



McINTOSH

Since 1888

Times

Hub of the Thirteen Townships

McIntosh, Minnesota

\$1.00



Roxanne Stordahl, one of the guest artists during the Meet me in McIntosh event with her first customer, Renee Sistad who purchased Roxanne's first piece of art.

WEM presents "The Little Mermaid Jr." play with 3 performances

The Little Mermaid will become a "part of your world!" Disney's The Little Mermaid Jr. will be performed at Win-E-Mac Arts & Event Center on Saturday, August 10th at 2:00 and 7:00, and on Sunday, August 11th at 2:00. The 60-minute musical, designed for middle-school aged performers, is based on the 2008 Broadway production and the 1989 animated feature film. The 3rd through 9th grade cast contains twenty-two students led by Mr. Andrew Hanson.

This classic Disney title contains all of the songs from the Academy Award® winning animated feature film as well as three new songs from the Broadway show. The Little Mermaid Jr. takes place in a magical kingdom beneath the sea, where a young mermaid named Ariel longs to leave her ocean home to live in the world above. But first, she'll have to defy her father, the king of the sea, escape the clutches of an evil sea witch and convince a prince that she's the girl with the perfect voice.

No tickets will be sold in advance; instead, free-will donations will be accepted in the lobby before each performance.



Bob Bursheim of Neil's Quality Meats and More served hungry visitors during the Meet Me in McIntosh event held in mid-July with Minnesota Rust.

Hands-free cell phone law goes into effect August 1st

Starting August 1, 2019, drivers will no longer be able to hold their cell phones in their hands. They will be able to use their phones to make calls, text, listen to music or podcasts and get directions, but only by voice commands or single touch activation without holding the phone.

Governor Tim Walz signed the new hands-free cell phone bill into law April 12, 2019 to help further reduce distractions behind the wheel.

Remember, hands-free is not necessarily distraction-free. We want Minnesotans to stay safe, stay alive and stay out of trouble under the new law.

What can I do under the new law? The new law allows a driver to use their cell phone to make calls, text, listen to music or podcasts and get directions, but only by voice commands or single-touch activation without holding the phone.

What can't I do with my phone under the new law? You may not hold your phone in your hand. Also, a driver may not use their phone at any time for video calling, video live-streaming, Snapchat, gaming, looking at video or photos stored on the phone, using non-navigation apps, reading texts and scrolling or typing on the phone.

Can I ever hold my phone? Yes. Hand-held phone use is allowed to obtain emergency assistance, if there is an immediate threat to life and safety, or when in an authorized emergency vehicle while performing official duties.

Can I use a GPS navigation device? Yes. GPS and other systems that can only be used for navigation are exempt from the Hands-Free law. In-car screens and systems are also exempt. In both cases, most of these systems lock when the vehicle is moving.

If my teen is under 18 years old and has a driver's permit or provisional driver's license, can they use their phone in hands-free mode? The new hands-free law does not change any-



thing for teens under 18 with a driver's permit or provisional driver's license: They cannot make or answer calls while driving (hand-held or hands-free). They can use their phone in hands-free mode in the following situations:

- Using their phone as a GPS device, but only in hands-free or voice-activated mode. They must set their destination before driving. They can't hold their phone at any time.

- Listening to music or podcasts in hands-free or voice-activated mode is OK, but hand-held scrolling through playlists or channels is not allowed under the law.

- Calling 911 in an emergency situation. If there's an immediate threat to life and safety, they can use the phone in either hand-held or hands-free mode.

Does the new hands-free law address smart watches? Drivers can use them as a

conventional watch to check time, but smart watches are considered an electronic communications device under the hands-free law. That means the device has the same restrictions as a cell phone. Drivers can use a smart watch the same way they use a cell phone as long as it's by one-touch or voice activation. Drivers can't type, text or do the other things prohibited under the hands-free law.

Is it legal under the new law to stop on the shoulder of the road and hold my phone to make a call, text, etc.? If it's not an emergency, stopping on the shoulder of an interstate freeway or controlled access highway is already illegal in Minnesota. Although it is legal to stop along a state or U.S. highway, or a county road, it's not always safe to do.

Cell...
Continued on page 2 ...

McIntosh National Night Out



The McIntosh Fire and Rescue Squad will hold a National Night Out event at Roholt Park in McIntosh on Tuesday August 6th from 5:30 pm to 7:30 pm for all Community members.

There will be hot dogs & chips, firetrucks, games, and lots of fun with friends and neighbors.

Heritage center serves E. Polk County communities

When the East Polk Heritage Center (EPHC) was organized in 1986, founders envisioned a museum that would serve the communities and townships of East Polk County. From Gully to Fertile, Lengby to Mentor and all that lies between, the rich history of this area has been captured through the buildings, artifacts, stories and events that continue to be a part of EPHC's mission.

With the availability of land and the donation of its first building, EPHC became a fixture in the City of Fosston in 1987 and has expanded there over the years. The L.W. Larson house, built in 1887 was donated to EPHC by Allen and Judy Potvin. Successful fund raising and volunteer efforts enabled the historic home to be moved from its location on the corner of Highway 2 and Inderlee Avenue North (now the site of Cornerstone Residence) to its new location in Melland Park.

The Larson House was restored and donations of furnishings, artifacts, historic documents, clothing and more came in so abundantly that all rooms in the house were filled and the museum was opened to the public in 1988. The house remained a focal point of the center for nearly ten years at which time a replica log cabin was built in 1996 to serve as another museum building, again filled with articles from the days of pioneer settlers.

In 2010, the Rosebud Township board agreed to donate the Moen School to EPHC and this building, built in 1907 was moved from its location outside of Fosston to the heritage center campus. The school building has been restored, maintained and is now furnished with turn of the century school desks, books and early school days memorabilia.

In 2018, another build-



East Polk Heritage Center in Fosston.

ing was relocated from south of McIntosh to the heritage center in Fosston. Through a generous donation from the Ostenson families, the 'Stardig Cabin', built in 1884, the cabin was carefully refurbished. It serves as a historic reminder of pioneer life, especially knowing that an entire family lived in this one room home. The cabin was dedicated at EPHC Heritage Days in 2018.

Over the past thirty years, EPHC has benefitted from memberships, volunteers, board members, donations and other resources from individuals, organizations, local units of government, and businesses throughout East Polk County. As a 100% volunteer run organization, EPHC relies heavily on the contributions of many to sustain its annual operating costs. Memberships are \$30 for individuals/families and \$50 for businesses. The annual membership drive is launched in March of each year and is ongoing throughout the year.

In addition to the upkeep of its existing buildings, EPHC continues to move forward with its plans for the Pine to Prairie Museum of History and Cul-

EPHC...
Continued on page 2 ...



Community Calendar

- Wed. July 31:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. August 1:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. August 2:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. August 5:** 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. August 6:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Wed. August 7:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. August 8:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. August 9:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. August 12:** 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. August 13:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



The First National Bank has another new face! Jackie Hushle has been hired to replace Paulette Kringlen as Personal Banker and Consumer Lender. Jackie has nearly 15 years of experience in the banking industry, including nine years at Northern State Bank in Thief River Falls. Most recently she worked at Valley Premier Bank in Hawley before moving back to the area with her husband, Cody, and their son, Bridger. Jackie is the daughter of Gordie & Cindy Ostenaar and a graduate of WEM High School. It is exciting to see people moving back to serve our community. Please stop in and greet Jackie, and talk to her about your banking needs.



Katherine Carver walks in front of the bulidings being remodeled during "Meet me in McIntosh" held in July. The buildings are part of a Main Street renovation being done by Stordahl Construction.

Cell...

Continued from page 1.....

We strongly encourage anyone who needs to use their phone to find a safe place to pull off the road completely. A convenience store or gas station, for example, will be safer for you and other road users.

How does the new law apply to amateur radio devices? For example, trained storm spotters sometimes use hand-held and vehicle mobile radios during a weather emergency. Devices such as amateur radio, two-way radio and citizens band (CB) radio are exempt under the new hands-free law. The law does not define their transmissions as electronic messages, but users are still required to operate them with due care in a safe manner.

Does the new law apply to law enforcement agencies? Under the new law, hand-held phone use is allowed in an authorized emergency vehicle while performing official duties. However, some agencies have taken a proactive approach to reduce or eliminate hand-held phone use. For example, the Minnesota State Patrol has instituted a policy that requires troopers to use their phones only in hands-free mode.

Unfortunately, there are circumstances in which emergency vehicle drivers need to be on their devices to carry out their duties. Although this is different than situations other drivers find themselves in, the

dangers are the same. We're well aware of those dangers from a law enforcement perspective and are encouraging people to follow the law regardless of whether they have an exemption.

Couldn't I get distracted by my in-car screen or other distractions like eating, grooming, pets, passengers or reading a book? Why aren't they covered? Yes, there are many possible distractions when driving, but cell phone use presents a unique and complex challenge and is addressed by the hands-free law. A driver is still expected to avoid other distractions and drive with due care under other Minnesota traffic laws.

Are there penalties? Yes. The first ticket is \$50 plus court fees and the second and later tickets are \$275 plus court fees.

Will this make the roads safer? Yes, in two ways. In 12 of 15 states with hands-free laws, traffic fatalities have decreased by an average of 15 percent [Source: National Safety Council and Insurance Federation based on National Highway Traffic Safety Administration data].

This law will also help law enforcement keep Minnesotans safe. Because drivers aren't allowed to have a phone in their hand, it'll be easier for law enforcement to see violations and take more effective action.

Through public awareness and education, the goal is for Minnesotans to comply with the new law without enforcement action.

How to go hands-free (from cheapest to most expensive...)

1. Don't use your phone when you drive. Put your phone in the glove compartment or trunk or backseat or turn on a do-not-disturb app and enjoy the drive. It's free, and you will be surprised at how many new sights you will see on your drive. A number of large, successful companies have adopted no-phone-use policies for their employees while driving on company time, and after getting used to it, employees report being happier and at least as productive as when they used their phones.

2. Use a single earphone that has the microphone, and you are hands-free. Remember, using earphones in both ears at the same time is illegal in Minnesota.

3. Pair your phone to your current car or truck. If your existing vehicle and phone can talk to each other, pair up and go hands-free.

4. Buy an auxiliary cable and connect your phone's earphone jack to your car's AUX jack. You can operate your phone by voice or single touch and listen through your car's audio system. Auxiliary cables can be purchased for less than \$5.

5. If your car is older and doesn't have an AUX jack but has a cassette player, you can buy an adapter that fits into the cassette player and allows you to connect your phone through the earphone jack. The cassette adapters cost about \$30.

6. Buy a holder to clip your phone to the dash. You can use it in a voice-activated or single-touch mode. Clips can be simple and cheap or complicated. Make sure you get one that holds your phone securely. Prices range from less than \$5 to \$50.

7. Buy a Bluetooth speaker or earphone to pair with your phone. There are many after-market choices for both, all of which let you go hands-free. Prices are generally in the \$10 to \$50 range.

Locally you can visit Garden Valley Telephone Company where a customer service representative can help you find any accessories to help with the transition.

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

Public Works/Maintenance Supervisor

The City of McIntosh is currently accepting applications for a full-time **Public Works Supervisor**. Responsibilities include, but are not limited to maintenance of city property, wastewater facilities and infrastructure, parks, streets, buildings, storm sewers and maintenance of light and heavy equipment. Strong mechanical ability required. Minimum requirements include a Class C water license and a Class D wastewater license, high school diploma, a valid driver's license, and basic computer skills.

This is a salaried position with on-call duties required. Wage/salary negotiable depending on qualifications. Applications may be obtained, in person, from the City Clerk at 115 Broadway NW, MN. Return Applications to City of McIntosh P.O. Box 97, McIntosh, MN 56556 or email to macclerk@gvtel.com. Applications will be accepted until September 1, 2019.

M19-21C

lems again. The doctor's confirmed that Paisley's EBV (Epstein-Barr Virus) levels were beyond high and that she also had developed a post-transplant lymphoma. Her doctors decided to observe these levels for about a year and then in May of 2019 they started Paisley on rituximab infusions over the course of four weeks in hopes of shrinking the lymphoma.

Paisley definitely hasn't been able to completely experience the life of a stereotypical child with her struggles. She struggles with eating, has major reflux, doesn't gain enough weight, and has a gastrostomy tube. Living so far away from her main hospital down in the cities means there is a lot more at-home therapies and training that Paisley's parents, Chad and Candice, have to

take responsibility of.

Several trips to the cities, medical bills, and prescriptions have overwhelmed the Straub family when they should only have to focus on their healing little girl. Chad, Candice, sister Taydin, brother Weston, and Paisley herself would genuinely appreciate any support from the surrounding communities that they can get. Please join us on August 10th of 2019 for a benefit to help Paisley's family lessen the burden of money. The "Joining Hearts for Paisley Benefit" will be a family-friendly event held at the Ruffed Grouse Roadhouse in Lengby, MN at 4 pm. There will be a pig roast at this event and plenty of activities including a silent auction, bean bag tournament, raffles, kids games, shirts for sale, and a DJ playing later in the evening.

EPHC...

Continued from page 1 ...

ture that will serve as a site for permanent and rotating exhibits, an area for workshops and performances, a research room, archival storage and public restrooms. To date, over \$125,000 in donations and pledges have been raised to go toward this new facility.

Two major events are held each year to celebrate the heritage and culture of East Polk County. Heritage Days in September and the Heritage Holiday Dinner in December give an opportunity for attendees to learn and celebrate history. This year marks the 25th Annual Heritage Days to be held on September 7th. The 6th Annual Holiday Dinner will be held on December 7th.

A variety of volunteer opportunities are available at EPHC. From hosting the heritage center buildings during its open summer hours, helping with special events, offering expertise and time toward upkeep and maintenance, assisting with membership mailings and newsletters or serving on the board of directors, volunteers are needed and welcome. EPHC seeks memberships and volunteers from the entire area it serves – Erskine, Fertile, Fosston, Gully, Lengby, McIntosh, Mentor, Winger and surrounding townships within East Polk County are all a significant part of the continued growth and success of EPHC. To become a member and to volunteer, contact the Heritage Center at 435-6136 (leave a message) or visit us on Face Book and our website at www.eastpolkheritage.org.

FOOTBALL CHEERLEADING ADVISOR

Date of Availability:
2019-2020 School Year
Date Closing:
Open until filled

Win-E-Mac School District #2609 is looking for a motivated individual for **Football Cheerleading Advisor**. For specific information contact Brady Langemo at blangemo@win-e-mac.k12.mn.us

M18-9C



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

Thurs. August 1: *Jim & Eileen Votava

Fri. August 2: Connie Syverson, Chelsea Ekeberg, Travis Mahlum, Adler Stordahl, Calie Maruska, Courtney Maruska, Tanya Hamre, Pearl Johnson, *Bob & Karen Olson

Sat. August 3: Chad Olson, Brooke Clark, Dalton Agnes, *Earl & Dianne Roed

Sun. August 4: Luke Syverson, Lauren Strom, Steve Espeseth, *Bryan & Laura Paskvan

Mon. August 5: Justin Carlson, *Neil & Carol Bursheim

Tues. August 6: Judy Hagen, Dan Dierkes



ST. MARY'S CHURCH

Fosston

Fr. John Suvaheen, Pastor
Sun. August 4: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. August 11: 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 4: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. August 11: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh Supply Pastor

Gordon Syverson

Sun. August 4: 11:15am Worship Service.
Sun. August 11: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH

Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church

Fri., August 2: 10:00 a.m. Telecast of the Luther League program on GVTV-30

Sun. August 4: 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 6: 10:00 a.m. Sunday worship service telecast on GVTV-30; 1:30 p.m. Bible Study at Pioneer Memorial Care Center

Wed. August 7: 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 ½ mile east on County Road 206.

MCINTOSH AFLC

McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Wed. July 31: 7:30pm Bible Study at Mt. Carmel

Thurs. August 1: 7:00am Men's Breakfast at Mt. Carmel
Sun. August 4: 9:30am Worship at Mt. Carmel; 11:00am Worship at Trinity

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

Thurs. August 8: 7:00am Men's Breakfast at Mt. Carmel
Sun. August 11: 9:30am Worship at Mt. Carmel

11:00am Worship at Trinity

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. August 4: 9am Worship
Sun. August 11: 9am Worship

DOVRE

FREE LUTHERAN

Pastor Don Edlunds

Wed. July 31: 7:00pm Bible Study on Romans Everyone Welcome

Sun. August 4: 10:00am Worship Service and Children's Sunday School

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

Sun. August 11: 10:00am Worship Service, Adult and Children's Sunday School

IMMANUEL LUTHERAN CHURCH

McIntosh

Pastor Bruce Blocker

Sun. August 4: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

Sun. August 11: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

GRACE LUTHERAN CHURCH NALC

Erskine, Minnesota

Pr. Scott Baker, interim

Sun. August 4: 9:00am Worship

RODNES LUTHERAN CHURCH

Erskine, Pastor Joel Smeby
Wed. July 31: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Sat. August 3: 8:00am Men's Prayer Group
Sun. August 4: 10:00am Worship

Wed. August 7: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Sat. August 13: 8:00am Men's Prayer Group
Sun. August 4 10:00am Worship

Holy Communion 1st Sunday of every month. Visit us on Facebook at RodnesLutheran.

Joining Hearts for Paisley

By Rebeka Ware

When imagining a typical child, most see a tiny human who runs around with no cares or worries in the world. This specific little girl acts like an ordinary toddler who loves to play, dance, sing, and laugh. Looking at this three-year-old girl with amazingly high spirits, a bystander would never guess she has faced extreme health problems and continues to fight each day. This energetic and strong little girl is Paisley Straub who has battled heart issues her whole life.

Paisley Straub is the daughter of Candice and Chad Straub of McIntosh and granddaughter of Rod Brown, Jeff & Sherrie Witherbee, Shirley Straub & Chad Smeby, and Danny & Gail Straub. She was born on May 10th of 2016 with a heart defect known as Pulmonary Atresia with Intact Ventricular Septum. This defect means that the valve in Paisley's heart that allows blood to travel from the heart to the lungs did not exist. She did not have that key connection between her heart and her lungs so doctors wanted to get Paisley started on a medication called prostaglandin when she was born that would give her a patent connection of the heart and lungs. After this, the plan was to perform a series of three surgeries to put a shunt in.

Three days after Paisley's birth, her doctors discovered that Paisley also had Right Ven-



tricular dependent Coronary Circulation. This meant the lower right part of her heart was smaller than it should be and was too firm, making it difficult for blood to be pumped out of the heart. Because of Paisley's overworked coronary arteries, the series of surgeries planned was scratched and at ten days old she was placed on the transplant list and in the meantime kept on her medication. After five and a half months of waiting for a new heart, Paisley underwent a direct heart transplant on October 13th of 2016. The results of this transplant were very pleasing, doctors had no major concerns and she accepted the new heart nicely.

Paisley got to go home in November and started living somewhat of a normal life with mom and dad keeping an eye on things and providing a safe and sterile environment for her. It wasn't until last summer in a post-transplant lab, that she started to have prob-

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Richards Publishing Co.

Winger News

by Linda Pulskamp

Greetings again from the Winger area, where we have been having some warm weather again with a bit of rain, and we could use a good soaking rain for the lawns, crops and gardens. The evenings and nights are cooling down very nice tho.

Only another week of July and we will move into August and with that comes the starting of classes for College students, football practice will begin in the area schools and in some cases schools will reopen for another year. Time does not slow down for anyone but that is the way it has always been.

While driving through the country it is very obvious that the crops are turning and that harvest is not far off, seems like the farmers were just putting the crops in.

David Myhrum and Betty Myhrum spent last Sunday in Newfolden at the Poissant home to help Susan Eischens celebrate her birthday. Others there to help observe Susan's birthday were Chelsey Haugen and Steven Cullen and Branden Eischens.

Saturday evening Kelly Johnson and Granddaughter Lilly Brtek and Linda and Butch Pulskamp were among many family and friends that gathered in Bejou for the wedding reception of Roger and Sandy (Dahl) Kujava.

Betty Myhrum attended the benefit for Christine Johnson in Fosston on Tuesday night.

Milton Carlson's Corner

Wednesday the 17th of August Paul and Donna Carlson took Milton to Altru Clinic in Grand Forks for a Doctor appointment, and so glad to hear that everything is going well for Milton.

Thursday Milton went into Fosston to shop for groceries and had help from Sheila and Jade Benesh.

Friday the 19th Donna Carlson along with Dusty Wayne and Evelyn Carlson rode the golf cart over to Milton's to visit and of course Evelyn was treated with jelly belly jelly beans that Milton keeps on hand for the kids.

Saturday Sheila and Jasmine Benesh were visitors and coffee guests of Milton's, while there Jasmine took "Benjie" and got his mail for him, later Donna Carlson came over to Milton's on her mower and mowed Milton's yard for him.

Sunday the 21st Milton met Kari Keller and they attended Church together, after church they were dinner guests at the Judy and Lonnie Gieseke home, along with Roy, Lisa and Ryan Schaumburg and Mike, Terry and Olviayah Keller who joined them.

Monday morning on his way to work Paul Carlson stopped in at Milton's for a brief visit and a cup of coffee for the road, later Donna Carlson was a visitor with Milton bringing him blueberry dessert.

On Tuesday morning the 23rd Paul stopped in at Milton's briefly for a visit and a cup of coffee and took out the garbage for Milton.

Wednesday Judy Gieseke was a visitor and coffee guest of Milton's.

Once again this is the news for the week, need more, please call or email me or leave it in my mail box, and remember the Antique tractor parade coming up on August 24th in McIntosh.

In closing, life is short and it is up to you to make it sweet!

Farm & rural stress brochure now available statewide



Partnership with Farm Service Agency brings resources to more people.

The Minnesota Department of Agriculture (MDA) and USDA Farm Service Agency (FSA) are teaming up to make copies of the Coping with Farm and Rural Stress in Minnesota brochure available at FSA offices in USDA County Service Centers across the state.

The brochure highlights key resources that can help people struggling with financial, legal, emotional, and relationship problems.

"We've been hearing from farmers who are worried about the stress loads that so many of their friends, neighbors, and relatives are under," said Meg Moynihan, MDA senior advisor.

"They want to help the people they care about find the right kind of support, but sometimes aren't sure where to turn."

Minnesotans can also call 651-201-6012 to receive a copy in the mail or can download the brochure at www.minnesotafarmstress.com. Both the print and online versions are free.

Farmers who are experiencing anxiety, depression, indecision, and other challenges can call the free Minnesota Farm & Rural Helpline at 833-600-2670 any hour day or night. People who are worried about someone else in their life – but not sure how to approach them about it – can also call this number for help.



50 years ago...1969: Lynn LaVoi was crowned the 1969 Style Review Queen at the East Polk County Fair Tuesday evening. Crowned Beginners Princess was Deborah Heideman of the King 4-H Club at McIntosh. Edgar Olson is the gentleman doing the coronation honors.

COMMUNITY PICNIC AUGUST 7TH AT 6 P.M.

Please come to a community picnic at the Winger Park. The kids from VBS will provide a brief program before the picnic. There will be a special tribute to the building trades. Please bring your own chairs. Come and enjoy the summer evening! M19C

V.B.S. at Calvary Lutheran Winger August 5th, 6th, & 7th

Theme: "Building Your Faith One Brick At A Time"

August 5th & 6th - Classes start 8AM

August 7th - Class starts at 2PM to 6PM.

A program and Community Picnic to follow.

All kids from 3 years old through high school are invited to come.

The County Line

By Warren Strandell
Polk County Commissioner, Dist. 2

There is a story that has been told several times (in recent Polk County Newsletters and by the news media) but I don't think that the significance of it has really been comprehended or appreciated by all that many.

The story is this: Polk County now has the best solid waste disposal program in the State of Minnesota and likely in the entire Upper Midwest area, too.

The best part of this story is that the \$24.25 million upgrade of facilities and equipment recently completed at Fosston, Crookston and at the Polk County Landfill near Gentilly came without even one dollar of cost that will have to be paid for by property taxes.

The local share

Projects that get state grant funding — in this case the state money totaled \$17.25 million — almost always have a "local share" cost associated with them. Polk County issued a \$7 million bond for its local share but repayment of that bond will not be paid with property taxes but by tipping fees that are collected when solid waste is dropped at the incinerator in Fosston.

There is nothing new about tipping fees. Tipping fees have been collected for the handling

of solid waste ever since the incinerator was built and they have not been increased.

Revenue from the sale of recycled items retrieved from the waste stream and other income will also be used service the \$7 million debt.

As a result, the \$24.25 million in projects come without any county taxpayer cost! Now, that's the real story.

Two state grants

The \$17.25 million in State Capital Assistance Program (CAP) grants — the \$8 million that was approved by the State Legislature in 2015 coupled with the follow-up \$9.25 million that was approved during the 2017 session — covered the cost of the 18,000-square-foot expansion of the Resource Recovery Facility (incinerator) in Fosston and the new waste processing equipment that was installed in that building.

Of the grant money, too, about \$500,000 was used for the development of an organics compost pad at the Polk County Landfill and for equipment there that can shred wood, large trees, construction waste, furniture, tires, shingles and other materials.

Transfer stations

The grant money also supported some of the cost of construction of new transfer sta-

tions in Crookston and Park Rapids (Hubbard County) and for the renovation/upgrading of the Beltrami County station in Bemidji.

Six counties — Beltrami, Clearwater, Hubbard, Mahanomen, Norman and Polk — send their solid waste to the Resource Recovery Facility/Material Recovery Facility in Fosston.

Much of the credit for these upgrade projects goes to Polk County Environmental Services Administrator Jon Steiner, who conceived and promoted them to the Minnesota Pollution Control Agency, which then approved them for funding by the legislature.

As for a bit of Steiner's role in all of this, let me first give my thoughts about how good public employees — and Polk has quite a number of them — are given the opportunity to excel:

The first principle is that the county must make every effort to hire good people. Then, as the employee proves him/herself and develops on the job, the county tries to give them the things that they need to do that job. After that, well, it's time to get the heck out of the

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40 years ago...1979: Lynn's Auto Body Softball team of Winger won four games during the season over Oklee women, 18-3; Thief River 8-1; St. Hilaire Saints 12-3; and St. Hilaire 11-3. L-R Front: Alice Blastad, Becky Stordahl, Sharon Gunufson, Connie Larson, "Mike" Olson, Sue Olson. Back: Vickie Anderson, Eileen Hegg, Coach Norma, Priscilla Monson, Peggy Ystenes, Bertha Hegre, Kim Gudvangen, and Janet Berberich.



30 years ago...1989: Josh Brownell, Russell Johnson and Jason Renna, Sheila Carlson, Ryan Benbo and Margie Maxfield showing the new t-shirts the fourth and fifth graders received from members of the Fengestad-Solie Post #200.

Youth Fishing Day

August 10th at Rydell National Wildlife Refuge.

Rydell National Wildlife Refuge (NWR) and the Friends of Rydell and Glacial Ridge Refuges Association will be hosting their 4th Annual Youth Fishing Day at Rydell NWR on Saturday, August 10th, from 9:00am - 1:00pm. This free event is targeted towards youth age 15 or younger. Anglers age 16 and older must possess a valid Minnesota DNR fishing license to fish on the Refuge.

A limited amount of fishing tackle (rods and reels) will be available, or youth anglers are welcome to bring their own. Bait will be provided, free of charge. The fish won't be the only ones eating for free – lunch will be provided for all participants.

The event will also include a fish cleaning demonstration and a casting seminar and contest. Certificates will be given to participants who catch their first fish, as well as for the biggest fish of each species and the winner of the casting contest. Other surprise prizes will be awarded to participants as well!

Fishing within Rydell NWR is only allowed from shore on Tamarac Lake. Shuttles will transport participants from



the Refuge Visitor Center to Tamarac Lake and back.

Pre-registration is required. Please call or email one of the below contacts no later than Thursday, August 8th to sign up for the event.

All participants should check in at the Refuge Visitor Center on the day of the event. Rydell NWR is located 3 miles south of Highway 2, between Mentor and Erskine, at 17788 349th St SE.

To register or for more information, please contact Gregg Knutsen, Refuge Manager, at 218-687-2229 x16 / gregg_knutsen@fws.gov or Tessa Coster, Visitor Services Intern, at 218-687-2229 x21 / internfrgrwra@gmail.com.

Loneliness is grief's unintended guest

Practical strategies for coping with loneliness in grief.

After a loved one has died, you may feel like you are consumed by your grief, and often loneliness, especially if you had a close relationship with the person who died. Even though you may be surrounded by others, the physical and emotional void left by the person's death may be accompanied by an overwhelming sense of loneliness.

A common phrase heard from people who are grieving is, "I can be around people all day, and I still feel lonely." This is especially true for those who have lost a spouse. It is completely normal to feel loneliness in your grief. When grief comes into our lives, we can be caught off guard with the heaviness of it all, including physical and emotional reactions. It can feel like you're alone not only in the physical absence of someone, but also in your emotional and social support.

Everyone's grief is unique to them with each loss. There are hills and valleys in grief, and as people mourn, the feelings of loneliness can intensify before lessening. It is completely normal to feel intensified feelings of grief around six to eight months after the death before you experience a lessening of those feelings. Your grief may also become more intense again around the 12-month and 24-month time frame.

This can make the grieving person feel hopeless, and those around them, because everyone expects things to get better with time, and when they don't, the grieving person can feel like something is wrong with them. It is important to remember that grief is an ongoing journey. From time to time, you will experience stronger grief reactions. That does not mean you are starting over in your grief journey; rather, it's a valley you are traveling through.

A part of you will likely always feel the loss. But, there are ways you can cope with the loneliness while moving forward on your grief journey and incorporating the loss into your life. This will take time; be kind to yourself as you navigate the new normal in your life.

Ways to Cope with Your Loneliness

- **Don't "should" on yourself** – Grief is new terrain and you often don't know what you need. Do not place expectations on your grief in how you think you "should" or "shouldn't" behave, feel or do in the absence of your loved one.
- **Let others support you** – I often encourage those who are grieving to accept offers of help or invitations to socialize with others when it feels right to them.
- **Give yourself things to do** – It will give you something to look forward to while possibly allowing you to have some social time around others. Many grieving people have shared with me that staying "busy" has helped them in their grief journey. Sometimes it helps to simply be in the same physical space as others.
- **Avoid isolation** – The inclination to stay home or away from people may feel strong after a loved one has died, especially if you feel like no one

understands your grief, or you are constantly reassuring others that you're "OK."

Helping Others in Their Loneliness

- **Do not compare losses** – Each person's grief is unique, and comparing your losses to that of a person who is recently bereaved is not helpful to that person. Also avoid generalizing the person's grief by saying things like, "I know exactly how you feel."
- **Be present** – The grieving person may simply need someone to be present and listen to them and what they are going through. Others often mean well when trying to offer advice; however, refrain from doing so. Listening is far more helpful in these types of situations.
- **Invite grieving person to participate in things** – Continue to invite the grieving person to join you at events, activities, etc., even if they have previously turned your invitations down.
- **Respect the grieving person's decisions** – If the person doesn't want to go somewhere or do something, do not force the issue and respect that they will participate in things when they are ready.
- **Ask specific questions** – Many grieving people have expressed to me that one of the hardest questions they get asked is, "How are you doing?" Often this phrase is used as a greeting instead of an inquiry into the grieving person's well-being. It is more beneficial to the person who has experienced the loss if you ask them a specific question about their grief.

Remember, loneliness is not the same as being alone. There are many resources available to help you through your grief. For more information about grief and how Hospice of Red River Valley can help, email bereavement@hrrv.org or call (800) 237-4629.

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way.

In Steiner's case, there was no choice other than getting out of the way. He made sure that it happened.

A more detailed report on all that has been accomplished with these solid waste projects could be provided here but why further elaborate on a story that for us property taxpayers has only this simple summation:

Polk County got one heck of deal and Jon Steiner, who had earned and been given a lot of rope, made sure that it happened.

Thought for the day:

To each there comes in their lifetime a special moment when they are figuratively tapped on the shoulder and offered the chance to do a very special thing, unique to them and fitted to their talents. What a tragedy if that moment finds them unprepared or unqualified for that which could have been their finest hour. — Winston Churchill

Disclaimer: Thoughts expressed in this column are those of the author and are not necessarily a reflection of the opinions of the other members of the Polk County Board of Commissioners



Win-E-Mac Summer League Basketball recently wrapped up with the Gold team coming out on top in both the regular season and post season championships. Here they are in their championship t-shirts.



The Win-E-Mac Summer Basketball League Blue team.



The Win-E-Mac Summer Basketball League Green team.



The Win-E-Mac Summer Basketball League Orange team.