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McIntosh, Minnesota



Lois Boehrnsen presented this Quilt of Valor to Terrance Nefsgen on Saturday, December 26th. Terrance was a Corporal E4 in the Army National Guard from 1993-2002. He graduated from Win-E-Mac in 1994. He was based out of Crookston and spent time in Germany. Thank you for your service Terrance.



January 2020: Mary Goodwin receives Julebukking guests on December 27th when some McIntosh residents got together to carry on the Scandinavian tradition throughout town.

Looking Back: 2020 Year in Review, part 1

January: The month started off the unique year of 2020 with the announcement of a mysterious Coronavirus-related pneumonia in Wuhan, China early in the month, by the end of January the World Health Organization declared a public health emergency for only the sixth time in history. In our communities, we had just finished up celebrating the holidays and we planning the annual McIntosh Blood drive held each year at the McIntosh Community Center. There were 54 volunteers who gave blood during the drive. The East Polk County Quilts of Valor held their annual sew day, where members of the group get together and sew quilt tops that have been cut at a previous event. The 2020 Win-E-Mac Spelling Bee was held with Jordyn Halstad winning the competition and moving to the Regional Spelling Bee held in Thief River Falls. The Polk County Sheriff's Department along with members of the Minnesota State Patrol took on the Win-E-Mac 8th graders in a fun game of dodgeball where the 8th graders crushed it and came out the winners along with being great sports. Lutheran Social Services began offering Senior Meal pick-up service on Tuesday's and Wednesday's in front of the McIntosh Community Center. Where members of the community can call ahead and order meals that are available for pick-up. Win-E-Mac school hosted a Robotics Competition with 37 teams from 12 area schools in

attendance. The Win-E-Mac One Act play was under new direction by teacher Andrew Hanson in 2020 and gave a great performance at Regionals in January. **February:** By the 2nd day of the month global air travel was restricted and anyone returning to the U.S. needed to undergo a health screening. The U.S. declared a Public Health Emergency on February 3rd. Carlie Sanders and Dustin Osland were selected as the Win-E-Mac AAA award nomi-

nees for the sub-section meeting. The Win-E-Mac 3rd graders made their annual trip to Sandhill Nature Center in Fertile to learn about winter survival skills. Win-E-Mac teacher and coach Vance Kaupang was recognized by the Polk County Sheriff's Department for his heroic life saving response during a girls basketball scrimmage during the summer of 2019. Vance and Red Lake Falls High School coach Brian Remick were nominated for a Life Saving Award by Polk

County Sheriff Jim Tadman. **March:** President Trump declares COVID-19 a National Emergency unlocking billions of dollars in federal funding to fight the disease's spread. The President also issued a travel ban on non-U.S. citizens traveling into the United States. The University of Minnesota launched a clinical trial to investigate whether hydroxychloroquine can reduce or prevent the severity of the infection. A 2 week Stay-at-Home order County Sheriff Jim Tadman. **March:** President Trump declares COVID-19 a National Emergency unlocking billions of dollars in federal funding to fight the disease's spread. The President also issued a travel ban on non-U.S. citizens traveling into the United States. The University of Minnesota launched a clinical trial to investigate whether hydroxychloroquine can reduce or prevent the severity of the infection. A 2 week Stay-at-Home order

Review...
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LARL reading contest for teens and adults now available

Lake Agassiz Regional Library (LARL) will welcome 2021 by bringing back Book Blizzard, a reading contest that challenges adults to keep their reading resolutions. To enter the contest, simply read or listen to four books – you can enter as many times as you wish. In 2021 LARL is celebrating 60 years of service to the community and they're celebrating by adding a virtual option allowing participants to track their reading and enter the contest using an app called Beanstack in addition to traditional paper reading logs. Book Blizzard launched on January 1, 2021 and will end February 28, 2021. To participate, visit a location to pick up a reading log or participate virtually using the Beanstack website or mobile app. You can register for the virtual version of the contest today by visit-

Impacts of COVID-19 on northern MN's economy

The Northwest and Northeast Planning Regions – the two largest regions by area in the state – encompass what is essentially the northern half of Minnesota. While the Northwest and Northeast regions share many characteristics, the impact of COVID-19 on each region's labor market has been very different. This article examines preliminary data to determine why the Northwest has fared better than the Northeast in terms of both jobs lost and job recovery so far during the pandemic. Northwest includes 26 counties and has just over 570,000 residents while Northeast is home to about 325,000 people in seven counties. Both are sparsely populated, and as the only two regions with more than a fifth of their inhabitants at least 65 years old, they share a populace that is older than the rest of Minnesota. Known for their extensive pine forests and picturesque lakes, the two regions also share natural resource-focused economies. Goods-producing sectors such as mining, agriculture, and logging account for larger shares of employment in northern Minnesota than in the rest of the state. Both regions also rely heavily on the service-providing tourism industry. Combined, the Leisure and Hospitality and Natural Resources and Mining sectors accounted for 12.7% of jobs in Northwest and 15.9% of jobs in Northeast in the first quarter of 2020, compared to only 10.4% of all jobs statewide. In many respects, Northwest and Northeast Minnesota are similar. Through March 2020, prior to the onset of major impacts from the COVID crisis, the regions also shared an identical unemployment rate of 4.9%. From that point however, the two region's labor market fates have diverged. The unemployment rate in Northeast peaked in May at 11.4% before falling to 5.8% in September. By comparison, the unemployment rate in Northwest peaked at a much lower 8.3% and fell to 4.0% in September, a rate lower than the pre-pandemic figure. Like unemployment rates, Unemployment Insurance (UI) claims provide additional detail on the regions' divergent paths through the pandemic. The trend of continuing claims over time provides a look at both the initial impacts as well as the relative recoveries of the two regions thus far. The more populous Northwest region saw a higher and earlier peak of claims (shown by the bars in Figure 2). However, the Northeast saw more claims relative to the size of its labor force (shown by the lines in Figure 2).

Both regions saw significant declines in UI continued claims from the surge in mid-April and early-May. Since their relative peaks, those declines occurred at roughly the same rate, falling about 80%. This trend means that Northwest claims have actually fallen below their pre-pandemic number, while claims in Northeast remain higher than they were in early March. Likewise, the number of claims relative to the labor force remains higher in the Northeast region. So, while Northwest saw higher numbers of claims due to a larger population, claims in Northeast climbed faster initially. As a result, the disparity in relative impacts that developed early still remains eight months later as each economy works to recover. **Mind the Gap** Why might these two neighboring economies have experienced the pandemic in such divergent ways? Why was Northeast hit harder initially and what can explain why Northwest appears to have been more insulated? Recently released Quarterly Census of Employment and Wages (QCEW) data for the second quarter provide us with the detailed industry information necessary for a closer look. Typically, employment levels increase in the second quarter as seasonal sectors such as Construction and Leisure and Hospitality add jobs for the summer. Of course, 2020 has been anything but typical. With the onset of the pandemic at the end of the 1st quarter came a decline in employment across the state of 10.3%. At -11.7%, Northeast saw the second largest decline, just behind the Twin Cities Metro. The Northwest region, however, saw the smallest quarterly decline of all regions, falling just 6.4% from Quarter 1. Additionally, the QCEW data show that employment in Northeast fell 15.2% compared to the 2nd quarter of 2019, while Northwest employment declined by 11.3%. That was less than the statewide year-over-year decline of 12.4%, which was largely driven by declines in the Twin Cities Metro. **The Same, but Different** Northeast Minnesota's relatively larger employment losses and Northwest Minnesota's relative insulation from losses cannot be explained by one simple trend or the performance of a single industry. Variations in some key industries help discern the different outcomes. First, the simplest explanation is that the industries most impacted by the pandemic were more concentrated in Northeast. Arts, Entertainment, and Recreation, Accommodation and Food Services, Other Services, Administrative Support and Waste Management Services, Retail Trade, and Mining were the industries with the greatest employment losses over the year. Of those six, all but Retail were more concentrated in Northeast than in Northwest. In addition, annual employment losses were more severe in Northeast in all six of the hardest hit industries. The differences in concentration were for the most part modest, but were amplified by the relatively higher employment losses. Health Care and Social Assistance is the largest industry in both regions, accounting for 24.8% and 18.2% of jobs in the Northeast and Northwest respectively prior to the pandemic. In the Northeast region, employment in Health Care and Social Assistance fell

Economy...
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ing larl.org/bookblizzard or by downloading the Beanstack mobile app available for Android or Apple devices. LARL's branch libraries are located in Ada, Bagley, Barnesville, Breckenridge, Climax, Crookston, Detroit Lakes, Fertile, Fosston, Hawley, Mahanomen, McIntosh and Moorhead. LARL's LINK sites are found in Cormorant, Frazee,

Gonvick, Halstad, Hendrum, Lake Park, Rothsay, Twin Valley and Ulen. 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.



February 2020: A huge congratulations to Win-E-Mac Robotics Team 5300G (Alec Haskett, Wyatt Davis, Foma Cheremnov), who placed 2nd in the state and qualified for the World Championships which will be held in Louisville, KY.



March 2020: On Friday, March 6th and Sunday, March 8th the Win-E-Mac 7th through 9th graders are performing a one-act play called "We Loathe Our Customers" on the Win-E-Mac Arts & Events Center stage. In this play, Baily (Ella Strom) and Campbell (Sydney Svalen) work at an office supply store, and they both love the customers. Specifically, they love to torment them. But when word comes of an impending visit from the district manager, Campbell and Bailey are forced to try and behave themselves as they deal with the most obnoxious bunch of customers they've ever encountered. Back row (l-r): Carter Knutson, Laila Roragen, Brooklyn Gunderson, Jayden Gensburger, Caleb Green; Front row: Evie Ryan, Ella Strom, Kianna Tadman, Sydney Svalen, Alyssa Morberg, and Erich Gensburger. (not pictured: Bret DuChamp).

Review...

Continued from page 1
is issued for Minnesota residents to "flatten the curve" and schools and universities moved to distant learning.

The Win-E-Mac Junior High students performed a one-act play for community members, friends and family during the first weekend in March.

Jim Ferden was elected to

the Minnesota Rural Education Association Board of Directors. Ferden is a long time member of the Win-E-Mac School Board.

Win-E-Mac closed down the school beginning on March 18th. Along with the school, most public buildings were shut down, nursing homes and

Assisted Living facilities began restricting visits, and hospitals were no longer allowing visitors and alternate ways of communication became advisable.

The Clubhouse Childcare Center made treat bags for local law enforcement and emergency workers.

Did you know?

Homeowners rely heavily on electricity to power their homes and their lives. Coal, nuclear power and water energy help to generate this electricity.

Without electricity, lights wouldn't work, digital devices wouldn't charge and cities would come grinding to a halt. This is experienced on a local level when power outages occur.

Homeowners may need to diversify some of the resources they have at home to be able

to make it through an electrical power outage successfully. Investing in solar power panels can be one way to generate electricity even when power has been disrupted.

In addition, pellet stoves or woodburning stoves can serve as alternative heat sources as well as cooking surfaces if traditional forced air systems are rendered useless during an electrical outage. Homes equipped with a coal-fired smoker can complement



gas-powered grills for outdoor cooking as well for those who have electric ranges and ovens. Solar-powered device chargers can provide power to phones or tablets during electrical outages.

Having a few different options on hand can help people make it through power outages unscathed.

How to avoid foggy eyeglasses

Billions of people across the globe need eyeglasses to drive a car, read a book, watch television, and perform a host of other tasks of daily life.

Although glasses are highly effective, people who wear them understand they may have to make a few concessions while doing so. Unlike contact lenses, which sit directly on the eye, glasses rest on the bridge of the nose. They may slightly impede peripheral vision or even slip down if not properly fitted.

Those accustomed to wearing glasses in the cold weather understand fogging of the lenses is a nuisance they may be forced to confront. That nuisance became even more profound when masks became a must-have accessory to help curb the spread of the COVID-19 virus.

Glasses may fog due to the formation of condensation on the lens surface, which happens when moving from a cold outdoor environment into a warm indoor one. This is a problem that has affected eyeglass wearers for some time, including health professionals who often wear masks. The issue has become even more widely known due to the sheer number of people who have been wearing face masks as a public health safety measure.

So how does one counteract the condensation and fogging that occurs from both winter weather and increased mask usage? There are a few different methods, but eyeglass wearers should always consult with an optometrist to verify the safety and efficacy of any method before trying it.

Use soapy water

A 2011 study published in



the Annals of The Royal College of Surgeons of England found that washing eyeglasses in soapy water and shaking off the excess can help reduce fogging. Afterward, let the spectacles air dry before putting them back on. The soapy water leaves behind a thin surfactant film that reduces surface tension and causes the water molecules to spread out evenly into a transparent layer. This can help prevent fogging.

Use a

commercial product

Antifogging products are widely used to prevent fogging of scuba masks or ski goggles.

Get a mask that fits tightly

Make sure the mask fits securely over the nose, advises The Cleveland Clinic. Also, a mask with a nose bridge will help keep warm exhaled breath from exiting up to the glasses. Use your glasses to help seal the mask on your face by pulling the mask up higher on the nose.

Block breath with a tissue

The AARP suggests placing a folded tissue between your mouth and the mask. The tissue will absorb the warm, moist air, preventing it from rising up to reach the glasses.

McIntosh Friends of Veteran's News

The Committee that organized the 2020 Memorial Day program is still looking for pictures of Veterans in their Military Uniforms. For the past several weeks an article has been put in the paper asking for assistance in getting these pictures.

We have sent out 45 letters to people or friends of some of these Veterans to get leads or information or pictures of their relatives.

Here is the fourth list of some of the Veterans: George Tenglund, Carl Torgerson, Ruben William Torgerson, Christen G. Uggan, Alvin Urdahl, Lyle Vaa, Milton Vaatveit, Robert Vanderwaal, Arthur Voigt, Elmer Wardeberg, Leone (Dale) Ainsworth (Walker), Swen Arneberg, Alvin, Clarence, and Ervin Bagstad, Chester Berg, Otto Bommer, Adolph Borseth, Raymond Brekke, Philip Bries, Vernon Christianson, Wallace Christianson, Roger Curfman, William DeFrang, Olaf Fjerstad, Gust Froirak, Jerome Haugen, Vernon Hedman, Hughes Knight, Orlyn Knudson, Peder Knudson, Arthur Knutson, Engvald Knutson, John Knutson, Orville Knutson, Sr., Reuben Knutson, Raymond Koenig, Verney Lanman, Obed Matson, Edwin Neibauer, Leonard and Marcus Norling, Jalmer Osmonson, John Polley (Bronze Star), Merle and Liela Schow, Duane and Marlon Dale Simonson, Alvin Urdahl, and Lyle Vaa.

Some of these Veterans are not necessarily from McIntosh. Several are from Fosston, Erskine, Winger, and Lengby.

Any information about these Veterans should be sent to Garnet Aanenson at gaanen@gvtel.com or PO BOX 247, McIntosh, MN 56556 or 218-563-2753 or Darlene Dierkes at the First National Bank or call 218-563-3382.

All pictures will be returned, if necessary.

The Committee also wants pictures and possible stories about these Veterans and the Veterans living in and around McIntosh. A plan is in the process to make a book with all of the Veterans with pictures and stories.

We sincerely hope we can get leads or information as much as possible so that hopefully we can find all Veterans pictures so that they can be

listed with the information already available. The 2020 Memorial Day program can be found in U-Tube under "McIntosh Friends of Veterans".

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



Wed. Jan. 6: Winston Carlson
Thurs. Jan. 7: Paul Jore, Leland Vigoren
Fri. Jan. 8: Katelynn Schulz, Tina Farrell
Sat Jan. 9: Paige Breckel, Jessica Shimpa
Mon. Jan. 11: Devin Faldet
Tues. Jan. 12: Julie Schow, Amanda Roue, Sydnee Ogaard

McIntosh Times

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"Serving the Win-E-Mac area"

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Adjust the fit of glasses

Choosing glasses that sit further away from the face can improve air circulation and reduce the formation of condensation.

Consider other options

If these tricks seem like a lot of work, you also can speak to an eye doctor about contact lenses or eye surgery.

Fogging of glasses has been a problem for some time, but has become more widespread thanks to the use of masks during the pandemic.

LSS Meals Menu 687-2262

Tues, Jan. 12th - Spaghetti/Meat Sauce - Green & Wax Beans - Fruit Cocktail - Bread - Molasses Cookies - Milk

Wed, Jan. 13th - Pork Loin - Yams - Broccoli - Bread - Banana Bars - Milk



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

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

Sun. Jan. 17: 8:00am Confession, St. Mary's, Fosston; 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**

Currently there is no in house worship until further notice. It can be viewed on Sunday mornings on Garden Valley channel 30 and 9:00 and 11:15 am or on our YouTube channel "One in Spirit" on Sunday mornings starting at 7:30 am.

**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 10: 9:30am Sunday School and Adult Bible Study; 11:00am Christmas Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues. Jan 12: 10:00am Sunday worship service telecast on GVTV--30

Wed. Jan 13: 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 106. 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.

COVID-19 Weekly Update

Polk County Public Health



**NEW
CASES**

47

**ACTIVE
CASES**

109

**HOSPITAL
CASES**

4

New Hospital
Admissions

1

New ICU Admissions

**TOTAL
DEATHS**

49

TOTAL CASES: 3,198

*New Case Data from December 24 - December 30

December 31, 2020

DEED update: New federal stimulus legislation

Today, the Minnesota Department of Employment and Economic Development (DEED) shared an important update on new federal stimulus legislation.

This new legislation, recently passed by Congress, may impact the unemployment benefits for Minnesotans. Effective Dec. 27, 2020, the legislation will provide:

- 11 more weeks of benefits under the Pandemic Emergency Unemployment Compensation (PEUC) program.
- 11 more weeks of benefits under the Pandemic Unemployment Assistance (PUA) program.
- A \$300 per week supplemental payment to anyone receiving unemployment benefits from any program.

- A new program called Mixed Earner Unemployment Compensation (MEUC), which provides a \$100 per week supplemental payment for certain self-employed people/independent contractors who are collecting regular unemployment benefits.

The information we are providing here is based on initial readings of the new law.

DEED expects to start making payments for all three programs during the week of Jan. 3, 2021, when the week of Dec. 27, 2020 first becomes requestable. However, we need to receive official administrative guidance and funding from the U.S. Department of Labor before we can make any payments.

DEED is doing everything

we can to get the federal programs set up and ready to go by Jan. 3, 2021. To the greatest extent possible, we will simply move applicants to the program they are eligible for, and they will be able to request benefits (and get paid) on their usual schedule.

However, the new laws are a little different from the previous versions. There will be times when we may need more information from some applicants. We will contact you by email and letter if we need you to take any special action. We appreciate your patience as we make adjustments to your benefit account.

Please visit www.uimn.org for more information. We will make updates as they become available.

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Tax break available for beginning farmers

Tax credit available for land, equipment expenses to start farming.

The Minnesota Department of Agriculture's (MDA) Rural Finance Authority is now accepting applications for a tax credit for the sale or lease of land, equipment, machinery, and livestock in Minnesota by beginning farmers.

To qualify, the applicant must be a Minnesota resident with the desire to start farming or who began farming in Minnesota within the past ten years, provide positive projected earnings statements, have a net worth less than \$851,000, and enroll in, or have completed an approved financial management program.

The farmer cannot be directly related by blood or marriage to the person from whom he or she is buying or renting assets. The farmer must provide the majority of the labor and management of the farm.

The tax credit for the sale or lease of assets can then be applied to the Minnesota income taxes of the owner of the agricultural land or other assets.

Three levels of credits are available:

5% of the lesser of the sale price or fair market value of the agricultural asset up to a



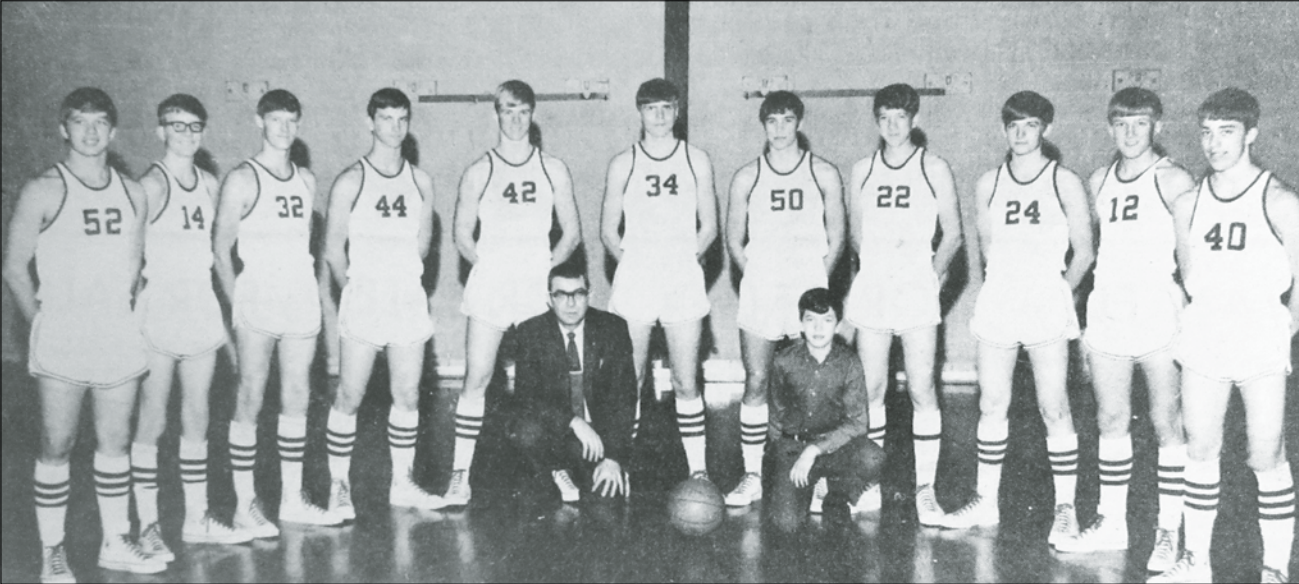
maximum of \$32,000

10% of the gross rental income of each of the first, second and third years of a rental agreement, up to a maximum of \$7,000 per year

15% of the cash equivalent of the gross rental income in each of the first, second or third year of a share rent agreement, up to a maximum of \$10,000 per year

The Beginning Farmer Tax Credit is available on a first-come, first-served basis. Applications must be received by October 1, 2021.

Interested farmers should note that they can also apply for a separate tax credit to offset the cost of a financial management program up to a maximum of \$1,500 per year – for up to three years.



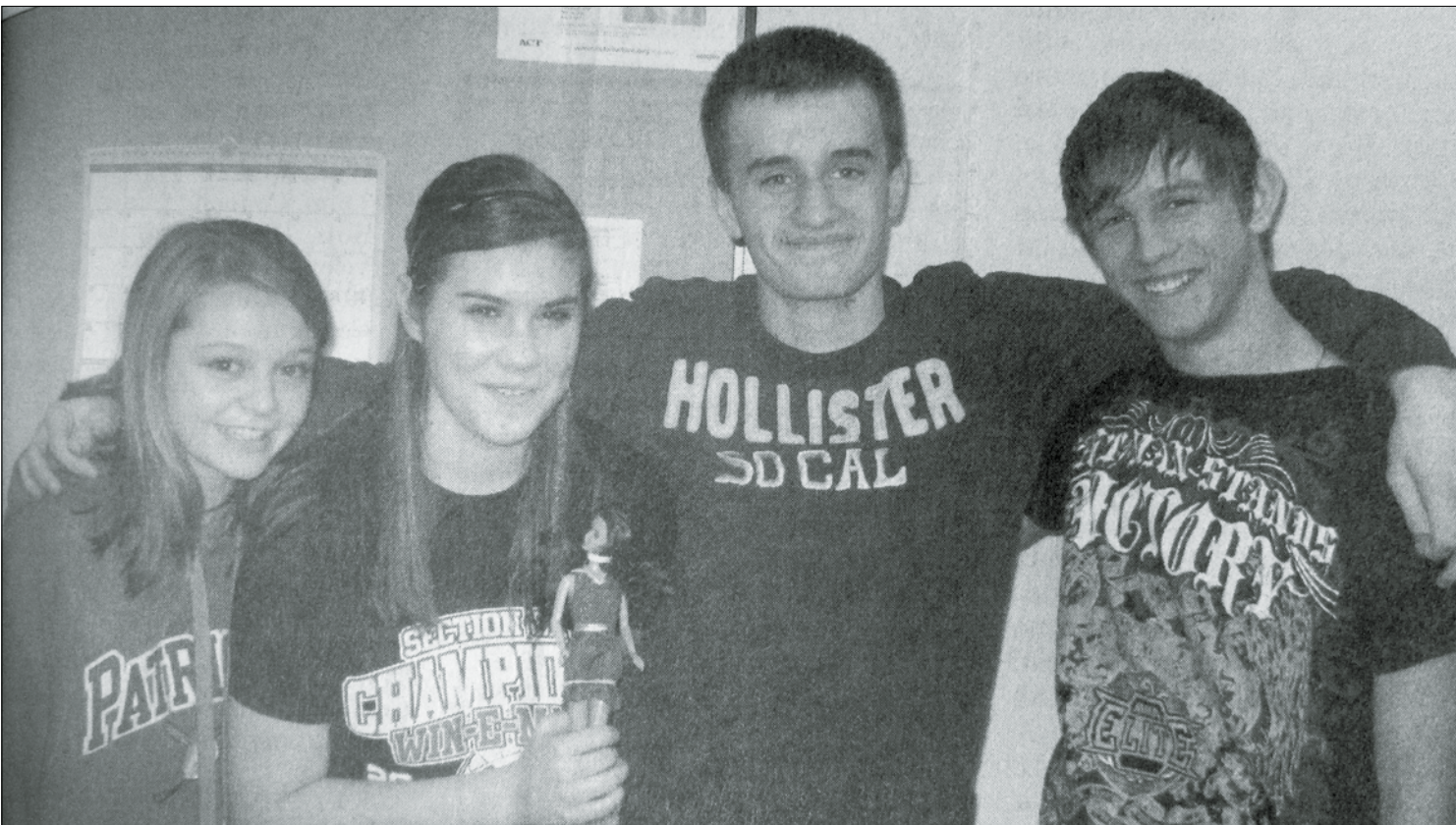
50 years ago...1971: Coach Lloyd Carlson's Mac-Winger Scots this week entered the second half of season play, after a two weeks Christmas vacation. Before the holidays the Scots rested on a 4 - 1 record. On the squad are (l-r) Dale Tangen, Greg Anderson, Terry Haaven, Gordy Ostenna, Tennis Balstad, Nathan Anderson, Kevin Tranby, Steve Knudson, Randy Helgaas, Tom Vesledahl and Kevin Nascene. In the center are Coach Lloyd Carlson and student manager, Jerry Haaven.



40 years ago...1981: The Mac-Winger Volleyball team is displaying the trophies which were awarded to the girls at the close of the season, for winning the Conference Volleyball Title and the Conference Tournament. Each team member has recently been awarded a smaller trophy for their personal keepsake.



30 years ago...1990: Win-E-Mac is preparing for the pre-district competition for the one-act play contest. Cast members are: Ruth - Lori Bacon; Ellen - Marianne Verdun; Young observer - Sara Jorgenson; and technical assistant - Cathy Burgmeyer. Not present for photo: Heather Baldwin and Julie Hole.



10 years ago...2011: The winners of Barbie Bungee from Mrs. Strom's 5th hour Algebra I class are (l-r): Paige Gieseke, Brittany Lee, Jacob Walker, Kyle Kulikov.

NOTICE

Notice is hereby given that a hearing has been set for January 22, 2021 at 10:10 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave., Crookston, Minnesota or should you wish to join us remotely, a WEBEX meeting is available upon request, to consider the PRELIMINARY/FINAL PLAT for Steve Carlson, Tracy Strom ETAL., 38164 240th Ave SE, McIntosh, MN 56556, who wishes to plat Ponderosa Addition, which would create 8 new residential lots, on a parcel of land described as: Lot Six (6), Section Eight (8), Township One Hundred Forty-seven (147) North of Range Forty-two (42) West of the Fifth Principal Meridian, parcel 72.00063.00. All property owners within 500 feet of the proposed plat are invited to the meeting. If attending via WEBEX, you must contact our office 3 days prior to the public hearing at 218-281-6445.

Dated: December 30, 2020
Jacob J. Snyder
Planning & Zoning
Administrator

M42C

NOTICE

Notice is hereby given that a hearing has been set for January 22, 2021 at 9:45 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave., Crookston, Minnesota or should you wish to join us remotely, a WEBEX meeting is available upon request, to consider the application of Fertile Community Conservation Club, 20001 445th St SE, Winger, MN 56592 for a Conditional Use Permit to operate a trap shooting and gun range on a parcel of land described as: The Easterly 1330 feet of the Southerly 930 feet of the Southeast Quarter (SE¼) of Section Thirty-six (36), Township One Hundred Forty-seven (147) North, Range Forty-five (45) West of the Fifth Principal Meridian, parcel 48.00176.01. All property owners within ¼ mile of the proposed Conditional Use Permit are invited to appear at said hearing. If attending via WEBEX, you must contact our office 3 days prior to the public hearing at 218-281-6445.

Dated: December 30, 2020
Jacob J. Snyder
Planning & Zoning
Administrator

M42C

NOTICE

Notice is hereby given that a hearing has been set for January 22, 2021 at 9:25 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave., Crookston, Minnesota or should you wish to join us remotely, a WEBEX meeting is available upon request, to consider the application of Minnkota Power Cooperative, Inc., 5301 32nd Ave S, Grand Forks, ND 58201 for a Conditional Use Permit to rebuild an existing substation on a parcel of land located at: 11023 380th Ave SW, East Grand Forks, MN 56721 and described as: That part of the East Half of the East Half of the Northeast Quarter of Section 12, Township 152 North, Range 49 West of the Fifth Principal Meridian, Polk County Minnesota described as follows: Beginning at the northeast corner of said Northeast Quarter, thence North 89 degrees 01 minutes 17 seconds West, assumed bearing along the north line of said Northeast Quarter, a distance of 315.00 feet; thence South 00 degrees 10 minutes 21 seconds West 290.00 feet; thence South 89 degrees 01 minute 17 seconds East 315.00 feet, to a point on the east line of said Northeast Quarter; thence North 00 degrees 10 minutes 21 seconds West, along said east line, a distance of 290.00 feet to the point of beginning; LESS AND EXCEPT that portion conveyed to Minnkota Power Cooperative Inc, by Warranty Deed on March 24, 1947, recorded on June 12th, 1948 as Document No. 294367 in Book 253 of Deeds on Page 329, on file and of record in the office of the County Recorder, in and for said Polk County and the State of Minnesota, parcel 66.00060.00. All property owners within ¼ mile of the proposed Conditional Use Permit are invited to appear at said hearing. If attending via WEBEX, you must contact our office 3 days prior to the public hearing at 218-281-6445.

Dated: December 30, 2020
Jacob J. Snyder
Planning & Zoning
Administrator

M42C

NOTICE

Notice is hereby given that a hearing has been set for January 22, 2021 at 9:03 a.m. in the meeting room at Polk County Environmental Services, 320 Ingersoll Ave., Crookston, Minnesota or should you wish to join us remotely, a WEBEX meeting is available upon request, to consider the application of Phillip Miller, 44876 105th Ave SW, Fertile, MN 56540 for an Interim Use Permit to operate a family sawmill /home business on a parcel of land owned by Vernon Graber and described as: All that part of the Southeast Quarter (SE¼) of Section Twenty-eight (28), Township One Hundred Forty-seven (147), North of Range Forty-four (44), West of the Fifth Principal Meridian, lying west of the 100 feet wide right of way, which was originally owned by the Railroad Company and is now owned by Norman, Clay and Polk Counties pursuant to a Deed recorded as Document No. 533805, said right of way being 50 feet on each side of said Main track centerline in the W½SE¼ of Section 28-147-44, parcel #28.00224.01. All property owners within ¼ mile of the proposed Interim Use Permit are invited to appear at said hearing. If attending via WEBEX, you must contact our office 3 days prior to the public hearing at 218-281-6445.

Dated: December 30, 2020
Jacob J. Snyder
Planning & Zoning
Administrator

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Polk County Public Health

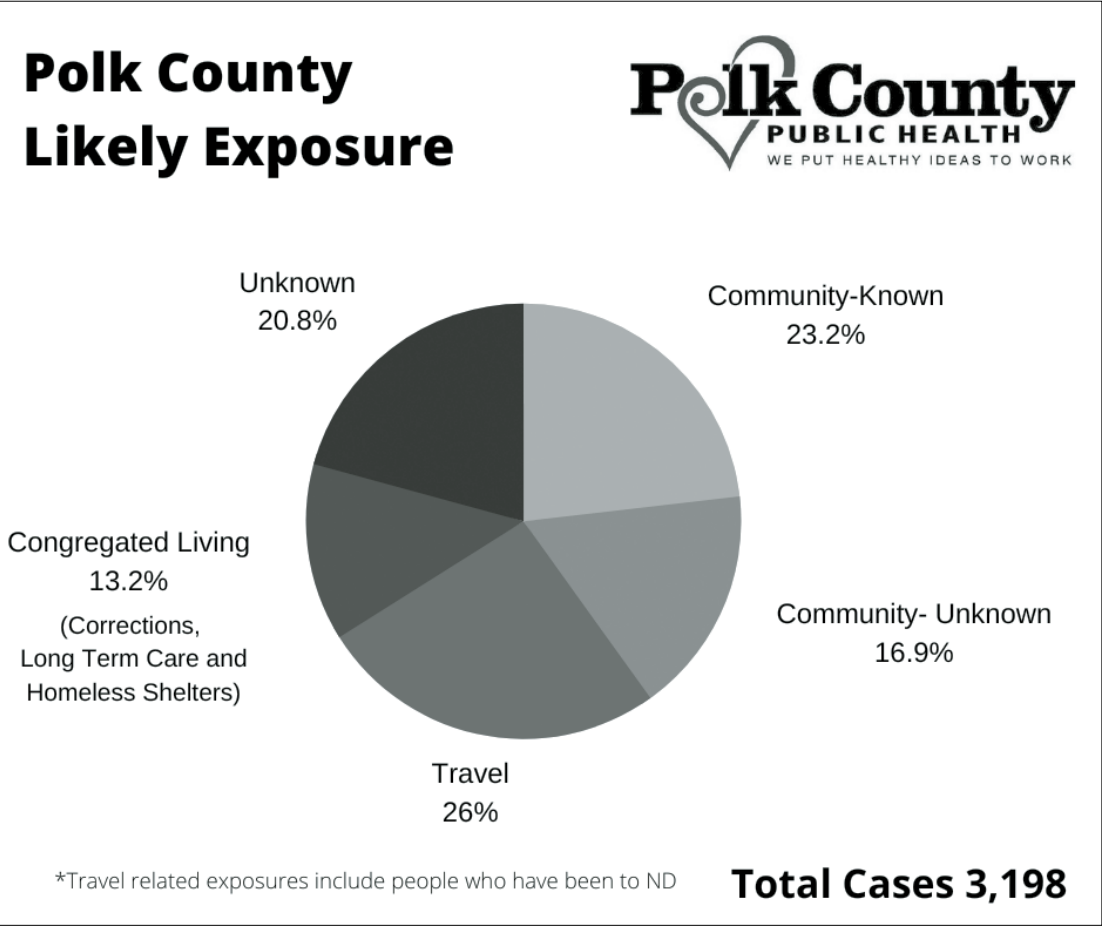
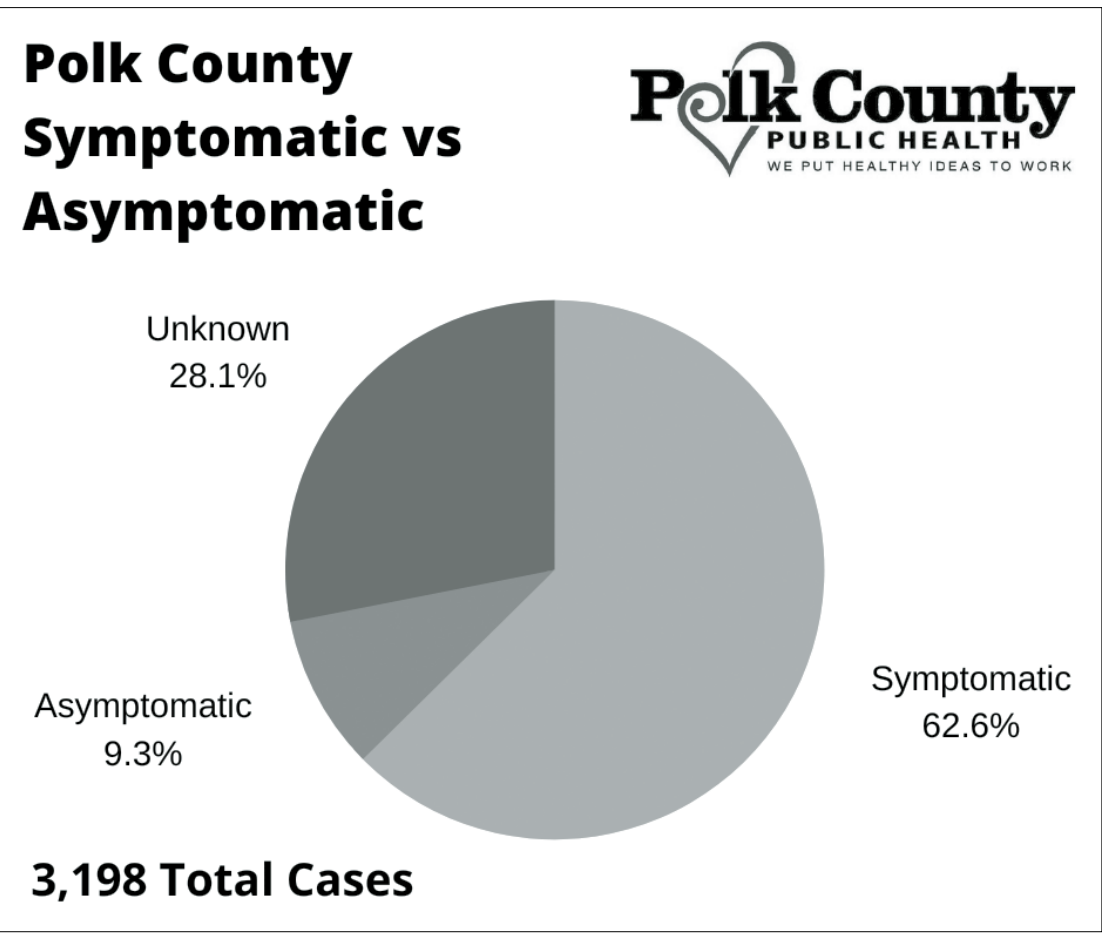
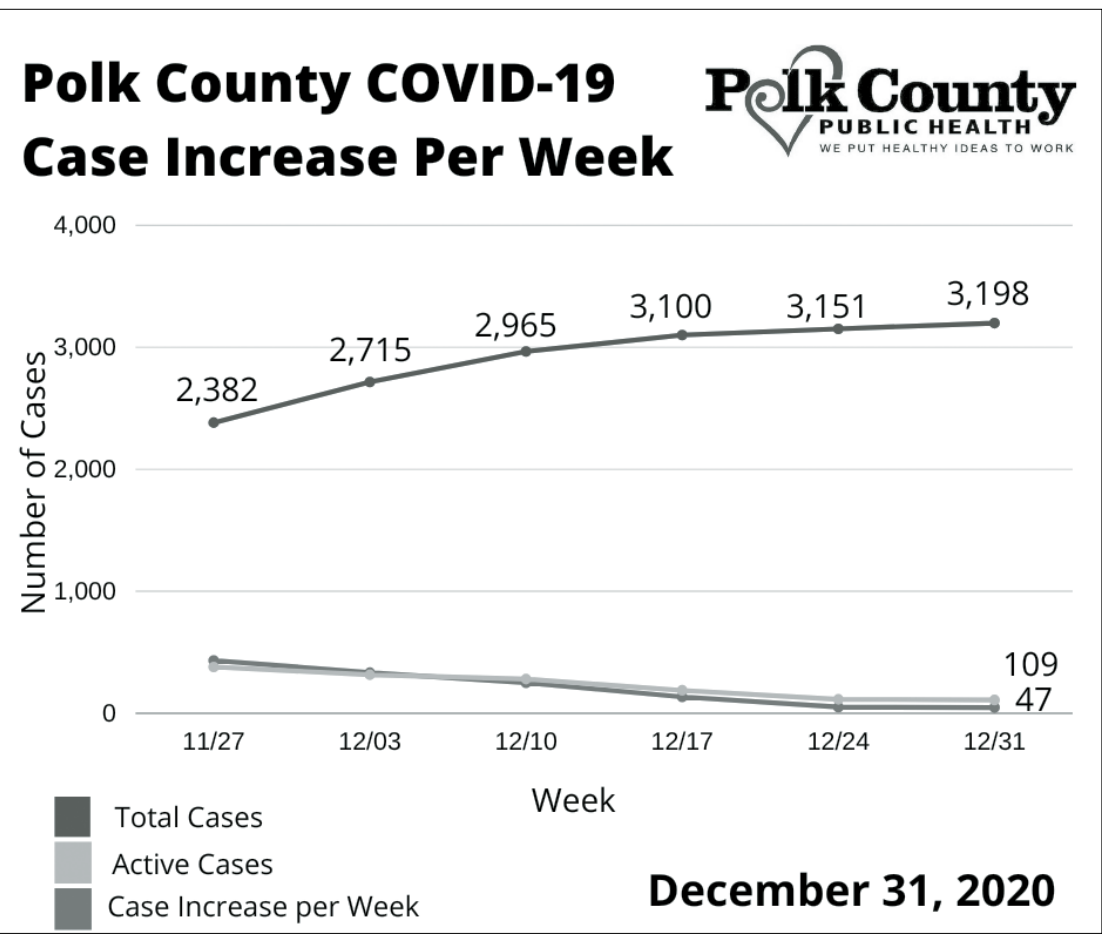
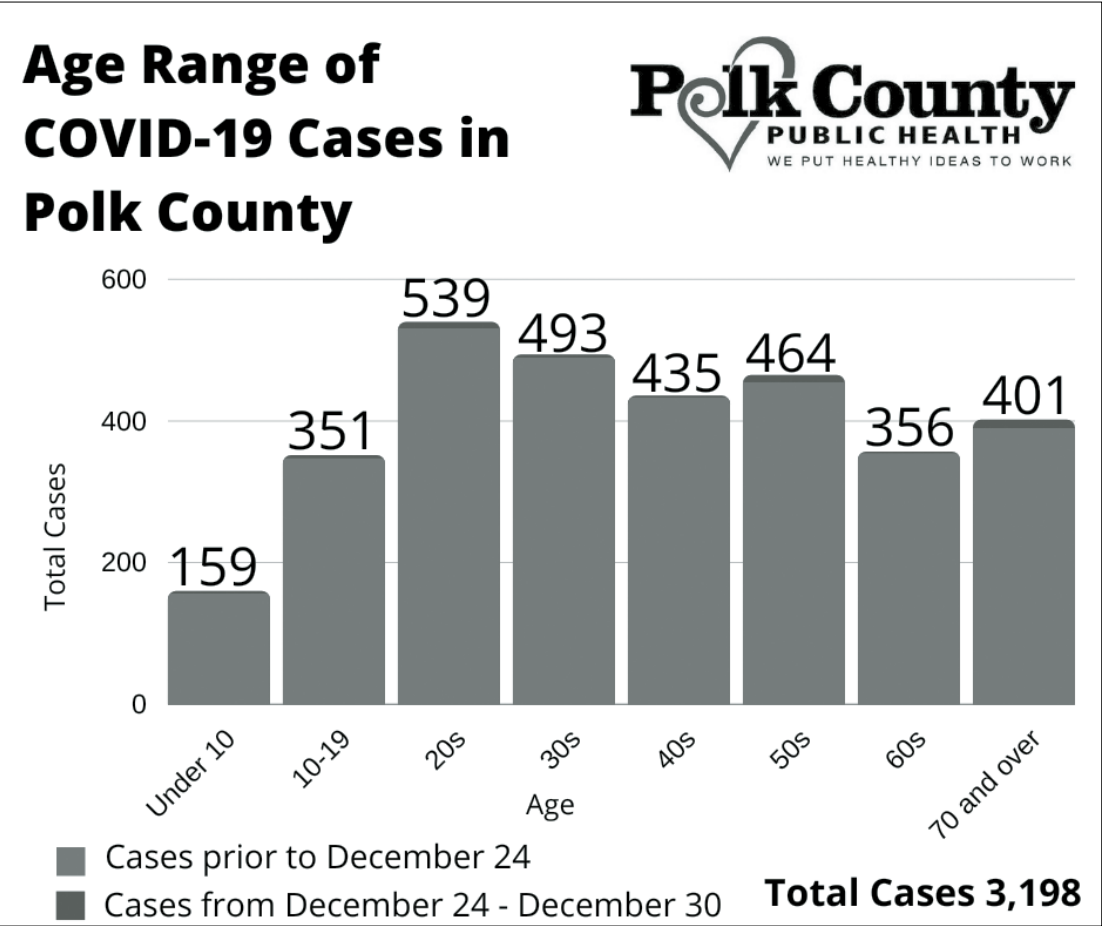
COVID-19 statistics for last week of 2020

All data is preliminary and may change as cases are investigated. Many data points are collected during case inter-

views.

For more COVID-19 data: Polk County Coronavirus Re-

sponse Hub: <https://coronavirus-response-pcg.hub.arcgis.com/>



Economy... Continued from page 1

8.1% over the year, the equivalent of 2,822 fewer jobs. At -5.8%, which represents a loss of 2,291 jobs, the employment cuts in Northwest's Healthcare sector were relatively and absolutely smaller. Even though the employment change percentage point difference between the regions was relatively small compared to other industries, the overall size of Health Care and Social Assistance means that each percentage point equated to more actual jobs and the difference carried more weight in Northeast. Health Care and Social Assistance represented 12.8% of Northeast annual employment decline, but only 8.9% of Northwest's.

Perhaps unsurprisingly given the previous two paragraphs, most industries in Northwest fared better than their Northeast counterparts. In fact, in only four out of 20 cases did an industry in the Northeast region outperform the Northwest. Educational Services, Professional, Scientific, and Technical Services, Management of Companies, and Manufacturing experienced relatively less employment loss in the Northeast region.

To put a finer detail on the point, industries representing more than 80% of total employment in the Northeast saw greater annual percent losses than the same industries in Northwest. Conversely, the share of employment in Northwest industries that saw larger percent declines relative to the Northeast was only 27%. While there were instances of Northeast faring better, they either occurred in relatively small industries such as Management of Companies or, as was the case in Manufacturing, the difference in percent employment change was not very significant. Manufacturing jobs were also much less concentrated in Northeast, muting the region's small edge in percent employment change.

Divergent employment outcomes between the two regions also occurred when industries encompassed similar shares of employment but varied by employment. Prior to the pandemic, Construction represented roughly equal shares of employment in each region - about 4%. Yet in Northeast, Construction jobs fell 17% in comparison to the second quarter of 2019, but increased modestly in the Northwest region by 0.6%. Accommodation and Food Services, which again was hit especially hard by the pandemic, is another industry with similar prevalence in both regions - 9.9% and 9.2% in Northeast and Northwest, respectively. This industry experienced significant employment losses in both regions.

The basics of interval training

Routine exercise is a key component of a healthy lifestyle. When attempting to incorporate exercise into their lives for the first time or after a long layoff, adults may go through a trial and error period as they attempt to find a routine they enjoy. Interval training is one approach to exercise that may be worth consideration.

What is interval training?
Sometimes referred to as high-intensity interval training, or HIIT, interval training involves alternating between short bursts of intense exercise and brief periods of rest or less intense activity. The Mayo Clinic notes that periods of high-intensity exercise may be as brief as 30 seconds, while the less intense portions of the routine typically last between one to two minutes.

What are benefits of interval training?
The time constraints of traditional workouts may compromise busy adults' ability to exercise regularly. But interval training sessions don't tend to take as long thanks to the periods of high-intensity exercise. According to the Harvard Medical School, an interval training session that lasts 15 to 20 minutes can produce the same cardiovascular results as a more traditional, moderate 30-minute exercise session. Interval training also can help people who are not constrained by time get better results. The Mayo Clinic notes that, as a person's body adjusts to more high-intensity exercise, his or her aerobic capacity will improve. That should enable them to exercise for longer periods of time at a higher intensity, producing better results over the long haul. Before increasing the intensity of their workouts, adults can consult their physicians to ensure they're capable of doing so safely. Interval training also can be beneficial to people without

And while in Northeast the loss of 43.2% was about four percentage points greater, Northwest's Accommodation and Food Services losses accounted for a larger share of the total number of jobs lost - 35.1% to 30.6%.

Other than in Construction, the most divergent outcomes in terms of annual percent employment change occurred in Mining, for which employment was 30 times more concentrated in the Northeast region. While Mining employment actually grew in Northwest, a larger than average loss of employment in Northeast meant that the regions diverged significantly. Real Estate, Rental and Leasing, and Administrative Support and Waste Management Services were the industries with the next most divergent outcomes in terms of annual percent employment change. In both cases, Northwest fared much better.

Statewide, Agriculture, Forestry, Fishing and Hunting was the only industry to add jobs over the year, indicating relative insulation from effects of the pandemic. Agriculture, Forestry, Fishing and Hunting accounted for more than five times the share of regional employment in Northwest and increased by 0.8%, while in Northeast, the relatively smaller Agriculture industry declined 6.6%.

Lastly, with a statewide employment loss of 1.3%, Finance and Insurance was also less impacted than other industries. While the industry declined by a similar percentage in the Northwest region, the losses in Northeast were almost 8 times greater, meaning the Arrowhead missed out on the insulation provided by those less impacted industries.

Seasons Change
Another way to examine varying impacts across the two regions is to use quarterly change. Seasonality tends to play a larger role in industries impacted by the weather or climate, such as natural resource-based activities, tourism-related industries, and most obviously, Construction. Seasonal factors can be used to explain some of the differences in employment loss for other industries as well.

By averaging the employment change from the first quarter to the second quarter over the past five years, we can get a baseline, typical seasonal change from winter into spring and summer. In turn, this five-year average can be used to estimate the expected employment in each of the regions in quarter two had the pandemic not occurred. In other words, we can evaluate how far from typical employment each industry was in the second quarter of 2020 and whether that

varied by region.

Based on the previous five years, strong employment growth is the typical trend from the first to second quarter. Northeast averaged a 3.6% quarterly gain while the Northwest region typically saw an employment increase of 5.8%. In terms of actual jobs, this equaled and average of 4,970 and 12,386 additional jobs respectively for each region. Despite overall employment loss, Northwest industries were much closer to reaching their typical employment in the second quarter than those in Northeast. A difference of -21,280 jobs from the five-year average in Northeast was less than the -26,192 in Northwest, however relative to the overall employment in each region, the magnitude of this discrepancy was much greater for Northeast.

Further, we can compare the magnitude of these differences in individual industries. In this case, the largest relative difference can be found in Mining, an industry much more prevalent in Northeast. The typical first to second quarter employment change for Mining in Northeast is 1.7%, or 52 added jobs. The -18.1% quarterly employment change in 2020 however, was not the most different from the industry 5-year average. That title lay with Arts, Entertainment, and Recreation and Accommodation and Food Services, which both saw employment losses in excess of 36%. The losses in Mining however were the most different when compared to a difference of 22.5 percentage points from a Mining industry that slightly outpaced its own five-year average in Northwest.

Navigating Continued Uncertainty
Since these most recent employment data are from the second quarter, this only provides a picture of the initial impacts on each region. We know from other sources that since the second quarter, many jobs have been gained back in both regions and in many industries. Third quarter data from QCEW will bring the initial trajectories of each region's recovery into better focus. For now, we know that the pandemic has, to differing degrees, negatively impacted Minnesota's regional economies.

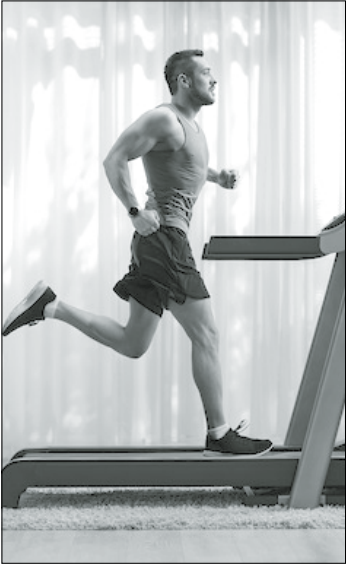
Though similar in many ways, Northeast suffered more severe employment losses due to a confluence of factors, often losing jobs at a greater rate than the state average. Higher concentrations of employment in Leisure and Hospitality, Other Services, Administrative Support, and Mining left Northeast more vulnerable. In Northwest, higher concentrations of industries that were less impacted, such as Manufacturing and Agriculture, helped to insulate it from deeper declines. In addition, industries more dependent on seasonal employment cycles performed better in Northwest. However, uncertainty remains in both regions as they work toward recovery.

Article by: Carson Gorecki,, Regional Analyst - Northeastern Minnesota.

Can anyone utilize interval training?

Getting a physical prior to beginning an interval training regimen can help people determine just how much intensity they can handle. But alternating between intensity levels during a workout should be something most adults can handle, especially after they consult with their physicians about the level of intensity their bodies can handle. The Mayo Clinic also urges people to consider their risk for overuse injury. Muscle, tendon and bone injuries can occur if exercise regimens become too intense too quickly, so take things slowly at first and readjust intensity levels depending on how your body reacts.

Interval training can be a great way to get vigorous exercise even when time is limited.



access to exercise equipment, a position many fitness enthusiasts found themselves in during the COVID-19 pandemic. Without access to weights due to gym closures, some people may have found their workouts lacked the intensity they had grown accustomed to. By interval training when running, cycling, walking, swimming, or using cardiovascular machines, adults can make their workouts more intense.

a word to the wise

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