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McIntosh, Minnesota



Thanks to the McIntosh City Council, organizations and donors from the Community, soon Roholt Park will be getting some new playground equipment.

USDA resumes Continuous Conservation Reserve Program enrollment

As part of a 33-year effort to protect sensitive lands and improve water quality and wildlife habitat on private lands, the U.S. Department of Agriculture (USDA) will resume accepting applications for the voluntary Conservation Reserve Program (CRP). Eligible farmers, ranchers, and private landowners can sign up at their local Farm Service Agency (FSA) office between June 4 and Aug. 17, 2018.

FSA stopped accepting applications last fall for the CRP continuous signup (excluding applications for the Conservation Reserve Enhancement Program (CREP) and CRP

grasslands). This pause allowed USDA to review available acres and avoid exceeding the 24 million-acre CRP cap set by the 2014 Farm Bill. New limited practice availability and short sign up period helps ensure that landowners with the most sensitive acreage will enroll in the program and avoid unintended competition with new and beginning farmers seeking leases. CRP enrollment currently is about 22.7 million acres.

For this year's signup, limited priority practices are available for continuous enrollment. They include grassed waterways, filter strips, ripari-

an buffers, wetland restoration and others. FSA will use updated soil rental rates to make annual rental payments, reflecting current values. It will not offer incentive payments as part of the new signup.

USDA will not open a general signup this year, however, a one-year extension will be offered to existing CRP participants with expiring CRP contracts of 14 years or less. Producers eligible for an extension will receive a letter with more information.

Enjoy a stress-free summer with the kids

Between camp, going on holidays and playdates, summer vacation can feel like endless planning and shuffling from activity to activity.

Fortunately, you can use these tips and tricks to cut down on your stress and enjoy quality family time together.

Create a schedule. Jot down family activities and commitments on a large calendar and keep it on the fridge so everyone can see what's coming up.

This will help give the kids a sense of security and routine that's missing during the summer months. Just be flexible, and make sure to schedule plenty of free time to relax and enjoy quiet time with a book.

Cut down kitchen time. Don't like having to choose between healthy and quick, easy meals?

Look for simple, nutritious meal options that take much

of the work out of cooking. For easy lunches and dinners you'll feel good about serving the kids, try Mann's Nourish Bowls. Ready in just a couple of minutes in your microwave, the bowls were developed by chefs and feature superfood veggies like broccoli, sweet potato and kale.

They work as great side dishes to complete a fast and healthy meal.

Plan special dates. Getting out of the house regularly doesn't mean having to use up the family travel budget. Give the kids an excuse to use up their energy and get some fresh air by scheduling some fun, free activities.

Go to the park, spend time in the library and visit your local community swimming pool. Keep the kids on top of chores and other duties by presenting these activities as rewards for a job well done

A new playground for Roholt Park is in the Council's plans

McIntosh is home to a great park for kids and adults alike. Roholt Park, located right off of Highway 2 had been a stopping point for travelers and a great place for our community to relax and play with the kids.

The park even holds a bit of fame, with a Facebook page, "I sat on the lion at Roholt Park", where visitors to the page can post pictures of themselves or loved ones sitting on the lion. (Which, by the way, isn't all that good for our lion, he is only made of paper mache.)

The campground is used throughout the summer by travelers, and is probably the best camping deal in NW Minnesota. And the picnic area is available for a quick lunch or a family party.

Now, the park will become even more fun, as the McIntosh City Council is planning an upgrade and replacement of the playground equipment that has seem better days.

Recently the McIntosh Fire Department made a donation for the upgrade to the park

playground equipment, and some other funds have been raised as well.

The McIntosh Fire and Rescue Squad had also planned a fundraising event at Roholt Park for Wednesday, July 25th. There will be fire trucks, games, food and fun all for a free will donation with all the money raised going towards the park.

The park playground will be purchased from Northwoods Playground, Parks and Amenities in Bemidji and the hope is the new playground will be installed within the next year.

If you would like to donate to the new playground fund, please be sure to attend the Fire Department fundraising event on Wednesday, July 25th, or if you are unable to attend, you can contact the McIntosh City Clerk to make a donation.

Within the next few months the City will have a concept plan for the new playground that will be able to be viewed at the City Clerks office.



The plan for a new playground structure at Roholt Park will look something like the one pictured above. The new equipment will be sturdier than what is there now and be ADA compliant.



Kalli Roy was able to pet the boa constrictor, while her friends waited for a turn that was brought to the library from Agassiz Learning Center for the summer Explore program last Monday in McIntosh.



Last Monday, the kids who attended the summer McIntosh Library program were able to learn about the amazing world of bats and birds through a story before seeing the snake that was brought from Agassiz Environmental Learning Center.



Community Calendar

- Wed. June 27:** McIntosh Library 12pm to 5pm; Children's Story Time at McIntosh Library 3:30pm; 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. June 28:** McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;
- Fri. June 29:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Sat. June 30:** Winger Day and Winger Lion's Fish Fry
- Mon. July 2:** McIntosh Library 10am to 3pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;
- Tues. July 3:** McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm
- Wed. July 4:** Independence Day! Happy 4th of July
- Thurs. July 5:** McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. July 6:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. July 9:** Explore Rocks & Gems at the McIntosh Library 10:30 am; McIntosh Library 10am to 3pm; 10am to 3pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;
- Tues. July 10:** McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm

Pestle & Vessel

by Alison Opdahl

Grasshopper

I learned of David and Goliath in Sunday School and Vacation Bible School. My daughter's been singing "Only a Boy Named David," around the house since our VBS. It's important to learn these accounts when we're young but it's vital our understanding of them matures as we grow. Goliath is thought to be a descendant of the Nephilim. Who were they? I've been wrestling with this installment but as much as I've avoided it, the Ruach keeps nudging me. And perhaps the purpose is not to provide all the answers but to ask the questions.

The first Biblical reference to the Nephilim is Genesis 6:4 "The Nephilim were on the earth in those days, and also afterward, whenever the sons of God came to the daughters of men, and gave birth to them. Those were the mighty men of old, men of renown." TLV. In my research I've learned many believe fallen angels fathered offspring—called the Nephilim—with human women. Why would this even happen? What would be the purpose? And why haven't I heard this before?

Examining Genesis 3:14-15 can offer a viewpoint I've never considered. "Adonai Elohim said to the serpent, "Because you did this... I will put animosity between you and the woman—between your seed and her seed. He will crush your head, and you will crush his heel." TLV. This prophecy—of a male child born from the line of man to defeat sin and evil once and for all—set the stage. Satan's destruction of man's communion with YHWH in Eden would not endure. Was Satan the serpent? Did Satan use the serpent? It doesn't clearly indicate in Genesis but was the serpent evil? Yes. Is Satan the father of lies? Yes.

Fallen angels had joined Satan in his rebellion. The spiritual corruption of man was complete but with the prophecy of a Messiah, the victory could be overturned at any time. So... what if the lineage of man could be corrupted so that the prophesied one could never exist?

It's evident in Scripture that the Nephilim were giants. When Moses sent spies into Canaan, they reported: "We cannot attack these people because they are stronger than we... The land through which we passed to explore devours its residents. All the people we saw there are men of great size! We also saw there the Nephilim. (The sons of Anak are from the Nephilim.)

We seemed like grasshoppers in our eyes as well as theirs!" Numbers 13:31-33, TLV.

Obviously, the Israelites knew of the Nephilim. Though no action was taken against the scouts, the mere presence of the giants caused terror. Their miraculous deliverance from Egypt and the Red Sea crossing were dwarfed by the knowledge of Nephilim in the land Elohim promised them. What's my point? David did not casually reject King Saul's armor, trip lightly to the brook to choose five stones and blithely toss one into the air to slay a giant. The Israelites were not sallying up to the line of skirmish with hotdogs and soda in hand to watch the game. They were terrified.

David left his flock, walked miles to the battle line and stepped into history. He wasn't facing the giant in front of him so much as the giant behind him. And what was that? The belief the Philistines and Goliath were greater than YHWH. David slew both without any help from man; no spear in his hand, no armor on his chest, no army flanking him. That GRASSHOPPER killed generations of fear inherited from those who could not slay the giant within: UNBELIEF. He reminded those who would taunt

the Living God that reliance on YHWH trumped fear and brute strength. What belief shapes our giant? Or maybe I should ask it this way. What UNBELIEF shapes our giant? -a.m.opdahl

Classical Wind at Farm By The Lake

On July 1, 2018 at 4 pm at Farm by the Lake in Bagley, there will be a performance free and open to the public.

Jon Romer is an outstanding player and teacher of Native American Flutes.

He enjoys performing solo and ensemble work, composing, and discovering new places for the beauty of the Native American Flute while honoring its traditional uses. After serving as Professor of Voice and Choral Music at Gustavus Adolphus College for many years, he moved to Cass Lake, MN where he was the first Director of music programs at Bug-O-Geshig School. He later taught music at the Leech Lake Tribal College.

Jon has performed across the country and has prepared students to participate in Native arts festivals from Washington, DC to Alaska.

He has been featured on many recordings as well as documentaries and public tele-

vision programs.

Mike Tangen was a teacher of music in Grand Forks, ND and Bemidji, MN. Mid-career he taught mathematics and served Bemidji Area Schools as the Director of Technology before retiring. As a guitarist Mike has had a wide range of performance experiences with many groups, most often playing a Martin D-35 steel string Folk Guitar. In addition to performing folk music as a soloist and with various groups, he recorded and performed regionally with "Mike & Maggie, Music for Children".

Together their musical sensibilities and combined musicianship allow the Native American Flute and the Classical Guitar to express and share the intersection of nature, humanity, culture, and the spirit of the Creator that is evident in their music. Roemer & Tangen appreciate opportunities

to share their unique musical stylings with others.

This activity is made possible by the voters of Minnesota, through a grant from the Region 2 Arts Council, thanks to a legislative appropriation from the Arts and Cultural Heritage Fund.

Feel free to bring your own lawn chairs - some folding chairs provided. Rain or Shine the music goes on.



NOTICE

ELECTION AND ANNUAL MEETING VERNES CEMETERY ASSOCIATION

The annual election and meeting of the Vernes Cemetery Association will be held on Monday, July 9, 2018 at the Vernes Lutheran Church. The meeting shall start at 7:00 p.m. and all association members are invited to attend. Association members are all members of Vernes Lutheran Church and anyone else who has relatives or friends buried in the cemetery. Again, all members are encouraged to attend.

Gordon Syverson
Secretary/Treasurer
Vernes Cemetery Association

M14-15C

A Celebration Of America's Independence

On July 4, 1776, our founding fathers signed the Declaration of Independence declaring our freedom from England and creating a new nation.

This Fourth of July, as we observe the anniversary of our nation's independence, it's important we understand and appreciate the freedoms we enjoy.



A Celebration Of America's Independence

The First National Bank of McIntosh will be **CLOSED** on Wednesday, July 4th in observance of Independence Day.

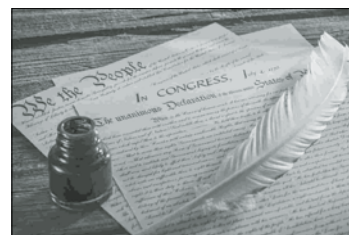


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M14C



Reading of the Declaration of Independence

Dan and Darlene Dierkes invite you to their house for the annual reading of the Declaration of Independence on July 4th. The reading will be at 10:00; please arrive after 9:30. Enjoy a visit with friends and neighbors over refreshments as well as some patriotic music, before hearing the words of our founding fathers that gave us the liberty we enjoy today. The event will be held in the garage if the weather is bad, so come, rain or shine! Bring your coffee mug and a lawn chair.

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. M14-27C

Community Birthday and Anniversary Calendar

Wed. June 27 :
Debbie Haaven, *Clay
* Teresa Syverson

Thurs. June 28:
Judy Webster, *Craig
& Jill Lende, *Ryan &
Angela Linden

Fri. June 29: Je-
rome Voxland, Cole
Shaver, David Herem
Sat. June 30: Jade
Pries

Sun. July 1: Justin
Burslie, Carla Gryd-
son

Mon. July 2: Nick-
olas Schow, Hudson
Smeby, *Paul & Julie
Schow

Tues. July 3: Chase
Svalen



ST. MARY'S CHURCH Fosston

Fr. John Svakeen,
Pastor

Wed. June 27: 11:30am
Mass at St. Mary's, Fosston;
Noon - 8:00pm Adoration at St.
Mary's, Fosston

Fri. June 29: 8:30am Mass
at St. Mary's, Fosston

Sun. July 1: 8:00am Con-
fession; 8:30am Mass at St.
Mary's, Fosston; 10:30am Mass
at St. Joseph's, Bagley

Sun. July 8: 8:00am Con-
fession; 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. July 1: 8:30am Wor-
ship at Immanuel; 9:45am
Worship at Calvary

Sun. July 8: 8:30am Wor-
ship at Immanuel; 9:45am
Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh

Supply Pastor
Gordon Syverson

Sun. July 1: 11:15am Wor-
ship Service.

Sun. July 8: 11:15am Wor-
ship Service.

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

Wed. June 27: 7:00pm Bible
Study at Don and Sharon Ram-
berg's

Sun. July 1: 9:30 a.m. Sun-
day School and Adult Bible
Study; 11:00 a.m. Worship Ser-
vice

Tues. July 3: 10:00am Sun-
day worship service telecast
on Garden Valley Cable TV-
Channel 2; 1:30pm Bible
Study at The Country Place

For information on free
rides to any of the above ac-
tivities 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

Sun. July 1: 9:30am Wor-
ship at Mt. Carmel 11:00am
Worship at Trinity;

Sun. July 8: 9:30am Wor-
ship at Mt. Carmel 11:00am
Worship at Trinity

There will be No Wednes-
day Bible Study during June;
There will be No Thursday
Men's Breakfast during June.

VERNES LUTHERAN CHURCH (LCMC) McIntosh

Pastor Jill Torgerson

Sun. July 1: 9am Worship

Sun. July 8: 9am Worship

DOVRE FREE LUTHERAN Pastor Don Edlunds

Wed. June 27: 7:00pm Bible
Study

Sun. July 1: 10:00am Wor-
ship Service

Sun. July 8 : 10:00am Wor-
ship Service

Wed. July 11: 7:00pm Bible
Study

IMMANUEL LUTHERAN CHURCH McIntosh

Rev. Bruce Blocker,
Pastor

Sun. July 1: 9:00am Divine
Worship Service with Holy
Communion; 10:00 Fellowship
Hour

Sun. July 8: 9:00am Divine
Worship Service; 10:00 Fellow-
ship Hour

Holy Communion 1st Sun-
day of the Month

Did you know?

According to Catholic On-
line, the sacrament of confir-
mation completes the sacra-
ment of baptism. To Catholics,
baptism is the sacrament of
rebirth to a new and super-
natural life, while confirma-
tion is a sacrament of maturity
and representative of a young
Christian's coming of age.

The Catholic Church teach-
es that confirmation is a true
sacrifice that was instituted by
Christ.

While many Catholics are
baptized shortly after they
are born, they do not receive
the sacrament of confirmation
until much later, when their
spirituality and commitment
to Jesus Christ has further
developed and they are fully
capable of understanding the
commitment they are making.



The History of Sletten Township-Part 2

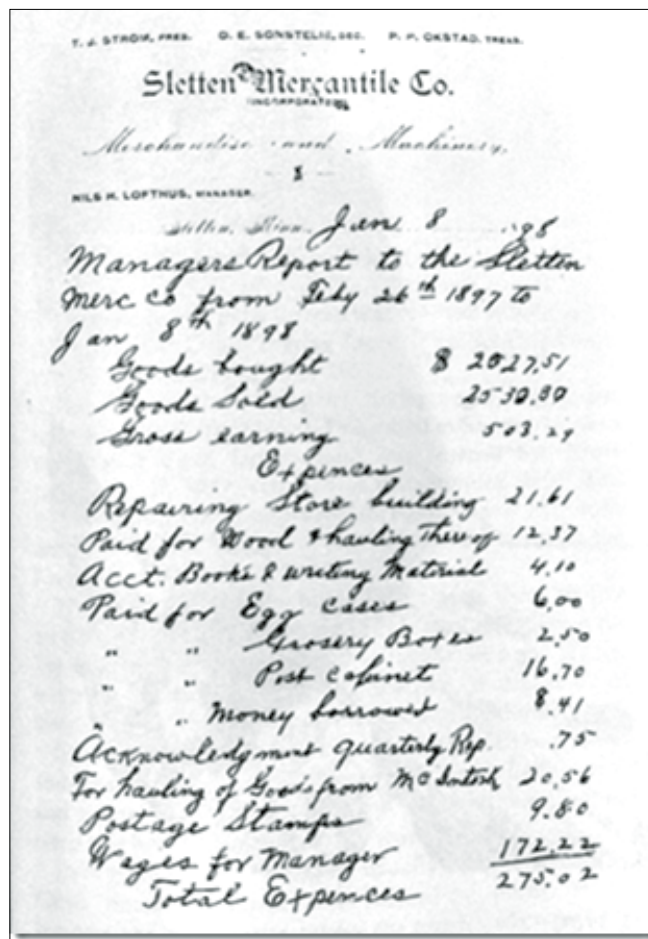
According to Sletten Township records, one of the first roads built in the township began at the King Township line and continued through Sections 4 and 9, down to what was known as the Frisk Brothers' farm. The first road built across the township was laid out in 1884. This road is now County Highway 1. Sletten's first bridge was built in 1885. It is located near site of the old Sletten Hall, between Sections 16 and 21, over the Sandhill River.

As with most of the townships, new roads were built and maintained by a poll tax. As per the proceedings of a Town Board meeting in 1885: Supervisors of the town of Sletten "do estimate and assess three days highway labor to each and every male inhabitant in said town, liable to be the ensuing year, and we do assess a road tax of forty cents on each one hundred dollars' worth of real estate and per-

sonal property liable to taxation in said town, as valued on the assessment roll of the past year to be paid to said town the ensuing year." In 1898 the Supervisors set the wages for a man and team at three dollars a day for road work.

The hamlet of Sletten consisted of a Farmers Store, Farmers Co-op Creamery (built in 1904) with Charles Webber as the first buttermaker; a blacksmith shop where Nils Nilson did general blacksmithing work such as plow-share sharpening and horse-shoeing. There was also a feed mill (1900) operated by Jorgen Dahle, and a Post Office. The first Postmaster to serve the town was Ole E. Sonsteli. The first storekeeper for the Sletten Mercantile Company was Nels H. Lofthus who was also the Justice of the Peace of Sletten Township. The first mail carrier was Nels Nelson in 1905. His mail route ran from Fosston through Sletten Village and west toward Wing-er. Within the city limits five families made their home: As-ten Nilson, Nils Nilson, Inge-ber Larson, Charles Webber, Christ Johnson.

In the 1890's the Sletten Mercantile Company served the early settlers. It was located in what used to be the old Sletten Town Hall on the south side of Hwy 1, just east of the Sand Hill River. T.J. Strom



An excerpt from the Manager's Annual Report for the Sletten Mercantile Company from 1897 to 1898.

was its president; O.E. Sonsteli, Secretary; and P.P. Okstad, treasurer. Nile H. Lofthus was the first store manager.

Source: The Saga of the
Thirteen Towns; The Cen-
tennial History of the Thir-
teen Towns

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Gonvick, MN

Richards Publishing Co.

Winger News

by Linda Pulskamp

Hello again from Winger and the Union Lake areas, is the first day of summer today (Thursday) and what a beautiful summer day it is, warm and kinda humid which seems to go hand in hand. We had a nice and welcome rain over the week end that perked things up. And with it being the first day of summer means the days start to get shorter, in two weeks the 4th of July will be behind us and it seems like after that summer starts to go away, enough of that.

Will be a busy few weeks coming up, next week end brings Winger Appreciation Day on Saturday, come out and enjoy it there will be something for everyone and the Lions annual fish fry is that same day. That same week end brings to the Mahanomen County Fair to Mahanomen. The following week brings the 4th of July and the week after that brings the fair to Fertile.

Hope you Father's out there had a good Father's Day last week end, somehow I missed that.

On Wednesday the 12th Carson Benesh rode his bike to Milton Carlson's for a visit with Milton, later that day Dusty Wayne Carlson and Mia and Hadley Erickson rode the golf cart to Milton's for a visit.

Visiting last Sunday at the Pioneer Home at Erskine with Helmer an Verlys Homme were Mark and Betty Syver-son.

Judy Gieseke was a visitor with Milton Carlson at the Carlson home last Friday afternoon the 15th.

Tuesday the 19th classmates that gathered together at Moran's for lunch were Lucy Brtek, Joyce Balstad, Judy Sogla, Judy Hagen, Faith Syver-son and Carol Thoveson. They had a good time visiting and reminiscing.

Chad Carlson was a Saturday morning visitor and coffee guest at the Milton Carlson home.

Lucy Brtek and daughter Michelle Gagner went to Bergeson's Nursery one afternoon this week where they took in some of the beautiful gardens out there and also brought home some flowers to

plant.

Monday evening the 18th Donna Carlson was a visitor with Milton Carlson at the Carlson home.

Last Sunday Milton Carlson met Judy and Lonnie Gieseke at church and after church Milton along with Roy and Lisa Schaumburg and Mike, Kari and Oliviyah Keller were guests at the Gieseke home for brunch. From there Milton went on to the Dusty and Nikki Carlson home in Fosston for birthday gathering in honor of Dusty Wayne Carlson and Oliver and Sage Carlson who are Adam Carlson's twins.

Tuesday night Sheldon Lee of Fosston, his daughter Christie Gerlach of Knoxville,TN and Christie's two daughters, Mark Lee of McIntosh, Greg and Connie Eck of Trail and Sue Eck of Bagley and Lucy Brtek gathered together at Ventures in Fosston for supper and visiting.

This again is the news for the week, hope to see many of you at Winger's Appreciation Day on Saturday.

From Bun Manor:

Last Monday at noon Bun met Dale and Joyce along with Dale's hired hand Noah Klinkhammer at the Ness café. Dale brought some fresh uncooked Walleye that he had caught during the weekend. He and about fourteen other guys went up to the Lake of the Woods and caught their limit. Bun thought that was a pretty nice deal. Scrap cooked it up for him at home.

During the week three ladies that have birthdays in June had a little party up at Morans. They were Corneil Espeseth, Elmyrna Kaupang from Winger and Barb Slakne from Bejou. Elmyrna celebrated a milestone birthday. She is now 80.

Joyce Balstad and her friend Jan went to an art and craft show south of Lengby at the Ruffed Grouse bar and grill. There was one guy who had some wood carvings of bear and wolves. There was a nice crowd and the weather was pleasant.

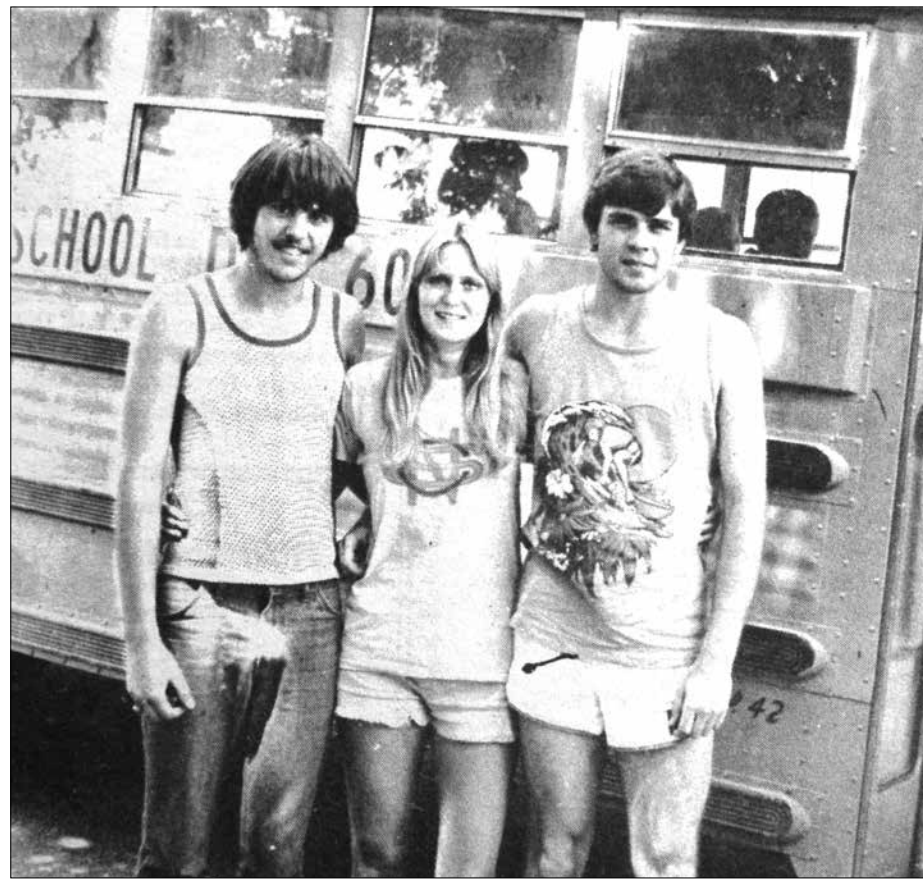
Jerry and Pam Wang attended her grandson Rejor's birthday up at Jessica's in

Blackduck. Jerry told Bun there was a good crowd for the celebration.

Bun went to the Lunch Box in Winger on Saturday to meet Dale, Ole, Brian Massmann and his son Bennett. This was the first time Bun had seen the little Tyke. Brian and him stopped by Sarah lake after lunch to visit with grandpa Steve and grandma Lorri. Brian showed them a picture of Bun holding Bennett in his arms. Bennett was bragging to them about how lucky he was to have his picture taken with Bun.

Sunday found Bun picking up Ole in Winger and heading out to Maple lake to visit their friend's Assisa and T.R. at their lake home. There were some other friends that stopped by to visit.

Don't forget this coming Saturday to attend Winger day. There will be a car and tractor show starting in the morning followed by the Winger Lions fish-fry at the community center starting at 4:30 p.m. There is also arts and crafts during the day. It should be a good time. We hope to see you there at the celebration.



40 years ago...1978: Directors of the Summer Recreation fr McIntosh-Winger youth this year are David DeFrang and Marilyn Sannes of McIntosh, and bus driver, Pat Moran of Winger. They are heading for the swimming sessions in Fosston.



30 years ago...1988: Senior Letter Winners: Mike Balstad, Wim Jacobs, JoAnn Engebretson, Dae Hadler, Pat Thompson, Mark Sonsteli, Mark Sannes, Mik Schimanski, Ryan Aaker, Dave Kiecker, Laurie Carlson, Julie Walker, Chris Boucher, Merry Bauer, Todd Bush, Annette Finseth, Carrie Gustafson and Kerry Mandt.



20 years ago...1998: Garden Valley Education Foundation Directors Joe Sandberg and Armond Sannes are shown presenting the Education Foundation grant to Win-E-Mac video projection students. Shown in the photo are students Tyler Kolden, Erik Jax, Sam Tandem, GVEF Directors Armond Sannes and Joe Sandberg and Instructor Regg Wenaas.



10 years ago...2008: The Winger Lions Fish Fry had Carsten Zahl serving up fish and Gordon Sonsteli handling the potato salad.



Winger Day and Lion's Fish Fry
Saturday, June 30th
Downtown Winger

Ad deadline:
Noon Friday



Celebrating spring with a concert for family and friends was the Win-E-Mac Junior High Band.



The Win-E-Mac Junior High School Choir during their spring concert held at the school.

No-bake desserts make the perfect end to a gathering

It is the season for entertaining, when invitations for barbecues and parties abound. Common courtesy dictates guests offer a token of appreciation to their host or hostess for the invitation to socialize. Although wine or other beverages are a go-to gift, a tasty dessert also makes a great gift. And gifters can even consider a no-bake recipe so they don't have to turn on the oven when the weather warms up.

Need inspiration? Browse the Internet and you're likely to discover dozens of delicious no-bake recipes. Cooking shows on television and articles in newspapers and magazines also can inspire home chefs. Otherwise, you can try your hand at these simple dessert solutions.

*** Ambrosia salad:** Am-

broisia is a variation on a traditional fruit salad. While the name references a food enjoyed by Greek deities, most believe the dessert traces its origins to the United States. Although ambrosia salad can have different variations, many recipes begin with a dairy base (pudding, sour cream or yogurt) and then include different canned or fresh fruits, shredded coconut and mini-marshmallows. Ambrosia salad is refreshing on a warm day and takes little time to prepare.

*** Pudding trifle:** Trifles are made by layering different ingredients to create a striated design. This dessert may include a variety of ingredients, from cake to cookie crumbs to fruit. Trifles also can be customized to fit a particular par-

ty theme. Patriotic parties may feature a trifle made with berries, whipped cream and cubes of vanilla pound cake. Match flavors to cocktails or other food being served.

*** Easy ice cream cake:** Packaged ice cream sandwiches can be turned into a tasty and simple dessert. First, purchase a box of ice cream sandwiches, then melt hot fudge and crumble cookies, like Oreos(R), into the fudge. Spread the cookie and fudge layer on top of the sandwiches and then repeat the layers. Finish by sealing everything with a thin coating of frozen whipped topping. Wrap in aluminum foil and allow to set and harden in the freezer for a few hours.

*** Fruit pizza:** This is a re-

freshing and relatively healthy dessert to complement any occasion. Start by making a graham cracker crust, either by mixing graham cracker crumbs with melted butter and a bit of sugar and pressing into a pie dish or by simply buying one ready-made. (For a less healthy alternative, and one that requires baking, use a sugar cookie dough to make a cookie crust.) Mix whipped cream cheese with a bit of strawberry jam, marmalade or your favorite fruit flavor. Spread over the crust. Place slices of fruit on top of the cream cheese. Peaches, apples, grapes, sliced cherries, kiwi, and blueberries can be used. For a professional-looking finish, a glaze made from cornstarch, water and sugar will

give the top of the fruit pizza an inviting sheen.

*** Fresh strawberry yogurt pie:** The benefits of eating yogurt abound. Yogurt is lower in fat and calories than ice cream, and yogurt boasts active, live cultures that keep your digestive system working correctly. Yogurt doesn't just have to be reserved for breakfast or a snack. Enjoy it in a delicious dessert, too. Purchase a ready-made chocolate cookie pie crust or make your own from ground chocolate sandwich cookies. Mix together eight to 10 ounces of strawberry Greek yogurt with a small container of thawed frozen whipped topping. Add in slices of fresh strawberries and chocolate shavings, if desired. Pour the mixture into the pie

crust and freeze until firmly set. Thaw slightly to slice easily and enjoy.

No-bake treats make for easily prepared desserts. Experiment with different flavor combinations, and you just may discover a new crowd favorite.



Berry Delicious

By Teresa Farrell, Registered and Licensed Dietician at Essentia Health.

Summer is a time for lighter foods, including fresh fruits and veggies, whether they be from your garden, the local farmers market or the local grocery store. Berries are one of my favorite summer foods, actually I enjoy them all year long, but I really enjoy the fresh berries of summer. Fruit is linked with lower risks of cancer, heart disease and inflammation. Research is also suggesting that blueberries in particular may be beneficial in the fight against Alzheimer's. Different colored berries, and fruits and veggies in general have different nutrients and therefore health benefits so it is important to eat a wide variety of them. "Eat the rainbow" as the saying goes.

Berries are nutritious powerhouses bursting with antioxidants and phytochemicals, as well as vitamins (especially vitamins A, C and E that can protect cells from damage) and fiber. They are also low calorie, and fat, saturated fat, cholesterol and sodium free! And they taste amazing! Strawberries, blueberries, raspberries and blackberries are favorites, with only 50-85 calories per cup and 3-8 grams of fiber (raspberries and blackberries being the highest in fiber with roughly 8 grams per cup).

I also love that they are so versatile to use. They go well with your meals, as snacks and as dessert. Some of my favorite ideas are: on a high fiber breakfast cereal-cold or hot, in pancakes and waffles or as a topping, fruit and yogurt parfait, in a leafy salad- a favorite is a spinach salad with strawberries and blueberries, walnuts and a light vinaigrette dressing, an addition to fruit kabobs which are fun to make (kids and grandkids love to help) and eat, a side dish/



garnish, in smoothies, pureed and frozen in popsicle form, strawberries dipped in dark chocolate or as a dessert with a dollop of whipped topping. The possibilities are endless, be creative!

For an easy, yummy appetizer try the Balsamic Berry Bruschetta below.

Balsamic Berry Bruschetta

Ingredients:

½ a baguette, thinly sliced into 10 pieces

1 cup part skim ricotta cheese

1 cup strawberries, halved or sliced

Balsamic vinegar

Directions:

Preheat oven to 300 degrees. Place the baguette slices on a baking sheet. Toast in the oven for 8 minutes or until lightly golden brown, flipping the slices halfway through.

Using an electric mixer beat the ricotta until smooth.

Cut the cooled baguette slices in half.

Spread a generous amount of the ricotta on the baguette slices, top with strawberries and drizzle with balsamic vin-

egar.

Nutrition information for 2 half slices:

Calories: 70

Protein: 4 grams

Fat: 2 grams

Carbohydrates: 10 grams

Fiber: 1 gram

Sodium: 25 milligrams

Berries are good for dessert as well.

Berry Cheesecake Trifle

Serves: 16

Ingredients:

1 (5 ounce) package instant cheesecake pudding*

3 cups of cold skim milk

1 (9 inch) angel food cake, torn into roughly 1-inch pieces*

1 cup blueberries, washed*

1-pound strawberries, washed and hulled*

1 (12 ounce) container frozen whipped topping, thawed

Directions:

Whisk pudding mix and milk in a bowl for 2 minutes, let stand until thickened, about 3 more minutes.

Layer half the cake cubes into a trifle bowl or other clear bowl. Top cake cubes with half the pudding mixture, half the blueberries, half the strawberries and half the whipped topping. Repeat layers. Top with more strawberries and blueberries for a nice presentation. Cover and refrigerate 4 hours before serving.

Nutrition information per serving-1/16 of the trifle:

Calories: 135

Protein: 4 grams

Fat: 0

Carbohydrates: 25 grams

Fiber: 1 gram

Sodium 125 milligrams

*vanilla pudding may be substituted for the cheesecake pudding

*sugar free pudding may be substituted for regular pudding

*pound cake may be substituted for the angel food cake

*any type of berry or other fruit may be used

FIVE BIG DAYS!

Polk County

FAIR!

July 11-15

Fertile, MN

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

WEDNESDAY, JULY 11

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

THURSDAY, JULY 12

- 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 13

- 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 14

- 5K Walk/Run 9 a.m.
- Midway and Free Stage at noon
- Baja Racing (4 & 6 Cylinders) 1 p.m.
- Kids Bike Drawing 4 p.m.
- **State Championship Baja Racing 6:30 p.m.**

SUNDAY, JULY 15

- Church services 10 a.m.
- Midway & Free Stage 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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