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Congratulations to the Win-E-Mac Class of 2023!



Congratulations to the Win-E-Mac Class of 2023! The graduates were recognized for their accomplishments by friends and family on Saturday, May 27, 2023 at the Win-E-Mac School. Included in the Class of 2023 are: Jacob Robert Audette, Bret Caylyn DuChamp, Jacob R. Eggl, George V. Erofeeff, Xzayvier Espinoza, Jayden Kiara Gensburger-Knowles, Kylie Marie Geray, Alecia R. Hancock-Fitzgerald, Kallie Marea Hand, Vadim Kulikov, Andray Lisov, Zachary Lawrence Luckow, Kaleb Morberg, Jonathan Ernest Moritz, Nadelly Rose Neubert, Jamison Joseph Nichols, Izabelle Allison Ostenaar, Thomas Benedict Revier, Laila Roragen, Caden T. Shaver, and Jonas Ronald Spry.

Mac Library announces
"Express Yourself" Summer Reading Challenge for all ages

The McIntosh Library, a part of the Lake Agassiz Regional Library system is bringing an art and expression-themed Summer Library Experience to youth and adults of all ages in communities in Becker, Clay, Clearwater, Mahanomen, Norman, Polk, and Wilkin counties. Beginning June 1st, participants can read to win prizes as well as attend programs designed to inspire creativity.

Those interested in participating are encouraged to stop by their local library or LINK Site to pick up a reading log. Information about the program and event lists are available at larl.org/explore.

The program will be offered

from June 1st - July 31st at libraries and LINK Sites.

Local events include children's concerts by Grammy-nominated artist Ralph's World at the McIntosh Public Library on Wednesday, June 7th at 10:00 am and Fosston Public Library on Saturday, June 10th at 3:00 pm. Take a trip to a mega-fun musical planet with a high-energy performance giving kids the chance to rock out to pop-rock tunes perfect for kids. The concert is offered free-of-charge thanks in part to funding from the Minnesota Arts & Cultural Heritage Fund through an appropriation from the Legacy amendment.

Other events that will be of-

fered at the McIntosh Library through the months of June and July include at program o Monday, June 19th at 10:30 am called Science Fun! Learn about cryogenics or state of matter with the Headwater Science Center at the McIntosh Library community room. All ages are welcome to attend and enjoy the demonstration.

On Wednesday, June 28th there will be a mini-play from elementary age children at 10:00 am at the McIntosh Library. The live theatre event will be a performance of "The Ant & The Grasshopper".

There will be lots of bright colors, crazy dancing, and loud sounds as Minnesota Animals put on a show on Wednesday,

July 12th at 10:30 am at the McIntosh Library. This summer library experience is open to all ages.

The McIntosh Public Library will host an educational children's concert performed by musician and composer Gaelynn Lea, offered free-of-charge thanks to funding from the Minnesota Arts & Cultural Heritage Fund. Lea will perform on Wednesday, July 26th at 1:00 pm as the final event of the summer.

The Fosston Library will host a movie matinee at the Fosston Movie Theater on Tuesday, June 6th at 2:00 pm, featuring a screening of a popular children's film offered free-of-charge thanks to

the sponsorship of the Fosston Movie Theater.

All programs are offered free-of-charge. More information is available at larl.org and a full list of programs can be found at larl.org/explore.

The McIntosh Public Library is located at 115 Broadway NW in McIntosh. Find hours and information on the Lake Agassiz Regional Library website.

Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in northwest Minnesota. More information is available at www.larl.org.



McIntosh
Community
Garage Sales

The McIntosh Community Garage sales will take place on Saturday, June 17th. (some sales open on Friday evening as well.)

Register by messaging the McIntosh Community Club Facebook page or by contacting the McIntosh City office during normal business hours.



The Clubhouse Childcare Center in McIntosh recently held their preschool graduation where 18 students were honored as they will make their way to kindergarten next fall. Included were: Alex Hedlund, Azariah Santoya-Sherriff, Bennett Awalt, Bryden Olson, Briar Sonstolie, Cannon Schow, Corbin Ayers, Elliott Cartier, Emberly Strom, Griffin Smeby, Haaken Roed, Joanna Jore, Joslyn Ihrke, Kayda Kroening, Madilynn Lewis, Magnolia Langemo, Tilden Lindom, and Trey Mahlen.



On Friday, May 26, 2023, the Quilters for East Polk County Veterans were presented a check for \$500.00 from the First National Bank Fosston from their casual Friday fund to be used for supplies for quilts. Pictured is Amy Brinkman presenting check to Lois Boehrsen and Connie Strom.

RALPH'S WORLD CONCERT FOR KIDS

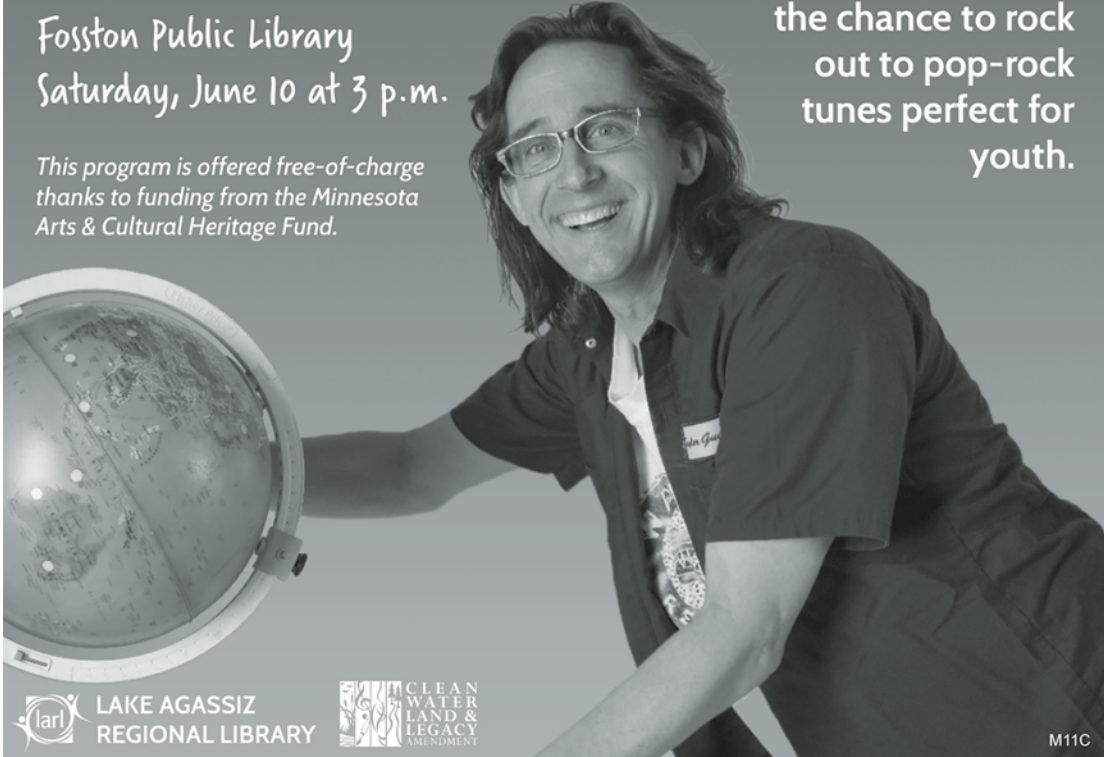
McIntosh Public Library
June 7 at 10 a.m.

Bagley Public Library
Thursday, June 8 at 6 p.m.

Fosston Public Library
Saturday, June 10 at 3 p.m.

This program is offered free-of-charge thanks to funding from the Minnesota Arts & Cultural Heritage Fund.

Join your library for a children's concert by Grammy-nominated artist Ralph's World and take a trip to a mega-fun musical planet. This high-energy performance will give kids the chance to rock out to pop-rock tunes perfect for youth.



The many health benefits of dairy

Many people recall the slogan "Milk, it does a body good." But as different health fads have emerged since that slogan was first uttered, including an increased availability of dairy alternatives, dairy has been somewhat pushed aside, leaving many people to question if it is a friend or foe.

According to Vasanti Malik, a nutrition research scientist with the Harvard T.H. Chan School of Public Health, dairy isn't necessary for maintaining optimal health for humans. However, it is one of the best and easiest ways to get ample amounts of vitamin D, protein and calcium, each of which keeps vital organs, muscles and bones functioning properly. Here's a deeper look at dairy in the average diet.

What is dairy?
Dairy products consist of a variety of products that are from mammals, including cows, goats and sheep. These include milk, yogurt, cheese, kefir, ice cream, butter, ghee, cream, cream cheese, sour cream, whey products, and



casein. Dairy products are often categorized as "regular," "whole," "reduced fat," "low-fat," or "skim." These characterizations indicate the fat content in a given item.

Nutritional benefits of dairy
Dairy products are nutrient-dense and great sources of protein, calcium and vitamins. Protein builds and repairs muscle tissue; carbohydrates in milk provide energy; and calcium and phosphorus can help strengthen bones and teeth. Vitamin D helps promote the absorption of calcium. Dairy also contains riboflavin, vitamin A, pantothenic acid,

potassium and niacin. One eight-ounce serving of milk contains the recommended daily values of these nutrients based on guidelines from the U.S. Food & Drug Administration.

Bone health
Dairy protein and calcium may play critical roles in bone health and density, helping to reduce the risk for osteoporosis, states the Dairy Alliance. Eating and drinking foods rich in calcium may offset a possible protein-calcium loss that occurs with aging, thus protecting bone health.

Heart health benefits
Some people avoid dairy because of perceptions that it is bad for cardiac health. A report presented at the 2018 Congress of the European Society of Cardiology that looked at 20 studies involving around 25,000 people found no association between the consumption of most dairy products (including whole fat varieties) and cardiovascular disease. The only exception was milk, but the results showed one

6 benefits of peer support for mental health

During the last few years there has been an amazing shift in the world of mental health. People have begun to understand that the mental health issues that someone may struggle with does not define them, and that they need support and love from their family and peers.

The stigma that once hung over depression, anxiety and other mental disorders is lifting, making it easier for people to come to terms with their illnesses and seek the help they need to heal. An extremely beneficial way to combat mental illness is to attend peer support groups for mental health. Here is a list from clinical psychologist David Susman PhD of six reasons a support group could best serve your needs.

Realize You Are Not Alone. It is so important to come to terms with the understanding that you are not alone. Mental illness often has people trapped within their own minds and if you can see that other people are struggling just like you and can relate to what you're feeling it can help you as you learn to live with your condition.

Express Your Feelings. A great way to start getting out of your own head is to talk about what you are feeling. The more you venture to say things out loud, the more tangible the problem will become for you. This opens the door for you to begin recognizing and understanding your own feelings.

Learn Helpful Information. A huge benefit of talking with other people that have similar struggles is that they may know some helpful information that you haven't heard before. This could be anything from a therapist having a unique way of explaining techniques to help with anxiety to a new medication that is working wonders for a peer.

Gain Hope. Being able to speak with other people who have not only gone through the darkness that you are experiencing, but have made it out the other side stronger can do a lot to boost your morale. Connection can be healing, and having understanding peers to

lean on when times are hard can be life changing.

Help Others. Joining a peer support group won't just help you, but it can also help the other people in your group. Your story is unique and needs to be shared so others can learn from what you have managed to overcome. Never underestimate the power of your personal journey.

Affordability. In some very real ways joining a peer support group can save you tons on medical bills. Studies have shown that people in support groups are less likely to be re-hospitalized and spend time in in-patient care facilities.

Most adults with mental health issues aren't used to talking about their conditions in social situations. But a peer support group, possibly unlike anywhere else for the participants, is a judgment- and stigma-free zone, so they're more open to sharing. Participants also know that they're equipped to offer advice to each other and help troubleshoot problems because of their shared lived experiences. Who better to offer inspirational, candid messages than someone who's been there? Opinions such as "you are not your disorder," "you are a per-

LSS Meals Menu 687-2262

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

Mon. June 5: **Call with choice** Liver & Onions or Poor Man's Steak - Mashed Potatoes & Gravy - Stewed Tomatoes - Wheat Rolls - Cinnamon Rolls - Milk

Tues. June 6: *Bingo* Spaghetti with Meat Sauce - Green Beans - Lettuce Salad - Breadsticks - Vanilla Pudding - Milk

Wed. June 7: Pork Loin - Sweet Potatoes - Broccoli Mix - Wheat Bread - Banana Bars - Milk

Thur. June 8: *Bingo* BBQ Chicken - Scalloped Potatoes - Baby Carrots - Corn Muffins - Pumpkin Dessert - Milk

Fri. June 9: Chicken Fried Beef Steak - Mashed Potatoes & Gravy - Mixed Vegetables - Wheat Rolls - Fruit Crisp - Milk



Wed. May 31:
Svea Carlson, Dolly Lee

Thurs. June 1:
Rosann Burslie

Fri. June 2: Bristol Vettleson, Evonne Hartel, Wade Farrell, Christine (Lee) Weber, *Curtis & Kris Johnson

Sat. June 3:
Clayton Bartz, Elena Boianoff

Sun. June 4:
*Megan & Nicolai Sveen, Morgan Voxland

Mon. June 5:
Madisyn Norton

Tues. June 6:
Bernice Voxland, Theresa Agnes, Joanna Jore, *Albert & Karen Plante

son, not a problem," and "your condition does not define you" are best received when coming from people who have walked in those shoes and seen the world through those eyes.

If you think that joining a peer support group could benefit you or someone you care about, contact your local mental health provider or check online for groups that are available in your area.

If you would like additional support, I may be reached at gottahavehope38@gmail.com or by letter to 559 W Broadway St, Winona, MN 55987.



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

Wed. May 31: 8:30am Mass
Fri. June 2: 5:30pm Adoration and Benediction; 6:00pm Mass

Sun. June 4: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. June 7: 11:30am Mass at St. Mary's, Fosston
Fri. June 9: 8:00am Mass at St. Mary's, Fosston

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

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

Sun. June 11: 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**

Sun. June 4: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues. June 6: 10:00am. Sunday worship service telecast on GVTN--30

Wed. June 7: 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. June 4: 9:00am Worship
Sun, June 11: 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.

BUSINESS & PROFESSIONAL GUIDE

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"Serving the Win-E-Mac area"

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Growing plants to help bees and other pollinators

Pollinators help plants that bring us food and other resources. By carrying pollen from one plant to another, pollinators fertilize plants and allow them to make fruit or seeds. Pollinator health is critical to our food system and the diversity of life across the world.

Bees are one of the most well-known pollinators, but there are a variety of other pollinators including ants, flies, beetles, birds and more!

Each of us can contribute to pollinator friendly environments.

- Plant flowers with pollen and nectar.
- Create habitat and nesting sites for pollinators.
- Eliminate the use of pesticides that are dangerous to pollinators.

Pollinator gardens

A garden that is predominantly planted with flowering plants, trees, or shrubs that provide homes, pollen and nectar to a variety of pollinators.

Pollinator gardens often include an educational sign to help neighbors understand the benefits of leaving leaves, sticks, or “messy areas” in the garden to attract nesting bees. A pollinator garden can be any shape or size.

Nests for pollinators

Creating a healthy home for pollinators requires planning and maintenance of your landscape.

Growing plants like cone-flowers, milkweed, bee balm and other pollinator-friendly plants in your yard is a great start.

• Bee houses

About 80 percent of bee species nest in the ground. About 5 percent of bee species don't make nests, but take over the nests of others. The other 15 percent nest in cavities, using hollow plant stems or holes in wood.

A nesting bee will use mud, leaves or another material to build walls and divide the tunnel into a series of small, sealed cells. Each cell contains a lump of pollen and an egg, and the complete life cycle usually takes one year.

You can attract cavity-nesting bees by providing tunnels in a homemade bee house—like a bird house for bees.

Consider installing a bee house for native bees to nest in during the winter.

- Any time of year is fine for buying or building and installing a bee house.
- If you buy a commercially-available mason bee house:
 - It should be at least eight inches deep with removable or cleanable tunnels.
 - The bee house should be anchored on a tree, fence, deck or house.
 - Place in a spot where it is exposed to morning sun and afternoon shade.
 - Hang it away from vegetation.

▪ You can also make homemade bee houses out of blocks of wood drilled with holes.

◦ Clean them out every few years.

▪ Take the nest down and leave it down for a year so bees can emerge.

◦ Clean the house out the next fall and put it back up.

Artificial nests tend to support more non-native bees and parasites than natural nesting areas. It may be better to create a natural habitat for the bees, rather than a house, unless you are trying to study them.

• Natural habitats

▪ You can make your own natural habitat for stem nesting bees using the hollow stems of dead plants.

- The stems should be eight inches long.
- Tuck a bound bunch of

dead hollow stems in the crotch of a tree.

◦ Stems can also be left in the ground. Cut to five inches or more and leave in the garden for two years.

▪ Provide habitat for ground nesting bees by leaving some areas of bare ground, leaving leaves on the ground, and having a brush pile.

The risks of pesticides to pollinators

Pollinators may be exposed to pesticides in numerous ways, including direct contact with spray residue on plants, through ingestion of contaminated pollen and nectar, or through exposure to contaminated nesting sites or materials.

Direct contact occurs when pesticides land directly on pollinators. The risk of direct contact is highest when pesticides are applied on or near flowering plants, be they crops or weeds. Residue contact occurs when pollinators visit flowers or walk on leaves that have been previously treated with pesticides. Butterflies can be at risk of exposure when laying eggs on host plants that have been treated with pesticides. Solitary bees risk exposure when collecting plant material or soil used to construct nests. Wild bees often nest in areas between row crops, in brush piles, or overgrown areas at field edges.

Choose insecticides that are highly selective to a specific type of insect and so have low toxicity for others. Other characteristics of low impact pesticides are those that break down rapidly after application and therefore have minimal impact on pollinators and natural enemies. Using these products requires some knowledge about their relative toxicity to beneficial insects and leaf or flower injury.



MYSTERY TOOL - This metal tool is in the Centennial Building at the Polk County Historical Society Museum in Crookston. It is 21 inches long. “Master Rim Tool” is stamped on it. If anyone knows what it is or what it was used for, they can call the museum at 218-218-1038 and leave a message or email polkhistorical@gmail.com. The museum is open Tuesday through Sunday from noon to 4 p.m. Admission is free.

Pollinators are an important part of gardens

A thriving backyard garden requires homeowners to take steps to ensure the garden has the best environment in which to grow and thrive. The right tools and components, including trowels, rakes, soil, amendments, and fertilizer, can help gardeners create beautiful spaces. It's also important that pollinators are made to feel welcome in the garden.

The United States Department of Agriculture reports that one-third of all agricultural output depends on pollinators. The USDA notes that insects and other animal pollinators are vital to the production of healthy crops for food, fibers, edible oils, medicines, and other products. Pollinators also are essential for maintaining habitats and ecosystems that many wild animals rely on for food and shelter.

The U.S. Forest Service says that, without pollinators, the human race and all of the earth's terrestrial ecosystems would not survive. Pollination done the natural way often



yields large, flavorful fruits.

Pollinators are make-or-break components of large-scale agriculture, and they're just as important in private home gardens. The Pollinator Partnership, an organization that works to protect pollinators and their habitats across North America, says pollinators include bees, butterflies, beetles, birds, and bats. These animals travel from plant to plant carrying pollen on their bodies. The following are some ways to maintain healthy pollinator habitats.

- Consider the soil and types

of plants that will thrive in it before choosing what to plant. Fix drainage issues and plant with sunlight in mind.

▪ Vary the colors and shapes of plants to attract a greater array of pollinators. Plant flowers close to vegetable gardens to attract pollinators.

▪ Group plants together when planting to more effectively attract pollinators.

▪ Select plants that flower at different times of the year so that nectar and pollen sources are available year-round.

▪ Whenever possible, choose native plants.

▪ Avoid the use of pesticides.

▪ Provide a water source for pollinators, such as a shallow dish with stones half-submerged for perching.

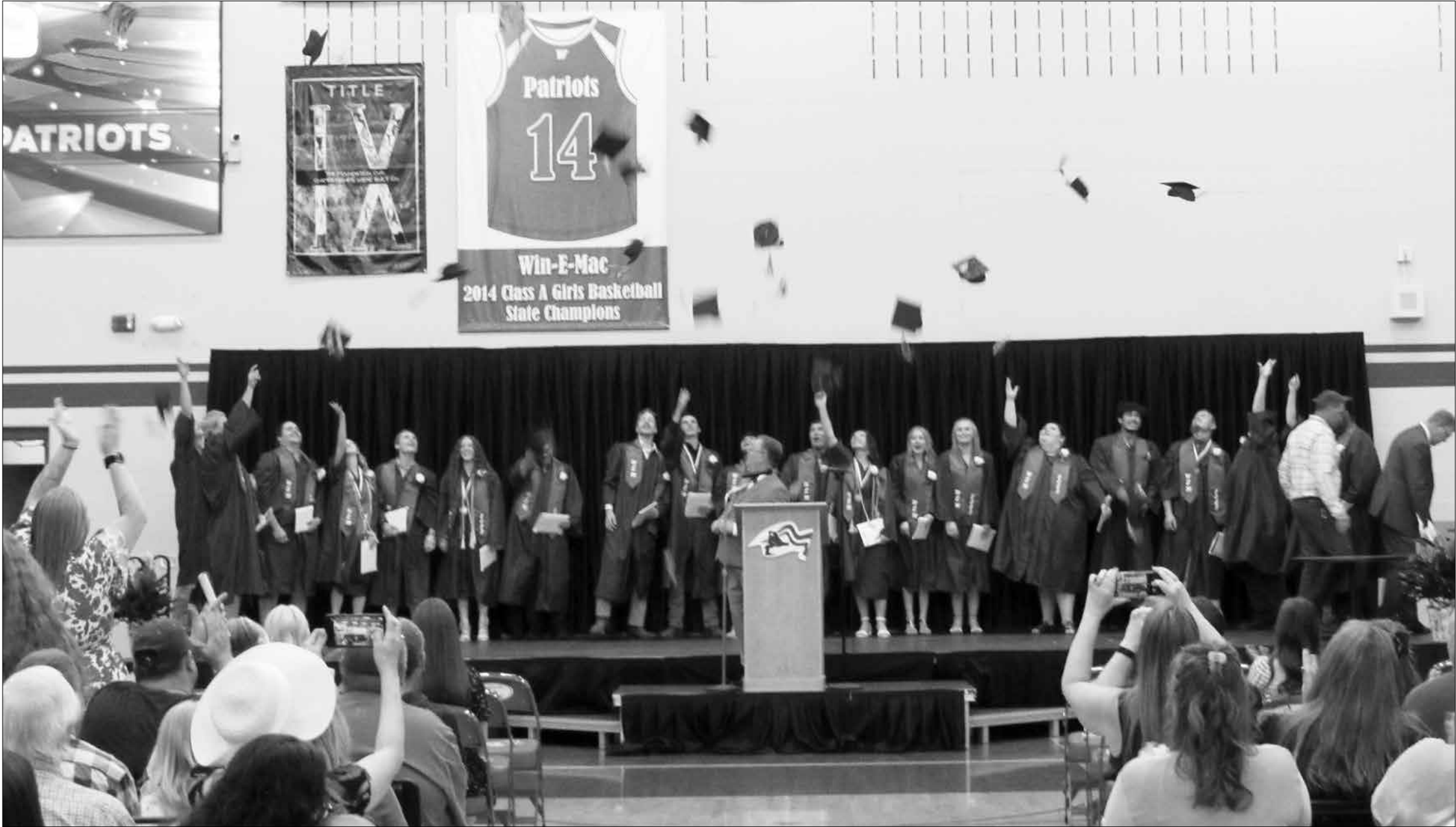
Pollinators are important for gardens, whether those gardens are commercial operations or small backyard plots. Allow pollinators to share spaces and be mindful of behaviors that can threaten their survival.



The Win-E-Mac Senior High School Choir performed during the Graduation Ceremony held at Win-E-Mac School last Saturday afternoon.



The Win-E-Mac Junior High and Senior High bands performed at the 2023 Win-E-Mac Graduation Ceremony held on Saturday, May 27th.



The 21 graduated seniors from Win-E-Mac High School celebrated their achievements on Saturday, May 27th, 2023.



Kallie Hand, the Class of 2023 Salutatorian and also the Co-President of the Win-E-Mac Student Council spoke to her classmates and the crowd during the 2023 Commencement Ceremony held at Win-E-Mac School on Saturday, May 27th.



Co-President of the Win-E-Mac Student Council, Vadim Kulikov gave the Welcome address during the 2023 High School Graduation Ceremony held on Saturday, May 27th at the Win-E-Mac School.



Win-E-Mac Math Teacher, Jessica Strom was the guest speaker chosen by the graduates to address the class, family and friends during the 2023 Graduation Ceremony.

6 ways to reduce your melanoma risk

Skin cancer is one of the most common cancers around the world. No one is immune to skin cancer, although those with lighter skin colors are at higher risk.

Melanoma is the most serious form of skin cancer, according to the Mayo Clinic. Melanoma develops in the cells that produce melanin. While the exact causes of melanoma aren't entirely clear, exposure

to ultraviolet radiation greatly increases risk of the disease.

Melanoma can develop anywhere on the body, but it is most commonly found on areas that have had significant exposure to the sun, such as the back, legs, arms, and face. It also can form in the eyes. The American Skin Cancer Society says that there is no definitive way to prevent melanoma, but the following are six ways in-

dividuals can lower their risk.

1. Limit UV exposure. The most important step to take is to protect yourself from UV rays, which includes both natural sunlight and light from tanning beds. Staying in the shade or indoors during peak hours of sunlight can limit UV exposure.

2. Use sunscreen every day. Choose a formula that will screen out both UVA and

UVB rays. Apply about two tablespoons of the product at each application. Reapply sunscreen every two hours, even more regularly if you will be swimming or sweating a lot.

3. Avoid sunlamps and tanning beds. Tanning beds and sunlamps are not safer forms of UV exposure. They provide more exposure to UV radiation over a shorter period of time, potentially making

them quite dangerous.

4. Schedule routine skin exams. Visit a dermatologist to get a full-body skin exam. A qualified doctor can identify moles or other skin abnormalities that may prove problematic. Always let a doctor know if moles change size or shape. Normal moles are generally a uniform color and shape. Unusual moles are asymmetrical in shape with color changes and irregular border.

5. Wear large or wrap-around sunglasses. These types of sunglasses will protect

the eyes and the sensitive skin around the eyes.

6. Learn your family history. Healthgrades says some types of melanoma cancer genes are passed from one generation to another. Find out if you can get gene testing if you have several family members with melanoma or a family member who had melanoma more than once.

Melanoma is a potentially life-threatening form of skin cancer, though there are various ways to reduce your risk for the disease.

Summer crafts families can enjoy together

Things seem to slow down in summer. Come summer, the hurried pace that dominates much of the year takes a backseat to vacations, lounging around the pool, diving through ocean waves, and setting up tents at campsites near or far.

When the weather is accommodating, there's a seemingly endless list of ways to enjoy time spent outdoors. But as everyone knows, Mother Nature tends to be a bit unpredictable during the hazy days of summer.

Thunderstorms can roll in quite suddenly, or rain may persist for a few days as the atmosphere attempts to right itself after an abundance of steamy days. Keep a list of craft ideas at the ready to make the most of time spent inside or out. The following are a few ideas.

• Friendship bracelets: There have been different iterations of friendship bracelets for every generation. With some general craft supplies, such as embroidery thread, beads, plastic lanyards, or other jewelry-making materials, kids can make and share a variety of friendship bracelets.

• Seashell creatures: At the next beach excursion, pick up differently shaped shells. They can be painted and glued together to resemble different animals or whatever designs one can imagine.

• Dreamcatchers: With some twigs, yarn and feathers,

crafters can make dreamcatchers to hang bedside.

• Sunprints: Check out the craft store for a special light-sensitive solution that can be painted onto thick craft paper. Set various natural items on top (such as fern boughs, shells, feathers, and more) and let the sun do its work. You'll ultimately be left with some beautiful silhouettes.

• Leather sewing kits: Evoke the feelings of summer camp right at home with leather sewing kits that enable everyone to make handcrafted leather wallets or small purses.

• Painted stones: Kids can have fun gathering smooth pebbles from trails or at the shores of lakes. They can be painted with various designs or sweet sentiments, only to be left around the neighborhood for others to discover.

• Sea glass jewelry: An adult can use a very thin drill bit to make holes in sea glass remnants that washed up on beaches. Feed through earring hooks or chains to create one-of-a-kind jewelry.

• Dyed shoes or accessories: Use commercially produced or homemade dyes made from teabags, berry juice, turmeric powder, or more to color certain items. Dress up canvas sneakers with summertime hues, or make colorful bandanas to help keep you cool.

Summer craft ideas abound to keep everyone entertained all season long.



Junior Attendees for the 2023 Win-E-Mac High School graduation were Kianna Tadman, Kyra Stuhaug, Ava Howard and Emily Strom.