



McINTOSH

Since 1888

\$1.00

Times

Hub of the Thirteen Townships

McIntosh, Minnesota



The Clubhouse Childcare Center in McIntosh spent Friday afternoon caroling down Main Street, complete with the cutest Santa Claus one has ever seen. Here, Santa Sawyer (Cook) was part of the caroling crew.

The 12 days of Christmas

"On the first day of Christmas, my true love gave to me, a partridge in a pear tree."

The familiar lyrics of this tune are sung as part of Christmas caroling and holiday celebrations, reaching a crescendo each time singers belt out "five golden rings."

The song is an English Christmas carol that was written in 1720.

While it references plenty of gift-giving, it's easy to assume the song is about giving Christmas gifts.

However, the 12 days in the song actually refer to the birth of Jesus Christ.

The 12 days of Christmas, also known as the Twelvetide, refers to the festive Christian season that celebrates the Nativity of Jesus.

In fact, the start of these days occurs on December 25 and extends until the evening of January 5th, the day before the Epiphany, known as Twelfth Night.

Each day corresponds to a remembrance of different religious events or people.

Christmas celebrants can celebrate well into the new year. Commemorating the



12 days of Christmas can include small festivities from December 25 to January 5. On Twelfth Night, historically known for parties, modern-day fanfare can mark the culmination of the Christmas season - with the last of gift-giving occurring on the Epiphany.

Gift-giving, hosting friends and family, attending religious services, participating in charitable events, or opening one's home to neighbors and those who can use some companionship are all ways to make the 12 days of Christmas more special.

Refuge restorations created holiday memories

Since 1999, the Friends of Rydell and Glacial Ridge Refuges Association (FRGRRRA) has provided a unique, old fashioned holiday experience for the area public. The first holiday tree cutting event held at Rydell National Wildlife Refuge, located near Erskine, MN, was an effort to remove non-native conifers (pines, spruce) planted before the Refuge was established.

Members of the FRGRRRA and U.S. Fish and Wildlife Service staff recognized an opportunity to help the Refuge meet its habitat management goal of removing conifers that were not a native component of the maple/basswood woodlands, shrublands, and open grasslands that comprise the Refuge. By allowing the public to come to the Refuge for a day or two in early December to cut a pine or spruce tree, the Refuge was getting rid of the unwanted trees and local individuals were able to get a tree for their holiday celebrations.

However, these events ended up being more than someone just going home with a tree.

Unique and lasting family holiday memories were made. FRGRRRA members and Refuge staff alike received satisfaction in seeing parents and kids of all ages trekking out across the Refuge to find that special tree. Sometimes the family dog was at their side. Sometimes the kids were being pulled across the snow in a sled. In addition, participants were able to learn about the Refuge and the FRGRRRA. This included wildlife and habitat management activities, as well as public use opportunities, including other public events. Of course, free cookies, hot apple cider, and hot chocolate added to the



Tree cutting at Rydell National Wildlife Refuge near Erskine has been a tradition since 1999 for some families in the area. Photo Credit: Ron Fuglestad.

"warmth" of the experience. For many families, this event became a treasured tradition that was more about making memories than the tree itself.

After 15 successful annual tree cutting events at Rydell Refuge, the public had done its part, and by 2014 had removed all of the conifers from designated areas on the Refuge. In some years, more than 600 trees were removed from the Refuge! Fortunately, for the public who had grown accustomed to getting a "refuge tree", nearby Glacial Ridge National Wildlife Refuge had recently acquired a roughly 500-acre piece of land, which was historically part of the vast tallgrass prairie, but more recently had been transformed by its previous owner into a tree nursery. The same staff that manage Rydell Refuge manage Glacial Ridge Refuge, and the FRGRRRA supports both refuges as well. So, as a habitat management plan was developed for this new addition to Glacial Ridge, it seemed like a great opportunity to again engage the public in helping remove unwanted conifers. The FRGRRRA held tree cutting events at Glacial Ridge from 2015-2019, which provided an opportunity to educate people about this relatively new Refuge. The tree cutting site at Glacial Ridge was more remote than the Rydell site, and it presented some unique challenges, but still provided a terrific opportunity for families to strike out on a fun-filled holiday tree-cutting adventure. Similar to when the event was held at Rydell Refuge, this volunteer-led effort was staffed by FRGRRRA members, as well as Natural Resources students from the University of Minnesota-Crookston.

Visiting families weren't the only ones making memories during these events. Over the years, event volunteers got to witness some things that might even make Clark W. Griswold blush. That includes the few

times people bravely strapped nearly 20-foot tall spruce trees atop their sub-compact cars, or when a family got done tying their tree to their car, then realized they had strapped their doors shut, so they just climbed in through their open windows and drove off, or the thoughtful lady who for several years in a row would arrive with a large tin of homemade cookies for the volunteers. It's all about the experience! By the end of the 2019 event, it was obvious to members of the FRGRRRA and refuge staff, that the public had done its job at Glacial Ridge as well. There weren't enough living room-sized conifers left to host a 2020 event. All of the people who took a tree from Rydell or Glacial Ridge Refuge over the years can be proud that they helped refuge staff work towards

meeting important habitat goals and restoring habitats towards something more similar to pre-settlement times, for the benefit of both wildlife and people. Happy holidays!



Reminder that Winter Break at Win-E-Mac School will start on Wednesday, December 23, with an early dismissal of 1:00 p.m. that day. School will resume on Monday, January 4th, 2021. Have a great winter break. Relax, rejuvenate and enjoy.



Although things are very different this year, Laura with LSS (Lutheran Social Services) Meals in Erskine is still packing goodie bags of cookies and cocoa for our clients to spread some Christmas cheer! Merry Christmas from LSS Meals, Laura and Kira.



Dressed up warm for the weather, the kids from The Clubhouse Childcare Center made their way down Main Street in McIntosh stopping at the stores to sing a Christmas carol or two.

Polk County Sheriff's office closed to the public

Due to the continued health concerns raised by the COVID-19 virus outbreak, the Polk County Sheriff's Office lobby is closed to the public. This includes both the Crookston and Fosston sub-station offices.

All civil process, gun permits, data requests, and administrative activity will be initiated by calling 218-281-0431 or emailing PCSORerecords@co.polk.mn.us.

Please see our webpage for application information. Our response time may be delayed due to current events and our ability to retrieve information held by other agencies. We are

committed to getting information back to you as timely as possible while keeping our employees and the community safe.

Please note that 911 emergency services will not change. The public should continue to call 911 for all emergencies with confidence that law enforcement, fire and emergency medical responders will respond.

Our 911 operators may ask you additional questions due to the recommended protocols implemented in response to the COVID-19 pandemic.

All non-emergency calls

should be directed to 218-281-0431.

We value our relationship with residents of Polk County, and we understand the need to stay connected to our community.

Due to the unprecedented circumstances surrounding COVID-19, we ask your patience as this situation evolves. We ask that everyone follow the most current information set by the CDC and Minnesota Department of Health.

Please take care of each other and be safe.

Gingerbread goodness

Gingerbread is a broad term that can describe anything from a firm and crispy cookie to a moist, soft cake.

Traditionally, gingerbread is seasoned with ginger, cloves, nutmeg, and other aromatic spices. Molasses and brown sugar counteract the spice with sweetness.

North Americans have been baking gingerbread in various shapes or forms for more than 200 years, and the recipes even pre-date the American revolution.

However, gingerbread dates back even further to the Shakespearean era, with The Bard having mentioned it in one of his plays. Gingerbread's name can be traced to medieval England and once referred to any kind of preserved ginger. The term went on to reference ginger-flavored cakes in the 15th century, and gingerbread eventually became popular throughout the world.



Even though gingerbread cakes and cookies have been made for centuries,

Germans are often credited with creating gingerbread houses, according to Smithsonian. They were probably modeled after the witch's candy cottage in the German fairy tale, "Hansel and Gretel."

Even though gingerbread can be made any time of year, it is particularly associated with the Christmas season, with gingerbread men and other fanciful shapes turning up on cookie platters

Notice

Residents of Sletten Township Affidavits of candidacy may be filed with the clerk at the Town Clerk's home (call 701-866-6357) from Dec. 29- Jan. 12, 2021. Offices open are: One supervisor - 3 year term One treasurer - 2 year term Terri Kaupang, Town Clerk M40C

NOTICE

The Lesser Township Board has a candidate opening for: **One Township Clerk for a 2 year term.** Lesser Township affidavits of candidacy can be filed with the Lesser Township Clerk, Albert Plante from December 29, 2020 to January 12, 2021. Albert Plante Lesser Township Clerk M40C

Ad deadline: Noon Friday

Take Out **New Years Eve** from **Ness Cafe**

Open from 4 - 8pm • Take-out, Curbside or Delivery in Erskine & surrounding area

PRE-ORDER TODAY!, CALL TODAY!, CALL 687-2101

Choose from Our Famous BBQ Ribs, Chicken Cordon Blue, Butterfly Shrimp or Walleye

Served with choice of potatoe, vegetable and side salad and **FREE** dessert

OUR REGULAR MENU IS ALSO AVAILABLE
Breakfast Served all day every day at NESS CAFE!

Open New Years Day 8am-1pm
The Ness Cafe wishes everyone a Happy New Year

Website: thenesscafe.com
103 Vance Ave S, Erskine, MN

Open 7 days a week!
Monday thru Friday 7:00am-2:30pm
Sat & Sunday 7:00am-2:00pm

Like us on Facebook

The Reason for Christmas

Now when Jesus was born in Bethleherm of Judea in the days of Herod the King, behold, there came wise men from the east to Jerusalem, saying, "Where is he that is born King of the Jews? For we have seen his star in the east and are come to worship him."

MATTHEW 2:1-2

Merry Christmas from the staff of the First National Bank of McIntosh! While 2020 has been challenging, it has taught all of us to never take our health or relationships for granted. While our traditional open house will need to wait for 2021, we have a gift of appreciation for our valued customers. Please stop in to pick yours up; our lobby is open!

Thank you, and best wishes for the new year!

First National Bank of McIntosh will close at noon on Christmas Eve and be closed Friday, December 25th in observance of Christmas Day

260 Cleveland Ave. SW
PO Box 129
McIntosh, MN 56556
www.fnbmcintosh.com

Phone (218) 563-2865

Rep. Fabian, Rep. Kiel, & Sen. Johnson: bipartisan Covid emergency relief a temporary lifeline

The Minnesota Legislature approved a \$216.8 million emergency relief bill on Monday to assist small businesses devastated by Gov. Tim Walz's most recent executive order. This is a bridge package, helping until businesses in hopes they can reopen soon. The Governor's restrictions have closed gyms, restaurants, bars, theaters, and other Minnesota businesses.

They need assistance fast before our communities start losing businesses and the families that run or work in them. The first relief checks could be mailed by the end of the month.

Senator Mark Johnson (R-East Grand Forks). "From people's physical to financial health, we've all been impacted this past year from the fallout of Covid, but the Walz's November executive order, shutting critical pieces of our communities without regard for local differences, was a major mistake. As more and more businesses face financial collapse, people's livelihoods are increasingly in jeopardy."

"Today's bipartisan bill delivers some assistance to them but is no substitute for a safe and reasonable reopening of the economy."

"I want to thank our local county commissioners for the hard work they did this summer getting federal CARES Act money out to those who needed it," said Fabian (R-Roseau).

"We now ask them to roll up their sleeves again to distribute this business relief money out as quickly as they can to businesses that are really hurting in our area. Our commissioners have been given a difficult job in distributing these dollars quickly to those who need it, but I know they

are up to the task."

"I am glad that our local businesses will see some relief from this bill," said Kiel (R-Crookston).

"However, it is important to remember that this is a temporary fix to a problem where the only long-term solution is for the Governor to let businesses open up again."

"We know that our businesses can open safely, and it is time for the Governor to allow them to do so."

The bill provides emergency assistance in three tiers:

Direct payments: \$88 million is allocated for businesses in industries directly impacted by the executive order, including bars, restaurants, and gyms.

These businesses will receive a check mailed directly to them, with no need to apply. Assistance will be broken down as follows:

Businesses that are down 30% in revenue and have 0-20 employees will receive a \$15k check

Businesses with 21-100 employees will receive \$25k

Businesses with 101-300 employees will receive \$35k

Business with more than 300 employees will receive \$45k

\$14 million is approved for small business relief grants available through DEED. These grants are aimed at businesses like convention centers and movie theaters.

\$114.8 million in relief grants will be distributed to counties based on a per capita formula.

Counties will then allocate that money to small businesses directly or indirectly impacted by the executive order.

Counties will have wide

latitude, but funding must be distributed by March 15.

All relief funds must be used to support payroll expenses, rent, mortgage payments, utility bills, and other similar expenses in the regular course of business.

Additionally, the legislation provides a 13-week extension of unemployment benefit payments to applicants that exhaust the balance of regular state benefits or federal benefits between December 19, 2020 and April 3, 2021.

LSS Meals Menu 687-2262

Tues, Dec. 29th - Taco Burger w/ Lettuce & Cheese on Bun - Spanish Rice - Corn & Black Beans - Pear Jello - Milk
Wed, Dec. 30th - **Chef's Choice** Roast Beef - Mashed Potatoes & Gravy - Green Beans - Wheat Rolls - Pumpkin Bars - Milk



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

Wed. Dec. 23: 11:30am. Mass at St. Mary's, Fosston; 12:00pm -1:00pm Confession Wednesdays

Thurs. Dec. 24: 5:00pm Christmas Eve Mass at St. Mary's, Fosston; 8:00pm Christmas Eve Mass, St. Joseph's, Bagley

Fri. Dec. 25: 8:30am. Christmas Mass at St. Mary's, Fosston; 10:30am Christmas Mass at St. Joseph's, Bagley

Sun. Dec. 27: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Fri. Jan. 1, 2020: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

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

Services for Christmas Eve will be available for Our Savior's, Calvary and Immanuel on Garden Valley channel 30 at 3:00 and 8:00 pm that day. They will also be available on our YouTube Channel "One in Spirit" by 7:00 am on Christmas Eve.

We will still continue to have Sunday services on Garden Valley and YouTube.

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. 27: 9:30am Sunday School and Adult Bible Study; 11:00am Christmas Worship Service (also on Facebook: gosenchurch and gosen-church.com)

Tues. Dec. 29: 10:00am Sunday worship service telecast on GVTV--30

Wed. Dec. 30: 6:30pm Bible Study at Sharon Ramberg's home

Gosen Church is located 4 miles south of the junctions of Highways 2& 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

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.

McIntosh Friends of Veteran's News

The people that are in charge of the Memorial Day service have decided to again look for pictures of Veterans in their Military Uniforms.

This is the 3rd week publishing a list of names that someone may know how to get an address or information for the people that they may know.

For the 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, McIntosh, MN 56556. Or they can be e-mailed to gaanen@gvtel.com.

For more information you can call Darlene at 218-563-3328 or Garnet Aanenson at 218-563-2753.

Here is the list of some of the Veterans: William Korsmoe, Verney Lanman, Arnold Larson, Melvin Lillesve, Robert Malone, Lawrence or Selmer Mandt, Obed Matson, Carl Mattison, Clarence Nelson, Albert Neset, Leonard, Marcus, and Sven Norling, Fred or Michael O'Brien, Jalmer Osmondson, Carl Ostby, Howard Payne, Melvin Petterson, John Polley, Charles Reitmeier, John Rost, Paul Sabourin, Richard Sannes, John Schee, Lawrence Schmidt, Liela Dale Schow and Merle Schow, Harold Shaddock, Duane and Mar-

LARL Holiday closures

All Lake Agassiz Regional Library (LARL) branches and LINK sites will close at noon on Thursday, December 24 and will be closed Friday, December 25 in observance of the Christmas holiday, with regular hours of operation resuming Saturday, December 26. The following week all locations will close at or before 5 p.m. on Thursday, December 31 and will be closed Friday, January 1 in observance of New Year's Day, with regular hours resuming Saturday, January 2.

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. More information is available at www.larl.org.



Thurs. Dec. 24:
Candice Haaven, Anthony Grande, Jered Agnes, Philip Lee, Cheryl Jore
Fri. Dec. 25:
Nicole Vettleson, Jordyn Zahn
Sat Dec. 26: *Bill Jr. & Valerie Fritz
Sun. Dec. 27:
Heather Hegre, Erin Jore, Haley Smeby, Dustin Carlson
Mon. Dec. 28:
Anita Roy
Tues. Dec. 29:
Preston Carlson

McINTOSH Times

PUBLISHED WEEKLY IN THE HUB OF THE THIRTEEN TOWNSHIPS BY RICHARDS PUBLISHING CO., INC.

RICHARD D. RICHARDS, PUBLISHER
KIM HEDLUND, EDITOR

McIntosh • (218) 563-3585

"McIntosh Times" (USPS 336-020) is published weekly for \$30.00 per year (in county) and \$40.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.

POSTMASTER: Send address changes to:
McIntosh Times, PO Box 9, McIntosh, MN 56556.
mcintoshtimes@gmail.com

"Serving the Win-E-Mac area"

PUBLISHER'S LIABILITY FOR ERROR: The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.

BUSINESS & PROFESSIONAL GUIDE

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

CALL 218-563-3585

Carlin FAMILY FUNERAL SERVICE

"Caring service for three generations"

(218) 435-1144

Funeral Home ~ Cremation Service ~ Granite Memorials

ANDERSON FAMILY FUNERAL HOME & CREMATION SERVICE

719 N. Main 644 Main St.
Mahnomens, MN Winger, MN

*Paige Ennen *Kelly Wolter
*Tim & Denise Anderson
*Licensed Funeral Director

218-935-9000
Toll free: 866-935-9009

Is There A Wedding In Your Future?

We have the latest designs for wedding accessories - or, if you choose, we can assist with a design of your own.

LET US HELP MAKE YOUR WEDDING DAY MEMORABLE.

487-5225 Gonvick, MN

Richards Publishing Co.

Rural America: Building prosperity and strengthening business and communities

The USDA Deputy Under Secretary for Rural Development Bette Brand today highlighted the department's investments in 2020 that are building prosperity and strengthening the nation's rural businesses and communities.

"Under the leadership of President Donald J. Trump and Agriculture Secretary Sonny Perdue, USDA invested a record \$40 billion in rural communities in 2020," Brand said. "This assistance is helping increase economic opportunities and improving the quality of life for rural residents across the 50 states and all U.S. territories.

Brand added, "USDA responded with urgency to help those affected by the COVID-19 global pandemic.

"We worked to bring high-speed internet capacity, modern community facilities, and upgraded water and wastewater infrastructure to rural areas. We helped provide homeownership opportunities and reliable electricity. We invested in businesses and family-supporting jobs, because when rural America thrives, all of America thrives."

Below is a summary of USDA's Fiscal Year (FY) 2020 accomplishments:

Connecting Rural America to High-Speed Broadband

- Invested \$1.3 billion to support rural broadband expansion through the ReConnect Pilot Program.

Included in this total is \$85 million provided through the CARES Act. In total, these investments are connecting approximately 280,000 households,

19,978 farms and 10,053 businesses to high-speed internet.

- Invested \$187 million in broadband through the Telecom Infrastructure and Community Connect programs. These investments are connecting 58,249 households in rural communities to high-speed internet.

Improving Rural Infrastructure

- Invested a record \$6.3 billion in 125 projects to upgrade or build electric infrastructure. These investments will benefit 10.7 million customers by improving electric service reliability across 34 states.

- Invested \$801 million in Smart Grid technology to improve electric system operations and monitor grid security for rural electric customers.

- Invested \$2.1 billion to expand access to safe drinking water and improve wastewater management systems. These investments will improve the reliability of local water supply for 2.1 million rural Americans.

- Invested \$140 million through the Community Facilities Programs in rural infrastructure projects such as roads, airports and transportation improvements.

Bolstering Rural Economic Development

- Invested \$22.4 million through the Higher Blends Infrastructure Incentive Program (HBIIIP) to increase the availability of renewable fuels derived from U.S. agricultural products.

These investments will help increase biofuels sales by a projected 150 million gallons annually.



- Invested \$1.7 billion to assist 384 rural businesses through the Business and Industry (B&I) Loan Guarantee Program.

Included in this total was \$326 million provided through the CARES Act. These investments created or saved nearly 18,000 jobs.

- Invested more than \$386 million in 2,304 loan and grants through the Rural Energy for America Program (REAP) for energy efficiency improvements, renewable energy systems, and energy development assistance in rural businesses. These investments are projected to generate or save more than 1.8 billion kWh.

Improving Rural Quality of Life

Invested \$1.5 billion in loans and grants through the Community Facilities Programs that funded the construction or modernization of 1,683 essential community facilities such as rural hospitals, educational institutions and public safety facilities.

These investments will benefit

20 million rural residents, across all 50 states, Guam, Virgin Islands and the Western Pacific.

- Invested \$71.5 million through the Distance Learning and Telemedicine Grant Program in 116 distance learning and telemedicine projects. These investments will benefit 12 million rural residents, making it easier for them to access healthcare and educational opportunities without having to travel long distances.

- Invested \$24 billion in direct and guaranteed loans through the Single Family Housing Programs to help 143,795 low- and moderate-income families buy homes in all 50 states, Guam, Puerto Rico and the Virgin Islands.

Enhancing Customer Service

- Cut red tape to increase private investment in rural America by making it easier for lenders to access four flagship loan programs under the OneRD Guarantee Loan Initiative.

- Took immediate actions

to assist rural residents, businesses and communities impacted by the COVID-19 pandemic.

For example, USDA launched a Federal Rural Resource Guide, provided loan forbearances, halted evictions, and made additional funding available under existing programs.

For more information, visit our COVID-19 response page.

- Streamlined regulations to ease customer access to CARES Act programs, infrastructure improvements, business development, housing, community

facilities and high-speed internet access in rural areas.

USDA Rural Development provides loans and grants to help expand economic opportunities and create jobs in rural areas.

This assistance supports infrastructure improvements; business development; housing; community facilities such as schools, public safety and health care; and high-speed internet access in rural areas.

For more information, visit www.rd.usda.gov.

Minnesota Organic Conference goes virtual

Four sessions throughout January offer learning opportunities.

Minnesota's only statewide conference on organic agriculture is going virtual for 2021.

The Minnesota Organic Conference, hosted by the Minnesota Department of Agriculture (MDA) will take place every Thursday in January, beginning on January 7, 2021.

Virtual sessions will begin at 3 p.m. and provide farmers and others interested in organic agriculture the opportunity to learn more about healthy farms, food businesses, and soils.

The conference sessions lineup is as follows:

Thursday, January 7: Back to the Future: Regenerative-Organic Food Production for Good Health

Bob Quinn, PhD, Organic Farmer, Entrepreneur, Author

Thursday, January 14: Connecting Soil, Animal, and

Human Health
Silvia Abel-Caines, PhD, Organic Valley Ruminant Nutritionist

Thursday, January 21: The Challenges of Our Times: Climate Change, COVID, and Organic Farm Viability

Carolyn Dimitri, PhD, New York University Department of Nutrition, Food Studies and Public Health

Andy Pressman, National Center for Appropriate Technology

Cristel Zoebisch, Organic Farming Research Foundation

Thursday, January 28: Soil Health on Organic Farms

Amber Sciligo, PhD, The Organic Center Science Program Manager

To register and for more information, including the conference schedule and updates, visit Minnesota Organic Conference or call Cassie Dahl at 651-201-6134.

MN will continue Emerald Ash Borer regulations

Federal deregulation of the insect leaves states to determine future options.

Minnesota will continue regulation of emerald ash borer (EAB), an invasive insect that kills ash trees, after federal officials today announced deregulation of the insect effective January 14, 2021.

Since 2002, when EAB was first discovered in the United States in Michigan, the U. S. Department of Agriculture (USDA) has limited the spread of the insect through the use of quarantines, permits, and compliance agreements that regulated the movement of wood which may contain the insect. Now 35 states, including Minnesota, are infested with EAB. This led the USDA to reevaluate its role and make today's announcement.

The Minnesota Department of Agriculture (MDA), which leads state efforts to monitor for and curb the spread of de-

structive insects, has regulated EAB since it was first found in Minnesota in 2009. The MDA will continue its work monitoring for EAB in uninfested areas, quarantining newly infested counties, and regulating movement of wood products around the state. The department will also take on some of the work previously carried out by the USDA by limiting the movement of ash and firewood from other states into Minnesota.

"We met extensively with the forest products industry, nursery industry, and local and tribal governments regarding their concerns about possible federal deregulation of EAB," said Minnesota Agriculture Assistant Commissioner Whitney Place. "There was strong interest in maintaining regulations here in Minnesota and we intend to do that for the sake of our urban and natural forests."

Emerald ash borer is a ma-

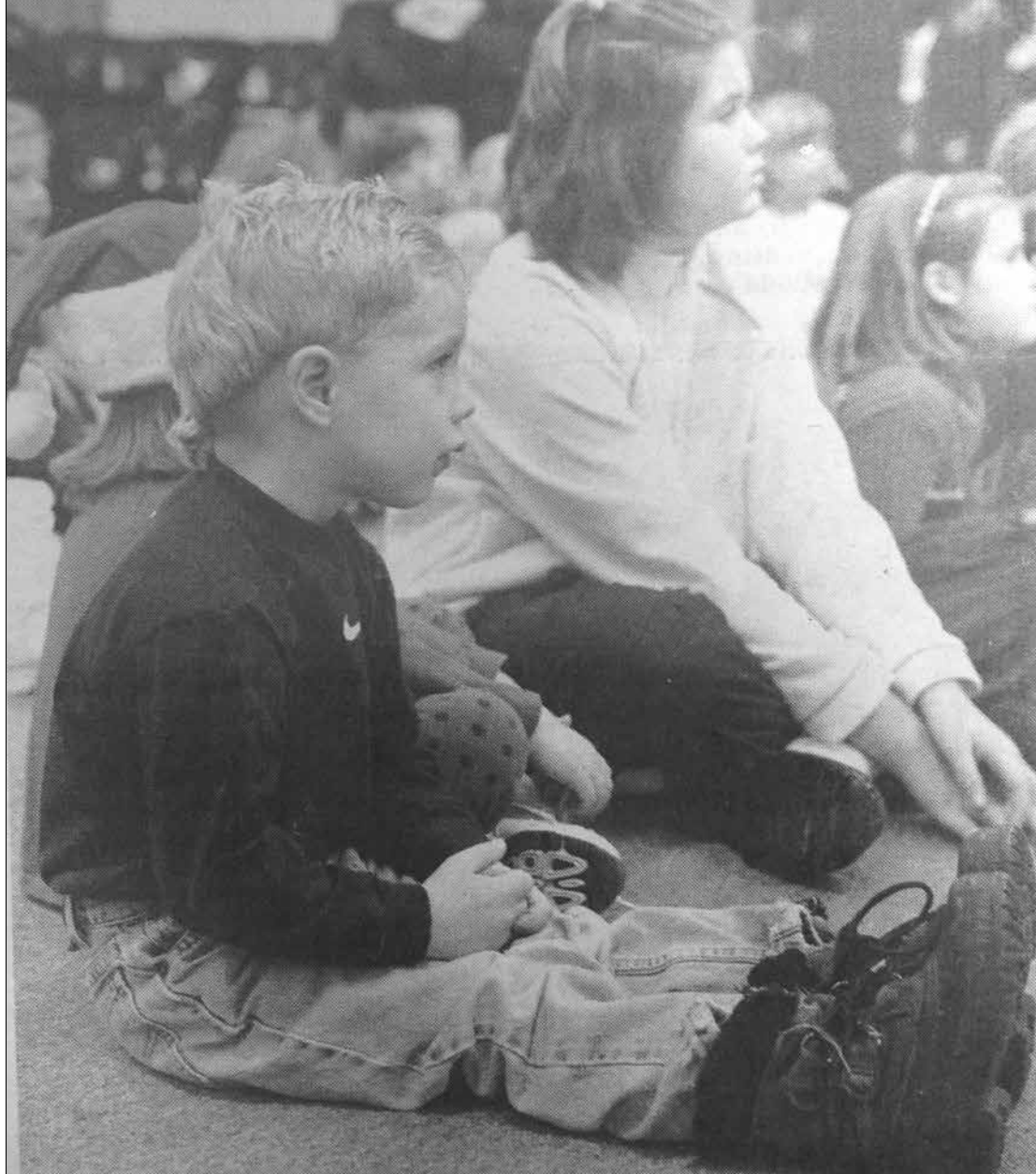
ior threat to Minnesota's approximately one billion ash trees – the most of any state. However, MDA officials believe they have been able to slow the impact of EAB thanks to quarantines that limit the movement of ash and firewood out of infested counties.

"Currently, 25 of Minnesota's 87 counties are infested with emerald ash borer," said Mark Abrahamson, director of the MDA's Plant Protection Division. "That rate of spread across the state in 11 years is 60% slower than most states infested with EAB."

Residents and tree care professionals should check if their county is under quarantine for EAB and abide by the regulations. That information can be found on the MDA website. The MDA also encourages all Minnesotans to limit the movement of firewood around the state, which can easily carry the insect to new areas.



30 years ago...1990: During the elementary Christmas music concert at McIntosh on December 13th, the candy canes from the first grade sang, "Yummy, Yummy Christmas Time."



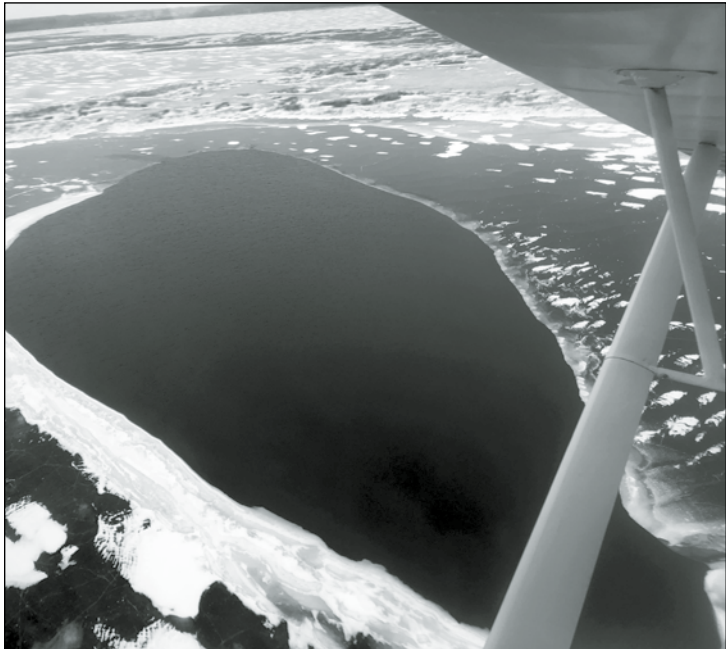
20 years ago...2000: Matt Thompson and Kelsi Kiecker give their undivided attention to the magic tricks performed at the Santa Claus Day program by Courtney Grant.

40 years ago...1980: Ervin Helgaas of rural Winger had been going out two hours a day recently in his fishhouse on Lake Sarah, but this was his first experience with a fish such as this: A Northern, 43 inches long and 23.6 pounds! Ervin speared it about 11:30 am, Thursday, December 11th. On the way out, the huge fish struggled so fiercely that it bent the shaft of the spear into the shape pictured here. Ervin stated that his immediate plans include having his trophy mounted right away and having his spear straightened even sooner.





Santa came to Trail this year, bringing treats and joy to Peter Bohn, and even though it seemed a little early, Santa came just in time for Peter. It's been said that, "Santa knows, he always knows." I think Santa must have a heart as big and kind as Tony Webers' heart. Thank you Santa Tony and God bless you and the Mrs. - Submitted by Margie Buer.



A Black Hole on Pine Lake? Mark Edevold was flying with Mike Johnson both of Gonvick (in Mikes plane). While flying over Pine Lake they observed a large area of open water on the southern end of Pine Lake. Mark estimated the size at about 1/2 acre. The rest of the lake has 10" to 12" of good ice. Fish houses are in use and everything seems normal on the rest of the lake.

Home Country

Slim Randles
Saw this ad t'other day in my outdoors magazine, Campin' 'n' Fishin'. Oh, hi there, Alphonse Wilson doin' the talkin' don't you see. Call me Windy. Sneaked in here again when Slim weren't lookin'. But I gotta tell ya not to believe ever dang thing you read. Yessir, they had this little-bitty sleeping bag made out of space materials, I guess so you can stay warm on Mars or somethin' and it weighed just about nothin' and a half.
Just how stupid do they think we are, anyhow? I mean, you gotta surround yourself with good stuff to sleep right or you're just flippity squidglin' around all night. Like a inch bug or somethin' ... well, somethin' that's cold and has an agrellation of sleeplessness.
You give me a good ol' cowboy bedroll every day! Yessir. Now if you ain't up to slump on what a bedroll is, I'll just clue you in. You take a great big ol' tarp and inside it you put your blankets and a piller and such. How many a-them blankets do you use? Wellsir, how cold is it going to plunge down to to-night? You see, it's adjustable and you can thicken it if it's cold or skinny it down if it's a warm night.
Now what a good smart cowboy will do is build hisself a bedroll so thick he can go dog mushin' on the Idiot Road race up in Alaska. Yessir! Then, he can take out half the blankets if it ain't gonna be cold enough to hang meat tonight. You see?
'Course now, a real cowboy bedroll ain't easy to haul around. You ain't goin' far with it on your back. Nossir. But that's why them early cowboys invented pack mules and pick-up trucks.
There's a rule of thumb tacks here, and you're getting it straight from the horse's mouth ... if you can carry it, It ... Ain't ... A ... Bedroll.
And you can tell 'em I said so.

Brought to you by "A Cowboy's Guide to Packing the Backyard Horse," by Slim Randles. Available at www.amazon.com.

How to host virtual holiday celebrations

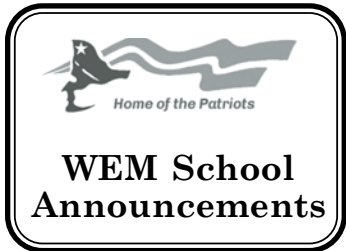
The 2020 holiday season figures to be vastly different than seasons past. The novel coronavirus COVID-19 has transformed daily life in many ways. The public has become accustomed to wearing masks while shopping, limiting the number of people in public venues and keeping their distance from friends and loved ones. Many events have been reimagined as virtual celebrations because of social distancing protocols. For those with large families or people with inherent risk factors that make them more susceptible to illness, sharing the holidays over video conferencing apps may be the safest way to go in 2020.
The following tips can help holiday hosts make the most of a virtual holiday experience.
Pick a bright, festive spot
Set up your tablet, smartphone or computer in a bright area with a festive backdrop. You'll want others who join the virtual hangout to be able to see you clearly. A Christmas tree or a decorated fireplace in the background can set the scene.
Choose the right conferencing app
Certain programs may work better than others depending on your needs. For example, if everyone has the same operating system platform (iOS or Android), you may be able to use an app inherent to that system, which won't require a separate download or login.
Apps also may be chosen depending on how many people can be invited in, as some set limits. Do your homework and conduct a test run prior to the holidays.
Keep props nearby
If the goal is to open gifts virtually, be sure to have everyone gathered and gifts nearby so no one is scrambling in and out of view.
Position the camera at eye level
Try to set up the camera so you're not looking up or down. Practice looking straight into the camera instead of at yourself in the minimized window or even others on the screen.



This way you'll appear engaged.
Use mute when not speaking
Muting yourself (and encouraging others to do the same) when you are not speaking will limit the amount of background noise. As the host, serve as the moderator and encourage everyone to speak one at a time. Choose a visual cue to signal when someone has the floor to speak, such as raising a hand or even showing a festive picture.
Tune into virtual worship
While some places of worship have reopened to some capacity, others may still be offering hybrid services. If your place of worship offers services via YouTube or another video platform, gather around and watch together and participate just as if you were there in person. Better yet, share the link with other family and friends so they can tune in as well.
Share dinner 'together'
Set up your camera source so it captures the holiday table. All parties gathering virtually can then sit down to the holiday meal as one and enjoy one of the season's more endearing traditions.
Virtual celebrations may continue through the holiday season. Adapting with some video conferencing tips can ensure everyone enjoys the festivities.

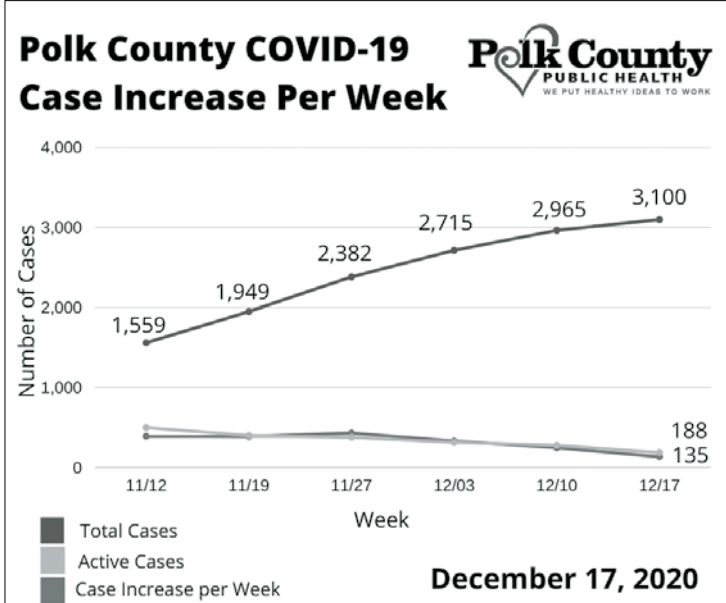
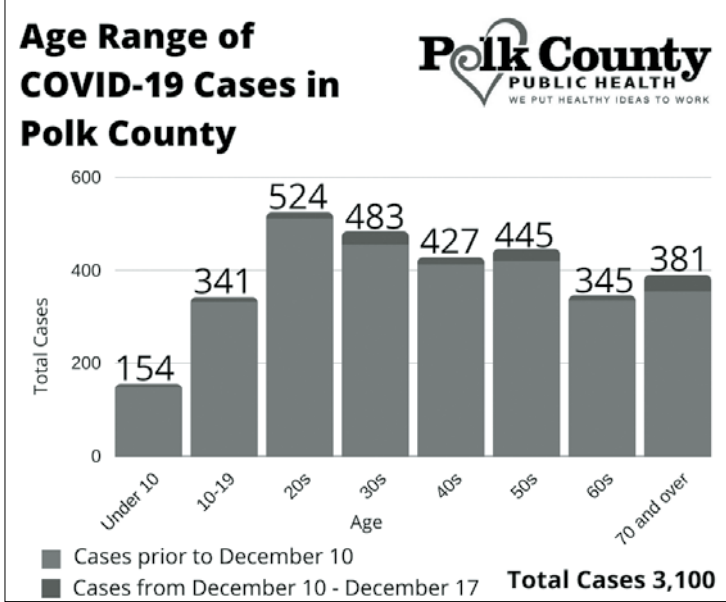
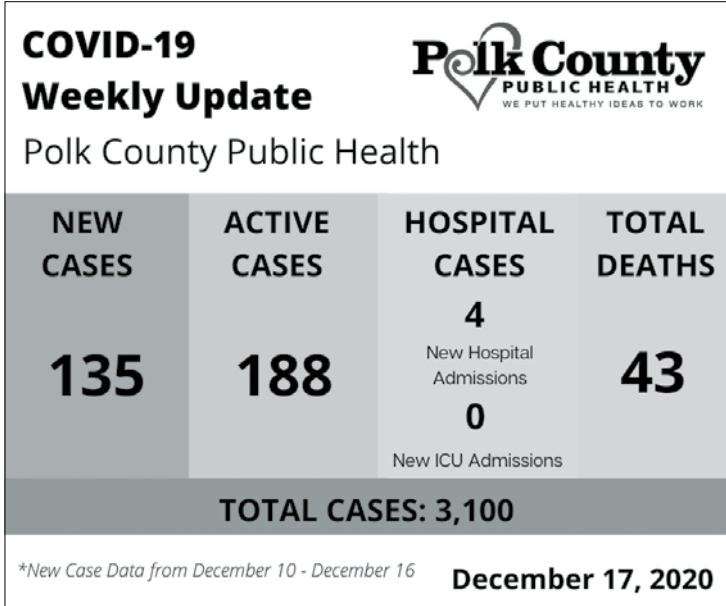
Supporting your mental well-being by supporting others during the COVID-19 pandemic

It is normal to be experiencing increased stress and anxiety right now. Symptoms of increased stress or anxiety can include:
• Feeling nervous, restless or tense
• Experiencing a sense of impending danger, panic, or doom
• Experiencing an increased heart rate
• Breathing rapidly (hyperventilation)
• Sweating
• Trembling
• Feeling weak or tired
• Trouble concentrating or thinking about anything other than the present worry
• Having trouble sleeping
• Experiencing gastrointestinal (GI) problems
• Experiencing difficulty controlling worry
• Experiencing the urge to avoid things that trigger anxiety
It is a challenging time for everyone, and the possibility of not celebrating the holidays in-person with loved ones, can lead to increased feelings of stress and anxiety. It is important to be gentle with yourself and others, take appropriate measures to support overall mental well-being.
Support your mental well-being:
• Find joy this season! Take an evening walk or visit nearby nature centers or trails.
• Pay attention to your health by eating healthy foods, getting plenty of sleep, moving daily and connecting with nature for peace of mind.
• Cope with healthy behaviors. If you smoke or vape, try to limit or consider quitting; if you consume alcohol, try to limit or consider quitting. Any illicit drug use is never recommended. Reach out for resources to help quit or if you are feeling overwhelmed.
• Practice self-gratitude. While it may seem difficult to find things to appreciate, there is still plenty to be thankful for. Make a conscious effort to identify the things you are grateful for on a consistent basis.
Support your well-being by staying connected to loved ones during the COVID-19 response:
• Use technology to stay in touch if available, especially video contact. Seeing someone's facial expressions can help increase connection.
• Check in with your friends, family, and neighbors on a regular basis using virtual tools to do things like a virtual dinner, movie or craft night.
• Find new ways to connect with the people in your household. Use this time to improve your existing relationships!
• Manage your stress. Create a daily self-care routine. Exercise, meditate, get outside, and keep to a daily routine as much as possible.
• Show kindness to others in your community and help people in your life who may be more vulnerable.
Helping others can increase your sense of purpose and value, and help improve your own well-being. If you feel like you are struggling with your mental well-being, consider reaching out to your health-care provider to get connected to some helpful resources.
If you are looking for a chance to connect with others, the RISE and SHINE Virtual Coffee & Connection series is a great opportunity! You will have the option to play games and trivia, and explore new skills and local talent. The next RISE and SHINE Virtual Coffee and Connection will be on December 23rd, 2020, from 10-11 am. Grab your coffee, tea, milk or beverage of choice and join us! If you would like to receive the event link, call Polk County Public Health at 218-277-0898. Let us give the gift of time to ourselves and those around us.
Together We Can support each other.
Learn more:
Visit the Polk County Coronavirus Response Hub (<https://coronavirus-response-pcg.hub.arcgis.com/>), the Norman County COVID-19 website (www.co.norman.mn.us/covid) 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-Mahnomon Public Health on social media for local updates.



Every now and then you have an opportunity to create something special and in a way that has never been done before! At Win E Mac HS the amazing tradition of class rings has lived for nearly a century. Although we have not yet been able to hold our traditional class meeting to share this iconic tradition, we wanted to give you the chance to order your class jewelry for Christmas. Packets are available at the HS main entrance if you would like to stop in early to pick one up (ring sizer included). Click on the video link below to watch some helpful videos and to access your school's ordering page! Or go to <https://www.jostens.com/apps/store/customer/1062503/Win-E-Mac-Secondary/> to get started designing your ring right away! At Jostens, we look forward to assisting you in the upcoming days as you design your one of a kind keepsake! **CLASS JEWELRY ORDER DEADLINE:** Friday, December 18. **PLEASE NOTE:** In order to take advantage of our FREE CUSTOM ADIDAS BACKPACK & FREE COMPANION RING, order by the deadline noted above! WEM Sophomore Families please click here to view your personalized video. This information was sent to ALL SOPHOMORES via their email – so parents, please ask them to watch the videos and the full details, if you are interested.

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.



Local Advertising

That Sticks

Call 218-487-5225 today to promote your business with print advertising that leaves a lasting impression!

McIntosh Times
Email: mcintoshtimes@gmail.com
www.tricocanary.com
Subscribe • Renew • Advertise

Subscribe to the **McINTOSH TIMES** **NEWSPAPER**

Find out who's been naughty & nice!

Start Your Subscription Today

- ☐ \$20.00 in trade area for 6 months
- ☐ \$24.00 outside of trade area for 6 months
- ☐ \$30.00 yr. in trade area - East Polk Co.
- ☐ \$40.00 yr. outside of trade area
- ☐ \$35.00 yr. for snowbird - change of address
- ☐ \$25.00 yr. for **online** subscription only - regardless of location

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE _____

