

McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Congratulations to the Win-E-Mac Patriots Robotics team for making it to the "Elite Eight" in the World Tournament held in Louisville, Kentucky last week. The team, Blake Glass, Emelian Hanson, Noah Bergman and Brekken Lindberg, along with Coach Nathan Johnson, put a lot of hard work into this year. The team competed against many different teams from around the world. Great Job!



Last Wednesday at Win-E-Mac School the student's art was on display for all to come and admire. Here, William Klawitter shows us one of his creations.



## WEM Annual Academic, Athletic and Fine Arts Banquet is May 9th

The Win-E-Mac annual Academic, Athletic and Fine Arts Banquet will be held at 6:00 pm. on Wednesday, May 9th in the Arts and Event Center. All students in grades 10, 11 and 12 are invited to be guests of Win-E-Mac at this banquet. Following the banquet, Scholarships as well as Valedictorian, Salutatorian, Knowledge Bowl, One Act Play, Music, Art and Athletic awards will be presented by various presenters. Students who have been on the Honor Roll at least one



quarter will also be recognized. Students, if you are attending this banquet you must be signed up with your English Teacher by Wednesday, May

2nd. Parents, grandparents and others that are are planning to attend must purchase a ticket by Monday, May 7th. Tickets are available in the office with tickets being \$9 per adulta and \$6 per student through 9th grade. There will be no tickets avaiable after May 7th. Everyone is welcome to attend the awards ceremony which will begin at 7:00 pm. There is no need to purchase tickets if you just plan on attending the awards ceremony.

## Spring music programs at Win-E-Mac School

**WEM Elementary to present Spring program**  
Win-E-Mac elementary students in grades K-6 will present their annual spring program on Thursday, May 10, 2018. The program will take place in the Arts & Events Center, and will begin at 7:00 P.M. This year's program will feature the Elementary Choir (Grades 4-6) and Elementary Band (Grades 5 & 6) performing several numbers each. In addition, Grades K-3 will be performing a variety of musical selections. Come out and celebrate another year of Music with our elementary students! Several high school musi-



cians will be selling World's Finest Chocolate after this program to help fund their future music tour!  
**Senior High Band and Choir Spring Program**  
The Win-E-Mac School Music Department is proud to present their Spring band & choir concert on Tuesday, May 15, 2018. The concert will take place

in the Win-E-Mac School Arts & Events Center, and will begin at 7:30 P.M. This concert will feature the Sr. High Band and Choir, as well as the Men's Group and Women's Group. In addition, recognition of our Seniors as well as awards recognizing individual achievements throughout this school year will be presented. Everyone is welcome to come and enjoy a wide variety of musical entertainment! Several high school musicians will be selling World's Finest Chocolate after this program to help fund their future music tour! Come and enjoy both programs.

"Gatsby's Golden Dreams"

Win-E-Mac Prom

May 5, 2018

Free Will Donation at Door

Grand March 7:30 PM

Win-E-Mac Art & Events Center

PROM NIGHT



Above: Liam Schow shows us his amazing picture he created in his art class taught by Mrs. Gloege. Left: Pointing out her creative picture of a fox is Clara Roed during the Win-E-Mac Art Show last Wednesday at the Arts & Event Center.



**Win-E-Mac "Catch-Up" ECFE screening**  
Early Childhood Screening FREE vision, hearing, health, and developmental screening for 3-5yrs old! This screening is a requirement to start preschool or kindergarten in Minnesota. Meet our teachers and register for fall preschool 2018! Who: Children who are 3 or 4 years old or will be 4 yrs old by Sept. 1st, 2018 who missed our screening date in March. Families can register for Win-E-Mac preschool! Information about home-based programs for 3yrs olds will also be available! When: Wednesday, May 2nd 3:30-7pm (email or call to make your appointment) Where: Win-E-Mac Preschool Room Email: Shannon Svalen, ECFE Coordinator: ssvalen@win-e-mac.k12.mn.us, or Heather Earls hearls@win-e-mac.k12.mn.us Or call: 218-688-2170 to register your child today!



## Community Calendar

**Wed. May 2:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm  
**Thurs. May 3:** McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm  
**Fri. May 4:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm  
**Mon. May 7:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am  
**Tues. May 8:** McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm  
**Wed. May 9:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm  
**Thurs. May 10:** McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm  
**Fri. May 11:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm  
**Mon. May 14:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm  
**Tues. May 15:** McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm



## McIntosh Friends of Veterans meeting

When the McIntosh Auxiliary had to disband in February 2018, the members were very adamant about getting an organization together so that we could continue to have Memorial Day, Veterans Day, Christmas at McIntosh Senior Living and the Blood Drive plus any other occasions that would involve Veterans. The Auxiliary then appointed Garnet Aanenson to be temporary President and Wanda Olson to be temporary Treasurer. The suggested name of the organization was McIntosh Friends of Veterans and an EIN number has been received to get the Bank Account set up. A meeting of the McIntosh Friends of Veterans will be

held at 6:30 p.m. on Friday, May 4, 2018 at the Community Center. We will have election of officers plus any other items that need to be addressed to get this organization ready to go. Memorial Day information will be furnished. The Win-E-Mac Band will march in the parade and a color guard is being formed to be at the head of the parade. It was very fortunate that the Auxiliary could transfer all remaining funds to this project. All people in the McIntosh area are encouraged to attend this meeting and be a part of these important events. You don't have to be a Veteran or have any association with any

other group. Letters have been sent to all people usually involved in setting up the crosses, wreaths, kids involved with laying of the wreaths, Memorial Day prayers and reading of Veterans names, the Memorial Day Choir, etc. The speaker will be a gentleman from Germany who was involved in finding a lost plane and its pilot. The Memorial Day service will be as usual: Monday, May 28, at 11:00 a.m. with the parade to begin at 10:30 a.m. Here's hoping that you will find it in your heart to support this organization to honor the Veterans that gave their lives or served in the military to keep our Country free.

Pestle & Vessel  
by Alison Opdahl

Compassion: Part 1

I've been wrestling with assumptions about what COMPASSION should look like in my life. Asking others their thoughts on it confirmed what I suspected... I've only scratched the surface. Many of the words we used to describe compassion were similar: love, kindness, giving... but I've been introduced to a new way of looking at compassion. It set my spirit free when I finally understood why I have—at times—resisted expressing compassion. Because—often—I have felt like someone would take advantage of me.

I've grown up thinking because of my faith I'm required to offer compassion regardless of the situation. An assumption on my part and I take full responsibility for not digging deeper. As I learn the intricacies of parenting, I'm continually confronted by my past assumptions of what correct behavior is and why I feel the need to encourage it. It's not enough to tell my daughter to be kind without helping her understand why it's needful. It's not safe for me to tell her to be kind to everyone if she does not learn to trust her own discernment. She needs to understand the difference between genuine situations for kindness and in-

stances where someone might be manipulating her for their own gain. And I can only teach her what I have learned! SIGH.

What if I look at compassion through the lenses of DISCIPLINE and REGULATION? Could there be two words further from the idea of compassion that I have grown up with? Who talks about disciplining and regulating compassion? And on the flip side, disciplining and regulating compassion actually focus more on the one offering it than the one receiving it—which is completely opposite of the way I have prioritized compassion. When I think of compassion I tend to spend more time evaluating the recipient's need rather than my motivation or application of it.

I have to actively fight the urge to immediately provide... and instead, retrain my thinking process. I cannot rescue my daughter from everything that hurts her, especially when it might involve consequences with the ability to instruct her. My compassion must be WISE and carefully administered. I must seek the best way to apply it so Dinah can learn to reason for herself. She has a saying: "Momma, maybe when I'm five I will be a better listener." Oh, boy. My reply? "Dinah, the only way you'll be a better listener

when you're five is if you practice now when you're four." Her usual response is the toddler version of "Hrumph."

I explain that I ask her to listen to me because I can see the impact if she doesn't. I ask her to trust me because I know things she doesn't. By the way, when you start saying things like that to your daughter, the Ruach ha-Kodesh (the Holy Spirit), has a way of WHISPERING it back to you in your ear. Loudly. Just saying. And then I begin to understand the beautiful challenge parenting is; this journey is for both of us. What I'm trying to instill in my daughter is what the Ruach is trying to deepen within me. Remember how SILENT and LISTEN share the same letters? It's hard to listen when you're not silent.

So this is a good place to end part one. It will give us time to process our ideas of COMPASSION and ask the Father if He has something He wants to teach us. Then next week I'll explore further what He has been showing me. Let's keep in mind, when we apply compassion correctly, it blesses both the bestower and the recipient. If we're not experiencing that, is it TRULY compassion? Just a little something for us to chew on.

5 ways to commemorate Mother's Day when mom has passed away

While Mother's Day may be painful for people who have lost their mothers, the following are five ways to make the most of Mother's Day.

Losing a loved one is never easy. Whether the loss is recent or not, many people find the void created by a loved one's passing never leaves them. Celebrating holidays or milestones can magnify feelings of loss, and such feelings may surface on Mother's Day among people whose mothers are deceased.

People approach Mother's Day in unique ways when their mother has been laid to rest.

Such an experience is extremely personal, and there's really no right or wrong way to mark the occasion. It can be

challenging scrolling through other's social media posts about happy brunches and thoughtful gifts.

Some, particularly those for whom the wounds may be especially fresh, may opt to avoid the celebration or go through the motions for the benefit of children or spouses.

Others may embrace the bonds they had with their mothers by reflecting on their memories.

Those opting to stay connected to their mothers this year can recognize that, although Mom may be gone, they are not motherless.

While Mother's Day may be painful for people who have lost their mothers, the following are five ways to make the most of Mother's Day.

**1. What would make her happy?** Take a heartfelt moment to really think about what made Mom tick and brought joy to her life. Was it pouring over recipes in the kitchen? Did mom like to trek to the top of a mountain in her hiking shoes? Pay homage to her by walking in her footsteps and you may just feel a deeper connection.

**2. Get together with siblings.** If you are lucky enough to have siblings, you can share the day together. This way you can remember the happy times, comfort each other and laugh together. If you don't have siblings, consider a visit with an aunt or uncle or another close relative who may be feeling the loss, too.

**3. Relay fond stories to others.** Celebrate Mother's

Day by doing things to ensure Mom's spirit and personality live on. Bring up fond stories of Mom with your spouse, friends or your own children. Help blur out the sadness of the loss by focusing on happy memories, such as those depicted in family photos.

**4. Put mom front and center.** Take out a beautiful photograph of your mother and display it in a prime location in the house. This way you may feel like she is sharing the day with you, and you can think about her fondly each time you

Unique Mother's Day gift ideas

*The perfect gift may focus on Mom's interests and the things that make her truly happy. With that in mind, the following shopping tips can help anyone find the perfect Mother's Day gift.*

Mothers, stepmothers, grandmothers, and many more remarkable women often work tirelessly and without fanfare to provide for their families. Even though they may deserve to be recognized throughout the year, moms enjoy a special day nestled within the month of May when children, spouses and others celebrate Mother's Day.

Many people give heartfelt gifts on Mother's Day to express their love for the mothers in their lives. The perfect gift may focus on Mom's interests and the things that make her truly happy. With that in mind, the following shopping tips can help anyone find the perfect Mother's Day gift.

♥ Explore spa packages. What mother won't benefit from some rest and relaxation with a little pampering thrown in? Salons and massage therapists typically put together Mother's Day packages that cater to mothers. Packages may include massages, facials, hair treatments, manicures, and pedicures. Gift-givers can customize the services depending on their budgets.

♥ Dining out can be a treat. A meal at a favorite restaurant can be a welcome change from kitchen duty. Mother's Day is a busy day for restaurants, many of which have limited menus to better handle the crowds. As a result, if dining out on Mother's Day, Mom may not get the full menu she desires. To ensure mothers have full menus at their disposal, gift givers can cook a meal at home on Mother's Day and then choose another day of the week to enjoy a meal in an upscale restaurant.

♥ Schedule a paint and sip. A paint and sip session is a unique gift. A session is typically two hours and includes step-by-step instructions. Patrons are encouraged to bring snacks and their favorite bev-

see the photo.

**5. Enjoy your favorite childhood meal.** Whether Mom was a master chef or couldn't boil water, there's bound to be a meal you associate with her. If that special meal is Chinese takeout or a slow-cooked roast, enjoy it on Mother's Day in her honor.

Coping with loss on Mother's Day is seldom easy. With time and by focusing on the positive, people who have lost their mothers can enjoy Mother's Day.



verages. With the right planning, well-intentioned children can turn the evening into a "ladies night out" and encourage other moms to join in the fun. Or the entire family can paint masterpieces together.

♥ Give tickets to a show or sporting event. Whether Mom is a sports fan or she prefers the theater or live music, event tickets can make a wonderful gift. Unique gift ideas include tickets to Cirque du Soleil, Shen Yun or a Broadway play.

♥ Give the gift of wine tasting. Wineries can be found across the country and frequently open their doors to wine tastings and wine pairing events. A Mother's Day wine tasting can be special for the entire family and support local businesses. Check the vineyard's rules on guests. Many times those under 21 can attend but will not be permitted to consume wine, though other refreshments may be available.

Mother's Day offers the perfect opportunity to lavish attention on special women. Gifts that cater to Mom's interests will make the biggest splash.

There will be a Bridal Shower for  
**Sarah Lundquist**  
on **Saturday, May 5<sup>th</sup>**  
at 10:00 at the  
**McIntosh Community Center!**  
The couple is registered at Bed Bath and Beyond and Wayfair!  
They also have a site online [theknot.com/us/sarah-lundquist-and-nate-thorsrud/](http://theknot.com/us/sarah-lundquist-and-nate-thorsrud/)!  
**Everyone is invited to come and celebrate with Sarah!**

Community Birthday and Anniversary Calendar

- Wed. May 2:** Stacy (Kringlen) Smith, Jessica Strom, Casey Bartz, \*Philip & Ashlee Lee
- Thurs. May 3:** Donna Skeie, Roxanne Stordahl, Bonita Shaver
- Fri. May 4:** Connor Haaven, \*Nick & April Ostenaa
- Sat. May 5:** Anne Schow, \*Carey & Elaine Burslie
- Sun. May 6:** \*Gary & Rebecca Schommer, \*Clyde & Paulette Kringlen
- Mon. May 7:** McKenzie Smith



**ST. MARY'S CHURCH Fosston**  
**Fr. John Suvakeen, Pastor**  
Wed. May 2: 3:30pm Mass at Frist Care Nursing Home; 6:00pm Youth Group  
Fri. May 4: 5:30pm Mass & Adoration, Bagley  
Sun. May 6: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley  
Wed. May 9: 1:00pm Mass at McIntosh Nursing Home; 6:30pm Confirmation & Mass  
Fri. May 11: 8:30am Mass at St. Mary's, Fosston  
Sun. May 13: 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. May 6 8:30am Worship at Immanuel; 9:45am Worship at Calvary  
Sun. May 13: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

**OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh Supply Pastor Gordon Syverson**  
Sun. May 6: 11:15am Worship Service.  
Sun. May 13: 11:15am Worship Service.

**GOSEN LUTHERAN CHURCH Independent Gary Johnson, Pastor www.gosen-church.com Face Book: Gosen Church**  
Wed. May 2: 7:00pm Bible Study at Don and Sharon Ramberg's  
Sun. May 6: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service  
Tues. May 8: 10:00am Sunday worship service telecast on Garden Valley Cable TV-Channel 2; 1:30pm Bible Study at The Country Place  
Wed. May 9: 7:00pm Bible Study at Don and 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**  
Thurs. May 3. : 7:00am Men's Breakfast at Mt. Carmel  
Sun. May 6: 9:30am Worship at Mt. Carmel 11:00am Worship at Trinity; 10:45am Mt. Carmel Sunday School for all ages at 10:45am; Trinity Sunday School for all ages at 9:45am  
Thurs. May 10: 7:00am Men's Breakfast at Mt. Carmel  
Sun. May 13: 9:30am Worship at Mt. Carmel 11:00am Worship at Trinity; 10:45am Mt. Carmel Sunday School for all ages at 10:45am; Trinity Sunday School for all ages at 9:45am

**VERNES LUTHERAN CHURCH (LCMC) McIntosh Pastor Jill Torgerson**  
Sun. May 6: 9am Worship  
Sun. May 13: 9am Worship

**DOVRE FREE LUTHERAN Pastor Don Edlunds**

Wed. May 2: 7:00pm Bible Study on Hebrews  
Sun. May 6: 10:00am Worship Service; Sunday School following  
Wed. May 9: 7:00pm Bible Study on Hebrews  
Sun. May 13: 10:00am Worship Service; Sunday School following

**IMMANUEL LUTHERAN CHURCH McIntosh Rev. Bruce Blocker, Pastor**  
Sun. May 6: 9:00am Divine Worship Service; 10:00 Fellowship Hour  
Sun. May 13: 9:00am Divine Worship Service; 10:00 Fellowship Hour  
Holy Communion 1st Sunday of the Month



Sunday, May 13<sup>th</sup>

Mother's Day

at

NESS Cafe

BBQ Ribs, Chicken Kiev, Meatballs, Deep Fried Shrimp, Pasta  
Masked Potatoes & Gravy, Au Gratin Potatoes,  
Glazed Carrots, Green Beans, Salad Bar & Dessert

Mother's Day Buffet  
10 am- 2 pm

\$17.95 ADULTS  
\$9.95 KIDS 12 & UNDER  
RESERVATIONS STRONGLY SUGGESTED  
Call 687-2101  
Erskine, MN  
Open 7 days a week!  
Monday thru Friday 7:00am-3:00pm  
Saturday and Sunday 7:00am-2:00pm

Breakfast Buffet served from 8 am-1 pm \$8.99  
REGULAR MENU IS ALSO AVAILABLE!  
BREAKFAST SERVED ALL DAY EVERY DAY AT NESS CAFE!

**Mads W. Jensen**  
Mads W. Jensen, former postmaster of McIntosh and denoted as a person of interest in the 1913 Compendium of History and Biography of Polk County, made a name for himself in the Thirteen Towns region since his arrival to the area in 1880. He was a native of Denmark, born on August 15, 1854. His family moved from their homeland to Waupaca County, Wisconsin in 1863 where he attended the local country schools and made his home on the family's Wisconsin farm until 1879 when he moved to Goodhue County in Minnesota. In the spring of the following year he moved to Polk County, homesteading in Garden Township. He was one of the first settlers in that section and was prominent in the organization of the township and the early administration of its affairs. He remained on the homestead until 1889. At that time Mads moved to McIntosh and engaged in the milling business, partnering with Anton Jensen, J.P. Johnson and O.P. Johnson under the name of M.W. Jensen & Co. After several years of successful operation as a miller, Mr. Jensen sold his interest in the company giving his attention to various business activities. For ten years he was employed as a rural mail carrier and appointed postmaster in McIntosh in 1915. The appointment was met with a hearty commendation of the citizens of the village. Mads also served in the official capacity of village assessor and held the office of Justice Of The Peace for sixteen years. As a publicly spirited and progressive citizen, Mr. Jensen had been actively influential in promoting the best in-

terests of the community. He put his interest and service into every project to advance the growth and prosperity of the town of McIntosh.  
Mads married Hannah Johnson, of Goodhue County, in 1879, in ceremony in Redwing Minnesota. The couple had three daughters and one son. Marie L., Willie A., Florence, the wife of J. H. Espeseth and Mabel. He was a member of Modern Woodmen of America.  
Source: Compendium of History and Biography of Polk County-1913.

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"Serving the Win-E-Mac area"

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M3-26C

## Winger News

by Linda Pulskamp

Hello again from Winger and the Union Lake areas where the weather has been more spring like although we have had plenty of wind first from the north and then from the south and the temperatures don't seem like what they are. Had a few sprinkles of rain the other morning but barely enough to see on the deck.

Still haven't seen any farmers in the field but by this time next week I am sure they all will be busy putting in the crops, and maybe some of us gardeners will be able to do some planting.

The grass is starting to green up, pretty soon will be lawn mowing to do. The smell of burning leaves has been in the air, even the smell of people grilling along with the sounds from Anderson Field the other night of a ball game being played, guess spring is here to stay.

Next Monday we will bid the month of April farewell and welcome May, even tho we didn't have much for April showers I am sure we will see some May flowers in bloom. May also is the month of proms, another school year come to an end and of course graduations for many.

Wednesday the 18th Judy Gieseke brought cookies to Milton Carlson and they enjoyed having a good visit while they ate cookies and drank coffee.

Craig Johnson of Monticello was a house guest last week end at the Pulskamp home.

Paul Carlson stopped in at the Milton Carlson home last Thursday morning before work to grab a cup of coffee and while there he filled Milton's water softener with salt.

Kjerstie and Dakota Poissant stopped in Winger last Friday to have lunch with Grandma Betty Myhrum on their way to Iowa to visit with Stacy Myhrum.

Milton Carlson and Judy Gieseke ventured into Erskine last Friday the 20th to have dinner at the Senior Meals. Milton stated it was a good meal and they had a very enjoyable visit there.

Nola Abele of Fosston was a visitor last Saturday afternoon at the Pulskamp home.

After church last Sunday Milton Carlson along with Lonnie and Judy Gieseke were dinner guests at the Mike and Kari Keller home at Bejou.

Last week Lucy Brtek and Betty Myhrum drove to Thief River Falls where they had dinner at the Chinese restaurant and later visited with Susan Eischens as she was working at Petro Pumper that afternoon.

Paul Carlson and Traydon Carlson stopped in at the Milton Carlson home last Sunday afternoon driving their tractors, Paul on his Massey Ferguson and Traydon on his Ford. Chad and Michelle Carlson and Donna Carlson joined them and all had a good visit together.

Orrie and Sue Flermoen and Lucy Brtek visited with Lynn Lucken and Sara who was also visiting Lynn at the hospital in Fosston last week.

Monday the 23rd Paul Carlson stopped in at the Milton Carlson home for a brief visit and a cup of coffee to go on his way to work.

Glad to hear that Lynn Lucken is back home after having had hip replacement and spending a few days in the hospital in Fosston for some rehab.

Speedy recovery to you Lynn!

Dusty Carlson visited on Monday with Milton Carlson at Milton's home and while there helped Milton repair his vacuum cleaner.

Once again this is the happenings in our area, am sure there are more, please share to keep our news going.

Food for thought in closing, kindness doesn't cost a thing but it's value is priceless.

## Do you have a story to share?

If you have a story, a story idea or any photos you want to share, please send to: [mcintoshtimes@gmail.com](mailto:mcintoshtimes@gmail.com)

## MDA reminds Minnesotans to use pesticides and fertilizers with care

Spring is here and many Minnesotans will be thinking about their lawns, trees and gardens. Whether you do it yourself or hire a professional, the Minnesota Department of Agriculture (MDA) urges the safe use of pesticides and fertilizers in your yards and gardens by following all label directions.

Pesticide and fertilizer labels specify how to use products safely and effectively. In Minnesota, it is unlawful to apply products without following label instructions. The label is the law.

If you hire a professional lawn care provider, do your homework. State law requires pesticide applicators to be licensed by the MDA in order to commercially apply pesticides (including weed and feed products) and plant nutrient fertilizers. To be licensed by the MDA, applicators must know and understand state and federal regulations to safely perform lawn, tree and garden services.

The following are helpful tips for a safe spring gardening season.

### If you do it yourself:

- Read and follow all label directions.

- Do not apply products in windy or adverse weather conditions. High wind can cause products to drift and potentially harm people, pets, or plants.

- Sweep sidewalks and hard surfaces of unused product and reapply to their intended site. Pesticides left on watertight surfaces easily wash into our water supply.

- Buy only what you need. Products are very difficult to dispose of and can go bad quickly.

### If you hire a professional:

- Licensed professionals must carry a valid ID card issued by the MDA. Ask to see it before they start work.

- Be wary of people who claim their products are completely safe, or pressure you to sign a service contract.

- Recognize posted warning flags in areas that have been chemically treated.

- Applicators are required to provide an application record. Review the records, including products used and amounts applied.

- Be sure the sidewalks and hard surfaces are swept clean of unused product.

For information about applicator licenses, call the MDA at

651-201-6615. To report unlicensed applicators, please file a complaint on the MDA website or call 651-201-6333.

Consumers can call the Better Business Bureau at 800-646-6222 and check customer satisfaction histories for lawn care companies.

## Did you know?

According to the American Psychological Association's 2017 Stress in America™ survey, 53 percent of Americans look to physical activity as a means of coping with their stress. Exercising or walking was the most popular form of physical activity cited, with 46 percent of respondents indicating they looked to these activities to cope with their stress. In addition, more people seem to be looking to yoga and meditation to help them deal with their stress. While only 12 percent of respondents indicated they practice yoga or meditation to deal with stress, that marks a sizable increase from a year earlier, when 9 percent of respondents cited yoga and meditation among the methods they used to cope with stress. While they're not physical activities, listening to music (47 percent) and prayer (29 percent) were other mechanisms people relied on to cope with their stress.



50 years ago...1968: Athlete of the year, Mark Schmanski, McIntosh High School Junior was honored at a banquet put on for the school athletes Wednesday evening. The Athlete of the year award is being presented by Principal Arnold Carlson, who is also a Lions Club member, which sponsors the event. Mark has lettered in basketball, football and is on the track team. He received all-conference football and basketball recognition the past season and was named the WCCO All-State-Team-of-the-Week in basketball.



40 years ago...1978: Chatting together at the American Legion 9th District Junior Auxiliary Luncheon in McIntosh last Saturday were District Historian, Lynette Harlman from Underwood, Secretary, Jill Tranby, and 9th District President of the past year, Karen Shurson of McIntosh.



30 years ago...1988: Adult leaders in the local Girl Scout program are: Val Fritz, Dorothy Sandahl, Peggy Hartel and Laura Bursheim. The ladies posed for a photo early one morning by the "Clean Up Your Community" sign near the McIntosh Athletic Field where the local Girl Scouts had previously taken time to pick up scrap paper and other debris off the athletic field acreage. They will also be picking up scrap from all over the countryside, as a "Clean-up/Fix-up Project".



20 years ago...1998: Darrell Johnson flips pancakes while Swing into Spring Co-Chairman Lois Kaupang waits to serve the plates of hot "cakes" and sausages to the many area residents who arrive early to enjoy the annual free breakfast.

## NOTICE OF OFFICES TO BE FILLED AT THE 2018 STATE GENERAL ELECTION FOR WHICH CANDIDATES FILE WITH THE COUNTY AUDITOR-TREASURER POLK COUNTY, MINNESOTA

Notice is hereby given that the following county and soil and water district offices will be voted on at the State General Election to be held in Polk County on Tuesday, November 6, 2018. Candidates must file between 8:00 A.M., May 22, 2018 and 5:00 P.M., June 5, 2018 with the Polk County Auditor-Treasurer. Candidates who will be absent from the state during the filing period may arrange to file prior to departure. The place of filing for state offices is with the Office of the Secretary of State or with the county auditor of the county in which the candidate resides. **Note: Filing documents may be executed on May 28, 2018 although filing offices will be closed for the Memorial Day holiday. (Minnesota Statutes 204B.06/.11 and Minnesota Statutes 204.B33)**

Candidates for the following offices file with the Polk County Auditor-Treasurer, Polk County Government Center, Tax Payer Service Center, 612 North Broadway, Suite 207, Crookston, MN 56716.

### COUNTY & DISTRICT OFFICES

One County Attorney  
One County Sheriff  
One County Commissioner for District Two  
One County Commissioner for District Four  
One East Polk Soil & Water Supervisor for District One  
One East Polk Soil & Water Supervisor for District Two  
One West Polk Soil & Water Supervisor for District One  
One West Polk Soil & Water Supervisor for District Three  
One West Polk Soil & Water Supervisor for District Five (Special)

The place of filing for federal offices is the Office of the Secretary of State, State Office Building, Room 180, 100 Rev. Dr. Martin Luther King Jr. Blvd., St. Paul, MN 55155-1299. The place of filing for state offices is with the Office of the Secretary of State or with the county auditor of the county in which the candidate resides.

### FEDERAL OFFICES

United States Senator (Term ending January 3, 2025)  
United States Senator (Special Election for Term ending January 3, 2021)  
United States Representative for District 7

### STATE OFFICES

#### LEGISLATIVE OFFICES

State Representative for District 1B

#### STATE EXECUTIVE OFFICES

Governor and Lieutenant Governor  
Secretary of State  
State Auditor  
Attorney General

#### JUDICIAL OFFICES

#### SUPREME COURT

**CHIEF JUSTICE** (One Seat) *Incumbent:*  
(Gildea)

**ASSOCIATE JUSTICE** (Three Seats)

| <i>Seat #</i> | <i>Incumbent:</i>   |
|---------------|---------------------|
| 1             | (G. Barry Anderson) |
| 2             | (Chutich)           |
| 5             | (McKeig)            |

#### COURT OF APPEALS

(Six Seats)  
Appellate offices are elected statewide. Where designated, candidates must reside in the congressional district listed for at least one year.

| <i>Seat #</i>                               | <i>Incumbent:</i> |
|---------------------------------------------|-------------------|
| 2                                           | (Jesson)          |
| 4                                           | (Tracy M. Smith)  |
| 6 (1 <sup>st</sup> Congressional District)  | (Worke)           |
| 7 (5 <sup>th</sup> Congressional District)  | (Halbrooks)       |
| 12                                          | (Bratvold)        |
| 14 (8 <sup>th</sup> Congressional District) | (Florey)          |

### DISTRICT COURTS

#### NINTH JUDICIAL DISTRICT

| <i>Seat #</i> | <i>Incumbent:</i> |
|---------------|-------------------|
| 1             | (Schluchter)      |
| 3             | (Mermerding)      |
| 7             | (Melbye)          |
| 9             | (Chandler)        |
| 10            | (Strandlie)       |
| 13            | (Askegaard)       |
| 24            | (Claesson-Huseby) |

Witness my hand and seal this 23rd day of April, 2018, Crookston, Minnesota

/s/ Michelle M. Cote

Michelle M. Cote  
Polk County Auditor-Treasurer

(seal)

MBG



**School Lunch Hero Day**

Between preparing healthy meals for America’s students, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, school nutrition professionals are true heroes.

On Friday, May 4, 2018, we will kick off School Nutrition Employee Week (May 7-11) with a bang, when we celebrate the 6th Annual School Lunch Hero Day! School Lunch Hero Day is a chance to showcase the difference school nutrition professionals make for every child who comes through the cafeteria.

School Lunch Hero Day provides you with the perfect opportunity to recognize the hardworking professionals in your school cafeterias.



Josie Johnson stands by her artwork that was recently displayed at the WEM Art Show.

## Communication skills kids can learn

An ability to communicate effectively is a life skill that can serve a person well at any age. Communicating well is considered so essential that the Boy Scouts of America even require prospective Eagle Scouts to earn communication merit badges.

It's never too early to help children become better communicators.

Developing communication takes time, but there are various techniques to help kids become better communicators.

- **Great communication is a two-way process.** Listening is often as important as speaking when communicating. Parents can help model good behavior by listening and letting children express themselves before offering their own opinions.
- **Take turns in conversation.** Rather than speaking at the same time or interrupting others, effective communicators take turns offering their thoughts. Listening to others can help shape what the other person might say.
- **Speak regularly with one another.** Initiate conversation frequently so that children become accustomed to speaking with adults and others. Chat about where you're going when running errands or discuss television plots during commercial breaks.
- **Make conversations relevant.** Allow experiences that are happening around the family to shape conversations. Encourage curiosity and introduce new themes and vocabulary. The more the child gets to experience, the more inclined he or she may be to discuss those experiences.
- **Modify communication methods.** Some children may struggle to communicate effectively. By working with speech/language pathologists and making the most of digital and other communication aids, parents make things easier for kids who are struggling to communicate.
- **Ask for details.** The organization Understood.org advises adults to focus on recall and sequencing when speaking with children. These skills are important and can be enhanced when kids offer details. These techniques can help children ultimately develop strong comprehension and writing skills.
- **Speak with others.** Encourage children to speak to their peers, adults and educators as much as possible to establish comfort in various communication settings. Doing so will help in the short- and long-term.

Children who learn to communicate effectively are in position to thrive in school and later in life

## McIntosh 2017 Drinking Water Report

### Making Safe Drinking Water

Your drinking water comes from a groundwater source: two wells ranging from 206 to 210 feet deep, that draw water from the Quaternary Buried Artesian aquifer.

McIntosh works hard to provide you with safe and reliable drinking water that meets federal and state water quality requirements. The purpose of this report is to provide you with information on your drinking water and how to protect our precious water resources.

Contact Larry Hedlund, Maintenance Supervisor, at 218-563-3043 or [macclerk@gvtel.com](mailto:macclerk@gvtel.com) if you have questions about McIntosh's drinking water. You can also ask for information about how you can take part in decisions that may affect water quality.

The U.S. Environmental Protection Agency sets safe drinking water standards. These standards limit the amounts of specific contaminants allowed in drinking water. This ensures that tap water is safe to drink for most people. The U.S. Food and Drug Administration regulates the amount of certain contaminants in bottled water. Bottled water must provide the same public health protection as public tap water.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline at 1-800-426-4791.

### McIntosh Monitoring Results

This report contains our monitoring results from January 1 to December 31, 2017.

We work with the Minnesota Department of Health to test drinking water for more than 100 contaminants. It is not unusual to detect contaminants in small amounts. No water supply is ever completely free of contaminants. Drinking water standards protect Minnesotans from substances that may be harmful to their health.

Learn more by visiting the Minnesota Department of Health's webpage [Basics of Monitoring and Testing of Drinking Water in Minnesota \(http://www.health.state.mn.us/divs/eh/water/factsheet/com/sampling.html\)](http://www.health.state.mn.us/divs/eh/water/factsheet/com/sampling.html).

### How to Read the Water Quality Data Tables

The tables below show the contaminants we found last year or the most recent time we sampled for that contaminant. They also show the levels of those contaminants and the Environmental Protection Agency's limits. Substances that we tested for but did not find are not included in the tables.

We sample for some contaminants less than once a year because their levels in water are not expected to change from year to year. If we found any of these contaminants the last time we sampled for them, we included them in the tables below with the detection date.

We may have done additional monitoring for contaminants that are not included in the Safe Drinking Water Act. To request a copy of these results, call the Minnesota Department of Health at 651-201-4700 or 1-800-818-9318 between 8:00 a.m. and 4:30 p.m., Monday through Friday.

### Definitions

- **AL (Action Level):** The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.
- **EPA:** Environmental Protection Agency
- **MCL (Maximum contaminant level):** The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
- **MCLG (Maximum contaminant level goal):** The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
- **Level 1 Assessment:** A Level 1 assessment is a study of the water system to identify potential problems and determine (if possible) why total coliform bacteria have been found in our water system.
- **Level 2 Assessment:** A Level 2 assessment is a very detailed study of the water system to identify potential problems and determine (if possible) why an E. coli MCL violation has occurred and/or why total coliform bacteria have been found in our water system on multiple occasions.
- **MRDL (Maximum residual disinfectant level):** The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.
- **MRDLG (Maximum residual disinfectant level goal):** The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.
- **NA (Not applicable):** Does not apply.
- **NTU (Nephelometric Turbidity Units):** A measure of the cloudiness of the water (turbidity).
- **pCi/l (picocuries per liter):** A measure of radioactivity.
- **ppb (parts per billion):** One part per billion in water is like one drop in one billion drops of water, or about one drop in a swimming pool. ppb is the same as micrograms per liter (µg/l).
- **ppm (parts per million):** One part per million is like one drop in one million drops of water, or about one cup in a swimming pool. ppm is the same as milligrams per liter (mg/l).
- **PWSID:** Public water system identification.
- **TT (Treatment Technique):** A required process intended to reduce the level of a contaminant in drinking water.
- **Variances and Exemptions:** State or EPA permission not to meet an MCL or a treatment technique under certain conditions.

### Water Quality Data Tables

#### LEAD AND COPPER – Tested at customer taps.

| Contaminant<br>(Date, if sampled<br>in previous year) | EPA's<br>Action<br>Level          | EPA's<br>Ideal Goal<br>(MCLG) | 90% of<br>Results Were<br>Less Than | Number of<br>Homes with<br>High Levels | Violation | Typical Sources                     |
|-------------------------------------------------------|-----------------------------------|-------------------------------|-------------------------------------|----------------------------------------|-----------|-------------------------------------|
| <b>Copper</b><br>(06/26/17)                           | 90% of homes<br>less than 1.3 ppm | 0 ppm                         | 0.7 ppm                             | 0 out<br>of 10                         | NO        | Corrosion of<br>household plumbing. |
| <b>Lead</b><br>(06/26/17)                             | 90% of homes<br>less than 15 ppb  | 0 ppb                         | 3.2 ppb                             | 0 out<br>of 10                         | NO        | Corrosion of<br>household plumbing. |

#### INORGANIC & ORGANIC CONTAMINANTS – Tested in drinking water.

| Contaminant<br>(Date, if sampled<br>in previous year) | EPA's<br>Limit<br>(MCL) | EPA's<br>Ideal Goal<br>(MCLG) | Highest Average<br>or Highest Single<br>Test Result | Range of<br>Detected<br>Test Results | Violation | Typical Sources                                                                                             |
|-------------------------------------------------------|-------------------------|-------------------------------|-----------------------------------------------------|--------------------------------------|-----------|-------------------------------------------------------------------------------------------------------------|
| <b>Arsenic</b>                                        | 10.4 ppb                | 0 ppb                         | 4.94 ppb                                            | N/A                                  | NO        | Erosion of natural deposits;<br>Runoff from orchards;<br>Runoff from glass & electronics production wastes. |
| <b>Barium</b><br>(12/09/14)                           | 2 ppm                   | 2 ppm                         | 0.09 ppm                                            | N/A                                  | NO        | Discharge of drilling<br>wastes; Discharge from<br>metal refineries; Erosion<br>of natural deposit.         |

#### CONTAMINANTS RELATED TO DISINFECTION – Tested in drinking water.

| Substance<br>(Date, if sampled<br>in previous year) | EPA's<br>Limit<br>(MCL or MRDL) | EPA's<br>Ideal Goal<br>(MCLG or MRDLG) | Highest Average<br>or Highest Single<br>Test Result | Range of<br>Detected<br>Test Results | Violation | Typical Sources                               |
|-----------------------------------------------------|---------------------------------|----------------------------------------|-----------------------------------------------------|--------------------------------------|-----------|-----------------------------------------------|
| <b>Total Trihalo-<br/>methanes (THMs)</b>           | 80 ppb                          | N/A                                    | 0.9 ppb                                             | N/A                                  | NO        | By-product of drinking<br>water disinfection. |
| <b>Total Haloacetic<br/>Acids (HAA)</b>             | 60 ppb                          | N/A                                    | 2.4 ppb                                             | N/A                                  | NO        | By-product of drinking<br>water disinfection. |
| <b>Total Chlorine</b>                               | 4.0 ppm                         | 4.0 ppm                                | 1.35ppm                                             | 0.90 - 1.50<br>ppm                   | NO        | Water additive used to<br>control microbes.   |

Total HHA refers to HAA5

#### OTHER SUBSTANCES – Tested in drinking water.

| Substance<br>(Date, if sampled<br>in previous year) | EPA's<br>Limit<br>(MCL) | EPA's<br>Ideal Goal<br>(MCLG) | Highest Average<br>or Highest Single<br>Test Result | Range of<br>Detected<br>Test Results | Violation | Typical Sources                                                            |
|-----------------------------------------------------|-------------------------|-------------------------------|-----------------------------------------------------|--------------------------------------|-----------|----------------------------------------------------------------------------|
| <b>Fluoride</b>                                     | 4.0 ppm                 | 4.0 ppm                       | 0.95 ppm                                            | 0.82 - 1.20<br>ppm                   | NO        | Erosion of natural deposits;<br>Water additive<br>to promote strong teeth. |

#### Potential Health Effects and Corrective Actions (If Applicable)

**Fluoride:** Fluoride is nature's cavity fighter, with small amounts present naturally in many drinking water sources. There is an overwhelming weight of credible, peer-reviewed, scientific evidence that fluoridation reduces tooth decay and cavities in children and adults, even when there is availability of fluoride from other sources, such as fluoride toothpaste and mouth rinses. Since studies show that optimal fluoride levels in drinking water benefit public health, municipal community water systems adjust the level of fluoride in the water to a concentration between 0.5 to 1.5 parts per million (ppm), with an optimal fluoridation goal between 0.7 and 1.2 ppm to protect your teeth. Fluoride levels below 2.0 ppm are not expected to increase the risk of a cosmetic condition known as enamel fluorosis.

#### Some People Are More Vulnerable to Contaminants in Drinking Water

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. The developing fetus and therefore pregnant women may also be more vulnerable to contaminants in drinking water. These people or their caregivers should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the Safe Drinking Water Hotline at 1-800-426-4791.

### Learn More about Your Drinking Water

#### Drinking Water Sources

Minnesota's primary drinking water sources are groundwater and surface water. Groundwater is the water found in aquifers beneath the surface of the land. Groundwater supplies 75 percent of Minnesota's drinking water. Surface water is the water in lakes, rivers, and streams above the surface of the land. Surface water supplies 25 percent of Minnesota's drinking water.

Contaminants can get in drinking water sources from the natural environment and from people's daily activities. There are five main types of contaminants in drinking water sources.

- **Microbial contaminants,** such as viruses, bacteria, and parasites. Sources include sewage treatment plants, septic systems, agricultural livestock operations, pets, and wildlife.
- **Inorganic contaminants** include salts and metals from natural sources (e.g. rock and soil), oil and gas production, mining and farming operations, urban stormwater runoff, and wastewater discharges.
- **Pesticides and herbicides** are chemicals used to reduce or kill unwanted plants and pests. Sources include agriculture, urban stormwater runoff, and commercial and residential properties.
- **Organic chemical contaminants** include synthetic and volatile organic compounds. Sources include industrial processes and petroleum production, gas stations, urban stormwater runoff, and septic systems.
- **Radioactive contaminants** such as radium, thorium, and uranium isotopes come from natural sources (e.g. radon gas from soils and rock), mining operations, and oil and gas production.

The Minnesota Department of Health provides information about your drinking water source(s) in a source water assessment, including:

- How McIntosh is protecting your drinking water source(s);
- Nearby threats to your drinking water sources;
- How easily water and pollution can move from the surface of the land into drinking water sources, based on natural geology and the way wells are constructed.

Find your source water assessment at [Source Water Assessments](http://www.health.state.mn.us/divs/eh/water/swp/swa/) ([www.health.state.mn.us/divs/eh/water/swp/swa/](http://www.health.state.mn.us/divs/eh/water/swp/swa/)) or call 651-201-4700 or 1-800-818-9318 between 8:00 a.m. and 4:30 p.m., Monday through Friday.

#### Lead in Drinking Water

You may be in contact with lead through paint, water, dust, soil, food, hobbies, or your job. Coming in contact with lead can cause serious health problems for everyone. There is no safe level of lead. Babies, children under six years, and pregnant women are at the highest risk.

Lead is rarely in a drinking water source, but it can get in your drinking water as it passes through lead service lines and your household plumbing system. McIntosh provides high quality drinking water, but it cannot control the plumbing materials used in private buildings.

Read below to learn how you can protect yourself from lead in drinking water.

1. **Let the water run** for 30-60 seconds before using it for drinking or cooking if the water has not been turned on in over six hours. If you have a lead service line, you may need to let the water run longer. A service line is the underground pipe that brings water from the main water pipe under the street to your home.
  - You can find out if you have a lead service line by contacting your public water system, or you can check by following the steps at: [Are your pipes made of lead? Here's a quick way to find out](https://www.mprnews.org/story/2016/06/24/npr-find-lead-pipes-in-your-home) (<https://www.mprnews.org/story/2016/06/24/npr-find-lead-pipes-in-your-home>).
  - The only way to know if lead has been reduced by letting it run is to check with a test. If letting the water run does not reduce lead, consider other options to reduce your exposure.
2. **Use cold water** for drinking, making food, and making baby formula. Hot water releases more lead from pipes than cold water.
3. **Test your water.** In most cases, letting the water run and using cold water for drinking and cooking should keep lead levels low in your drinking water. If you are still concerned about lead, arrange with a laboratory to test your tap water. Testing your water is important if young children or pregnant women drink your tap water.
  - Contact a Minnesota Department of Health accredited laboratory to get a sample container and instructions on how to submit a sample: [Environmental Laboratory Accreditation Program](https://apps.health.state.mn.us/eldo/public/accreditedlabs/labsearch.seam) (<https://apps.health.state.mn.us/eldo/public/accreditedlabs/labsearch.seam>)  
The Minnesota Department of Health can help you understand your test results.
4. **Treat your water** if a test shows your water has high levels of lead after you let the water run.
  - Read about water treatment units: [Point-of-Use Water Treatment Units for Lead Reduction](http://www.health.state.mn.us/divs/eh/water/factsheet/com/poulead.html) (<http://www.health.state.mn.us/divs/eh/water/factsheet/com/poulead.html>)

Learn more:

- Visit [Lead in Drinking Water](http://www.health.state.mn.us/divs/eh/water/contaminants/lead.html#Protect) (<http://www.health.state.mn.us/divs/eh/water/contaminants/lead.html#Protect>)
- Visit [Basic Information about Lead in Drinking Water](http://www.epa.gov/safewater/lead) (<http://www.epa.gov/safewater/lead>)
- Call the EPA Safe Drinking Water Hotline at 18004264791. To learn about how to reduce your contact with lead from sources other than your drinking water, visit [Lead Poisoning Prevention: Common Sources](http://www.health.state.mn.us/divs/eh/lead/sources.html) (<http://www.health.state.mn.us/divs/eh/lead/sources.html>).