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Polk County Sheriff’s Office K9 Rex to get donation of body armor

Polk County Sheriff’s Office K9 Rex will receive a bullet and stab protective vest thanks to a charitable donation from non-profit organization Vested Interest in K9s, Inc.

K9 Rex’s vest is sponsored by Mark and Joan Lee of McIntosh, MN and will be embroidered with the sentiment “Born to Love-Trained to Serve-Loyal Always”. Delivery is expected within eight to ten weeks.

Vested Interest in K9s, Inc., established in 2009, is a 501(c) (3) charity whose mission is to provide bullet and stab protective vests and other assistance to dogs of law enforcement and related agencies throughout the United States. This poten-

tially lifesaving body armor for four-legged K9 officers is U.S. made, custom fitted, and NIJ certified.

Since its inception, Vested Interest in K9s, Inc. has provided over 4,349 vests to K9s in all 50 states at a value of \$6.9 million, made possible by both private and corporate donations.

The program is open to U.S. dogs that are at least 20 months old and actively employed and certified with law enforcement or related agencies.

K9s with expired vests are also eligible to participate. There are an estimated 30,000 law enforcement K9s through-

out the United States.

Vested Interest in K9s, Inc. accepts tax-deductible contributions in any amount, while a single donation of \$960 will sponsor one vest.

Each vest has a value of \$1,744-\$2,283, weighs an average of 4-5 lb., and comes with a five-year warranty.

For more information, or to learn about volunteer opportunities, please call 508-824-6978.

Vested Interest in K9s, Inc. provides information, lists events, and accepts donations at www.vik9s.org, or you may mail your contribution to P.O. Box 9, East Taunton, MA 02718.

What is Self-care? Tips for Practicing Self-care

by Kriston Wenzel, LBSW, CT

“When you discover something that nourishes your soul and brings you joy, care enough about yourself to make room for it in your life.” – Jean Bolen

Self-care describes anything you do to keep yourself healthy.

It’s a broad term that covers many aspects of a person’s life, including physical, mental, emotional, spiritual and social well-being.

Good self-care habits help manage our mood, outlook and overall health. Our own self-care habits also influence how we interact with other people every day. If we are not taking care of ourselves, it can be difficult to offer compassion, grace and patience to others.

Self-care is viewed differently by every person. What fills your bucket and makes you feel healthy is different from the next person’s needs. This is also something that can change and evolve throughout the seasons in your life.

It becomes especially important to find ways to take care of yourself during challenging times in life, including when you’re caregiving or experiencing grief. It might feel selfish and overwhelming to set time aside for yourself, but it’s essential to find intentional ways to recharge.

Our society also prioritizes constant productivity—if we’re not being productive, we may feel like we’re failing or not good enough. This is not the case. It takes energy to give yourself the energy you need to keep moving forward.

Time spent on self-care is an investment in yourself and your well-being.

So, how can you develop a beneficial self-care routine?

You can start building self-care habits by first reflecting on what’s important to you and asking yourself a few questions. Evaluating these questions and your responses to them can help bring clarity to what you need the most right now—and in the future.

Take a few minutes to write down your thoughts to the following questions. Your an-



swers may reveal a recurring theme and a good place to focus your self-care routine.

What brings you enjoyment? Do you take time to do this?

What motivates you?

What makes you feel renewed?

What areas of your life are you able to make changes, even if they’re small?

Do you feel comfortable asking for what you need?

Perhaps you are in the throes of caregiving and implementing more than a few minutes to yourself every day is not possible.

Your self-care list can include realistic things you can do now and also things you’d like to start later.

Self-care Tips

Be kind to yourself and allow grace – Know that you are doing your best and you are capable of taking small steps to improve your self-care. Practice positive self-talk. Ask yourself – Would you speak to a friend the same way your inner dialog has been talking to you?

Journaling – Writing down your feelings allows you to get the thoughts out of your head. Just start writing—paragraphs, lists, words, anything. It doesn’t have to make sense to anyone else but you. This is a safe place for you to release and share. Journaling also gives your mind the sense it’s been listened to.

Mindfulness/meditation – Calming your mind through meditation and mindfulness are great tools for intentionally holding space for yourself. A few minutes at the start of every day can have a lasting im-

pact on your outlook. There are many apps that offer a guided experiences for different types of challenges you may face: sleeplessness, anxiety, etc.

Sleep – Make sure you’re getting enough rest. When you wake up in the morning, do you feel rested or still tired? The level of sleep you need is different than someone else’s. Find a sleep routine that works for your life right now. If you can’t sleep for long periods of time at night, allow yourself naps during the day. Establish a sleep routine that works for you.

Exercise – Find an activity you enjoy that gets your body moving. Walking, yoga, gardening and more help you maintain a healthy body weight while also improving your mood. It may take a little extra mental energy to get going, but you will feel great after you’ve been moving around.

Ask for what you need/support – You may need additional support in your current situation. Research and reach out to local resources to help navigate your situation.

Self-care is personal. Find what works for you and make time to prioritize your needs. It may take some digging to remember the things that brought you joy, but they are inside of you. The better you care for yourself, the better you can offer support to others in your life.

Kriston Wenzel, LBSW, CT, is a grief specialist at Hospice of the Red River Valley. What she enjoys most about her work is having the chance to help individuals and families find their strength and resiliency during such a difficult time in their lives.

Tractor Day in Mac will be August 28th

McIntosh will hold its annual Tractor Day on Saturday, August 28th.

The day will begin with the Antique Tractor Parade down Main Street starting at 11:00 am.

Tractor line-up begins at 9:00 am at Erickson Park on the east side of McIntosh.

After the parade there will be the Kiddie Tractor Pull in front of the Fire Department. The event is sponsored each year by the Polar Beach Snowmobile Club who supplies and maintains the pedal tractors and pulling sled. The pedal pull will again take place in front of the fire hall with registration following the parade.

There will be several classes for kids ages 4 years old to 12 years old, though younger children, able to pedal are welcome



to try. Classes are based on weight, not age.

The Tractor Pull will take place on the old football field around 1:00 pm. Pullers must be registered and pay their fees to participate.

There will also be food vendors on Main Street featuring hot dogs, hamburgers, candy, popcorn, pop, water and much

more.

The Shoppes of McIntosh will be open their regular hours and will have special deals for the day.

Make plans with your family and friends to attend the Annual Tractor Day in McIntosh on Saturday, August 28th starting with the parade at 11:00 am.

Friends of Veterans group needs your help

The Friends of McIntosh Veterans is meeting on Thursday, August 19th at 6:30 PM in the McIntosh Community Center.

The meeting’s purpose is to share ideas regarding what we can do for our living veterans, as well as ideas for future Memorial Day programs. We would like input from the community regarding the criteria to use when determining who is a “McIntosh veteran.” Our

Memorial Day list keeps growing, and we want to continue honoring these men and women every year. (Fosston is only able to honor their veterans the year they pass away, due to the larger number.)

If you have a heart for veterans (or are one), we urge you to attend the meeting. All are welcome, even if you are not a member of the group! If you have any questions, please call Garnet Aanenson at 563-2753

School supply help for area families

There will be a Backpack/School Supply Drive and Distribution at Thriving Life Church at 22722 350th St, Erskine) on Friday, August 20th, from 6:00 p.m. – 7:30 p.m. (Doors open at 5:45pm.)

FREE Backpacks and school supplies will be available for families who could use a little help with this school expense. If this is something that could help your family, please come.

If you have questions, would like to donate supplies, or would like to receive supplies but are unable to come that night, please call: Debi Weems 218-888-6203,

Backpacks & supplies are given on a first come-first serve basis, so please try and make it to the event.

WEM School Open House is Sept. 1st

We wanted to clear up some confusion. Many of you have been told by teachers or others who work at the school that Open House is from 5:00 to 7:00 pm on September 1st.

However, the 2021-2022 Calendar on this website states that the Open House starts at 4:00 pm.

The calendar had a misprint and has now been fixed. The Open House will be from 5:00 to 7:00 pm.

A full schedule of events during that time is forthcoming, including time slots for device handout for high school



students (which will include a short policy presentation, so please plan to come), so stay tuned.

Worsening drought & increasing wildfire risk mean more burning restrictions

To help ensure public safety and protect natural resources, the Minnesota Department of Natural Resources is expanding burning restrictions across portions of central and northern Minnesota, beginning 12:01 a.m. Tuesday, August 17. Burning restrictions will now cover 34 counties where intensifying drought has elevated the potential for devastating wildfires.

The burning restrictions reflect on-the-ground conditions and wildland fire response capacity as assessed on a county-by-county basis.

Under the DNR’s latest order, some counties are seeing burning restrictions for the first time this year, while some others are seeing increased restrictions and some are continuing with their previous level of restriction.

Open burning and some campfires are newly restricted in Clay, Douglas, Grant, Kittson, Marshall, Mille Lacs, Norman, Pennington, Polk, Red Lake, Sherburne and Wright counties and the western portion of Roseau County, excluding tribal trust lands.

These same restrictions remain in place for Aitkin, Benton, Carlton, Lake of the Woods, Morrison, Todd, and Stearns counties, the eastern portion of Roseau County, and the southern portion of St. Louis County, excluding tribal trust lands. Under these restrictions:

► **No campfires** are allowed for dispersed, remote, or backcountry camping on all lands.

► **No campfires – with or without a ring** – are allowed on any DNR-managed lands. This applies to all campsites, cabins, picnic and other day-use areas. Camp stoves are permitted.

► **On non-DNR-managed lands, attended campfires or recreational fires** may be allowed in established fire rings associated with an occupied home, cabin, campground, or resort. Check with the site manager for possible additional restrictions.



► **No fireworks** may be ignited on any public or private land outside city limits. Check with the local community for any additional restrictions.

► The state will not issue burning permits for brush or yard waste.

All or part of 14 additional counties are also subject to these same restrictions on fireworks and burn permits, plus all campfires and recreational fires are banned, prescribed burning is prohibited on private lands, and the use of welding devices and other torches is prohibited when in proximity to combustible vegetation. Counties subject to these additional restrictions are: Becker, Beltrami, Cass, Clearwater, Cook, Crow Wing, Hubbard, Itasca, Koochiching, Lake, Mahnomen, Otter Tail, the northern portion of St. Louis and Wadena counties, excluding tribal trust lands.

In these 14 counties, campers must take note that in the backcountry, and at campsites, only gas or propane camp stoves are allowed. Gas and charcoal grills are allowed at occupied homes, cabins and resorts. Charcoal and gas fires must be in devices designed for grilling.

Recreational fires are also barred on DNR-managed lands in Pope County. This county is not subject to the other restrictions on non-DNR lands listed above.

“Don’t do any burning right now, and be extremely cautious with any other activ-

ity where heat or sparks could start a wildfire,” advised Allissa Reynolds, DNR acting wildfire prevention supervisor. She encourages Minnesotans to do their part to prevent wildfires by knowing and following the burning restrictions in their county.

The DNR wildland fire information webpage includes information on current burning restrictions and a map showing the current fire restrictions.

Firewise Project

The Minnesota Firewise Project is working with local communities by passing federal Fire Plan funds through to local communities as grants for various on-the-ground activities including homeowner, mitigation education, home site assessment, and access improvement.

Homeowner actions

Fuel reduction such as thinning & pruning conifers and planting deciduous to break up fuel continuity.

Access improvements such as widening & pruning up driveway and improving visibility of address signage

Seasonal maintenance such as mowing & watering lawn, removing leaves from gutters and foundation plantings, and moving firewood pile away from house.

Building improvements such as enclosing foundations, decks & soffits and using fire-resistant materials when re-roofing and residing.

RiverView offers early detection assessment, and therapy for those with Cognitive Disorders

We are living in an extraordinary time in healthcare innovation. Disease can be detected earlier, with more sensitivity and better data—improving patients' lives more than we could have imagined.

One of those innovations is called the Montreal Cognitive Assessment (MoCA), recognized as a superior cognitive screening test for Alzheimer's and other disorders. Recently, RiverView Health Occupational Therapist Tina Safranski completed training to become certified in MoCA.

MoCA represents a breakthrough in the early, accurate detection of cognitive disorders that afflict millions of people each year. The most sensitive test available, MoCA can detect Alzheimer's disease up to two years earlier than other tests, as well as 20 other disorders such as stroke, diabetes, high blood pressure, heart disease, sleep apnea, and kidney disease.

Statistics show that about 25 percent of the population at age 75 suffers from Alzheimer's disease or related dementia. With earlier, more accurate detection, treatment can start sooner to improve the patient's quality of life significantly, shared Safranski, who is also the Occupational Therapy coordinator at RiverView.

MoCA quickly assesses a patient's cognitive abilities with 30 questions that analyze more areas of function than any other test. According to Safranski, MoCA assesses various cognitive domains, including attention and concentration, executive functions, memory, language, visuoconstructional skills, conceptual thinking, calculations, and orientation.

Once MoCA has been ap-



Tina Safranski, MOTR/L, demonstrates the RehaCom program designed to help patients recover cognitive abilities.

plied to detect the disorder, cognitive therapy can begin. Cognitive therapy focuses on present thinking, behavior, and communication rather than on past experiences and is oriented toward problem-solving. Cognitive therapy has been applied to a variety of problems, including depression, anxiety, panic, fears, eating disorders, substance abuse, and personality problems.

"I have seen cognitive therapy help patients not only become more confident in their everyday roles as a parent, spouse, or even in the work setting but also with their demeanor and mood changes," Safranski reported. "Patients have been able to improve their focus and attention to those most important daily tasks in their lives that they were struggling with prior."

As part of cognitive therapy, Safranski has patients use a computer-based program called RehaCom to help recov-

er cognitive abilities. RehaCom is an engaging, game-like program to help patients having difficulty with specific aspects of attention, concentration, memory, perception, activities of daily living, executive functioning, and visual field.

RehaCom fulfills the treatment needs of patients with traumatic brain injury, stroke, Multiple Sclerosis, schizophrenia, and other cognitive functional disorders by automatically adapting to the user's performance in engaging and uplifting ways.

Safranski said she has seen an increase in the need for cognitive therapy recently, including post-concussion syndrome and traumatic brain injury due to motor vehicle accidents.

If you or someone you know could benefit from cognitive therapy, talk to your primary care provider regarding an occupational therapy referral or call Rehab Services for more information at 281.9463.



The Gosen Luther League meets on Sunday evening, August 22nd, at 7 o'clock. The Overtones Men's Quartet will present a concert of many favorite Gospel songs patterned after The Statler Brothers and the Oak Ridge Boys. Singing together for over 30 years, the group is comprised 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. For information call 268-4242 or 687-3461. 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.

USDA offer low-income help to buy or repair homes

The Direct Home Loan program offers financing to qualified very-low and low-income applicants that are unable to qualify for traditional financing. No down payment is required, and the interest rate could be as low as one percent with a subsidy.

Applicants must meet income and credit guidelines and demonstrate repayment ability. The program is available in rural communities of generally 35,000 people or less.

The Repair program has a maximum loan amount is \$20,000 at a one percent interest rate, repayable for a 20-year term and can be used to improve or modernize homes and do essential repairs. Grants of up to \$7,500 are available to homeowners 62 and older and must be used to remove health

or safety hazards, such as fixing a leaking roof, installing indoor plumbing, or replacing a furnace.

Contact a USDA Rural Development Housing Specialist in your area today, to see if you qualify.

USDA Rural Development loans and grants provide assistance that supports infrastructure improvements; business development; housing; community services such as schools, public safety and health care; and high-speed internet access in rural areas. For more information, visit www.rd.usda.gov/mn.

McIntosh Harvest Festival

Make plans to join in the fun on Saturday, September 18th starting at 9:00 am, for the 2021 McIntosh Harvest Festival this year. Come celebrate the beautiful Fall season with your family and friends while enjoying food, games, activities and vendors. More details to follow.



Join us

as we proclaim

The Festival of Trumpets (Yom Teruah - The Day of Blowing), (Leviticus 23:23-25)

A Remembering/Memorial of Blowing the Shofar/Trumpets

Where: Winger Community Center, Winger, MN

When: Tuesday, September 7, 2021

Time: 6:30 P.M.

Contact: Debbie Gunderson: Home # 218-945-6288 or cell 218-289-0535.



Wed. August 18: Corky Syverson
Thurs. August 19: Justin Carlson
Fri. August 20: Micah Ferden, Aireal Gensburger, *Wayne & Renee Brekke
Sat. August 21: Lacey Roed, Violet Ferden
Sun August 22: Cody Krossen, Grant Enger Emmett Rock
Mon. August 23: *Dave & Wanda Stordahl

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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.

M11-26C

Taco Bar at MSL

The McIntosh Senior Living QAPI committee is raising money to purchase some fun extras for the residents and staff. There will be a taco bar on Tuesday, August 31st from 11:00 am to 1:00 pm at McIntosh Senior Living. The \$7 price includes tacos, rice krispy bar and lemonade. Takeout or delivery within the McIntosh City limits is available by calling 563-2715. Outdoor seating will be available weather permitting. Who doesn't love tacos? See you there!

LSS Meals Menu 687-2262

Tues, August 24th - Taco Burger w/Cheese & Lettuce on Bun - Spanish Rice - Corn - Corn Chips - Cherry Pear Crisp - Milk

Wed, August 25th -Pork Loin - Sweet Potatoes - Broccoli - Wheat Bread - Pumpkin Bars - Milk



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

Sun. August 22: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

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

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

Sun, August 22: 9:30 am Coffee hour at Calvary; 10:30 am-Church at Calvary

Sun, August 29: 9:30 am Coffee hour at Calvary; 10:30 am-Church at Calvary

MCINTOSH AFLC McIntosh Trinity/ Mount Carmel:
Pastor Karl Anderson

Service Times for the remainder of the summer will be: 9:30 Mt Carmel 11:00 Trinity Social distancing practices will be encouraged.

Video Services will continue on GVTV Channel 30 at 10am Sunday, 7pm Sunday and 6pm Wednesday.

Also available on the McIntosh Free Lutheran YouTube Channel.

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

Sun., August 22: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com); 7:00pm Luther League (see article elsewhere in the paper)

Tues. August 24: 10:00am Sunday worship service telecast on GVTV-30

Wed. August 25: 6:30pm Bible Study at Sharon Ramberg's home

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.

CALVARY-IMMANUEL LUTHERAN PARISH Winger/Bejou
Supply Pastor Gordon Syverson

Calvary Lutheran Church, Winger, Immanuel Lutheran Church, Bejou, and Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit Calvary. Our Saviors service will be available by 8:30 am each Sunday until further notice.



- Dried Pineapple chunks
- 1 Pomegranate halved
- Sweet and Spicy deli style sliced pickles
- Mini dill pickles
- quartered cucumbers
- Herbed almonds
- Salted Pistachios
- Deli Style Mustard
- Honey with Honey Dipper
- Variety of crackers

Adding Color and Texture:

- When you are selecting items for your board, make sure to choose some that will "pop" on your board. Bright reds (strawberries, cherries, tomatoes), bright greens (grapes, apple slices, herb garnish), etc.
- Make sure you're not placing too many like colors directly next to each other. This will help with presentation.
- The same goes with texture. Variety is key.
- You want some rough, edgy surfaces like the Triscuit crackers. Some should look wet or moist like the jams and spreads, and others super dry, like the pistachios and almonds.

The ingredients above are just suggestions, enjoy all of your favorites. Hope you enjoy..



The family of **Vivian (Benson) Hanson**

cordially invites you to an "Open House" honor of **Vivian's 100th Birthday on Saturday, August 28th**

It will be held at the Grace Lutheran Church in Erskine from 2:00 pm - 5:30 pm beginning with a program at 2:00 pm in the sanctuary with a luncheon to follow. Come and enjoy music, fellowship and food! No gifts necessary.



M1-23C

BUSINESS & PROFESSIONAL GUIDE

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Main St. Economic Revitalization
Program invites request proposals

The Main Street Economic Revitalization Program is an \$80 million statewide economic redevelopment program that will award grants to partner organizations to establish programs within specific communities to provide grants and guaranteed loans for economic development and redevelopment projects.

These projects will address the greatest needs that have arisen in our communities since March 15, 2020 and spur economic revitalization across Minnesota.

Eligible partners include foundations, community development financial institutions and community development

organizations. While eligible recipients for grants and loans include businesses, nonprofit organizations and developers – and can be used for demolition, repairing, renovating and constructing of eligible projects.

Proposals submitted by partner organizations will be awarded based on the greatest need of the surrounding community and economic impact of the proposed program.

Once partnership organizations are selected and programs established eligible recipients will have the opportunity to seek assistance through partner organizations serving their community.

It's important to note that eligible recipients do not apply directly to DEED for grants or loans.

Once selected, the list of partner organizations will be publicly available along with their contact information and instructions on how to request assistance for a specific eligible project.

There will be two rounds of funding for this program. The first round, which will award no more than \$40 million, will open on August 3rd and close on August 31st.

Dates for the second round have not yet been identified but will be before March 1, 2022.

What's so great about whole grains?

Grains are an important component of most people's diets. All grains begin as "whole grains," but processing often alters grain products, resulting in foods that don't pack the nutritional punch they once did.

Whole grains consist of three key edible parts, says The Whole Grains Council. This includes the bran, germ and endosperm. The bran is the multi-layered outer skin of the edible grain kernel. The germ is the embryo, which can sprout into a new plant. The endosperm is the food and energy source for the germ. The endosperm is the largest component of the grain kernel and has starchy carbohydrates, proteins and small amounts of minerals and vitamins. Conversely, the bran has fiber and

B vitamins, while the germ contains healthy fats, protein, many B vitamins, and minerals.

During the refining process, typically the bran and germ are stripped away.

That greatly reduces the nutrient profile of the kernel, removing protein and essential nutrients. Some may be restored by enriching refined grains, but refined products can't compete with the healthy wholesomeness of whole grains.

Whole grains are preferential for a variety of reasons.

Whole grains contain fiber, which is known to help control blood sugar, lower LDL cholesterol and reduce colon cancer risk. Oats, bulgar and barley have the most fiber.

Lactic acid, which promotes good bacteria in the large intestines, can be found in whole grains. These bacteria can improve digestion and promote better nutrient absorption, advises Health magazine.

Whole grains may help a person feel fuller. That can cut down on overeating and help control weight.

Health experts say that eating whole grains can leave a person with less belly fat, also known as "central adiposity." This is important for reducing risk of diabetes and other health issues.

These are just some of the reasons to select whole grains over refined, processed ones. Whole grains should provide the majority of grains in a person's diet.

PIECES FROM THE PAST



50 years ago...1971: Some of the winners of the Kiddie Parade for Crazy Days in McIntosh. Lea and Sara Nelson as "Mary had a Little Lamb" and Becky and Bobby Bursheim as "Butcher and Baker".



40 years ago...1981: McIntosh-Winger Varsity football cheerleaders, Debbie Froirok, Jennifer Aasen, Bev Rustad, Lynette Carver and Gracie Ose, prepared to leave the field last Saturday night at the Jamboree Scrimmage.



30 years ago...1991: The gang at the B-B Cafe stopped traffic in their get-ups for Crazy Day in McIntosh. (back, l-r) Carol and Judi; (front) Val, Julie, Marlene and Kelly.



20 years ago...2001: 4-H members who earned Dairy Show awards at the Polk County Fair included: (l-r) Darin Lehmann, Fertile; Rebecca Lee, McIntosh; Gina Kalinoski, Gary; Ashley Lehmann, Fertile; Sara Hegge, Mentor; and Dustin Kalinoski, Gary. Rebecca Lee was the Champion Junior Dairy Showman and earned awards by the Polk County Dairy Association and Garfield Farmers Mutual Insurance Company. Rebecca will be taking her Dairy project to the State Fair.



10 years ago...2011: The members of the Gym Rats group include (back row) Paul Kaster, Kelsey Knutson, Madison Stuhau, Chloe Smeby, Danelle Schommer, Kylee Mandt, Marea Schommer, Shelby Kaster, Olivia Simonson, Katelyn Sullivan, Ron Spry and Kyle Mandt; (middle row) Grace Spry, Sydney Tadman, Alaina Juve, Savanna Nelson, Alayna Espeseth, Jessica Kasprzak, Maggie Spry, Lauren Strom and Kara Sonstelie; (front row) Kylie Stuhau, Patience Reep, Mercedes Nelson, Makenzie Reep, Adeline Spry, Maci Hamre and Hannah Marshall; (laying) Jaycee Knutson. Not Pictured: Kaysee Mandt, Madyson Plante, and Kylie Brekke.

How to be a great campsite cook

Nature enthusiasts often cherish the time they get to spend around a campfire. Whether you're telling scary stories, having a few drinks after a long hike or just relaxing and gazing up at a starry sky, time spent around a campfire is a unique experience that can make for an ideal getaway from the hustle and bustle of daily life.

There's much campers can do around a campfire, and that includes cooking. Campfire cooking may not require campers to learn advanced techniques practiced by their favorite celebrity chefs. However, there are a few tricks campers can try as they attempt to create a well-balanced, nutritious and delicious campfire meal.

- **Create a menu and gather ingredients ahead of time.** No one wants to take a spice rack with them into the woods. But that doesn't mean campfire cooking has to lack seasoning and other special

touches that are easy to add when cooking at home. Make meal planning part of your pre-trip preparation. Measure out ingredients ahead of time and store spices and other items in their own sealed and labeled ziplock bags.

- **Pack some fresh ingredients as well.** Fresh ingredients like garlic cloves can be brought along without taking up much space. Vegetable lovers can chop their greens the night before their trip and store individual servings in their own labeled ziplock bags to ensure fireside meals are as nutritious as they are delicious.
- **Bring some small tools along.** Small cooking tools that won't take up much space can be brought along to up the flavor factor even more. For example, a garlic press is about the size of a screwdriver and can be used to peel, crush and mince fresh cloves. The garlic can then be added to the pan

in which you're sauteing some fresh vegetables for some instant, easily created flavor. Another small and handy tool to take along is a portable digital food thermometer. This can ensure meats and poultry are cooked to perfection, helping campers enjoy foods that don't dry out over the flame.

- **Don't forget foil.** It's easily overlooked, but aluminum foil is a useful commodity for a campfire cook. Campfire cooking surfaces may not be large enough to prepare every camper's food all at once, forcing cooks to cook courses or sides one at a time. Aluminum foil can keep cooked foods hot while the rest of the meal is still over the flame. Foil also can be used as a way to cook foods like vegetables over a flame without causing them to wither or dry out.
- Campfire cooking can be taken to a more flavorful level with a few simple tricks.

Travel safely this Labor Day

Labor Day is a celebration of workers and the labor movements in the United States and Canada. Often considered the unofficial end of summer, Labor Day prompts many people to travel for one last getaway prior to the arrival of fall.

Labor Day get-togethers with family and friends typically include barbecues and other outdoor activities, and these gatherings may attract loved ones from various areas of the country. The National Safety Council warns that thousands of people will be injured in traffic accidents during the upcoming Labor Day weekend. In recent years, traffic fatalities over Labor Day weekend have averaged around 15 percent higher than in similar, non-holiday periods, says the NSC. In addition, the COVID-19 virus, although diminished, is still at large. Travelers are urged to remain diligent in regard to hygiene and other safety practices. The following tips can help Labor Day travelers stay as safe as possible.

- **Call ahead and inquire about** any travel restrictions. Many areas of the country have reopened, but it is important to find out if there are restrictions on crowd limits or if certain facilities are closed.
- **Book early and leave time for travel.** People are increasingly anxious to travel once again, and may wait until the Labor Day holiday to do so. Hotels and other amenities may fill up fast, so book travel plans well in advance and leave ample time for traveling to account for large crowds and busy roadways.
- **Enforce a zero tolerance policy** for intoxicated driving. Those who are planning to drink should never get behind the wheel. Also, young drivers are at particular risk to be involved in alcohol-related crashes, so teens and underage young adults should not be allowed to drink at parties.
- **Limit distractions behind the wheel.** Make a policy that the vehicle is a distraction-free zone. This includes keeping the radio low,

stowing the driver's cell phone out of reach so texts or other notifications do not become distractions and helping to keep children occupied so they're not making a ruckus.

- **Exercise caution in inclement weather.** Late-summer storms can roll in and cause downpours. Drive slowly and cautiously, pulling over until visibility and conditions improve, if necessary.
- These are some ways travelers can emphasize safety as they enjoy Labor Day weekend away from home.

NW MN job update

The number of jobs in Northwest remained down -3.2% compared to the first quarter of 2020, the final quarter before the impacts of the pandemic rippled across the U.S. economy. That was the smallest deficit of the 6 planning regions and the smallest over-the-year loss across the past four quarters. Despite having fewer absolute jobs than in both the 3rd and 4th quarter, regional employment is relatively closer to what it was a year previously.

Combatting more than just summer learning loss

Lazy summer days are great for lounging around the pool. Though such afternoons are synonymous with summer, failure to flex cognitive muscles along with physical ones may lead to struggles when children return to classrooms.

Summer learning loss, also dubbed "summer slide," is a term used in reference to the loss of academic skills and knowledge during summer vacations. However, in addition to the potential for lost skills from being away from school during summer breaks, students also may be affected by deficits that developed due to virtual learning. This summer may be one best spent catching up on studies.

Researchers have been looking at summer slide since at least 1996, when one of the first comprehensive studies on the phenomenon was published. That study indicated children lose significant knowledge in reading and math over summer break. More recently, a 2020 NWEA® MAP Growth assessment found children in third to fifth grades lose, on average, 20 percent of their school-year gains in reading and 27 percent in math dur-

ing summer break. NWEA is a research-based, not-for-profit organization that creates assessment solutions that premeasure growth and proficiency.

While summer learning loss has been widely recognized for years, a new issue has developed due to the global pandemic. A shift to hybrid or all virtual learning for significant portions of the last two school years could have long-term consequences for students. A recent study from the Fairfax County Public Schools Office of Research and Strategic Improvement in Virginia found that middle and high school students have had less academic success as a result of on-line learning.

The percentage of students with two or more failing marks increased by 83 percent in the first quarter of the 2020-21 school year. Certain demographics of students struggled even more, including students with disabilities, Hispanic students and English learner students, according to the report. When separating middle school students from high school students, the former had higher incidences of two or

more failing grades, a 300 percent increase versus 50 percent increase among high school students.

There are physical consequences to consider as well. A recent study from the Centers for Disease Control and Prevention that included 1,290 parents whose children were engaged in online instruction found that students receiving virtual instruction were more likely than those who received in-person instruction to report decreased physical activity, fewer opportunities to socialize with friends and worsened mental or emotional health overall.

Parents who are concerned about their children's educational opportunities over the last year-plus may want to emphasize more smart play this summer. Encourage children to read more, even if it's books of their own choosing, which they are more likely to complete than books selected for them. Families also may want to work with tutors to bring their children back up to level in math and reading proficiency so students are ready for the new school year when it begins in August and September.

Gluten free eating without sacrificing flavor

A delicious roasted broccoli quinoa salad with sweet potatoes, kale and a flavorful lemon dressing.

Roasted broccoli quinoa salad

1 cup dry quinoa

2 cups water, or veggie broth

½ pound broccoli, cut into florets

1 sweet potato, chopped into ¼ - ½ inch chunks

1 can, 15 oz chickpeas

1 bunch lacinato kale, roughly chopped

olive oil, as needed

1/3 cup fresh parsley

3 Tablespoons feta cheese

juice from one lemon

1/2 Tablespoon apple cider vinegar

2 teaspoons maple syrup

3 Tablespoons olive oil

salt and ground pepper, to taste

crushed red pepper, to taste (optional)

Preheat oven to 425°F.

Rinse and drain quinoa if needed. Place quinoa and water in a medium saucepan and bring to a boil. Once boiling, reduce heat to simmer, cover and let it cook for 15 minutes.

Remove from heat after 15 minutes and place quinoa in a large bowl to cool.

Drain and rinse your canned chickpeas. Place the chickpeas on a paper towel or hand towel to dry.

Toss broccoli and sweet potato chunks with enough olive oil to coat and season liberally with salt and pepper. Roast veggies at 425°F for about 20 minutes. After 20 minutes, add your kale and chickpeas to the roasting pan. Add a bit more oil, salt and pepper, if needed and toss. Roast for another 15 minutes. Stirring the veggies around at least once during the roasting process.

Once your veggies are nice and roasted, remove from the oven and combine them with the quinoa.

Chop parsley, crumble feta and add to the quinoa and vegetable mixture.

In a small bowl, whisk together lemon juice, vinegar and maple syrup. Gently stir in oil, and add salt, pepper and crushed red pepper flakes to taste. Toss dressing over quinoa/vegetable mixture. Taste

and season with more salt and pepper before serving, if needed.

Store any leftovers in the fridge for 4-5 days. As the salad sits it tends to soak up the dressing and become dry. If needed, add an extra splash of lemon to brighten it back up before serving.

Blueberry oatmeal cookies

Who doesn't want to eat cookies for breakfast? These gluten-free blueberry oatmeal cookies are the perfect addition for your morning routine.

2 eggs

2 Tbsp flaxseed

1 medium to large ripe banana, mashed

1/3 cup unsweetened applesauce

1/2 cup almond butter or peanut butter

1 tsp vanilla extract

2 Tbsp melted coconut oil

3 Tbsp maple syrup

1/2 tsp baking powder

1/2 tsp baking soda

1 pinch sea salt

2 cups rolled oats

1/2 cup almond meal

3 Tbsp chopped walnuts or

A guide to dairy alternatives

Food allergies affect millions of people around the world. The group FARE (Food Allergy Research & Education) says researchers estimate 32 million Americans have food allergies. Among those allergies, milk is a leading source of food-related irritation.

People with milk or dairy allergies experience symptoms because their immune systems react as though these foods and beverages are dangerous invaders, according to the American College of Allergy, Asthma & Immunology. Symptoms of dairy allergies can include upset stomach, vomiting, bloody stools, hives, and general feelings of malaise. Dairy allergies also can cause anaphylaxis, a severe, life-threatening reaction.

As delicious as dairy products can be, people with dairy allergies have to avoid milk, cheese and yogurt, among other foods. Fortunately for allergy sufferers, a variety of foods and beverages can be easily substituted for dairy products.

- **Traditional milk:** Non-dairy alternatives for milk abound. Soy milk was one of the first alternatives to cow



Coconut-based butters, milks and yogurts can serve as alternatives for people who must avoid dairy.

milk, and now rice, almond, coconut, oat, and hemp seed milks also are available.

- **Yogurt:** Dairy-based yogurts come in a variety of flavors. So, too, do dairy alternatives. Many alternatives are made from the same ingredients as milk alternatives. So these yogurts may be soy- or coconut-based.
- **Ice cream:** Silky, creamy ice cream is a treat on a hot

day. For people with dairy allergies, soy- and coconut-based ice creams can serve as an alternative to traditional ice cream.

- **Cheese:** Cheeses can be hard, grated, spreadable, and soft. Substituting for cheese in a non-dairy diet can be challenging. Nutritional yeast can make foods more flavorful and can be sprinkled on like parmesan cheese. Sliced smoked tofu can mimic mozzarella or provolone on cracker platters. Cubed tofu may have the texture of cottage cheese or ricotta. Cheesy sauces often use a combination of ground nuts, spices and nutritional yeast to create that tangy appeal.
- **Butter:** Many non-dairy butters are made from vegetable oils or coconut. They often lend fat and flavor to dishes. Margarines and other butter alternatives are readily available in the dairy aisle.
- Many people must avoid dairy due to allergies or other health-related reasons. Fortunately, stores are stocked with many items that can easily replace dairy in recipes or as stand-alone foods and beverages.

Gluten-free is more than a trend for people with Celiac disease

Walk the aisles of a neighborhood grocery store examining nutrition labels and packaging and you're bound to find information that was not there a decade ago. On August 2, 2013, the U.S. Food and Drug Administration issued a ruling that defined "gluten-free" for food labeling. Since then, items labeled gluten-free must meet a defined standard for gluten content.

Chances are people who grew up in the 1990s or earlier probably never heard of the word gluten or discussed it as part of their diets. Today it is something even young children may be aware of as more people embrace alternative eating plans to alleviate various health concerns.

Individuals avoid gluten for all sorts of reasons, including to lose weight or to reduce inflammation or to adhere to the advice of allergists and other doctors. While avoiding gluten is a choice for many people, it's a necessity for the estimated three million people in the United States with celiac disease.

The Celiac Disease Foundation says celiac disease is an autoimmune disease that occurs in genetically predisposed people. The ingestion of gluten leads to damage in the small intestine. It is estimated to affect one in 100 people worldwide. When someone with celiac disease eats gluten, which can be found in wheat, rye and barley, the body mounts an immune system response that attacks the villi, which are small fingerlike projections that line the small intestine. The villi, when damaged, cannot properly absorb nutrients from food. Untreated celiac disease also may lead to the development of other autoimmune disorders like type 1 diabetes and multiple sclerosis, according to the CDF.

The intestinal damage from eating gluten often causes diarrhea, fatigue, weight loss, bloating, and anemia, and can lead to serious complications, advises the Mayo Clinic. Therefore, the only way to avoid damage and distress is to stop consuming gluten entirely. Following a strict gluten-free diet can help manage symptoms and promote intestinal healing.

Perhaps thanks to the pop-



Rice is a staple of gluten-free diets. It also can be the main ingredient in gluten-free flours.

ularly of gluten-free diets, more companies are producing gluten-free foods and stores are carrying them in greater numbers. There may be entire aisles devoted to gluten-free products - from burger buns to waffles to pastas. In addition, there are a number of new baking flours available that provide alternatives to traditional wheat-based formulas. People with celiac disease or gluten intolerances can use these specially designed flours to make homemade items. Certain flours also may be billed as one-to-one alternatives, meaning they can be substituted for traditional flour in recipes without adjusting the measurements.

Celiac disease requires people to follow strict gluten-free diets to manage symptoms and prevent intestinal damage.

Enjoy whole grains, even on a gluten-free diet



Just because a person is following a gluten-free diet does not mean he or she needs to avoid all grains, particularly whole grains that are so essential for good health.

Following a gluten-free diet does not mean he or she needs to avoid all grains, particularly whole grains that are so essential for good health. Most grains are gluten-free and can be enjoyed as part of a balanced diet.

- **Amaranth:** Amaranth is a tall plant and a few varieties are grown as a food source. It is

peacans

1/2 cup dried blueberries

Preheat oven to 350 degrees F (176 C). In a large bowl, combine flaxseed meal and water and let rest for 5 minutes to achieve "eggy" texture. Mash in the bananas until well combined. Then add applesauce and whisk thoroughly to combine. Add peanut butter or almond butter, vanilla, melted coconut oil, maple syrup or agave nectar, baking powder, baking soda, and salt and whisk thoroughly. Add oats, almond meal, and oat flour and mix well until just combined. The batter will look a little wet and sticky - that's good! Add walnuts and dried blueberries and stir until just combined.

Refrigerate batter for 5

minutes to harden and lightly grease a baking sheet (because there are 24 cookies, you'll need to bake in two batches // amount as original recipe is written // adjust if altering batch size). Use a Tablespoon, small spoon, or cookie scoop to scoop batter onto your baking sheet, then press down slightly with your fingers to spread out a little. They won't expand much, so you can put the cookies pretty close together. Top with a few more dried blueberries (optional) and press gently to adhere.

Bake for 15-16 minutes or until the cookies are slightly golden brown on the edges. Let rest on baking sheet for 3 minutes before transferring to a cooling rack

- **Quinoa:** This grain is native to the Andean region of South America. Another complete protein, quinoa has high amounts of other nutrients, such as potassium, that helps control blood pressure. It also is rich in antioxidants.
- **Rice:** Rice provides about half the calories for nearly half of the world's population, particularly in Asia and South America. Rice can be nutritious, particularly brown rice. Just one cup of cooked brown rice also provides 88 percent of daily need for manganese, a mineral that helps the body digest fats and get the most from proteins and carbohydrates.
- Going gluten-free is a choice or a necessity. People can continue to enjoy many whole grains even if they are on a gluten-free diet.