



McINTOSH

Since 1888

Times

\$1.00

Hub of the Thirteen Townships

McIntosh, Minnesota



Member of the cast of the Win-E-Mac One-Act Play: (1st row, l-r) Grace Kaupang, Jayden Gensburger, Evelyn Ryan, Sydney Svalen, (2nd row) Lauren Kaupang, Erich Gensburger, Bridget Roggenbuck, Teagan Paulson, (3rd row) Felicity Address, Cameron Svalen, Ella Strom and Brock Trandem.

Watch the WEM One-Act play online

The COVID-19 pandemic did not stop the annual mid-winter fun of the One-act Play performances across Minnesota. Each year, Win-E-Mac School participates in the MSHSL One-Act Play competition, and this year is no different, just performed in a different way.

Due to the announcement by MSHSL that all plays were to be submitted by video, this years play is brought to you virtually, both the play itself and the performance. Still enjoyable and fun, make sure to take a look and watch the talent of the WEM students as they perform multiple roles and deliver a great story for the audience.

Did you know COVID-19 likes to be known as Co? And what if Romeo and Juliet missed their marriage by one day because of a stay-at-home order? Would they still make it? You know all the people in

Scenes From a Quarantine. The person who thinks quarantine is going to be easy. The person whose life changed overnight. The person who thinks hairdressers are an essential service. The person who just wants to use class meetings to talk.

Twelve Win-E-Mac students played twenty-one characters, covering thirteen scenes.

Our show was recorded for the judges to view and critique; results came in on Friday, January 29th. Win-E-Mac took third place in the sub-section, and the judges were very generous with their comments.

One-Act plays follow specific guidelines, such as the play can be no longer than 35 minutes with no more than 20 cast members.

Audiences can view the show by going to the Win-E-Mac Area Community Theatre website: wemact.org.



Win-E-Mac Snowfest week is February 15th - 19th

Elementary dress-up days – dress up days are as follows: Tuesday – Pajama Day; Wednesday – Decades Day – get groovy in the 60s, grunge out in the 90s or anything in between you choose the decade; Thursday – Spirit Day; Friday – Tie-dye day.

Secondary dress-up days for Snowfest Week - Tuesday – Pajama Day; Wednesday – Dress up day – dress to impress and be ready for some group photos; Thursday – Spirit Day; Friday – Decades Day – get groovy in the 60's, grunge out in the 90's or anything in between – you choose the decade.

WEM Board Chair Ferden announces 2 board seats for 2021

Minnesota Rural Education Association

The Minnesota Rural Education Association (MREA) Board of Directors recently elected officers for 2021 that will lead the organization's focus on what puts learners first. The MREA Board brings together school board members, school administrators, teachers, and education leaders. The Board is comprised of 21 persons – 16 representative directors elected by the membership (four per zone) and five statewide directors appointed by the Board.

The officers for 2021 include President Karen Jacobson, Executive Director at Minnesota River Valley Education District; President-Elect, Matt Schultz, Superintendent at Lanesboro Public Schools; Secretary-Treasurer Jim Ferden, Board Chair at Win-E-Mac Public Schools; Committee At-Large Michelle Rinke-Koch, teacher at Menahga Public Schools, and Past President Lance Bagstad, Superintendent at Park Rapids Public Schools.



Chair of the Board.

Region 1 is one of five regional information management centers (RIMCs) in Minnesota, which offer a variety of technology and information resources to school districts and other educational services entities. Its primary focus is on delivery of administrative software hosting and support services for school districts and other educational services entities. Region 1 is a nonprofit joint powers entity, not directly funded by State of Minnesota, and derives its annual revenue primarily from providing hosted administrative software solutions and technical software support services on a fee for services basis.



Win-E_Mac School

Thursday, February 25 ~ Parent Teacher Conferences. Students dismissed at 12:30 p.m.

Friday, February 26 ~ No School for Students. Staff development for teachers.



The 2020 - 2021 Win-E-Mac Patriot Girl's Basketball team: includes Alivia Winter, Ella Strom, Grace Kaupang, Savahanna Svalen, Emily Strom, Kallie Hand, Nadelly Neubert, Alyssa Morberg, Felicity Address, Sidney Svalen, Ava Howard, Kianna Tadman, Bret DuChamp and Kiersten Anderson.



The staff and residents of McIntosh Senior Living celebrated their second round of COVID-19 immunization shots recently. The second round was deemed, "Spread Love, Not Covid" as a theme. Here are some of the members of the MSL staff that received their second shots, completing their immunization for the virus.

The long-term effects of COVID-19

As the end of winter draws near, much of the world is marking its one-year anniversary living under COVID-19-related restrictions.

That's certainly not a milestone worthy of celebration, and many people across the globe would insist it's felt like much more than a year since their lives were first affected by COVID-19.

By the time the calendar finally turned from 2020 to 2021, tens of millions of people across the globe had been infected with COVID-19.

According to Worldometer, which manually analyzes, validates and aggregates data from thousands of sources in real time, by early January 2021 there were more than 87 million documented cases of COVID-19 and nearly two million virus-related deaths across the globe. Nearly 62 million COVID-19 patients recovered

from the virus by early 2021, but many of those people may suffer from long-term health effects.

The Centers for Disease Control and Prevention is actively working to learn more about the potential long-term effects associated with COVID-19.

Because of the relative infancy of the virus, it's impossible to know just how long the long-term side effects in recovered patients will last. However, the CDC notes that the following are some of the most commonly reported long-term symptoms, which have been documented to linger anywhere from several weeks to even months after recovery.

- Fatigue
- Shortness of breath
- Cough
- Joint pain
- Chest pain

In addition to those symp-

toms, the CDC notes that some people who have recovered from COVID-19 have reported experiencing difficulty with thinking and concentration as well as depression. Recovering patients also have reported symptoms like muscle pain, headache, intermittent fever, and heart palpitations.

More serious long-term complications are being investigated by the CDC. Such complications have thus far appeared to be less common, though the CDC cautions that more research and time is needed to determine clinical care for COVID-19 as well as how many people may ultimately experience these symptoms.

- **Cardiovascular:** Inflammation of the heart muscle
- **Respiratory:** Lung function abnormalities
- **Renal:** Acute kidney injury
- **Dermatologic:** Rash, hair

loss

· **Neurological:** Smell and taste problems, sleep issues, difficulty with concentration, memory problems

· **Psychiatric:** depression, anxiety, changes in mood

As the world continues to combat COVID-19, public health agencies like the CDC are learning more about the virus, including some long-term side effects that could affect patients after they have recovered.

NOTICE

King Township
Annual Election & Meeting

The annual election and meeting of the King Township, County of Polk, State of Minnesota, will be held on Tuesday, March 9, 2021 at the McIntosh Community Center.

The Annual Meeting will begin at 3:00 p.m. and the Polls will open at 4:00 p.m. - 8:00 p.m. Election will be for (1) Supervisor and (1) Clerk position. Social Distancing rules, along with face masks will be required. Lucas Thom, Clerk
King Township M48-49C

NOTICE

Election and Annual Meeting
Hill River Township

The annual election and meeting of the Township of Hill River, County of Polk, State of Minnesota, will be held on Tuesday, March 9, 2021 at the Hill River Town Hall.

The Polls will be open from 5:00 p.m. to 8:00 p.m. to elect one (1) Supervisor for a term of three (3) years.

Please plan to wear a mask. It is still the law and we will enforce it. Also the spacing in the town hall. Due to the pandemic, there will be no snacks or beverages.

The annual meeting will start as soon as possible after the polls close to conduct all and any business that comes up at the meeting.

If necessary, the storm date shall be one week later. Notice will then be given over the Fosston Radio Station. Raymond O. Sundrud, Clerk/Treasurer
Hill River Township M48-49C



Congratulations to the winner of the Neil's Quality Meats & More Sweetheart Valentines Basket, Lois Boehrnsen of McIntosh.



**Community
Birthday
and
Anniversary
Calendar**

Thurs. Feb. 18:
Taylor Schulz, Karen Olson

Fri. Feb. 19:
Bruce Grundyson, Remy Goodwin

Sat. Feb. 20: Kolten Schow, Kinlee Faldet, Katie Roed

Sun. Feb. 21: Marea Schommer, Dave Erickson, Jason Svalen, Laura Evans

Mon. Feb. 22: Hayden Rock

Tues. Feb. 23: Matthew Klemmer, Shawn Hedlund

McINTOSH Times

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

RICHARD D. RICHARDS, PUBLISHER
KIM HEDLUND, EDITOR

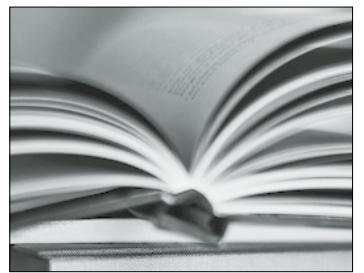
McIntosh • (218) 563-3585

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

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

"Serving the Win-E-Mac area"

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



Walk-in hours at Mac Library resume

Lake Agassiz Regional Library locations in Moorhead, Crookston, Fertile and McIntosh have resumed walk-in library services. The libraries will continue to offer curbside delivery of books, movies, printing jobs and more.

The libraries will be open during the following hours: McIntosh Public Library:

Monday 10:00 a.m. - 3:00 p.m.

Tuesday 4:00 p.m. - 7:00 p.m.

Wednesday Noon - 5:00 p.m.

Thursday 4:00 p.m. - 7:00 p.m.

Friday Noon - 5:00 p.m.

LSS Meals Menu 687-2262

Tues, Feb. 23 - Baked Ham - Baked Potato - Cabbage & Carrots - Wheat Rolls - Brownies - Milk

Wed, Feb. 24 - Roast Turkey - Dressing - Mashed Potatoes & gravy - Squash - Pumpkin Bars - Milk



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

Sun. Feb. 21: 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. 28: 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. 21: 9:30am Sunday School and Adult Bible Study; 11:00am Christmas Worship Service (also on Facebook: gosenchurch and gosen-church.com)

Tues. Feb. 23: 10:00am Sunday worship service telecast on GVTV--30

Wed. Feb. 24: 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.

Clever and quirky crafts to try today

Being forced to spend more time at home during the COVID-19 pandemic has led enterprising individuals to seek ways to pass the time. Is it any wonder that creative pursuits have become so popular over the last year?

Crafting can help people fill their time, reduce stress, inspire new relationships, and serve as a source of pride when an item is handmade from start to finish.

In an online study published in the British Journal of Occupational Therapy that surveyed 3,500 knitters, respondents felt there was a relationship between knitting frequency and feeling calm. Experts surmise that the rhythmic, repetitive movements and focused attention of certain crafts might produce a calming effect not unlike meditation. Crafting helps exercise several areas of the brain, including those responsible for problem solving, creativity and concentration, states Craft Courses, an online crafting course company.

The following are some unique crafts for those looking for something new.

· **Quilling:** This craft also goes by the name paper filigree. It involves twisting, rolling or looping thin strips of



paper and then gluing them together to make designs. They can adorn the outside of homemade cards, or be attached to stock and then framed.

· **Decoupage:** Another paper craft, this one involves sticking small pieces of paper of any kind to another item and then coating the object with varnish. Just about anything can be improved and customized with decoupage.

· **Marquetry:** Marquetry involves applying pieces of wood veneer to a structure to form a decorative pattern or picture. Think of it as paint-by-number but with wood veneer. The technique often is applied to small objects or furniture.

· **Bead crochet:** Crochet artists may want to take their crafting up a notch with bead crochet, which incorporates

beaded string or yarn into a crocheted item.

· **Water marbling:** Water marbling is a unique craft that produces a different result each time it is done. The crafter fills a tub roughly two-thirds full of water, adds a special chemical to allow oils to float on the water's surface, then drops different colors of oil-based paint onto the water. The colors can be swirled and manipulated. A paper or piece of canvas is then placed on the surface of the water so that the design can transfer onto the material.

· **Pyrography:** Pyrography involves using a heating source and burning designs into a piece of wood. The term literally means "writing with fire."

These lesser-known crafts can be good diversions and help individuals learn new skills.

BUSINESS & PROFESSIONAL GUIDE

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

**CALL
218-563-3585**

Carlin
FAMILY FUNERAL SERVICE

"Caring service for three generations"

(218) 435-1144

Funeral Home ~ Cremation Service
~ Granite Memorials

**ANDERSON FAMILY
FUNERAL HOME & CREMATION SERVICE**
719 N. Main Mahnomen, MN 644 Main St. Winger, MN

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

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



**Is There A
Wedding In
Your Future?**

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

LET US HELP MAKE YOUR WEDDING DAY
MEMORABLE.

487-5225 Gonvick, MN

Richards Publishing Co.

March 15th last day to complete enrollment for 2021 ARC, PLC programs

Call today about 2021 crop year eligibility.

Agricultural producers who have not yet enrolled in the Agriculture Risk Coverage (ARC) or Price Loss Coverage (PLC) programs for 2021 must do so by March 15. Producers who have not yet signed a 2021 enrollment contract or who want to make an election change should contact their local USDA Farm Service Agency (FSA) office to make an appointment. Program enrollment for 2021 is required in order to participate in the programs, but elections for the 2021 crop year are optional and otherwise remain the same as elections made for 2020.

"FSA offices have multiple programs competing for the time and attention of our staff. Because of the importance and complexities of the ARC and PLC programs, and to ensure we meet your program delivery expectations, please do not wait to start the enrollment process," said FSA Acting Administrator Steve Peterson. "I cannot emphasize enough the need to begin the program election and enrollment process now. This process can be completed when applying for other FSA programs as well."

ARC and PLC provide income support to farmers from substantial drops in crop prices or revenues and are vital economic safety nets for most American farms.

Although 1,033,310 contracts have been completed to date, this represents less than 59% of the more than 1.7 million contracts anticipated by the Agency. By enrolling soon, producers can beat the rush as the deadline nears.

Producers who do not complete enrollment by close of business local time on Monday, March 15 will not be enrolled in ARC or PLC for the 2021 crop year and will be ineligible to receive a payment should one trigger for an eligible crop.

ARC and PLC contracts can be emailed, faxed or physically signed and mailed back to FSA. Producers with level

2 authentication access can electronically sign contracts. Service Center staff can also work with producers to sign and securely transmit contracts electronically through two commercially available tools: Box and OneSpan. You can learn more about these solutions at farmers.gov/mydocs. Producers may also make arrangements to drop off signed contracts at the FSA county office. Please call ahead for local mailing or drop off information and options for submitting signed contracts electronically.

Producers are eligible to enroll farms with base acres for the following commodities: barley, canola, large and small chickpeas, corn, crambe, flaxseed, grain sorghum, lentils, mustard seed, oats, peanuts, dry peas, rapeseed, long grain rice, medium- and short-grain rice, safflower seed, seed cotton, sesame, soybeans, sunflower seed and wheat.

Yield Data and Web-Based Decision Tools Available

FSA recently updated the annual and benchmark yields for ARC/PLC program years 2019, 2020 and 2021. This data is useful to producers in choosing to participate in either ARC or PLC.

For added assistance with ARC and PLC decisions, USDA partnered with the University of Illinois and Texas A&M University to offer web-based decision tools to assist producers in making informed, educated decisions using crop data specific to their respective farming operations. Tools include:

- **Gardner-farmdoc** Payment Calculator, the University of Illinois tool that offers farmers the ability to run payment estimate modeling for their farms and counties for ARC-County and PLC.

- **ARC and PLC Decision Tool**, the Texas A&M tool that allow producers to analyze payment yield updates and expected payments for 2019 and 2020. Producers who have used the tool in the past should see their username and much of their farm data will already be

available in the system.

Crop Insurance Considerations

Producers are reminded that enrolling in ARC or PLC programs can impact eligibility for some crop insurance products. Producers who elect and enroll in PLC also have the option of purchasing Supplemental Coverage Option (SCO) through their Approved Insurance Provider. Producers of covered commodities who elect ARC are ineligible for SCO on their planted acres.

Unlike SCO, RMA's Enhanced Coverage Option (ECO) is unaffected by participating in ARC for the same crop, on the same acres. You may elect ECO regardless of your farm program election.

Upland cotton farmers who choose to enroll seed cotton base acres in ARC or PLC are ineligible for the stacked income protection plan (STAX) on their planted cotton acres.

More Information

For more information on ARC and PLC including web-based decision tools, visit farmers.gov/arc-plc.

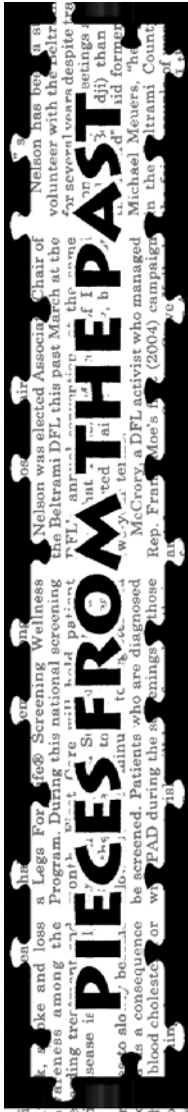
All USDA Service Centers are open for business, including those that restrict in-person visits or require appointments. All Service Center visitors wishing to conduct business with NRCS, Farm Service Agency, or any other Service Center agency should call ahead and schedule an appointment. Service Centers that are open for appointments will pre-screen visitors based on health concerns or recent travel, and visitors must adhere to social distancing guidelines. Visitors are also required to wear a face covering during their appointment. Our program delivery staff will continue to work with our producers by phone, email, and using online tools.

More information can be found at farmers.gov/coronavirus.

Visit farmers.gov/service-center-locator to find location and contact information for the nearest FSA county office.



50 years ago...1971: This is the cast of "Manakin's Demise", the McIntosh-Winger school's entry in the one act play contest. The cast if competing for region honors. Left to right are Bill Senn, Ann Stordahl, Bruce Grundyson and Angela Schleicher, the four main characters. In the background is Steve Carlson as "The Silent Man" and the chorus made up of Marilyn Sannes, Jane Widseth, Ann Thompson, Fern Schleicher, Peggy Horachek, Chris Hanson, Liz Pederson and Dorothy Bursheim. The play is directed by Ron Fleming.



40 years ago...1981: The littlest cheerleader at the boys basketball game on Tuesday was Leah Sonstelie, daughter of Mr. and Mrs. Rodney Sonstelie. Tutoring Leah is Scots varsity cheerleader Jennifer Aasen.

What is sustainable agriculture?

Many transitions have taken place in the agricultural industry over the last several decades.

The widespread adoption of various technologies over the last 20-plus years has helped farmers streamline their operations, making their farms more efficient and less wasteful as a result.

In addition, many farmers have embraced sustainable farming, which is a relatively recent approach to agriculture. According to the Union of Concerned Scientists, sustainable agriculture is a complex, multi-faceted concept. Sustainable agriculture intends to contribute to a robust economy by making farms profitable.

Farmers who embrace sustainable agriculture also aim to have a positive effect on the

environment and their surrounding ecosystems. That's accomplished by embracing strategies that focus on building and maintaining healthy soil, managing water wisely, minimizing pollution, and promoting biodiversity.

The National Institute of Food and Agriculture notes that sustainable agriculture encompasses a wide range of production practices, including some associated with conventional farming and some linked to organic farming. As a result, sustainable farming should not be mistaken for organic farming, or vice versa.

However, the UCS notes there's a strong likelihood that certified organic produce at local grocery stores are byproducts of farms that embrace sustainable agriculture.

NOTICE
Election
and Annual Meeting
Lessor Township

The annual election and meeting of Lessor Township, County of Polk, State of Minnesota, will be held on Tuesday, March 9, 2021 at Trinity Lutheran Church, rural McIntosh.

Voting will be from 5:00 p.m. to 8:00 p.m. to elect

One (1) Supervisor for a term of three (3) years and

One (1) Clerk for a term of two (2) years.

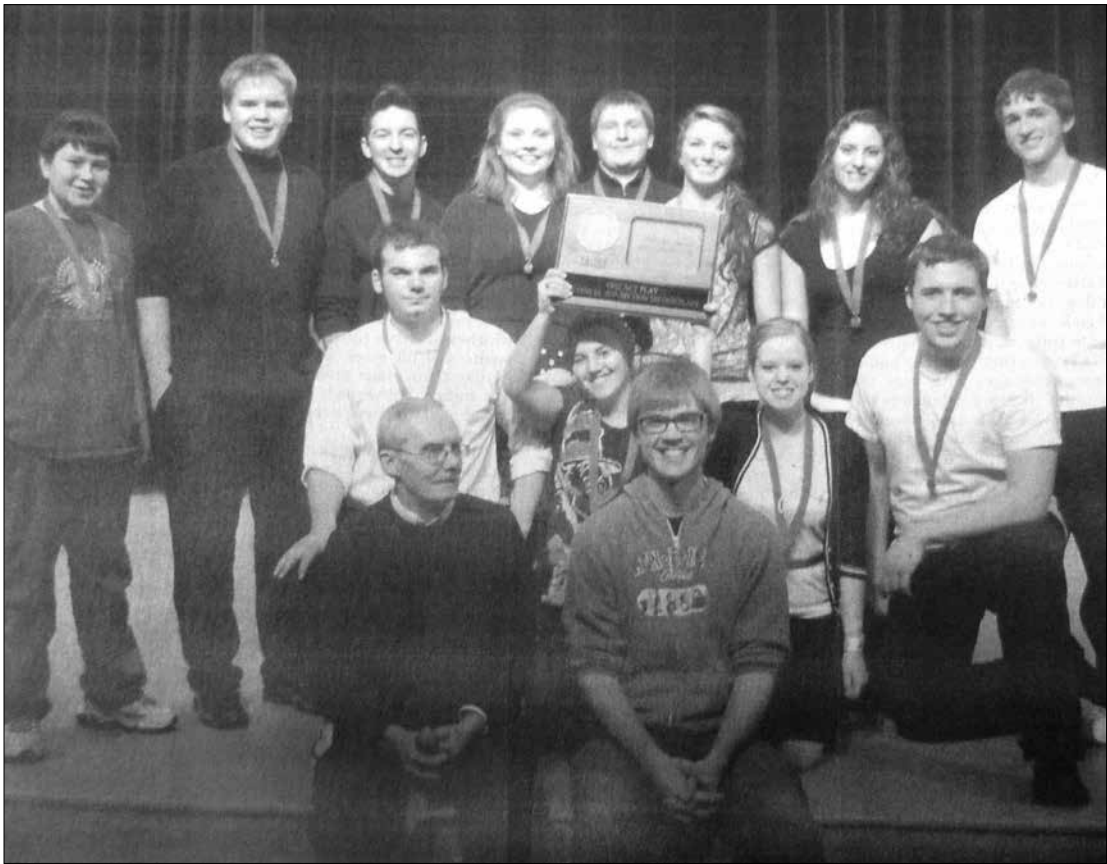
The annual meeting will start at 8:00 pm.

Social distancing guidelines will be followed.

The storm date shall be one week later.

Albert Plante, Clerk
Lessor Township

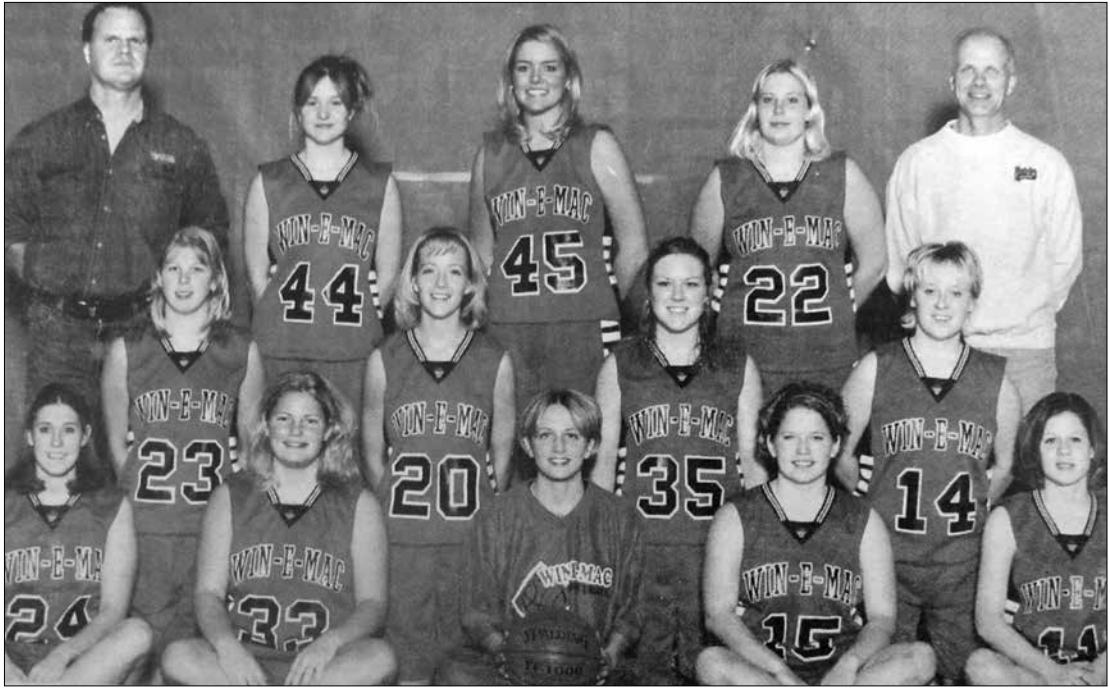
M48-49C



10 years ago...2011: Win-E-Mac placed 2nd in the Subsection 29A One-Act Play Contest. Win-E-Mac will present the play "NiteMare" by Dennis Bush at the Regional Competition on Saturday. Pictured are: (back) Michael Revier, Luke Syverson, Austin Parenteau, Michelle Soto, Daniel Revier, Samantha Lee, Jessica Schramm, Reed Klinkhammer; (middle) Zach Boehrnsen, Kim Boisse, MarJenna McWilliam, Riley Nornes; (front) Bruce McWilliam and Andrew Hanson.



30 years ago...1991: The following students were Academic All Stars for Win-E-Mac Junior High School. These students were on the "A" Honor Roll during the first and second quarters of the school year. Congratulations students for your fine work. (L-R, back) Galen Neste, Carl Berg, Polly Berg, Emily Hegg, Chris Nephew, Randy Landsverk, Katie Brumwell, Angie Bacon and Shannon Quam; (front) Jennifer Lurfald, Rachel Olson, Matt Lundin, Holly Roed, Jesse Hickman, Jodi Kiecker and Heidi Quam. Not present in the seventh grade were Sarah Gram and Kjersten Langemo.



20 years ago...2001: The Lady Patriots basketball team has a record of 15-3 with three games remaining in their regular season schedule. (l-r, back) Coach Donnie Nelson, Clair Gannonatti, Kayla Ness, Amber Solheim and Assistant Clyde Kringle; (middle) Amy Galland, Kristen Hole, Holly Jones and Brenda Fritz; (front) Stacy Vedbraaten, Tiffany Simonson, Manager, Tiffany Hamre, LeAnn Johnson and Jessica Osland.

Spellers from area schools advance to the Multi-Regional State Spelling Bee



Audrey Gust – Greenbush/Middle River.



Justin Timm - Marshall County Central.

Northwest Service Cooperative of Thief River Falls, sponsored the Regional Spelling Bee which was held on Wednesday, February 3th virtually over Zoom.

Advancing from local and district competitions, 16 winning spellers from 16 schools in Regions 1 & 2 participated in the Regional Bee. All spellers participated in an oral competition over Zoom.

The top four spellers advancing to the Multi-Regional State Spelling Bee on February 16th in Fergus Falls include: Audrey Gust, Grade 8, Greenbush/Middle River SD#2683; Justin Timm, Grade 7, Marshall County Central SD#441 Elementary; Ruby Osweiler, Grade 7, Roseau SD#682 and Kiera Higgins, Grade 8, Sacred Heart School, East Grand Forks.

They will compete at the State Spelling Bee virtually on February 16th.

The champion speller of the Multi-Regional State Spelling Bee will compete in the National Spelling Bee.

Additional district winning spellers competing in the Regional Spelling Bee included Aubree Henriksen, Blackduck SD#32; Elizabeth Grace Smith, Crookston SD #593-Highland Elem; Amy Sampson, Goodridge SD#561; Emily Johnson, Grygla SD#447; Andi Twamley, Lancaster SD#356; Cyrus Thomopoulos, S. Koochiching Rainy River/Indus SD#363; Rae Martinson, Red Lake County Central SD#2906; Ava Sustad, Stephen/Argyle Central SD#2856; Kiera Higgins, Sacred Heart School; Kason Hanson, Thief River Falls SD#564; Straet Spilde, Tri-County SD#2358; Cooper Deschene, Warren/Alvarado/Oslo SD#2176; Joy Neubert, Win-E-Mac SD#2609

The Multi-Region State Spelling Bee will include Regional Spelling Bee winners from the following Service Cooperative regions: Region 1 & 2 - Northwest Service Cooperative, Thief River Falls; Region 3 - Northeast Service Cooperative, Mt. Iron; Region 4 - Lakes Country Service Cooperative, Fergus Falls; Region 5 - Resource Training & Solutions, St. Cloud; and Regions 6 and 8 - Southwest/West Central Service Cooperatives, Marshall.

The Spelling Bee is a series of competitions for students in grades 5-8 beginning at the classroom level and progressing on to district, region, state and national levels. Benefits for students include improved spelling, increased vocabulary, learning concepts, developing correct English usage, developing poise in public performance and community recognition for participation.



Kiera Higgins - Sacred Heart.



Ruby Osweiler – Roseau.

Common home accidents and how to avoid them

Some of the most common and dangerous emergency situations occur at home. Precautionary measures can make homes as safe as possible, but accidents can still happen.

The National Safety Council says that 25 million in-home injuries occurred in homes in 2018. Accidental death is the third-leading cause of death in the United States, according to the Centers for Disease Control and Prevention. In fact, the NSC says the home injury death rate increased by 150 percent between 1999 and 2018.

The top five most fatal household injuries in the United States are poisoning, falls, choking or suffocation, drowning, and fires/burns. Recognizing the threat these accidents pose can compel people to make every effort possible to prevent them from happening.

- **Poisoning:** Poisoning can be attributed to exposure to household chemicals, but illicit drugs and alcohol use, as well as prescription drug overdoses, have become major contributors to accidental poisonings. Keeping medicine and liquor cabinets locked can prevent children and teens from accessing items that are off limits. Disposing of unused or expired prescription medication can help remove drugs from the home. Educating children about the dangers of drugs and alcohol also may help.
- **Falls:** Falls can happen at any age but they're most common among the very young or very old. Installing grab bars in bathrooms, improving indoor lighting and removing tripping hazards like area rugs or toys from high traffic areas can reduce the likelihood of falls. Young children should be carefully supervised and deterred from climbing.
- **Choking/suffocation:** U.S. News & World Report says airway obstruction - which includes choking, suffocation and strangulation - claims about 1,000 lives a year. Children often put objects in their mouths and swallow them, resulting in choking. Eating too quickly and failing to chew adequately at any age can cause food to become lodged in the throat. Older adults may lose the ability to chew or swallow adequately due to cognitive disorders or other conditions. Suffocation can occur when children are put in unsafe sleeping environments. Too many blankets or toys can impede youngsters' ability to breathe. Keeping a home clean, monitoring children and seniors while eating and learning the Heimlich maneuver can help prevent injuries.
- **Drowning:** A young child can drown in just inches of water, but pools, bathtubs and other standing water can be of greatest concern. Install fencing with self-latching gates and supervise children at all times when they are around water.
- **Burns/fires:** Install plenty of working smoke alarms and hold fire drills to reduce the risk of fire-related deaths and injuries. Turning down the temperature of a home water heater to avoid scalding and exercising caution in the kitchen, where many fires originate, also is key. Never leave food unattended on the stove.

Home accidents can happen, but awareness of common incidents may compel people to place a greater emphasis on prevention.

What's behind slow computers

Few things can derail a productive workday more quickly than a slow computer.

Many a professional has encountered the dreaded slowdown or spinning color wheel, only to sit in frustration as deadlines draw closer and tasks pile up.

Computers can perform slowly due to a variety of factors, many of which can be addressed rather easily.

- **Too much multitasking:** Successful professionals pride themselves on their ability to multitask, but computers can only handle so much.
- **Running many programs simultaneously or having too many browser tabs open at one time** is a recipe for a slow computer.

Keeping various programs open at once slows down processing speed, leading to lags when switching from one program to another. This is easily overcome by closing programs at the end of each workday and opening them only when you need to. Leaving multiple browser windows open at one time also slows down a computer, especially if the windows are open to pages that auto-refresh. Close windows when you're done reading an article or no longer need to access information on a particular website.

- **Software updates:** Automatic software updates can be convenient, but they also take up space on computer hard drives. According to TechAdvisory.org, computers run smoothly when at least 15 percent of their total hard drive space is free.
- **Turn off automatic updates and periodically check for updates on your own.** If updates are available, install them during non-working hours so you don't have to wait for the update to install during the workday.
- **Inadequate hard drive space:** Though it's best to keep at least 15 percent of your hard drive space free, users overcome storage-related slowdowns.
- **Viruses:** Computer viruses are most often linked to corrupted files and frozen screens, but they also can cause computers to operate more slowly. Conduct a virus scan on the computer to see if that's what's behind the spinning color wheel or frozen screens.

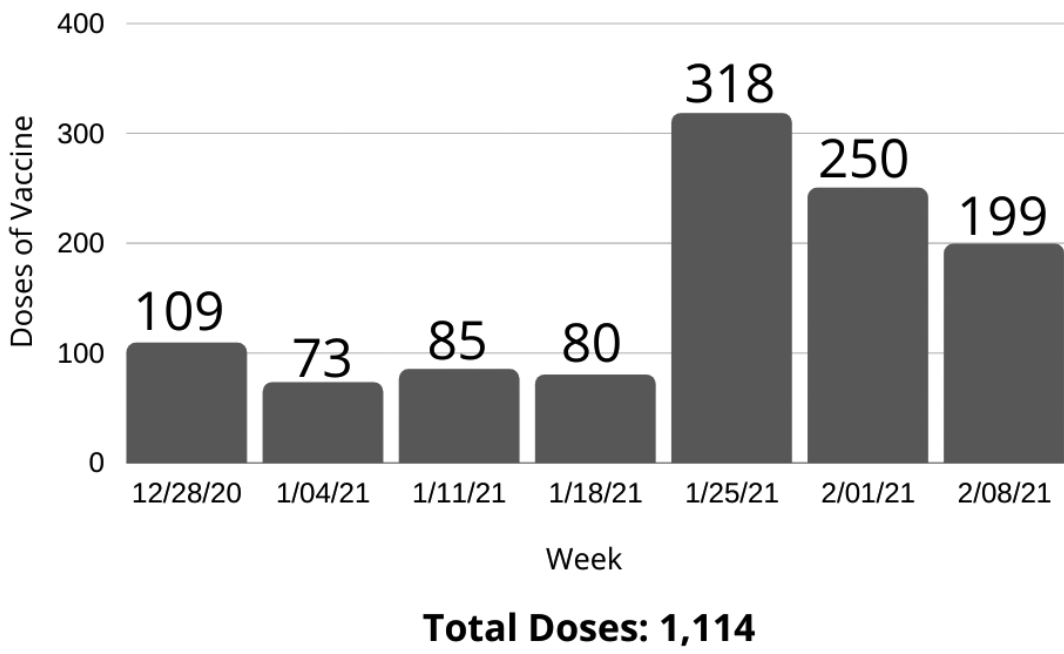
COVID-19 Weekly Update



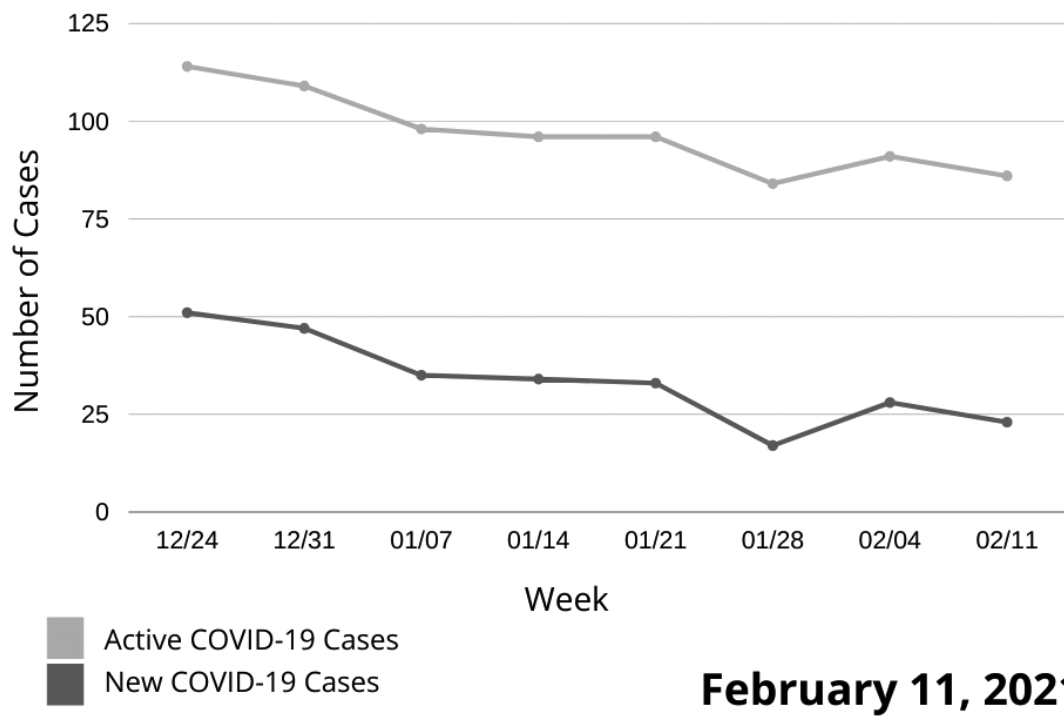
Polk County Public Health

NEW CASES	ACTIVE CASES	HOSPITAL CASES	TOTAL DEATHS
23	86	1 New Hospital Admissions	62
		0 New ICU Admissions	
TOTAL CASES: 3,368			
*New Case Data from February 4- February 10			
February 11, 2021			

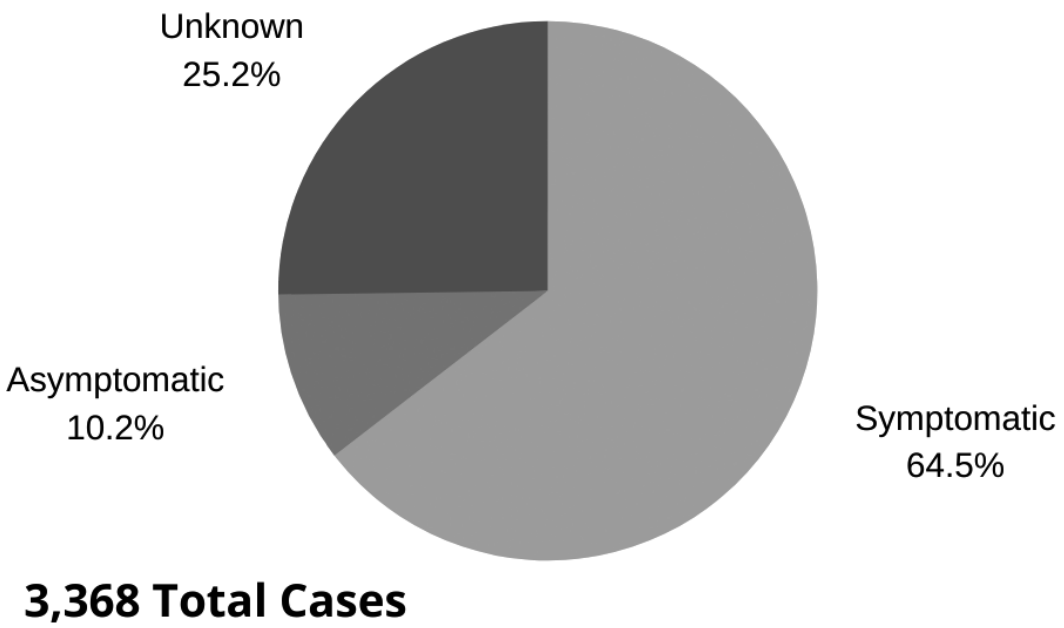
COVID-19 Vaccine given by Polk County Public Health



Polk County COVID-19 Cases Per Week



Polk County COVID-19 Symptomatic vs Asymptomatic



ing non-working hours so you don't have to wait for the update to install during the workday.

- **Inadequate hard drive space:** Though it's best to keep at least 15 percent of your hard drive space free, users overcome storage-related slowdowns.
- **Viruses:** Computer viruses are most often linked to corrupted files and frozen screens, but they also can cause computers to operate more slowly. Conduct a virus scan on the computer to see if that's what's behind the spinning color wheel or frozen screens.