



McINTOSH

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Friday night, December 4th was the "A Very Merry McIntosh" celebration. The Shoppe's of McIntosh were open for shoppers. Here shoppers enjoyed the beautiful products at Howard Soap Company.

Polk County Soybean/Corn Growers donate dollars to North Country Food Bank

The Polk County Soybean and Corn Growers and their checkoff dollars are supporting the six emergency feeding programs in Polk County in the towns of Climax, Crookston, East Grand Forks, Erskine, Fertile and Fosston. The funds will be used to provide hams to neighbors struggling with hunger during the holidays.

The North Country Food Bank, Inc. is a 501(c)3 non-profit organization that was incorporated in 1983, and is in East Grand Forks, Minn. The concept was simple – capture surplus food from the USDA, food manufacturers, grocery retail outlets and farmers to feed hungry people. Today, North Country distributes food to over 230 charitable organizations on an annual basis. For every \$1.00 North Country receives, it can provide enough food for five meals.

“The North Country Food Bank is very important and helpful to those in need,” says Kevin Krueger, President of the Polk County Soybean and Corn Growers.

Kevin notes that Minnesota’s soybean & corn farmers play an important role in providing feed for the meat that ends up on a family’s table.

Last year, North Country operated programs that distributed over 7.4 million pounds of food to people in need. Most local charitable organizations in North Country’s service area, including food shelves, soup kitchens, homeless shelters, senior community centers, after school programs, and other non-profits that serve those in need, receive at least 50% of the food they distribute from North Country. There are many agencies that receive 70%+ of their food from North Country.

Donation... Continued on page 3



North Country Food Bank received a check from Kevin Krueger, President of the Polk County Soybean and Corn Growers.

Let us give the gift of time to ourselves and those around us with virtual coffee and connection

The days are starting to “blend together” and perhaps it’s becoming difficult to remember what it was like to “hang out” with other people. In Executive Order 20-99, Governor Walz asks us to be “mindful that we must continue to limit social interactions to protect public health”. The increasing calls to limit activities outside of the home are vital to prevent the spread of coronavirus. With all that’s going on, we all may be experiencing feelings of loneliness, or that your “to do” list is getting shorter by the day. As more and more folks hunker down at home, maintaining that real-time connection with others has become all the more critical for our emotional health.

Polk County Public Health, Norman-Mahnomen Public Health and Tri-Valley Community Opportunity Council recognize that we are living in a time where our traditional in-person connection to others is different. If you’re not sure what to do with all the free time, and want to connect with others, learn something new or play games, a new series called RISE and SHINE Virtual Coffee & Connection could be the answer. This virtual opportunity provides a space to connect with others while “seeing” each other virtually. RISE and SHINE Virtual Coffee & Connection will be on December 16th, 2020 from 10-11am. Grab your coffee, tea, milk or beverage of choice and join us twice a month from 10-11 am to play games and trivia, explore new skills and local talent, and enjoy our time together. If you would like to receive the event link, need assistance getting connected virtually or know someone who needs assistance please call Polk County Public Health at 218-277-0898. We would be happy to help you get setup.

Together We Can support each other and give the gift of time.

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.



Free, healthy meals available for pick-up this Friday in Mac

Thanks to a recent grant from the Minnesota Department of Education and Lutheran Social Services, LSS (Lutheran Social Services) Meals will provide meals and snacks to members of our community at no cost to them.

The event will take place on Friday, December 11, 2020 starting at 1:00 pm in front of the McIntosh Community Center. This pick-up event is on a first come, first serve basis. You can also pick-up meals for others in your household at no cost.

Who is eligible? Any Minnesotan who struggles to access proper nutrition during Covid-19 is eligible to receive up to five nutritionally balanced frozen meals and snacks.

For some Minnesotans and their families, loss of income, isolation and school closures make it more difficult to access healthy food. During this unprecedented time, LSS Meals can provide meals to community members at no charge.

With this grant, which runs through the end of 2020, LSS Meals aims to close some of the nutritional gaps faced by Minnesotans who may not qualify for other food assistance programs.

“Food insecurity has just become an even greater concern for Minnesotans during Covid-19,” said Kristin Schurer, LSS Meals senior director. “People are facing a loss of income during the pandemic and, for a lot of families, food is the biggest struggle.”

About the meals: The homestyle meals are produced at local LSS kitchens and are individually portioned with a balance of proteins, carbohydrates and spices to taste great. They will be sealed and given out in reusable bags.

Meal pick-up details: LSS Meals, a service of Lutheran Social Service of Minnesota, will provide meals using proper masks and gloves and follow state social distancing guidelines.

Again, Friday, December 11, 2020 starting at 1:00 pm in front of the McIntosh Community Center is where the event will take place.

Please arrive early as this is a first come, first serve basis and the meals are limited to the first to arrive and will be distributed until gone.

LARL to offer a virtual winter storytime with take-home craft kits available at Mac Library

Lake Agassiz Regional Library will offer a virtual Storytime with accompanying take-home craft kit for children ages 3-6. On December 14th at 10:00 a.m., a Warm Winter Storytime video will premiere on the Lake Agassiz Regional Library's Facebook page ([facebook.com/larlmn](https://www.facebook.com/larlmn)).

Accompanying winter sweater craft kits will be available December 7 and can be picked up at all Lake Agassiz Regional Library locations (larl.org/locations).

The kits can be taken home and completed with instructions included. This program is offered free-of-charge with a recording of the virtual event available.

Each month, the library system plans to premiere an engaging virtual Storytime, to be held on the Lake Agassiz Regional Library's Facebook page on the second Monday of the month at 10 a.m. with an accompanying take-home craft. Daycares are invited to contact the library location near them to request kits for upcoming Storytimes in advance.

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.

Join in on the Rydell/Glacial Ridge Christmas Bird Count

Rydell and Glacial Ridge National Wildlife Refuges will be hosting their 6th Annual Christmas Bird Count on Thursday, December 17th. This public event is administered by the National Audubon Society and is the longest running citizen science bird project in the U.S. This year will mark the 121st year of the Christmas Bird Count.

Counts are held in designated areas throughout the U.S. between Dec. 14 and Jan. 5 each year. Last year, counts were completed in over 2,500 locations, including Canada and Latin America. Over 75,000 people participated in the counts and over 50 million birds were tallied! Information from the count provides important information on winter ranges of birds, population trends, and how a changing climate alters winter bird distribution.

People have observed 50 different bird species on the Rydell/Glacial Ridge Count Circle over the past five years, including northern shrikes, Bohemian waxwings, northern goshawks, pine and evening grosbeaks, hoary redpolls, and snowy owls. The 15-mile diameter count circle stretches

Birds... Continued on page 3



Downtown was merry and bright for "A Very Merry McIntosh" held on Friday, December 4th. Here, The Red Poppy, Howard Soap Company and Minnesota Rust were decorated for the holidays as shoppers went from store to store in search of special Christmas presents.



Customers being helped by Tara Burthwick at Neil's Quality Meats & More during "A Very Merry McIntosh" which took place on Friday, December 4th.



Minnesota Rust owner, Andrea Stordahl (right) visits with a customer amid a very busy store during the "A Very Merry McIntosh" event held last weekend on Main Street.



There is always something new to see at The Red Poppy, as customer, Connie Strom shops during "A Very Merry McIntosh" held last Friday evening.

COVID-19 Exposure Notification mobile app is now available in MN

On Monday Nov. 23, the Governor announced the availability of a new COVID-19 exposure notification mobile application, COVIDaware MN, and encouraged all Minnesotans to use it. The app is aimed at slowing the spread of COVID-19 by helping Minnesotans protect themselves and their loved ones. The voluntary, anonymous application will alert a user if another user with whom they have had close contact during the virus' infectious period tests positive for COVID-19. When Minnesotans download the app and allow notifications, COVIDaware MN generates a random, privacy-protecting key for a user's phone. To help ensure that these random keys can't be used to identify you or your location, they change every 10-20 minutes and the app does not track individuals' locations or their positions relative to one another. Using Bluetooth Low Energy (BLE) technology, the user's phone and the phones of other

users they are near anonymously exchange these privacy-protected keys. If a person receives a positive test, MDH will provide a unique code the person may enter into the app, if they choose. If they enter the code, users with whom they've been within six feet for 15 or more minutes over a 24-hour period in the past 14 days will receive a notification of an exposure and instructions from MDH on how to keep themselves and their families safe. COVIDaware MN will exchange random keys with anyone who downloads COVIDaware MN or similar applications developed by other states that use the same technology framework. More than 20 states and territories have launched apps based on Google and Apple's exposure notification technology. More states are expected to adopt this technology as part of their COVID-19 response efforts. Minnesotans can learn more about the app on the COVIDaware MN website, and download it from the Google Play or

App Store. The more individuals who download the app, the more effective the tool will be to notify Minnesotans about potential exposures. **Did you know?** According to the Centers for Disease Control and Prevention, excessive alcohol consumption is responsible for one in 10 deaths among working-age adults in the United States. The Dietary Guidelines for Americans, which are produced jointly every five years by the Department of Health and Human Services and the Department of Agriculture, advise adults about healthy alcohol consumption. According to the guidelines, women should consume no more than one drink per day while men should limit their consumption to two drinks per day or less. Consuming more alcohol than the guidelines suggest can prove fatal, as the CDC notes that binge drinking is responsible for almost half the deaths related to excessive alcohol consumption.

Essentia Health unveils COVID-19 Regional Projections Dashboard

In response to the recent surge of COVID-19 across our region — and the frequent fluctuations in case rates — Essentia Health has launched a COVID-19 Regional Projections Dashboard. Access is at <https://www.essentiahealth.org/covid-19/covid-19-regional-case-projections/>. This user-friendly dashboard aggregates publicly available data and features an interactive map of North Dakota, Minnesota and Wisconsin. Users can compare case numbers and projections by state, and drill down further by county. Available metrics include cases per 10,000 people, daily new cases, seven-day positivity rates, etc. It's intended to inform our communities by presenting rich data in a highly visual way. "We hope that community members use this dashboard to better understand the impact of COVID in our region, and how behaviors like physical distancing and masking affect the spread of this disease," said Dr. Sarah Manney, chief medical information officer at Essentia Health. "As a community we can use this dashboard to observe the changes over time and cel-

ebate as we slow the spread of COVID." For example, you can look at case rates following a mask mandate or a holiday to understand the resulting impact. The trendlines tell a story of where we've been throughout this pandemic, highlighting the severity of the current situation and forecasting possible scenarios. "We as a team of scientists have been watching this every day since March, and we can absolutely tell when the data changes because of the behavior of the community," Dr. Manney said. To Dr. Manney, the dashboard is a visualization tool that provides a daily snapshot of the state of COVID-19 across our region. Developed jointly by Essentia's enterprise analytics department and the Essentia Institute of Rural Health, the dashboard is updated daily, Monday through Friday. Users are encouraged to first view the three-minute video tutorial, which provides additional context and explains how best to navigate the dashboard. "This is an evolution of the work of our highly talented data scientists and researchers from the Institute of Rural Health," Dr. Manney said.

McIntosh Friends of Veteran's News

The people that were in charge of the Memorial Day Service have decided to again look for pictures of Veterans in their Military Uniforms. Each week a list will be in the McIntosh Times and hopefully someone will remember or are relatives of the names so that we can find these Veterans and get the picture with the name on the list that was compiled earlier this year. For those Veterans that we remember and know their relatives, we will be sending out letters to ask for pictures. These can be given to Darlene Dierkes at the First National Bank or sent to PO Box 247 in McIntosh, MN 56556. For more information you can call Darlene at 218-563-3382 or Garnet Aanenson at 218-563-2753. Here is the first list of some of the Veterans: Conrad Alm,

Albert Anderson, Alvin, Clarence, and Ervin Bagstad, Edward Bertils, Galen and Rev. Olaf Birkeland, Adolph Borseth, Carl Lauritz Carlson, Wallace Christianson, Roy Christofferson, Francis and Mars Dale, Thomas Dyrud, Marvin Enevold, Donald Engesether, Alvin, Gordon, Ray, Severs, Stephen and Waldo Erickson, and Andrew Flom. There are several Veterans that are not specifically just from McIntosh. If they belonged to the McIntosh VFW, they are on the list--some are from Lengby, Fosston, Winger, Erskine, etc. We sincerely hope we can get as much information as possible so that the names will have a picture of them. We will do the calling and letter writing. Just so we can get a contact for all of these Veterans.

Best ways to prevent & treat chapped lips

Chapped lips can be an unpleasant reminder that the weather is changing. Many different people experience chapped lips periodically, but they seem to be especially common when the air is dry and cold. Because the lips do not contain oil glands like other areas of the skin, they are more prone to drying out. Therefore, people need to take extra steps to keep their lips moist. **Stop licking your lips:** Licking your lips when they are dry is a reflex habit, and one that will only temporarily address the dryness and saliva evaporates quickly, which can leave lips drier than they were before you licked them. Flavored lip balms may entice you to lick your lips more, so avoid them if that flavor is just too much to resist. **Rely on sunscreen:** Use a lip balm that contains sunscreen, which can help prevent the lips from damage caused by UV rays, further exacerbating dryness. UV rays are present all year long. **Protect your lips:** If you know it's going to be cold and dry outside, apply a lubricating lip cream or balm before heading outdoors. Products containing petroleum, beeswax or coconut oil can help lock moisture in. Also, a scarf or balaclava can help block wind that dries out lips.. **Drink more fluids:** Be sure to drink plenty of water to avoid dehydration, which can dry out lips and skin. While you're hydrating from the inside, also try to improve the air humidity inside of your home or office. A humidifier can make the environment more comfortable and help combat dry lips. **Avoid mouth-breathing:** Drawing air in through your mouth can further dry out the lips. The Mayo Clinic recom-

mends speaking with a doctor if chapped lips are chronic and not easily remedied, as this may be a symptom of an underlying condition.

NOTICE
The Lesser Township annual meeting will take place on Monday, December 14, 2020 at 7:00 pm at Trinity Church in rural McIntosh.
Albert Plante
Lessor Township Clerk M38C

Community Birthday and Anniversary Calendar
Wed. Dec. 9: Hannah Brouse, Camille Springer, DeAnna Haagenston
Thurs. Dec. 10: Jill Schulz, Stephanie Frisk, Ethan Finseth, Danielle Finseth, Amber Herriman, Mason Spaeth
Fri. Dec. 11: Coby Burslie, Mya Haaven
Sat Dec. 12: Valerie Brekke, Heidi (Vesledahl) Haaven, *Patrick & Karen Rolf
Sun. Dec. 13: Teresa Horgeshimer, *Don & Lois Boehrsen
Mon. Dec. 14: Clayton Salvhus

McINTOSH Times
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LSS Meals Menu 687-2262
Tues, Dec. 15th - Roast Beef - Mashed Potatoes & Gravy - Green & Wax Beans - Bread - Pineapple Cake - Milk
Wed, Dec. 16th - Chicken Sauce over Egg Noodles, Beets & Carrots - Pears - Wheat Rolls - Ice Cream - Milk

CHURCH DIRECTORY
ST. MARY'S CHURCH Fosston
Fr. John Suvakeen, Pastor
Sun. Dec. 13: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley
Sun. Dec. 20: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

OUR 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 1stand 3rd Sunday's and Calvary the 2nd and 4thSunday'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
Sun., Dec. 13.: 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. 15: 10:00 a.m. Sunday worship service telecast on GVTV--30
Wed, Dec. 16: 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.

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Donation...

Continued from page 1

Country, and some that receive 90%+ of their food from North Country.

The Polk County Soybean and Corn Growers is affiliated with the Minnesota Soybean Research & Promotion Council, which oversees the investment of soybean checkoff dollars on behalf of approximately 28,000 soybean farmers in Minnesota. The Council is governed by the rules of a federally mandated checkoff program that requires

all soybean producers pay a fee on the soybeans they sell. This money is used to promote, educate, and develop market opportunities for soybeans.

With nearly 7,000 members, the Minnesota Corn Growers Association (MCGA) is one of the largest grassroots farm organizations in the United States.

Working in close partnership with the Minnesota Corn Research & Promotion Council,

MCGA identifies and promotes opportunities for Minnesota's 24,000 corn farmers while building connections with the non-farming public.

We accomplish this by investing in third-party research that focuses on water quality and soil health, targeted consumer outreach, developing new uses for corn and working to add value to every bushel of corn grown in Minnesota.

Birds...

Continued from page 1

from Erskine west to the center of Glacial Ridge Refuge. Although most of the migratory birds that breed in our area have headed south by now, this count provides a unique opportunity to observe a number of Arctic-breeding species that consider northern MN their "warm" winter haven.

Due to the COVID-19 pandemic, Refuge staff will have to run this count in a much different hands-off fashion than we have the last five years. This year, participants will count independently, versus pairing up with Refuge staff and volunteers in past years. People interested in participating do not need to be expert birders. This event can serve as a great learning experience for beginning birders. Binoculars and a bird book are the only required equipment.

Participants can count from a vehicle or on foot, depending on their preference and the weather conditions that day. People who live within the Rydell/Glacial Ridge Count Circle can even participate by reporting bird sightings at feeders from the comfort of their own home.

If you're interested in participating in the count, a map of the count circle location and a data form will be emailed to you.

The count coordinator will

communicate with you to see what additional resources you might need (such as a list of birds seen on previous Rydell/Glacial Ridge counts, or links to online bird identification sites) and determine what part of the count circle you will focus your efforts on. After the count, participants can simply email their data to the count coordinator. During the challenging times we're all experiencing, we're hoping this event

Senator Johnson: Final Line 3 permit approval key to NW MN economic recovery

The Minnesota Pollution Control Agency approved Enbridge's Line 3 Replacement construction stormwater permit. This was the final permit required before Enbridge can begin construction of the replacement pipeline.

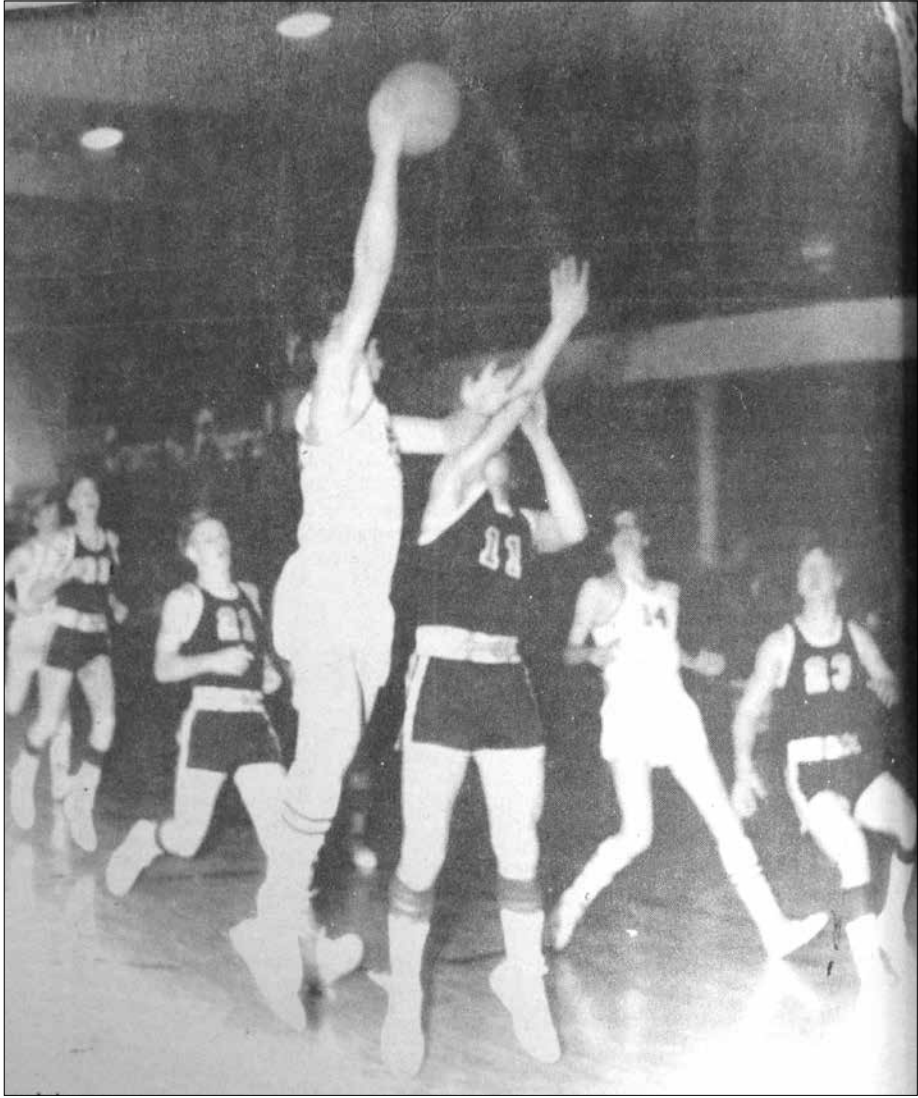
"Today's announcement is the long-awaited news communities across Northern Minnesota were waiting to hear. Our Covid-battered economy and the safety of our residents and environment can all benefit from this project," said Senator Mark Johnson (R-East Grand Forks). "For six years, Enbridge and the state have dedicated resources and time to create a safe replacement line. I am excited to see this project begin."

Unfortunately, there is still a risk that the Governor's re-

luctance to support the project could again hamstring this critical work. The Public Utilities Commission (PUC) may still hold a special meeting that could produce a stay, halting the 3 Replacement construction until the court of appeals case has concluded.

"It is my hope that no unreasonable stay is granted. As our economy continues to suffer from COVID and the ongoing lockdown, we must work together to secure high paying jobs and safer energy for Minnesotans when we need them most."

The line cuts across the northeast corner of North Dakota and continues across all of northern Minnesota. The line in Minnesota is the only portion of the line that has yet to be replaced.



50 years ago...1970: There was plenty of action for basketball fans at the Thanksgiving Basketball Jubilee held in Fosston. This action shot was taken during the Gonvick vs. Mac - Winger meet when Rick Pletschett unsuccessfully tried to block the drive of Terry Haaven. Others visible are 35 Todd Fore, 21 Brad Eck, 14 Greg Anderson and 23 Wes Klema.



40 years ago...1980: Cameron Burslie, 40 guards against the shot of Paul Ostby. Burslie and the McIntosh Scots won over the Clearbrook-Leonard Hornets 59 - 49. High point man for the Hornets was Paul Ostby with 30 points and Erick Balstad with 20 points for the Scots.



30 years ago...1990: A community pep rally was held for the "Lady Patriots" volleyball team before they left for the state tournament on Wednesday. This vocal group named the 'Patriot Babes' were on hand to lend a vocal message. (L-R) Deanna Broden, Sally Bradley, Dorothy Sandberg, and Liz Jenson.



10 years ago...2010: The second Annual Junior High Choir Festival was held in Mahanomen. Win-E-Mac Junior High vocalists who participated were (back, l-r) Hunter Plante, Micah Ferden, Logan Simonson, Jordan Olson and Daniel Revier; (middle) Madison McKeever, Rachel Morberg, Chelsey Haugen and CeCe Peterson; (front) Paige Gieseke, Korbyn Ross, Shelby Kaster and Jordyn Ose.



20 years ago...2000: Members of the Women's Action Club (WACS) hosted another successful Santa Claus Day in McIntosh on Saturday, December 9th. The service group may be small in number, but they have provided many activities and projects for the children of McIntosh. Members include: Karen Thompson, Karen Plante, Teresa Syverson, Mary Gieseke, Melissa Kuznia, Joan Kasprzak and LeAnn Nichols.

Professions that may be thriving in 2030

New Year's resolutions can serve as valuable motivational tools as people look to make positive changes in their lives. Health-related goals like quitting smoking and losing weight annually appear at or near the top of lists documenting the most popular resolutions.

But many people also see New Year's resolutions as a great vehicle to kick-start positive changes in their professional lives.

According to Statista, finding a new job was the eighth most popular New Year's resolution in 2019.

And finding a new job figures to be an even more common resolution for 2021, as the global COVID-19 pandemic of

2020 has sparked a recession that saw millions of people across the globe lose their jobs.

Professionals who want to switch careers in the near future may want to consider professions that are expected to experience significant growth in the years ahead.

According to the Bureau of Labor Statistics, demand for the following professionals is expected to grow considerably between now and 2029.

Wind turbine service technicians. Expected growth (between 2019 and 2029): 60.7 percent.

Nurse practitioners. Expected growth: 52.4 percent.

Solar photovoltaic installers. Expected growth: 50.5 percent.

Occupational therapy assistants. Expected growth: 34.6 percent.

Statisticians. Expected growth: 34.6 percent

Home health and personal care aides. Expected growth: 33.7 percent.

Physical therapist assistants. Expected growth: 32.6 percent.

Medical and health services managers. Expected growth: 31.5 percent

Physician assistants. Expected growth: 31.3 percent.

Information security analysts. Expected growth: 31.2 percent.

Ad deadline:
Noon Friday

Superintendents Notes

By Randy Bruer



application, COVIDaware MN, and he has encouraged all Minnesotans to use it. The app is aimed at slowing the spread of COVID-19 by helping Minnesotans protect themselves and their loved ones. The voluntary, anonymous application will alert a user if another user with whom they have had close contact during the virus' infectious period tests positive for COVID-19.

When Minnesotans download the app and allow notifications, COVIDaware MN generates a random, privacy-protecting key for a user's phone. To help ensure that these random keys can't be used to identify you or your location, they change every 10-20 minutes and the app does not track individuals' locations or their positions relative to one another. Using Bluetooth Low Energy (BLE) technology, the user's phone, and the phones of other users they are near, anonymously exchange these privacy-protected keys. If a person receives a positive test, MDH will provide a unique code the person may enter into the app, if they choose. If they enter the code, users with whom they've been within six feet for 15 or more minutes over a 24-hour period

in the past 14 days will receive a notification of exposure and instructions from MDH on how to keep themselves and their families safe. COVIDaware MN will exchange random keys with anyone who downloads COVIDaware MN or similar applications developed by other states that use the same technology framework.

More than 20 states and territories have launched apps based on Google and Apple's exposure notification technology. More states are expected to adopt this technology as part of their COVID-19 response efforts.

Minnesotans can learn more about the app on the COVIDaware MN website, and download it from the Google Play or App Store. The more individuals who download the app, the more effective the tool will be to notify Minnesotans about potential exposures.

Garden Valley TV

This year, the Win-E-Mac school plans to host our Girls and Boys Varsity Basketball games on a local TV channel 30. We invite the public, who pay for this service, to watch our local channel during this season to see these events. If you are not on the local channel, you can still purchase the sports video for \$5 a month. Please get in touch with Garden Valley Telephone to find out details. We do connect for each home varsity game or event in the school. Students will be operating the broadcast so please be patient with the televised service.

Have a Great Holiday Season!



How germs spread & what handwashing can do to prevent it

The importance of handwashing was never more apparent than in 2020. As the world spent much of 2020 confronting the COVID-19 virus, public health organizations like the Centers for Disease Control and Prevention and the Public Health Agency of Canada noted the importance of handwashing. There's no denying the role that clean hands can play in stopping the spread of various illnesses, including respiratory viruses like COVID-19. But what exactly is the relationship between clean hands and germs? According to the CDC, germs can spread from other people and surfaces when people:

- touch their eyes, nose and mouth with unwashed hands
- prepare and/or eat food and drinks with unwashed hands
- touch contaminated surfaces or objects
- blow their noses, cough or sneeze into their hands and then touch other people's hands or common objects before washing their hands

While the CDC acknowledges that COVID-19 is believed to spread less commonly through contact with contaminated surfaces than it does through close contact with infected persons, it's still possible to get the virus in this way.

So it's vital that people wash their hands after touching potentially contaminated surfaces, such as grocery carts, door handles at restaurants or stores, or other surfaces that may have been touched by infected persons.

In addition to the Honor Roll students listed in last week's paper, Will Tofstad, a Senior at Win-E-mac School also made the B Honor Roll. Congratulations Will!

There will be a free Christmas dinner served on Christmas Day for those in need. If you or someone you know needs a helping hand this year please have them call and get on either the delivery or take out list by December 18th.

Also, new this year is a Christmas food box distribution. Perhaps you need help putting together a Christmas meal but you still want to cook it yourself.

This year a limited number of pre-packed Christmas food bundles will be available for those in need. Boxes will be available on December 21. You MUST call and sign up to get a box before December 18th, 218-687-2157 or 218-280-2992.

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.

COVID-19 Weekly Update



Polk County Public Health

NEW CASES	ACTIVE CASES	HOSPITAL CASES	TOTAL DEATHS
333	316	43 Throughout the Week 10/43 in ICU 40 Currently 8/40 in ICU	27
TOTAL CASES: 2,715			

*New Case Data from November 26 - December 2

December 3, 2020



Shoppers who came to town for "A Very Merry McIntosh" shopping event went from store to store, including here, at The Red Poppy, looking for some great finds for the season.



Many shoppers visited McIntosh on Friday, December 4th for "A Very Merry McIntosh" celebration on Main Street. Here, Minnesota Rust played host to many looking for that perfect gift or decoration for the holidays.

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