



McINTOSH

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McIntosh, Minnesota



Don Carey, better know as the "bugman" visited the McIntosh Library on Monday, July 16th and brought with him lots of bugs, including this scorpion that he showed to the kids in attendance.



If you look closely at Don Carey's knee, you can see a trantula he brought along to show the kids. He has had this trantula for many years and her name is George.



"Buddy Holly" performed for a crowd last Friday, July 21st at the Winger Community Center as part of the celebrations of the Mac-Winger Class of 1963.



McIntosh Tractor Day is August 25th

The annual McIntosh Tractor Day will be held on Saturday, August 25th.

The fun will begin with the Antique Tractor Parade. Tractors can register and line up at Erickson Park starting at 9:00 am. The parade will begin at 11:00 am and travel down Main Street.

Following the parade the Kiddy Tractor pull will take place in front of the firehouse.

The Tractor Pull will start around 1:00pm, when tractors must be registered and pay fees on the old football field.

This year there will be 3 different food vendors in town all day with food, pop, water and more,

Make plans now to attend!

Mac City Council makes plans for paving and a new playground

The McIntosh City Council has spent the summer months planning for a new playground at Roholt Park. They have agreed on a design and will be fundraising and collecting donations for the purchase of the playground equipment. The playground will be set up in the park with volunteer help.

The first fundraiser will be held by the McIntosh Fire Department at Roholt Park on Tuesday, August 7th, which corresponds with National Night Out.

The fundraiser will have lots of activities including fire trucks and treats.

The Council also accepted a quote for paving in town. The quote was for patching around town and paving behind the Bjella building.

As the July 1st deadline for the public to own the B-B Cafe has passed, the Council has discussed ways to recoup a part of the cost that the City has incurred. Holding an auction for the contents is a possible option.

The possibility of the City purchasing generators for the Fire Hall and Community Center was discussed and tabled. The need is for each location to have a small generator for limited use in case of any future electrical blackouts.

The Council also is pleased with the opening of two new businesses in town this summer. The Clubhouse Childcare Center in the former VFW building and Ashley Morberg's Hair Salon on Main Street in the former Polk County Health building.

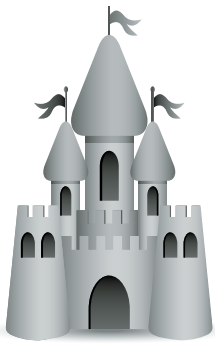
The Council will meet in August on Tuesday, August 14th at 5:30 pm at the McIntosh Community Center.

McIntosh and Winger

have open City Council seats on their 2018 ballots. Be a part of your community and register today at your respective City Clerks Office. Candidate seat filings are open from July 31, 2018 to August 14, 2018.



Arlene Kundert of McIntosh recently won two blue ribbons at the Polk County Fair. Her first ribbon was for the beautiful crochet afghan she is displaying and the second for the crochet hat on the left side of the picture.



Community Calendar

Wed. July 25: 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. July 26: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;

Fri. July 27: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. July 30: McIntosh Library 10am to 3pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;

Tues. July 31: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm

Wed. August 1: 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. August 2: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. August 3: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. August 6: McIntosh Library 10am to 3pm; 10am to 3pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;

Tues. August 7: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm



Mac/Winger class of 1963 celebrated 55 years with dinner at Morans and a tribute to Buddy Holly in Winger. Back row - Odney Hegrenes, Bruce McWilliam, Jim Wertish, Gary Frisk, Paul Gustafson, Chuck Brinkman, Galen Enerson, Lewy Ronken (Buddy Holly) front row Lonnie Berg, Jean Schleicher McCabe, Tanis Gunderson Agar, Kay Eraker Carlson, Ruth Johnson Mandt, Linda Hendricks Barstad, Carole Schleicher Eckstrom, Gloria Covlin Carver, not pictured Leona Thompson Humphey.

Pestle & Vessel
by Alison Opdahl

Wildreness

I've been pondering the accounts of Ruth's relocation from Moab to Bethlehem, David's encounter with Goliath, Jesus Christ's birth and His death.

The word the Ruach ha-Kodesh (Holy Spirit) has given me is: WILDERNESS. I imagine for most of us, the image that springs to mind is a barren wasteland.

I crave trees, hills, valleys and rivers. Throw in a few mountains and a beach and I'll never want to leave. I once drove across Saskatchewan, which is the complete opposite of trees, hills, valleys and rivers. I could see for miles and it all looked the same in any direction. I felt utterly alone and exposed.

I wonder if Ruth felt the same—alone and exposed? Everything in her mind must have been telling her to flee to Moab and yet her spirit had been called by YHWH to Bethlehem. What about David? He was the only man who confronted

Goliath—who was taunting YHWH—and set aside generational fear of the Nephilim to challenge and slay him. What about the Christ child?

Exposed as a human for the first time and subject to everything a human would feel. But there was one difference. He was not alone. Why? Because He maintained a trusting relationship with His Father.

The way we would view Christ's life might cause us to say He was "alone" in many things but I believe a more accurate word is solitary. He was the one human in a sea of humans that was without sin. He was in a wilderness of the spirit. His role was to awaken humanity to another level of intimacy with their Creator. He was on a solitary journey. We see this demonstrated in the Bible when we read how He removed Himself from the multitudes to pray.

The first definition of wilderness in the American Heritage Dictionary of the English Language is: An unsettled,

uncultivated region left in its natural condition especially: An extensive area, such as a desert or ocean, that is barren or empty; a waste.

We are a spiritual wilderness until the redemptive work of the Son cultivates the natural condition of our souls. It is an extensive area, covering mind, body and spirit and for most of us, it spans years. Our barren, empty wasteland begins to show signs of fertility and potential for harvest as Ruach works in our lives. The wilderness becomes an oasis and hope flourishes.

I've been working on flipping my attitude. I'm not alone. I'm on a solitary journey with the Father. My road will not look like anyone else's road. My perspective is my choice and my attitude will define each step along the way. The wilderness that is my soul is being cultivated season after season. This process will continue until the final harvest is complete and my spirit experiences perfect communion with my Creator.

We've become a nation of snackers

By Bonnie Brost, Essentia Health licensed and registered dietitian

Gobble, gulp and go is the theme of eating in America.

We're snacking more than ever and overhauling the very definition of the American meal. Snack food is becoming the meal. There's not even a good definition of what constitutes a snack and what is a meal.

Snacking has increased from 59 percent in the late 1970s to 90 percent in 2009, according to the National Health and Nutrition Examination Survey conducted by the Centers for Disease Control and Prevention.

Nearly 1 in 6 adults get more than 40 percent of their total daily calories from snacks. Snacks were defined as eating between meals.

Snacking is becoming a national pastime in our busy, over-scheduled lives. We snack while driving, shopping, meeting, worshipping, watching television and scrolling social media.

We don't have time to cook or eat a meal. We're not taking the time to plan what we will eat for the day. Convenience in food preparation has been the path of least resistance for many years.

Snacking has benefits, if we wisely choose what we eat. Choosing whole foods or minimally processed foods can ensure we get important vitamins, minerals and phytonutrients that improve our health. Choose fruits, vegetables, nuts and whole grains.

One risk of snacking is not being aware of how many extra calories we may be taking.

We don't often eat less at the next meal if we've had a snack and that can lead to weight gain. A good option is to plan two snacks instead of one meal.

Another risk is that we eat mindlessly.

We snack without experiencing the true taste, texture or flavor of our food. The habit of eating mindlessly is another risk for weight gain.

Here's how to use snacks wisely:

- Do not go more than

five hours without eating something. If you get too hungry, it's hard to choose well and control portions. If your next meal is more than five hours away, eat a snack of 100-250 calories. Be mindful at the next meal to limit your portions.

- If you are not a breakfast eater, plan a morning snack within two hours of starting your day.

- Have a plan, at least eight hours to a day in advance, on what snacks will be available to you. Pack them in your lunch pack, backpack, purse or desk. Pack a cooler of snacks as you travel, even for day trips or a shopping trip. This helps avoid the vending machines, fast food drive-throughs and buying snacks on impulse, such as when you stop to gas up your car.

- Eat your snacks slowly and more mindfully. Pay more attention to the texture, taste and flavor of what you are eating. This will help you feel more satisfied with a smaller portion.

- Stock up on fruits and vegetables for snacks when shopping. Let your family members know what is available for them to take as snacks. Put a family member on snack prep duty each week to insure snacks are ready to go.

Healthy Trail Mix

This is a quick and easy trail mix recipe that kids enjoy putting together. It's a great source of the good fats we need in our diet. It provides a little fruit, a little protein and a lot of satisfaction.

1½ cup dried fruits, such as apricots, apples, pineapple, mango or prunes. (Avoid dried bananas, very high in bad fat)

¼ cup raisins and/or dried cranberries

1 cup unsalted sunflower seeds

2 cups unsalted roasted almonds or peanuts or chopped walnuts or pecans

Use a scissors to snip dried fruit into small pieces. Combine all ingredients and store in an air-tight container.

Nutrition Facts: Servings: 16; serving size, ¼ cup; calories, 140; total fat, 10 grams; saturated fat, 1 gram; chole-

recipe box of Joyce T.

Dill Pickles

Put a spray of dill into a 2 quart jar. Fill jar with medium sized cucumbers, pack them firmly. Put in:

1 tsp. salt

2 tbsp. sugar

1 c. cold water

Fill with cold vinegar

Seal jars tight.

Pickles will be ready for use in 6 weeks.

terol, 0 milligrams; sodium, 5 milligrams; potassium, 175 milligrams; carbohydrates, 11 grams; fiber, 3 grams; protein, 4 grams.

Benito Bean Dip

2 green onions

25-ounce can pinto beans, rinsed and drained

½ cup salsa (sodium less than 75 milligrams per serving)

¼ teaspoon cumin

¼ teaspoon chili powder

¼ teaspoon red pepper flakes (optional)

2 tablespoons cilantro leaves, chopped

Place all ingredients, except cilantro, in a food processor or blender. Process until smooth. Add chopped cilantro. Serve with lower sodium tortilla chips or vegetables.

Nutrition Facts: Servings: 16; serving size, 2 tablespoons; calories, 65; total fat, 0 grams; saturated fat, 0 grams; cholesterol, 0 milligrams; sodium, 35 milligrams; potassium, 200 milligrams; carbohydrates, 12 grams; fiber, 4.5 grams; protein, 4 grams.

Bonnie Brost is a licensed and registered dietitian in the Wellness Program at the Essentia Health St. Mary's Heart & Vascular Center in Duluth. Contact her at bonnie.brost@essentiahealth.org.

Did you know?



The common loon became Minnesota's state bird in 1961. Loons are large black and white birds with red eyes.

They are clumsy on land but are excellent swimmers and divers – sometimes diving 90 feet in pursuit of fish to eat. Loons are known for their wide range of cries, wails, and yodels.

Their calls are a distinctive feature of Minnesota's northern lakes. The Minnesota Department of Natural Resources estimates that roughly 12,000 loons can be found in Minnesota.

Ad deadline:
Noon Friday

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.

Dillon Spurlin to perform
Legends on Lomond concert series

The concert is at Farm By The Lake on July 29 at 4:00 pm. It is free and open to the public, rain or shine. Bring your own lawn chair or some folders are provided

Dillon Spurlin is a local Minnesotan singer/songwriter who started music at a young age.

His interest in music writing started when he and a friend got together and started playing music after school, and thought, "hey, we could do this!"

So they started writing songs together, and formed a short-lived band, that parted ways after high school.

The music didn't stop there though, Dillon continued writing music on his own, and has self-recorded his own album. He plays various gigs throughout the state of Minnesota.

He also participated in musical theater during his high school years, and as a senior was recognized as 1 of 2 male triple threats (singing, dancing, acting) in the state of Minnesota by Hennepin Theatre

RiverView named Best Small Minnesota
Hospital Workplace, receives safety award

RiverView Health recently received two very big honors by the Minnesota Hospital Association at the Association's 34th Annual Spring Awards Dinner.

RiverView was named the Best Small Minnesota Hospital Workplace and also received the Quality and Patient Safety Improvement award.

Several members of RiverView's Workplace of Choice Quality Impact Team, Patient Fall Reduction Team and Senior Leadership Team accepted the awards on RiverView's behalf at the awards dinner.

The Minnesota Hospital Association represents 142 hospitals and health systems, which provide quality care for their patients and meet the needs of their communities.

Best Small Minnesota
Hospital Workplace

"RiverView strives to be the region's workplace of choice; a priority driven by the governing board," shared Jean Tate, vice president of Human Resources.

"We strongly believe that success as a best place to work begins with a culture of shared values, commitment to onboarding the right team members, clear and transparent communication, recognition of a job well done, investment in professional development, and commitment to continuous improvement of our workplace culture."

All of the above have worked well, as RiverView's employee satisfaction numbers prove.

In 2013, employee satisfaction was at 76 percent. In 2017, that number was 93 percent, with the satisfaction rate growing even higher in 2018. RiverView has also seen a 233 percent decrease in "all-cause" employee turnover since 2013, records show.

"Every RiverView employee has a voice and they have an opportunity to share that voice with us through 30/90 day meetings, monthly rounding, daily huddles, stay interviews, quality improvement teams, performance evaluations and monthly employee satisfaction surveys," Tate reported. "Employees share 'wins' and opportunities for improvement with us and we listen to what they have to say and act on it."

Quality and Patient Safety
Improvement Award

Quality has always been important at RiverView Health and has been the top strategic priority set by the Board of Directors for the last three years.

RiverView has implemented many steps to improve quality and patient safety by working to reduce inpatient falls through its Multidisciplinary Falls Prevention Committee. One of the most notable prevention interventions has been instituting the "No Pass Zone" concept in which all employees on the Inpatient Unit are expected to answer a patient's call light even if they are not assigned to that unit.

Another intervention has been the launch of a patient safety companion program where staff are solicited to sit



Trust.

His musical inspirations are Paul Simon, Paul McCartney, Bob Dylan and Glen Hansard. Come check out this up and coming rising star.

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

with high-falls risk patients who benefit from direct observation.

Quality goals are also part of RiverView's organizational scorecard. Scorecard results are shared with all staff monthly.

Through these efforts, inpatient falls have reduced from 4.3 falls per 1000 patient days in Fiscal Year 2015 to zero for the first six months of Fiscal Year 2018, according to April Grunhoy, chief nursing officer at RiverView.

Like falls reduction, other preventable harms, such as adverse drug events, are also seeing positive reduction utilizing the same type of approach.

"This achievement has not happened by chance, but rather an organizational commitment to quality from the Board of Directors to the frontline staff," she shared. "The ultimate win is a safer place for patients to receive care. That is worth rewarding and celebrating."

Wit &
Wisdom

Why do cows have hoofs instead of feet?

Because they lack toes (lactose).



Wed. July 25: Easton Vettleson, Angela Olson

Thurs. July 26: Parker Graff, Wayne Brekke, Liam Schow, Kimberly Carlson

Fri. July 27: Makenzie Ohma, *Jered & Theresa Agnes

Sat. July 28: Diane Boucher, Madisen Pries, Tiffany (Haaeven) Wirth

Sun. July 29: Kathy Finseth, Cecil Finseth, Mae Dianne Breckel

Mon. July 30: Grafton Langemo, Cody Huschle

Tues. July 31: *Jason & Nikki Carlson, *Jeremey & Danielle Finseth, Steve Urness, Sydney Svalen

McIntosh Times

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"Serving the Win-E-Mac area"

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

Wed. July 25: 6:00pm Mass at Lengby Lake Pavilion

Fr. July 27: 8:30am Mass at St. Mary's, Fosston

Sun. July 29: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. August 5: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 9:45am 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 29: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. August 5: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S
LUTHERAN CHURCH
(ELCA)
McIntosh
Supply Pastor
Gordon Syverson

Sun. July 29: 11:15am Worship Service.

Sun. August 5: 11:15am Worship Service.

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

Wed. July 25: 7:00pm Bible Study at Don and Sharon Ramberg's

Fri. July 27: 10:00 a.m. Telecast of the Luther League program on GVTV-30

Sun. July 29: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service; 7:00 p.m. Luther League (see article elsewhere in the paper)

Tues. July 31: 10:00am Sunday worship service telecast on Garden Valley Cable TV--Channel 2; 1:30pm Bible Study at The Country Place

Wed. August 1: 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

Wed. July 25: 7:30pm Bible Study at Mt. Carmel

Thurs. July 26: 7:30am Men's Breakfast at Mt. Carmel

Sun. July 29: 9:30am Worship at Trinity 11:00am Worship at Mt. Carmel

Wed. August 1: 7:30pm Bible Study at Mt. Carmel

Thurs. August 2: 7:30am Men's Breakfast at Mt. Carmel

Sun. August 5: 9:30am Worship at Trinity 11:00am Worship at Mt. Carmel

There will be No Wednesday Bible Study during June; There will be No Thursday Men's Breakfast during June.

VERNES LUTHERAN
CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. July 29: 9am Worship

Sun. August 5: 9am Worship

DOVRE

FREE LUTHERAN

Pastor Don Edlunds

Wed. July 25: 7:00pm Bible Study

Sun. July 29: 10:00am Worship Service

Wed. August 1: 7:00pm Bible Study

Sun. August 5: 10:00am Worship Service

IMMANUEL LUTHERAN
CHURCH

McIntosh

Rev. Bruce Blocker,

Pastor

Sun. July 29: 9:00am Divine Worship Service; 10:00 Fellowship Hour

Sun. August 5: 9:00am Divine Worship Service with Holy Communion; 10:00 Fellowship Hour

Holy Communion 1st Sunday of the Month

Story to
Share?

If you have a story or photos you want to share,

please send to:

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Winger News

by Linda Pulskamp

Greetings once again from Winger and the Union Lake areas where we have welcomed some cooler weather into the area after some very hot and humid days. We are in need of a nice soaking rain as the ground is very dry. Do not want what they have gotten in areas of North Dakota tho, so we may have to be careful what we ask for.

Managed to get over to the fair in Fertile for an evening and as usual there were lots of people and lots of visiting to be done. As always the fair food tastes so good, must be a combination of being in the crowd and visiting with people that makes it so. The animal barn over there is always a good place to walk through and especially so since they built the new one.

Driving around the area and looking at the sights, it won't be long until the combines will be starting up and soon the ground will be black again! Is hard to comprehend where the summer has gone or is going.

News is very slack this week, hopefully is because every one is taking a little time out from all the activities that have been going on in the area. Thursday the 12th Paul Carlson was a morning visitor and coffee guest with Milton Carlson at Milton's home. Lonnie Gieseke stopped in at Milton's later in the day for a visit and a cup of coffee.

Last Saturday Linda and Butch Pulskamp met Craig and Bev Helgas where the four took in a concert on Saturday night and Sunday found them driving up the North Shore to Grand Marais where they spent the night returning to their homes on Monday.

Last Saturday Betty Myhrum, Lucy Brtek, Carol Fjelstul of Walker and Gerri Engdahl of Florida went to Hendrum for the burial of their cousin Carol (Roe) Johnson.

Last Sunday Lucy Brtek was a visitor at the Greg and Michelle Gagner home near Mentor. Other visitors were Samantha and Gideon O'Bierne of Bemidji.

Sunday the 15th Milton Carlson met Kari Keller for church and after church Milton along with Mike, Kari and Oliviyah Keller and Roy, Lisa and Ryan Schaumburg were all dinner guests at the Lonnie and Judy Gieseke home to ob-

serve Lonnie's birthday.

Lucy Brtek met Kim Thompson of Lengby for lunch on Wednesday noon at Moran's. The girls had a good lunch and a good visit.

Unfortunately this is all the news I could come up with, hope next week is better! Need your input.

Mark your calendars for the annual tractor parade in McIntosh that is coming up on Saturday, August 25th.

Until next week may yours be filled with good friends, happiness and lots of sunny days.

From Bun Manor:

Steve and Lorri Massmann spent several days last week in Becker, MN at their son Evans In-laws. Evan, Nicki and their son Harrison were home visiting for several days so everyone gathered at one location to avoid all the running from place to place. It was really fun to see them again and how big their grandson Harrison has gotten. Plus the exciting news that Harrison is going to have another sibling. All to soon the visit was over and the kids headed back to Texas.

Monday around noon Tami, Nola, Sally and Carol Pearce came out to the manor with the residents from Pioneer for a picnic. Nola made beans, BLT salad, wild rice hot dish, crab salad and cookie salad. Scrap cooked burgers and brats. The sun shined but the wind was a little strong from the north so they were unable to go for a pontoon ride. Verlys Homme came out along with Vivian Hanson from Erskine among others. Vivian told Bun that she went into Pioneer last early spring because she had had a stroke. She is recovering nicely and hopes to get back home. Bun couldn't believe she is 97 years old. She was still driving her car before the stroke. He also talked to a 97 year old man from Red Lake Falls named Ed. He was a World War II Navy vet. He had some good stories and his memory was great. There are very few World War II vets left, and especially with sound minds.

Tuesday the weather couldn't have been any better for a ride around the lake. Ole, Dale and his hired hand Noah came out in the early evening and they went for a three hour tour around the lake. Bun likes cruising on week days because there is not any week-



Gary, Jill, Kyle and Kara Sonsteli traveled down to Minneapolis last weekend for a family reunion. Winger locals Shirley Sonsteli, Mark Sonsteli and Lori Heideman (Sonsteli) were also in attendance with their families. The reunion was hosted by Gordon Sonsteli sister, Karen Jacobson. The next day the Sonstelis then attended the Twins game, where the Twins lost 10-1. Pictured below. Left to right top row. Mark, Matthew, Loren, Bruce and Kyle. Bottom: David, Shirley, Jill and Gary.

end warriors driving around on their personal water jets and no boats with skiers making wakes. Call him an old fart but it is so nice to have the lake to virtually to yourself.

Thursday around lunch time the Fair Meadow home from Fertile came out to the manor for a picnic. Around seventeen residents and volunteers came out. Scrap cooked hot dogs and hamburgers again. Unfortunately as soon as they got done eating it started to sprinkle so they had to load them in the vans and take them back home. Bun was bummed that they weren't able to go for a ride on the lake.

Friday at noon Bun headed into Winger to have lunch with his sister Linda and her hubby Odney. Gary and Ginny Frisk and Lonnie and Jan Berg joined them. Odney and Lonnie were back in the area to celebrate the class of 1963. 55th anniversary. About thirty classmates and their spouses got together for supper at Moran's that evening followed by the Buddy Holly show up at the community center.

Sunday morning Bun headed over to Floyd and Gerri's for church and a potluck dinner. There were around thirty people who came over and joined them. The weather was nice and everyone enjoyed themselves. Afterwards Bun headed over to Aaron Iverson's lake place on Maple. They sat out front and listened to the smelly Twins baseball team lose again. His daughters were happy to see Bun but they were even happier to see him leave so Dad could take them out on the boat tubing.

Please remember to submit some of your news so Bun doesn't have to write about himself so much. If he doesn't hear from you he might just make something up about you. Thank you.

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McIntosh Times

www.TriCoCanary.com

Right: 20 years ago...1998: Young people from the Win-E-Mac Youth Group have recently returned from a trip to California. The group and their chaperones left McIntosh on the first leg of their trip on June 24th. Included were: Holly Hammer, Kim Nelson, Amy Bergman, Jarid Olson, Eric Ostenson, Angela Breckel, Scott Carlson, Lesa Buchholz, Jessica Wang, Joyce Brinkman, Linda Buchholz, Jackie Ostenaar, Gwen Grundyson, Kara Evenson, Heidi Vesle dahl, Amber Breckel, Skip Bergeson and Cindy Ostenaar.



40 years ago...1978: Girls slow pitch sortball team coached by Marilyn Sannes with Summer Recreation are as follows: (back) Robin Goodwin, Wendy Wikstrand, Gayle Bergman, Jennifer Humphrey, Grace Ose, Julie Engesether, Miriam Ose, Dawn Parent, Beth Hagen. (front) Karen Bauer, Karen Syverson, Brenda Ekeberg, Tricia Benson, Shelley Hagen, Lorie Versdahl, Kristen Tangen, Mgr. (absent) was Becky Bursheim.



30 year ago...1988: Members of the board at Mt. Carmel Lutheran Church took part in ground breaking for their new addition. Board members present were Melford Grundyson, Bob Hulst, Darrel Johnson, Don Rensland, Dan Salvhus, Daryl Johnson, Alfred Johnson and Pastor Tom Tuura.



NOTICE OF FILINGS

The following positions are to be filled for the City of Winger at the General Election, on November 6, 2018.

Mayor - 2 year term

Two (2) Council Members - 4 year terms

One (1) Council Member - Two year term

(Special election to fill vacancy in elective city office)

Candidates may file between July 31st, 2018 and August 14th, 2018 at the City Clerk's Office between the hours of 9:00 a.m. to 4:30 p.m. on Monday, Tuesday and Wednesday or 9:00 a.m. to 1:00 p.m. on Thursday. The City Clerk's Office will be open until 5:00 p.m. on Tuesday, August 14th, 2018. Filing fee is \$2.00.

For more information, contact the City of Winger Clerk's Office at 218-938-4150.

Dominica Zarkoff, City Clerk/Treasurer

M17-18C

Judge extends public comment period on Groundwater Protection Rule

Public may submit written comments until August 15, 2018; anyone planning to testify at next week's public hearings should arrive at the start of the hearings.

An Administrative Law Judge has extended the amount of time the public has to submit written input on the Minnesota Department of Agriculture's (MDA) proposed Groundwater Protection Rule.

Judge Jessica Palmer-Denig issued the order to leave the comment period open until 4:30 p.m. on August 15, or approximately two weeks longer than originally scheduled.

Written comments on the Groundwater Protection Rule can be made on the Office of Administrative Hearings website at www.mda.state.mn.us/gwprhearingnotice.

Public input is important to the rule making process and in addition to submitting written comments online, the public is also invited to testify at hearings on the proposed rule next Wednesday, July 25, starting at 10:00 a.m. at River's Edge Convention Center in St. Cloud, Minnesota, and on Thursday, July 26, starting at 9:00 a.m. at the American

Legion in Park Rapids, Minnesota.

Members of the public who wish to testify should plan to arrive at the start of the hearings to ensure their comments are heard.

The hearings will conclude after everyone present at the beginning of the hearing has had the opportunity to speak. The formal Notice of Hearings gives an end time, but the hearing is not necessarily open until the end time.

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Nitrate is one of the most common contaminants in Minnesota's groundwater; elevated nitrate levels in drinking water can pose serious health concerns for humans.

The goal of the Groundwater Protection Rule is to work with local farmers to reduce elevated nitrate levels in groundwater.

The proposed rule would regulate the use of nitrogen fertilizer in areas of the state where soils are vulnerable to leaching and where drinking water supplies have high nitrate levels.

Why dental hygiene is essential for overall health

The importance of maintaining clean teeth and healthy gums goes beyond having fresh breath and a white smile. Many people are surprised to discover that oral hygiene plays an integral role in overall health.

Research indicates that oral health mirrors the condition of the body as a whole.

Also, regular dental visits can alert dentists about overall health and pinpoint if a person is at a risk for chronic disease. An oral health check-up also may be the first indication of a potential health issue not yet evident to a general medical doctor.

Heart disease: According to the Academy of General Dentistry, there is a distinct relationship between periodontal disease and conditions such as heart disease and stroke. Joint teams at the University of Bristol in the United Kingdom and the Royal College of Surgeons in Dublin, Ireland, found that people with bleeding gums from poor dental hygiene could have an increased risk of heart disease.

Bacteria from the mouth is able to enter the bloodstream when bleeding gums are present.

That bacteria can stick to platelets and subsequently form blood clots. This interrupts the flow of blood to the heart and may trigger a heart attack. Brushing and flossing twice daily and rinsing with mouthwash can remove bacteria and keep gums healthy.

Facial pain: The Office of the Surgeon General says infections of the gums that support the teeth can lead to facial and oral pain. Gingivitis, which is an early stage of gum disease, as well as advanced gum disease, affects more than 75 percent of the American population.

Dental decay can lead to its own share of pain. Maintaining a healthy mouth can fend off decay and infections, thereby

preventing pain.

Pancreatic cancer: In 2007, the Harvard School of Public Health reported a link between gum disease and pancreatic cancer. In the ongoing study, 51,000 men were followed and data was collected beginning in 1986.

The Harvard researchers found that men with a history of gum disease had a 64 percent increased risk of pancreatic cancer compared with men who had never had gum disease.

The greatest risk for pancreatic cancer among this group was in men with recent tooth loss. However, the study was unable to find links between other types of oral health problems, such as tooth decay, and pancreatic cancer.

Alzheimer's disease: Various health ailments, including poor oral health, have been linked to a greater risk of developing Alzheimer's disease. In 2010, after reviewing 20 years' worth of data, research-

ers from New York University concluded that there is a link between gum inflammation and Alzheimer's disease. Follow-up studies from researchers at the University of Central Lancashire in the United Kingdom compared brain samples from 10 living patients with Alzheimer's to samples from 10 people who did not have the disease. Data indicated that a bacterium - Porphyromonas gingivalis - was present in the Alzheimer's brain samples but not in the samples from the brains of people who did not have Alzheimer's. P. gingivalis is usually associated with chronic gum disease. As a result of the study, experts think that the bacteria can move via nerves in the roots of teeth that connect directly with the brain or through bleeding gums.

These health conditions are just a sampling of the relationship between oral health and overall health. Additional connections also have been made and continue to be studied.

How to encourage kids to take care of their teeth

Parents of young children know that getting kids to brush their teeth can sometimes feel like pulling teeth. Kids have a long history of disliking dental care, which can frustrate parents who know the importance and long-lasting benefits of proper dental hygiene.

While many youngsters may never excitedly run to the bathroom to brush their teeth, parents can try various approaches to get kids to embrace proper dental care.

Start early. Parents should not hesitate to begin cleaning kids' teeth once the first tooth appears. The earlier dental care is part of a child's routine, the more likely he or she is to accept it as part of everyday life. The American Academy of Pediatric Dentistry recommends using a soft-

bristled brush with a small head. Ideally, use a toothbrush designed for infants, brushing teeth once per day at bedtime. The AAPD advises taking kids to visit a pediatric dentist when the first tooth appears, or no later than the child's first birthday.

Make it a group effort. Young children love to imitate their parents' actions and behaviors, and moms and dads can use that adoration to their advantage when trying to get kids to brush their teeth. Brush teeth together as a family, making it seem like an enjoyable twice-daily activity. Get down on kids' level and show them how to brush. If kids are resistant, engage them in conversation while brushing so they don't even realize they're cleaning away.



The McIntosh Library had toothbrushes for everyone who attended the summer program Monday, July 16th compliments of Delta Dental for National Smile Month.



Involve kids in choosing their dental care products. While parents should be mindful of the type of toothbrush their children use, always sticking with products recommended by their child's pediatric dentist, let youngsters choose their toothbrush and toothpaste. Kids might prefer a particular flavor of toothpaste, and a colorful toothbrush with a favorite film or television character might make kids more enthusiastic and less fussy about brushing.

Compliment kids after positive dental appointments. When pediatric dentist appointments go well, compliment children and express your pride in them for taking dental hygiene as seriously as they do.

Add health screenings to back-to-school checklist

As summer vacation winds down, thoughts turn from jaunts to the beach to readying for a new school year.

To-do lists include many of the typical tasks that precede going back to the classroom, including shopping for new clothes, purchasing school supplies and finishing summer reading assignments.

Another essential requirement parents must find time for is completing their children's health screenings and immunizations so youngsters can return to school.

Health screenings may include, but may not be limited to, routine physical exams, eye exams and dental cleanings. Each school district may have its own set of health requirements that must be met in order for children to attend school.

Many schools require that children are up-to-date with all immunizations before they can begin a new school year.

While the issue of vaccinations has inspired debate in recent years, parents should recognize that many schools will only exempt students from receiving certain vaccinations

due to religious reasons. For a list of state vaccination requirements and possible exemptions for schools in the United States, visit www2a.cdc.gov/nip/schoolsurv/schImmRqmt.asp.

Students who have specific learning disabilities or medical conditions that require classroom modification should obtain recent documentation from any therapists or specialists prior to beginning a new school year.

Doing so facilitates the process of setting up procedures within the school while ensuring children have what they need to excel in the classroom. All parents may want to ask doctors to provide copies of medical and immunization records so that schools will have the most recent copies on file.

Parents should schedule eye examinations well in advance of the first day of school so they have ample time to fill new prescriptions for youngsters before school begins.

This ensures kids won't be starting off on the wrong foot because of vision problems that could already have been addressed.



NDSU entomologist Don Carey brought a case full of unique bugs, including a scorpion, tarantula, and a giant millipede for the kids to see during the Summer McIntosh Library program held on July 16th.

2018 – 2019 Win-E-Mac School Supply List

Kindergarten: 24-pack crayons, several pencils (the plain yellow ones are the best), pack of colored pencils, eraser, small pencil sharpener, 4 oz. or 8 oz. Elmer's glue bottle, glue stick, kid's scissors, folder, backpack, change of clothing (in a bag with child's name), tennis shoes for the gym floor (Phy-ed), paint shirt (a big, old t-shirt works best); To share: Clorox wipes, hand sanitizer and Kleenex; For iPad use: headphone or earbuds (make sure they fit).

First Grade: 24-pack crayons, classic colors washable markers, colored pencils, 4 oz. or 8 oz. glue, 8 glue sticks or 3 jumbo glue sticks, small scissors, 24 sharpened pencils, 1 large eraser, dry erase markers, white board eraser, pencil box, 4 wide ruled notebooks, 2 pocket folders, headphones, Kleenex, backpack (no wheels), tennis shoes for gym, change of clothing (pants, underwear, socks, and t-shirt); Please NO

Trapper Keepers, no novelty items, no pencil sharpeners; Last names starting with A – L, please bring disinfectant wipes; Last names starting with L – Z, please bring quart Ziploc bags.

Second Grade: 24-pack crayons, colored pencils, glue sticks, 4 oz. or 8 oz. bottle of glue, better quality wood pencils, please no fancy wrappers on the pencils, big eraser and pencil top erasers, 3 notebooks, 4 folders, 1 box of Kleenex, small pencil box or bag to hold supplies, a pair of good scissors, highlighter, 8–10 fine tip white board markers, sneakers for gym, earbuds or headphones, whichever is better for your child to use during listening center; The two items listed below are optional, they are nice to have on hand. If you would like to send one of these items that would be appreciated, but don't feel obligated: sandwich bags or wipes for both teachers.

Third Grade: Headphones,

pencils (enough for the entire year), pencil sharpener, pencil top erasers, 2 dry-erase markers, dry eraser, small pencil box to hold supplies, scissors, black Sharpie marker, 1 box of Kleenex, highlighter, 4 folders with pockets, 4 spiral bound, wide ruled notebooks, composition notebook, glue bottle, glue stick, 24-pack crayons, markers, \$5 (to be used for class celebrations throughout the year), tennis shoes for physical education class; During the school year, we also are in need of gallon size Ziploc bags, disinfectant wipes, paper plates, bowls and napkins for the class to share. If you are able to provide some of these items, it would be much appreciated; Things to not bring: pens, toys, electronic devices, ie: games, cell phones, iPods, mp3 players, beverages other than water, or 3-ring binders.

Fourth Grade: Mr. Ror-

gen: 24-pack crayons, markers (small container), colored pencils (small container), pencils (enough for the year), dry erase marker (any color), highlighter (any color), 3 reams of wide ruled notebook paper, 4 single subject notebooks (1 for each quarter), 4 folders, 1 small pencil box, 1 small bottle of glue, 1 glue stick. Mr. Svalen: Pencil sharpener, pencil top erasers, pointed scissor 1 set of multiplication flash cards, pair of headphones/earbuds, basic calculator, water bottle, 1-2 containers of disinfecting wipes, 1 box sealing sandwich bags, 2 large boxes of tissues, 1 small bottle of hand sanitizer, healthy snacks are welcomed. Items not to bring: Pens, toys, electronic games, cell phones, large binders, iPods, mp3 players, unhealthy snacks beverages other than water, mechanical pencils, backpacks with wheels.

Fifth Grade: Highlighter,

1 or 2 dry erase markers, #2 pencils (enough for the entire year), 1 or 2 glue sticks, bottle of glue, colored pencils, markers, erasers, small pencil box, Sharpie (black), 3 composition notebooks, 3 spiral-bound notebooks, scissors (pointed), 4 folders with pockets, headphones or earbuds, 2 boxes of Kleenex, tennis shoes for Phy-ed, \$5 to be used for class celebrations throughout the year.

6th Grade: Colored pencils, Lots of pencils (#2 lead, and more will be needed throughout the year), pencil top erasers, 2 glue sticks, 1 bottle glue, Scotch tape, small pointed scissors, 6 spiral notebooks, 6 folders, 2 black Sharpie markers, several highlighters, 4 dry-erase markers, dry erase eraser (or old cloth, etc., to wipe off whiteboards), 1 small box or bag to hold supplies, backpack or school bag (no wheels), tennis shoes for gym, 1 large box of tissues (to share), container of Clorox wipes, earbuds or

headphones for use with iPads, optional: non-spill water bottle and bottle of hand sanitizer.

Grades 7 – 12: Scientific calculator (\$10-\$15) – look for the sin, cos, tan buttons; this will last your child all through high school. They will need it daily; pens and pencils, organization system (folders or binders), notebooks suggestions: a large notebook for math class, 5 subject notebooks with pocket dividers, one for each semester (for students who need help organizing their assignments, etc.); Gym Class: Shorts, t-shirt, socks, tennis shoes for indoors, tennis shoes for outdoors; Chromebook accessory suggestions: travel bag (padded), mouse, stylus; 7th through 10th Read 180: Headphones (preferably with microphone built in) to do the software recordings; 7th and 8th grade English: headphones (microphone not necessary) to do tests on Spelling City.