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Felicity Andress and Gavin Walker were named the 2020-2021 Win-E-Mac's Triple A Award nominees. Congratulations and good luck to both candidates in the regional round.



Congratulations to Mia Thompson (above) and Paige Breckel (below), both who were named Academic All State for their role on the Win-E-Mac Patriots volleyball team for the 2020-2021 season. Individuals are selected for this award on the basis of their athletic ability and academic proficiency.



Congratulations to Patriot Alex Jacobson for being named Academic All-State for 9 Man football. The award stresses the importance of sportsmanship, academics, and being a good teammate.

Win-E-Mac School updated COVID plan for January 2021

Our COVID Team at Win-E-Mac School has discussed the options from the Governor and we will remain with grades 5-12 in Distance Learning on January 4th through January 15th with more information communicated by that time.

If your student is struggling, please call the District and we can make some arrangements. January 18th, 2021 is a staff development day with no students. Grades 5 and 6 will come back in person on the 19th, with hybrid learning for high school students to include Wednesdays on a new hybrid schedule. We do plan to bring all High School students back thereafter.

The Safe Learning Plan for the 2020-21 School Year has been updated, so starting on January 18, 2021, every elementary school across the state may choose to operate an in-person learning model without needing to consult their Regional Support Team, as long as they are able to implement all updated health and safety measures in the Safe Learning Plan. Middle and high schools will continue to use the original process for determining their learning models and must also implement additional health and safety measures if they are providing

in-person or hybrid learning.

One new mitigation strategy being implemented, beginning January 4, 2021, is that all public schools providing in-person or hybrid learning must offer on-site saliva testing to all staff who interact with students.

This testing will be conducted every two weeks in Win-E-Mac (districts and charter schools will be designated a date within a two-week schedule).

Staff includes teachers, paraprofessionals, administrators, support staff, nutrition staff, bus drivers, and more. The State of Minnesota will provide training and saliva test kits so that schools can conduct this testing.

Training and supplies will be available to non-public and tribal schools operating in-person or hybrid learning that wish to provide COVID-19 saliva testing to their staff as well.

Students will continue to wear masks, with Staff members adding a shield with the mask, provided by the state of Minnesota.

Practice for sports will begin on January 4th with competition yet to be decided. Mr. Langemo will have more information sent out once decisions are made.

Making Every Acre Pay webinar series to be held in January 2021

Agronomists visiting northwest Minnesota (and eastern North Dakota for that matter) may be amazed to see just how quickly crop producers are able to complete their spring field work to take advantage of as much of the short growing season as possible.

As seedlings begin to emerge, the producers and these visiting agronomists alike might also notice that there are field areas from which no crop seedlings emerge.

Some of these bare areas may never have had either crop or weed seedlings emerge throughout the growing season and the bare area may increase in size over time.

Of additional concern; many continue to farm these unproductive acres, working the soil, planting seed, spreading fertilizer and other inputs as if expecting a crop were to be produced.

So not only is this land not producing a marketable crop, costs associated with inputs mean that these bare areas start out the growing season as a negative asset.

To learn more about both what causes these unproductive field areas and what practices could be employed to help make every acre pay, join University of Minnesota Extension for the Making Every Acre Pay series of webinars to be held on January 15, 22 and 29, 2021 from 8 to 9 AM.

Speakers and topics will include:

Naeem Kalwar, NDSU Extension soil health specialist

Tanner Bruse, Pheasants Forever ag and conservation programs manager

Alan Lepp, NRCS assistant Minnesota conservationist – field operations

January 15 – Soil Health 101 and Remediation. What are characteristics common to NW MN soils? What is it that makes them susceptible to becoming unfavorable for crop growth and development? Can work investigating crop salt tolerance help in remediation?

January 22 – Dollars, Cents and Yield Maps. Comparing and contrasting: what



the research tells us about cropping or making a change on underperforming acres. Objectively analyzing yield maps to identify parcels that cost more than they earn.

January 29 – More Options for Under-Performing Acres. What in the world do under-performing acres have to do with hunting? Are there federal or other programs that might be a good fit for under-performing acres?

About the training: Pre-registration is required. You will not be able to access the Zoom meeting room without first pre-registering and receiving the secure Zoom link and passcode from Extension staff.

To register: Register at z.umn.edu/MakingEveryAcrePay2021

ALL attendees MUST pre-register prior to the event, and must be able to access the Zoom platform to be able to view the training.

If you have any questions regarding registration, please contact Heather Dufault at (218) 280-1129 or email pohl0024@umn.edu.

The benefits of making New Year's resolutions

The end of December is a busy time of year. Families are shopping for gifts for loved ones and friends, holiday celebrations are in full swing and thoughts begin to turn to the new year ahead.

At the stroke of midnight on New Year's Eve, it is customary to sip a glass of champagne and toast to the new year.

Many people use the dawn of a new year as a time to create a list of resolutions that reflect positive changes they hope to make in the year ahead.

Between 40 and 45 percent of American adults make resolutions each year, according to the health and wellness group Proactive Mindfulness. According to John C. Norcross, Marci S. Mrykalo and Matthew D. Blagys, coauthors of the study "Auld Lang Syne: Success predictors, change processes, and self-reported outcomes of New Year's resolvers and nonresolvers," within six months of starting a resolution 46 percent of people are still maintaining their resolutions.

Resolutions may seem silly to some, but there are several positive reasons to make them.

- **Resolutions provide practice setting goals.** Goal-setting is an important component of life. Goals are key because they provide general direction in life. A goal is a map that can give you an idea of where you are heading and what path you need to take to get there, according to the self-improvement guide Success Consciousness. Resolutions can be fun, low-pressure goals. Think of them as dress rehearsals for bigger life changes.
- **Resolutions offer time for reflection.** Too often people are rushing through daily life without stopping or slowing down to truly assess the impact of their actions. Resolutions help you reflect on the past, present and future, figuring out what has been working and what may need to be changed to provide a boost, according to the wellness resource Alternative Daily.
- **Resolutions can serve as a catalyst for positive change.** When something isn't working with your routine, personal health or relationships, resolutions can serve as the catalyst that ultimately rights the ship.
- **Resolutions can promote self-esteem and empowerment.** Making resolutions and keeping them can provide a sense of accomplishment that comes with goal-setting and following through. Resolving to lose five pounds and then seeing the proof on a scale can be a powerful motivator that compels you to make other self-improvements. Accomplishing small goals also can boost self-esteem.

Resolutions are often made at the dawn of a new year. These efforts can provide the motivation and direction people need to make positive changes in their lives.

Did you know?

Celebrating the new year on January 1 is a relatively recent phenomenon.

The calendar as we know it today has evolved several times and months have gone by different names. On the early Roman calendar, March was the first month of the 10-month calendar.

That is why the last four months of the year have prefixes that coordinate with the seventh (September), eighth (October), ninth (November), and tenth (December) numerals. King Numa Pompilius reformed the calendar around 700 BCE by adding the months of January and February to the original 10 months.

But the calendar still required some additional tweaking to be more aligned with the seasons. In 46 B.C., Julius Caesar introduced a solar-based calendar that was an improvement on the ancient Roman one, which was lunar-based. During this time, the month of Quintilis was renamed July in honor of Julius Caesar and Sextilis was renamed August in honor of Augustus.

Shortly after the introduction of the solar calendar, the beginning of the year was moved from March 1 to January 1.



Dispose holiday greens and Christmas trees correctly to protect MN's urban and rural trees

Invasive pests use festive foliage to hitchhike into Minnesota.

Holiday greenery brings joy and delight, but is there a humbug lurking in your décor? Trees and boughs can provide diseases and invasive species the perfect ride into our landscape.

Pests of concern include elongate hemlock scale, a small insect established in the eastern U.S. where many decorative Fraser firs are grown.

Feeding damage from this invasive insect can cause the needles of hemlocks, firs, and spruces to yellow and prematurely drop.

Also, boxwood blight and Oriental bittersweet, some-

times found on wreaths and centerpieces, can endanger native trees and other landscaping.

More information on these threats can be found at the Minnesota Department of Agriculture (MDA) website at www.mda.state.mn.us/holidaygreenery.

To protect our environment, the State of Minnesota is asking residents to properly dispose of greenery and trees after the holiday season.

At the end of the season, please remember these guidelines:

The best option is to use a curbside tree collection or bring to a designated drop-off site. Check with your waste hauler,

city, or county to see what services are offered in your area.

Do not toss trees and greenery into backyard woods or your residential compost pile which could allow hitchhiking pests to escape.

Wreaths and other decorative greens can be disposed in trash cans.

If your city or county does not have an organized pickup or drop-off, the last resort would be to burn the greens. Always check with local ordinances first and follow them.

If you suspect your greenery or tree may be infested with an invasive insect or disease, contact the MDA's Arrest the Pest line at 1-888-545-6684 or arrest.the.pest@state.mn.us.

Impress guests with slow cooked brisket

Slow cooking can really whet the appetite.

On days when a slow cooker is in use, the whole house tends to get filled with the aromas of delicious food, making everyone inside the home eagerly anticipate the arrival of dinnertime.

Slow-cooked brisket can be especially savory, as brisket is a dish many home cooks are hesitant to try because of the perceived difficulty of preparing it. Novices may find that slow cooking brisket as opposed to smoking it can be a great way to get their feet wet while still serving up a delicious meal.

This recipe for "Beef Brisket with Prunes and Oranges" from Andrew Schloss' "Cooking Slow: Recipes for Slowing Down and Cooking More" (Chronicle Books) cooks for roughly half a day, giving cooks and their families something to look forward to all day long.

Beef Brisket with Prunes and Oranges
Makes 8 servings
1/4 cup finely ground coffee
1 teaspoon ground cinnamon

4 teaspoons sea salt
1 teaspoon freshly ground black pepper
3 pounds beef brisket, trimmed of excess fat
2 tablespoons vegetable oil
2 large Spanish onions, cut into thick wedges
8 celery stalks, cut into 1-inch pieces
4 garlic cloves, minced
1/4 cup brandy
1/2 cup cider vinegar
6 tablespoons firmly packed dark brown sugar
2 cups vegetable cocktail juice, such as V8

Juice and julienned zest of 2 oranges

16 pitted prunes
Mix together the coffee grounds, cinnamon, salt, and pepper in a small bowl. Rub half of the mixture over the brisket. Refrigerate for at least 1 hour and up to overnight.

Preheat the oven to 200 F.

Heat 1 tablespoon of the oil in a large Dutch oven over high heat. Add the brisket and sear until nicely browned on both sides, about 5 minutes per side.

Transfer to a plate.

Add the remaining 1 tablespoon oil to the pot. Add the onions and celery and sauté until lightly browned, about 8 minutes. Add the garlic and sauté just until aromatic, about 1 minute more. Add the brandy and bring to a boil. Add the vinegar, brown sugar, vegetable juice, and the remaining coffee mixture and return to a boil. Add the orange juice and zest, the prunes, and any meat juices that accumulated on the plate. Return the brisket to the pot and spoon the liquid in the pot over to submerge the meat. Cover and transfer to the oven. Braise until the meat can be pierced easily with a fork, 6 to 10 hours.

Using two large forks, transfer the brisket to a cutting board and let rest for 15 minutes. Carve the brisket crosswise against the grain into thin slices and arrange the slices on a platter. Spoon the sauce and braised vegetables over and around the brisket and serve.

Thank You from the Grace Community Food Shelf

It's that time of year to look back on all the happenings of 2020 and reflect on what they all mean. For the Grace Community Food Shelf 2020 has been a year of challenge. Just like all our friends and neighbors we have had to come to grips with Covid-19 and all of its impacts. The Food Shelf has the opportunity to help those in need of food assistance in the our communities. We are able to provide this help through the fantastic support of our communities served!

This support starts with the congregation of Grace Lutheran Church that provides the physical space that houses the Food Shelf. The congregation also takes care of the utilities. For the congregation this is a mission outreach but for the people served it is what makes the Food Shelf possible. Then we have the volunteers from throughout the communities that come in to operate the Food Shelf. These volunteers donate over 1,600 hours of their time each year because they believe in helping others.

The impact of Covid-19 was dramatic on the Food Shelf operation for 2020!

In 2019 we brought in 14,569 pounds of food from the North Country Food Bank at a cost of \$6,547. For 2020 we brought in 35,219 pounds of food from the Food Bank at a cost of \$11,601. From local sources in 2019 we purchased 2,140 pounds of food at a cost of \$2,890. For 2020 we purchased 2,778 pounds at a

cost of \$5,334. For 2019 our total budget was \$10,684 but for 2020 it jumped to \$18,646. That was a 57% increase.

Covid-19 was the cause for many people finding it hard to make ends meet. What with layoffs and closures it became harder and harder to make ends meet and to put food on the table. Thankfully the communities of Erskine, McIntosh, Winger, and Mentor work together to make the Grace Community Food Shelf possible! The Food Shelf received four monetary grants to help purchase food. These grants came from the State of Minnesota, Feeding America, and a Polk County Covid Mitigation grant. The combination of strong support from individuals in the communities and the grant money provided the necessary funding to purchase the badly needed food.

While 2020 may soon be "in the rear view mirror" we look forward with trepidation. The pandemic problems have not gone away and we will continue to live with the impact on into next summer. With it the need for a continued high level of food assistance will continue. With your help the Food Shelf will continue to be there to help those in need. To make that happen we will continue to need financial support and also additional volunteers.

To help you can contact us by email at foodshelf@gracechurcherskine.org, or you can call us at 218-687-2250 and leave a message. Our address

is PO Box 204, Erskine, MN 56535. The Food Shelf is open the 2nd and 3rd Thursdays of every month from 10:00 AM to 2:00 PM. We are located in rear area of the Grace Lutheran Church at 332 Vance Ave. in Erskine. You can also find us on FaceBook at "Grace Community Food Shelf".



Tues, Jan 5th - Salisbury Steak - Mashed Potatoes/Gravy - Green Beans - Wheat Bread - Frosted Cake - Milk

Wed, Jan 6th - Chicken and Wild Rice Hotdish - Oriental Vegetables - Peaches - Chocolate Chip Bars - Milk



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

Sun. Jan. 3: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

Sun. Jan. 10: 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 has resumed church services. 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 hymns 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., Jan. 3: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: [gosenchurch](https://www.facebook.com/gosenchurch) and [gosenchurch.com](https://www.facebook.com/gosenchurch.com))

Tues, Jan. 5: 10:00 a.m. Sunday worship service telecast on GVTV--30

Wed, Jan. 6: 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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Sat & Sunday 7:00am-2:00pm

Fun facts about Three Kings Day

The holiday season begins with Thanksgiving, and many people believe that the festivities come to a close after ringing in the new year. In fact, for the faithful, the Christmas season does not end until January 6 (January 12 in Eastern churches).

January 6 marks the celebration of the Epiphany, sometimes referred to as Three Kings Day, Little Christmas, the Baptism of Jesus, and Día de los Reyes. The Epiphany is celebrated 12 days after December 25. In fact, that is where the phrase the Twelve Days of Christmas, and the song of the same name, originated.

Christians believe that the real celebration of the holiday season does not begin until December 24 and then continues through Three Kings Day. While the four weeks preceding Christmas, also known as Advent, are supposed to be times of reflection and prayer in anticipation of the birth of Jesus Christ, the 12 days of Christmas are times of great celebration.

On the Epiphany, children



may leave their shoes out for presents in a similar fashion to the way stockings are hung. Gifts are exchanged, reminiscent of the three gifts the magi presented to the Christ child of gold, frankincense oil and a resin called myrrh. The gold represented Christ's royal standing. The frankincense marked Christ's divine birth. Finally, the myrrh stood for Christ's mortality.

Many celebrants will bake ring-shaped cakes in which they will hide plastic baby figurines that are meant to symbolize Jesus Christ. The cake is called The Kings Ring, or Rosca de Reyes.

In Latin America, the three magi are more prominent figures than Santa Claus and are greatly revered by children and adults alike. Until the 19th century, the Epiphany may have been considered more important than Christmas day. However, those tides have largely shifted outside of Latin America and areas dominated by large populations of people who have Latin American heritage.

Christmas and New Year's garner considerable attention during holiday celebrations, but Three Kings Day also is an important date on the calendar for faithful Christians.

Notice
Hill River Township Filing Notice

The filing dates for the Township of Hill River, County of Polk, State of Minnesota will be from Tuesday, December 29, 2020 until 5:00 p.m. on Tuesday, January 12, 2021. Filing will be for One (1) Supervisor for a term of three (3) years. The filing fee is \$2.00. Filing is to be at the Clerk/Treasurer's home.

Raymond O. Sundrud,
Clerk/Treasurer
Hill River Township
35563 300th Street SE
Fosston, MN 56542
(218) 435-1029

Do you have a story to share?

If you have a story, a story idea or any photos you want to share, please send to: mcintoshtimes@gmail.com

Community Birthday and Anniversary Calendar

Wed. Dec. 30: *Rudy & Kathy Finseth
Thurs. Dec. 31: *Bryce & Andrea Stordahl
Fri. Jan. 1: Katie Chaput
Mon. Jan. 4: Amanda Shultz, Henry Rominski
Tues. Jan. 5: Daros Zahn, Sandy Salvhus, Corey Smeby, Mathea Jore

McINTOSH Times

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MN DEED resources available through new Small Business Relief Package

By Commissioners Steve Grove (DEED) and Robert Doty (Revenue)

We know that many small Minnesota businesses are hurting now due to the pandemic. In response, lawmakers from across the state came together to pass funding for small business relief this month and Governor Walz signed the measure into law.

As Commissioners of the Minnesota Departments of Employment and Economic Development (DEED) and Revenue, we're happy to announce the temporary programs established by the state in response to the continued impacts of COVID-19 in order to help Minnesota businesses weather this difficult time.

The three new programs included in Minnesota's small

business relief package signed into law December 16 are:

COVID-19 Business Relief Payments (Aid for Restaurants, Bars, Gyms, and Bowling Centers) – The Minnesota Department of Revenue (DOR) will administer this funding and notify eligible businesses through their e-Services account by December 31, 2020.

Eligible business owners do not need to take any action to receive this aid. Payments will be mailed in early January 2021.

For more information, please review eligibility, payment amounts, and the timeline.

Minnesota Convention Center Relief Grant Program – This temporary program was established to

provide economic relief for convention centers adversely affected by the COVID-19 pandemic. This program will make grants of up to \$500,000 to eligible convention centers located in Minnesota. DEED will administer this program.

All convention centers interested in receiving a relief grant must submit a completed application. Applications will be available on January 5th.

Minnesota Movie Theater Relief Grant Program – This temporary program was established to provide economic relief for movie theaters adversely affected by the COVID-19 pandemic.

This program will make grants of up to \$150,000 to eligible movie theaters located in Minnesota. DEED will administer this program. All movie

theaters interested in receiving a relief grant must submit a completed application.

Applications will be available on January 5th.

County Relief Program – We are working closely with Minnesota counties to disburse money.

All counties must apply, forms to do so will be available later this week.

We will continue to share information about these small business relief programs in the coming weeks.

Minnesota businesses have made tremendous sacrifices to help slow the spread of the coronavirus and save lives.

Thank you for all you have done and continue to do to protect public health during the COVID-19 pandemic.



**Wear a mask
in public spaces.**



**Get tested if you
have any symptoms.**



**Answer if your health
department calls.**

m MINNESOTA

STAY SAFEMN
M30,33,35,36,37,40,41MNA



Win-E-Mac Senior Felicity Andress recently signed her official letter of intent to play basketball next year at Northland Community College. Congratulations Felicity. Pictured with her parents Mae and Mel Knowles.



Win-E-Mac Senior Kobe Hamre recently signed his letter of intent to play football during the 2021 - 2022 school year at the University of North Dakota Jamestown. Pictured with his parents Tanya and Erik and his brother and sister.



Win-E-Mac Senior Gavin Haskett (center) signed his official letter of intent to play football at University of North Dakota Jamestown next fall. Congratulations Gavin. Pictured with his parents Guy and Maggie, his brother Alec and his sisters.

Fall prevention tips

With the addition of snow and ice under our feet, the fear of falling heightens for many. However, Mother Nature is not the only culprit when it comes to falls. Many falls happen in the home, where you may think you are most safe.

Fortunately, there are ways to make your home a safer place with a few easy adjustments, according to RiverView Health's Coordinator of Physical Therapy Lindsey Ebertowski, DPT.

"Before the snow even fell, we were seeing a higher number of falls taking place throughout the community," Ebertowski shared. "I think it's due to the lack of exercise with more people being homebound and getting deconditioned."

RiverView's Physical Therapy Team can help with any mobility issues you or a loved one might be experiencing.

"There are actions you can take today, and as you age, to help keep you safe and independent tomorrow," she stated. "Make a plan today. Stay independent tomorrow."

Ebertowski suggests the following:

- **Get a physical checkup each year.** Some health issues may increase your risk of falling (such as leg weakness and balance problems).
- **Get a medical eye exam each year.** Eye problems can increase your risk of falling or being in a car crash.
- **Review all your medicines with a doctor or pharmacist.** Certain medicines can have side effects that can change your ability to drive, walk, or get around safely.
- **Follow a regular activity program to increase your strength and balance.** Strength and balance activities, done at least three times a week, can reduce your risk of falling. Other activities, like walking, are good for you but don't help prevent falls.

Check the floors in each room in your home and reduce tripping hazards:

- Keep objects off the floor.
- Remove or tape down rugs.
- Coil or tape cords and wires next to the wall and out of the way.

Check the kitchen:

- Put often-used items within easy reach (about waist level).
- For items not within easy reach, always use a step stool and never use a chair.

Check the bedrooms:

- Use bright light bulbs.
- Place lamps close to the bed where they are within reach.

Trappers have special requirements for fur registration

Trappers who harvest furbearers are required by law to register their harvests in person at select Minnesota DNR offices and will need to follow COVID-19 safety protocols when doing so this season. While trappers are encouraged to schedule an appointment for registration, open registration events will also be held on Tuesday, Dec. 29, and Tuesday, Jan. 26 at the locations and during the hours indicated on pages 55 and 56 of the hunting regulations.

Trappers will be required to wear a mask during the registration process, remain in their vehicle upon arriving, and maintain a distance of 6 feet if asked to leave the vehicle.



Lindsey Ebertowski

- Put in night-lights to be able to see a path in the dark. For areas that don't have electrical outlets, consider battery-operated lights.

Check inside and outside stairs and steps:

- Check for loose or uneven steps. Repair if needed.
- Make sure carpet is firmly attached to every step, or remove carpet and attach non-slip rubber treads.
- Check for loose or broken handrails. Repair if needed. Consider installing handrails on both sides of the stairs.
- Use bright overhead lighting at the top and bottom of the stairs.
- Consider putting light switches at both the top and bottom of the stairs.

Check the bathrooms:

- Put non-slip rubber mats or self-stick strips on the floor of the tub or shower.
- Consider installing grab bars for support getting in or out of the tub or shower, and up from the toilet.

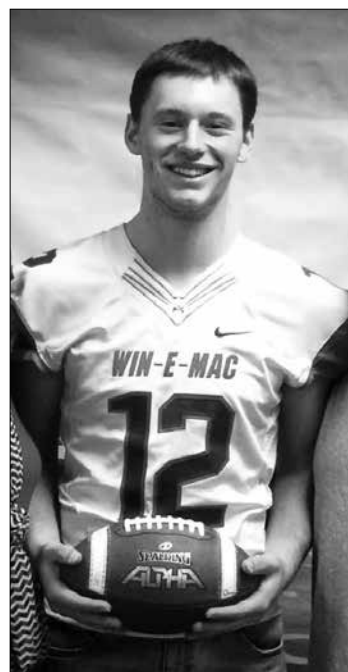
Falls are also more likely when wearing inappropriate footwear, such as flip-flops that don't cover the heel. Wear safe shoes that fit well, have a firm heel to provide stability, and have a textured sole to prevent slipping.

"Falls and a fear of falling can diminish your ability to lead a full and independent life," Ebertowski stated. "Although one in every four older adults falls each year, falling is not a part of normal aging. You have the power to reduce your risk of falls."

Ebertowski and RiverView's Physical Therapy Team are movement experts who improve quality of life through hands-on care, patient education, and prescribed movement. If you worry about falls, have had a fall, or have experienced a loss of balance, talk to your primary care provider about having a physical therapy evaluation. For more information, call RiverView's Rehab Services at 218.281.9463.



tration process, remain in their vehicle upon arriving, and maintain a distance of 6 feet if asked to leave the vehicle. DNR staff may refuse service to members of the public who do not follow COVID-19 safety protocols. More information on requirements for fur registration is available on the DNR website.



Congratulations to Win-E-Mac Patriots Gavin Walker (top) and Gavin Haskett (middle) for being named to the Minnesota Football Coaches Association's 9 Man All-State Team. Congratulations also to Bryer Strom (above) for being named All-State Honorable Mention.

POLK COUNTY COMMISSIONERS MINUTES

NOVEMBER 24, 2020
BOARD MINUTES

Pursuant to motion of adjournment, the Polk County Board of Commissioners met in regular session at 8:00 o'clock a.m., November 24, 2020 at Environmental Services, 320 Ingersoll Avenue, Crookston, MN. Members present: Commissioner Gerald Jacobson, Commissioner Warren Strandell, Commissioner Gary Willhite, Commissioner Joan Lee, Commissioner Don Diedrich and Charles S. Whiting, County Administrator, Clerk of the Board. Other present: Michelle Cote, Deputy Clerk of the Board.

REVISED AGENDA

A motion was made by Commissioner Lee seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to approve the revised agenda for November 24, 2020 adding No. 3 under Chuck Whiting, Administration.

CONSENT AGENDA

A motion was made by Commissioner Jacobson seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the November 24, 2020 Consent Agenda.

1. MN County Attorneys Association, St. Paul, MN in the amount of \$200.00 for Annual Meeting Registration for County Attorney – Greg Widseth.

2. Approve for payment Lost Warrant No. 536918 dated May 22, 2020 issued to SyncB Amazon in the amount of \$1,114.79.

COUNTY BOARD MEMBERS
ISSUE FORUM

1. 2021 Polk County Board Meeting Dates

A motion was made by Commissioner Strandell seconded by Commissioner Willhite and adopted by unanimous vote of the Board to set the Board meeting for June 15, 2020 as follows: Social Services Board 1:00 p.m., County Board 2:00 p.m., and County Board of Equalization 6:00 p.m.

A motion was made by Commissioner Strandell seconded by Commissioner Willhite and adopted by unanimous vote of the Board to set the Board meeting for December 21, 2020 as follows: Social Services Board 1:00 p.m., County Board 2:00 p.m., and County Truth and Taxation 6:00 p.m.

2. Commissioner Jacobson brought forth that he attended the Sand Hill Watershed Advisory Board meeting where the focus was the replacement of two (2) Board members. Three (3) names will be brought forth for consideration Clayton Bartz, Don Andringa, and Dale Barstad. He also attended the Northwestern Mental Health Center Board meeting. Discussion was brought forth regarding the Aggregate Reclamation Funds and the amount currently in the fund.

3. Commissioner Strandell brought forth discussion about the 2021 Truth and Taxation statements. Discussion was also brought forth regarding the Polk County COVID-19 rates and Polk County being the highest in the state. He also attended a MPO meeting. He also did a walk-through of the East Grand Forks Human Service Center Building.

4. Commissioner Willhite brought forth that he attended the LARL meeting where the focus was the budget, finances and surplus discussions. He brought forth discussion about a White House COVID-19 meeting focused on the vaccine.

5. Commissioner Lee brought forth that she participated in a Zoom meeting for the AMC Futures Committee meeting focused on criminality and arts in Minnesota. She also participated in a program called 100 Rural Women focused on issues for rural women during the pandemic. In addition, she attended the Household Hazardous Waste meeting where the focus was on the downward trending of collections. She also attended an East Polk County Soil and Water meeting where the focus was finances. She also attended the Sand Hill Watershed Advisory meeting and a DAC (Day Activities Center) meeting. In addition, she attended the Small Communities Advisory Committee; it is a subcommittee under the EPA Local Government Advisory Committee (LGAC) meeting.

6. Commissioner Diedrich brought forth that he attended the Northwestern Mental Health Center Finance Committee meeting in addition to the Northwestern Mental Health Center Board meeting.

SHERIFF

Jim Tadman, Polk County Sheriff came before the Board with matters pertaining to his department:

1. **Resolution (2020-96) Accepting A Donation On Behalf Of The Polk County Sheriff's Office From Joan & Mark Lee**
Resolution Accepting A Donation On Behalf Of Polk County Sheriff's Office From Joan & Mark Lee
RESOLUTION (2020-96)

The following resolution (2020-96) was offered by Commissioner Diedrich:

WHEREAS, Joan and Mark Lee donated a protective duty vest for K-9 Buffy to support the Polk County Sheriff's Office K-9 program; and

WHEREAS, Polk County Sheriff's Office, wishes to have the County Board formally accept this donation on behalf of Polk County Sheriff's Office and be used for Polk County Sheriff's Office K-9 program.

NOW THEREFORE BE IT RESOLVED, By the County Board of Polk County, Minnesota as follows:

1. The donation from Joan and Mark Lee, which is listed above, is hereby accepted by the Polk County Board of Commissioners on behalf of the Polk County Sheriff's Office.

Commissioner Strandell seconded the foregoing resolution and

it was declared adopted upon the following vote. YEAS: Lee, Diedrich, Willhite, Strandell and Jacobson. NAYS: None.

2. **Resolution (2020-97) Accepting Financial Donation On Behalf Of The Polk County Sheriff's Office From The Polk County Sheriff's Association**
Resolution Accepting Financial Donations On Behalf Of Polk County Sheriff's Office From The Polk County Sheriff's Association
RESOLUTION (2020-97)

The following resolution (2020-97) was offered by Commissioner Lee:

WHEREAS, Polk County Sheriff's Association donated \$23,000.00 to support the Polk County Sheriff's Office in Polk County; and

WHEREAS, Polk County Sheriff's Office, wishes to have the County Board formally accept this financial donation on behalf of Polk County Sheriff's Office and be used for Polk County Sheriff's Office to purchase K-9 and Training.

NOW THEREFORE BE IT RESOLVED, By the County Board of Polk County, Minnesota as follows:

1. The donation from Polk County Sheriff's Association, which is listed above, is hereby accepted by the Polk County Board of Commissioners on behalf of the Polk County Sheriff's Office.

Commissioner Jacobson seconded the foregoing resolution and it was declared adopted upon the following vote. YEAS: Lee, Diedrich, Willhite, Strandell and Jacobson. NAYS: None.

3. **Purchase K-9, Training & Hold Position For Spring K-9 Training**

A motion was made by Commissioner Strandell seconded by Commissioner Willhite and adopted by unanimous vote of the Board to approve purchasing K-9, training and hold position in the amount of \$15,500.00 from McDonough K-9 training for Spring training.

4. **Hiring Of Temporary Employees For Polk County Extrication Team**

A motion was made by Commissioner Jacobson seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the hiring of temporary employees for the Polk County Extrication Team to provide assistance to the Polk County Sheriff's Office or other agencies in need of assistance.

5. **Monthly Sheriff's Reports**
The October Monthly Sheriff Reports were discussed and presented to the Board. (Monthly reports on file in the Administrator's Office)

PUBLIC HEALTH
Sarah Reese, Public Health Director came before the Board with matters pertaining to her department:

1. **Professional Services Agreement**

A motion was made by Commissioner Lee seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the Professional Services Agreement as presented to the Board. (Professional Services Agreement on file in the Administrator's Office)

2. **COVID-19 Update**
An update was given to the Board regarding COVID-19.

PROPERTY RECORDS
Michelle Cote, Property Records Director came before the Board with matters pertaining to her department:

1. **Watershed Levy Requests 2021 & Various Tax Authority Requests For 2021**

A motion was made by Commissioner Lee seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to approve the Watershed Levy requests for 2021 in the amount of \$2,366,239.72.

A motion was made by Commissioner Willhite seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the NWTRDC and HRA levy requests for 2021 in the amount of \$372,640.00.

A motion was made by Commissioner Jacobson seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve the Maple Lake Improvement budget of \$52,600.00 and the Union Lake Sarah Improvement District budget of \$12,000.00 for 2021.

2. **Ambulance Special Assessment Requests For 2021**

A motion was made by Commissioner Diedrich seconded by Commissioner Jacobson and adopted by unanimous vote of the Board to approve the Ambulance Districts Special Assessment requests for 2021 as presented to the Board. (Requests on file in the Administrator's Office)

3. **Lease For Extension – McIntosh**

A motion was made by Commissioner Jacobson seconded by Commissioner Lee and adopted by unanimous vote of the Board to authorize the signing of the lease between Polk County University of Minnesota Extension Services (Tenant) and the City of McIntosh (Lessor) for 2021 by the Polk County Chair of the County Board and the Polk County Administrator. (Lease on file in the Administrator's Office)

ADMINISTRATION

Chuck Whiting, Polk County Administrator came before the Board with matters pertaining to his department:

1. **2021 Budget Status**

The status of the 2021 budget was discussed with the Board. The Board agreed to the budget presented including a 2.88% levy increase.

2. **CARES Funds Status**

The status of the CARES funds was discussed with the Board.

3. ***CARES Grant Award - Glacial Ridge Equine**

A motion was made by Com-

missioner Lee seconded by Commissioner Jacobson and adopted by unanimous vote of the Board to approve the CARES Funds Grant Application to Glacial Ridge Equine, Erskine, MN (Knute Township) in the amount of \$5,000.00.

WEST POLK SOIL & WATER
CONSERVATION DISTRICT

Joan Lee on behalf of Nicole Bernd, West Polk Soil & Water Conservation District came before the Board with matters pertaining to the West Polk Soil & Water Conservation District:

1. **Wild Rice-Marsh River Watershed One Watershed One Plan**

The Wild Rice-Marsh River Watershed One Watershed One Plan was discussed and presented to the Board. A motion was made by Commissioner Diedrich seconded by Commissioner Lee and adopted by unanimous vote of the Board to approve the Plan as presented. (Plan on file in the Administrator's Office)

SCOTT BALSTAD

Scott Balstad, Fosston, MN came before the Board with matters pertaining to DNR Ditch Review:

1. **Review of DNR Public Waters Process and County Options**

The DNR Public Waters process and county options were discussed with the Board. The Complaint between Renville County, Minnesota vs Minnesota Department of Natural Resources Commissioner, Also All Other Persons Who Have Or Claim Any Interest Which Would Be Affected By The Declaration was presented to the Board. (Complaint on file in the Administrator's Office). A motion was made by Commissioner Diedrich seconded by Commissioner Lee and adopted by unanimous vote of the Board to direct staff to draft a complimentary role with Renville County in opposition to the Public Waters Inventory acquisitions and to provide in collaboration with MRC a letter of opposition during the comment period which ends November 30, 2020 for the Public Waters acquisition in Sletten Township.

A motion was made by Commissioner Lee seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to move the December 1, 2020 meeting at 8:00 a.m. to the ZOOM format meeting.

With no further business the Board adjourned to reconvene at 8:00 a.m., December 1, 2020 for a Zoom Board meeting.

Gary Willhite, Chair
Charles S. Whiting, Polk County Administrator Clerk of the Board

DECEMBER 1, 2020
WEBEX PHONE CONFERENCE
BOARD MINUTES

Pursuant to motion of adjournment, the Polk County Board of Commissioners met in regular session via Webex Phone Conference at 8:00 o'clock a.m., December 1, 2020. Members present: Commissioner Gerald Jacobson, Commissioner Warren Strandell, Commissioner Gary Willhite, Commissioner Joan Lee and Commissioner Don Diedrich and Charles S. Whiting, County Administrator, Clerk of the Board. Other present: Valerie Bjerk, Deputy Clerk of the Board.

AGENDA

A motion was made by Commissioner Lee seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the December 1, 2020 agenda.

CONSENT AGENDA

A motion was made by Commissioner Diedrich seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the December 1, 2020 consent agenda:

1. Approve Auditor Warrants.

COUNTY BOARD MEMBERS
ISSUE FORUM

1. A motion was made by Commissioner Lee seconded by Commissioner Strandell and adopted by unanimous vote of the Board to re-appoint Danny Anderson (District II) and Marlys Balstad (District IV) to the Extension Committee for a 3-year term to expire on December 31, 2023.

2. A motion was made by Commissioner Strandell seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to re-appoint Mike Kasowski to the Marshall & Polk Rural Water System Board of Directors for a 4-year term to expire on December 31, 2024.

3. A motion was made by Commissioner Strandell seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to appoint Dan Driscoll to the Marshall & Polk Rural Water System Board of Directors to fill the unexpired term of Paul Driscoll (Retiring) effective December 31, 2020 with the term to expire on December 31, 2021.

4. Commissioner Jacobson brought forth that he had no meetings.

5. Commissioner Strandell brought forth that he had no meetings.

6. Commissioner Willhite brought forth that he had no meetings.

7. Commissioner Lee brought forth that she had no meetings.

8. Commissioner Diedrich brought forth that he had no meetings.

AUDITOR WARRANTS 11/03/2020

Vendor Name	Amount
Agassiz Asphalt LLC	534,816.27
Cole Papers Inc	15,308.37
Diversified Contractors Inc	209,159.60
ENTERPRISE FM TRUST	7,308.27
Knife River Materials	16,237.09
Marshall County Coop	2,255.00
Mn Dept Of Transportation	10,890.85
Norman County Public Health	10,776.92
Polk County Public Health	17,956.78
Streamworks LLC	10,000.00
Union Lake Sarah Improvement Dist	6,005.43
University Of North Dakota	6,250.28
14 Payments less than 2000	3,752.65
Final Total:	850,717.51

RED LAKE WATERSHED RE-
APPOINTMENT

1. **Gene Tiedemann Re-Appointment**

Gene Tiedemann came before the Board regarding his re-appointment to the Red Lake Watershed. A motion was made by Commissioner Lee seconded by Commissioner Jacobson and adopted by unanimous vote of the Board to re-appoint Gene Tiedemann, Euclid, MN to the Red Lake Watershed for a 3-year term to expire on December 10, 2024.

SANDHILL WATERSHED AP-
POINTMENT

1. **Clayton Bartz Re-Appointment**

Clayton Bartz came before the Board regarding his re-appointment to the Sandhill Watershed. A motion was made by Commissioner Lee seconded by Commissioner Jacobson and adopted by unanimous vote of the Board to approve the re-appointment of Clayton Bartz to the Sandhill Watershed District for a 3-year term to expire on January 1, 2024.

2. **Don Andringa Appointment**

Don Andringa came before the Board regarding his appointment to the Sandhill Watershed. A motion was made by Commissioner Strandell seconded by Commissioner Jacobson to approve the appointment of Don Andringa to the Sandhill Watershed District for a 3-year term to expire on January 1, 2024, YEAS: Diedrich, Willhite, Strandell and Jacobson. NAYS: Lee.

3. **Dale Balstad Appointment**

Dale Balstad came before the Board regarding his appointment to the Sandhill Watershed. No action taken.

HIGHWAY

Richard Sanders, Polk County Highway Engineer came before the Board with matters pertaining to his department:

1. **Certificate of Performance/ Final Acceptance SAP 060-599-278 and SAP 060-599-279**

A motion was made by Commissioner Diedrich seconded by Commissioner Jacobson and adopted by unanimous vote of the Board to approve the Certificate of Performance for SAP 060-599-278 and SAP 060-599-279 and the Certificate of Final Acceptance for SAP 060-599-278 and SAP 060-599-279 and allow the County Engineer to sign the Certificate of Performances and the County Engineer and County Administrator to sign the Final Voucher.

STATE AUDITOR

Bob Johnson, Statue Auditor came before the Board with matters pertaining to the 2019 Audit:

1. **2019 Audit**

Discussion along with handouts pertaining to the 2019 Audit were presented to the Board. (Handouts on file in the Administrator's Office)

ADMINISTRATION

Chuck Whiting, Polk County Administrator came before the Board with matters pertaining to his department:

1. **Resolution (2020-98) St. Joseph Catholic Church, Fertile MN Gambling Permit**

St. Joseph Catholic Church, Fertile MN Gambling Permit
RESOLUTION (2020-98)

The following resolution (2020-98) was offered by Commissioner Jacobson:

WHEREAS, St. Joseph Catholic Church of Fertile Minnesota has presented a Minnesota Lawful Gambling premises permit application to be approved by the Polk County Board of Commissioners for gambling activities to be conducted in the in the form of a raffle in their location in Garfield Township.

NOW THEREFORE BE IT RESOLVED, That the Board of Commissioners does hereby approve the Minnesota Lawful Gambling premises permit application for a one-year period for the St. Joseph Catholic Church of Fertile, Minnesota to conduct gambling activities in the Township of Garfield at St. Joseph Catholic Church, 10480 438th ST SW, Fertile, MN 56540.

Commissioner Diedrich seconded the foregoing resolution and it was declared adopted upon the following vote. YEAS: Lee, Diedrich, Willhite, Strandell and Jacobson. NAYS: None.

2. **CARES Grant Award – Titan Machinery-Winger**

A motion was made by Commissioner Lee seconded by Commissioner Diedrich and adopted by unanimous vote of the Board to approve the CARES funds grant application to Titan Machinery, Winger MN for \$336.93.

3. **Polk County Letter to DNR Regarding Public Water Inventory**

A letter to the Public Waters Inventory Corrections, Minnesota DNR, St. Paul, MN from the Polk County Administrator regarding public water inventory dated November 25, 2020 was discussed and presented to the Board. (Letter on file in the Administrator's Office)

4. **2021 Budget Status**

The status of the 2021 budget along with a handout pertaining to the 2021 Fund Levy was presented to the Board. (Handout on file in the Administrator's Office)

AUDITOR WARRANTS

A motion was made by Commissioner Diedrich seconded by Commissioner Strandell and adopted by unanimous vote of the Board to approve the following Auditor Warrants for payment:

AUDITOR WARRANTS 11/10/2020

Vendor Name	Amount
Becker County Human Services	2,172.34
Clay County Public Health	4,752.87
Great Plains Natural Gas Co	5,162.44
Halstad Telephone Co	9,543.70
Norman County Public Health	14,248.38
Northside Express	3,441.95
Ottertail Power Co	29,202.16
Ottertail Public Health	24,501.82
Polk County Administrator	87,613.00
Polk County Public Health	65,303.94
Sandhill Snowcruisers	17,015.53
TriTech Software Systems	42,593.49
Ziegler Inc	16,738.50
8 Payments less than 2000	5,076.19
Final Total:	327,366.31

AUDITOR WARRANTS 11/17/2020

Vendor Name	Amount
BELTRAMI COUNTY SOLID WASTE	2,207.45
City Of East Grand Forks	3,027.85
Cole Papers Inc	9,139.74
Crookston Water Department	3,548.81
ENTERPRISE FM TRUST	12,807.99
Fertile Oil Company	12,401.47
Fosston Municipal Utilities	56,104.29
GreatAmerica Financial Services	9,891.63
Lepier Oil Company Inc	2,592.16
Mentor City	10,999.64
Nielsville City	5,889.19
Norman County Public Health	26,482.00
Polk County Public Health	54,610.13
Verizon Wireless	6,021.51
44 Payments less than 2000	19,585.11
Final Total:	235,308.97

AUDITOR WARRANTS 11/20/2020

Vendor Name	Amount
Polk County Solid Waste	12,308.18
Final Total:	12,308.18

AUDITOR WARRANTS 11/24/2020

Vendor Name	Amount
City of McIntosh	5,436.10
Cole Papers Inc	3,581.29
Ferguson Brothers Excavating Inc	7,488.88
Fischer Rust, Stock & Rust, PLLC	2,734.73
Fosston Municipal Utilities	2,446.55
Garden Valley Technologies	2,501.24
Lenes Sand & Gravel Inc	20,504.42
Northland Comm & Tech College	9,682.00
Polk County	75,417.95
Polk County Administrator	2,024.69
Reynolds Harbott Knutson & Larson PLLP	2,465.00
University Of North Dakota	6,250.31
11 Payments less than 2000	2,646.71
Final Total:	143,179.87

MANUAL WARRANTS 10/30/2020

Vendor Name	Amount
Internal Revenue Service	164,392.18
Minnesota Revenue	28,145.51
Final Total:	192,537.69

MANUAL WARRANTS 11/02/2020

Vendor Name	Amount
FURTHER	2,602.82
Final Total:	2,602.82

MANUAL WARRANTS 11/09/2020

Vendor Name	Amount
FURTHER	4,192.86
Final Total:	4,192.86

MANUAL WARRANTS 11/13/2020

Vendor Name	Amount
Internal Revenue Service	165,179.00
Minnesota Revenue	28,473.37
Final Total:	193,652.37

MANUAL WARRANTS 11/16/2020

Vendor Name	Amount
FURTHER	894.10
Final Total:	894.10

MANUAL WARRANTS 11/20/2020

Vendor Name	Amount
U.S. Bank Corporate Payment Systems	263.76
Final Total:	263.76

MANUAL WARRANTS 11/20/2020

Vendor Name	Amount
U.S. Bank Corporate Payment Systems	69,486.52
Final Total:	69,486.52

MANUAL WARRANTS 11/20/2020

Vendor Name	Amount
Northwest Service Cooperative	256,546.50
Final Total:	256,546.50

Vendor Name	Amount
Mn Dept Of Revenue	918.00
Final Total:	918.00

MANUAL WARRANTS 11/20/2020

Vendor Name	Amount
Minnesota Revenue	4,492.00
Minnesota Revenue	286.71
Mn Dept Of Rev Tax Division	105,798.00
Mn Dept Of Revenue	1,885.00
Mn Dept Of Revenue	111.00
Final Total:	112,572.71

MANUAL WARRANTS 11/24/2020

Vendor Name	Amount
FURTHER	2,015.61
Final Total:	2,015.61

With no further business, the Board adjourned to reconvene at 3:00 p.m., December 15, 2020.

Gary Willhite, Chair
