintenance Unit 2020 Active Cases by Program Report. Child Support Collection & Distribution Reports - August 2020. The Director and Randy Beggs, Fiscal Supervisor I, presented the Polk County Social Services Proposed 2021 Budget. Discussion was held amongst the Board.	
 Karen Warmack, Director Polk County Social Service Center  Chairman, County Social Service Board  Attest: Secretary, County Social Service Board	
M32C	



50 years ago...1970: Make way, traffic coming! This dilapidated building above would hardly be recognized as the social whirl of McIntosh, but it had its day! It is the hotel building which will be razed to make way for the new construction on Highway 2. It has undergone many changes and several remodels under many owners. Obviously its usefulness is over. The hotel was once the center of business and social activity of a bustling McIntosh in the 1910 era. Though at one time there were three hotels in McIntosh, this was the largest and most ornate. It dominated the village scene earlier than 1894, as a stopping place for traveling salesmen, immigrants and tradesmen. Ole Johnson built the first hotel in McIntosh, a man by the name of LaBree built the hotel in its present location in 1889. It was later sold to Ed West who built an addition to it, and it went by the name of West Hotel. After West, Hans Bolstad bought the property and Michael O'Brien purchased it about 1909 and owned it for about 18 years. In recent years it has belonged to Levor Bjella who has rented it out to a number of operators.



30 years ago...1990: (Back) Sue Beaudoin and Mary Schow of the Farmers Home Administration (FHA) were at the Win-E-Mac Elementary School to award prizes for coloring and drawing pictures for the FHA Safety Contest. Winners at the kindergarten level were: (L-R) 1st prize - Brian Massmann, 3rd Prize - Brandon Tranby, 2nd Prize - Karla Quam. Cash prizes were donated by the First National Bank of McIntosh and the McIntosh Men's Action Club (MAC's).

LARL and service organizations unite to provide resources during COVID-19

A group of Polk County service providers have partnered with Lake Agassiz Regional Library (LARL) to provide and promote resources and services relating to job seeking, adult education, mental health resources and more through computer and internet access at LARL's five public libraries in Polk County.

The partnership consists of four organizations dedicated to supporting Polk County residents, including CareerForce, Northwestern Mental Health Center, Adult Basic Education and the Climax, Crookston, Fertile, Fosston and McIntosh branches of the Lake Agassiz Regional Library.

The organizations are working together to connect community members with services providing training for career advancement, job seeking, education, mental health and various assistance needed during the COVID-19 pandemic.

"We are excited about this partnership and look forward to working together to serve Polk County residents" said Chris Boike, director of the Crookston Public Library. "At a time when some agencies have been forced to pivot to online services due to COVID, our libraries are open and offer safe, welcoming spaces where people can obtain these vital resources and services."

"We are thrilled to strengthen our partnership with Lake Agassiz Regional Library," said Bonny Stechmann, NW Minnesota Field Operations Area Manager for Career

Force. "This collective interest in working together will better serve and support individuals in our area by sharing already acquired expertise and maximizing resources."

CareerForce: CareerForce is Minnesota's career development and talent matching resource. We're not only passionately committed to supporting career seekers and individuals, we're the state's only unified system dedicated to supporting Minnesota's employment and economic growth. CareerForce is made up of a wide range of partners and resources throughout Minnesota.

We're committed to working together to support your success. CareerForceMN.com is our new online resource where you'll find customizable information to help you with your career or workforce development needs.

Northwestern Mental Health Center: Northwestern Mental Health Center (NWMHC) is a private, non-profit community mental health organization based in Crookston, Minnesota.

Our organization provides a full range of mental health and substance use disorder services to individuals, children and families in northwest Minnesota. For more information visit nwmhc.org.

Lake Agassiz Regional Library: 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.

Adult Basic Education: The mission of ABE in Minnesota is to provide adults with educational opportunities to acquire and improve the literacy skills needed to become self-sufficient and to participate effectively as productive workers, family members, and citizens.

To-Go craft kits available at Library

The public is invited to learn how to create beaded earrings and collect the necessary supplies from a Lake Agassiz Regional Library location near them beginning October 13.

Kits will be available beginning October 13 and will be available as quantities last. Pick up a kit by visiting a library or LINK Site near you, or call your location to request a kit using our curbside delivery service.

An instructional video will also be available on larl.org at home beginning October 13, walking you through the steps to create a pair of beaded earrings of your own.

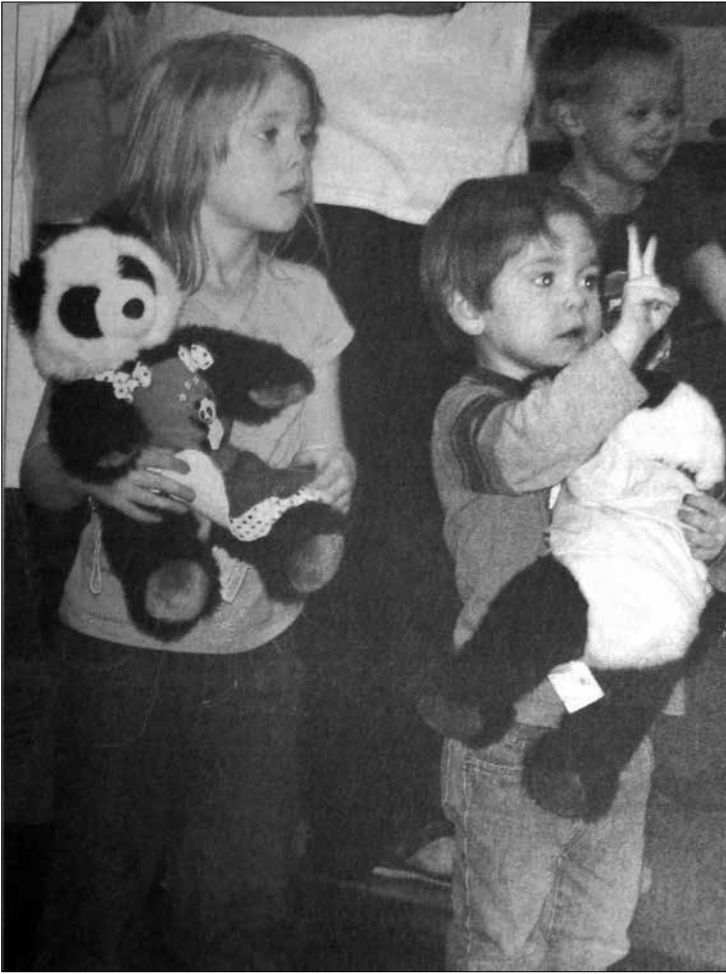
The video will be hosted by



40 years ago...1980: Coach Nadine Johnson is seated on the left (top row) with her Conference Champion volleyball girls in their new uniforms (red on white). Starting seniors (top) are Kelly Thompson, Janice Aanenson and Charlotte Rolf, (Christy Hagen, absent). Juniors (2nd row): Debbie Frank, Sue Oseth and Loraine Olson. (front) Sophomore Lynette Carver and 9th grade team member, Gayle Bergman. Congratulations on a great season, girls!



20 years ago...2000: The Win-E-Mac Royal Court was introduced during the Homecoming Coronation ceremonies on Monday night. (L-R, back) Holly Jones, Matt Tradewell, Rachel Nornes, Brandon Bjerknes, Tiffany Hamre and Nick DeFrang. (Front): King Joe Larson and Queen Candace Doyle. A week of special activities will feature Dress Up Day, Color Day, Wacky Wednesday, Spirit Day, the Homecoming volleyball game on Thursday and the football game on Friday.



10 years ago...2010: Sydney and Cameron Svalen, children of Shannon and Jason Svalen, interacting with The Teddy Bear Band, at the Win-E-Mac School. The event was sponsored by the Win-E-Mac ECFE.



If any student is interested in completing a firearm safety course please visit the following link to do so online. Once completed please call or text 218-280-1825 to set up a time for field testing. <https://www.dnr.state.mn.us/safety/firearms/index.html>

Congratulations to the following students who are new members of the Win-E-Mac Honor Society: Alivia Winter,

Teagan Paulson, Anton Hickman, Haley Sander, Maci Smeby, Savannah Svalen, Bryer Strom, Dylan Roy and Bryce DuChamp.

Retake day will be Thursday, November 5th at 9:30 a.m. If there is anyone who missed pictures from either the Red or Blue group – this is the time to get your picture taken. If you are a red group and need your picture taken, please come to school that day.

