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Times

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McIntosh, Minnesota



The team of Jens and Bryce Stordahl were pie eating contest winners during the 2021 McIntosh Harvest Festival held on Saturday, September 18th.



In the spirit of Harvest Festival is Carter Bartz taking a break on a giant pumpkin along Main Street in McIntosh.



A ping pong ball drop for the kids during the 2021 Harvest Festival in McIntosh. Thanks to Wickham Tree -n- Stump Service, LLC for dropping the balls.

Win-E-Mac School update on Covid-19

By Randy Bruer

We need your help to keep children in school and not go to Distance Learning. Cases in Polk County are rising. Same is true in the Erskine and McIntosh Zip codes. Our school quarantine numbers are increasing.

We need to be aware of our surroundings and our behaviors so kids can stay in school. We want nothing more than attendance in school. Our positive numbers are low presently but could change quickly with positive cases and/or quarantines. The numbers are increasing around us and we must act swiftly. I am asking families to

consider masking in school at least for the next 2-3 weeks. We have shields and masks if needed. Keep your child home if they are not feeling well or you will be called.

To prevent any quarantine, you have choices:

1. Get Vaccinated
2. If you are vaccinated and not symptomatic, you may not have to quarantine.
3. Wear a mask. If you are masked and exposed at school, you will not have to quarantine
4. If you were diagnosed with Covid in the last 90 days, no quarantine

You have choices and we need your help to keep our

Become a Master Gardener: Applications due October 1st

Applications for volunteers due October 1, 2021.

Think globally, act locally. It's a phrase that applies so well to University of Minnesota Extension Master Gardeners in Polk and Norman Counties.

We're the University of Minnesota on the ground—often literally—delivering science-based practices to our communities.

As volunteers, Master Gardeners learn not only from scientific research, but from one another and the communities we serve.

And sometimes we surprise people. Many are familiar with Master Gardeners as reliable resources for questions about flowers or grass because horticulture skills are a cornerstone of our work.

But did you know that Master Gardeners also focus on local foods and sustainability? Or that we teach about practices that restore Minnesota's

native prairies and protect our precious water?

Or that being volunteering as a Master Gardener gives people a chance to spread their wings in photography, writing, community speaking and more?

There's a lot in the Master Gardener program that helps us learn, grow and share.

Masters Gardeners come from all ages and backgrounds. We're especially excited to see the new generation of Master Gardeners embracing opportunities with enthusiasm.

Learn more about becoming an Extension Master Gardener by visiting extension.umn.edu/master-gardener. Or call, Heather Dufault, Local Extension Educator for Polk and Norman Counties at 218-280-1129 or email at pohl0024@umn.edu. Applications will be accepted online until Oct. 1. Come learn, grow, and share with us.



Dave and Wanda Stordahl ordering up some pie and coffee during McIntosh Harvest Festival.

NW Small Business Development Center to host "How to Start A Business"

By Michelle Christopherson

Every year thousands of American entrepreneurs start their own small businesses. From tech startups to clothing designers to tutoring services, new companies are started by resourceful people who make the choice to become their own bosses. "Entrepreneurs who succeed in the long run tend to start businesses with a clear plan of action," said Christine Anderson, northwest Minnesota Small Business Development Center Consultant. Starting a company is risky, but many of the pitfalls of a small business startup can be avoided if you have the right approach, she said.

This free training will be held at the Valley Technology Park (VTP), 510 Highway 71, Crookston on September 28th at 11:30 a.m.

Registration for the FREE workshop, slated for 11:30 a.m. can be done online at www.nwmf.org.

Funded in part through a Cooperative Agreement with the U.S. Small Business Administration, Minnesota Department of Employment and Economic Development and regional support partners. For more information contact the Northwest Minnesota Foundation / Northwest Minnesota Small Business Development Center, 201 3rd Street NW, Bemidji, MN 56601, 218-759-2057.

For more information, please contact Christine at: 218-281-8318 caanders@crk.umn.edu

doors open. Consider sending a mask with your child and wearing the mask in school. We need to do this now to slow the virus and to keep our doors open. We have numerous staff members and students wearing masks presently, so it is not new. A Close Contact information guideline is posted on the Win-E-Mac website: www.wemschools.org

If you have any questions, please call or email myself or Mr. McKeever at: phone: 218-563-2900 Email: kmckeever@win-e-mac.k12.mn.us or rbru@win-e-mac.k12.mn.us.

Covid-19 Close contact and quarantine guidelines

What is a close contact?

In general, a close contact means being less than 6 feet from someone for 15 minutes or more throughout a 24-hour period. However, even shorter periods of time or longer distances can result in spread of the virus. The longer someone is close to the person who has COVID-19, and the closer they are, the greater the chance the virus can spread.

If you have close contact with someone who has been told by a doctor, clinic, or hospital that they have COVID-19, follow the appropriate guidance below.

If you are fully vaccinated (it has been two weeks since your last dose of vaccine):

- Get tested three to five days after exposure to someone with COVID-19.
- Wear a mask in public, indoor settings for 14 days following exposure or until your test result is negative.
- If you are not fully vaccinated:*
- Get tested immediately.
- If the test is negative, test again three to five days after the last time you were close to the person with COVID-19.
- Stay home and away from others.
- If you are at high risk of severe illness, you may be able to get medicine to prevent disease. Refer to COVID-19 Medications: Monoclonal antibodies for more information.
- Whether or not you are fully vaccinated:*
- If test results are positive or if you start to feel sick, follow recommendations provided by MN Dept. of Health.
- Follow Recommendations for Wearing Masks.

Guidelines...
Continued on page 4...

- Wash your hands often.
- Clean surfaces you touch.
- If you are not fully vaccinated and had close contact with a person with COVID-19 (an exposure), you need to stay home and away from others (quarantine). COVID-19 can take up to 14 days to make you sick. You can spread COVID-19 to others several days before you have any symptoms, or even if you never have any symptoms, so it is important to separate yourself from others so you don't spread the virus without knowing it. Whether or not you are fully vaccinated, if you start to feel sick, get tested right away and follow the recommendations on provided by MN Dept. of Health.
- Stay home. Do not go to work, school, or any other place outside the home except for testing or needed medical care. Stay away from others, including people who are fully vaccinated.
- Stay away from people who may be at high-risk for getting very sick from COVID-19, including older adults, those living in long-term care facilities, and people with health conditions like asthma, diabetes, heart disease, liver disease, severe obesity, or weakened immune systems.
- Separate yourself from other people in your home. If possible, stay in a specific room and away from other people in your home. Use a separate bathroom, if you can.
- Do not use public transportation, ride-sharing (such as Uber or Lyft), or taxis.



Celebrating National Hot Dog Day and the opening of the new Hen House at Neil's Quality Meats is Bobby Bursheim with Malachi Burthwick who is a "hot dog".



The ping pong balls were dropped from way up high and the kids scrambled to collect 3 to trade for prizes during McIntosh Harvest Festival on Saturday, September 18th.

MN Main Street COVID relief grants now accepting applications

Applications will close on September 29th.

The Minnesota Department of Employment and Economic Development (DEED) is now accepting applications for the Minnesota Main Street COVID Relief Grant program.

A total of \$64,200,000 is available in grants for Minnesota owned and operated businesses that can demonstrate financial hardship due to the COVID-19 pandemic.

Businesses that are majority-owned by military veterans, women, and Black, Indigenous, and people of color individuals; employ 6 people or fewer; and/or did not receive previous assistance from other state relief programs will be prioritized in the selection process. Funding will be distributed in a 50/50 split between the Twin Cities metro area and Greater Minnesota.

Applicants that qualify and are selected will receive a grant amount between \$10,000 and \$25,000 based on the number of full-time equivalent (FTEs) employees on staff. To be eligible, businesses must operate in Minnesota and be majority owned by a resident of Minnesota. Additional eligibility requirements and application information can be found at DEED's Main Street COVID Relief Grants Program page.

DEED hosted an informational webinar last Tuesday, September 14 to go over the application process and answer questions from small business owners. You can watch a recording of that webinar on DEED's YouTube channel.

DEED will also be hosting another informational webinar today at 10:00 a.m. to answer more frequently asked questions regarding the application process.

If you have questions, you can email MSCRG.DEED@state.mn.us. We will also be keeping our Frequently Asked

Questions updated as we get inquiries. Additionally, you will be able to find translated program information on our website in Hmong, Somali, Spanish, and Vietnamese. You can also watch our How To Apply For The Minnesota Main Street COVID Relief Grant video in Hmong, Somali and Spanish.

Applications will be reviewed and awards will be disbursed and administered by qualified local and regionally based nonprofit organizations.

Grant funds received by individual businesses shall be used for working capital to support payroll expenses, rent, mortgage payments, utility bills, and other similar expenses that occur or have occurred since March 12, 2020, in the regular course of business.

Applications will close on September 29 at 11:59 p.m. Afterward, grant applications will be selected for consideration through a computer-generated, randomized selection process.



The doors are now open at The Hen House inside of Neil's Quality Meats & More in McIntosh. The crew celebrated the new space with an Open House on Friday September 17th.



Always a popular item at events is bagels from the "Bagel Guy", known to most as Ian Hanson, who, with the help of his wife, Dominika makes great homemade bagels.

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Thurs. night • Two-for-one domestic beers and bar rails

HOURS AT LITTLE BOBBY'S: Mon. and Tues. open at 3PM,
Wed. to Sun. open at 10 AM. *Coffee and goodies in the AM with lunch specials.*

Essentia Health prepared to administer COVID-19 vaccine booster shots

CDC authorizes booster for specific populations to strengthen immunity.

The Centers for Disease Control and Prevention on Thursday authorized booster shots of the Pfizer-BioNTech COVID-19 vaccine for specific populations.

Those now eligible for a booster include: people aged 65 and older and residents of long-term-care facilities; people aged 50-64 with underlying medical conditions that make them especially susceptible to severe COVID-19; people aged 18-49 with specific medical conditions, based on an assessment of their individual benefits and risks; and people in the 18-64 age group who are at increased risk for COVID-19 exposure and transmission based on their occupational or institutional settings.

On Wednesday, the United States Food and Drug Administration amended its emergency use authorization for the Pfizer vaccine, allowing for a single booster dose to be administered at least six months after completion of the initial series.

At Essentia Health, planning for this next phase began weeks ago. In accordance with guidance from the FDA and CDC, members of the specified populations who are at least six months removed from their second dose of the Pfizer vaccine can receive a booster.

Separate from the booster approval, the FDA and CDC previously had approved a third dose of mRNA vaccine — Pfizer or Moderna — for moderately to severely immunocompromised people as soon as 28 days after their second shot.

All those ages 12 and up are eligible for vaccination against COVID. The Pfizer/BioNTech vaccine — now known as Comirnaty — in August received full approval from the FDA for those 16 and up; it remains available under emergency use authorization for patients 12-15.

By Wednesday, Sept. 29, Essentia patients and non-patients alike in these additional groups can schedule a vaccine appointment via our MyChart patient portal. You also can call (833) 494-0836 to schedule a vaccine appointment. Additionally, Essentia Health pharmacies will offer vaccination opportunities. Click here to learn more about the COVID vaccines and options for receiving a shot at Essentia.

Because of the highly contagious delta variant, vaccination is more important than ever. It remains the best and safest method for preventing COVID and its transmission. The overwhelming majority of patients hospitalized with COVID nationwide are unvaccinated.

"Getting fully vaccinated and following FDA and CDC guidelines for boosters remains the most effective means for preventing hospitalization for COVID-19," said Dr. Peter Henry, chief medical officer at Essentia. "Most hospitalizations for COVID-19 are in unvaccinated individuals. Reducing COVID hospitalizations improves our ability to have adequate staffing and resources to care for the many other serious illnesses that existed prior to the pandemic, and that have been magnified by patients delaying care for chronic illness during the early stages of the pandemic."

FREQUENTLY ASKED QUESTIONS ABOUT BOOSTER SHOTS

Who is eligible?

Those who completed the two-dose Pfizer-BioNTech series at least six months ago and who belong to one of the



following groups: people aged 65 and older and residents of long-term-care facilities; people aged 50-64 with underlying medical conditions that make them especially susceptible to severe COVID-19; people aged 18-49 with specific medical conditions, based on an assessment of their individual benefits and risks; and people in the 18-64 age group who are at increased risk for COVID-19 exposure and transmission based on their occupational or institutional settings.

Why do I need a booster?

Especially with the delta variant, research shows waning immunity. A booster shot recharges your immune system and fortifies it against the virus. This is similar to receiving annual influenza vaccines.

What's the difference between a booster shot and a third dose?

The product is the same; the primary difference is the timing of the dose. Third doses of mRNA vaccines for those with compromised immune systems can be given as soon as 28 days after the second dose is administered. Boosters are recommended for six months after the completion of the initial two-dose Pfizer-BioNTech series.

What about individuals who received the Moderna or Johnson & Johnson vaccines?

It's likely you will need a booster shot of the Moderna and Johnson & Johnson vaccines. Those boosters may come later this fall or winter. We are waiting on supporting data and further guidance from the FDA and CDC.

Will there be side effects from these booster shots?

Potential side effects mirror those from the first two shots — site pain, redness or swelling; fatigue; headache; muscle pain; chills; fever; and nausea. It's important to remember that not everyone experiences side effects.

Does this mean there will always be a need for booster shots?

The CDC will continue to observe future COVID-19 vaccine needs, but it could be similar to influenza vaccines in which annual boosters are recommended. We don't have enough



Wed. Sept. 29:

Lindsay Haaven, Brileigh Nordskog, Elaine Roed, Emily Carlson, *Shawn & Angel Hedlund

Thurs. Sept. 30:

Taylor Burslie, Lonnie Schmit, Matt Schow, Heidee Smeby

Fri. Oct. 1: Andy Marshall, Isak Sylstad, Leslie Haugen, *Calvin & Nancy Burslie

Sat. Oct. 2: John Burthwick, Noah Ostena, Hannah Marshall

Sun Oct. 3: Mike Olson

Mon. Oct. 4: Jared Olson

Tues. Oct. 5: Mel Knowles, *Josh & Nicole Vetteson, *Matthew & Morgan Voxland

McINTOSH Times

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"Serving the Win-E-Mac area"

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information at this time to offer a definitive answer.

THANK YOU

My sincere thanks to everyone (I do not want to leave anyone out) for remembering me on my "surprise" birthday party.

I have so many wonderful memories of each and everyone. This was a very special day.

Thank you again,
Charles Svalen

MSCRG

**LSS
Meals Menu
687-2262**

Tues, Oct. 5th - Beef Macaroni Hotdish - Peas - Tropical Fruit - Garlic Texas Toast - Peanut Butter Cookie - Milk

Wed, Oct. 6th -Tuna Noodle Hotdish - Peas - Turkey - Mashed Potatoes & Gravy - Beets - Wheat Rolls - Frosted Cake - Milk



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

Fri. Oct. 1: 11:30am First Friday 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

Wed. Oct. 6: 11:30am Mass at St. Mary's, Fosston

Fri. Oct. 8: 8:30am Mass at St. Mary's, Fosston

Sun. Oct. 10: 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**

Sun. Oct. 3: 10:30 am Worship Service at Our Savior's

**MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Pastor Karl Anderson**

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**

Fri. Oct. 1: 10:00am Telecast of Luther League program on GVTV--30

Sun., Oct. 3: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues. Oct. 5: 10:00am Sunday worship service telecast on GVTV--30

Wed. Oct. 6: 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.

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Making organic certification more affordable

Rebates now available to Minnesota farms and handlers.

Minnesota organic farmers and processors can apply for a rebate of up to 50 percent of the cost of their organic certification.

The Minnesota Department of Agriculture (MDA) is accepting applications for the Minnesota Organic Cost Share Program through November 1, 2021.

Organic certification is a third-party verification system.

It assures consumers the organic products they buy are produced in accordance with federal organic regulations. Organic operations must follow National Organic Standards and are monitored through review of their records and on-

site inspections at least once a year.

"The yearly cost of certification can range from a few hundred to several thousand dollars," MDA Assistant Commissioner Patrice Bailey said. "This program provides some relief and goes a long way to make organic certification more affordable."

Funds for the cost share program come from a cooperative agreement with the United States Department of Agriculture Farm Service Agency (USDA-FSA).

Operations that received certification (or had ongoing certification) between October 1, 2020 and September 30, 2021 are eligible for reimbursement of up to 50 percent of certification-related expenses.

The maximum rebate avail-

able is \$500 per category (crop, livestock, processing/handling, wild harvest). The MDA also offers a similar cost share program for transitioning to organic.

To qualify, applicants must be certified organic by a USDA-accredited certifying agency. The MDA has already mailed application packets to all certified organic operations in the state.

Any certified organic farmer or processor who did not receive a packet can obtain all the program details and necessary materials on the Organic Certification Cost-Share Program page of the MDA's website or by calling 651-201-6134. Applicants that do not wish to apply with MDA may apply through their local USDA-FSA Office.



Above: The kids waited with excitement for the ping pong balls to drop during the kids activities at Harvest Festival.

Below: The kids sprang into action to collect up to 3 ping pong balls during the Harvest Festival kids game. Ping pong balls were dropped from a boom truck for different age groups to collect for a prize.



How to help houseplants survive a long winter

As fall gradually gives way to winter, gardeners expend ample energy preparing their flowers and plants for the months ahead.

Plants may be pruned to increase the likelihood that they will return in full bloom come the spring, while lawns may be aerated so cool-season grasses can get the nutrients, water and oxygen they need when the temperatures dip.

But what about houseplants? Do indoor houseplants need the same type of pre-winter TLC that outdoor plants need before winter arrives?

As the seasons change, so, too, do the conditions outside. And those conditions affect indoor houseplants much like they do lawns, gardens and trees.

So it's vital that people with houseplants do not overlook the need to keep houseplants going strong as fall gives way to winter.

Location

Hours of daylight shorten in winter, which means some houseplants won't get as much sun as they were accustomed to over the last several months. That means plants may need to

be relocated closer to windows where they can make the most of each day's sunlight.

However, it's important that there's ample distance between the plant and the window, especially when winter temperatures get especially cold.

If the plants are too close to a window on cold days, they could freeze.

Keep them close enough to the windows to get ample sunlight but far enough away so they don't get too cold.

In addition, keep plants away from drafty windows as well as heating vents, as extreme temperatures are not conducive to healthy houseplants.

Watering

Watering needs also may change when the temperatures drop.

The indoor plant experts at Pistils Nursery in Oregon note that all houseplants need less water in winter.

In fact, overwatering in winter can be especially harmful to indoor plants. Plant owners can try decreasing the frequency of their watering by half each winter and see how the plants respond.

Cleaning

Cleaning plants is another way to help them survive a long winter.

Dust settles in many homes in winter, when windows tend to remain closed for months on end and fresh air isn't circulating around the house as much as it is in spring and summer. Pistil's Nursery notes that dust inhibits a plant's ability to photosynthesize, thus compromising its ability to make it through a winter unscathed.

Better Homes & Gardens recommends using a soft-bristle paintbrush, a toothbrush or pipe cleaner to remove dust from African violets and other fuzzy-leaved plants.

Gently washing plants with a paper towel or cloth that's been moistened with water can remove the dust. Oils and polishes should not be used to make leaves shine, as these substances can block pores on the plant.

Houseplants may need some extra attention in winter as hours of daylight dwindle and indoor conditions make it hard for plants to survive.



There was no better place for lunch during the McIntosh Harvest Festival but the Oofda Taco stand, and who better to prepare your taco than Greg Parenteau himself.



Each year the Voxland family arrives in McIntosh with some beautiful pumpkins. These pumpkins were available during Harvest Festival and you can check each weekend for pumpkins to be sold next door to Minnesota Rust.



The streets in McIntosh were bustling with activity and friends had a chance to visit and shop on the sunny day at the 2021 McIntosh Harvest Festival.



This cow only had one job for McIntosh Harvest Festival. She was a part of the McIntosh Senior Living's cow pie bingo contest that gave away cash prizes to the winners.



On Wednesday, September 22, 2021, Mr. Svalen and Mr. Roragen's 4th graders went on a field trip to the Polk County Fairgrounds in Fertile, where they attended the Northwest Minnesota Water Festival. The students learned about the water cycle, water quality, control, and flooding through various hands-on activities.



The table for the Pie Eating Contest was lined with adults on one side and their kid teammates on the other during McIntosh Harvest Festival.

How to prepare your lawn and garden for winter

Winter weather can be harsh. Homeowners who spend much of the year tending to their lawns and gardens may worry that winter will undo all of their hard work. Though homeowners cannot do anything to prevent snow, wind and ice from affecting their properties, they can take various steps to prepare their lawns and gardens for whatever winter has in store.

• **Mulch leaves.** Falling leaves are a telltale sign that winter is coming.

In lieu of raking leaves as they begin to fall, homeowners can mulch them into their lawns. Scotts®, an industry leader in lawn care, notes that mulching leaves is a great way for homeowners to recycle a natural resource and enrich the soil of their lawns.

While it might not be possible to mulch fallen leaves in late autumn when they begin to fall en masse, doing so in the early stages of fall should be possible so long as the lawn is not being suffocated.

Scotts® recommends mulching the leaves to dime-size pieces to a point where half an inch of grass can be seen through the mulched leaf layer.

• **Rake leaves as they start to fall more heavily.** Once leaves begin to fall more heavily, rake them up and add



them to compost piles.

The resource Gardening-KnowHow.com notes composting leaves creates a dark, rich and organic matter that can add nutrients to garden soil and loosen compacted earth. Leaving leaves on the lawn once they start to fall in great numbers makes it hard for grass blades to breathe, and the leaves can block moisture from reaching the soil, which needs water to maintain strong roots.

In addition, potentially harmful pathogens can breed on damp leaves left on a lawn, and such bacteria can cause significant damage to the turf over time.

• **Apply a winterizing fertilizer.** Winterizing fertilizers can help lawns store food they need to survive through winter and also can help them bounce back strong in spring.

Such fertilizers are typically formulated for cool-season grasses such as fescue and bluegrass and are often best ap-

plied after the final cut of fall. Warm-season grasses go dormant in winter, so homeowners whose lawns contain these types of grasses won't want to apply a winterizing fertilizer. Homeowners who don't know which type of grass they have or are concerned about when to apply a winterizing fertilizer should consult with a lawncare professional before fertilizing.

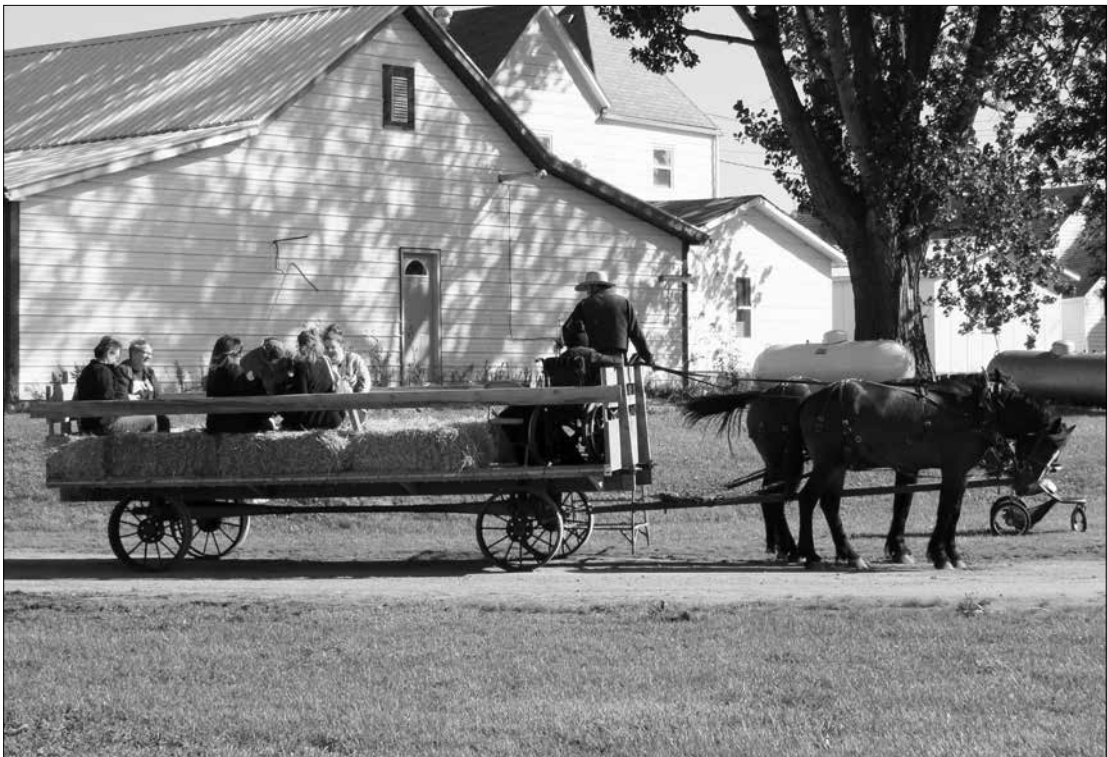
• **Pamper perennials.** As annuals and perennials start to fall back, mark the spots where perennials are located so they can be easily identified later on.

This way, when planning spots for spring bulbs or other spring layouts for next year, perennials won't be overlooked or covered over.

• **Remove annuals from the garden.** Annuals won't be coming back in spring, so it's best to remove ones that are no longer producing from the garden before the arrival of winter.

Doing so can prevent the onset of fungal diseases that may adversely affect the garden in spring.

Fall is the perfect time for homeowners who spend months making their lawns and gardens as lush as possible to take steps to prepare such areas for potentially harsh winter weather.



During Harvest Festival in McIntosh, there were opportunities to take a hay ride and enjoy the beautiful autumn afternoon.



Kids of all ages enjoyed the pumpkin slingshot during the 2021 Harvest Festival in McIntosh. Here, Savannah Svalen tries her hand at it with Sydney Svalen and Jayden Gensburger looking on.



Dawson Gunufson with the help of his sister, Kirra, use the pump to make the ducks swim around during the annual Harvest Festival in McIntosh on Saturday, September 18th.



**WEM School
Announcements**

The Pre-ACT will be given on October 13th starting at 8:30 am. The test is usually 3-3.5 hours.

SCORE will be here to present to Senior Seminar and Careers 9 on October 26.



WEM Scholastic Book Fair: Starting on October 14th through October 20th, Win-E-Mac School is hosting the Scholastic Book Fair.

Books and supplies will be sold each day before school, and we are also going to be open during school conferences on October 14th from 1:00 pm to 7:00 pm. The book fair will be located in the newly re-done Win-E-Mac library.

Guidelines..

Continued from page 1 ...

• Wear a facemask if around other people. Cover your mouth and nose with a tissue when you cough or sneeze, then wash hands thoroughly.

• Avoid sharing personal household items. Do not share food, dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

• Wash your hands often with soap and water for at least 20 seconds, or use an alcoholbased hand sanitizer containing at least 60% alcohol.

Who does not need to quarantine

1. If you have recovered from COVID-19 in the past 90 days and have close contact with someone with COVID-19, you do not need to quarantine if ALL of the following are true:

- o Your illness was confirmed with a positive lab test in the past 90 days.
- o You have fully recovered.
- o You do not currently have any symptoms of COVID-19.

2. If you are fully vaccinated and have close contact with someone with COVID-19, you do not need to quarantine if BOTH of the following are true:

- o It has been at least two weeks since your last dose of vaccine.
- o You do not currently have any symptoms of COVID-19.

People who live or work in a health care or long-term care facility, have been vaccinated, and have a COVID-19 exposure should refer to guidelines for their situation.

Even after you have recovered from COVID-19 or are fully vaccinated, you should still continue to wash your hands often and follow other precautions. Do not visit people who have had close contact to someone with COVID-19 and are in

quarantine.

How long to keep away from others (quarantine)

If you are not fully vaccinated and have close contact with someone with COVID-19, the safest option is to stay home and away from others for 14 days. In certain situations, you may end your quarantine after 10 days, or after seven days with a negative COVID-19 test result.

Please note that the below recommendations are not universal. Some settings and workplaces, like health care, have different rules about quarantine. Check with your employer.

In this situation, your first day of quarantine starts the day after your last contact with the person with COVID-19.

You should stay away from others for 14 days if:

- You live in a building with other people, where it's hard to stay away from others and easy to spread the virus to multiple people, like a long-term care facility.
- You have traveled outside of Minnesota, other than crossing the border for work, study, medical care, or personal safety or security. Under certain conditions, a shortened quarantine may be possible. Note: Your travel "exposure" period ends upon arrival back home.

If someone in your home has COVID-19:

Stay home and away from others for 14 days. When you live with someone who has COVID-19, you should quarantine during the time they might be contagious (their isolation period), as well as the time you could develop COVID19. This may mean you need to quarantine for 24 days or more.

Your 14-day quarantine period starts the day after the person you live with completes their isolation period.

This is usually:

- 10 days from the day their symptoms started.

- If they didn't have symptoms, 10 days from the day they got tested.

If multiple people in your home have COVID-19, your 14-day quarantine period starts after the last person has completed their isolation.

Under certain conditions: 10-day quarantine

Stay home for at least ten days.

You may consider being around others after 10 days if:

- You have not had any symptoms.
- You have not had a positive test for COVID-19.

- No one in your home has COVID-19.

- You do not live or work in a building where it's hard to stay away from others and easy to spread the virus to multiple people, like a long-term care facility.

- Your contact with someone with COVID-19 had a beginning and an end. For example, your close contact happened at:

- o School
- o Sports event
- o Work
- o Social gathering
- o You traveled outside of Minnesota for reasons other than crossing the border for work, study, medical care, or personal safety or security, and all of the above are true. Note: Your "exposure" period ends upon arrival back home.

Even after 10 days you should still:

- Watch for symptoms through day 14. If you have any symptoms, stay home, separate yourself from others, and get tested right away, even if you tested negative earlier.
- Continue to wear a mask and stay at least 6 feet away from other people.