



McINTOSH

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McIntosh, Minnesota



With King Triton's (Owen Fuglseth) blessing, Ariel (Sydney Svalen) is able to live a human life with Prince Eric (Thomas Revier) during the Win-E-Mac Community Theatre production of "The Little Mermaid, Jr." recently performed at the Arts & Event Center.



Ursula (Jayden Gensburger) with her sidekicks Flotsom (Lillian Nelson) and Jetsam (Ella Subbert) lays out her plan, in song, during the recent performance of "The Little Mermaid, Jr."



Sebastian (Jadon Kangas) tells King Triton (Owen Fuglseth) about Ariel's troubles with the help of Flounder (Bridget Roggenbuck).

MSL hosts Dementia event for the community

McIntosh Senior Living will host a Dementia friendly event on Wednesday, August 28, 2019 at the McIntosh Senior Living Training Center located on Cleveland Avenue in downtown McIntosh.

The event will take place starting at noon. A lunch of build your own croissant sandwiches along with chips, mixed fruit, coffee, lemonade and water will be available.

There is a Virtual Reality simulation that allows you to feel and experience what those

with Dementia deal with on a daily basis.

Along with lunch and the Virtual Reality at 1:00 pm there will be a guest speaker from Lutheran Social Services who will speak on the 10 warning signs of Dementia.

Come and learn about this debilitating disease and help make our communities better.

Questions? You may contact Carrie Danielson at Carrie.Danielson@essentiahealth.org or Jane Olson at Jane@macseniorliving.com.

Planning underway for McIntosh Harvest Festival

Back again for 2019, make plans to join us on Saturday, September 21st for the McIntosh Harvest Festival. We're adding even more food and fun this year—from live music and a kids vendor show to mouth-watering food options—there's something for everyone. Come celebrate the beautiful Fall season with your family and friends while spending the day in McIntosh.

There is an apple pie eating contest again this year (with some changes) and a pumpkin dessert bake off. More details on those later.

Here's what you need to know:

For the latest updates and a full schedule of events, check out the 2019 McIntosh Harvest

Tractor Day is this Saturday in Mac

The annual McIntosh Tractor Day will be held on Saturday, August 24th.

The fun will begin with the Antique Tractor Parade. Tractors can register and line up at Erickson Park starting at 9:00 am. Drivers for the parade must be at least 14 years of age. The parade will begin at 11:00 am and travel down Main Street. Bring your own chair. The tractors and their drivers will be announced near the Bjella Building.

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!

After the Tractor pull there will be live music on the street in front of The Coop Bar & Grill starting at around 5:30 pm. "Elvis" will be there to sing all your favorites. There will be food throughout the day from The Coop as well. This will be a family friendly event and everyone is invited to stop in and have some fun. Later in the night dance and sing the night away with Karaoke on the Corner until 1 am.

Come out for a great day of fun events in McIntosh on Saturday, August 24th.

Festival event page on Facebook or follow www.facebook.com/mcintoshcommunityclub

Those interested in becoming a craft show vendor can call 218-563-2883.

Does your child make something that they'd like to sell?

Sign them up for the kids vendor hour (it's free!) Call Andrea Stordahl 701-866-0371

Would you like to become an event sponsor? Call Megan Rock at 218-280-9663.

General comments/questions: Katie Roed 701-361-1368

Movie in the Park this Friday



Sponsored by the McIntosh Community Club

There will be a movie in the park Friday evening August 23rd at 7:45 p.m. at Erickson Park. Please bring a blanket or chairs and enjoy the last few days of summer with your friends at Erickson Park!

How to combat dementia and memory loss

Alzheimer's Disease International says that there were approximately 50 million people living with dementia in 2017. Experts predict that number will roughly double every 20 years, highlighting just how pervasive dementia is across the globe.

Dementia describes symptoms affecting memory, thinking and social abilities. The Mayo Clinic says dementia can become so severe that it interferes with daily life. Alzheimer's disease is the most common cause of progressive dementia, though there are other causes as well. Dementias can result from frontotemporal lobar degenerations, vascular disorders, Parkinson's disease, and Lewy Body disease.

Depending on the cause, some dementia symptoms may be reversible. For example, medical professionals have discovered a link between insulin resistance and the development of dementia. Insulin resistance, which results from eating too many carbs and sugar and not enough fat, is a major factor that contributes to Alzheimer's disease, according to The Women's Alzheimer's Movement. Some scientists now refer to Alzheimer's as "Type 3 diabetes." Cutting out sugar and refined carbs and adding lots of good fats may prevent and even reverse pre-dementia in many aging adults.



Using an animal model, researchers at Temple University Health System discovered that a drug blocking inflammatory molecules known as leukotrienes can reverse tau pathology, the second most important lesion in the brain in patients with Alzheimer's. This can bring hope that medication may help reverse Alzheimer's instead of just mitigating symptoms.

Other ways to prevent or reverse dementias involve preventing the brain pathology that occurs. For example, reducing the risk of stroke can prevent vascular dementias. Dementia risks linked to infections and immune disorders may be lowered by making dietary changes or taking appropriate medications for conditions.

The Mayo Clinic also says nutritional deficiencies, such as dehydration and not getting enough vitamins B1, B6 and B12, can cause dementia-type symptoms. Dementias linked to heavy metal poisoning also may be resolved with treatment.

In addition, people can take proactive approaches to preventing aging of the brain even if they aren't yet suffering cognitive decline. A proactive approach can include:

- Getting adequate sleep;
- Controlling stress levels;
- Getting thyroid and reproductive hormone levels checked and treated, if necessary;
- Exercising daily, aiming for at least 30 minutes;
- Eating healthy fats like omega-3 fatty acids, which are found in fatty fish, coconut oil, olive oil, whole nuts, eggs, and some seeds; and
- Reducing consumption of sugar and processed carbohydrates.

Combating dementia can involve an array of strategies aimed at helping people reduce their risk and possibly even reverse course

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Combating dementia can involve an array of strategies aimed at helping people reduce their risk and possibly even reverse course



Win-E-Mac open house will be on Wednesday, August 28th from 4:00-7:00 pm, so come and see our facility and meet our staff.



Community Calendar

Wed. August 21: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. August 22: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. August 23: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Sat. August 24: Tractor Day in McIntosh

Mon. August 26: 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 27: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Wed. August 28: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. August 29: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

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

Mon. Sept. 2: Labor Day

Tue. Sept. 3: **First Day of School at Win-E-Mac;** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



Corn for kids Thursday, August 29th at 5:30 pm at Roholt Park.
Sponsored by McIntosh Community Club



The Win-E-Mac Community Theatre recently presented Disney's "The Little Mermaid, Jr." at the Arts & Event Center. The play was directed by Andrew Hanson with a grant from 21st Century and the Northwest Minnesota Arts Council. The cast included: Cameron Svalen, Ruby Breckel, Josie Fortman, Lukas Gensburger, Krista Shimp, Thomas Revier, Erich Gensburger, Alyssa Morberg, Owen Fuglseth, Laila Roragen, Danielle Winter, Evie Ryan, Lauren Kaupang, Kianna Tadman, Ella Strom, Sydney Svalen, Bridget Roggenbuck, Savannah Svalen, Jayden Gensburger, Lillian Nelson, and Ella Subbert.



"Memories are the threads that hold together the patchwork of friendship." The McIntosh-Winger Class of 1969 held their 50th class reunion in July. The weather was perfect and so was the gathering of 26 of the 32 living classmates. It was as if we had just left each other May 29, 1969. Oh, what a day! Those attending were: (front) Dave Faldet, Ron Hegland, Lewis Olson, Jim Pederson, Gary Mersy; (middle) Paul Aakhus, Harvey Hustad, Gary Anderson, Kyle Espeseth, Bruce Nornes, Sandy Mosser Berger, Bev Fritz Aakhus, Linda Olson Smith; (back) Was Brekke, John Balstad, Steve Haaven, Ron Landgraff, Dallis Millander, Myles Henney, Deanne Hagen Benson, Carol Hedlund Bartz, Candace Frisk Haaven, Patti Broske Brown, and Bette Johnson Martin.



The descendants of Olof Enerson and their family members who attended the reunion held on August 3rd at the family farm north of McIntosh.

Enerson reunion held at family farm near McIntosh

Last Saturday, August 3rd, the Enerson's had a family reunion on the farm that Olof Enerson homesteaded in 1883. Olof had 12 children, his youngest son Einar hosted the first reunion in the summer of 1980 at the homesteaded farm and over 100 people attended. The family farm north of McIntosh, is now a century farm.

This year's reunion was again at the original homestead. The weather was perfect and the farm was beautiful. Almost 100 people attended, from ages 2 to 92. The gathering was hosted by the families of Olof's last two surviving granddaughters, Gladycie Josephson of Fosston, and Marilyn Blankinship of Tucson, Arizona.



Olof Enerson's last two living Grandchildren - Gladycie Josephson, age 93 of Fosston, MN and Marilyn Blankinship, age 86 of Tucson, AZ.

zona. Their daughters played a big role in the success of the

gathering. Relatives traveled from Arkansas, California, Ar-

izona, North Dakota, Virginia, Iowa, and Kansas with many relatives coming from nearby counties. Gladycie and Marilyn thoroughly enjoyed themselves and send heartfelt Thank You's out to everyone that came and made it such a special day.

At this reunion, as in most: Lots of hugs and handshakes, meeting new people and renewing old friendships, looking at old pictures and taking new ones, asking questions and telling stories.

Sometimes it's a new little detail that brings an old picture to life. Now we know: Olof loved to go for buggy rides and his horses had bells, so you could hear him coming long before you could see him.

Senate shines light on DHS management and fraud issues

An extensive joint hearing today by the Senate Health and the Human Services Committee and Senate Human Services Reform Committee confirmed a culture of mismanagement that lead to easy fraud opportunities and difficult work culture for employees.

Sen. Benson set the tone for the hearing saying, "For the first time in memorable history, the Office of the Legislative Auditor had to issue a subpoena... to get answers that we are entitled to.

There must be a change, because Minnesotans who depend on these programs and who pay for these programs deserve better. For those who say, 'It's time to move on, there's nothing to see here', it's not time to move on - it's time to learn a lesson." Benson continued by saying DHS would either answer questions with public information at the hearing or provide the answers to the committee by Thursday, or they could provide information to the Legislative Auditor if it was not public, but, "there is no information that DHS can keep."

Senator Jim Abeler also shared his concerns saying,

"This is us doing our due diligence, this is our responsibility. The people elect three branches of government to serve our people really well. This is the beginning of a dialogue, and I hope that this can improve communication between the agency and the legislature."

Legislative Auditor Jim Nobles testified, "because it's size, complexity, and importance, DHS consumes more of our attention and our resources than any other state agency." In DHS alone, legislative auditors are investigating the Personal Care Assistance program, the Office of Inspector General (OIG), and the Medicaid overpayments to two tribal nations.

A former and current employee also spoke about the work culture at DHS, an agency with nearly 7,000 state employees. Dr. Jeff Schiff, former Medical Director for DHS, told the committee there is "unconscionable arrogance" from a small group of administrators with an inordinate amount of control and medical advice was willfully ignored. Faye Bernstein, a current DHS employee who appeared before the committee using vacation time, told members she received a letter suggesting her appear-

ance before the committee could jeopardize her employment. Nonetheless, Bernstein testified she was told she was too focused on compliance issues, and when she brought complaints forward, people would respond by rolling their eyes. Finally, Bernstein told committee members she experienced increasing amounts of retaliation for her persistent efforts to expose non-compliance. It was reported that Bernstein was escorted from her office within hours of sending an email with her complaints to her department.

Regarding the \$25 million in overpayments for Medicaid services, leaders from the White Earth and Leech Lake Bands of Ojibwe both testified that the overpayments were the fault of DHS processes and approvals. Acting Commissioner Pam Wheelock testified that DHS would follow the law on repaying the federal government for the overpayments but was unable to clarify if that meant asking the tribes to repay some or all of the overpayments or asking the taxpayers to cover the losses.

Wheelock also declined to provide specifics on who ordered an outside firm to con-

duct the investigation into Carolyn Ham, the Inspector General who is on paid leave since March. Or specifically when the investigation into Ham was started or will be concluded. Ham was initially on paid leave without a role but was reassigned to a temporary position to support DHS counsel's office in July. A new Inspector General, Bob Jacobsen, replaced Ham as interim Inspector General on August 5th. Wheelock could not give specifics on what would happen to Jacobsen or Ham if she is cleared of wrongdoing.

Wheelock told the committee complex personalities and previous work experiences may have led to the flurry of resignations in mid-July. Despite continuing problems, investigations, and unanswered questions, Wheelock surprisingly said, "there is no scandal, no chaos" as DHS.

Carolyn Hamm, Former Commissioner Tony Lourey, Former Chief of Staff Stacie Weeks, Deputy Commissioner Chuck Johnson, Deputy Commissioner Claire Wilson, and Inspector General Bob Johnson were invited to testify but declined to appear before the joint committee.



MSL will host pulled pork fundraiser

McIntosh Senior Living will host a pulled pork fundraiser on Thursday, August 29th from 11:00 am to 1:00 pm. Stop into MSL for a tasty meal.

There will be pulled pork sandwiches, coleslaw, chips, ice cream bars and a drink for only \$5.

There will be to-go orders available as well. All the proceeds will go to quality improvement projects benefiting the MSL residents.

Gosen Luther League

The Gosen Luther League meets on Sunday evening, August 25th, at 7 o'clock.

The Overtones Quartet will present a concert of Country-Southern/Northern Gospel music. They have been singing together for over 30 years. Their harmonies and blend have been compared to The Statler Brothers and The Oak Ridge Boys.

The group is made up of Keith Sandland, baritone; Randy Holwell, lead; Neil Vagle, tenor; and Dale Billberg, bass.

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

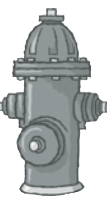
Refreshments will be served following the program.

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.

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



Wed. August 21: Lacey Roed, Violet Ferden
Thurs. August 22: Cody Krossen, Grant Enger
Fri. August 23: Robin Shimp, *Dave & Wanda Stordahl
Sat. August 24: Lilyanna Thorsrud
Sun. August 25: Jason Breckel, Mike Breckel, Mara Halland
Mon. August 26: Shirley Delage, *Jarrid & Alicia Graff, *Mark & Hannah Sylstad, *Jason & Holly Breckel
Tues. August 27: John & Tara Burthwick



McIntosh Tractor Day will be Saturday, August 24, 2019! Lots of fun and activities!

McIntosh Times

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ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

Sun. August 25: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Sept. 1: 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 25: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. Sept. 1: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh Supply Pastor

Gordon Syverson

Sun. August 25: 11:15am Worship Service.

Sun. Sept. 1: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH

Independent

Gary Johnson, Pastor
 www.gosen-church.com

Face Book: Gosen Church

Sun. August 25: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service; Luther League 7:00pm

Tues. August : 10:00 a.m. Sunday worship service telecast on GVT7V--30; 1:30 p.m. Bible Study at Pioneer Memorial Care Center

Wed. August 28: 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. August 21: 7:30pm Bible Study at Mt. Carmel

Thurs. August 22: 7:00am Men's Breakfast at Mt. Carmel

Sun. August 25: 9:30am Worship at Mt. Carmel; 11:00am Worship at Trinity

Wed. August 28: 7:30pm Bible Study at Mt. Carmel

Thurs. August 29: 7:00am Men's Breakfast at Mt. Carmel

Sun. Sept. 1: 9:30am Worship at Mt. Carmel 11:00am Worship at Trinity

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. August 25: 9am Worship; fellowship coffee following worship

Sun. Sept. 1: 9am Worship; fellowship coffee following worship

DOVRE

FREE LUTHERAN

Pastor Don Edlunds

Wed. August 21: 7:00pm Bible Study on Romans Everyone Welcome

Sun. August 25: 10:00am Worship Service and Children's Sunday School

Wed. August 28: 7:00pm Bible Study on Romans Everyone Welcome

Sun. Sept. 1: 10:00am Worship Service, Adult and Children's Sunday School

IMMANUEL LUTHERAN CHURCH

McIntosh

Pastor Bruce Blocker,

Sun. August 25: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

Sun. Sept. 1: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

GRACE LUTHERAN CHURCH NALC

Erskine, Minnesota

Pr. Scott Baker, interim

Sun. August 25: 9:00am Worship

RODNES LUTHERAN CHURCH

Erskine

Pastor Joel Smeby

Wed. August 21: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Sat. August 24: 8:00am Men's Prayer Group

Sun. August 25: 10:00am Worship

Wed. August 28: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Sat. August 31: 8:00am Men's Prayer Group

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Winger News by Linda Pulskamp

Hello from the Winger Community again, where the past week has been rather nice although we did have a couple of stuffy days, at least the terrible heat and humidity left and we have had more moderating temperatures and cooler evenings and nights. Then the rain came and it again varied with the different ones I talked to but most everyone got about an inch of welcome rain, and still some forecast yet to come with warmer temperatures again next week. It's all good.

All the extra summer activities are coming to an end too, with all the county fairs behind us and many other summer festivities being done, the focus now is on school resuming and along with that school shopping and football getting underway. But not to forget the State Fair is coming up soon for those who take that in, then will be back to a somewhat normal schedule for most.

With school starting it will be a new experience for the little ones starting preschool and also for those who graduated last year and will be moving on to college.

I hope you have been lucky enough to avoid the summer colds that seem to be making the rounds, are many dealing with the cold and are very hard to get over.

Milton Carlson's Corner

Wednesday the 7th Donna Carlson visited with Milton and while she was there she mowed his lawn for him.

Donna Carlson was a Thursday the 8th visitor with Milton bringing him fresh cookies and beet pickles. Later on the 8th Lonnie Gieseke was a visitor and coffee guest of Milton's.

Friday the 9th Donna Carlson along with Dusty Wayne and Evelyn Carlson rode the golf cart to Milton's and were visitors with him. Later that same day Paul Carlson, Dusty Wayne and Evelyn Carlson visited with Milton, while there, Paul hauled away Milton's garbage and the kids were treated to jelly belly beans.

Judy Gieseke was a visitor with Milton on Friday bringing with her cookies that they enjoyed with their coffee.

Saturday the 10th James, Roxy and Justin Peterson and Justin's girlfriend all of Isanti were visitors with Milton. Paul Carlson came for a drive on his Ferguson tractor and visited with the family.

Sunday Milton met Kari and they attended church services together after church Milton along with Lonnie and Judy Gieseke were dinner guests of Mike, Kari, Terry and Olivia Keller at the Keller home.

Monday the 12th Paul Carl-

son stopped for a brief visit and a cup of coffee to go as he made his way to work.

Donna Carlson was a Tuesday morning the 13th visitor with Milton, later Sheila, Vincent, Jasmine and Carson Benesh were visitors with Milton and gave him a report on their vacation that took them to the Pacific Ocean and many interesting points in between.

Last Sunday Kjerstie and Dakota Poissant visited briefly with Grandma Betty Myhrum at her home in Winger.

In writing up my article about visitors at our house on Saturday August 3rd, without intentionally mentioning that Craig and Bev Helgaas of Glenwood and Cindy Johnson of Gully were also visitors at the Pulskamp home. Sorry!

This is the news for this week that I have managed to put together, still would like to see more articles submitted before there is no more.

Remember the tractor parade in McIntosh on Saturday the 24th, come on out and see the parade and take in the other activities that will be going on that day.

Until next week may you all have a good one.

Did you know?

Each year, the High School Athletics Participation Survey conducted by the National Federation of State High School Associations lists trends in high school sports participation across the United States. Recent findings indicate that participation in sports continues to grow on school campuses, and the number of participants in the 2017-2018 school year reached an all-time high of 7,980,886. A steady increase in several boys and girls sports extended the overall growth streak to a record-breaking 29th year. For those interested in knowing which school sports garner the most participation, here is a spotlight of the biggest contenders.

Boys

• Football remains the No. 1 participatory sport for boys, with outdoor track and field coming in second.

• Basketball, baseball, soccer, cross country, wrestling, tennis, golf, and swimming/diving round out the remaining top sports for boys.

Girls

• The most popular sport for girls continues to be outdoor track and field. The No. 2 position belongs to volleyball.

• Basketball, soccer, fast-pitch softball, cross country, tennis, swimming/diving, competitive spirit, and lacrosse are the other prime girls' sports activities.

Jeanne Rains, Elmyrna Kaupang honored by RSVP

By: The Thirteen Towns

The Retired and Senior Volunteer Program, located on the University of Minnesota Crookston campus, recently paid honor to this past year's 562 active NW Minnesota volunteers! Employing a different and creative recognition strategy for the year, RSVP staff compiled a recognition newsletter, highlighting volunteer hours, awards, plus a thank-you gift of a book of ten Forever Stamps.

Replacing this year's annual Recognition Banquet on the UMC Campus was a difficult decision, but one that made sense considering increasing costs and only 1/3 of RSVP volunteers able to attend. The newsletter, composed with a "postal theme", allowed each and every volunteer to be honored. "The time and energy our volunteers donate cannot be taken lightly," states RSVP Director Tammy Frohlich. "Recognizing volunteer achievements and thanking them is one of our greatest priorities and pleasures." Two of the past year's greatest achievements come from volunteers Judy Semeling of Halstad (1,663 hours donated) and Elmyrna Kaupang of Winger (1,017 hours donated).

Monetarily, the 65,284 RSVP volunteer hours during the past year equates to a savings of \$1,660,172 for federal, state and county entities. Moreover, impactful programming such as RSVP's Groceries to Go, Home Delivered Meals, Handyman and Stay Active and Independent for Life senior exercise classes is keeping regional seniors healthy and living independently! Perhaps the greatest benefits, however, are for the volunteers themselves; Consistent research shows that donating time for a worthy cause keeps older adults healthier and happier.

Among the many volunteer achievements throughout the year, the following were specifically highlighted:

• **The Zip Award** (Zip stands for Zone Improvement Plan) went to Alecia Hunt, TRF Food Shelf Station Manager for creating change and improvement at the food shelf.

• **In-Transit Award** (Most hours doing Home Delivered Meals) went to Stuart Halvorson of Roseau, and Cristina Campos of East Grand Forks.

• **Rural Delivery Award** (Greatest number of hours by SAIL exercise trainer) went to Lois Barth of Warroad.

• **First Class Award** (Best comment about a volunteer) went to Fredryce Sundby of Warren: "I couldn't live without her; she's my angel!"

• **Mailbox Award** (Handy-

man with most hours) went to John Wahlberg of Roseau.

• **Barcode Award** (Barcodes facilitate transportation) went to the Red Lake County Committee on Aging.

• **Delivery Award** (Volunteers with most Grocery to Go hours) went to Donna Malarkey of Crookston, and Barb Erickson of Roseau.

• **Carrier Award** (Carrying good news and comfort to Hospice families and patients) went to Jeanne Rains of Fosston.

• **Envelope Glue Award** (Helping to keep things together during transition) went to Ann Marie Zizzo at the Thief River Falls Food Shelf.

• **Mint Award** (Originality) went to Bonnie Skanson of Fertile. Bonnie wrote and directed a play for her Reading Buddy Class in Fertile!

• **Bulk Mail Award** (4000 lifetime hours) went to Joanne Rude of Shelly, Arlette Solom of Roseau, and Alta Sullerud of Fertile.

• **Express Mail Award** went to Linda Visser of Ada, who is instrumental in quick planning for G2G Program and volunteer stations in Ada.

Some other great numbers to report: **Largest number of volunteers hours reported** this year went to Judy Semeling, Norman County (1,663); **Largest number of volunteer positions served** this year: Elaine Bertils of Polk Co. and Janet Kujava of Marshall Co. (8 each); **Volunteer with greatest number years of RSVP Service:** Betty Conkins, Polk County (Nearly 29 years); **RSVP Station with greatest number of volunteers:** RiverView Health, Polk County (69); **RSVP Station with a waiting list for volunteers:** Loaves and Fishes Food Shelf, Fosston; **Counties who financially support RSVP volunteers:** Polk, Roseau, Kittson, Red Lake and Norman.

RSVP continues to promote volunteerism through presentations, recruitments, and implementing their impact programs in communities with demonstrated needs; most recently, eight Groceries to Go volunteers were recruited and trained in Ada, restoring a much needed and relied upon service for area seniors. RSVP offers a variety of service opportunities with flexibility to match.

Contact Director Tammy Frohlich (218-281-8289) tsykes@umn.edu, or Coordinator Jennifer Erdmann (218-281-8288); jkerdman@umn.edu, to join America's largest network of volunteers.



50 years ago...1969: The McIntosh Lions Club has installed a new billboard on the vacant lot by the McIntosh Post Office. Notices of coming events may be posted there. Left to right are Lions members Kenneth Jore, Armand Sannes, Arnold and Lloyd Carlson.



40 years ago...1979: Fly Up's Brownies that "Flew up" to be Junior Girl Scouts this year are : (left to right) Kristi Skeie, Suzie DeFrang, Marge Rivera and Annette Finseth. Brownie leader is Mavis Finseth.



30 years ago...1989: McIntosh Centennial beard contest participants. Pictured 1-r: (back) Wayne Strom, Kenneth Hanson, Gary Hartel, Marvin Rolf, Sherman Rolf, Clarence Heideman; (3rd row) Lawrence Mandt, Mic Eenson, Norman Rudie, Lloyd Carlson, Kenneth Jore, Armond Sannes; (2nd row) Everett Motl, Roger Rolf, Mark Hartel, Roland Habedank, Ben Ramse, Wallace Danielson; (front) Robert Hulst, Gary Trogstad (winner special category), Norris Syverson, Arnold Olson, Marls Kaupang (all around winner), Gordon Oseth, and Vance Kaupang.



30 years ago...1989: McIntosh Centennial beard contest participants. Pictured 1-r: (Back) Arnold Carlson, Vernon Nelson, Bill Fritz, Jr., David Hagen, Rudy Finseth, Donald Vaa, Orvis Knudson; (3rd row) Stanley Hinton, Curtis Heideman, Frank Svalen, Marvin Bartz, Ray Berg, Lowell Urdahl, Jerry Borud; (2nd row) Arlin Voxland, Art Randell, Sherman Rustad, Dennis Hammer, Donald Quam, Phillip Quam, Roy Quam; (front) Ordell Aanenson, Melford Grundyson, Joel Strom, and Bob Tangen.



30 years ago...1989: McIntosh Centennial beard contest participants. Pictured 1-r: (back) Albert Mandt, Jr., Jim Kerssen, Ron Roed, Gordie Ostenaar, Marvin Wickstrand, Rupert Syverson, Lawrence Torske; (middle) Greg Narum, Harvey Sandahl, Craig Burslie (winner worst attempt), Lowell Ostenson, Vernon Rolf, Mark Lee, Milan Ingman; (front) Art Ramse, Clarence Knudson (winner of full beard category) Wayne Gustafson, James Lee, and Howard Krossen.



20 years ago...1999: Summer Rec, baseball has completed a busy schedule this year. Team members are: (back, 1-r) Zachary Pederson, Justin Moran, Kent Solheim, Skyler Schimanski, Dustin Vedbraaten; (front) Corey Parenteau, Aaron Cook, Brandon Kiecker, Jesse Anderson and Mike Bolz. They are coached by Nick DeFrang.

WEM Community Theatre presents 'The Little Mermaid'



In the recent production from the Win-E-Mac Community Theatre, Ariel (Sydney Svalen) rescues Prince Eric (Thomas Revier) from the sea.



Price Eric and his crew on the sea out for an adventure during the recent performance of "The Little Mermaid, Jr." held at Win-E-Mac Arts & Event Center. Pictured (l-r) back: Grimsby (Erich Gensburger), Prince Eric (Thomas Revier), Pilot (Cameron Svalen), Sailor (Lukas Gensburger); front: Sailors (Ruby Breckel, Josie Fortman, and Krista Shimpa).



Ariel (Sydney Svalen) showing her human fork to Scuttle (Savahanna Svalen) and Flounder (Bridget Roggenbuck).



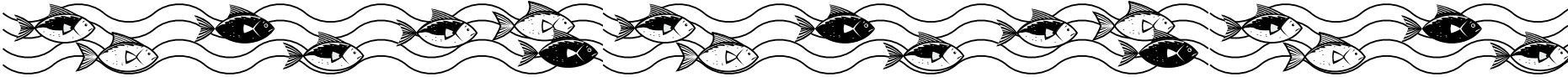
King Triton (Owen Fuglseth) with his daughters (l-r) Adella (Kianna Tadman), Arista (Evie Ryan), Aquata (Laila Roragen), Andrina (Danielle Winter), Atina (Lauren Kaupang), and Allana (Ella Strom) during the Win-E-Mac Community Theatre production of Disney's "The Little Mermaid, Jr.". The play was directed by Andrew Hanson.



Ariel (Sydney Svalen) using her whatchamacallit (Fork) to comb her hair during a recent performance of "The Little Mermaid, Jr." at Win-E-Mac.



In the turbulent seas, Ursula (Jayden Gensburger) claims the sea as she gains King Triton's trident as her own.



WEM School Announcements



Patriot Pride Boosters

Under the schools interest, a new Patriot Booster Club has been created to support students in academics and activities. This group wants to invite parents and community members to get involved. The club will have a table at open house and will work with the Century 21 program to sponsor a hot dog and chips lunch at open house on August 28th from 4:00-7:00. The club has arranged for a Bouncey House Combo during open house so students can have fun while parents sign up for our Century 21, After School Program for activities and homework help. Both the summer and school programs provide activities and field trips during our program.

The club will fund raise, provide volunteers for academics and activities in school, sell Patriot clothing and sponsor some events during the school year. They have established a meeting time of the 2nd Tuesday of each month @ 6:30 to meet and discuss business. Make plans to attend.

WEM Elementary football

Win-E-Mac Elementary football for all fifth and sixth graders will start on August 27 at 3:30 at the school. There will also be practice August 29 at 3:30 at the school. More information will be available at the first practices. For more information please contact Nathan Johnson @ njohnson@win-e-mac.k12.mn.us.

Fitness Room Renewal

If you had a membership to the School Fitness Center this past year, the fee you paid is only good until August 31, 2019. You will need to renew the membership fee by that date or your card will be deactivated until a payment is made. If you did not purchase a membership last year and would like one this year, please come to the District Office to fill out a membership application and fee. An access card

will be issued at that time. Do not access the rest of the school after hours or an alarm will activate. The school has video cameras at entrances and hallways of the school to show access. Please call 218-563-2900 for any questions.

WEM JH Football practice schedule

Aug. 20-3:30pm to 4:30pm equipment handout
Aug. 21-practice 9 to 10:30
Aug. 22-practice 9 to 10:30
Aug. 23-practice 9 to 10:30
Aug. 26-practice 9 to 10:30
Aug. 27-practice 3:30 to 5
Aug. 28-practice 9 to 10:30
Aug. 29-practice 3:30 to 5
Aug. 30 practice 9 to 10:30
Sept. 3-jamboree 4:30 PM Newfollen

Game schedule is available on the Win-e-Mac school website

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



Sebastian (Jadon Kangas) makes a plan to escape Chef Louis (Cameron Svalen) in the production of "The Little Mermaid Jr."