



McINTOSH

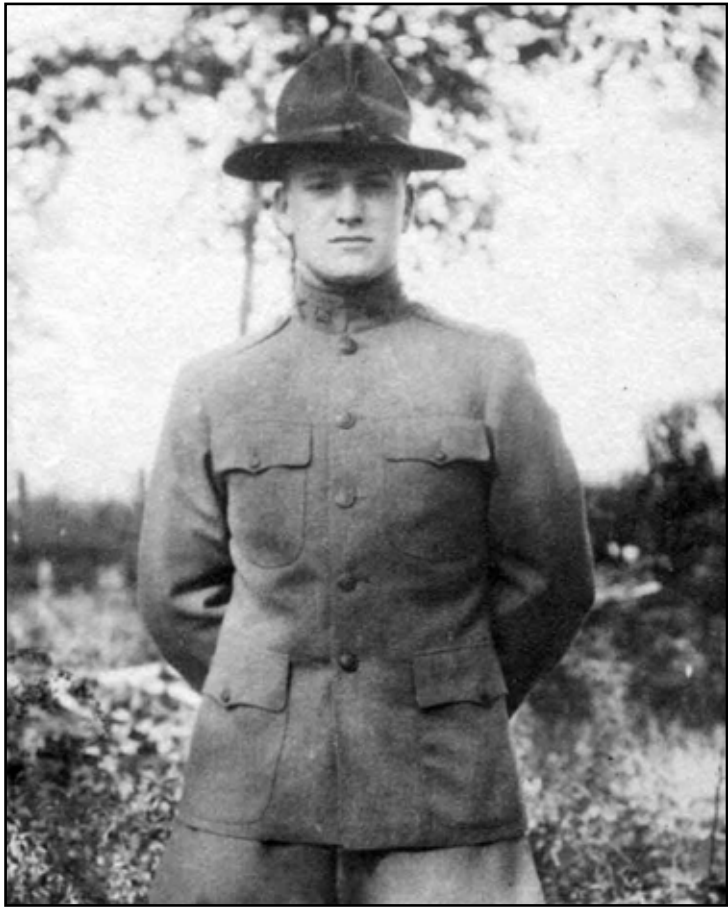
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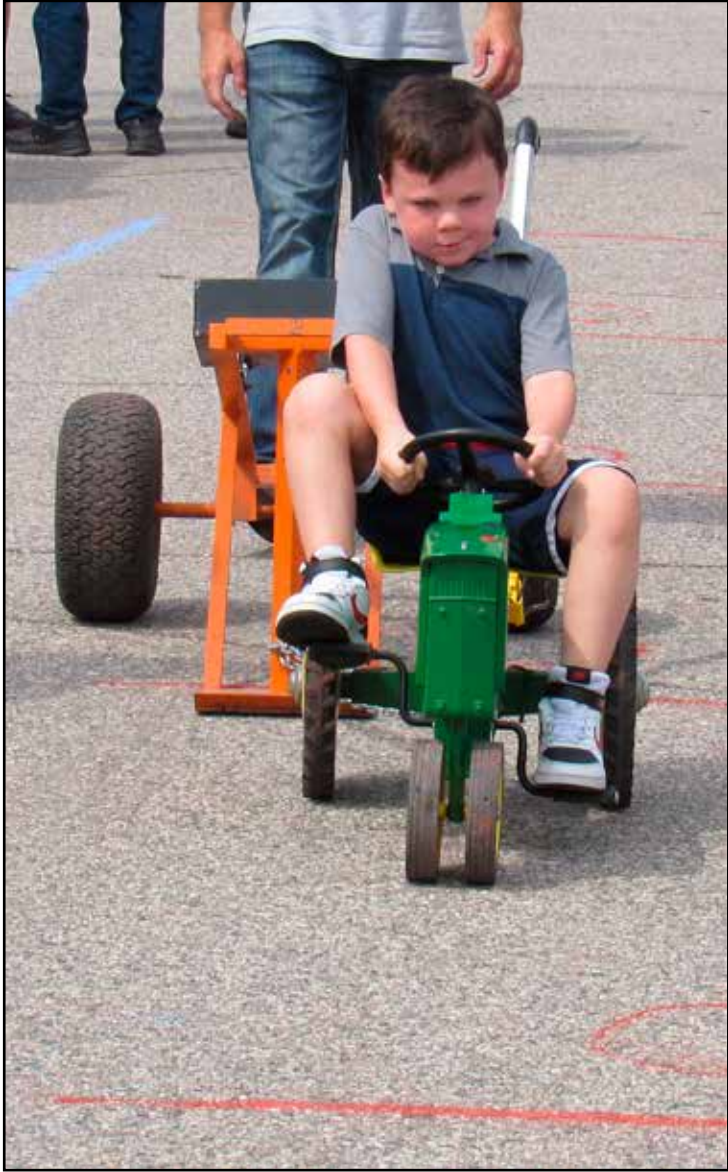
Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Medal of Honor recipient Nels T. Wold was born in Winger, Minnesota. Winger is also the final resting place of Wold, who was killed in action in France on September 26, 1918 during a World War I conflict.



Roman Shultz making his way toward the line for a "full pull" during the Kiddie Pull at the annual McIntosh Tractor Day celebration in McIntosh.

100th Anniversary of Medal of Honor recipient Wold's funeral will be remembered with a service

One hundred years ago, an American hero was laid to rest in a small cemetery near Winger.

On September 21, 1921, remains of Nels T. Wold, recipient of the Congressional Medal of Honor, were buried in Elim Cemetery.

On the 100th Anniversary of his funeral, a remembrance service will be held on Saturday, September 25, 2021 at 1:00 pm in the Community Center in Winger.

The son of Norwegian immigrants, Nels T. Wold was born December 24, 1895 in Winger, Minnesota, the 8th of 10 children born to Tidemand E. and Klara (Tharaldsrud) Wold who both immigrated to the United States from Norway in 1883. After Klara died when Nels was just six years old, Tidemand had an 11th child with his second wife, Osse Lee. Tidemand died when Nels was 16.

When Nels registered for the draft on June 5, 1917, he was living in Akron, Ohio, and working for Goodyear Rubber Company. He was described as tall, with blue eyes and light hair.

Nels was living in Minnewaukan, North Dakota

when he enlisted in the Army. He was inducted at Crookston, Minnesota on April 2, 1918, and sent to Camp Dodge, Iowa. His emergency contact was his stepmother who was living in McIntosh, Minnesota at the time.

Wold served as a private in Company I, 138th Infantry Regiment, 35th Division. At the start of the Meuse-Argonne Offensive on September 26, 1918, his battalion was tasked with capturing the French village of Cheppy.

Wold's platoon, at the battalion's far left flank, was to act as a communication link between the battalion and the neighboring 137th Infantry Regiment.

However, thick fog caused the platoon to lose contact with both the 137th and its own battalion immediately after the advance on Cheppy began. The platoon continued forward as a combat patrol until encountering a group of American scouts led by Lieutenant John Wingate.

Wingate combined the two groups and led them behind German lines, with the intention of attacking the Germans from the rear and thus clearing the way for the American

advance.

Upon reaching the German rear outside Cheppy, with the fog lifted, the group began destroying enemy positions one at a time.

One well-placed machine gun nest, located in a clump of bushes, was deemed too dangerous to attack head-on. Wold asked for and received permission to crawl up to the position and investigate.

While the rest of the group took cover, he crept up to the rear of the emplacement, killed two occupants, and captured the remaining three. As the group continued on, clearing ambushes, sniper posts, and gun emplacements, Wold volunteered four more times to single-handedly attack machine gun nests. He was successful each time except the last.

He was killed by machine gun fire while penetrating a camouflage screen which concealed the fifth emplacement. His comrades then charged the position, killed the occupants and recovered Wold's body.

Wold was initially buried in France. Wold, aged 22 at his death, was returned to Minnesota and buried at Elim Cemetery in his birthplace of Winger, Minnesota.

Private Wold's official Medal of Honor citation reads: "He rendered most gallant service in aiding the advance of his company, which had been held up by machine gun nests, advancing, with 1 other soldier, and silencing the guns, bringing with him, upon his return, 11 prisoners. Later the same day he jumped from a trench and rescued a comrade who was about to be shot by a German officer, killing the officer during the exploit. His actions were entirely voluntary, and it was while attempting to rush a 5th machine gun nest that he was killed. The advance of his company was mainly due to his great courage and devotion to duty."

Wold was called "one of America's 100 bravest" by Gen. John Pershing.

Fengstad-Solie American Legion Post 200 of Winger will host the centennial observance. The public is encouraged to attend. Again, the service will be held on Saturday, September 25th at 1:00 pm at the Winger Community Center.

For more information on the remembrance service, call Craig Espeseth at 218-563-2628 or 218-230-4909.

How to participate in National Voter Registration Day

Democracy is most effective when all eligible voters cast their votes. Whether voters vote in person or submit absentee or mail-in ballots, the importance of voting cannot be understated.

In recognition of the importance of voting, each year the United States celebrates National Voter

Registration Day on the fourth Tuesday in September. This year National Voter Registration Day is Tuesday, September 28th.

What is National Voter Registration Day?

National Voter Registration Day is a nonpartisan civic holiday to get Americans registered to vote and educate them about how to vote on or around Election Day.

One and a half million people registered to vote on National Voter Registration Day in 2020.

Why is this Day important?

The organizers behind the holiday note that as many as 25 percent of all eligible voters in the United States are not registered to vote.

Voters who miss the deadlines to register, which vary from state to state, are ineligible to vote, though some states allow voters to register in person on Election Day and still vote. Voter registration is not closed in any state on or before National Voter Registration Day, so participants can rest easy knowing that if they successfully register on this day they will be eligible to vote on Election Day, which is Tuesday, November 2, 2021. A list of state-by-state voter registration deadlines can be found at [Vote.org](https://www.vote.org).

How can everyone participate?

The organizers behind National Voter Registration Day note that it is a partner-driven effort.

Community events, including in person and virtual events, and social media campaigns are just some of the ways individuals can promote and participate in National Voter Registration Day.

Is this Day a partisan event?

Organizers urge participants to avoid using National Voter Registration Day to advocate on behalf of a particular candidate, party or ballot measure. The organizers want the day to remain positive.

National Voter Registration Day takes place on Tuesday, September 28, 2021. More information can be found at nationalvoterregistrationday.org.



McIntosh Tractor Day included an event for kids to participate in a kid-sized pedal tractor pull, sponsored by the Polar Beach Snowmobile Club. Here Hudson Swanson gives it a go.



Happy retirement to the McIntosh Senior Living Business Manager of almost 30 years, Wanda Olson. Wanda is pictured here, in the center, surrounded by her co-workers at her retirement party held last week.



Kollin Ferden, part of the McIntosh Tractor Day parade held on Saturday, August 28th.

Free Pets and Loss grief class and remembrance service for adults

Hospice of the Red River Valley is offering monthly virtual grief support classes and workshops in 2021. All classes are free and open to the community.

Our grief classes offer attendees a safe, supportive environment for learning about their grief and talking with others who have experienced a loss through death.

There are two opportunities to attend grief classes on October 7th.

Pets & Loss (October 7th from 11:30 a.m.-1 p.m.) - Our pets are our companions and a big part of our lives. The loss

of our pets can deeply affect us. Learn coping skills to help grieve and honor our pets when they die. Participants will also explore how pets can help us through our grief journey when we lose someone else. A Hospice pet therapy volunteer will be at the class with her therapy dog.

Remembrance Service (October 7th from 5:30-6:30 p.m.) - Hospice of the Red River Valley invites you to remember and honor those who have died through a remembrance service. This is a peaceful time to reflect on the loss of someone special in your life. This is not a

spiritual service, rather a time to celebrate and remember.

Registration for both events is required by Oct. 6. Both classes are free and open to the public; offered virtually and in person at Hospice of the Red River Valley, 1701 38th St. S., Suite 101 in Fargo (use west door). Register for classes online at www.bit.ly/grief-classregistration, or call (800) 237-4629 and ask for the grief support department. View the complete list of monthly classes at: <http://bit.ly/monthlygriefclasses>.

Contact us anytime at 800-237-4629 or hrrv.org.

Celebrate Oktoberfest with traditional fare

Oktoberfest is a 16- to 18-day festival that begins at the end of September and continues into the first week of October. It's annually held in Munich, Bavaria, Germany and features traditional Bavarian cuisine and copious amounts of local beer.

While not everyone can travel to Munich to celebrate Oktoberfest, the rich heritage of the festival can be simulated closer to home by crafting foods from that region of Germany. Though sausages and pretzels may be most associated with Oktoberfest, those looking for something a little more substantial can try this recipe for "Roast Pork Loin in Bavarian Beer Sauce" courtesy of Löwenbräu Brewery.

Roast Pork Loin in Bavarian Beer Sauce
Serves 4 to 6
Marinade
1/2 cup Dijon or German-style mustard
1 large onion, chopped
1/2 cup honey
3 cups Löwenbräu Original beer
3 1/2 pounds boneless pork loin, tied 3 to 3 1/2 inches wide
2 tablespoons vegetable oil
Beurre Manie
1 tablespoon softened unsalted butter
1 tablespoon all-purpose

flour

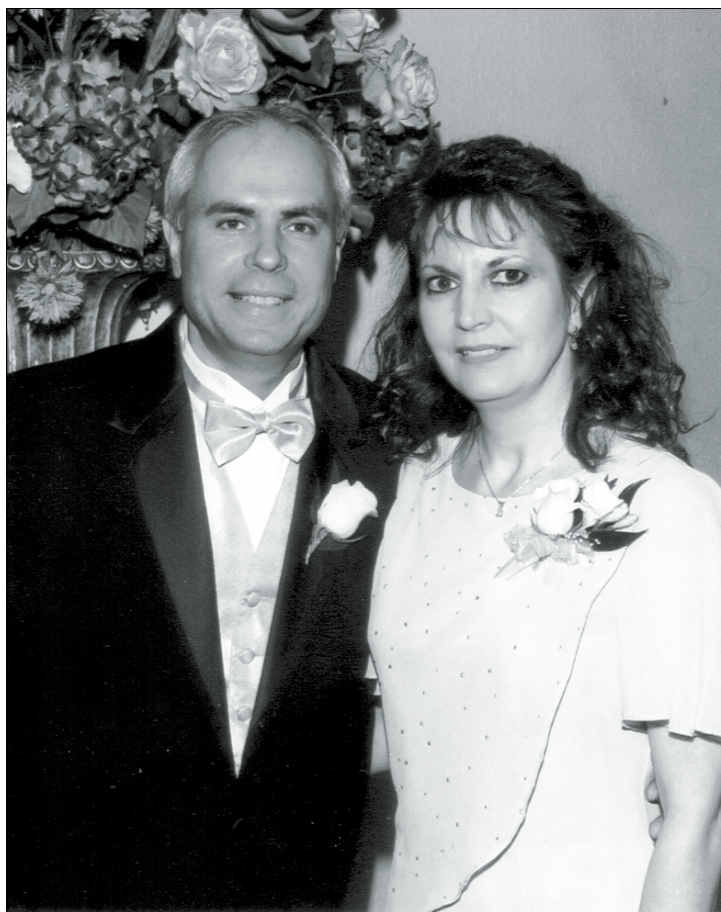
For the marinade: Combine marinade ingredients into a large saucepan. Bring marinade to a boil while stirring and remove the pan from the heat. Using a blender, puree marinade. You may need two batches. Transfer marinade to a bowl and let cool to room temperature. Spoon off any remaining foam.

For the pork loin: Combine pork and marinade into a large, heavy resealable plastic bag and press out any air. Put the bag in baking dish and refrigerate for at least 8 hours and up to 24 hours. Turn bag once or twice during refrigeration. Remove from refrigerator and let pork come to room temperature (approximately 40 minutes). Transfer marinade to a saucepan and bring just to boil.

Preheat oven to 375 F. Pat pork dry with paper towels and season with salt and pepper. In a flameproof roasting pan, heat oil over moderately high

heat (not smoking) and brown pork on all sides. Roast pork while basting frequently with some marinade until temperature reaches 155 F. For slightly pink meat, roast for 1 to 1 1/2 hours. Transfer pork to a cutting board while keeping juices in the roasting pan. Discard string and let stand covered loosely with foil for approximately 15 minutes.

For the sauce: While pork is standing, skim and discard fat from pan and add remaining marinade. Deglaze roasting pan over moderately high heat, scraping up brown bits. Bring



The Gosen Luther League meets on Sunday evening, September 26th, at 7 p.m. Dan and Merilee Ottoson will be in concert. Accomplished Gospel singers, songwriters, and recording artists, their program will include southern Gospel songs, hymns and audience sing-alongs. A saxophone solo and a special children's feature will round out the program. Join us for an inspirational evening in honor of our Lord Jesus Christ. For information call 268-4242 or 687-3461.

Essentia Health reinstating visitor restrictions across all hospitals

Essentia Health is reinstating visitor restrictions at all of our hospitals due to increased transmission of COVID-19.

In most cases, two adult visitors will be allowed per patient, per day. Visitation is limited to the same two people in a single day.

Patients with known or suspected COVID-19 are not allowed visitors unless they are pediatric or OB patients, or patients in an end-of-life situation. A person who has been determined to be essential to the care and safety of a patient will also be allowed visitation.

General visitation hours in the hospital are from 9 a.m.

Essentia Health offers free online heart health risk assessment

Are you at risk of developing heart disease? Do you want to know more about the health of your heart?

A free online heart health risk assessment through Essentia Health can help you learn more about your potential for heart disease, as well as how you can prevent future complications. The assessment is available by clicking here (EssentiaHealth.org/MyHeart) and allows you to compare your actual age to your heart's biological age, calculate the possibility of developing heart disease and prioritize your most harmful risk factors.

After completing the assessment, you will receive a personalized report that will summarize your risk factors, provide helpful tips and recommend next steps to living heart-healthy.



Please join us for a baby shower honoring

Madison (Stuhaug) Plante

on Saturday, September 25th at 11:00 am at Debbie Noyes garage in Erskine

Registered at Target and Amazon

sauce just to a boil and strain through a fine sieve into another saucepan. Bring sauce to a simmer and whisk in Beurre Manie in small increments, whisking until sauce is combined and thickened slightly.

Serve pork sliced with sauce and a glass of Löwenbräu.

to 6 p.m. When visitors are care partners or are visiting in emergency departments, pediatric inpatient units and neonatal ICUs, visitation is allowed 24/7.

There are exceptions to this policy for several situations. Our complete visitor policy can be found here.

Essentia continues to follow Centers for Disease Control and Prevention and state health department guidelines by requiring continuous masking among everyone within our facilities and by screening patients and visitors. We ask visitors to remain in the room of the patient they are visiting.

It pays to be proactive: How a heart screen may have saved one man's life

Heart disease is the leading cause of death worldwide.

Thank You

A special thank you to the 14 Finseth's who came and moved my stove wood from my barn to up by my stove. This stove wood has been in my barn 20 to 30 years so it's nice and dry. There were 2 wood splitters up by my stove splitting the wood, as 3 outfits hauled the wood from my barn. Everything went quite fast, so in a few hours I had my winter supply of firewood up by my wood stove. With my age of nearly 88 years old and poor legs, it would have been almost impossible for me to get this stove wood moved from the barn to up by my stove, a year ago I pulled some dead trees out of the woods, and I cut them into stove lengths, a special thank you to the Quam's who split all of these heavy oak chunks and pulled them. I am very thankful for my good relatives who came and helped me at different times.

So, Thank you everybody.
Norris Syverson

MAC TO FLUSH WATERLINES

The City of McIntosh will be flushing waterlines and hydrants each Thursday through-out the summer. Residents are encouraged to watch for rusty or dirty water on these days. Fill washing machines to check water before adding clothes.

Community Birthday and Anniversary Calendar

Wed. Sept. 22: Milan Wirth, Delores Syverson, Mark Strom, Adelle Stenmoen, *Brooke & Eli Clark, *Curt & Judy Bartz, *Bobby & Greta Strom

Thurs. Sept. 23: Michael Lindseth, Angel Hedlund, Kolten Barch, Garnet Aanenson

Fri. Sept 24: Shawn Burslie, Caitlyn Espeseth, Nathan Frisk, *Tyler & Amanda Schow

Sat. Sept. 25: Paulette Kringlen, *Dan & Mary Schow, *Larry & Orlett Heldund

Sun. Sept 26: Marvin Rolf, Sheree Breckel, Elliot Carlson, *Mark & Jan Langemo

Mon. Sept. 27: Dominic Kringlen, Emma Ekeberg, Tish Burslie, *Joel & Connie Strom, *Wesley & Valerie Brekke, *Jackie & Cody Huschle

Tues. Sept. 28: Jeff Jacobson

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
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"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

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Our Savior's Fall Roast Beef Dinner

The annual Our Savior's Lutheran Church in McIntosh will have their annual Men's Dinner on Sunday, September 19, 2021 from 11:30 am -1:00 pm. Shop at the County Store for all your baked goods, garden produce and jellies!

Fall book sale at library in Mac

The McIntosh Public Library will offer a sale of gently used and new books this fall. The public is encouraged to stop by to browse for bargains and support their local library.

All funds raised will stay local to support adult and children's programming at the McIntosh Public Library.

The Book Sale will be held at the McIntosh Public Library, 115 Broadway NW.

LSS

Meals Menu

687-2262

Tues, September 28th - Taco Burger on Bun w/Lettuce - Tomato - Cheese - Spanish Rice - Corn - Fruited Jello w/ Whipped Topping - Milk

Wed, September 29th - Pork Loin - Sweet Potatoes - Broccoli - Wheat Bread - Carrot Bars - Milk



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

Sun. Sept. 26: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Oct. 3: 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

Wed. Sept 22: 6:00 pm- Meal at Our Savior's (Everyone Welcome); 6:00 pm-Confirmation Class at Our Savior's; 7:00 om-Joint Parish Worship Service at Our Savior's

Sun. Sept 26: 9:45 am-Coffee Hour at Calvary; 10:30 am-Worship at Calvary

MCINTOSH FREE LUTHERAN PARISH
Mt Carmel
Free Lutheran Church
Trinity
Free Lutheran Church
Pastor Karl Anderson -
(218) 563-2140

Sunday Services
9:30 Mt Carmel
1100 Trinity
Video Sermon -
GVTel Channel 30
9:00am Sunday
Repeated 6pm Wednesday
Also available on the McIntosh Free Lutheran YouTube Channel

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church

Sun., Sept. 12: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: [gosenchurch](https://www.facebook.com/gosenchurch) and [gosenchurch.com](https://www.facebook.com/gosenchurch.com)), 7:00 p.m. Luther League (see article elsewhere in the paper)

Tues. Sept. 14: 10:00am Sunday worship service telecast on GVTv-30

Wed. Sept. 15: 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.

BUSINESS & PROFESSIONAL GUIDE

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

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Richards Publishing Co.,

Farm Credit Associations
move to next phase of merger talks

AgCountry Farm Credit Services and Farm Credit Services of North Dakota are pleased to announce the Joint Board Resolution was unanimously approved by both Boards on July 13, 2021, approving the terms and conditions of the Agreement and Plan of Merger. Following a review and approval by Farm Credit Administration (FCA), the merger vote will go to stockholders.

The combined association would operate under the AgCountry Farm Credit Services brand name and, if all conditions are met, the newly merged association is expected to begin operation under the management of AgCountry Farm Credit Services CEO Marc Knisely effective January 1, 2022.

"This is a strategic merger for both associations," shares AgCountry Board of Directors Chair, Ed

Hegland. "Our board has worked diligently to determine how best to support the long-term success of our members, the cooperative, and the communities we serve. Next, we will need our shareholders to play their important role for our cooperative—review the merger packet that will be mailed following FCA approval and cast their vote."

"The Board of Directors

serving Farm Credit Services of North Dakota, views this as a good merger for members of both cooperatives," said Bryan Ankenbauer, Board Chair for Farm Credit Services of North Dakota. "Both associations are closely aligned in mission and focus on member-owners' success. The combined association will benefit from increased loan portfolio diversity, a larger capital base and a wide array of products and services."

Following the merger, member-owners can expect

Farm Business Management Scholarship

Apply now for fall semester.

The Farm Business Management Scholarship is an exclusive opportunity for Minnesota Agricultural Water Quality Certified producers to receive up to 75% off their tuition for the Farm Business Management Program.

Applications for Fall semester 2021 are due by October 1. Contact your Farm Business Management instructor to apply.

The Farm Business Management Program is a one-on-one, student-led program designed to provide education to farm owners and operators. The program helps students to meet their business and personal goals and focuses on us-

ing quality records and sound business decisions with tools and other resources. It is offered at seven Minnesota State colleges throughout the state.

The MAWQCP Farm Business Management Scholarship will award \$140 per credit (approximately 75% of the cost of tuition) for new Farm Business Management students in their first and/or second semester of the program and \$90 per credit (approximately 50% the cost of tuition) for returning students in their third semester or beyond.

To qualify for the scholarship, applicants must be Minnesota Agricultural Water Quality Certified. To apply, contact a Farm Business Management instructor.

Learn more at AgCountry.com or farmcreditnd.com.

Emerging Farmers' Working Group seeks new member

The Minnesota Department of Agriculture's (MDA) Emerging Farmers' Working Group (EFWG) has openings for nine volunteer members for two-year terms.

Minnesotans interested in making it easier for new and emerging farmers to create or sustain an agricultural business are encouraged to apply.

"The work of the Emerging Farmers' Working Group is critically important in helping to identify the barriers to entering the field of agriculture and better ways to support new and emerging farmers in our state," said Assistant MDA Commissioner Patrice Bailey.

"We need members of di-

verse communities and varying backgrounds and experiences to advise the MDA and shape the future of farming in Minnesota."

Anyone is eligible to apply. Priority areas for membership include: Women; Veterans; Persons with a disability/disabilities; American Indian/Alaska Native; Communities of color; Young; and Urban.

The deadline to apply for EFWG membership is Monday, September 27, 2021 at 11:59 p.m.

The MDA website has the membership application and more information on the EFWG page.

ORDINANCE #2021-01
ESTABLISHING SALARIES AND EXPENSES FOR THE MAYOR AND CITY COUNCIL FOR THE CITY OF WINGER

THE CITY COUNCIL OF THE CITY OF WINGER DOES HEREBY ORDAIN AS FOLLOWS:

Section 1.

A. The Mayor of the City Council of the City of Winger will receive a yearly salary of One hundred seventy-five dollars, (\$175.00) per meeting and;

B. Fifty dollars (\$50.00) per meeting for all special meetings for serving as Mayor and performing all duties associated with the office.

Section 2.

A. Each member of the City Council of the City of Winger will receive One hundred twenty-five dollars, (\$125.00) per meeting and;

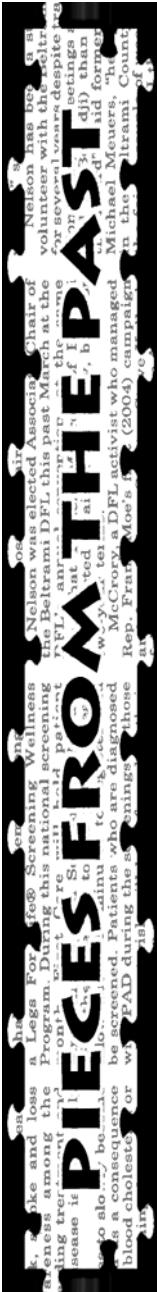
B. Thirty-five dollars (\$35.00) per meeting for all special meetings for serving on the council and performing all duties associated with the office.

Section 3. The effective date of this ordinance is January 1st, 2022.

Passed on this the 13th day of September 2021.

Mayor Darrell "Ole" Olson,
City Clerk/Treasurer Dominica Zarkoff

Published in the McIntosh Times



60 years ago...1961: Arnold Syverson, left, and Norris Syverson, right, had their six foot, 275 pound bear strung up for the photographer last Tuesday morning. They bagged the bear in the woods on their land about ten miles northwest of McIntosh. Later they took it over to the locker plant where it yielded 172 pounds of meat.



50 years ago...1971: One of the favorite projects among the 4-H girls is sewing. This is the Dress Revue queen and her attendees at the East Polk County Fair. Left to right, advanced group, Marlys Finseth, from the Hill River Jolly Workers, Karen Bergman, Lessor Livewires, Mary Gredvig, Barbara Lundby, both of Fertile and Julie Bergman, Lessor Livewires.



40 years ago...1981: Terumi Ichihara from Kanazawa, Ishikawa Japan, is seated (left, front) in the Wayne Strom home, rural McIntosh, with her pen pal of seven years, Beth Strom. With the girls are Beth's sisters, Mary Schmidt and Julie Pacquin, along with their mother, (right, front) Phyllis Jordet of Gully.



30 years ago...1991: The captains of the Win-E-Mac Patriots for the 1991 football season are Dan Vesledahl, Cory Simonson, Ryan Tangen and Josh Hickman.

OPEN COUNCIL SEAT

The City Council of Winger, County of Polk, in the state of Minnesota is looking to fill an open Council seat by appointment (Pursuant to Minnesota Statute 412.02 subdivision 2a). Anyone interested must be a resident of the City of Winger, and an eligible voter in the State of Minnesota.

If interested, please contact the Winger City Clerk.
Dominica Zarkoff, City Clerk/Treasurer
CityofWinger@gvtel.com • 218-938-4150

M27C



20 years ago...2001: Pitching for a Cure: The Grace Lutheran Relay for Life Team from Erskine. Front, L-R: Susan Foss, Meghan Perkerwicz, Sidney Foss, Kyle Perkerwicz. Back, L-R: Lynette Kaster, Nancy Jensen (captain), Julie Clementson, and Matt Perkerwicz. Not pictured: Ellen Lindseth, Ann Johnson, Kathy and Al Salverson and Tim Farrell.



10 years ago...2011: Sharlene Knutson, Tricia Hove, Ollie Ferden and Diane Roed all had a hand in the booth that was set up for McIntosh Senior Living during Craft and Market Day. They had many unique baskets available to bid on in a silent auction. All of the money that was raised will be put towards a van so that they can take the residents for outings.



Anika Olson tries her hand at the Kiddie Pedal Pull, a part of McIntosh Tractor Day held the last Saturday of August in McIntosh.



Part of McIntosh Tractor Day is the fun event from the Polar Beach Snowmobile Club, and Emma Nyland is taking part in the Kiddie Pull.



Mason Lofgren was a part of the Kiddie Pedal Pull during McIntosh Tractor Day.



Jessica Thompson and Justin Moran were a part of the Tractor Day parade held in McIntosh on Saturday, August 28th.

Superintendents Notes

By Randy Bruer

Social Media and home internet

Social Media can be a huge problem among young people today using cell phones and other electronic devices. We know that students send some illegal texts, and pictures among themselves and this can be considered a crime. We have seen the news media asking PARENTS to speak with your children about the use of their cell phone in and out of school, along with apps to view and stay away from, and how the phone should be used. Please take the time to speak with your child because we know this is happening among our student population. It can also be considered a form of bullying which is a common and potentially damaging form of violence among students.

Another potential issue may possibly take shape as students spend more time on-line at home. They could be talked into a scam involving money while using their technology equipment at home. Please watch and speak to your children about this issue.

Review these questions each time you send your child to school.

Does your child have one or more of these symptoms? – Fever greater than or equal to 100.0 degrees F, Difficulty breathing, new onset and/or worsening cough, new loss of taste or smell

Does your child have at least two or more of these



symptoms? – Sore throat, nausea, vomiting, diarrhea, chills, muscle pain, excessive fatigue, new onset of severe headache, new onset of nasal congestion or runny nose. If you see any of these symptoms call the school and keep your child home. It is not worth risking a virus in school as we will be forced to shut down. We are doing temp checks when entering the school but we are counting on parents to keep their children home if they have symptoms.

School Retrofit plan

We have completed the installation of new sinks and auto faucets in the elementary bathrooms and will have new dividers installed next week. All restrooms in the High school and Elementary will have new private dividers to replace the old. Next summer we plan to update our locker rooms, but this is a larger task with building codes.

How to help students improve their focus on their studies

Teachers strive to create supportive and challenging classroom environments for their students. Such settings can bring out the best in students and help them overcome obstacles, including an inability to focus.

The struggles students can have with focusing on their studies was apparent during the pandemic.

A 2020 survey of more than 400 college students found that 64 percent were concerned about their ability to maintain their focus and discipline in remote instructional environments.

Though educators, students and parents are hopeful that remote learning will soon be a thing of the past, no one is certain about what lies ahead in regard to the 2021-22 school year.

Ideally, students will be back in school time full-time five days per week by the start of the new academic year.

However, there's no guarantee that will be the case, and students may need help focusing on their studies.

• **Emphasize one activity at a time.** Various studies have shown that multitasking adversely affects performance and makes it hard to concentrate. A recent study from researchers at the Massachusetts Institute of Technology found that performing two or three activities simultaneously puts significantly more demand on the brain than simply doing those tasks one after another. All students, and especially those who are struggling with focus, should be encouraged to take on one task at a time.

• **Take breaks.** The Cleveland Clinic notes that various studies have found that periodic breaks improve mood, boost performance and increase a person's ability to concentrate and pay attention. Many students are well acquainted with lengthy cramming sessions on

Century 21

After-School Program

Win-E-Mac will be doing another year of the after-school program. Our school along with 3 other districts will be funded for a program of 5 days a week plus summer, for kids attending our school district. If your child would like to be in an exciting program after school until 5:15, call the school @ 218-563-2900 for more details. We will also offer an early morning drop-off if needed for parents beginning at 7:30 am.

Covid Relief Information

Certainly, during this time of Covid, families may need help to pay bills or need help with living expenses. A person can apply online and seek help by calling Tri-Valley Opportunity Council in Crookston to assist. Online info: www.rent-helpmn.org

Patriot Pride Boosters

This group of parents and community members want to help with all aspects of the school and is open to anyone who is willing to help achieve this goal. There is no fee to join and for more information contact patriotpridebooster@gmail.com.

Extra-Curricular Activities

The district has extra-curricular activities and sports taking place after school this fall with Volleyball and Football. Please review a school calendar to events you may be interested in attending. Catch the Patriot Spirit.

How to spot signs of cyberbullying

Despite its relative infancy, the internet has become so prevalent in daily life that it's hard to imagine a time when it wasn't so widely available. Yet that time wasn't so long ago. In fact, many adults who are now entering or in middle-age made it through their secondary educations without the internet.

That's not so for today's students, and that divide can sometimes make it difficult for parents to spot signs that their children are victims of cyberbullying.

Cyberbullying refers to the use of electronic communication to bully a person, typically by sending intimidating and/or threatening messages. These messages may be sent in various ways, including through apps or via social media plat-

forms. According to StopBullying.gov, a website managed by the U.S. Department of Health and Human Services, research has shown that a quick and consistent response to bullying is an effective way to convey that such behavior is unacceptable.

But parents first must learn to recognize signs of cyberbullying, which is not always as easy to spot as other bullying behaviors.

The Anti-Defamation League notes that hateful words and rumors are often a component of cyberbullying. In such instances, that abuse can follow young people home, giving them the idea that the bullying is inescapable. In decades past, bullying victims could at least see their homes as safe havens.

That's no longer the case, which is why it's vital that parents learn to recognize the signs of cyberbullying.

Young people may exhibit their own unique symptoms if they're being victimized by cyberbullies. In addition, the ADL notes that parents can look for these signs and then take immediate action if they suspect their children are being cyberbullied.

• **A child** becomes upset, sad or angry during or after being online or using their phone.

• **A child** withdraws from family or friends.

• **A child** expresses reluctance or refuses to participate in activities previously enjoyed.

• **A child** has an unexplained decline in grades.

• **A child** refuses to go to school or expresses anger or dissatisfaction with a specific class or school in general.

• **A child** increasingly reports symptoms of illness for which he or she wants to stay at home.

• **A child** shows signs of depression or sadness.

The ADL urges parents who see any of these signs to respond to them immediately. Take a gentle, supportive tone

during any discussions with children, making sure to express your concerns while also listening to the child when he or she explains what is so upsetting.

Keep a record of what is happening and where. Take screenshots of harmful posts or content if possible. Most laws and policies note that bullying is a repeated behavior, so records help to document it.

Most social media platforms and schools have clear policies and reporting processes. If a classmate is cyberbullying, report it to the school. You can also contact app or social media platforms to report offensive content and have it removed. If a child has received physical threats, or if a potential crime or illegal behavior is occurring, report it to the police.

Peers, mentors, and trusted adults can sometimes intervene publicly to positively influence a situation where negative or hurtful content posts about a child. Public Intervention can include posting positive comments about the person targeted with bullying to try to shift the conversation in a positive direction. It can also help to reach out to the child who is bullying and the target of the bullying to express your concern. If possible, try to determine if more professional support is needed for those involved, such as speaking with a guidance counselor or mental health professional.

Social media has many benefits that must be balanced with the risks it presents. There are many ways that cyberbullying can be hidden in apps and sites, such as texts, videos, and web calls that disappear or do not appear on the device's call or text message logs.

Parents who have confirmed or suspect their child is a victim of cyberbullying should contact their children's school immediately. More information about how to respond to cyberbullying and prevent its recurrence is available at www.StopBullying.gov.