



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



McIntosh Fireman, Toby Strom helps Ava Frisk with the fire hose during the Fireman's Fundraiser for new playground equipment at Roholt Park in McIntosh last Tuesday, August 7th.



Waiting for a ride in the Fire Truck was Henry Swanson, Addy Frisk, and Annabelle Schulz during the fundraiser at Roholt Park last Tuesday evening.



Enjoying a nice evening and friendly conversation were Don and Lois Boehrsen and Connie Strom at the McIntosh Fire Department's fundraiser at Roholt Park.



Tammy Frohlich, RSVP Director; Elymyrna Kaupang, Winger (President's lifetime achievement award); Jennifer Erdmann, RSVP Coordinator.

Benefit for Kilmer Christopherson to be held in Mac

The friends and family of Kilmer Christopherson will be holding a benefit for him at the McIntosh Community Center on Sunday, August 26th from 10:30 am to 2:30 p.m.

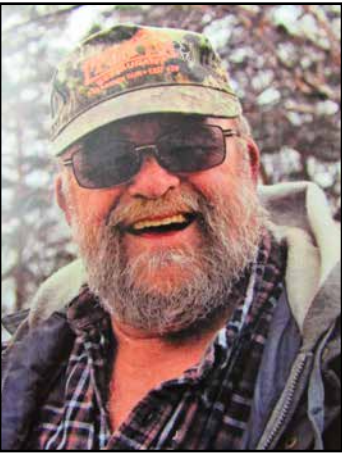
There will be a scalloped potatoes and Ham Dinner with all the trimmings, along with a quilt raffle, silent auction and Chicken Bingo.

In June, Kilmer was diagnosed with non-small cell lung cancer that has metastasized to the brain.

He is currently at home under the care of hospice. His wife, Dianne, has taken a leave of absence from her job at American Federal in Fosston.

Kilmer and Dianne have been an active part of our community for many years. And active members of St. Mary's Church in Fosston.

Donation items for the silent auction can be dropped off at The Thirteen Towns, American Federal Bank in Fosston, and Neil's Quality Meats or First National Bank in McIntosh.



Kilmer Christopherson

A benefit account has been set up at First National Bank in McIntosh if you would like to make a donation.

He also has a Caring Bridge page at <https://www.caring-bridge.org/visit/kilmerchristopherson>.

Please come and join his family and friends and share memories and stories of Kilmer.



McIntosh Community Club announces the annual

Corn Feed

Thursday, August 23, 2018

5:30 pm - 6:30 pm

Roholt Park

Corn, brats, and lots of fun

Come out and visit with friends and neighbors

Free will donation welcome



Tractor Day in Mac 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. Bring your own chair.

Following the parade the Kiddy Tractor peddle pull sponsored by the Polar Beach Snowmobile Club will take place after the tractor parade in front of the Fire Hall. All kids are welcome to come and try it out.

The Tractor Pull will start

around 1:00pm, when tractors must be registered and pay fees on the old football field. All pullers must be on the old football field promptly by 1:00 pm.

This year there will be 3 different food vendors in town all day with hot dogs, candy, popcorn, pop, water and much more.

Drivers for the parade ust be at least 14 years of age.

Come out for a great day of fun events in McIntosh on Saturday, August 25th starting at 11:00am.

For more pull or parade information call: 218-280-1572 or 218-280-0399.



Community Calendar

- Wed. August 15:** 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 16:** McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. August 17:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. August 20:** McIntosh Library 10am to 3pm; 10am to 3pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;
- Tues. August 21:** McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm
- Wed. August 22:** 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
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- Fri. August 24:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. August 27:** McIntosh Library 10am to 3pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;
- Tues. August 28:** McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm

RSVP volunteers "Rocking around the Clock"

Retired and Senior Volunteer Program (RSVP) Volunteers rocked UMC's Brown Dining Room on August 1, 2018, during the annual volunteer recognition banquet.

Nearly 200 RSVP volunteers and station managers were honored at the event. "Rockin around the Clock" was the appropriate theme as volunteers throughout the 7 county region tallied 65,246 hours of service during the past year. The value of these unpaid volunteer service hours is nearly \$1,600,000... a load of bread to Minnesota counties, cities and the State.

Attendees were welcomed by the sounds of the Best Hits of the 1950's and enjoyed a fifties diner style meal, complete with cherry topped milkshakes in old fashioned cups. Door prizes were distributed to those cool enough to tackle activities

from that era, including hoola hoop, bubble blowing, hankeefolding and hand jive contests.

RSVP Director, Tammy Frohlich assured volunteers that they are making "Happy Days" for the 5000+ recipients of RSVP services, including Handyman, Groceries to Go, Home Delivered Meals, Food Shelves and Stay Active and Independent for Life senior programs.

A variety of special themed awards were given, along with the presentation of the prestigious President's Lifetime Achievement Volunteer Service Award to five outstanding volunteers. These five have each contributed more than 4000 hours of volunteer service, exemplifying the American spirit of kindness and selflessness:

Helen Bergland, Roseau... 4,065 hrs.

Gertrude Hoglin, Roseau... 4,363 hrs.

Jane Smith, Roseau... 4,436 hrs.

Dennis Taus, Climax... 4,657 hrs.

Elymyrna Kaupang, winger, 4,406 hrs.

Chart-topper themed awards include:

Pat Hanson, Middle River, the Stacked Award for the greatest number of placements and hours.

Eleanore Christianson, Oklee, the American Bandstand Award for 27 years of RSVP service .

Mike and Lori Sorteberg, the Fonz Award, for getting "Aaa's" from handyman clients.

The Golden Link, Crookston, the Dee Jay Award for keeping things running smoothly.

RSVP...

Continued on page 2....



In July, the children, grandchildren and great-grandchildren of the daughters of Harold and Elizabeth Lindblad, (Marlys, Dorothy and Peggy) got together for their 1st reunion at Peggy's daughter, Jane Aakhus' home in McIntosh. They came from all areas of the country including New York, Washington, Texas and Kentucky.



The grandchildren of Harold and Elizabeth Lindblad of McIntosh. Their mothers were the Lindblad girls, Marlys (Wayne) Downing, Dorothy (Harvey) Gustafson/Dockter, and Peggy (John) Widseth/Randall.

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

Pestle & Vessel

by Alison Opdahl

Fear, Again

A few weeks ago Dinah and I were at our library story time; the theme was night sounds. The librarian asked the children what they heard at night. My daughter piped up. She told about the big branches that fell on our roof during a big storm. She expostulated about the loudness of

the thunder and the brightness of the lightning and then very seriously announced there had also been a "tomato warning." It's probably the cutest thing she has said lately but like she always does, she got me thinking.

When that storm hit, I woke in the early morning to crashing branches landing on our roof and the sound of a freight train roaring by outside. Then the power went off. You know that phrase, "The only thing to fear is fear itself?" Well, being an experienced Midwesterner, when you hear a freight train and there are no tracks—you look for cover. But I remember checking in with the Ruach ha-Kodesh (Holy Spirit) for wisdom about what to do and being told, "go to sleep." And I did! Two humans and four critters crowded on a bed while the storm raged around us.

So this is what I realized: fear is a choice. In that instance I was able to not just practice relying on the Ruach ha-Kodesh but put it into practice. My choice to trust wisdom greater than mine saved me from dipping my toes in fear and spreading it to everyone around me. I wish I could say this is my normal reaction when fear comes knocking. A few weeks later, it banged on my door. This time it wasn't from the outside but from the inside.

That fear was tangled

RSVP...

Continued from page 1 ...

Deland Swanson, Karlstad, the Hand Jive Award for 180 hours delivering meals.

Stuart Halvorson, Roseau, the Hand Jive Award for 244 hours delivering meals.

Irene Rosten, Oklee, Making the Scene Award for good action in the first year of service.

Ruth Dietel, Fosston, Making the Scene Award for good action in the first year of service.

Sharon Knutson and Ada Food Shelf, Ada, Happy Days Award for making happy days for the hungry.

Lois Barth, Warroad, the Diamonds are Not a Girl's Best Friend Award for creating an atmosphere of caring in her SAIL exercise class.

Donna Malarky, Crookston, the Burnin Rubber Award for serving 4 clients and 222 hours of Groceries to Go.

Halstad SAIL class trainers Bev Dietz, Mary Trandem, Kathy Michelson and Deb McGinty, Halstad, the Made in the Shade Award for guaranteed success with the exercise class.

RSVP connects volunteers

around perceived self-worth and acceptance from others. And what did those two attitudes have in common? They relied on the opinion and actions of another human being; a disaster waiting to happen. I was embroiled in spiritual warfare for two days while I battled my incorrect conclusions based on too little context. Sure, when we're in relationship with another person, we could expect full disclosure but it doesn't always happen. And the ensuing struggle is fed by our fear. The choice we make to fear a projected outcome has no place in YHWH's agenda for us.

Late in the night, as I prayed and fought against my emotional and physical response to this fear, the Ruach gave me strategy. And I knew it was the right thing to do because I didn't want to do it. But I did. And guess what? The context I needed was confirmed over and over after I took that step.

It seems to me many are dealing with fear in different forms lately. It can be a powerful adversary but it can only intimidate us if we feed it. With the Word of God, worship and prayer we can battle effectively against this attitude that would rob us of the authority and victory we have in our Elohim. The process is not comfortable but it builds the kind of character we—as kedoshim—can use in our Kingdom callings.

-a.m.opdahl

age 55 and over with meaningful service opportunities that impact individuals and communities. RSVP of the Red River Valley Volunteers put their skills, talents, and life experiences into motion for others. To volunteer, please contact Tammy Frohlich at 281-281-8289 or tsykes@umn.edu.

RSVP is a Senior Corp program, administered by the Corporation for National and Community Service (CNCS), the federal agency for volunteering, service and civic engagement. CNCS engages millions of Americans in citizen service through its AmeriCorps and Senior Corp programs and leads the nation's volunteer and service efforts. For more information, visit NationalService.gov.

www.uncrookston.edu.

Loss of a Loved One Support Group

The loss of a Loved One support group is presented by essentia Health, Fosston and Hospice. Chaplin Jean Rains, Pastor John Ragen and Suzanne Landsverk, LSW will discuss the grief process, coping skills, and how to help a grieving friend. The group will be held Thursday, August 23rd from 6:30 pm to 8:00 pm at Bethel Assembly Church, 34647 410th St SE, Fosston.

Light refreshments will be served. For more information or to RSVP, call Suzanne Landsverk at 218-435-7670.



Thurs. August 16: Bobbi Jo Bartz, Charles Svalen, Erik Tranby, William Klemer, Rachel Roed, *Cody & Ashleigh Bartz
Fri. August 17: Skyler Olson, *Dave & Amie Erickson
Sat. August 18: Corkey Syverson
Sun. August 19: Micah Ferdn, *Wayne & renee Brekke
Mon. August 20: Diane Grundyson, Adam Shaver, Matthew Finseth, *Joe & Jessica Shimpa
Tues. August 21: Lacey Roed

McINTOSH Times

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ST. MARY'S CHURCH

Fosston

Fr. John Suvakeen, Pastor

Wed. August 15: Holy Day; 5:30pm Rosary; 6:00pm Mass at St. Mary's, Fosston

Fri. August 17: 8:30am Mass at St. Mary's, Fosston

Sun. August 19: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. August 22: 11:30am Mass at St. Mary's, Fosston

Fri. August 24: 8:30am Mass at St. Mary's, Fosston

Sun. August 26: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Sept. 2: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH

Winger/Bejou

Supply Pastor

Gordon Syverson

Sun. August 19: 8:30am Worship at Immanuel; 9:45am

Worship at Calvary

Sun. August 26: 8:30am

Worship at Immanuel; 9:45am

Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh

Supply Pastor

Gordon Syverson

Sun. August 19: 11:15am

Worship Service.

Sun. August 26: 11:15am

Worship Service.

GOSEN LUTHERAN CHURCH

Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church

Wed. August 15: 7:00pm Bible Study at Don and Sharon Ramberg's

Sun. August 19: 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. August 21: 10:00am Sunday worship service telecast on Garden Valley Cable TV--Channel 2; 1:30pm Bible Study at The Country Place

Wed. August 22: 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. August 15: 7:30pm Bible Study at Mt. Carmel

Thurs. August 16: 7:30am Men's Breakfast at Mt. Carmel

Sun. August 19: 9:30am

Worship at Trinity 11:00am

Worship at Mt. Carmel

Wed. August 22: 7:30pm

Bible Study at Mt. Carmel

Thurs. August 23: 7:30am

Men's Breakfast at Mt. Carmel

Sun. August 26: 9:30am

Worship at Trinity 11:00am

Worship at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. August 19: 9am Worship

Sun. August 26: 9am Worship

DOVRE

FREE LUTHERAN

Pastor Don Edlunds

Wed. August 15: 7:00pm

Bible Study

Sun. August 19: 10:00am

Worship Service

Wed. August 22: 7:00pm

Bible Study

Sun. August 26: 10:00am

Worship Service

IMMANUEL LUTHERAN CHURCH

McIntosh

Rev. Bruce Blocker, Pastor

Sun. August 19: 9:00am

Divine Worship Service; 10:00

Fellowship Hour

Sun. August 26: 9:00am

Divine Worship Service; 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: mcintoshtimes@gmail.com

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Richards Publishing Co.

Winger News

by Linda Pulskamp

Greetings from Winger and the Union Lake areas where we have been hot and dry! With the high temps and no rain the lawns are turning brown and is crackly when walking in it, one thing about it, it does save on the lawn mowing. Even with the hot and dry temps we are far more fortunate than those where the fires are raging. Always something to be thankful for.

Farmers are busy with the harvest getting under way. Garden produce is also being harvested and either frozen or canned to be enjoyed next winter.

Wednesday, August 1st, Judy and Lonnie Gieseke were visitors and coffee guests at the Milton Carlson home.

Betty Myhrum was a Wednesday evening visitor with Lucy Brtek at Lucy's home.

Friday, August 3rd Paul Carlson stopped in for a brief visit and a cup of coffee as he went on his way to work.

Friday overnight guests at the Brent and Jessie Pulskamp home in Wahpeton were Butch and Linda Pulskamp, Jamie Anderson, Matt Balstad, Randy and Julie Christianson of McIntosh and Shania Christianson of Erskine. The plan was to go to Fergus Falls that night to watch Matt and Brent race but Mother nature had other plans and the races were rained out.

Saturday morning the 4th found Paul Carlson stopping in at the Milton Carlson home for a cup of coffee before he headed out to work, later that same day Sheila Benesh was a visitor and coffee guest of Milton's bringing with her pickles, sweet bread, peas and beans. What a treat it was for Milton.

Last Friday evening Betty Myhrum went to Newfolden and was an overnight guest at the Kjerstie and Dakota Poissant home. Susan Eischens along with Chelsey Haugen and Steven Cullen were visitors at the Poissant home Friday evening. Saturday before returning to Winger they observed as the girls made choke cherry jelly and syrup.

Sunday the 5th Paul Carl-

son picked up Milton and they went on to Fosston to the Hope Church for the baptism of Cora Fern. After the baptism and church services they were dinner guests at the Taylor and Jessica Carlson home.

Lucy Brtek returned home Monday after spending from Thursday until then at her sister Elaine Hendrickson home in Minnetonka. Thursday night Lucy and Daughter Amy Dullum went to Canterbury for the horse races. Sunday she was a visitor at the Richard and Betty Brtek home in Blaine where she met her new Great Granddaughter Janell for the first time. Sunday Lucy's cousin Kathy Richardson of St. Francis came to the Brtek home to visit with the family. Lucy returned home on Monday all tuckered out but was a very enjoyable weekend for her.

Tuesday morning the 7th Paul Carlson stopped in at the Milton Carlson home before he went to work, had a brief visit and a fresh cup of coffee. That same day Judy Gieseke was a visitor with Milton bringing lemonade and cookies for an afternoon snack for the two of them.

Once again this is the bits and pieces of news. NEED MORE!

Until next week, what we do today can improve all our tomorrows!

Did you know?

Outdoor remodels and landscaping projects can add valuable curb appeal to homes.

The National Association of Realtors and the National Association of Landscape Professionals agree that certain projects offer significant returns when selling a home. The NAR says these are the 10 most appealing outdoor features to buyers.

- Standard lawn care
- Overall landscape upgrade
- New patio
- New wood deck
- Softscaping
- Sod lawn
- Seed lawn
- Outdoor firepit
- Outdoor fireplace
- New pool

as follows:

The site is a previously disturbed site. The footprint of the impact is relatively small. No negative responses were received from requests for environmental review.

Also an archeological review has been conducted, as per MN SHPO, and nothing of note was found.

Compliance with the following laws and authorities will take place once properties within the target area have been identified, but prior to the commitment of funds: historic properties, HUD environmental standards for hazards. By direct contact and with this notice and other opportunities for public participation, the Grantee intends to fulfill the consultation requirements of Section 106 of the National Historic Preservation Act. Compliance documentation on the laws and authorities will be available at City of Winger office.

In addition, pursuant to the National Historic Preservation Act, comments on the identification and treatment of historic properties in the project area are welcome.

An Environmental Review Record respecting this project has been made by the Grantee that documents the environmental review of the project and fully sets forth the reasons why such statement is not required. The Environmental Review Record is on file and is available for public examination and copying, upon request, at City of Winger office between the hours of Monday – Wednesday 9:00am – 4:30pm and Thursday 9:00am – 1:00pm.

No further environmental review of this project is to be conducted before the request for release of federal funds.

Public Comments on Finding

All interested agencies, groups and persons disagreeing with this decision are invited to submit written comments for consideration by the Grantee to the City of Winger, 10 East, P.O. Box 70 on or before September 14, 2018. All comments received will be considered and the Grantee will not request the release of federal funds or take any administrative action on this project before the date specified in the preceding sentence.

Notice of Intent to Request Release of Funds

On or about September 17, 2018, the Grantee will request the Business and Community Development Division, Small Cities Development Program, Minnesota Department of Employment and Economic Development (DEED), to release Federal funds under Title

USDA broadens CRP Program quality assurance measures

Minnesota Farm Service Agency Reminds Property Owners to Manage Lands According to Contract.

The Minnesota Farm Service Agency (FSA) reminds landowners enrolled in the Conservation Reserve Program (CRP) to manage their lands according to the contract to ensure program integrity. FSA is broadening its quality assurance measures to ensure that participants maintain approved vegetative cover, control weeds and follow all contract requirements.

tract requirements.

"Most Minnesota CRP land owners adhere to their contract and follow conservation compliance regulations," said State Executive Director Joe Martin.

"However, increasing spot checks across the state will allow us to ensure that we are doing what we can to help farmers succeed and maintain their CRP contract acreage beyond primary nesting season."

In Minnesota, August 1, marked the end of the pri-

Deadline approaches for CRP program enrollment

Producers Must File by August 17, One-Year Extension Available to Holders of Many Expiring Contracts

Farm Service Agency (FSA) Administrator Richard Fordyce reminded producers today that the deadline to sign up for enrollment in the Conservation Reserve Program (CRP) is Friday, Aug. 17, 2018.

"Any agricultural producer that has eligible land should review the benefits of this program," said Fordyce.

"It removes from production marginal, erodible land and, in doing so, improves water quality, increases wildlife habitat and provides more opportunities for recreational activities, including fishing, hunting and wildlife viewing."

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

USDA will not open a general sign-up this year, however, a one-year extension will be offered to existing CRP participants with expiring CRP contracts of 14 years or less.

CRP Grasslands

Additionally, FSA established new ranking criteria for CRP grasslands.

To guarantee all CRP grasslands offers are treated equally, applicants who previously applied (prior to the current sign-up period) will be asked to

reapply using the new ranking criteria.

About CRP

In return for enrolling land in CRP, USDA, through FSA on behalf of the Commodity Credit Corporation (CCC), provides participants that remove sensitive lands from production and plant certain grasses, shrubs and trees that improve water quality, prevent soil erosion and increase wildlife habitat with annual rental payments and cost-share assistance. Landowners enter into contracts that last between 10 and 15 years.

Signed into law by President Reagan in 1985, CRP is one of the largest private-lands conservation programs in the United States.

Thanks to voluntary participation by farmers, ranchers and private landowners, CRP has improved water quality, reduced soil erosion and increased habitat for endangered and threatened species.

The new changes to CRP do not impact the Conservation Reserve Enhancement Program, a related program offered by CCC and state partners.

Producers wanting to apply for the CRP continuous sign-up or CRP grasslands should contact their USDA service center. To locate your local FSA office, visit <https://www.farmers.gov>. More information on CRP can be found at www.fsa.usda.gov/crp.

mary nesting and brood rearing season for wildlife. CRP maintenance activities such as mowing, burning, disking and spraying may now be conducted statewide.

CRP is a land conservation program administered by FSA.

In exchange for a yearly rental payment, farmers enrolled in the program agree to remove environmentally sensitive land from agricultural production and plant species that will improve environmental health and quality.

Contracts for land enrolled in CRP are 10 to 15 years in

length. The long-term goal of the program is to re-establish valuable land cover to help improve water quality, prevent soil erosion, and reduce loss of wildlife habitat.

CRP contract holders with questions about management responsibilities should contact their local U.S. Department of Agriculture (USDA) service center.

To find a service center near you, visit www.farmers.gov. To anonymously notify USDA of possible CRP compliance issues go to <https://www.usda.gov/oig/hotline.htm>.



40 years ago...1978: Gordy Ostenaar took a try at plunging his toilet bowl cart down the runway at the March-To-Mac Toilet Bowl races sponsored by the Jaycees.



30 years ago...1988: Lining up for the Winger Daze kiddie parade are Sterling Balstad, Heidi Vesledahl, Erika Zahl, Mia Helling and Stacy Ramberg.



20 years ago...1998: Karen and Bob Olson of rural McIntosh brought a pick-up load of vegetables and sweet corn to offer during Crazy Day sidewalk sales on Saturday, August 1st.



The Hedlunds (l-r) Orlett, Larry, Dakota, Shawn, Alex, Angel, Divinity and Destiny were many of the families that showed up to help support the new Roholt Park playground during the McIntosh Fireman's Fun Night on Tuesday, August 7th.

WEM School Announcements

Win-E-Mac Junior High Football

Schedule subject to change:

> August 20 meet at football shed to get gear 9 AM to 10 AM.

> August 21 practice from 3:30 PM to 5 PM

> August 22 practice from 8:30 AM to 10 AM

> August 23 practice from 8:30 AM to 10 AM

> August 24 no practice

> August 27 practice from 8:30 AM to 10 AM

> August 28 practice from 3:30 PM to 5 PM

> August 29 practice from 8:30 am to 10 AM

> August 30 home game 4 PM

> August 31 no practice

First week of school:

> September 3 no practice

> September 4 game away 4:30 PM

> September 5 practice 3:30pm to 5 PM

> September 6 game away 4:30 PM

> September 7 no practice

I will have a printout of the Practice/game schedule available on August 20.



Karin Thompson, Joan Lee, Wanda and Dave Stordahl were many of the people who came to enjoy a fun evening and help raise money for new playground equipment at Roholt Park in McIntosh.



Last Tuesday, the McIntosh Firemen played a fun game with the kids during their fundraiser to help raise money for new playground equipment at Roholt Park.



The old playground equipment has seen better days. The fundraiser held by the McIntosh Fire Department last Tuesday, is just a start. If you would like to donate or have an idea how to raise funds, please contact the McIntosh City Clerk's office.



Noah Roragen being a good babysitter during the McIntosh Fireman's fundraiser at Roholt Park last Tuesday.



Essentia paramedics, Christy Ihrke and Brook Simonson were on hand to show kids and adults alike around the ambulance for the McIntosh Fireman's Fundraiser held at Roholt Park last Tuesday evening.



Kristi and Donna Skeie enjoy a bite to eat at Roholt Park last Tuesday evening when the McIntosh Fire Department held a fundraiser for new playground equipment.

Calm the chaos on busy school mornings

Mornings can test the patience and stamina of busy families as adults and children hurry to get out the door on time. Starting off the morning already stressed can lead to feeling tense throughout the rest of the day.

There is no magic formula to make mornings less hectic, but the following are some ways families can streamline their morning routines.

• **Make use of the night before.** Morning madness may come about due to lack of preparation the previous night. The more that can be done the night before, the less there will be to do on weekday mornings. Encourage children to lay out clothes for the next day and take a shower or bath that evening. Make lunches the night before a school day, and gather all supplies from homework stations, restocking backpacks and gym bags so everything is ready to go come the morning.

• **Get to bed earlier.** Sleep experts say that if you need to rely on an alarm clock to get up in the morning, you may not be getting enough sleep. The National Sleep Foundation says school-aged children should get between nine and 11 hours

of sleep a night. Teenagers require between eight and 10 hours of sleep per night, while adults need between seven and nine hours. A good night's rest can reduce morning crankiness and get everyone moving more efficiently.

• **Incentivize timeliness for kids.** Children who are reluctant to head to school may need extra motivation to get out the door. Offer small rewards to kids when they get ready on their own or finish breakfast in a certain amount of time. Rewards can include a treat like choosing a favorite show to watch after school or a special outing on the weekend.

• **Follow a schedule.** Make mornings the same each day so everyone knows what to expect. Uniformity can streamline tasks and ensure everyone knows what's expected of them.

• **Stay organized.** Racing around trying to find keys or jackets can be very stressful. Make it a point to return items to their proper places so that everyone knows where to look for the items they need.

School mornings can be challenging, but with some ingenuity and forethought, the stress can be tamed.



Clarissa Neste, Nick Plante, their brand new daughter, Autumn, and grandma, Heather Hegre enjoyed a wonderful night with family and friends at the fundraiser for a new playground at Roholt Park in McIntosh.