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McIntosh, Minnesota

Fengestad - Solie Post 200 of the American Legion has served Winger Veteran's for 100 years

Organized in 1923, the Fengestad - Solie Post 200 of the American Legion has been a active organization in the Winger community for the past 100 years.

The first meeting of the Post was held in the office of Otto Paulson's Winger Enterprise on May 15, 1923. Fourteen former soldiers attended the initial meeting. Their first decision was to name the Winger post. Fengestad - Solie to honor two service members who died in World War I.

Signing the application for the charter were: Oscar Norlin, Louis Kaste, Peter Zahl, John B. Hustad, Bennie C. Wichman, Emil Saxum, Edward Thompson, Olaf Berge, Oliver Olson, Alfred Martin, and Oscar C. Evanson.

The post received its charter the first of January, 1924 from the National Headquarters at Indianapolis, Indiana.

Shortly after its founding, the Fengestad - Solie Post received, from the War Department, ten army rifles, ten army belts and 300 rounds of blank ammunition. This equipment was obtained to be used in ceremonies.

In the summer of 1924 the

Legion bought the building which had been known as the Farmers Club, the same structure which housed The Winger Enterprise. The building was refinished on the inside and fitted for use as the post's club-rooms.

The Fengestad - Solie Post was inactive for several years before and during World War II, the post's building was sold to the village to be used as a village hall. There were enough members dues paid during the inactive years to

insure the maintenance of the Legion's charter.

The post was reactivated at a meeting in November of 1945 with 28 members signing up. Art Renna was elected Commander. The post made it's home in the Winger Auditorium until 1977 when they again purchased what is best known as the Gopher Den.

Each year the Fengestad - Solie Post conducts Memorial services to honor the departed soldiers from the Winger community. Besides the services

each year, the Post also sponsors a Junior League Legion baseball team, paying for their program.

They also have sponsored community recreation in the past.

The Post also organized a Auxiliary group of ladies who were a service organization started in 1955 with twenty-five initial members.

Legion...
Continued on page 3....

Winger American Legion marks milestone

By Dean Henney

The Winger American Legion Fengestad-Solie Post 200 held its first meeting on May 15, 1923. It was named to honor local men Alvin Fengestad and Henry J. Solie, both of whom who died in World War One.

At this year's Memorial Day in the Winger Community Center the centennial of the Post will be celebrated by residents, along with all the guests gathered for the fine Memorial Day Program held annually in Winger.

Collectively, the founders of

the Fengestad-Solie Post 200 were veterans of The Great War. They were known as the "Gopher Gang," which explains the humorous meaning of the sign Gopher Den above their existing clubhouse. As a group of devoted fellows, it was their efforts that spearheaded the establishment in the Winger Memorial Park of the elegant granite monument, emblazoned with the names of the local men who served during the war.

This event also heralds the unveiling of the Pvt. Nels T. Wold Medal of Honor Exhi-

bition, permanently located within the Winger Community Center. Winger native son Nels T. Wold was killed in action near Cheppy, France on the opening day of the grand Meuse Argonne Offensive. He was posthumously awarded the Medal of Honor. The unveiling event will take place immediately following the Memorial Day ceremonies.

Please plan to join in celebrating this wonderful 100th Anniversary event by attending the Memorial Day Ceremony on Monday, May 29th at 8:30 am.

Memorial Day Tribute

A Salute to
Their Courage, Service and Sacrifice

"And I'm proud to be an American, where at least I know I'm free. And I won't forget the men who died, who gave that right to me."

In Remembrance of Those Who Died for Our Country, Our offices will be closed on Memorial Day. The newspapers will be delivered a day later.

The Leader-Record

CRYGLE LEAGUE

Red Lake County HERALD

McINTOSH Times

Richards Publishing Company

McIntosh Memorial Day program and luncheon

McIntosh Friends of Veterans invites the community to honor the local men and women who have served our country and have passed away. We continue our long-standing tradition of a short parade, program, and wreath-laying ceremony, including the Honor Roll call of all of the names of the veterans we have lost. The schedule is:

Sunday evening 7:00: Volunteers needed to set up chairs and tables in the Community Center

Memorial Day:

- 9:00 am - 1:00 pm: McIntosh Heritage Center military display in the Community Center
- 10:00: Choir practice in the Community Center; all voices welcome!
- 10:25: Parade begins at the First National Bank and ends in front of the Community Center, with the Win-E-Mac band playing the Star Spangled Banner. Any and all are welcome to march with the Honor Guard; uniforms are not a requirement.
- 10:30: Program in the Community Center, followed immediately by the wreath-laying service on the old McIntosh school lawn, including the reading of the Honor Roll and playing of Taps.
- 11:15 am - 1:00 pm: (following the program): Lunch in the Community Center, served by Our Savior's Lutheran Church.

We will also continue the recently added tradition of the video Honor Roll, including photos of the veterans. It will

air on Garden Valley TV Channel 30 at both 1:00 pm and 7:00 pm on Memorial Day. Later that day, it will also be posted to the Friends of McIntosh Veterans Facebook page and website, www.friendsofmcintosh-veterans.com.

If you have a loved one from McIntosh who has passed and should be added to the Honor Roll, please contact drjaanenson@gmail.com or darlene1978@gmail.com. So far, those being newly honored this year are: Duane Brua, LeRoy Brua, Gene Oak, and Kalmer Stordahl. Also, we are still looking for photos of many veterans for the video Honor Roll. If you have one available for one of them, we would appreciate getting a copy of it.

Thank you to all veterans who have sacrificed to protect our freedom, especially to those who have paid the ultimate sacrifice.

Win-E-Mac Commencement Ceremony
Saturday, May 27th
2:00 p.m.
School Gymnasium



Annika Shimpa and Ella Strom were recognized at this year's MSHSL Visual Arts Exhibit and Ceremony. They received the Region 8A Spotlight on the Arts Award on March 29th. Annika received the award in Crafts and Ella in mixed media. On Saturday, May 13th, their artwork was displayed with other winners from around the state and each artist was recognized and received a crystal trophy at a following ceremony. Annika and Ella are pictured with their art instructor, Jessica Aakre.



Win-E-Mac Class of 2035

Win-E-Mac Kindergarten 2022-23
Back L-R: Mrs. Landsverk, Sawyer Cook, Briston Bring, Mackenzie Solie, Peter Revier, Jade Gagner, Easton Lee, Amelia Bring, Peyton Brtek, Hazel Burthwick, Hayden Rock, Mrs. Cook, Lily Brault, Mercedes Klade
Front L-R: Korbyn Brault, Ludmilla Piatkoff, Emma Nelson, Divinity Hedlund, Oliver Solie, Sterling Spry, Saphina Kross, Elijah Noyes, Leo Erofeeff, Ruven Shear, Avery Ness, Kylie Casavan, Roman Ash. Not pictured: Vince Miles

Two ways to enjoy your bounty of asparagus this season

For the next few weeks, there is nothing we want to eat more than delicious Minnesota asparagus.

One of the first vegetables to come into season here in Minnesota is asparagus.

Bright and vegetal, asparagus is surprisingly versatile and can be grilled, roasted, sauteed, or eaten raw. Shave it in a salad, put it in a quiche, or use it in a weeknight pasta dish.

A favorite preparation is to make it into creamy soup - cream optional.

Lush and creamy even without any added dairy, this fresh soup is simple enough for a weeknight supper with some crusty bread, or serve it as a delicate first course for a spring dinner.

Creamy Asparagus Soup
1 tbsp butter
1 bunch of asparagus (about one pound)
3 cups vegetable or chicken stock
1 large yellow onion, coarsely chopped
1 tsp dried thyme (or 1 tbsp fresh)
salt and pepper to taste
Optional: 1/2 cup cream*

Prepare asparagus by snapping off the woody ends. Cut off asparagus tips about 1 1/2 inch from the top and reserve for garnish along with a few chopped onions. Chop remaining asparagus into 1/2 inch pieces.

In a medium pot, melt butter over medium heat. Add onion and sautee until it begins to soften. Add chopped asparagus, thyme, salt, and pepper to taste. Cook five minutes, then add broth and bring to a simmer. Cover and cook until asparagus is quite tender, about 20 minutes. Cooking time will vary by the thickness and freshness of asparagus, so



taste one to see.

While soup is cooking, blanch asparagus tips in salted water for 2-3 minutes until tender. Kitchen hack: If you are pressed for time (or are like us and don't want to wash more pots!), put the tips in a cup of salted water and microwave for 2-3 minutes for the same result.

Puree soup using an immersion blender, or in batches in a blender. Blend on high for a few extra minutes for bonus creaminess. Be careful blending hot liquid.

Return to pot and stir in cream if using. Adjust the consistency to your taste using additional broth, water, or cream. Garnish with asparagus tips and reserved onions, and a swirl of cream if using.

*While this soup was made without any dairy, this recipe would be delicious made with whole milk, crème fraîche, or even garnished with a little yogurt.

A delicious way to celebrate spring and its abundant supply of fresh asparagus. This quiche is a cinch to put together and so very yummy.

Asparagus and

Swiss Cheese Quiche

2 teaspoons olive oil
1 bunch fresh asparagus, trimmed and cut into 1/2-inch pieces
1 pastry for a 10-inch deep-dish pie crust
6 large eggs, beaten
¾ cup milk
½ cup half-and-half cream
1 (2.8 ounce) can French-fried onions
6 ounces shredded Swiss cheese
5 ounces shredded Cheddar cheese
1 green onion, chopped

Heat olive oil in a skillet over medium heat; cook and stir asparagus until slightly tender, 5 to 10 minutes.

Preheat oven to 375 degrees F (190 degrees C). Press pie pastry into a 10-inch deep-dish pie pan.

Combine asparagus, eggs, milk, half-and-half, French-fried onions, Swiss cheese, Cheddar cheese, and green onion in a bowl. Pour into prepared pie pastry.

Bake in the preheated oven until center of quiche is set and a knife inserted in the middle comes out clean, about 45 minutes. Allow to stand for 10 minutes before serving.

Get your fill now because this harbinger of spring doesn't stick around all summer long.

Bemidji quilter's to meet

The Headwaters Quilt Guild of Bemidji will hold its regular monthly meeting on Tues June 6th at 6:00 pm at A Stitch in Time, downtown Bemidji.

Special guest speaker and teacher for this month will be Heather Mulder Peterson, nationally known quilt and fabric designer. She started her quilt design company, Anka's Treasures in 1996 as a college student. Mulder - Peterson is well known all over the USA for her fun, fresh modern designs.

There will be a charge for nonmembers. For more information contact Sue Keimig at 651.343.1055.

Register for RiverView's free Balance classes beginning June 1st

RiverView Health's Rehab Services will hold "A Matter of Balance" classes for anyone who has fallen in the past, has restricted activities because of falling concerns, or is worried about falls. The free classes will teach skills in improving balance, flexibility, and strength.

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. Certified coaches will lead two-hour session on Thursdays from 9-11 am, June 1st - July 20th, in the second floor community



The 1st Winner from Neil's Quality Meats & More Shop Hop/Mothers Day Drawing...Hallie Strem of Fertile.



Winner of the 2nd Shop/Hop Mother's Day Drawing at Neil's Quality Meats & More is Leah Smeby from McIntosh

Legal Notice

GENERAL NOTICE TO CONTROL OR ERADICATE NOXIOUS WEEDS, POLK COUNTY, MN

Notice is hereby given this 22nd day of May, 2023, pursuant to Minnesota Statutes, Section 18.83, Subdivision 1 (2009) that all persons in Polk County, Minnesota, shall control or eradicate all noxious weeds on land they occupy or are required to maintain. Control or eradication may be accomplished by any lawful method, but the method(s) applied may need to be repeated in order to prevent the spread of viable noxious weed seeds and other propagating parts to other lands. Failure to comply with the general notice may mean that an individual notice, Minnesota Statutes, Section 18.83, Subdivision 2 (2009), will be issued. An individual notice may be appealed within two working days of receipt to the appeal committee in the county where the land is located. Failure to comply with an individual notice will result in the inspector having jurisdiction to either hire a third party to complete the work or seek a misdemeanor charge against the person(s) who failed to comply. If it becomes necessary for the inspector to hire a third party, the costs incurred will be placed as a tax upon the land and collected as other real estate taxes are collected.

The supervisors of each town board and the mayor of each city shall act as local weed inspectors. They shall examine all lands, including highways, roads, alleys, and public grounds within their respective municipalities and see that the control or eradication of noxious weeds has been carried out.

A list of the plants that are designated as noxious can be obtained from the Polk County Ag and Drainage web page at www.co.polk.mn.us/agdrainage or by contacting the County Agricultural Inspector, Richard Sanders at 218-470-8253.

room of the Summerfield Place Apartments, 423 Woodland Ave., Crookston.

In the classes, you will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

The classes are made possible through funding from the

Our Savior's Church is hosting the Memorial Day Dinner following the lawn program at the old school at approximately 11:15 am on May 29, 2023. *It is free with donation and all are welcome to attend.*

Museum

opens for season

A Season Opener celebration at the Polk County Historical museum in Crookston will be Tuesday, May 30, from 5 to 7 p.m. Everybody is welcome to visit the renovated museum and enjoy free wine and snacks provided by the Irishman's Shanty and Polk County Historical Society board members.

The museum is open Tuesday through Sunday from noon to 4 p.m. Admission is free.

LSS Meals Menu
687-2262

Call to reserve your meal. Indoor dining at 11:30 am; drive-up available at 11:00 am.

Mon. May 29: Closed - Memorial Day

Tues. May 30: *Bingo* Meatloaf - Baked Potato - Beets - Pears - Wheat Bread - lemon Pudding - Milk

Wed. May 31: Spaghetti with Meat Sauce - Lettuce Salad - Pineapple - Breadsticks - Rhubarb Dessert - Milk

Thur. June 1: *Bingo* Turkey - Mashed Potatoes & Gravy - Broccoli Mix - Wheat Bread - Milk

Fri. June 2: Fish - AuGratin Potatoes - Baked Beans - Rolls - Jello with Pears - Milk

Community Birthday and Anniversary Calendar

Wed. May 24: Joyce Sultvedt
Fri. May 26: Rainee Haaven, DeeDee Narum, Chad Smeby, Angela Linden
Sat. May 27: Zach Plante, Gordie Goldsmith, Jackie Huschle, Charlie Roed, Brady Grove
Sun. May 28: Elizabeth Klemer
Mon. May 29: Gordie Ostenaa
Tues. May 30: Patti Benson, *Patrick & Betsy Roed

McIntosh Times
PUBLISHED WEEKLY IN THE HUB OF THE THIRTEEN TOWNSHIPS BY RICHARDS PUBLISHING CO., INC.
RICHARD D. RICHARDS, PUBLISHER
KIM HEDLUND, EDITOR
McIntosh (218) 563-3585
Cell: (218) 280-1684
Gonvick (218) 487-5225
McIntosh Times (USPS 336-020) is published weekly for \$35.00 per year (in county) and \$45.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.
POSTMASTER: Send address changes to: McIntosh Times, PO Box 9, McIntosh, MN 56556. mcintoshtimes@gmail.com
"Serving the Win-E-Mac area"
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Dancing Sky Area Agency on Aging. For more information or to register, call the Rehab Services Department at 281.9463.

Sandhill Cemetery Meeting
The annual meeting of the Sandhill Cemetery Association will be held on Monday, May 29th at 2:00 pm at the Sletton Town Hall.



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

Wed. May 24: Adoration Noon to 8:00 pm; 11:30am Mass at St. Mary's, Fosston
Fri. May 26: 8:30am Mass
Sun, May 28: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. May 31: 8:30am Mass
Sun, June 4: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh
Pastor Rene Mehlberg
Synodical Authorized Minister Katie DeMarais

Sun. May 28: 10:00am Coffee Hour; 10:30am Worship Services

Sun. June 4: 10:00am Coffee Hour; 10:30am Worship Services

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 - The Journey. Our Saviors service will be available by 8:30 am each Sunday until further notice.

MCINTOSH AFLC McIntosh Trinity / Mount Carmel:
Interim Pastors John Anderson and Phil Rokke

Sunday Services
11:00am Mt Carmel
9:30am Trinity
Vacation Bible School
June 12th - 16th
9:00 am - 2:15 pm
218-563-3454

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

Fri. May 26: 10:00am Telecast of The Fraser Family concert on GVTV--30

Sun, May 28: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, May 30: 10:00am. Sunday worship service telecast on GVTV--30

Wed, May 31: 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.

VERNES LUTHERAN CHURCH (LCMC) McIntosh
PastorLee Laaveg

Sun. May 28: 9:00am Worship

Sun. June 4: 9:00am Worship

IMMANUEL LUTHERAN CHURCH McIntosh
Pastor Bruce Blocker

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

CALVARY LUTHERAN CHURCH Winger

Sundays: 9:45am Sunday School; 10:00am Coffee Fellowship; 10:30am Worship

GRACE LUTHERAN CHURCH-NALC Erskine
Rev. Pam Thorson
Sundays: 10:30am Worship
Beginning June 4th, Grace Lutheran Church in Erskine will hold their Sunday Morning Worship Service at 9:00 a.m. Come early and enjoy fellowship and a good cup of coffee. It will also be available at the same time on Garden Valley Channel 30, Facebook and YouTube.

HOMETOWN BANKING
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COMMUNITY FIRE STATION

A Tribute To Our Nation's Heroes
Memorial Day, which originated in 1868 after the Civil War, is observed on the last Monday in May. This Memorial Day we remember the servicemen and women who gave their lives to preserve our freedoms.

First National Bank will be closed on Monday, May 29th in observance of Memorial Day.

first national bank of McIntosh

260 Cleveland Ave. SW
PO Box 129
McIntosh, MN 56556
www.fnbmcmintosh.com

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Legion...
Continued from page 1 ...

In the past, the Fenges-tad - Solie Post 200 also orga-nized Flag Cadets, elementary age community children who gathered each May to learn about our freedoms, govern-ment and, of course, flag eti-quette. They also learned how to march and be part of a Unit they are proud of.

The Winger community also had a beautiful Memorial Park they can enjoy any day of the year that is part of the Fenges-tad - Solie Post 200's War Me-morial to Winger's war dead.

Memorial Park was com-pleted in the spring of 1920 af-ter the community had spent a considerable amount of money and time in its' efforts. The time was before the American Legion Post 200 was organized and the land was donated to the Winger Citizen's Club by J. O. Hoveland and Herman Loitten.

Plans had been talked about to make a war memorial in the new park but a shortage of funds made it necessary to postpone the project.

However, when the Fenges-tad - Solie American Legion Post 200 was organized in the Spring of 1923, the mat-ter came up again. The new Post was not ready to take on such a large responsibility, but agreed to a plan in which a committee for a monument would include members of the Post. The committee gathered funds and in the spring of 1924 their plans were laid before the Nels T. Wold Post of the Amer-ican Legion in Crookston. This Crookston Post agreed to help with the project.

The Soldier's Memorial Monument was constructed of Hardwick, Vermont granite and bears the names of serv-icemen from the community who died in World War I on one side and a list of 87 men who served on the other.

The monument was dedi-cated on June 14, 1925. More than 5,000 people attended the unveiling. The speaker at the services was the national vice commander of the American Legion.

In 1986, the Winger Post 200 decided, after discussion and planning of some time, to buy, erect and dedicate a sec-ond monument. This monu-ment honors all community men and women who served in all past and future conflicts for freedom and national defense.

The monument was dedi-cated in the summer of 1987.



The Winger American Legion Post marches in the Winger Centennial Parade in 2004.

Interesting fact about Memorial Day

Each year on the last Mon-day of May, Americans cele-brate Memorial Day. Memorial Day is a federal holiday that honors and mourns American military personnel who died while performing their duties in service to the United States Armed Forces.

Memorial Day has a rich history and one that's worth revisiting as the nation pre-

pare to honor the sacrifices made by its military personnel over the centuries.

It took a long time for Me-morial Day to become a federal holiday. Despite tracing its origins to the immediate after-math of the Civil War, Memo-rial Day did not become an official federal holiday until 1971, more than a century after the war ended. This is the same

year the holiday was officially designated as taking place on the last Monday in May. The designation has periodically drawn the ire of veterans and military supporters who sug-gest it is now more widely seen as the unofficial beginning to summer and not a day in which the sacrifices of fallen U.S. sol-diers are honored to the extent that they should be.



Dean Johnson, a members of the American Legion Post in Winger, places flags in front of the markers at Memorial Park in preparation for Memorial Day in 2003.



The Fengestad - Solie American Legion Post 200 Clubroom's in Winger.



Calvin Skeie juggles a handful of flags that he is placing in front of memorial markers in Winger's Memorial Park in 2003.



Fengestad - Solie Post 200 Color Guard and Cadets during a Memorial Day parade.

Talking lawn care with U of M

We're getting back into our yards and gardens, with pent-up demand following a long winter. University of Minne-sota Extension Educator Jon Trappe has tips for yards that accomplish multiple goals, in-cluding promoting pollinators, climate action and a lovely look.

Q: Why do our yards mat-ter?

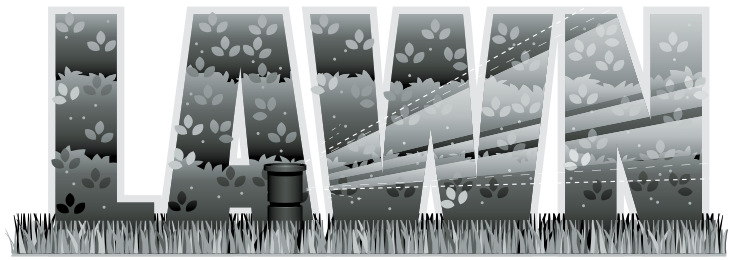
Trappe: For many people, their lawn is their first and most frequent point of contact with nature. The benefits of nature-based therapy can liter-ally be found in their backyard. They're safe, convenient and private places for children and pets. Many people enjoy work-ing in their yard as a hobby or as a connection to the outdoor world.

There are environmental benefits behind the turf that make up our yards. They pro-tect surface and groundwater by serving as living filters. They grow well in suburban

and urban areas that are often dominated by impervious sur-faces, while helping cool these areas that tend to hold heat. Yards are incredibly efficient at storing carbon in the soil as organic matter, playing an im-portant role as a carbon sink for greenhouse gasses like car-bon dioxide and methane.

Q: Is No Mow May a good idea?

Trappe: No Mow May gained popularity to help pro-mote good habitat for pollina-tors, a goal we can all support. The idea behind it is to not mow your lawn for the entire month of May. It is still un-clear if there is a benefit to pol-linators, but we do know that it could stress out your lawn. May is the one month where our grass grows the most, and by not mowing we could be stressing our lawns out going into the most stressful time period of the year - the sum-mer. If you are interested in promoting pollinators in your



lawn, we have found several species like Dutch white clover, self-heal, creeping thyme and ground plum can all tolerate mowing and provide excellent forage for pollinators.

Q: It's more complicated than meets the eye. How do you do the right thing?

Trappe: Aim for a yard with grass 3 ½ inches tall or higher. That means letting it grow to 5 inches or more be-fore mowing. One of the great things about letting grass get taller is that its roots will grow deeper, meaning it can withstand drought much bet-ter than shorter mowed yards. Letting grass grow higher also

fends off weeds like crabgrass in lawns because it can help reduce your carbon footprint by using less fuel.

Q: Should I use lawn fer-tilizer? Are there organic alternatives?

Trappe: We encourage some supplemental fertilizer in lawns because it can help ensure a healthier turf. A healthier turf can be more re-silient to stresses like foot traf-fic and allow the lawn to crowd out weeds like crabgrass. How much fertilizer to be applied can depend on a lot of things like the lawn species, soil type, or even how much shade you have. A good starting point is

to have your soil tested. This will tell you the nutrient levels of your soil and the most ben-eficial type of fertilizer product.

From the plant's perspec-tive, it doesn't care if the fer-tilizer is synthetic or organic. However, your soil might ben-efit from an organic-type fer-tilizer product. Check your soil test first. Many organic fertil-izers have phosphorus, which cannot be applied unless the soil test shows phosphorus as deficient.

Q: What about watering, especially if we have a dry summer?

Trappe: Many of the grass-es that grow in Minnesota or the upper Midwest can get by without any extra water be-yond what nature supplies. The lawn may get a little dry and the turf may get a little tannish, but this is likely the grasses going dormant. If we go more than 30 days or so without rain, consider water-ing to keep the lawn alive un-

til the next rainstorm. When the lawn is stressed from lack of water, try and stay off it to reduce stress and it should be able to bounce back just fine.

If you are going to water, don't do it by a set schedule. By watering "deeply and in-frequently", you can actu-ally train the grass roots to go deeper into the soil. This just means that if you are go-ing to water, it is better to do it less often but with a higher amount. If you have an irri-gation system, look into using a smart controller that can adapt to local weather conditions. It will save you water and make your lawn more resilient.

Jon Trappe has been a Turf Extension Educator for the University of Minnesota since October 2022. He grew up in Indiana and has lived in Min-nesota for the past seven years. Jon is passionate about assist-ing homeowners and turf pro-fessionals manage their turf-grass areas more sustainably.

Summer is synonymous with relaxation and fun in the sun.

The easygoing nature of summer can make it easy to overlook safety concerns that run the gamut from heat-related illnesses to bug bites to water play injuries.

Though no one wants to rain on their own summer parade, keeping these safety tips in mind can ensure the coming months are as safe as they are fun.

Safeguard against the threat of heat-related illnesses. Sizzling summer days pose a significant threat if the proper measures aren't take to avoid heat-related illnesses. According to the National Safety Council, heat exhaustion, which occurs when the body loses excessive water and salt, and heat stroke, which the Centers for Disease Control and Prevention notes is marked by the body's inability to control its temperature, can escalate rapidly. The NSC identifies individuals who work outdoors, infants and young children, people who are 65 and older, people who are ill, and people who are overweight as those most at risk of heat-related illnesses. Such illnesses are entirely preventable, and the CDC recommends remaining indoors in air conditioned rooms, drinking plenty of fluids but avoiding alcohol, wearing loose and lightweight clothing as well as a hat, and replacing salt lost from sweating by drinking fruit juice or sports drinks.

Apply sunscreen. Long days in the summer sun may be a great way to relax, but it's imperative that individuals apply sunscreen before going outside and then reapply it throughout the day as necessary. Sunburn is not only unpleasant, it also increases



a person's risk for skin cancer and affects the body's ability to cool itself, which can increase the risk for heat stroke.

Protect against mosquitoes. Mosquitoes are more than a mere nuisance. Mosquitoes can carry an assortment of viruses, including Zika virus and West Nile virus. And though such viruses are often thought of as a problem for people in faraway lands, the NSC notes that the Aedes mosquito, which is a known transmitter of the Zika virus, has appeared in various regions of the globe, including the continental United States and popular vacation destinations like Mexico and Central and South America. The NSC recommends that everyone, and especially individuals who work outdoors, apply mosquito

repellant before going outside and to continue to do so as necessary throughout the day. In addition, clothing treated with the insecticide permethrin may help to repel mosquitoes.

Exercise caution around water. The CDC reports that drowning is the leading cause of unintentional death for children between the ages of one and four. Though children might be most vulnerable to water-related accidents and death, adults also must exercise caution when around the water. The NSC recommends individuals avoid the water, be it in a lake, river, ocean, or pool, unless they know how to swim. Individuals also should never swim alone and only swim in areas supervised by a lifeguard. When swimming at a private residence, children should never be allowed to swim unless an adult is supervising. Adults also should avoid alcohol when swimming.

Summer is a season to relax, but it's also a season when safety should be a top priority for people of all ages.

How to pursue a career as an EMS pro

Emergency medical personnel are often first on the scene when someone experiences an accident or a medical emergency. EMS workers are generally trained and certified as certified first responders, emergency medical technicians and paramedics. However, the National Registry of Emergency Medical Technicians recognizes five different levels of emergency medical service worker. Though similar, the requirements governing each type of EMS worker vary.

All EMS workers provide life-saving services and help transport individuals to hospitals for additional treatment and care. Here is a deep look

into the different EMS personnel and the training one might expect.

Certified first responder: A certified first responder is an integral member of an EMS team. These individuals provide basic medical care at the scene of emergencies, including basic first aid, stabilization of injuries, treating shock, and other tasks. First responders must be certified by the National Registry of Emergency Technicians, according to Learn.org. The American Red Cross offers first responder training courses. Certification requirements vary by state, and each state's EMS office can provide specific details.



Open House

Please join the family of

Laila Roragen

in celebrating her achievements and future endeavors as she graduates from Win-E-Mac School on Saturday, May 27, 2023. The Open House will take place from 4-8 pm at the Erskine Community Center.



Please join

Ben & Ashley Hand and Jennifer Wang

for an Open House in celebration of their daughter,

Kallie Hand

for her two 2023 Graduations.

First, from NCTC of East Grand Forks where she earned her AA Degree in Liberal Arts & Sciences. Second, from Win-E-Mac High School, Friday May 26th from 4-8 p.m. at the Winger city hall. Kallie plans to attend U of M Twin Cities this fall starting as a junior while studying speech pathology.



WEM School Announcements

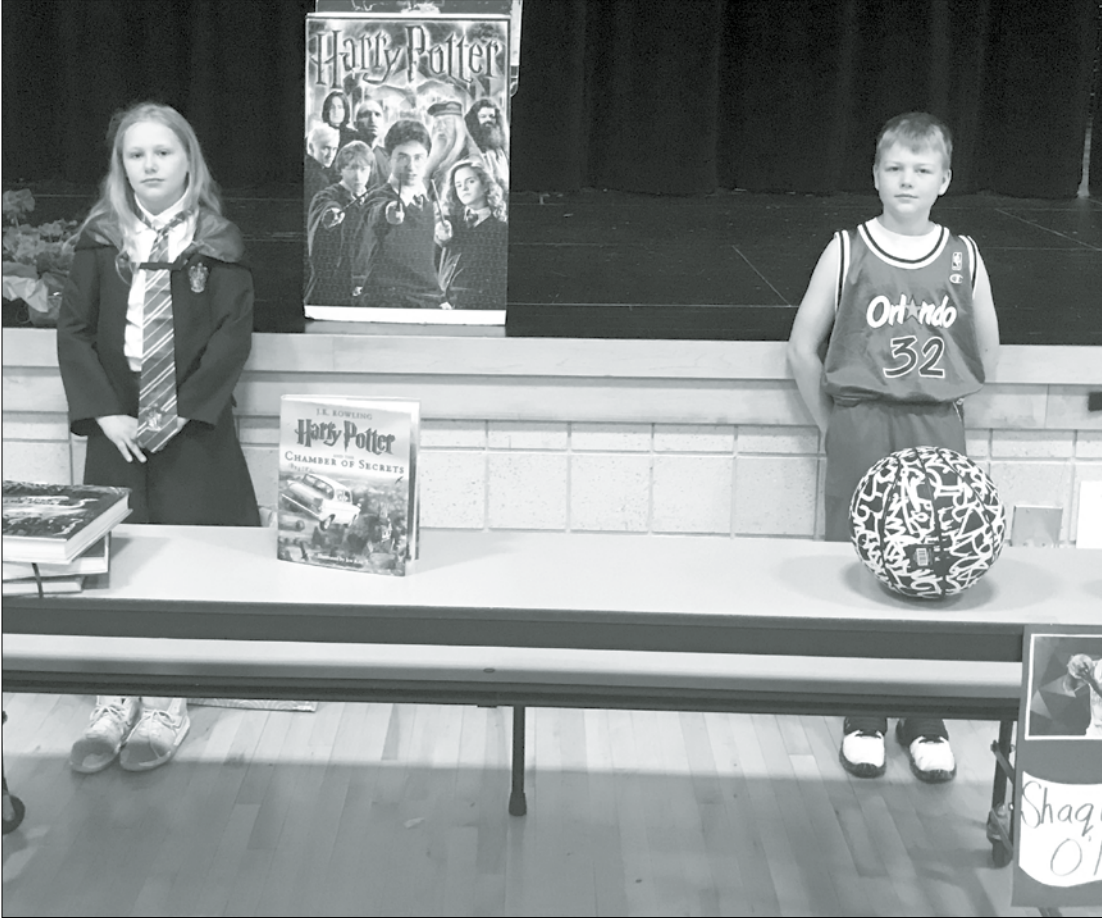
A babysitting clinic will be offered for all students grades 6th through 8th. This class will include general child care information and child safety that is necessary for quality child care. Students will be American Red Cross certified babysitters upon completion of this course. The class will be limited to the first 20 students to sign up. The cost of the class is \$10 and will be held on Wednesday, May 31st from 9:00 am to 12:30 pm at the Win-E-Mac Media Center.

Fitness Center is open, locker rooms closed. The Fitness Room locker rooms will be closed for all outside patrons until June 2023. The school will need to use these rooms for instructional purposes. The bathrooms located on the opposite side of the Fitness Room entrance will remain open.

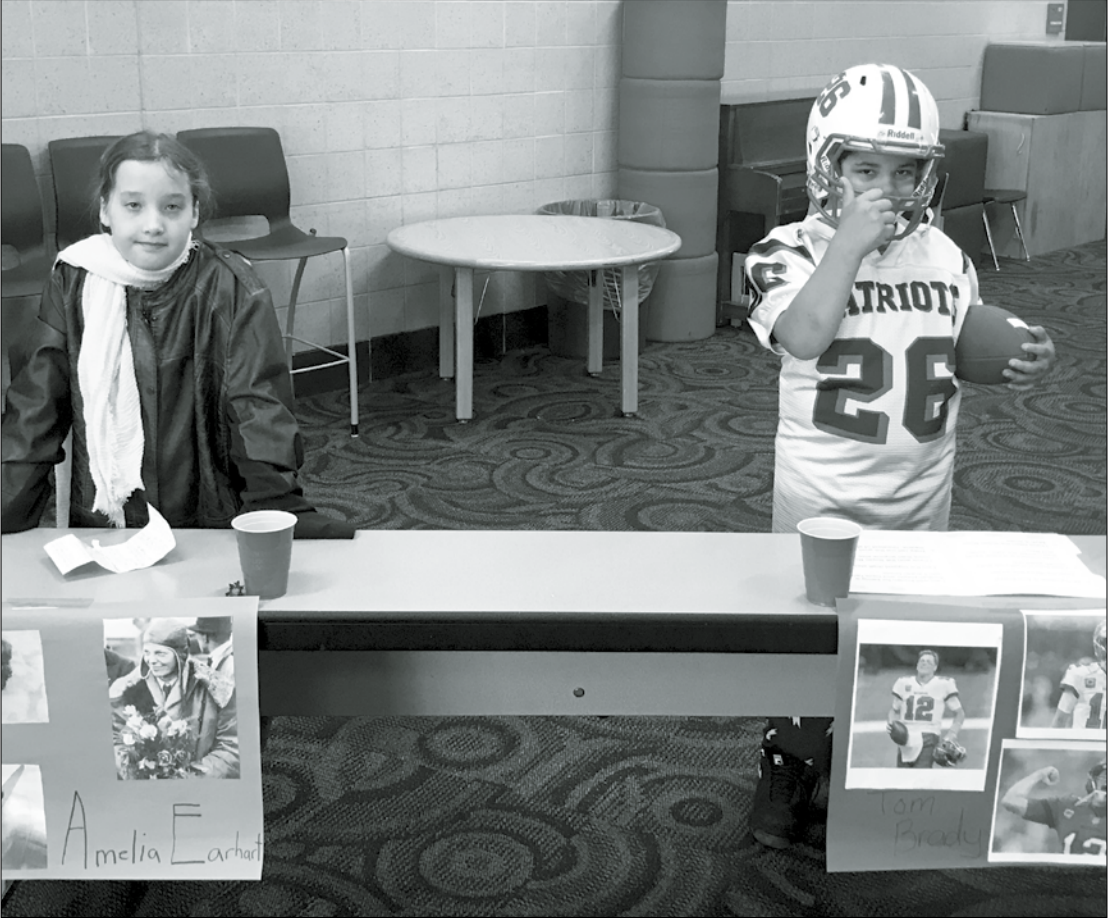
Win-E-Mac High School Graduation will be on May 27, 2023 @ 2:00 pm. Come and send our Seniors off with a Great Celebration of achievement.

College News

Gavin Haskett of Mentor, Minnesota, has been named to the University of Jamestown's Spring 2023 Dean's List for maintaining a semester GPA of 3.50 or better. University of Jamestown was established in 1883 in Jamestown, North Dakota



The fourth grade classrooms at Win-E-Mac school have been working on biographies during the months of April and May. The students had a living wax museum on May 12th from 9:00 am to 10:30 am in the Arts and Events Center. Each student picked a famous person in history that they wanted to research and write a report on. Then they wrote a biography of that person's life. During the wax museum each student dressed up as that person. They stood by a cup and visitors put money in the cup, they then came alive as the person they are representing. All the money made will be donated to the Humane Society in Polk County.



The Win-E-Mac Elementary students who met 3 of their 4 AR (Accelerated Reading) goals spent a fun day celebrating at Splasher's of the South Seas water park in Grand Forks, North Dakota. A BIG thank you to the Literacy Committee for making this trip possible!