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Jasmine Grindeland and Monica Winter were 2 of the first group of graduates from the McIntosh Senior Living Training Program in their new facility on Main Street. The group learned how to care for the elderly while earning their CNA Certificates. More on the story in the Tri-County Canary.

Special NRCS program sign-up announced: cover crops for fallow fields

NRCS offering a conservation option for farmers who couldn't plant because of wet fields.

The USDA's Natural Resources Conservation Service in Minnesota is offering a special Environmental Quality Incentive Program sign-up for farmers who couldn't plant their crops because of flooded or wet fields.

The deadline for sign-up is Friday, July 12. This EQIP sign-up is an opportunity for farmers to plant a cover crop, which they could later cut for hay or graze.

It provides an alternative to letting fields go fallow and uncovered. Landowners should coordinate with other USDA farm agencies when participating in related programs.

The goal of the program is

to encourage farmers to plant cover crops to increase water quality, suppress weeds, and improve soil health on areas not planted to crops. Cover crops also bring soil vitality by adding nutrients and organic matter.

Many fields that are saturated for a long time face a loss of soil organisms. Cover crop roots reestablish soil health and create pathways for air and water to move through the soil, which is key to restoring it.

To apply for this special EQIP contact your local NRCS office. The deadline for sign-up is Friday, July 12. Applications will be ranked based on environmental benefits.

For more information contact your local NRCS office.

Motorists urged to drive with caution through work zones

As road construction and highway maintenance season picks up in northwest Minnesota, motorists should slow down and use caution when traveling through work zones.

Speed and inattentive driving are two of the main causes of work zone crashes in Minnesota, according to traffic crash statistics.

"This is our family trying to keep your family safe on the roadway," said Cole Weber, MnDOT Safety Officer. "Rear-end crashes are the most common type of work zone crash and often times it is the driver or a passenger that suffers the most injuries in a work zone. MnDOT encourages drivers to follow these recommendations in work zones:

- Stay alert; work zones



constantly change with lane shifts, closures and moving workers and vehicles

- Watch for signs, equipment and workers
- Minimize distractions, such as using cell phones, eating or drinking
- Avoid tailgating
- Follow posted speed limits and directional signs
- Be patient; expect delays, especially during peak travel times
- Avoid lane changes

while navigating the work zone

Minnesota State Patrol has joined MnDOT in efforts to keep work zones safe by offering additional enforcement near MnDOT maintenance zones.

Large projects this summer for the northwest district include Highways 2 and 59 in Erskine, Highway 32 in Thief River Falls and Highway 371 in Cass Lake.

For a complete list of projects for 2019, please visit mndot.gov/d2. Motorists are also reminded to use caution around maintenance crews mowing, repairing potholes, paint striping, and removing debris from the highway.

For real-time traffic and travel information in Minnesota, visit 511mn.org.



Community Calendar

Wed. June 19: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Starlab with Headwaters Schience Center WEM School @ 11am; Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. June 20: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri June 21: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. June 24: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am;; Explore Rockets @ McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

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

Wed. June 26: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. June 27: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. June 28: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; m

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

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

Summer activities at Rydell

Summer is in full swing at Rydell and Glacial Ridge National Wildlife Refuges (NWR). There are lots of great wildlife viewing opportunities at both refuges right now.

It's a great time to observe a wide variety of baby wildlife, and as the summer progresses a diversity of colorful wildflowers will dot the landscape of both refuges.

The Rydell NWR Visitor Center and Friends of Rydell and Glacial Ridge Refuges Association (FRGRRA) Nature Store will be open Thursdays through Mondays (closed Tuesdays and Wednesdays) this summer from 8:00am – 4:30pm.

Additionally, Refuge staff and members of the FRGRRA have several public activities already planned both at Rydell NWR and in surrounding communities.

Already scheduled events include a booth and Hoverball Archery game at the Mentor Farmers Market on June 22; a program at the Mahnomen Public Library (The Sun, Moon, and Stars and How They Affect



Fishing at Rydell National Wildlife Refuge.

Wildlife) on June 26.

Events scheduled at the Rydell NWR and Visitor's Center include a Learning at the Lakes Program featuring live raptors from The Nature Connection on July 20, the Fourth Annual Youth Fishing Event on August 10, and a Learning at the Lakes Program featuring the Headwater Science Center on August 24.

The FRGRRA will also have booths at the Polk and Red Lake county fairs.

For more information on these or upcoming events, call Tessa at the Rydell NWR Visitor Center at 218-687-2229 x21 or email her at internfrgrwra@gmail.com.

Information on these events will be spread via radio interviews, press releases, and flyers.

Also, check out the Friends of Rydell and Glacial Ridge Refuges Association's Facebook page and the Rydell NWR website (www.fws.gov/refuge/rydell/) for more and updated information.



Brody Cook was able to color a star chart during the Star Storied program held at the McIntosh Library on Monday, June 12th. He was one of the many kids who learned about stars and space and made some fun activities.



Making a scratch design during the McIntosh Library program was Collin Wescott.



Tracing constellations on a star chart during the McIntosh Library summer program was Grace Roed.



There were many kids on hand to hear about the nighttime sky from an Itasca State Park naturalist during the Summer Library program in McIntosh.

*There will be cake and coffee
from 11-3 on Friday, June 28th
to celebrate the retirement
of Paulette Kringlen and Nicole Grande*



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M13-14C

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RiverView Physical Therapist Ebertowski earns Astym Certification

RiverView Health Physical Therapist Lindsey Ebertowski recently became certified in Astym Therapy, an effective treatment that regenerates healthy soft tissues (muscles, tendons, etc.), and eliminates or reduces unwanted scar tissue that may be causing pain or movement restrictions.

Ebertowski, along with fellow RiverView Physical Therapists Lori Hefta and Tony Kuchan, offer this non-invasive treatment at Rehab Services in Crookston, Red Lake Falls, and with Ebertowski's new certification, East Grand Forks.

"I am very excited to be able to provide this intervention and bring it to RiverView East Grand Forks for the first time," Ebertowski shared.

"Astym treatment is one of the most researched interventions and has great outcomes associated with it."

There are many conditions that are successfully treated with Astym Therapy, including joint and muscle stiffness, sprains and strains, Carpal Tunnel, chronic ankle or wrist pain and stiffness, Tennis or Golfer's Elbow, low back pain



**Physical Therapist
Lindsey Ebertowski**

and the list goes on.

Astym treatment is often prescribed for patients to treat their condition rather than undergo surgery, injections or other invasive treatments.

The following are all benefits of Astym Therapy when conducted by an Astym-certified therapist:

•**Short treatment course:** A typical course of treatment lasts only four to six weeks. Most patients typically experi-

ence a decrease in pain with an increase in movement within the first three to four treatments.

•**You get to stay active:** During Astym treatment you are typically encouraged to continue most normal activities.

•**It really fixes the problem:** Astym treatment doesn't just treat the symptoms or hide a problem with a temporary solution.

Instead, the Astym process stimulates the body to regenerate and remodel tissues. Response rates to Astym Therapy are high and most patients experience improvement.

During this treatment, Ebertowski conducts a thorough evaluation and follows specific treatment parameters to initiate a regenerative process in the affected soft tissues, including applying mild to moderate topical pressures with Astym instrumentation, and providing a customized program of stretching and exercise.

For more information on Astym Therapy, call RiverView's Rehab Services Department at 218-281-9463.



Adler Stordahl created a beautiful star scene last Monday at the McIntosh Library when the kids learned about stars.

Did you know?

Minnesota has the third best five-year survival rate for businesses in the United States according to DEED's Monthly Economic Snapshot.

Every month DEED economists compile a list of relevant rankings and statistics from across the nation and put them on the Economic Snapshot page of DEED's website.

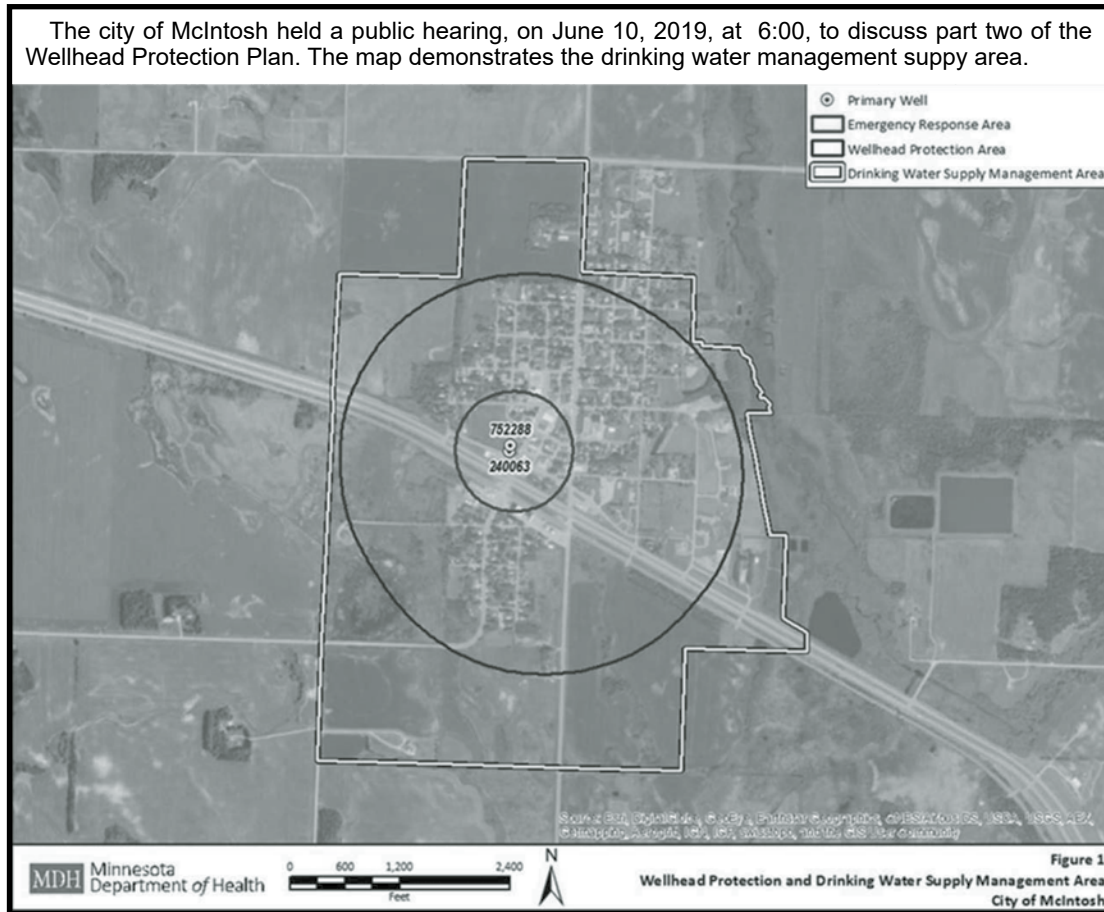
Other strong rankings for Minnesota's economy include, having the second highest labor force participation rate and the first highest high school graduation rate.

60 Years

Happy 60th Anniversary on June 21st

Love Teresa, Christy, Beth and Shelly

M13C



50th Anniversary

Please join us in celebrating Tom and Eileen Hegg's 50th wedding anniversary. Open house 2:00 to 4:00, July 6 at the McIntosh Community Center with small program at 3:00.

M13-14C

Gosen Luther League

The Gosen Luther League meets on Sunday evening, June 23rd, at 7:00. Jesse Quam from McIntosh will share musically on piano, harmonica, and mandolin. Peyton and Easten Kazmierczak from Mentor will sing, accompanying themselves on guitars.

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

Refreshments will be served following the program.

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206.

For information call 268-4242 or 687-3461

Historical Society Quilt Show

The Polk County Historical Society is hosting a Quilt Show at the Museum in Crookston on Saturday, June 22, from 10 a.m. to 2 p.m.

All local quilters and quilting circles are invited to enter quilts. Quilts can be modern or vintage, any style or size. There is no entry fee.

Everyone who attends can vote for a People's Choice Award. The winner will receive a rosette ribbon.

Registration will start at 9 a.m. in the museum auditorium. Quilts will be displayed in the Hafslo Church.

For more information, contact Twylla Altepeter at 218-945-6120 or 281-6582, Sandy Keger at 218-281-5204 or Anne Muir at 218-277-9639.

Do you have a story to share?

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

Baby Shower!

There will be a baby shower for Lauren Perry, daughter of Kraig & Elainia Kundert, on Sunday, June 23rd from 2:00pm to 5:00pm at The Coop Bar & Grill in McIntosh. Everyone is welcome.

M13P

Thank You

Thanks to friends and relatives who came to help me celebrate my retirement.

Thanks to each of you for the cards & gifts you gave. It was way too generous.

Again many thanks, "TT" Tranby

M13C

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.

M11-27C

Community Birthday and Anniversary Calendar

Wed. June 19: Adam Carlson, Alex Hedlund, *Mike & Brittany Sylstad
Thurs. June 20: Tom Hegg, Lota Deitzier
Fri. June 21: Linda Christianson, Elvind Jore, *David & Judy Hagen, *Jim & Susan Lee
Sat. June 22: Erik Hamre, *Andy & Stacy Smith, *Jerry & Bonita Shaver, *Jason & Shannon Svalen
Sun. June 23: Vicky Strom, Fernando Soto, *Kris & Gwen Rue, *Paul & Sandra Jore
Mon. June 24: Karlie Schow, Holly Schlagel, Mark Simonson, *Calvin * Anne Schow, *Steve & Candace Haaven
Tues. June 25: *Travis & Kelsey Mahlum

McINTOSH Times

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ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

Fri. June 21: 8:30 am Mass at St. Mary's, Fosston
Sun. June 23: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Fri. June 28: 8:30 am Mass at St. Mary's, Fosston

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

If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH Winger/Bejou

Supply Pastor

Gordon Syverson

Sun. June 23 8:30am Worship at Immanuel; 9:45am

Worship at Calvary

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

Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh

Supply Pastor

Gordon Syverson

Sun. June 23: 11:15am Worship Service.

Sun. June 30: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor
www.gosen-church.com

Face Book: Gosen Church

Wed June 19: 7:00pm Bible Study at Sharon Ramberg's

Fri June 21: 10:00 a.m. Telecast of Luther League program on GVTv-30

Sun. June 23: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service; 7:00pm Luther League

(see article elsewhere in the paper)

Tues. June 25: 10:00 a.m. Sunday worship service telecast on GVTv-30; 1:30 p.m. Bible Study at Pioneer Memorial Care Center

Wed. June 26: 7:00pm Bible Study at 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 1/2 mile east on County Road 206.

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MCINTOSH AFLC McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Wed. June 19: 7:30pm Bible Study at Mt. Carmel

Thurs. June 20: 7:00am Men's Breakfast at Mt. Carmel

Sun. June 23: 9:30am Worship at Trinity; 11:00am Worship at Mt. Carmel

Wed. June 26: 7:30pm Bible Study at Mt. Carmel

Thurs. June 27: 7:00am Men's Breakfast at Mt. Carmel

Sun. June 30: 9:30am Worship at Trinity; 11:00am Worship at Mt. Carmel

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VERNES LUTHERAN CHURCH (LCMC) McIntosh

Pastor Jill Torgerson

Sun. June 23: 9am Worship

Sun. June 30: 9am Worship

DOVRE FREE LUTHERAN Pastor Don Edlunds

Wed. June 19: 7:00pm Bible Study on Romans Everyone Welcome

Sun. June 23: 10:00am Worship Service and Children's Sunday School

Wed. June 26: 7:00pm Bible Study on Romans Everyone Welcome

Sun. June 30: 10:00am Worship Service, Adult and Children's Sunday School

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Winger News

by Linda Pulskamp

Hello again from the Winger area where we have had a week of much cooler weather after the storms moved through here last Saturday. We were fortunate again in our area not to have gotten any bad weather, nor hail and only a little rain. In the Fertile area there was storm damage from a tornado that moved through that area and further north of us they had more rain and some hail.

Hope all you Fathers, Grandfathers, and special Fathers had a wonderful Father's Day. For all of you who have your Father's appreciate them, because some day you won't have them.

There is a lot of activity going on in the village these days, there is quite a large crew working on the railroad through Winger, with the main crossing being closed as they replace it, makes it a longer trip to get across town. The work also continues on the water treatment plant on the old school grounds.

Not much news this week but will share what I managed to come up with! Please send or leave your news when you have some.

Milton Carlson's Corner
Thursday the 6th Paul and Donna Carlson took Milton to Grand Forks to Altru for a follow up check after his hospitalization, he says he is feeling much better and his check up was good.

Paul Carlson stopped in at Milton's on Friday the 7th on his way to work for a brief visit and a cup of coffee. Later that day Donna Carlson rode over to Milton's on her golf cart bringing with her Dusty Wayne, Evelyn, Cosette, Sage and Oliver Carlson with her.

Saturday morning the 8th Donna and Paul Carlson were at Milton's with their lawn mowers and mowed the lawn for Milton. Is not a long process as they have the no turn mower.

On Sunday the 9th Paul Carlson and Lonnie Gieseke were visitors at Milton's and while there Paul did some repair work for Milton and Lonnie put screen over Milton's strawberry plants to keep the birds from eating them.

Monday Paul stopped in at Milton's for a brief visit and a cup of coffee as he made his way to work.

Tuesday the 11th Judy Gieseke brought dinner to Milton's that they enjoyed together while visiting.

On Wednesday the 12th Paul Carlson stopped in at Milton's briefly on his way to work, later that day Sheila and Carson Benesh stopped in at Milton's for a visit and a cup of coffee, while there Carson brought in Milton's mail for him.

Betty Myhrum was a Saturday overnight guest at the Kjerstie and Dakota Poissant

home in Newfolden. Supper guests that night at the Poissant home besides Betty were Susan Eischens and Chelsey Haugen and Steven Cullen. Chris Eischens and son Brandon joined the family later and they all watched a movie together that night. Betty returned to her home on Sunday afternoon.

Last Saturday afternoon Butch and Linda Pulskamp and Nola Abele of Fosston attended the celebration of life that was held in Bagley for the late Jim Wannebo.

Winger Days is getting closer, June 29th is only a couple weeks away, come on out and visit and take in the activities that are planned for the day.

Until next week and in closing, don't count the days, make the days count.

Winger Day
is June 29th

Saturday, June 29th will be Winger Day which is a great day to come out and enjoy a fun event.

The day will start at 9:00 am with a Car and Tractor Show, Farmers Market, Flea Market and more which will run until 4:00 pm.

The Calvary Lutheran Church will have a fundraiser auction starting at 11:00 am This is a fundraiser to help pay some of the costs of repairing the church after the tornado that ripped through Winger last summer. There is still time to donate items to the auction as well. You can call Dave Natwick for more information at 218-280-1277.

At 2:00 pm the parade will begin on Main Street.

Rounding out the day will be the Winger Lions Fish Fry. The Club will serve from 4:30 pm to 7:30 pm. The fish fry is all you can eat with potato salad, baked beans, and rolls. The proceeds from the fish fry will go towards medical expenses incurred by Mike Moran. There are also raffle tickets for a chance to win several cash prizes and the tickets can be purchased from a Lion's member for \$5.

Mark your calendar and come out for a great day in Winger on Saturday, June 29th.



50 years ago...1969: Mr. and Mrs. Howard Kiecker and their son, Bud, are pictured here visiting Congressman Odin Langen in his Washington D.C. office. Mr. and Mrs. Kiecker from McIntosh spent some time touring the Nation's Capital while visiting Bud who is stationed at the Pentagon.



30 years ago...1989: Candidates for the McIntosh Centennial Queen Contest were guests at a grooming clinic on Sunday. (Back row, l-r) Kristen Tangen, Leslie Parent, Heidi Habedank, Kylie Horacek; (Middle row) Erin Hammer, Janna Kiecker, Stephanie Voxland, Leah Roed; (front) Lisa Carver.

Mary Poppins Jr. play
in Fosston June 27th & 28th

The Fosston Children's Theater invites you to attend their production of Mary Poppins Jr., a musical based on the stories of P.L. Travers and the Walt Disney Film!

The jack-of-all trades, Bert, introduces us to England in 1910 and the troubled Banks family. Young Jane and Michael have sent many a nanny packing before Mary Poppins arrives on their doorstep. Using a combination of magic and common sense, she must teach the family members how to value each other again. Mary Poppins takes the children on many magical and memorable adventures, but Jane and Michael aren't the only ones upon whom she has a profound effect.

There is no admission fee to attend the play, and seats will be on a first come first, serve basis. Freewill offerings will be accepted and are greatly appreciated!

Directed by Abby Pearson
MARY POPPINS JR is

presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI.



10 years ago...Enjoying lunch outside at Trinity Church as part of Vacation Bible School. (L-R) Betty Syverson, Tess Hubbard, Mathew Voxland, Jaden Hanson, Jason Voxland, Bryer Strom, Lauren Strom, and Hunter Smeby.



40 years ago...1979: Harold Aasen, Orvin Sonsteli, Norman Versdahl, Bob Bursheim, Kenneth Balstad, Sidney Anderson, and Bill Carlson have all participated in the Whistler contest in Winger as part of the Winger Diamond Jubilee celebration planned for this weekend.



20 years ago...1999: The Winger Flag Cadets stood proudly on the steps of the Winger Community Center for a picture prior to the Memorial Day services. This year there were 25 participants: Nia Johnson, Rachel Benbo, Jenna McWilliam, Megan Hertwig, Molly Olson, Joey Gieseke, Andy Johnson, Amber Johnson, Marjenna McWilliam, Anna Bembo, Caleb Benbo, Daniel Olson, Bety Olson, Jarriid Wang, Dylan Wang, Trevor Omang, Nick Omang, Andrew Renna, Billy Johnson, Kyle Kaupang, Marissa Perry, Georgette Maxfield, John Fisher and not pictured James Schabacher. Carol Black is their instructor.

Secretary Perdue announces new dairy margin coverage signup begins June 17th

U.S. Secretary of Agriculture Sonny Perdue today announces that signup begins June 17 for the new Dairy Margin Coverage (DMC) program, the cornerstone program of the dairy safety net that helps dairy producers manage the volatility of milk and feed prices, operated by the U.S. Department of Agriculture's Farm Service Agency (FSA).

The 2018 Farm Bill allowed USDA to construct the new DMC, which replaces the Margin Protection Program for Dairy (MPP-Dairy). This new program offers protection to dairy producers when the difference between the all-milk price and the average feed cost (the margin) falls below a certain dollar amount selected by the producer.

"In February I committed to opening signup of the new Dairy Margin Coverage program by June 17, I am proud to say that our FSA staff worked hard to meet that challenge as one of the Department's top Farm Bill implementation priorities since President Trump signed it last December," said Secretary Perdue. "With an environment of low milk prices, high economic stress, and a new safety net program with higher coverage levels and lower premiums, it is the right time for

dairy producers to seriously consider enrolling when signup opens. For many smaller dairies, the choice is probably a no-brainer as the retroactive coverage through January has already assured them that the 2019 payments will exceed the required premiums."

The program provides coverage retroactive to January 1, 2019, with applicable payments following soon after enrollment. At the time of signup, dairy producers can choose between the \$4.00 to \$9.50 coverage levels. (See chart.)

The Farm Bill also allows producers who participated in MPP-Dairy from 2014-2017 to receive a repayment or credit for part of the premiums paid into the program. FSA has been providing premium reimbursements to producers since last month and those that elect the 75 percent credit option will now have that credit applied toward 2019 DMC premiums.

The Department has built in a 50 percent blend of premium and supreme alfalfa hay prices with the alfalfa hay price used under the prior dairy program to provide a total feed cost that more closely aligns with hay rations used by many producers. At a milk margin minus feed cost of \$9.50 or less, payments

are possible. With the 50 percent hay blend, FSA's revised April 2019 income over feed cost margin is \$8.82 per hundredweight (cwt). The revised margins for January, February and March are, respectively, \$7.71, \$7.91 and \$8.66 – triggering DMC payments for each month.

DMC payments will be reduced by 6.2 percent in 2019 because of a sequester order required by Congress and issued in accordance with the Balanced Budget and Emergency Deficit Control Act of 1985.

DMC offers catastrophic coverage at no cost to the producer, other than an annual \$100 administrative fee. Producers can opt for greater coverage levels for a premium in addition to the administrative fee. Operations owned by limited resource, beginning, socially disadvantaged or veteran farmers and ranchers may be eligible for a waiver on administrative fees. Producers have the choice to lock in coverage levels until 2023 and receive a 25-percent discount on their DMC premiums.

To assist producers in making coverage elections, USDA partnered with the University of Wisconsin to develop a DMC decision support tool, which can be used to evaluate various

scenarios using different coverage levels through DMC.

More Information
All dairy operations in the United States are eligible for the DMC program. An operation can be run either by a single producer or multiple producers who commercially produce and market cows' milk.

Eligible dairy operations must have a production history determined by FSA. For most operations, production history is based on the highest milk production in 2011, 2012 and 2013. Newer dairy operations have other options for de-

termining production history. Producers may contact their local FSA office to get their verified production history.

Dairy producers also are reminded that 2018 Farm Bill provisions allow for dairy operation to participate in both FSA's DMC program and the Risk Management Agency's Livestock Gross Margin (LGM-Dairy) program. There are also no restrictions from participating in DMC in conjunction with any other RMA insurance products.

On December 20, 2018, President Trump signed into law the 2018 Farm Bill, which

Coverage Level (margin)	Tier 1 Premium per cwt (for the covered production history that is 5 million pounds or less)	Tier 2 Premium per cwt (for the part of covered production history over 5 million pounds)
	None	none
\$4.00	\$0.0025	\$0.0025
\$4.50	0.005	0.005
\$5.00	0.030	0.100
\$5.50	0.050	0.310
\$6.00	0.070	0.650
\$6.50	0.080	1.107
\$7.00	0.090	1.413
\$7.50	0.100	1.813
\$8.00	0.105	N/A
\$8.50	0.110	N/A
\$9.00	0.150	N/A
\$9.50		



Edith Gieseke had fun making a star chart during the Library event Star Stories at the McIntosh Community Center.



Showing his star Chart is Jens Stordahl who was able to learn about stars and outer space last Monday at the library in McIntosh.

Prevent mosquitoes from spoiling your summer fun

Summer is a beloved time of year that's often dominated by time spent outdoors soaking up summer sun. But all that extra time outdoors can make people vulnerable to mosquitoes. According to the National Institute for Occupational Safety and Health, mosquitoes are more than just hungry, unwanted backyard guests.

In fact, mosquito-borne diseases, including the Zika virus, the West Nile virus and dengue, pose significant threats. While not all mosquitoes carry disease, even those that don't can still bite humans, leaving them to deal with discomfort and itchiness.

Taking measures to control mosquitoes outside your home can reduce your risk of being bitten by mosquitoes.

- **Remove places** where mosquitoes like to lay their eggs. Mosquitoes like to lay their eggs in standing water. Once a week during summer and other times of the year when mosquitoes might be buzzing around, walk around your property to remove standing water. Bird baths, flower pots, kids' toys, pools, old tires, and trash containers are some of the more common places where water can collect and present perfect places for mosquitoes to lay eggs. Turn these



Don't let mosquitoes ruin your fun this summer,

over to empty any standing water you find. Remove empty flower pots and old tires from the property, and make sure water storage containers are tightly covered at all times.

- **Address areas** where mosquitoes like to rest. The Centers for Disease Control and Prevention notes that mosquitoes like to rest in dark, humid areas. This includes car ports, garages and beneath patio furniture. Outdoor insecticides can prevent mosquitoes from resting in such areas. When inside a home, mosquitoes may be resting under a sink, in closets, beneath the furniture or in a laundry room. Indoor insect sprays and in-

door insect foggers work quickly and can be highly effective, but reapplication might be necessary, as they won't prevent more mosquitoes from entering the home at a later time.

- **Check your window screens.** Mosquitoes might prefer the outside, but that doesn't mean they won't enter a home looking for meals if given the opportunity. Inspect window screens to look for holes that may provide mosquitoes with access to your home's interior, replacing any damaged screens immediately. When leaving or entering a home, make a concerted effort to close doors as quickly as possible.

What do mosquitoes carry?

While mosquitoborne disease is not as common in Minnesota as it is in tropical climates, there are several diseases that may occur within the state.

Minnesota residents who travel to other countries can also return with tropical diseases such as malaria or dengue.

West Nile Virus (WNV) is a disease transmitted to people, horses, and birds. It is the most commonly reported mosquitoborne disease in Minnesota. Most people infected with West Nile virus show no symptoms or flu-like symptoms, but some (primarily elderly) have more severe illness. West Nile virus was found in Minnesota in 2002 and will remain a public health concern in the foreseeable future.

La Crosse Encephalitis

(LAC) is a viral disease that is transmitted by the Tree Hole mosquito. It has been responsible for an average of 4-5 cases each year in Minnesota, primarily involving severe illness in children.

Jamestown Canyon Virus (JCV), which may be transmitted by several different species of mosquitoes throughout Minnesota, is a rarely reported cause of illness in humans. The virus is closely related to La Crosse virus although any age group may be affected.

Western Equine Encephalitis (WEE) is a disease transmitted to people, horses, and birds. It is caused by a virus that is transmitted by the same mosquito species that commonly transmits WNV in western Minnesota. In 1941, there was a large regional out-

break of WEE that affected nearly 800 Minnesotans. Since then, Minnesota has had infrequent and much smaller outbreaks of WEE (15 human cases in 1975, single cases in 1983 and 1999).

Eastern Equine Encephalitis (EEE) is a rare illness in humans and horses, and only a few cases are reported in the United States each year. Many people infected with EEE virus show no symptoms but some (primarily children) have severe illness. Although cases have been reported in horses, no human cases have been identified in Minnesota.

St. Louis Encephalitis (SLE) are usually the result of unpredictable and intermittent localized epidemics. SLE has not been reported in Minnesota since the 1970's.

This arrangement continued and remained in place at the time of the writing of the Compendium of History and Biography of Polk County in 1916.

In 1895 Mr. Olegard resigned from the conglomeration, as a result the company of Stenerson Brothers was formed. The business continued with steady growth, prospering in all their enterprises in the lumber business and as building contractors.

They won the contract for and built the United Lutheran church in Erskine with an estimated cost of around ten thousand dollars.

The yard in Mentor was sold and was later repurchased. As of the year 1916 the yards located in Pelican rapids, Erskine and Mentor and company itself were owned by Gunder and Knute, with Sven having sold his interest in 1913 when he returned to Norway.

In Norway, Sven purchased his old family home and made it his permanent residence.

The Stenerson Lumber company was incorporated with a capital of \$100,000 and conducted an extensive business through its yards at Earhardt, Halstad and various other places. Gunder Stenerson was the president of the company, Knute Stenerson held the vice president position and L.I. Grina was acting secretary, treasurer and manager. Other stockholders included Sven Stenerson, Melvin Grina (manager of the Earhardt yard),

Fuel your run with good nutrition and hydration

By Jean Larson, licensed and registered dietician with Essentia Health.

Summer offers runners many opportunities to compete and it's a good time to look at how to fuel your run.

Arriving at the starting line with a full fuel tank is essential whether you're running a 5K, half-marathon or full marathon.

During training, you need to eat a variety of whole foods and test your race day plans for breakfast and hydration to make sure your body tolerates them.

Here are some of my top nutrition tips for race week and day:

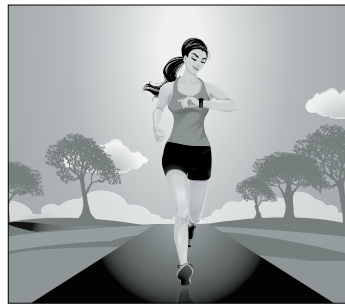
Start hydrating a week out. Don't wait until the day before a race to start guzzling water and fluids. Start optimizing your hydration a week before the race. Calculate half your body weight and be sure to consume that many ounces of water or fluids each day. You'll need more if it's hot or you are perspiring a lot.

Don't try anything new. Stick to familiar foods and sports supplements in the days leading to the race. Race day is not the day to try a new sports

gel, gummy or breakfast. You want to be sure that whatever you are consuming will not upset your digestion and cause any unnecessary discomfort on race day.

Eat carbohydrates to top off your gas tank in the days leading up to the race. This doesn't mean you need a heaping plate of spaghetti, but it might mean an extra carbohydrate-rich snack such as a smoothie or an extra helping (about a palmful) of starch with your meals, such as sweet potato, brown rice or squash. Like hydration, this isn't limited to the day before and is actually most beneficial to do for a few days before race day.

Get in a carbohydrate-rich breakfast three to four hours before the gun goes off on race day. You might need to plan around bus schedules, so be prepared to wake early and possibly take something with you. Again, make sure this is a breakfast you know sits well. The type of carbohydrate is up to you, but examples include oats, a bagel, toast, cereal, rice or potato. My go-to was always a big bowl of Cheerios with a banana and almond milk. Avoid high amounts of fiber



and fat at this meal.

Bring water on the bus. Sip water while you await transport to the starting line. You might even pack a quick-absorbing sugar, such as a honey stick, gummy bears or a sports drink, to consume about 15 minutes before race start.

Alternate hydration during the race between sports drinks and water. Especially on a hot day, including sports drink will ensure you replace electrolytes you are losing in sweat.

After the race, make sure to grab a snack and fluids. Get both carbohydrates and protein, which will help you recover. My personal favorite is chocolate milk and a banana. Keep drinking water and have a good meal within a couple hours of finishing.

June 20 cut-off date remains for Dicamba use in MN

Pesticide applicators are reminded of restrictions for the herbicide.

The Minnesota Department of Agriculture (MDA) is reminding pesticide applicators of the state-specific restriction for the use of the herbicide dicamba for the 2019 growing season.

The product cannot be applied in Minnesota after June 20.

The 2019 Minnesota restriction is in addition to those established by the U.S. Environmental Protection Agency (EPA). The affected formulations are XtendiMax by Monsanto, Engenia by BASF, FeXapan by DuPont, and Tavium by Syngenta.

"We understand that late planting this season has caused concern for growers who want to use this crop management tool," said Agriculture Commissioner Thom Petersen. "However, delaying applications in an attempt to control later emerging weeds can result in poor control and

presents other risks. If you are one of the growers that has invested in dicamba technology, now is the time to use it because late planting combined with pre-plant tillage can offer advantages for weed control, according to University of Minnesota Extension."

The June 20, 2019, cut-off date is based on the MDA's ongoing investigations and informal surveys into reports of crop damage from alleged dicamba off-target movement over the past two growing seasons. In 2017, the MDA received 253 reports of alleged dicamba drift; 55 of those were formal complaints requesting investigations.

Those reports impacted an estimated 265,000 acres. After state restrictions were put in place for the 2018 growing season, the number of complaints dropped dramatically to 53 reports, of which 29 were formal complaints. Just over 1,800 acres were impacted in 2018.

This year's cut-off date was first announced on December

Summer desserts that refresh

Ice cream is a go-to dessert in warm weather. Creamy, cold and refreshing, ice cream makes for the perfect complement to a hot afternoon. Ice cream can be served in various ways, including in a cup, on a cone, in sundae form accompanied by a bevy of favorite toppings, or mounded on a hot waffle.

This cool treat is also stupendous in shakes or as the a la mode when served alongside pies and cakes. There's just no end to the ways ice cream can be enjoyed.

While it's perfectly acceptable to head to the nearest supermarket freezer section for

a pint or two of the cold stuff, many people overestimate how much work goes into making ice cream at home.

Anyone can whip up their own custom flavors and keep the freezer stocked with fresh desserts.

Start with base ingredients for basic vanilla ice cream, courtesy of The Food Network, and then customize with creativity.

Homemade Vanilla Ice Cream

Yields 1 quart
3 cups heavy cream
1 cup whole milk
3/4 cup sugar
1 tablespoon pure vanilla

extract

Kosher salt
5 large egg yolks

Whisk the cream, milk, sugar, vanilla, and 1/2 teaspoon salt in a medium saucepan and bring to a simmer over medium heat. Beat the egg yolks in a medium bowl.

Slowly whisk 1 cup of the hot cream mixture into the beaten yolks, then pour back into the saucepan, whisking, and return to medium heat. Cook, stirring constantly with a wooden spoon, until the mixture thickens, coats the spoon and reaches 180 F on a thermometer, 6 to 8 minutes.

Remove from the heat and strain the custard through a fine-mesh sieve into a large bowl or measuring cup; discard the solids. Stir often until the mixture cools to room temperature.

Lightly press plastic wrap directly against the surface of the custard to prevent a skin from forming. Chill until cold, about 3 hours.

Freeze the mixture in an ice cream machine according to the manufacturer's instructions.

Place the ice cream in the freezer to set up for at least 1 hour.

Now comes the fun part . choosing flavors. Here are some flavor combinations to try.

1. Add in crumbled bits of pretzels and peanut butter for a sweet and salty butter.

2. Stir in bits of oatmeal cookie and cooked-down apple bits for an apple pie-inspired flavor.

3. Transform vanilla into peach ice cream with the addition of canned peaches.

4. Hazelnut flavors are all the rage, so be sure to mix in creamy Nutella and some chocolate cookie chunks for a cookies and cream variety that wins.

5. Evoke the taste of cheesecake with the addition of a little cream cheese, graham cracker pieces and blueberry compote.

6. Add freshly brewed coffee to your ice cream base and some caramel sauce for a dessert that's straight off a coffee shop menu.

Anyone will scream for homemade ice cream with customized fresh flavors



Eastern Polk County, where the prairie meets the pines and where early settlers and businessmen made a name for themselves in the logging industry. As settlers moved into the area and needed lumber to construct homes, barns, out buildings and stores from which to sell goods and services to the pioneers, the logging and lumber business boomed. Gunder Stenerson and his brothers were part of this industry which enabled people to settle and create homes, towns, and lives in the northern wilderness.

Gunder Stenerson

Gunder Stenerson, of Erskine, was a prominent lumberman of the northwest. He was associated with two well-known lumber companies.

He was acting manager of the company of Stenerson Brothers, lumber dealers and contractors and was also president of Stenerson Lumber corporation. He was a native of Norway, born August 1, 1864. Gunder made his way to America, along with his brother, Sven, in 1886.

The boys worked one

winter in the pineries of Michigan and then moved on to Dane county in Wisconsin, where they were employed in the lumber camps as farm laborers.

In 1887 the Stenerson duo was joined by their brother Knute. The following year the three young men moved to Minnesota. They settled in the Pelican Rapids area, near family and friends, buying eighty acres of timber land covered with hardwood.

With an output of about four hundred dollars they installed a portable sawmill and had secured some pine timber. From this modest beginning, with their excellent management and business capabilities, the trio built one of the more important lumber industries and corporations of northern Minnesota.

In 1892 the Stenerson brothers, along with Evan Olegard, established the Olegard & Stenerson company, with a lumber yard in Erskine. In 1890 the brothers also started a yard in Pelican Rapids, later buying yards in Mentor, Delton, and Borup.

Sven Stenerson, a carpenter by trade with extensive experience as a contractor and builder in Pelican Rapids, added a new dimension to the company.

Gunder Stenerson was made manager and put in charge of the Erskine yard, while Knute Stenerson retained the direction of their interests in Pelican Rapids.



Road Contraction: The bridge and Highway 59, near the school will close on May 20th. This will cause a detour getting to school. The orads available will be through Erskine or the County Highway 35, north of the school. This will cause some bus delays after the school day for students and parents getting home. Please e patient with the time of dropp-off for the remainder of the year.

Summer meals: The school will again offer free breakfast and lunch every day this summer except for the week of July 4th, to any student who wants a meal during the day. We will need the manes or numbers of those attending the day before for planning purposes. Parents can eat also for a cost, but students are free. The school district will offer a Century 21 program along with a re-energized summer rec program from 7:30 am until 5:30 pm, with a free breakfast and lunch to all kids. There is a fee for the summer rec activities and we will offer supervision after the programs until 5:30 pm, which will extend through the summer. The District will offer a busing service to the cit-ies within our district.