



McINTOSH Times

Hub of the Thirteen Townships

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McIntosh, Minnesota

Win-E-Mac virtual Giving Tree is live

The Win-E-Mac Giving Tree is going virtual this year! Here is how Giving Tree 2020 will work. There is a Google Site that shows the Stars, Boy or Girl, Age, and their Wishlist. Next to each star on the spreadsheet is a link to click and sign up for which star you want. Once a Star is picked then we will mark the spreadsheet to reflect which stars have been chosen. <https://sites.google.com/view/wemgivingtree/home>

(This link is also accessible under the "Community" menu above.)

Once you have purchased your gifts, you can choose to have them shipped to us (please note for Amy Bartz or Cassie Subbert) or we will have a drop off box in our entryway where you can drop off the gifts. If you drop them off, please make sure you note which Star Number your items are for. This will make it eas-



ier for us to keep track. If you would like to make a monetary donation, please mail it to the school and note Giving Tree. All donations need to be in by December 16th.

Startups key to Minnesota post-virus economic recovery

By Commissioner Steve Grove
First, I'd just note that we gathered state leaders, partners and startups from across the state last week for a virtual event to celebrate the one-year anniversary of Launch Minnesota, a program designed to accelerate startups. You can find out more in Launch Minnesota's First-Year Progress Report.

I'd like to share a message I wrote — which appeared in the Star Tribune on Sunday — about the importance of our startup community to Minnesota's economic recovery:

To say that 2020 has been a challenging year for the Minnesota economy would be an understatement. In the first three months of the COVID-19 pandemic, we lost a stunning 385,000 jobs. We've paid over \$8.5 billion in unemployment insurance benefits to Minnesotans — 10 times more than we ever have in a single year. And consumer confidence hinges on the trajectory of the coronavirus, which continues to spread at an alarming rate.

But from recession will come renewal. While a lot of work remains to protect our workforce and economy from the COVID-19 pandemic, we cannot wait to begin the work of making Minnesota's economic recovery strong, smart and equitable.

One of the most important things we can do in the coming year is to foster the growth of new businesses and startups. Small businesses account for a whopping 47% of the jobs in the state — a trend that's mirrored nationally. What's more, new businesses are responsible for nearly all net new jobs and 20% of gross job creation in our economy, according to a study published by MIT.

Growth from new businesses always accelerates during recessions. Entrepreneurs see possibilities for disruption in the market, and layoffs force people into thinking creatively about their future. According to the Global Entrepreneurship Monitor 2020 report, while 65% of startup founders say they are building businesses because they "want to make a difference in the world," over 40% also say they're starting something new "to earn a living because jobs are scarce."

It's vital that Minnesota capitalize on the creative energy that comes with recessions to create successful businesses and great jobs for those who've lost them.

One of the most promising sectors to focus on is technology. During the Great Recession 2007-09, America saw the creation of WhatsApp, Instagram, Venmo, Uber, Slack — just to name a few. During the stagnation of the 1970s, Microsoft was born. And General Electric (a technology company for its time!) started in the middle of a six-year recession way back in the 1870s.

Here in Minnesota, our last recession saw new tech companies launch that went on to make national news. Miromatrix, a regenerative medicine startup from 2009 that seeks to eliminate the waitlist for organ transplants, recently won an innovation award from the U.S. Department of Health. Sports Engine, a youth sports startup, started in 2008 and was acquired eight years later by NBC Universal.

However, Minnesota faces some headwinds. According to data from the U.S. Labor Department, Minnesota ranked 48th in the rate of new entrepreneurs per capita in 2019

— and has only exceeded the national average for four years of the last 20. We also rank low on startups that lead to early job creation, coming in 40th last year.

Where we're above average — way above average — is in how many of our new businesses survive. That same Labor Department study ranked Minnesota fourth in the country for the five-year survivability rate for new companies, at almost 55%.

People who start stuff here tend to stick at it. It's that Midwestern work ethic — something we should be proud of. It's also a key to the future of new business growth in our state. Minnesota has always been a state of problem-solvers — innovators who care about what they're building because it contributes to society in a positive way.

If the startups that came out of Silicon Valley in the last recession found new ways to capture our eyeballs on mobile devices, then the startups coming out of Minnesota during this pandemic-fueled recession should focus on solving our most important problems.

Minnesota is well-positioned to be an epicenter of that kind of business growth.

With a strong corporate community and excellent business clusters in health, medical technology, agriculture and retail, we can be a national hub for creating great new businesses that will shape America's post-pandemic future.

But we're going to have to work together to make it happen.

Last year, our Department

of Employment and Economic Development developed Launch Minnesota, a program designed to encourage entrepreneurs to take the leap by providing business incentives and educational opportunities to get started on their journey. It includes an angel tax credit to increase venture capital investment, and mentorship opportunities for early stage founders.

All of these programs have equity provisions designed to help entrepreneurs who might otherwise be overlooked. If we're going to get this recovery right, we have to include everyone.

This week we're celebrating the anniversary of Launch Minnesota, and are looking ahead to the future. Already, there are some promising trends.

In the third quarter, business starts in Minnesota kicked up nearly 60% compared to a year ago. So far in during the pandemic, we're above the national average in incorporated business starts, ranking 21st nationwide. And startups in our medical technology sector known as "Medical Alley" have raised a record \$1 billion in capital this year — a promising sign that investors are beginning to turn to Minnesota to look for solutions.

The opportunity we have to define Minnesota as a hub of problem-solvers who build job-creating companies that matter to the world will define the next chapter of our state's economy.

It's an opportunity that we must seize — the renewal of our economy depends on it.

Preparing your household for COVID-19

Polk County Public Health and Norman-Mahnomen Public Health encourage you to be prepared in case you or a family member should develop COVID-19. Here are a few suggestions on how to prepare:

Create an emergency contact list:

- If you need access to information, healthcare services, support, and resources, make a list of local organizations you and your household can contact. Reach out to neighbors, friends, family or Public Health if you need assistance obtaining essential services such as groceries and medications. Contact Polk County Public Health at 218-281-3385 or Norman-Mahnomen Public Health at 218-784-5434.

Prepare for possible spread of illness in the household:

- Take additional precautions for those at higher risk for severe illness, particularly older adults and those of any age who have severe underlying health conditions.
- Separate the sick individual from others by identifying a sick room and using a separate bathroom (if possible). Use a mask in shared spaces.

Purchase a two weeks' stock of necessities:

- Non-perishable food,
- Soap, hand sanitizer, and cleaning supplies,
- Pet supplies,
- Baby supplies,
- Medication you take regularly or may need if you get



sick,

- Thermometer,
- Brain stimulating activities, such as word games, puzzles, and books.

Continue taking every day preventative measures:

- Wash your hands frequently.

- Avoid touching your eyes, nose, and mouth with unwashed hands.

- Stay away from other people in your house. If you need to be around others or in common areas, wear a mask and stay 6 feet apart.

- Stay home when you are sick.

- Cover your cough or sneeze.

- Clean and disinfect frequently touched objects and surfaces.

- Keep track of your symptoms. If you have an emergency warning sign, such as trouble breathing, seek emergency medical care immediately.

Pets in the household:

- Treat pets as you would other human family members — do not let pets interact with people outside the household.

Work/Childcare changes (if applicable):

- Discuss working remotely

Crookston COVID-19 testing site dates available

New testing sites to remain open 3-5 days a week throughout least end of year.

In order to expand access to free, "no barrier" -19 testing, the Minnesota Department of Health (MDH) has announced 11 new longer-term COVID-19 testing sites will open across Minnesota in the coming weeks, including one in Crookston.

The sites at National Guard Armories will be staffed by a combination of local public health staff and members of the Minnesota National Guard.

The Crookston location is at the Crookston National Guard Armory, 1801 University Avenue.

Pre-registration is requested to avoid long lines or waits. The pre-registration link is

<https://www.primarybio.com/r/crookston> or call 1-855-612-0677 for assistance.

Dates that are available in Crookston are Wednesday, December 2nd to Saturday, December 5th; Wednesday, December 9th to Friday, December 11th; Wednesday, December 16th to Saturday, December 19th; Monday, December 21st, Tuesday, December 22; and Monday December 28th to Wednesday, December 30th.

There will be testing dates for 2021, if the site stays in operation through the new year.

"One of the best ways to help keep our community healthy is to get tested and slow the spread of COVID-19," said Mary Holz-Clause, Chancellor at the University of Minnesota Crookston. "Minnesota is seeing record numbers of new cases. We encourage anyone who is concerned about COVID-19 to get tested, regardless of whether you have symptoms. Testing leads to identification of cases, treatment for those who are positive, and immediate isolation to prevent spread. We are grateful for the help of the Minnesota National Guard and public health officials in

and understand your sick leave options with your employer.

- Notify your child's school or daycare if your child becomes sick with COVID-19.

Take care of each other:

- In some form or another, we have all had to make changes since the pandemic began. COVID-19 has, and will continue to cause some hard days that require difficult decisions. Being anxious in this time is a normal response to stress and it is extremely important to take care of your emotional health, as well as the emotional health of those around you. Check out the Polk County Public Health Suicide Prevention and Mental Wellbeing website (<https://www.co.polk.mn.us/522/Suicide-Prevention-and-Positive-Mental-W>) for more information and tips on how to cultivate your mental well-being.

Together We Can slow the spread of COVID-19.

Visit the Polk County Coronavirus Response Hub (<https://coronavirus-response-pcg.hub.arcgis.com/>), the Norman County COVID-19 website (https://www.co.norman.mn.us/departments/public_health/covid-19.php), the Minnesota Department of Health (<https://www.health.state.mn.us/>) and Centers for Disease Control and Prevention (<https://www.cdc.gov/>) websites for more COVID-19 information. Follow Polk County Public Health and Norman-Mahnomen Public Health on social media for local updates.

setting up this free testing site in Crookston."

Testing leads to identification of cases, treatment for those who are positive, and immediate isolation to prevent spread.

In addition to the 11 new testing sites, the COVID-19 Test at Home program is now available to all Minnesotans across the state.

This is an expansion from the pilot, which was previously made available in 23 counties and the Red Lake Nation.

All of the new testing sites, as well as the mail order program, offer COVID-19 testing to any Minnesotan who wants to be tested, whether they have symptoms or not and does not require insurance.

They will stay in operation until at least the end of the year to provide sustained testing capacity across the state.

Visit the Polk County Coronavirus Response Hub (<https://coronavirus-response-pcg.hub.arcgis.com/>), the Minnesota Department of Health (<https://www.health.state.mn.us/>) and Centers for Disease Control and Prevention (<https://www.cdc.gov/>) websites for more COVID-19 information.



galore. Give the gift of MN and support local shops statewide."

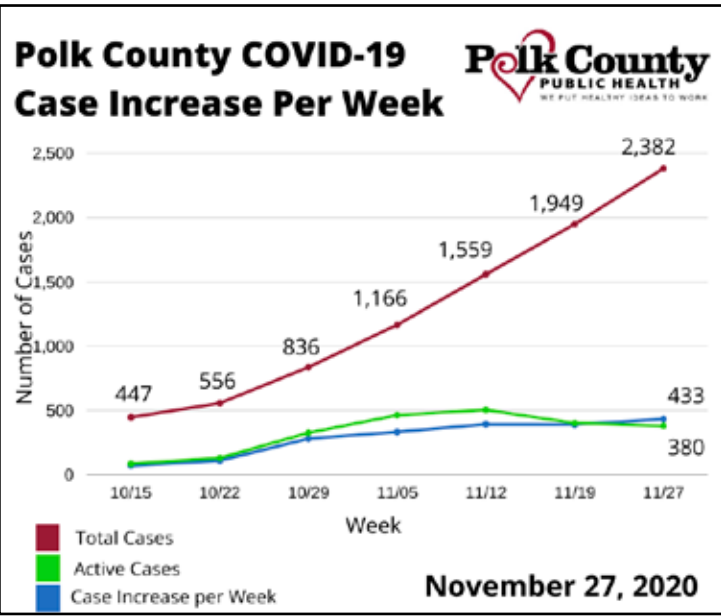
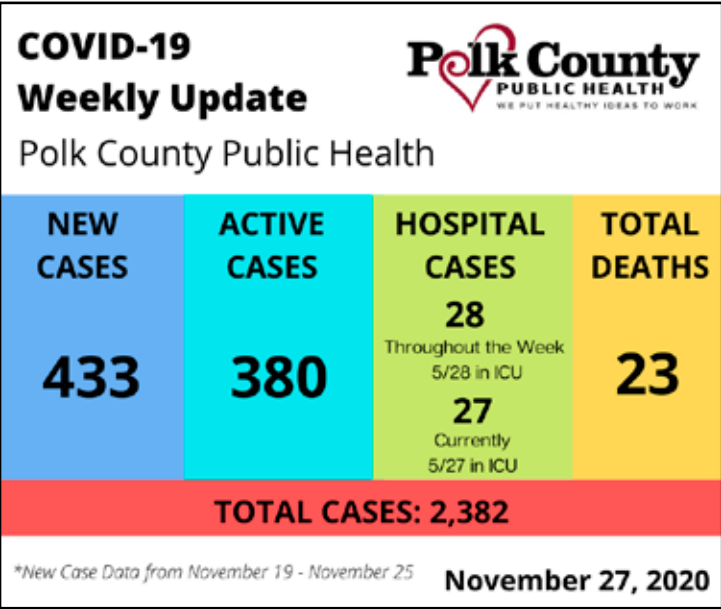
There are over 8,500 restaurants in Minnesota. They employ over 100,000 Minnesotans. Beyond being a key economic driver of our state, restaurants are part of our culture — bringing life to our main streets and convening us for some of our most treasured moments.

They're also pillars of our communities, supporting schools, sports teams and hospitals. Think of the baseball team with the local restaurant or bar on the jersey; think about the local event where your neighborhood restaurant provided food. Restaurants support our communities in good times and bad — as we've

seen during COVID-19, as countless restaurants have stepped up to help frontline workers and needy families across the state.

Now it's time for us to support them.

Ordering takeout is a safe way for you to give back to your community. To participate in #GetTakeoutMN, we're asking Minnesotans to share photos and takeout stories on social media using the hashtag #GetTakeoutMN, and we'd love to see restaurants share their takeout offerings on that hashtag as well. DEED will amplify these stories in the coming weeks to highlight the key contributions that restaurants make to our culture and economy.



Essentia Health allows patients to initiate COVID-19 test

Essentia Health has launched a new feature making it easier and more convenient to schedule a COVID-19 test.

This new option is one more way Essentia Health is working to ensure the health and safety of our patients, staff and communities.

Patient-initiated testing, which means a patient can determine for themselves that they want to be tested for COVID-19, can be accessed through the COVID Testing icon in MyChart/MyHealth on any smart device or on our website, EssentiaHealth.org.

MyChart/MyHealth is a secure web-based or mobile application tool that provides convenient, 24/7 access to your personal health. It allows you to communicate with your care team, access portions of your medical records and much more.

Patients must have a MyChart/MyHealth account to access patient-initiated testing. If you do not have a MyChart/MyHealth account, you can sign up at EssentiaHealth.org by clicking the MyHealth button in the upper right corner, download the mobile app, My Chart, from your app store or ask for assistance at your next appointment.

Not only does MyChart/MyHealth make it easier to initiate a test, it also shows your results as soon as your test is done in the lab.

For those who choose not to utilize MyChart/MyHealth,

an E-Visit is another option to easily access a COVID-19 test.

Please note, during Thanksgiving, Christmas and New Year's holidays, there may be reduced testing hours due to holiday schedules.

Appointment dates and times will be clearly stated in your testing request or E-Visit.

Remember, the best way to protect yourself and your community is to wear a mask when in public, frequently wash your hands, maintain social distance of at least six feet, stay home when you are sick and avoid gatherings with those outside of your home.

You can learn about Essentia Health and our response to the COVID-19 pandemic at our website, EssentiaHealth.org.



The winner of the 1st Halloween Drawing from Neil's Quality Meats & More in McIntosh was Becky Boehrnsen of McIntosh. Congratulations!!



The Winner of the 2nd Halloween Drawing at Neil's Quality Meats & More was Dave Ward of Erskine, Congratulations.

Libraries in Crookston, Fertile and McIntosh Announce Service Update

The Crookston Public Library, Fertile Public Library and McIntosh Public Library are now offering curbside delivery and select services by appointment only. This service update is effective as of Monday, November 23.

To learn about the services available community members are encouraged to call their library.

Phone Numbers:
Crookston Library: 218-281-4522

Fertile Public Library: 218-945-6137

McIntosh Public Library: 218-563-4555

All three locations are branches of Lake Agassiz Regional Library, which boasts a large collection of downloadable eBooks and eAudiobooks which can be read on a mobile device, e-reader or computer without leaving home and can be accessed at larl.org/ebooks.

Cardholders also have free access to an entertainment streaming service similar to Netflix called hoopla, which can be accessed at larl.org/hoopla. Those without a library card can apply at larl.org/apply-online.

Poplar Meadows Tenant Committee to host online fundraiser

The Poplar Meadows Tenants Gazebo Committee is looking for donations of new, handmade items, quilts, arts, gift cards or gift baskets.

The items donated will be used to have a Facebook live Christmas Fundraising sale with all proceeds going to the gazebo fund to benefit the tenants, family and friends of Poplar Meadows Senior Living.

If you would like to donate items for this good cause, your donations can be dropped off at Neil's Meats with Tara Burthwick.

Donations will be accepted until December 10, 2020. For more information or questions



call Tara at 218-230-0662.

Poplar Meadows Facebook page will be updated with information on the time and date of the fundraising sale.

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.



Tues, Dec. 8th - Pork Loin - Mashed Potatoes & Gravy - Corn - Bread - Brownies - Milk
Wed, Dec. 9th - Tomato Soup/Crackers - Egg Salad on Bun - Pears - Apple Crisp - Milk



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

Sun. Dec. 6: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

Sun. Dec. 13: 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 worn 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

Sun., Dec. 6: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues, Dec. 8: 10:00 a.m. Sunday worship service telecast on GVTV--30

Wed, Dec. 9: 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.

How to give safely during the pandemic

Donations are the lifeblood of many charitable organizations. Unfortunately, donations also can be the lifeblood of criminal operations designed to scam would-be donors.

The potential for charity scams could be even greater in 2020. Charities accept donations year-round, but the spirit of giving that prevails during the holiday season makes the weeks between Thanksgiving and Christmas especially popular times to donate to charity. In addition to being on the lookout for the usual scams, the Office of the Attorney General for the District of Columbia warns prospective donors to beware of potential scams involving the COVID-19 virus.

Recognizing the challenges people in their communities have faced as a result of the economic fallout of the pandemic, donors may be more inclined to donate to charities purporting to help laid off workers, small businesses or others adversely affected by the outbreak. That's admirable, but prospective donors must recognize that their eagerness to support COVID-related charities may make them vulnerable to criminals looking to exploit their charitable nature. In recognition of that, the OAGDC offers these tips to men and women who are considering donating to charity in 2020.

Be wary of recently launched operations. Operations that were formed in response to the pandemic may be viable, but the OAGDC also warns that many have been

formed by scammers looking to exploit the outbreak for their own gain. Be especially wary of crowdfunding campaigns.

Ask questions. The OAGDC says that any charity, even those formed in response to the COVID-19 outbreak, should be able to provide you with the same information as charities that have been around for years. Prior to donating, ask for the charity's name, address, telephone number, and mission. In addition, don't feel skittish about asking how your donation will be used and the percentage of each donation that goes to programs that directly help the people you're trying to assist.

Be vigilant before donating via peer-to-peer social networking websites. It's especially difficult to verify how donations made via texts or websites are ultimately used. While these can be convenient ways to donate, the OAGDC urges donors to be especially vigilant about vetting before donating to charities through these channels.

Never donate using cash, gift cards or wire transfers. Reputable charities do not ask for donations to be made in this way. The OAGDC advises donors to use credit cards whenever possible.

The terms "COVID-19" or "coronavirus" do not authenticate a charity. A reputable name or logo does not mean the charity is actually reputable. Prior to donating, donors can confirm a charity is legitimate by contacting organizations such as Charity Nav-

igator, the BBB Wise Giving Alliance or the National Center for Charitable Statistics.

Scammers will no doubt try to exploit the pandemic to take advantage of donors during the upcoming giving season. Savvy donors can employ various strategies to ensure their charitable donations end up in the right hands.



Wed. Dec. 2:
Judy Bemish, Jessica Penek, Tom Perker-wicz
Thurs. Dec. 3:
Carole Burslie, Wesley Brekke, Oralee Bailey
Fri. Dec. 4: Kay-see Mandt
Sat Dec. 5: Cody Bartz, Tyler Roed
Mon. Dec. 7: David Sannes, Alicia Graff, Mark Votava, Mary Salvhus, Sandy Mayer
Tues. Dec. 8:
*Lavern & Anna Tofstad, Noah Roragen

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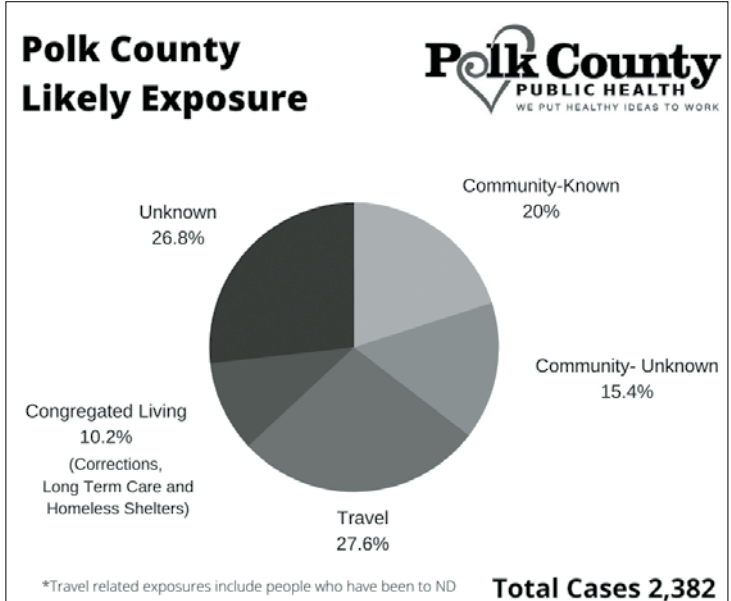
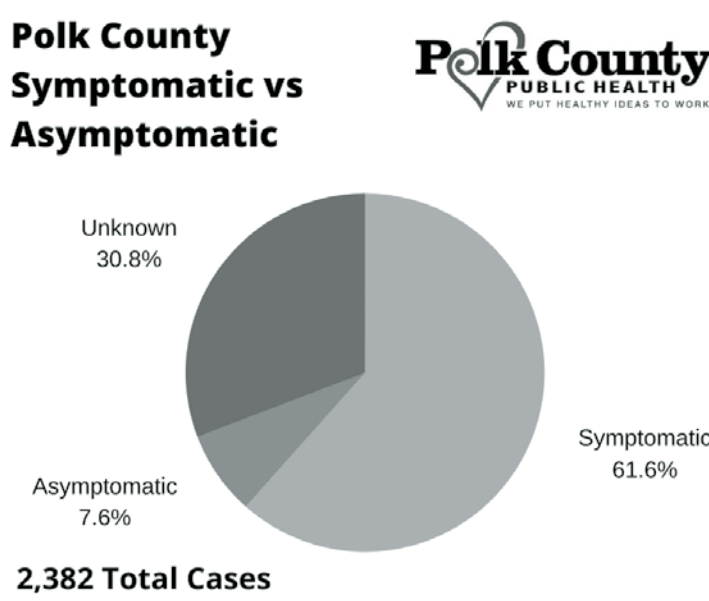
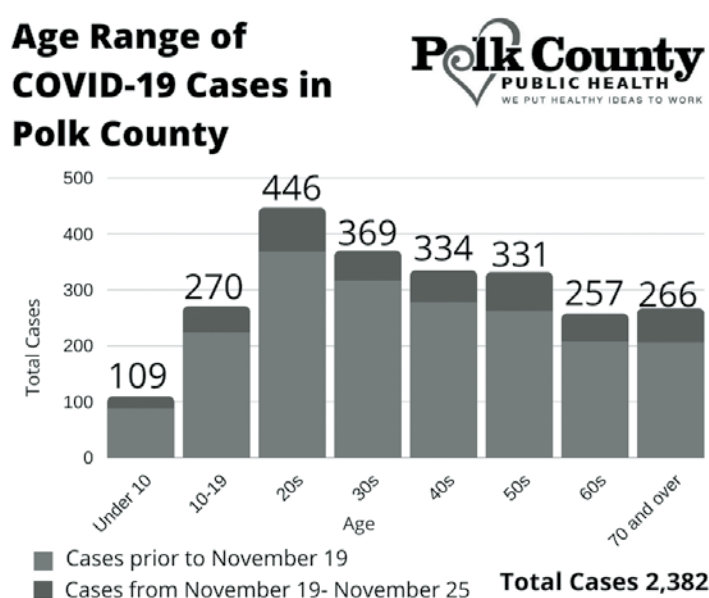
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Funds available to
protect MN livestock processors

Milk, meat, and poultry processors can offset COVID-19 safety costs.

Minnesota milk, meat, or poultry processors can access financial support to provide a safe environment for employees and customers during the COVID-19 pandemic through a new cost-share program from the Minnesota Department of Agriculture (MDA).

USDA- and state-licensed processors located in Minnesota with fewer than 200 employees can apply by Dec. 4, 2020 for the Protect Our Milk, Meat, and Poultry Processors (POM-MPP) Cost-Share program.

Expenses that may be eligi-

ble for reimbursement include equipment purchases related to complying with the MDA's COVID-19 Health and Safety Guidelines for Food Processors and Manufacturers (pdf), costs associated with increased inspections or becoming inspected, and costs associated with consultations to develop COVID-19 operating plans.

Any expenses submitted for reimbursement must be incurred between March 2, 2020, and December 4, 2020. Reimbursement will be based on the number of applications received and the amount of funds available.

Payments may be capped

due to limited funding.

Expenses related to processing equipment are not eligible for reimbursement under this program.

However, meat and poultry processors may be eligible for up to \$5,000 through the Rapid Response for Livestock Processing Mini-Grant program, which is accepting applications through November 30, 2020.

Funding for the POMMPP program is available through funds granted to the state of Minnesota through the federal Coronavirus Aid, Relief, and Economic Security (CARES) Act.

USDA grant funds
agriculture marketing partnership

MDA to partner with UMN to bolster local, regional markets.

A grant from the US Department of Agriculture will help the Minnesota Department of Agriculture (MDA) and partners at the University of Minnesota (UMN) engage farmers and agriculture businesses in marketing their products more effectively both locally and regionally.

The USDA's Federal-State Marketing Improvement Program awarded the MDA \$235,169 to develop a roadmap for strengthening statewide support for small- and medium-sized agricultural producers in Minnesota, one of only six such grants awarded nationally this year.

This project will engage producers in direct-to-consumer sales, like farmers markets, U-Pick, and CSAs, as well as those engaged in wholesale markets, such as selling to schools, grocery stores, restaurants, and through distributors. The MDA and UMN will match the award, providing a total of more than \$474,000 for the three-year project.

"We want to build on the partnerships we have with local and regional markets to help farmers, retailers, public institutions and consumers in Minnesota," Minnesota Agri-

culture Commissioner Thom Petersen said.

"This is a real growth opportunity for our ag economy in the coming years and we need to understand how we can support it."

The MDA will work with the UMN's College of Food, Agricultural and Natural Resource Sciences (CFANS), Minnesota Institute for Sustainable Agriculture, UMN Extension Regional Sustainable Development Partnerships, and the nonprofit Renewing the Countryside to gather currently uncollected market data and identify how the MDA's promotion and regulation programming can best serve the needs of Minnesota's producers that sell in local and regional markets.

"Outside the large-volume, commodity marketing, there is much need for market information (price and volume) for various supply channels that support farms and food businesses in our state. We are excited for the opportunity to work with the MDA and stakeholder groups to help shape the framework to increase market transparency," said Brian Buhr, Dean of CFANS.

According to the 2017 Census of Agriculture, Minnesota about 3,500 farms that sell directly to consumers, while

more than 630 sell directly to retail outlets like grocery stores, restaurants, schools, and other institutions. These sales generate an estimated \$184 million in economic activity each year.

The COVID-19 pandemic has further highlighted the need for robust local and regional food markets. Minnesota has 64,414 farms which gross less than \$1 million annually. This represents 94% of all farms in the state, and accounts for 40% of the total value of agricultural products sold.

The partnership will work to provide reliable and consistent market information at the state level through a UMN-led information-gathering process. The MDA's Produce Safety Program and Minnesota Grown marketing program will contribute expertise and examine current branding and licensing efforts and produce regulations as part of the process.

More than 40 cooperative partner organizations representing our state's vibrant local and regional food systems will participate in the project.

Learn more about the partnership and other services the MDA offers in this area by visiting our Local and Regional Markets web page.

PIECES FROM THE PAST



50 years ago...1970: Dr. C.L. Roholt accepts a plaque from the Lion's Club at McIntosh for his many years of service in the organization, the village, and the community. The plaque was presented by Armond Sannes at Tuesday evening recognition banquet.



40 years ago...1980: The McIntosh-Winger Scots Varsity Cheerleaders wish to announce the debut of the 1980-81 basketball season. Pictured are Jennifer Aasen, Debbie Froirak, Gracia Ose and Kelly Thonpson. Not present are Julie Stenmoen and Lynnette Carver.



30 years ago...1990: The McIntosh Junior Girl Scouts assisted the Union-Lake Sarah Campground in their Adopt-a-highway program. The ambitious Scouts are (back, l-r) Abby Jones, Jennie Trulsen, Heather Olson, Sara Tofstad; (front) Sarah Peterson, Tina Bursheim, Nickie Peterson and Stephanie Tofstad. Not present for photo was Julie Pearce.



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(Pictured above) 20 years ago...2000: Remember way back in the seventies when several women from Bejou traveled to Winger to play volleyball with the Wingerites? Regulars from the Winger area were (back) Shirley Sontelie, Edna Helgaas, Becky Vesledahl, Eileen Hegg, Diane Sonstelie; (front) Lois Kaupang, Alice Balstad, Lorraine Anderson, Joyce Balstad and Cheryl Wang.

Pictured right) 30 years ago...1990: The McIntosh Brownies Scouts of Troop 567 held their Investiture and Rededication Ceremony recently. The "older" girls of the troop rededicated their services. (Back, l-r) Brenda Fritz, Kayla Schmanski, Cathy Bursheim, Holly Ramberg, Maygen Matson and Hilary Hansen. The "newest" members were invested with the Brownie duties and promises. (l-r) Amy Kaupang, Jill Salvhus and Jill Kaupang. Not present for photo were Lacey Davis, Emily Koenig, Stacy Vedbraaten and Maykin Davis.

Win-E-Mac announces 1st quarter Honor Roll

The following Win-E-Mac Junior High School and Senior High School students have attained either an “A” or “B” average in academic subjects for the first quarter of the 2020 – 2021 school year. Congratulations!

To be eligible for the “A” Honor Roll you need to have attained a 3.76 – 4.00 GPA (grade point average) and to be eligible for the “B” Honor Roll you need to have attained a 3.00 – 3.75 GPA.

- Seniors:**
- “A”:**
- Paige Breckel
 - Bryce DuChamp
 - Remy Goodwin
 - Gavin Haskett
 - Alex Jacobson
 - Aytonom Martushev
 - Noah Ostenaa
 - Dylan Roy
 - Mia Thompson
- “B”:**
- Felicity Andress
 - Catalina Flores
 - Zachariah Gummeringer
 - Kobe Hamre
 - Casey Lewis
 - Kendyl Nelson
 - Reed Neubert
 - Sidney Roed
 - Bryer Strom
 - Brock Trandem
 - Gavin Walker
- Juniors:**
- “A”:**
- Anton Hickman
 - Teagan Paulson

- Alivia Winter
 - “B”:**
 - Rebecca Armyey
 - Dylan Gunderson
 - Eva Qualey
 - Haley Sander
 - Maci Smeby
 - Savahanna Svalen
 - Hunter Trandem
- Sophomores:**
- “A”:**
- Anna Cymbaluk
 - Bret DuChamp
 - Kallie Hand
 - Zachary Luckow
 - Nadelly Neubert
- “B”:**
- George Erofeeff
 - Jayden Gensburger
 - Vadim Kulikov
 - Kaleb Morberg
 - Jonathan Moritz
 - Izabelle Ostenaa
 - Kaila Roragen
 - Jonas Spry
- 9th grade:**
- “A”:**
- Caleb Green
 - Ava Howard
 - Emily Strom
 - Luella Strom
 - Clare Stuhau
 - Kyra Stuhau
 - Sydney Svalen
 - Kianna Tadman
 - Hana Thompson
- “B”:**
- Kiersten Anderson
 - Joseph Breckel
 - Joshua Carlson
 - Foma Cheremnov
 - Erich Gensburger

- Dylan Hagen
 - Kailee Kramer
 - Preston Lecy
 - Joy Tasmia
 - 8th grade:**
 - “A”:**
 - Braylon Hamre
 - Colten Mandt
 - Shelby Mandt
 - Evelyn Ryan
- “B”:**
- Clay Below
 - Ruby Breckel
 - Sava Erofeeff
 - Josie Fortman
 - Brooklyn Gunderson
 - Presley Haugen
 - Calvin Hill
 - Maya Holm
 - Bergen Howard
 - Liveah Kiecker
 - Erica Kramer
 - Callista Lewis
 - Ustina Mametieff
 - Brayden Sander
 - Abigail Sauer
 - Danielle Winter
- 7th grade:**
- “A”:**
- Paige Breitbach
 - Lauren Kaupang
 - Joy Neubert
 - Karlle Schow
- “B”:**
- Daniel Boianoff
 - Owen Fuglseth
 - Jordyn Halstad
 - Josie Johnson
 - Peter Kolden
 - Adrian Ryan
 - Hudson Smeby
 - Cameron Svalen

How to make holiday wreaths the easy way

There are many different ways to decorate homes and businesses for the holidays. Tall evergreen trees are among the most visible symbols of the holiday season. However, wreaths hung on doors, windows or fences also are ubiquitous this time of year.

Wreaths adorn homes primarily during the holidays of Easter and Christmas. Wreaths have also been worn around the head or neck in ceremonial events around the globe for centuries. It is believed the first wreaths date back to ancient Greece and Rome. Members of the Greco-Roman society were known to hand-make ring-shaped items using fresh tree leaves, small fruits, flowers, and twigs. Oftentimes these headdresses symbolized a person's social status. Others suggest wreaths evolved to become a Christian symbol of immortality.

Regardless of how wreaths are viewed, many people like to display wreaths for the holidays. Wreaths can be purchased premade, but making a



wreath on your own can make the holidays even more fun.

One of the easiest ways to make a wreath is to design it around a circular floral foam form. Gather supplies to make the wreath. For traditional wreaths, supplies will include sprigs of evergreen (real or artificial), ribbon, floral wire, bows, and artificial berries. Working around the foam form, arrange the boughs of evergreen, using the floral wire to wrap or pin into the foam itself. Keep the layers coming until you get the desired coverage. Embellish with a ribbon or place a bow.

The blog A Piece of Rainbow says that creating a wreath jig is an easy way to make a wreath. Cut a dollar-store laundry basket bottom from the top ring to make a template, on which you can place wreath-making materials so they keep their circular form. Use floral wire or natural jute string to tie the materials together. Experiment with fresh evergreen, twigs, holly branches, or whatever materials you choose.

Thick card stock also can serve as the wreath template. Attach artificial flowers or leaves, spray snow, ornaments, or other items to the card stock ring with a firm adhesive.

Many craft stores sell wreath forms made of natural vines that have been strung in a ring. These can be decorated in their entirety or left a little sparse to let the natural twine show through.

Wreaths may seem like complicated creations. But a little imagination and the right materials is all it takes to create a homemade wreath.



Start thinking about financial planning now

Financial planning has become a catchphrase in recent years, and it's something many consumers may not fully understand.

Learning some key components of financial planning can help people have more capital on hand to help them achieve their short- and long-term goals.

A 2018 study commissioned by GuideVine that polled 1,000 Americans 30 and older about their finances found that many lack knowledge of basic financial terms.

In addition, the study found that numerous people feel completely lost in regard to having a solid plan with their money. Financial planning can be intimidating, but learning the basics of sound money management can help people secure their financial futures.

According to the online

learning resource WiseGeek, financial planning is a process of setting objectives, assessing assets and resources, estimating future financial needs, and making plans to achieve financial goals.

Investing, risk management, retirement planning, tax requirements, and estate planning are key components of financial planning.

To get started with financial planning, the financial guide and online resource Ramsay says individuals will need to see where they stand financially, establish financial goals and create a plan to reach those goals.

While a person can create his or her own financial plan, oftentimes the help of a financial planner can make sure that all avenues are being explored, especially for financial novices.

It's important to note that financial planning may mean different things to different people. For some, planning may revolve around saving for a child's college tuition but still having enough money left to retire.

Another person may be looking to save extra money to invest in a business venture. Others who are living paycheck to paycheck may need help re-evaluating their spending so they can grow their savings.

One of the key components of financial planning is to begin doing it as soon as possible. A financial plan can be instituted at any age, and goals can be revisited as life changes occur.

Financial planning strategies are something anyone can learn and utilize to secure their financial futures.



Decorate with a nose toward inviting holiday aromas



Holiday decor is as much about the sights and sounds as it is about the scents of the season. Few things evoke the holiday spirit as much as the aroma of fresh evergreen or spicy cinnamon and cloves. Incorporating inviting aromas into holiday decor can make homes feel even more special.

Filling a home with fragrant decor takes a little ingenuity and planning. Here are some ideas to incorporate the scents of the holiday season into your decor.

- **Use a real Christmas tree.** An easy way to create a pine-like scent indoors is to select a real Christmas tree. Ask the tree farm which varieties are the most fragrant. If a fresh tree is not possible, fill a decorative basket with pine cones and evergreen boughs for that woody appeal.

- **Create a seasonal scented simmer.** Take to the stove to make a homemade air infusion from ingredients in and around the house. Simmer pine branches, citrus peels, vanilla,

nutmeg, cinnamon, and whatever else can be placed in a pot or slow cooker with water. The scents will permeate the house for hours if enough water is added to the mixture.

- **Make holiday sachets.** Some of the same ingredients for the holiday simmer can be dried and sewn into sachets. Add ribbon and hang on real or artificial trees. Or tuck the pouches into various areas around the house.

- **Experiment with scented candles.** Scented candles can be found at various stores during the holiday season. Select among popular holiday aromas like pine, cinnamon, apples, and Christmas cookie varieties.

- **Utilize essential oils.** Natural food stores and other retailers may sell essential oils, which can be diluted and sprayed on surfaces or into the air. Exercise caution around upholstery, or test for staining before use.

- **Spend more time in the kitchen.** Add delicious scents

to the home by way of freshly baked goods or holiday meals. Nothing beats the smell of cookies right out of the oven, and the scents can linger for hours.

- **Make beeswax ornaments.** Add scented oils to melted beeswax and pour into molds. Hang these creations as ornaments on trees or in other areas of the home.

- **Craft some "gingerbread" ornaments.** A mixture of cinnamon, applesauce and glue can be used to make ornaments or gift tags that resemble gingerbread cookies, and these ornaments have more staying power than actual cookies.

- **Design a pretty pomander.** Stud an orange with cloves. Cut off the top of the orange and hollow out a place for a small tea light. The warmth of the flame will produce more scent.

Rich and inviting aromas can fill a home with the holiday spirit.

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Prepare the fireplace for holiday decorating

A jolly holiday season can be made even more merry with a roaring fire.

Homeowners often build holiday tableaux around the fireplace to serve as festive backdrops.

The mantle and the fireplace itself also may be a prime spot to dedicate to decorating this time of year.

Even though Christmas tree fires are rare, according to the U.S. Fire Administration, when they do occur they're likely to be serious.

That is why trees and other flammable decorations need to be kept clear of gas and wood-burning fireplaces and stoves. In addition, many other guidelines should be heeded to ensure fireplaces and holiday decor safely coexist this season.

Read labels on decorative items carefully before decorating. Be sure to only select items that are flame-resistant or retardant. Cherished collectibles and other items should always be kept far away from open flames and heat.

It pays to have a fireplace inspected and cleaned for use prior to operation, advises Doherty Insurance Agency. Rely on a trained chimney sweep, and have the fireplace and chimney inspected and cleaned at least once per year.

Even though it may be picturesque, do not place wrapped packages or gift boxes near the fireplace, as they tend to be highly combustible. Keep presents and other flammable items at least three feet away from the fireplace.

Do not be tempted to dispose of wrapping paper, boxes or even a Christmas tree in the fireplace.

Wrapping paper contains additives that make it burn at high temperatures. A Christmas tree hasn't been properly seasoned and could be a fire hazard and potentially contribute to excessive smoke and creosote.

Keep decorations that kids

will be tempted to touch away from the fireplace so kids do not hang out near the heat and open flames.

Fireplaces are often a focal point of holiday decorating and entertaining. Homeowners who want to incorporate their fireplaces into their holiday decor must emphasize safety when doing so.

Did you know?

The holiday season is rife with tradition.

Some holiday traditions, such as holiday lighting displays, are impossible to miss, while others are more subtle and possibly even unknown to many celebrants.

One tradition that falls into the latter category involves the placing of oranges into Christmas stockings.

The origins of Christmas stockings are rooted in legend, and one of the more popular tales involves a widowed father of three beautiful girls.

According to Smithsonian.com, this father was struggling to make ends meet and was concerned that his financial struggles would affect his daughters' ability to find a spouse. As the legend goes, St. Nicholas was wandering through the man's town and heard of his concerns.

Recognizing that the man was unlikely to accept charity, St. Nicholas slid down the chimney of his house and placed three gold balls in the girls' recently laundered stockings, which were hanging by the fire to dry.

The value of the gold balls, which were discovered the following morning, was enough to ensure the girls could eventually wed.

So what does that have to do with oranges? Those who wanted to replicate the tale could not so easily come upon gold balls to place in stockings, so they chose something similar in appearance: oranges.


WEM School
Announcements

Attention Junior and Senior Parents: UND TRIO Program is sponsoring a virtual presentation on FAFSA.

The guest speaker, Danielle Schindele, from Northland Community and Technical College – Thief River Falls gives a presentation about the role of, and process of obtaining, financial aid. She will guide as she walks you through the FAFSA process, and no matter which college your child chooses, this will be an important part of the post-secondary process. Valuable information related to preparing and succeeding in college is shared as well with you. The video link is available on the Win-E-Mac website at www.wemschools.org.

Attention 7th & 8th grade girls: If you plan to play JH Girls Basketball please either email Mr. Langemo or sign up on the sign-up sheet in the office. Your coaches for junior high will be Paul Kaster and Mrs. Burd. All athletes must have a current sports physical on file at the school in order to play.

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>

Yearbook staff is taking pre-orders for this year's book titled "One Way... or Another" to be distributed upon completion in May of 2021. Cost is \$35.00 now and until December 23rd and will cost \$40.00 after December 23rd. Yearbooks can be purchased in the office or from Mrs. Winter (room 51) before or after school or during students' noon hours.