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McIntosh, Minnesota



Gerald and Colleen Borud enjoy a snack after giving blood at the McIntosh Blood Drive held last Wednesday, January 27th.



McIntosh Friends of Veteran's hosted the annual blood drive at the McIntosh Community Center on Wednesday, January 27th. Dennis Boucher was one of the 52 individuals who showed up to give blood.

McIntosh's blood drive brings in 52 volunteers

The McIntosh community hosted a blood drive with Vitalant on January 27th at the community center which helped collect a total of 47 units of blood products for patients in need.

A total of 52 individuals volunteered to donate blood and 43 individuals were able to donate at the Vitalant blood drive on January 27th. A total of four donors also came forward to donate Power Red Cells (2RBC) which collects two units of red blood cells while returning platelets, plasma and a saline solution back to the donor.

Vitalant expressed their gratitude to Mary Goodwin, who coordinated the drive, and McIntosh Friends of Veterans group which sponsored the blood drive.

Living through a pandemic can lead to many uncertainties,

although one thing we are sure of, is that the need for blood never ceases. Blood is only useable for 42 days, so a constant supply is always needed, no matter the season.

Winter has challenges with the threat of weather/travel and planning, but the winter weather is no wonderland for hospital patients who depend on blood to keep them healthy and alive.

Vitalant is currently testing all successful blood, platelet and plasma donations for antibodies to SARS-CoV-2, the coronavirus that causes COVID-19. We are providing an initial test, to help identify donors who could help COVID-19 patients by becoming future convalescent plasma donors. Because antibodies are part of the body's immune response and not the virus itself, anti-

body testing cannot be used to diagnose current coronavirus infection. Please postpone your donation if you are feeling unwell or suspect you may have COVID-19. Individuals must be symptom free for at least 28 days to be eligible to give blood. Learn more about eligibility for convalescent plasma donation by visiting vitalant.org/covid-free

Donors can make a convenient appointment to give blood at www.bloodhero.com or by calling 877-25-VITAL. With each donation, donors receive a free total cholesterol test.

Blood donation takes about an hour from check-in to refreshments.

Donors can save about 20 minutes by completing their Health History Questionnaire the day they donate on www.vitalant.org/health

Upcoming at WEM School: Grades 7-12 shift to in-person model

Students and Parents of Win-E-Mac,

I want to thank all of our parents for their efforts thus far in our school year.

We have met many challenges and have done our very best to educate our students. Our plan is not always perfect but has been successful in allowing kids to be educated while remaining safe.

Education and Safety were our two most important priorities along with bringing equity to all students.

We will not always agree with state and health mandates, school models, masks, social distancing, immunizations, or interpretations of the safe learning plan.

What is important is that we listen to one another and respect each other's views and choices. Masking is still a mandate in our school buildings, and we will maintain this order.

The mask must cover the mouth and nose. We also want you to assist in bringing your child to school the remainder of the year, just like you have been doing, even though we provide transportation for others not so fortunate.

We are short one route driver, and we want the other drivers to be safe following social distancing efforts as much as we can, but not without your help.

We have assigned the front row of parking lot for student drop-off and pickup. Please use this parking area for the safety of students.

The Win-E-Mac School will move all students in-person learning for 7-12 graders beginning on Monday, February 8. This is a change from the present plan of Hybrid learning.

Learning models:

PreK students – continued In-person

K-6 students – continued In-person

7-12 students – Full time In-person beginning Monday, February 8, 2021. There will be a shortened day on Friday, February 5th, to prepare our classrooms and safety plan in the high school for this model change. School will dismiss at 12:30.

Distance Learning is still an option for your student at any time.

We look forward to having all students returning to a regular classroom environment.

There will still be safety controls in place, and we need to continue the use of health screening everyday so if your child is experiencing any symptoms of sickness, please keep them home.

It's critical to make sure everyone stays healthy for us to maintain in-person status.

Randy Bruer
Win-E-Mac School Superintendent

Reminders:

The Win-E-Mac School will be transitioning to in-person learning for all students five days a week for grades 7-12 effective Monday, February 8th. In order to transition to this new model, the school will be dismissed at 12:30 p.m. on Friday, February 5th

The option for parents to choose distance learning for their students is still available. If you are interested in choosing this, please call the school or fill out this form: <http://wemschools.org/choosevirtual>.

There will be no school on Monday, February 15th due to President's Day.



A Semi truck recently lost control and went off the road on Highway 2 in McIntosh nearly hitting a residence along the highway.

Winter Fitness Fever: Get outside to stay active and healthy

Fitness Fever might look different this year, but our mission is as important as ever! The great news is, you can still get outdoors and find ways to connect with nature this winter. Polk County Public Health and the Polk County Wellness Coalition are excited to highlight outdoor family activities and the variety of active living



choices we have available right here in our area that can provide you with positive experiences, resources and tools that make it easier for you to get out, have fun, move your body, and remain active and connected to nature this winter.

Connecting to the outdoors and remaining active improves physical health, mental well-being, and social connectedness, especially during these times.

There are many safe, easy, and free to low-cost healthy family activities that you can try outdoors in Polk County. Check out and share your favorite family fun activities this winter with us throughout the county and follow Polk County Public Health on social media for free how-to and virtual outdoor videos showcasing our trails and active living amenities.

Find a winter activity tracker on our social media and website at <http://www.co.polk.mn.us/191/Public-Health> and win prizes by completing activities and submitting your outdoor photos and videos to Polk County Public Health at amanda.lien@co.polk.mn.us.

Take time this winter to experience the fun and activity winter can provide from sledding, ice skating, shoveling,

winter hiking, cross-country skiing, snowshoeing, ice fishing, boot hockey, curling & more!

The outdoor fun doesn't stop in February; we encourage families to keep the "fever" going and to keep moving, keep active, and get outdoors all winter long and every season to come.

For more information and resources on where and how to stay active in your community, share with us on our social media channels or contact Amanda Lien or Kirsten Fagerlund at Polk County Public Health at 281-3385 or community Fitness Fever Champions: Dale Knotek, Ardell Knudsvig, Linda Knutson, Laura Martinson & Shannon Stassen. A big thank you to our ongoing partners, sponsors, and volunteers who are our true champions of wellness and collaborate with us to make the healthy choice the easy choice.

We are fortunate to have such a variety of opportunities that promote the health and wellness of our community members.

We look forward to staying active with you as we enjoy them together virtually during Fitness Fever and many times after.



The 2021 Win-E-Mac School District Spelling Bee was held at 9:00 on Thursday, January 28th in the Arts & Events Center. Ten spellers—four from fifth and sixth grade, and two from seventh grade—competed in the Bee. In the end, Joy Neubert, a seventh-grader, was the champion and will be competing at the Regional Spelling Bee on Wednesday, February 3rd. The Regional Spelling Bee will be held in a virtual format this year. Taking second place was Adyiaide Hickman from fifth grade. Taking third place was Nathaniel Spry from sixth grade. In all, 95 words were used in the competition over the course of 16 official rounds (plus a practice round). The championship word was "nutrients". Pictured (L-R) are Nathaniel Spry, Adyiaide Hickman, Joy Neubert, and the Spelling Bee pronouncer Melanie Nelson.

COVID-19 vaccine Q & A with local Public Health

Keeping up with the rapidly changing information is hard. Public Health is here to provide you accurate, up-to-date information regarding our most asked questions related to the COVID-19 vaccine.

Why is getting vaccinated important?

Getting vaccinated against COVID-19 will be one of the best ways to protect yourself and the people around you. The more people vaccinated means there will be less disease in our communities and by stopping the spread of COVID-19, we can keep businesses, schools, and other venues open. Stopping the spread of COVID-19 gets us closer to the end of the pandemic.

Is the COVID-19 vaccine safe; wasn't it rapidly developed and tested?

The first COVID-19 vaccines have come out within a year of the COVID-19 virus being discovered and there are many questions about how a vaccine could be created so quickly. Many pharmaceutical companies invested significant resources into quickly developing a vaccine as an emergency response, yet that does not mean that companies bypassed safety protocols. It is important to know that steps to check for safety were not skipped. With help from the federal government, the process was able to happen quicker and more efficiently.

The manufacturers are required to present the study data showing the vaccine is safe and that it works before it is approved for general populations. This data is closely reviewed by several scientific groups at the Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC). The CDC Advisory Committee on Immunization Practices (ACIP) and other groups look at available information about

a vaccine and make informed decisions on the risks and benefits of using it.

Who can get the COVID-19 vaccine and how many doses?

Currently there are two COVID-19 vaccines approved for emergency use authorization by the FDA, Pfizer and Moderna. Both vaccines require 2 doses. The Pfizer vaccine allows vaccination of people 16 years and older, doses given 3 weeks apart, and the Moderna vaccine allows vaccination for people 18 years and older, doses given 4 weeks apart. It is very important for the individual to receive both vaccine doses, the same product for each dose, and the doses are administered during the appropriate time frame.

What are the side effects of the COVID-19 vaccine?

There are short-term mild or moderate vaccine reactions that are common when receiving vaccines and should go away within one to two days. The most reported symptoms with the COVID-19 vaccine have included, but not limited to, short lived injection pain and systemic reactions including headache, chills, fatigue or muscle pain, or fever. It is important to remember that these side effects are indicators that your immune system is responding to the vaccine.

When can I get vaccinated?

At this time, the COVID-19 vaccine availability is very limited. With the vaccine doses we are allotted our Public Health agencies and our community partners continue to work through the phased priority groups, outlined by the Minnesota Department of Health. Local Public Health and our local healthcare partners will notify our communities as additional people are able to get the vaccine. As more vaccine becomes available, everyone will have

the opportunity to receive it.

I already had COVID-19 and recovered; do I need to get a COVID-19 vaccine when it is available?

It is recommended you get the COVID-19 vaccine, even if you've had COVID-19 previously. Due to the severe health risks associated with COVID-19 and the fact that reinfection with COVID-19 is possible, you should be vaccinated regardless of whether you already had COVID-19 infection. People should not get vaccinated if they have COVID-19 symptoms or if they are in quarantine after having close contact with someone who has COVID-19.

Until the COVID-19 vaccine is more widely available, please continue to do your part by slowing the spread of COVID-19.

If you haven't already, get your flu shot, be patient as priority groups are vaccinated, and continue to practice preventative habits such as wearing a mask, staying 6 feet from others, washing your hands often and staying home if sick.

For more COVID-19 Vaccine information, visit the Minnesota Department of Health Vaccine page (<https://www.health.state.mn.us/diseases/coronavirus/vaccine.html>)

Together We Can get through this.

Learn more:

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

LARL announces the Top Books of 2020

Interested in knowing which books were most popular to locals? Lake Agassiz Regional Library is releasing its list of the books which were borrowed most frequently.

- This Tender Land by William Kent Krueger
- The Guardians by John Grisham
- Where the Crawdads Sing by Delia Owens
- A Minute to Midnight by David Baldacci
- Blue Moon by Lee Child
- The Giver of Stars by Jojo Moyes
- Bloody Genius by John Sandford
- American Dirt by Jeanine Cummins

LARL virtual presentation: Author William Kent Krueger

Local libraries are inviting the community to discover the importance of books in a world of chaos with a virtual event featuring beloved author William Kent Krueger.

The presentation will be streamed live on the Lake Agassiz Regional Library's Facebook page with Krueger highlighting the profound and positive influence of books in his life.

Krueger writes the Cork O'Connor mystery series set in the north woods of Minnesota in addition to standalone novels.

His work has received a number of awards, including the Minnesota Book Award, the Loft-McKnight Fiction Award, the Anthony Award, the Barry Award, the Dilys Award, and the Friends of American Writers Prize.

His last nine novels were all New York Times bestsellers. Ordinary Grace, his standalone novel published in 2013, received the Edgar Award, given by the Mystery Writers of America in recognition for the

▪ Camino Winds by John Grisham

▪ The 19th Christmas by James Patterson and Maxine Paetro

"The most popular book was This Tender Land, which is pretty exciting," said Jeanne Anderson, Lake Agassiz Regional Library's Collection Librarian.

"The fact that it was written by a regional author like William Kent Krueger is reflective of the deep interest our customers have demonstrated in reading books by local authors that reflect our surroundings."

William Kent Krueger is scheduled to appear in a virtual presentation for Lake Agassiz Regional Library in which he will discuss the importance of books in a world of chaos, highlighting the profound and positive influence of books in his life. Krueger writes the Cork O'Connor mystery series set in the north woods of Minnesota in addition to standalone novels. The event can be watched live free-of-charge on February 16, 2021 at 7 p.m. by visiting facebook.com/larlmn/ live, with a recording available at larl.org/athome after the event. A Facebook account is not required for viewing. The event is made possible thanks to funding from the Minnesota Arts & Cultural Heritage Fund.

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.

LSS Meals Menu 687-2262

Tues, Feb. 9th - Salisbury Steak - Mashed Potatoes & Gravy - Green Beans - Wheat Rolls - Chocolate Crazy Cake - Milk

Wed, Feb. 10th - *Chef's Choice* Porcupine Meatballs - Scalloped Potatoes - Mixed Vegetables - Pears - Wheat Bread - Tapioca Pudding - Milk



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

Sun. Feb. 7: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Feb. 14: 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. Feb. 7: 9:30am Sunday School and Adult Bible Study; 11:00am Christmas Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues. Feb. 9: 10:00am Sunday worship service telecast on GVTV--30

Wed. Feb. 10: 6:30pm Bible Study at Sharon Ramberg's home

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

CALVARY-IMMANUEL LUTHERAN PARISH
Winger/Bejou
Supply Pastor
Gordon Syverson

Calvary Lutheran Church, Winger, Immanuel Lutheran Church, Bejou, and Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit Calvary. Our Saviors service will be available by 8:30 am each Sunday until further notice.

How to help aging adults adapt to technology

Children, adolescents and young adults likely cannot imagine a life without modern technology.

Technology may have pervaded every part of life in the 21st century, but it wasn't so long ago that phones were still attached to walls and people had to watch their favorite shows and films exclusively on televisions instead of having the option to watch them on devices like smartphones and tablets.

The transition to life in the age of technology went smoothly for most segments of the population, but some aging adults have had a more difficult time making the adjustment. That difficulty was apparent throughout the COVID-19 pandemic, when public health agencies like the World Health Organization and the Centers for Disease Control and Prevention urged aging adults to limit interactions with people outside their homes.

Such recommendations forced many seniors to communicate with their families exclusively over the phone or via video conferencing apps like Zoom.

If seniors have had a hard time adapting to technology, their families can try these strategies to make that transition go more smoothly.

• **Go over product manuals with seniors.** The senior caregiving experts at Home Care Assistance note that older adults are less likely to learn through experimentation than they are by reading instructions in the manual. When helping seniors learn to use new devices, go over the owner's manual with them as you set up the device.

Mark important pages in the manual so seniors know where to go for quick answers if they experience any issues logging in or using certain apps.

• **Look for senior-specific devices and guidebooks.** Seniors make up an enormous segment of the population, and tech companies have long since recognized that there's a market for products designed specifically for aging men and women. When shopping for

devices for seniors, look for those that have been designed to help them overcome issues that have proven problematic for aging adults in the past. Devices that feature touchscreens with large menus, easily accessible navigation tools and simplified features can help seniors as they learn to use new technology.

• **Be patient.** Some seniors are excited by the prospect of learning to use new technology, while others may be hesitant.

Patience is essential when working with an aging loved one who's intimidated by technology.

Take the time to explain apps and features and don't take it for granted that seniors will know how to use a device or recognize what a device can do.

Today's seniors may not have grown up with technology at their fingertips, but they can still learn to use devices to their advantage.

ogy at their fingertips, but they can still learn to use devices to their advantage.



COVID-19 Weekly Update

Polk County Public Health



NEW CASES

17

ACTIVE CASES

84

HOSPITAL CASES

3

New Hospital Admissions

0

New ICU Admissions

TOTAL DEATHS

60

TOTAL CASES: 3,317

*New Case Data from January 21- January 27

January 28, 2021

NOTICE

Hill River Board of Audit
The Board of Audit meeting of the Township of Hill River, County of Polk, State of Minnesota, will be held on Monday, February 8, 2021 at 7:00 p.m. at the Ray Sundrud hunting shack. (Call 218-435-1029 for directions and masks are required.) The Clerk's financial records shall be open for review.
Raymond O. Sundrud
Clerk/Treasurer,
Hill River Township

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McINTOSH Times

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"Serving the Win-E-Mac area"

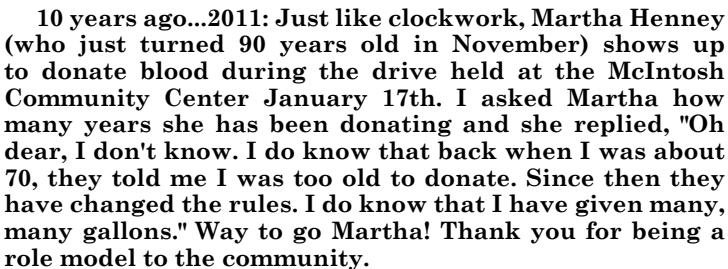
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Compost can be a huge help to your garden, but the material can also introduce weeds. Most weeds and weed seeds will be killed by the hot composting process – if hot enough for long enough. But not all composting processes or products are the same. If you're purchasing compost, look for the US Composting Council's Certified Compost seal ensuring

Soil and mulch can be trickier since they're not heated. Consider buying from nearby sources to reduce the potential

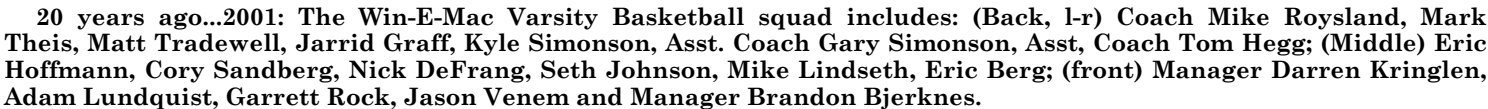
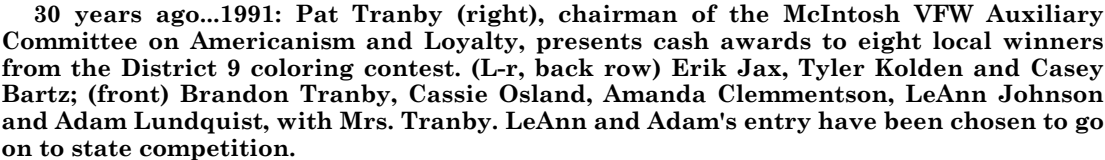
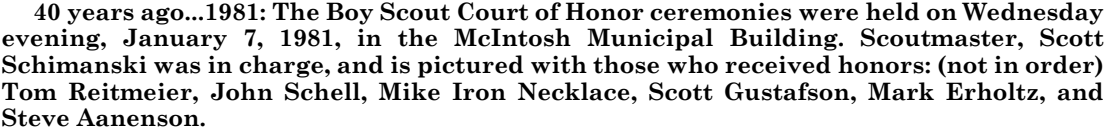
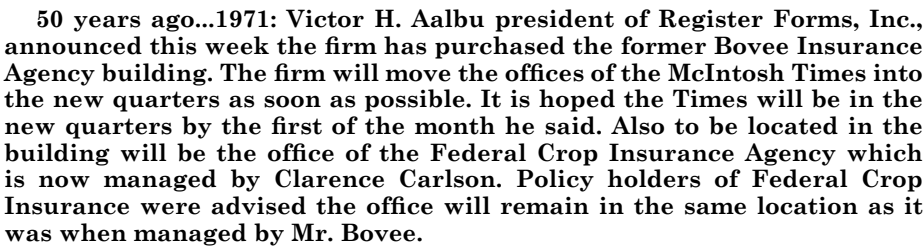
Plant nurseries selling transplants have rules they must follow and are inspected by the Minnesota Department of Agriculture (MDA). When sharing transplants with friends be sure you know what you're getting and do your research so you don't swap invasive plants. And to be sure you're not trading unwanted pests like jumping worms or seeds mixed into the pots, wash the soil from the roots and share as bare-root plants.

• **Turn devices off.** Devices are distracting, and various surveys and studies have proven that. Research from RescueTime, an iOS- and Android-supported app created



Abraham Lincoln, another

No matter what the holiday is called, Presidents' Day offers citizens a chance to learn more about the history behind Washington and Lincoln - two pivotal statesmen in American history.



'Tis the season: Head lice prevention and treatment

It is that time of year again when we begin to see head lice in the schools and Win-E-Mac is no different than other schools in the region.

Here is some useful information regarding head lice prevention, identification and treatment.

Overview

Head lice are a common community problem.

An estimated 6 to 12 million infestations occur each year in the United States, most commonly among children ages 3 to 11 years old.

Though a head lice infestation is often spotted in school, it is usually acquired through direct head-to-head contact elsewhere, such as at sleepovers or camp.

Head lice are not dangerous, and they do not transmit disease.

Additionally, despite what you might have heard, head lice often infest people with good hygiene and grooming habits. Your family, friends, or community may experience head lice. It's important to know some basics, including how to recognize symptoms and what to do if faced with an infestation

What are the signs & symptoms of infestation?

Signs and symptoms of infestation include:

- Tickling feeling on the scalp or in the hair
- Itching (caused by the bites of the louse)
- Irritability and difficulty sleeping (lice are more active in the dark)
- Sores on the head (caused by scratching, which can sometimes become infected)

Finding a live nymph or adult louse on the scalp or in the hair is an indication of an active infestation.

They are most commonly found behind the ears and near the neckline at the back of the head

How are head lice spread?

- Head lice move by crawling and cannot jump or fly.
- Head lice are mostly

spread by direct head-to-head contact—for example, during play at home or school, sleepovers, sports activities, or camp.

- It is possible, but not common, to spread head lice by contact with items that have been in contact with a person with head lice, such as clothing (for example, hats, scarves, or coats) or other personal items (such as combs, brushes, or towels).
- Head lice transmission can occur at home, in the community, or—very infrequently—in school.

What if my child gets head lice?

If you suspect your child might have head lice, it's important to talk to a school nurse, pediatrician, or family physician to get appropriate care. There are a number of available treatments, including new prescription treatment options that are safe and do not require nit combing. Other things to consider in selecting and starting treatment include:

- Follow treatment instructions. Using extra amounts or multiple applications of the same medication is not recommended, unless directed by a healthcare professional.
- A 2016 study showed that 48 states now have lice that are genetically predisposed to resistance to commonly used treatments.
- There is no scientific evidence that home remedies are effective treatments.
- Head lice do not infest the house. However, family bed linens and recently used clothes, hats, and towels should be washed in very hot water and dried on the high setting.
- Personal articles, such as combs, brushes, and hair clips, should be soaked in very hot water for 5 to 10 minutes if they were exposed to someone with an active head lice infestation.
- All household members and other close contacts should be checked, and those with evidence of an active infestation

should also be treated at the same time.

Myths & facts about head lice

Myth: Only dirty people get head lice.

Fact: Personal hygiene and household or school cleanliness are not factors for infestation. In fact, head lice often infest people with good hygiene and grooming habits.

Myth: Head lice carry diseases.

Fact: Head lice do not spread diseases.

Myth: Head lice can be spread by sharing hair brushes, hats, clothes, and other personal items.

Fact: It is uncommon to spread head lice by contact with clothing or other personal items, such as combs, brushes, or hair accessories, that have been in contact with a person with head lice.

Myth: Head lice can jump or fly, and can live anywhere.

Fact: Head lice cannot jump or fly, and only move by crawling. It is unlikely to find head lice living on objects like helmets or hats because they have feet that are specifically designed to grasp on to the hair shaft of humans. Additionally, a louse can only live for about a day off the head.

Myth: You can use home remedies like mayonnaise to get rid of head lice.

Fact: There is no scientific evidence that home remedies are effective treatments.

Consult your healthcare provider to discuss appropriate treatment options, including prescription products.

Fast Facts

- An estimated 6 to 12 million infestations occur each year among US children 3 to 11 years of age.

- Head lice do not discriminate, often infesting people with good hygiene. They spread mainly through head-to-head contact.

- If you or your child exhibits signs of an infestation, it is important to talk to your doctor to learn about treatment options.

10 ways to help a grieving friend

By Kriston Wenzel, LBSW, CT

We struggle to know what to do when a friend loses a loved one through death. We want to say the right thing and hope in so doing, we'll be able to "take the pain away." However, that's not how grief works. There are no "right words," and the pain cannot "go away."

There is no work-around to grieving—you can't go under it, you can't go over it, you must go through it.

The grief journey can be difficult for both the grieving person and his or her friends who bear witness to their friend's grief.

Grief is a normal and natural response to loss, including death of a loved one, job loss, divorce, loss of a home, a move or any other losses we may face in life.

Working through grief involves accepting the loss, experiencing the pain of that loss and creating a different bond or relationship with the person you have lost.

How to help

a friend who is grieving

Give your friend permission to grieve. Grief is the hardest emotional work someone will ever do.

Our society often rushes people through their grief. One of the greatest gifts you can give to a grieving friend is to sit silently by his or her side and listen to "the story."

For someone who is grieving, the need to tell the story of what happened is intense and can be healing.

Sitting silently does not mean listening without interest, but it does mean listening without rushing the person through a story you may have already heard. The value in telling the story is not to inform the listener of something; the value is to the storyteller. In sharing the story, the storyteller affirms what has happened and gives voice to his or her emotions.

Accept the person's feelings. No feelings are wrong, they simply are. Feelings of grief can sometimes overwhelm the person. Feelings of anger, guilt, sadness and loneliness can be upsetting and uncomfortable for both you and the grieving person. One of the

important messages to convey is a wide range of feelings is normal and your friend is not alone in his or her experience. Remind them of your support and willingness to listen to their feelings.

Encourage the person to accept help from others. He or she doesn't need to do this alone.

We pride ourselves in being self-sufficient but it's helpful to remind your friend that we all need help from time to time. This is especially true during a time of loss.

Do something for your grieving friend. Offer specific assistance, such as mowing the lawn, shoveling snow or making a meal.

Remember the person is flooded with emotions and practical things to be done. His or her ability to prioritize and reach out may be stretched to the limit, so being specific in how you can help is a great way to support the person. Instead of saying, "call me if you need anything," say "I'd like to bring a meal over, would tonight work for you?"

Encourage the grieving person to verbalize his or her feelings out loud. Writing letters to the person who died, journaling or visiting the gravesite are all ways to allow feelings to have a voice. That voice is healing in the grief process.

Don't worry about saying the right thing. Simply showing up for the person can be much more powerful and meaningful than the words you say.

There are no magic answers or words. You can't take the pain away or keep the person from suffering, but you can help them feel less alone.

Listen without judgment. Remember that every loss is unique, and the experience is

based on a variety of factors, including who died, how, what the relationship was with the deceased, religious and cultural background, gender and other stresses in the grieving person's life.

All of these factors will influence your friend's grief and may be unknown to you. Listen without judgment and criticism. We all need a friend who's understanding.

Avoid using clichés. Most cliché phrases unintentionally suppress the grief response. Sayings like, "It was God's will," don't encourage people to voice their feelings. Without a voice, grief work is delayed. If you feel helpless, admit you don't have the answers: "I'm not sure what to say or do, but I want you to know that I am here and I care about you." Your vulnerability and transparency speak volumes to your friend and may reassure them it's OK to share their feelings.

Encourage the person to reminisce. Sharing stories and memories is healing and helps the person process their grief. If appropriate, share one of your stories of their loved one who died. Often saying the deceased person's name out loud is comforting to the person who experienced the loss.

Remember the value of presence. You may leave the house of a friend feeling like you said and did very little, but your presence spoke volumes. Your physical and emotional presence is more help for your friend than you'll ever know.

If you or your friend are struggling, we can help. For more information about our free community grief support services, visit our website or call 800-237-4629.

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National Eat Ice Cream for Breakfast Day is February 6, 2021

Happy National Eat Ice Cream for Breakfast Day! Surprisingly, this holiday was invented in New York in the middle of the winter.

Created in the 1960s (clearly, because it's a groovy idea), the day is further proof that you can eat ice cream at any time of the year, any time of the day, and on any occasion. So on the first Saturday in February, go ahead and get your treat on. Before noon. We won't judge.

Eating ice cream for breakfast is basically every little kid's dream.

Well, that and being able to have pizza for dinner every single day. But even if you aren't 8 years old, you have to admit there's something fun about the idea of having a big ol' bowl of ice cream first thing in the morning. So why not celebrate Ice Cream for Breakfast Day this year?

History of Ice

Cream for Breakfast Day

Ice Cream for Breakfast Day was created in the 1960s by housewife Florence Rappaport from New York—the exact year is unknown, but it is suspected that it could have been 1966, as an enormous blizzard had hit that area that year.

The idea behind the day was simply that Florence's 6 children were exceptionally bored one cold and snowy February morning, and she had to come up with something to entertain them so they wouldn't get restless and cranky.

As she herself explained years later, "It was cold and snowy and the kids were complaining that it was too cold to do anything. So I just said, 'Let's have ice cream for breakfast.'"

The following year, Florence's children, who had obviously enjoyed the new little holiday their mother had created, reminded her of it and so they celebrated again, and the day became a tradition from then onward.

The holiday really caught on, too, thanks to Florence's grandchildren, who have traveled extensively—Ice Cream for Breakfast Day has been celebrated in countries all over the world, from Germany to Nepal, to as far as Namibia.

These worldwide celebrations range from small family-style gatherings to large parties and have been featured in the Chinese edition of Cosmopolitan magazine and local magazines and newspapers as

well. The Israeli newspaper Haaretz has done 2 pieces on Ice Cream for Breakfast day twice, once in Hebrew, and once in English.

Facts about Ice Cream

The waffle cone was invented by accident.

There is an ice cream fruit in Hawaii! It's called Pacay, Ice Cream Bean.

It takes a whole 50 licks to get through one scoop of ice cream!

It takes 11 litres of whole milk to make one gallon of ice cream. No wonder it's so creamy.

The world record for the largest ice cream cone ever made was achieved in 2015 in Norway with a cone over three meters high!

According to NASA, ice cream is one of the three foods astronauts miss the most when they go on space missions. The other two? Pizza and soda.

The chocolate ice cream was invented before vanilla! I know right!?

Ice cream headaches or "brain freeze" are the result of the nerve endings in the roof of your mouth sending a message to your brain of the loss of heat!

Did you know that some more unusual flavours that are out there are Avocado, garlic, azuki bean, jalapeno, and pumpkin?

In the UK, an individual on an average consumes 7 liters of ice cream in one year! However, Finland is ahead of the UK where a person consumes 14 liters of ice cream every year!

How to celebrate

Ice Cream for Breakfast Day

Seeing as how Ice Cream for Breakfast Day is the perfect day to not only enjoy a breakfast of cold sweetness but also to spend time with your family.

Those who like to get creative with their ice cream might like bacon or avocado flavored ice cream at breakfast time. How about cinnamon toast and coffee ice cream? There are so many ways to participate in this deliciously good day. All you really have to do, though, is have ice cream for breakfast.

What could possibly create a better atmosphere than the whole family sitting around the table together, talking, joking around and having ice cream together? And make the morning even more fun, why not make some special ice cream sundaes?

Buy some Neapolitan ice cream, some real whipped



cream, maraschino cherries and chocolate sauce, and arrange everything decoratively in some nice bowls.

You could even buy some decorative wafers to make the sundaes even prettier. However, if you feel ice cream is a bit too high in fat or sugar for your family, don't worry!

There are plenty of alternatives, such as frozen yogurt, that you can even make yourself and garnish with fresh fruit. This option will provide your family with the protein little bodies need to grow, as well as the kind of "good bacteria" the human bodies need in order for the digestive system to function properly.

These bacteria are so good for the body, in fact, that they are often called "probiotics", a word that literally means "for life". Whatever way you decide to celebrate Ice Cream for Breakfast Day, don't forget to spend this morning enjoying the little things in life.

But isn't this the wrong date?!

There are actually two holidays that are very similar in name but founding for very different reasons. Today is not to be confused with Eat Ice Cream for Breakfast Day which takes place on the 18th of February in honor of the bright soul that was Malia Grace who passed away fighting cancer. That day was set up to honor all the children who have or are battling childhood cancer.

Whether the sun rises over a frosty morning or a warm one, having a scoop or two of ice cream for breakfast once a year places a bright spot right in the middle of winter. The creamy goodness of chocolate or vanilla will start the Saturday off right. Add some fresh fruit or sprinkle some of your favorite cereal for some crunch.

