



McINTOSH Times

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McIntosh, Minnesota

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A great group of kids had a lot of fun with local contractor Ken Kasprzak as he demonstrated a variety of tools and how they work to help him with his job. Thanks Ken! A special thanks to North Country Lumber for providing the kids with pencils and Jered's Grocery for donating juice boxes and a snack!

Another upcoming East Polk retirement:

Donna Tradewell has decided that retirement just looks too good to pass up (along with Grandma-related activities), and will be finishing up her 34+ years of ASCS/FSA service at the end of June.

Donna has requested a low-key departure so our plan is to offer coffee and goodies at the counter, near her desk, Thursday and Friday June 22 and 23rd.

Farmers may stop by any time before the end of June to wish Donna a happy retirement and to finish up any 2017 farm program signup/certification as well.

WEM playground build needs volunteers

Tuesday, Wednesday, Thursday and Friday of this week will be Playground Build Days here at Win-E-Mac School.

We need volunteers to help during the day. Students in grades 7-12 and adults are encouraged to help when you can.

Just show up at the school playground area. We will provide a light snack at 11:30 and a supper at 5:00. Again, thanks for all that you do, and continue to offer to the WEM School!



Fun, food, and festivities at the 2017 Relay For Life

All community members are invited and encouraged to attend the 2017 Relay For Life of East Polk County on Friday, June 23rd from 5:30 – 10:30 pm at Thompson Athletic Field in Fosston.

We invite all local cancer survivors and their family members to attend the event in celebration of their survivorship. All attending Survivors will receive a special gift and will be recognized during the Opening Ceremony at the event.

Other activities at Relay will include a silent auction, inflatables for kids, themed laps, games, entertainment by DJ Wes of Sundown DJ & Karaoke, delicious food and drinks sold by participating teams, and more! We will have picnic tables for attendees, but encourage everyone to bring their own chairs to enjoy the music and festivities.

In case of inclement weather, the event will be moved to New Journey Church in Fosston. If the decision is made to move the event, information will be shared with the local radio stations. Day-of event information will also be shared at www.relayforlife.org/polkeastcountymn.

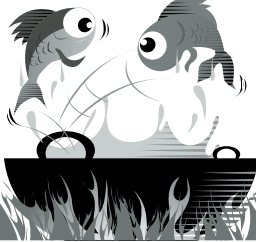
The event is open and all community members are welcome and encouraged to attend! Funds raised help the American Cancer Society provide free information and support for people facing the disease today, and fund cancer research that will help protect future generations. In 2016,

residents of Polk County received more than 300 patient services and programs from the American Cancer Society.

More information can be found at www.relayforlife.org/polkeastcountymn or by contacting the event lead: Jodi Thompson – 218-268-4299 or sjthompson@gvtel.com.

About the American Cancer Society
The American Cancer So-

Relay for life... Continued on page 2...



Fish Fry

Don't forget to attend the Annual Winger Lions Fish Fry this Saturday, June 24th from 5:00 pm to 7:30 pm at the Winger Community Center. All proceeds go to benefit local projects.

There will also be a collection site for used eye glasses and hearing aids to support the Lions Club International.

Did you know?

Summer Solstice
History: The Summer Solstice marks the beginning of the summer season in the Northern Hemisphere.

On this day, the North Pole is tilted towards the Sun at the highest degree of angle.

Places in the Northern Hemisphere experience the longest hours of sunlight throughout the year on this day.

The history of the Summer Solstice is rooted in both ancient mysticism and nature. This day takes place somewhere around June 20th or 21st each year.

Yard of the Week
(Pictured below) Congratulation to Ron and Heidi LeMer for being the McIntosh Times/Community Club Yard of the Week. Heidi has spent countless hours in her gardens making for quite a impressive display of bright color.

If you have a yard you would like to have as Yard of the Week, in McIntosh, Winger or the surrounding rural community, please let us know at mcintoshtimes@gmail.com.



Ken Kasprzak shows the kids that participated in the summer reading program at the McIntosh Library how to use a variety of tools that Ken uses every day in his work as a contractor on Monday, June 19th.

“Build a Better World” with Mac Library’s Summer Reading Program

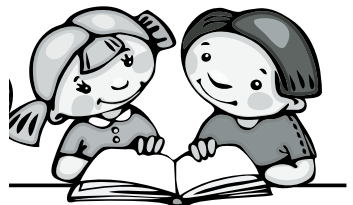
This summer, kids of all ages are invited to track their reading progress and earn prizes as well as attend free events at their local libraries. All Lake Agassiz Regional Library (LARL) locations will offer the Summer Reading Program, which is centered around the idea of “building a better world”. To sign up, visit a LARL library location near you, or www.larl.org/srp.

All Summer Reading Program events will be offered free of charge, and programs will be held at the McIntosh Public Library on Mondays at 10:30 a.m.

On Monday, June 26th, join your friends and neighbors for a presentation about Hides, Holes and Animal Homes. Danielle from the Agassiz Environmental Learning Center will introduce us to fascinating Minnesota animal homes and why it is important to keep them safe.

Wednesday, June 28th at 3:30 pm the McIntosh Library welcomes a park naturalist from Itasca State Park. Kids and adults alike will explore some amazing animal builders and then try to build their own treasure.

Monday's in July will include the Win-E-Mac Robotics Team on Monday, July 10th, Building a simple catapult on Monday, July 17th, and meeting a Minnesota State Patrol Trooper on Monday, July 24th, and on July 31st come create a Fair Banner with fun let-



ters you color yourself. All programs on Monday's begin at 10:30 am.

The season ends on Thursday, August 3rd with Professor Marvel's DIY Magic Show.

Library customers who are seeking on-the-go access to the materials and services they rely on will love Lake Agassiz Regional Library's new app, LARL Mobile. The free app is designed for both Apple and Android users and offers one-click access to eBooks and eAudiobooks, events at local libraries, and more! Want to renew a library book, or put one on hold? Need directions or hours for a location near you? LARL Mobile is the answer. To access the app, search LARL Mobile in your device's app store. There's never been a better time to sign up for a library card (offered free of charge). Take advantage of all that is offered at your local library!

The McIntosh Public Library is a branch of Lake Agassiz Regional Library, which is a consolidated public library system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in northwest Minnesota. More information is available at www.larl.org.



Three-day cooling-off law for contracts

Consumers enter into contracts for a variety of products and services. Some consumers mistakenly believe they have a legal right to cancel any contract within a three-day "cooling-off" period. Most contracts do not provide for a "cooling-off" period, however. Instead, the law gives people a legal right to cancel a contract within a "cooling-off" period only in certain specific situations.

One situation in which Minnesota law provides a "cooling-off" period is home solicitation sales. Minnesota's Home Solicitation Sales Act (Three-Day Cooling-Off Law) applies to the sale, lease, or rental of goods or services primarily for personal or household use, and to improvements to real property—if the transaction is worth more than \$25 and occurs in your home or at a place other than the seller's normal place of business (e.g., motels and convention centers). When a transaction is covered by this law, you have three business days to cancel the contract.

Under the law, you must send a written request to the address provided by the seller. It is a good idea to send cancellation requests by certified mail through the United States

Postal Service and keep a copy of the request for your records. This will give you proof that your request was timely. After the contract is cancelled, the seller must refund your money within 10 days.

If the Three-Day Cooling-Off Law applies to a transaction, the seller is required to give you notice of your right to cancel in three different forms: an oral explanation; a receipt containing certain information about your right to cancel; and two copies of a completed "NOTICE OF CANCELLATION" form. Until all three forms of notice are provided properly, you have a continuing right to cancel the contract that extends beyond three business days. Once the seller provides notice properly, the three business days right to cancel begins to run.

The Three-Day Cooling-Off Law does not apply when you buy a vehicle. It also does not cover transactions for less than \$25, the sale of insurance or real estate, or sales conducted at a merchant's normal place of business, like a retail store.

Other contracts which may allow a three-day cooling-off period include certain club memberships, reverse mortgages,

residential roofing and siding contracts, and agricultural contracts. Other contracts that have various periods of time to cancel may include life insurance policies (10 days), hearing aids (45 days), extended car warranties, credit services, and membership travel. Other types of contracts and transactions may also be subject to a "cooling-off" period for cancellation. Some contracts may also be deemed void or their terms held inapplicable if you have been defrauded. If you have questions about whether a particular contract or transaction is subject to a "cooling-off" period or cancellation, you may wish to contact a private attorney to discuss your situation.

The Attorney General's Office has a publication entitled "Contract Cooling-Off Periods" with more detailed information about cancellation periods. To request a copy of this publication or to file a complaint, you may contact the Minnesota Attorney General's Office:

Office of Minnesota Attorney General Lori Swanson 445 Minnesota Street, Suite 1400 St. Paul, MN 55101; (651) 296-3353 or (800) 657-3787; TTY: (651) 297-7206 or (800) 366-4812; www.og.state.mn.us

Relay for life..

Continued from page 1 ...

ciety is a force of 2.5 million volunteers saving lives threatened by every cancer in every community. As the largest voluntary health organization, the Society's efforts have contributed to a 22 percent decline in cancer death rates in the U.S. since 1991, and a 50% drop in smoking rates. Thanks in part to our progress; 14.5 million Americans who have had cancer and countless more who have avoided it will celebrate more birthdays this year. We're finding cures as the nation's largest private, not-for-profit investor in cancer research, ensuring people facing cancer have the help they need and continue to receive access to quality health care. For more information or to get help, call us anytime, day or night, at 1-800-227-2345 or visit cancer.org.

Did you know?

June 21st is National Selfie Day. It's a cinch to participate in this holiday. And, it's fun! Simply take your smartphone out of your pocket or purse, and take a selfie. Better yet, get a couple friends, and take a selfie with them. Make sure to put on as big smile. And, don't forget to post it on facebook.

Selfies are extremely popular. Millions of them are taken each and every day. It kind of makes you wonder why we need a special day to encourage us to take a selfie.

Most people believe selfies originated when smartphones came on the scene. Smartphones have built-in, hi pixel cameras, with a lens on both

The McIntosh Times Office Hours

Wednesday 9:00 am to Noon
Friday 9:00 am to 11:00 am

Call or fax: (218) 563-3585

Ad deadline is Noon on Friday prior to publication

8 ways to use less energy when the weather warms

The temperature is rising, and that can be a good thing for those people who love long days of outdoor recreational activities.

Sometimes, though, there can be too much of a good thing, and consistently hot temperatures may become uncomfortable and even dangerous.

Finding ways to keep cool without spending a fortune or using a lot of energy is challenging but possible.

1. Find your comfort zone Determine an indoor temperature that works best for the household. Keep the thermostat set as high as possible to maintain that comfort level.

If you will be out most of the day, set the programmable thermostat at a higher temperature, and then lower the temperature about an hour before you plan to return home. This reduces the number of hours the air conditioner is running.

2. Keep curtains closed Draw the blinds and close curtains on south- and west-facing windows during the hottest times of the day. This prevents the interior of the home from heating up.

3. Maintain air circulation Invest in ceiling fans, which can move air through the home. This will help prevent pockets of hot air in certain spaces. According to the U.S. Department of Energy, even in homes with air conditioning, ceiling fans enable homeowners to raise the thermostats on their AC units by about 4 F with no reduction in comfort.

Attic fans can draw heat out of a home through vents, also helping to reduce indoor air temperatures. These devices can reduce reliance on air conditioners, especially on moderate days or cool nights.

4. Cook outdoors Put that backyard grill to good use.

Plan meals around outdoor cooking so the ambient heat will stay outside and you will not have to turn on the oven or the stovetop. Include side dishes, such as salads, fresh vegetables and fruits or gazpacho, that can be served cold. If you must heat something indoors, try doing so in the microwave.

5. Run appliances at night Wait until the washing machine or the dishwasher is full before turning on the cycle. Temperatures are cooler at night, and you may not notice the extra heat in the home generated by such appliances. Consult your energy bill as well. Sometimes energy rates are lower in the evening than during the peak hours of the day.

6. Line dry clothes Maximize that fresh air and warm sun by hanging freshly washed clothes to dry outdoors. This also works for quickly drying swimsuits and towels used at the pool or the beach.

7. Rely on natural light In the summertime, the sun stays out longer, so you'll be less reliant on electric energy to keep things illuminated. Spend more time outdoors so you can read, play or chat in the sunlight while keeping indoor lights off.

8. Determine pool filter efficiency Experiment with reducing the amount of water filtration time until you come up with an amount of time that still maintains water sanitation.

If you think your filter and pump are no longer working efficiently, consult with a pool supply retailer.

When the heat is on, learn strategies to keep homes cool and use less energy in the process.

Ad deadline:
Noon Friday

Community Birthday and Anniversary Calendar

Wed. June 21: Linda Christianson, Elvind Jore, *David & Judy Hagen, *Jim & Susan Lee

Thurs. June 22: Erik Hamre, *Andy & Stacy Smith, *Jerry & Bonita Shaver, *Jason & Shannon Svalen

Fri. June 23: Vicki Strom, Fernando Soto, *Kris & Gwen Rue, *Paul & Sandra Jore

Sat. June 24: Karlie Schow, Holly Schlagel, *Calvin & Annie Schow, *Steve & Candace Haaven, *Jim & Bonita Klein

Sun. June 25: Deborah Harriman, *Travis & Kelsey Mahlum

Mon. June 26: Matt Thompson

Tues. June 27: Debbie Haaven, *Clay & Teresa Syverson

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McINTOSH Times
McIntosh Times

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"Serving the Win-E-Mac area"

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ST. MARY'S CHURCH
Fosston
Fr. John Suvakeen, Pastor
Sun. June 25: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. July 2: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH
Winger/Bejou Supply Pastor
Gordon Syverson
Sun. June 25: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. July 2: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh Supply Pastor
Gordon Syverson
Sun. June 25: 11:15am Worship Service.
Sun. July 2: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church
Wed. June 21: 1:30pm Bible Study at The Country Place; 7:00pm Bible Study at Don & Sharon Ramberg's
Sun. June 25: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service; 7:00pm Luther League (see article elsewhere in paper)
Tues. June 27: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2
Wed. June 28: 1:30pm Bible Study at The Country Place; 7:00pm Bible Study at Don & Sharon Ramberg's
For information on free rides to any of the above activities call 218-268-4242 or 218-687-3461 Gosen Church is located 4 miles south of the junctions of Hwy. 2 & 59 or 4 miles north of Winger; then ½ mile east on County Road 206.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Pastor Karl Anderson
Wed. June 21: 6:30pm Youth Group at Mt Carmel; 7:30pm Bible Study at Mt. Carmel
Thurs. June 22: 7:00am Men's Breakfast at Mt. Carmel
Sun. June 25: 9:30am Worship at Trinity; 11:00am Worship at Mt. Carmel
Thurs. June 29: 7:00am Men's Breakfast at Mt. Carmel
Thurs. July 6: 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Jill Torgerson
Sun. June 25: 9am Worship
Sun. July 2: 9am Worship

DOVRE FREE LUTHERAN
Pastor Don Edlund
Wed. June 21: 7:00pm Bible Study
Sun. June 25: 10:00am Worship Service
Wed. June 28: 7:00pm Bible Study
Sun. July 2: 10:00am Worship Service
Wed. July 5: 7:00pm Bible Study

IMMANUEL LUTHERAN CHURCH
McIntosh
Rev. John Anderson, Pastor
Sunday June 25: 8:45am diving Worship with Holy Communion and Confirmation
Sunday, July 2: 10:45am Divine Worship Service (please note time change)
Holy Communion 1st and 3rd Sundays



4th of July Celebration

Dan & Darlene Dierkes invite you to the their farm northeast of McIntosh from 10:00 - 10:30 AM on July 4th. It is a fun way to celebrate the birth of our country by greeting your neighbors and listening to the Declaration of Independence being read and signed.

This year we will be presenting a Quilt of Valor to Ron Strom, a long-time McIntosh resident who served our country, so please help honor him.

Special Guest Tim Johnson will also be providing patriotic music, and VIP parking is available for anyone who is more comfortable staying in their car.

Free coffee and cookies will be served, so grab your mug, your lawn chair, your neighbor and your umbrella (if it looks like rain) and spend a half hour or so remembering what this holiday is all about!

For directions, call Darlene at 320-250-5711

Gosen Luther League

The Gosen Luther League meets on Sunday evening, June 25th, at 7 o'clock. New to our concert series are The Overtones men's quartet from Roseau.

For over 30 years they have been singing together, their blended harmonies have been compared to The Statler Brothers.

MAC TO FLUSH WATERLINES

The City of McIntosh will be flushing waterlines and hydrants each Thursday throughout the summer.

Residents are encouraged to watch for rusty or dirty water on these days. Fill washing machines to check water before adding clothes.

MB-25C

ers and The Oak Ridge Boys. The quartet does a variety of country--Southern/Northern Gospel, music of The Statler Brothers, Oakridge Boys, Gaither Vocal Band, Statesmen, and may favorite gospel songs that all enjoy.

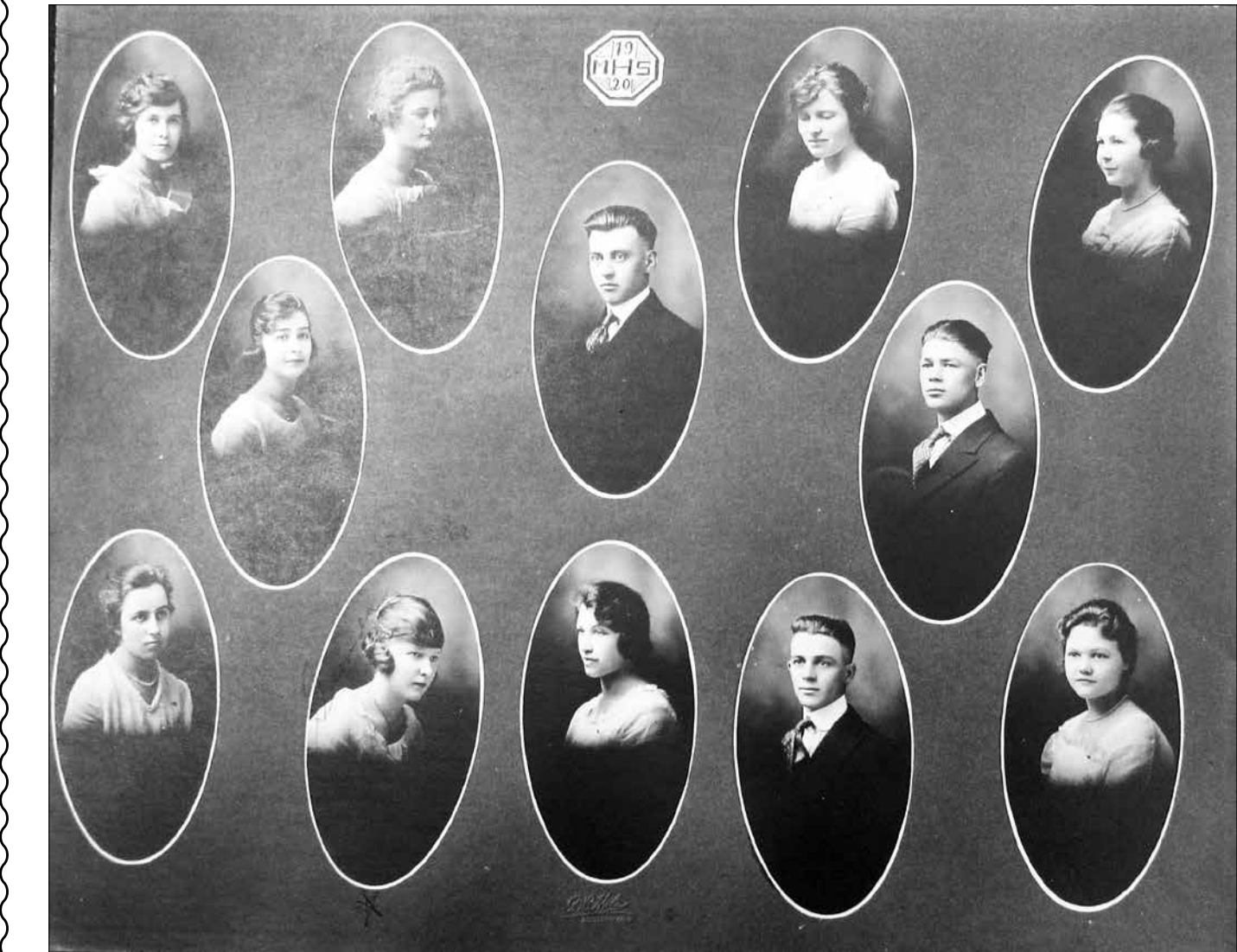
The Overtones is made up of Keith Sandland, baritone; Randy Holwell, lead; Neil Vagle, tenor; and Dale Billberg, bass.

Refreshments will be served following the program.

Join us for an inspirational evening in honor of our Lord Jesus Christ.

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



McIntosh Heritage & Arts Center
This is a picture that was donated by Delored

(Sannes) Lind of Battle Lake, Mn. She grew up east of McIntosh, sang in the Our Savior's Choir, and graduated from McIntosh High School in 1952. She is also the author of "A Country Girl Remembers".

She has done extensive geneology work on her family and published it in her book,

"The Descendants of Olav Tomassen Sandness", she continues the geneology work and has completed several updates through the years.

Names were found in the 1994 All School Reunion Book (red book).

Top row (l-r): Charlotte Tennesos, Beatrice Dale, Pauline

Morin Constance Hill; Middle Row: Olga Tollefson, Paul Hamre, Ernest Jensen; Bottom Row: Marie Scheie, Gunda Sannes (died at age 24 of TB), Martha Berg, Ludvar Scheie, Mildred Stardig, Lloyd Jensen is not pictured.

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Winger News

Linda Pulskamp

Hello and greetings again from Winger and the Union Lake areas. After a very hot and windy last weekend, the weather turned a bit stormy in the area but we were more fortunate than other areas were with some wind and much needed rain but nothing that caused any damage.

The crops are up and looking very nice, with everything so green and pretty. There is something to be said about summer in Minnesota. I have seen where the baby ducks and goslings have hatched and even the new born fawns are cute to see running along side Mom in the fields.

Jade and Jasmine Benesh were visitors with Milton Carlson at the Carlson home on Wednesday afternoon the 7th.

Butch and Linda Pulskamp were weekend guests at the Donnie Johnson home in Maple Lake, MN. Sunday morning was a very stormy one in the Twin Cities but fortunately in the Maple Lake area was no damage from wind or hail.

Thursday the 8th Milton Carlson picked up Judy Gieseke and the went into Erskine to Grace Church for the Ladies Aid supper.

CONGRATULATIONS to Adam and Jessica Carlson of Fosston who are the proud parents twins, a boy and a girl born on the 8th. Milton is the Great Grandfather and Paul and Donna Carlson the Grandparents.

Lucy Brtek visited on Wednesday in Fosston with Sheldon Lee and Wilma Wang at their homes. Wilma and Lucy went for a walk and after that enjoyed more visiting and a cup of coffee.

Last Saturday Paul Carlson was a visitor with Milton Carlson at Milton's home and also helped Milton with some chores that needed tending to.

Last Saturday afternoon a graduation reception was held at the Mark and Judy Boeckers home in Buffalo in honor of their son Jordan who had graduated the night before from the Buffalo High School. Some of the many family and friends that attended were Donnie Johnson of Maple Lake, Nola Abele of Fosston, Butch and

Linda Pulskamp, Eddie and Bette Martin of New Brighton, Sharon Johnson of Spring Lake Park, Truman and Darlene Johnson of Dilworth, Terry Johnson and Sharon Griffith of Newport, Craig and Shelby Johnson of Monticello, Cassie, Ethan, Addie, Emma and Jessica Johnson of North Branch, Janice Svalen of McIntosh and her son Joey and his family, son Jason and his family and her daughter Janet and her family. Helmer Homme attended the Edlund/Dahl wedding that was held in Bemidji last Saturday night.

Last Tuesday Judy Gieseke was a visitor and dinner guest at the Milton Carlson home.

This is it once again for the news for the week. Need more!

In closing, it's not what you have in your life that matters it is who you have.

From Bun Manor:

Due to technical difficulties, there is no news this week from the manor. Knowing that Bun's good buddy is a computer dude, you think he wouldn't have these kinds of breakdowns.

Bun would like to remind one and all about the Winger Lions Fish Fry that is this Saturday, June 24th from 5:00 pm to 7:00 pm at the Community Center in Winger.

Shade-tolerant plants help complete a landscape

Plants need sunlight to thrive and grow, but some need less sunlight than others. People who find their landscapes are less supportive to sun-loving plants can choose from a variety of shade-tolerant plants, shrubs and trees.

Shade tolerance refers to a plant's ability to withstand low levels of light. Certain plants have adapted this feature to survive in the wild. Plants that grow at the base of forest floors, for example, will get less sunlight than others outside of the tree canopy. Such adaptations enable a wide variety of foliage to grow even though they are not exposed to much sunlight.

While sun-loving plants

2017 Winger Lions Fish Fry

Saturday, June 24th, 2017

from 5:00 PM to 7:30 PM

at the Winger Community Center

Adults: \$10.00 Children (6-12): \$5.00
Children 5 and under: Free

Menu: Fish (all you care to eat), Potato Salad, Baked Beans, Rolls, and a Beverage

This will be a collection site for used eye glasses and hearing aids to support the Lions Club International

All proceeds benefit local projects

M13C

often have broad leaves and expend significant energy to capture sunlight for photosynthesis, shade-tolerant plants expend less energy and tend to be more efficient consumers of soil nutrients and sunlight.

Penn State Extension's Plant and Pests division says the amount of shade a plant is growing under will directly affect the density of the foliage and the plant's flowering and fruiting characteristics. Blending shade-tolerant plants into the landscape can be an effective use of space. Before choosing plants for an existing landscape, it's important to assess the level of shade or sun the plants will receive.

Heavy shade: Heavy shade is when no direct sunlight reaches a plant. This occurs at the base of northern-facing walls or beneath thick tree canopies.

Full sun: Areas that receive full sun enjoy direct sunlight between six and eight hours per day.

Moderate shade: These sites have reflected sunlight that may come off of water features.

Light shade: Plants in these areas will get partially

filtered or dappled sunlight.

Once homeowners understand which type of shade they are dealing with, they can then visit plant nurseries and select their plants. Most greenery comes with care instructions that include recommendations regarding the amount of shade/sunlight the plant will need to do well. If further assistance is needed, a knowledgeable employee can make suggestions based on landscape needs.

Those who are looking for some preliminary guidance when it comes to selecting shade-tolerant shrubs, plants or trees can consult the following list.

Bleeding heart: Bleeding heart, or *Dicentra spectabilis*, is typically found in woodlands. It's a perennial in the poppy family that produces mounded foliage and arching vine-like stems of heart-shaped flowers in the spring.

Amethyst flower: Browallia hybrids offer star-shaped blooms of blue and violet. These plants will billow out of hanging baskets or containers, and they prefer warm shade or filtered sunlight.

Coleus: The coleus, *Solenostemon scutellarioides*, is another perennial that can have a variety of different leaf colors and striations.

Witch hazels: These are a genus in the family Hamamelidaceae, which has four different species in North America. This

Shade...

Continued on page 4...

Did you know?

Minnesota Waters

Minnesota's lakes and rivers are part of what this state is all about. One of Minnesota's nicknames is "Land of 10,000 Lakes," but it really has lots more. It's on the shore of the biggest of the Great Lakes, Lake Superior. And, it's where the world's third-largest river, the Mississippi, begins. Here are some facts about Minnesota's waters.

- Number of lakes: 11,842 (over 10 acres)
- Rivers and streams add up

- to 69,200 miles
- Mississippi River: 680 miles of its 2,552 total miles flow through Minnesota.
- Lake Superior is the world's largest freshwater lake. It's at the end of the St. Lawrence Seaway, which brings boats from around the world to the port of Duluth, Minn.
- Minnesota's rivers and streams flow in three directions: north to Hudson Bay in Canada, east to the Atlantic Ocean, and south to the Gulf of Mexico.



40 years ago...1977: Look who's peeking from underneath the lion to tease the girls at Birthe's Farewell Birthday Party in the Roholt Park. Coby Burslie and Paul Bly under the lion with Christi Hagen, Birthe Sonne and Kelly Thompson riding Sideback.



30 years ago...1986: A number of local children brought their pets to the McIntosh City Library Pet Show on Friday, June 12th at 4:00 pm. L-R: (back) Cathy Grundyson, Kristy Grundyson; (center) Cathy Votava, Martha Grundyson, Whelly Fritz; (front) John Ingman, Alan Ingman, Kim Nelson and Nathan Lanen.



20 years ago...1997: The members of the McIntosh Flyers and their friends sponsored the "Wheelathon" on Monday, May 26th. Wheels of all kinds rolled down Main Street as the 4-Hers peddled and rolled for an hour knowing their pledges would support cancer research.



10 years ago...2007: RSVP volunteers who attended the meeting were (L-R) front, Shirley Delage (holding Bucky), Geri Hulst, Mary Goodwin, Bernice Grundyson; back row Geri Drake, Adella Thompson, Jan Aamoth, (Program Coordinator for RSVP), and Lorene Tranby, (Volunteer Coordinator at McIntosh Manor). A number of topics concerning seniors and their needs were discussed, and refreshments were served.



Soybean injury from application of aminopyralid-contaminated manure made prior to soybean planting. Photo by Liz Stahl

Random Things and Stuff



Safe on the Water

By: Emily Lynne

In the land of 10,000 lakes, it is a good bet that you will be on the water at some point this summer. Did you know that it is a Minnesota state law that you need to have at least one life jacket for each person on a water craft? Even if you aren't wearing it, you need to have it accessible. Because of all the water hazards out there, here is just a quick reminder of some basic water safety:

1. Buddy it up! Always swim with a buddy, never alone

2. Be prepared! In case of an emergency, know basic life-guard skills and CPR.

3. Know your limits! Know your body and what you can and can't do in the water.

4. Swim in safe areas only!

5. Be careful when diving! It can be hard to judge water depth at times, so avoid diving if you are not sure how deep the water actually is.

6. Be extra aware of sunburn! The sunlight reflecting off the water can actually cause worse sunburns. Always wear sunscreen and remember to keep reapplying about every half an hour.

7. Drink plenty of fluids! It can be easy to be dehydrated while swimming and having

fun on the lake. Make sure you are drinking plenty of water and other drinks with electrolytes in them.

8. Before going out on the lake, always be aware of the weather conditions.

9. Before heading out on the lake, make sure you let someone know on land that you will be out on the water and when to expect you back.

10. Be sure to always know the state laws regarding watercrafts of any sort!

Shade...

Continued from page 3 ...

shrub or small tree features arching branches with dense, multi-stemmed clumps. Witch hazel produces flowers in the late autumn when most other plants are sparse.

• **Bayberry:** *Myrica pensylvanica* can grow in partial shade as a hedge or natural property divider. The leaves of this shrub are aromatic when crushed. The shrub will produce tiny, gray/white fruits in late summer.

• **English Ivy:** Also known as *Hedera helix*, this trailing plant is widely cultivated as an ornamental plant. It will spread easily and can become invasive.

Those searching for shade-tolerant trees can choose among Sugar maple, Black alder, Flowering dogwood, and White spruce, among others.

Shade-tolerant plants can make welcome additions to the landscape, offering greenery and color in the darker areas of a property



The Erskine High School Class of 1977 held a 40 year reunion. It was a wonderful turn out for the Erskine High School Class of 1977 for their 40 year reunion. It was held during the Erskine Water Carnival weekend, June 2nd, 3rd and 4th. With a graduating class of 18, seventeen classmates were able to attend at least one day of the weekend. The thirteen classmates who were able to get together on Friday night for supper at Ness Cafe were: (front row) Carol (Ness) Linseth, Linda (Tuenge) Ellison, Charlene (Sembrick) Armigo, Bonita (Noys) Shaver, Kim (Polaschek) Eken, Jackie (Strand) Hendrickson; (back row) Lori Osland) Hole, Marcy (Hamre) Reid, Val (Tobias) Gay, Carol (Bergquist) Sogla, Nancy (Lee) Close, Gary Walker and Jim Stefferud. Other classmates attending throughout the weekend but not able to be in the picture were: Vincent Dorr, Karen (Kangas) DeMaris, Quentin Galswyck and Dan Lindseth. It was a wonderful weekend with such special friends!

Emphasize safety when swapping stories around the campfire

Camping is a popular and fun way to enjoy the great outdoors.

For families vacationing on a budget, camping provides an affordable alternative to costly resorts and hotels.

No camping trip is complete without spending some time around a campfire. But as fun as swapping stories around the campfire can be, campfires can also pose a safety risk. When building a campfire, campers can employ the following approach to ensure everyone enjoys a safe night around the fire.

• **Choose the right spot.** Select a location that is on level ground and clear any obstructions or flammable items from the area before starting the fire. Be sure to look above you to make sure there are no low-hanging branches that may fall into the fire and ignite, putting campers at risk of injury.

• **Check the fire danger**

level. Many parks and campsites will post a warning level on signage indicating whether dry conditions can contribute to fast-expanding fires. When a high fire warning has been issued, it may be wise to avoid campfires altogether.

• **Ensure water is nearby.** Have bottled water available or choose a campsite that is in close proximity to a water source. This ensures you can douse the fire or cool coals if need be.

• **Use existing fire pit rings.** Many campsites have fire rings in place. This serves to keep the fire contained in a safe manner.

The best place to build a fire is within an existing fire ring in a well-placed campsite. If there is no ring, create your own barrier with rocks, stones and sand. Keep flammable material outside of a 10-foot diameter circle.

• **Stay close to the fire so**

long as it is burning. Never walk away from a lit fire. Even a small breeze can cause the fire to spread quickly, so stay near until it dissipates or you extinguish it.

• **Do not use accelerants.** Light wood or coals with matches or a lighter or use a flint fire starter kit. Never douse the materials in lighter fluid or gasoline to get the blaze going.

• **Make sure the fire is out.** When breaking down the campsite, completely extinguish the fire before leaving. Move stones and spread out embers and ash so that all heat can dissipate. Do not leave until the remains of the campfire are cool to the touch.

Campfires can be both fun and practical when camping out. But always keep safety in mind and exercise considerable caution when choosing where and when to light fires



Grilled desserts add spark to entertaining

Grilling immediately calls to mind smoky meats, vegetables and even seafood. However, many people may not know that grills can be an ideal place to cook dessert.

Outdoor grills are relied on to impart flavor and facilitate outdoor entertaining. Yet, when it comes time to serve dessert, hosts and hostesses often turn to store-bought treats or delicacies that must be cooked in the oven. But various delicious desserts can be prepared over an open fire.

• **Grilled fruit:** Slice up melon, pineapples, peaches, mangoes - just about anything you can think of. Cook for a few minutes over low heat. The grill will help release the sugars and create that extra-tasty caramelization. Grilled fruit is a dessert without too many extra calories.

• **Grilled s'mores:** S'mores are the quintessential campfire food, and they also can be cooked on the grill. If you don't trust little ones around the hot coals or propane, have them prepare the s'mores and then wrap them in foil. Adults can then toss them on the hot grates for a little while, until the foil packets can be unwrapped to unveil melted chocolate and marshmallow goodness.

• **Grilled cake:** Use a firm

cake, such as pound cake, and slice into thick pieces. Grill for a few minutes to warm, then top with fresh berries and homemade whipped cream for an easy and tasty treat.

• **Grilled cobbler:** Dutch ovens are one of the great tools of outdoor cooking. Dutch ovens are heavy, cast-iron pots that can be lowered into a campfire. However, Dutch ovens also can be placed in the belly of a grill. Line with foil and fill the Dutch oven with a favorite cake mix, the corresponding oil amount, fresh berries and even chocolate chips. Let cook for 30 to 40

minutes on low heat until the mixture is bubbly.

• **Grilled dessert pizza:** Ready-made or homemade pizza dough can be oiled and grilled over medium heat for a few minutes until grill marks form and the dough starts to puff and harden slightly. Turn over and cover with chocolate-hazelnut spread or some preserves. Grill for another few minutes until the dough is cooked through. Transfer to a cutting board and add sliced bananas.

Grilled menu options can extend to dessert to make outdoor entertaining even easier

Base Camp Hope offers a no fireworks 4th

Base Camp Hope is asking for your help in raising money for their 4th Annual "No Fireworks" 4th of July event.

It is an event to help our Veterans celebrate the 4th of July without triggering the sights and sounds of war time events.

With your help you can donate money to cover the expenses of food, shelter and water, products such as food, and camping supplies. You can donate your time to help bring a vet and their families to the event. If you play music, or have a special talent to entertain during the event, that help would be welcome as well.

Every year Combat Veterans isolate and separate themselves from friends and family during the 4th of July because they are triggered by the sights and sounds that the rest of us enjoy as we celebrate our Nation's freedoms.

To help with this important event, please contact Robbie Bryant, Area Coordinator at 218-687-2200 or bryant.203@

hotmail.com

BCH is committed to educating veterans and the community about PTSD, using creative and alternative methods to aid our American heroes and in building a strong support system for broken families in need of restoration.

Since opening its doors, Base Camp Hope has lived up to its mission by establishing core values, providing quality services and treating each client with the dignity and respect they deserve. Base Camp Hope is a Christian based non-profit 501-3c.

With your help, Base Camp Hope will be able to allow our veterans and their families an enjoyable 4th of July.

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength. Philippians 4:12-14

How families can make staycations more unique

As a result of the economic downturn that began in 2008, many families found themselves forgoing traditional vacations in favor of "staycations." In such instances, families spent time away from work and school together but did not travel far, if at all.

While the economy has bounced back since the dawn of the staycation, many families are still choosing to stay at home in an effort to save money. Staycations might not seem as glamorous as traveling abroad or as relaxing as spending a week in an ocean-front resort or condominium, but there are ways for families to make staycations more fun and seem like a true departure from everyday life.

• **Experiment with new cuisine.** One of the joys of travel is the opportunity to dine out and experience cuisine native to particular locales. But families don't need to travel abroad to enjoy this particular benefit of traveling. The internet is home to a wealth of recipes from countries far and wide. Parents and their kids can choose recipes online and prepare meals from

a different country each night, or pick a "country or region of the week" and prepare a different dish native to that area each night. This provides a great departure from ordinary family dinners and can make for a fun activity for the whole family.

• **Camp out.** Straying from the norm, even when staying at home, can make staycations seem more like a vacation than merely a week away from school or the office. Parents who want to add a dash of adventure to their families' staycations can set up tents in the backyard and sleep under the stars or seek out local campsites that are free or relatively inexpensive. Tell stories around a backyard firepit when staying at home to provide a more authentic camping experience for everyone.

• **Take in local culture.** Rather than spending the week lounging around the house or the backyard pool, families can explore the cultural opportunities in their towns or cities. Busy families tend to take such opportunities for granted when they get caught up in the daily grind, and exploring local his-

tory and artistic opportunities in the same way you would when traveling can provide a sense of excitement similar to that experienced during more traditional vacations. Visit a local zoo, take in a performance at a local theater company or take a guided historical tour of an area of your hometown or a nearby city.

• **Indulge in an extraordinary activity.** While families typically choose staycations to save money, forgetting the budget to enjoy one extraordinary activity can make a staycation more fun and memorable. Spend one day during the staycation doing something the family would not ordinarily do, be it visiting an all-day amusement park, taking a helicopter tour of a nearby city or going to a ballgame. Such a break from the norm, even if it's only for a single night, can make staycations feel more like vacations.

Staycations have become an economic necessity for many families, and there are many ways for parents to make such times as enjoyable and unique as more traditional vacations

FIVE BIG DAYS!

Polk County

FAIR!

July 5-9 Fertile, MN

★ Todd Armstrong Shows ★
The Largest Carnival in the Area!

WEDNESDAY, JULY 5

- Midway opens 5 p.m.
- **Triple B Rodeo 7 p.m.**
- Karaoke 9pm-Midnight

FREE for all ages

THURSDAY, JULY 6

- Midway opens 4 p.m.
- Kid's Bike Drawing 4 p.m.
- Talent Contest on Free Stage 7 p.m.
- **Triple B Rodeo 7 p.m.**

FRIDAY, JULY 7

- Senior Citizens Day 9:30 a.m.
- Midway opens 1 p.m.
- Kid's Bike Drawing 4 p.m.
- Kid's Pedal Pull 4:15 p.m.
- **Baja Racing 6:30 p.m.**

SATURDAY, JULY 8

- 5K Walk/Run 9 a.m.
- Midway opens at noon
- Hanson Free Stage 2 p.m.
- Bingo 2 p.m.
- Kids Bike Drawing 4 p.m.
- **Baja Racing 6:30 p.m.**

SUNDAY, JULY 9

- Church services 10 a.m.
- Midway opens at noon
- Hanson Free Stage opens at noon
- Community Parade 2 p.m.
- Kid's Bike Drawing 4 p.m.
- **Super Demo Derby 6:30 p.m.**
- **Fireworks 10:30 p.m.**



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