



# McINTOSH Times

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McIntosh, Minnesota

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## It is Polk County Fair time!

Starting this Wednesday, July 5th through Sunday, July 9th, the Polk County Fair will be in full swing at the Fertile Fair Grounds.

The Polk County Fair has been entertaining families for over 120 years and this year will be no different. There are so many exciting events taking place at the fair this year.

On Wednesday, July 5th the fair kicks off with the Midway opening at 5:00 pm. There will be Open Class Judging of Agriculture and flowers happening at 7:00 pm along with the start of the Rodeo.

The Chocolate contest will be judged at 7:00 pm as well with entries due to the Hanson Free Stage by 6:30 pm.

There will be All-Star karaoke from 8:00 pm to 11:00 pm that is free for all ages.

Thursday, July 6th starts with Open Class judging.

The Midway opens at 4:00 pm and the Rodeo is at 7:00 pm.

The Polk County Fair Talent Contest will have singers, musicians, comedians, and entertainers of every age and their talents will be on stage at 7:00 pm on the Hanson Free Stage. There will be pre-teen, teen and adult divisions.

Friday, July 7th is Senior Citizens Day at the Fair! The Midway opens at 1:00 pm with a Kid's Petal Pull at 4:15 pm and at 6:30 pm Baja Racing will be taking place.

Hypnotist Kerry Sharp has a new show every time he takes the stage. He performs a comedy hypnosis show with

volunteers from the audience. They become the stars of the show. High-energy, hilarious, and always in good clean taste. The true magic of his show is seeing people experience the amazing side of their imagination. The sub-conscious mind is revealed in a powerful and entertaining way. Stop over at the Hanson Free Stage on Friday, July 7th at 2:30 pm and 4:30 pm and experience the power of suggestion.

The Looney Lutherans will have two shows on Friday, July 7 at 1:30 pm and 3:30 pm at the Hanson Free Stage. You don't have to be Lutheran to love them.

On Saturday, July 8th the day will start with a 5K walk/run at 9:00 am. Registration: 8:00 - 8:45 am on the fairgrounds near the Hanson Free Stage

The Midway will open at noon along with the ever popular Dock Dogs National Sportsmen's Series registration taking place.

There will be a Kiddie Livestock Show at 1:00 pm. Bingo at 2:00 pm at the Grandstand with \$1,000 in cash prizes. Advance tickets are sold throughout select Fertile businesses.

There will be several Dock

Dogs events throughout the day times on Saturday are 1:00 pm, 2:30 pm, and 4:30 pm.

State Championship Baja Racing starts at 6:30 pm. Blind Joe, a country music artist who gained fame on the television show "The Voice" will be per-

forming on the Hanson Free Stage on Saturday night starting a 7:00 pm

A church service will start the day on Sunday, July 9th.

Fair..

Continued on page 4 ...



Mya Strom and Henry Swanson in a recent Win-E-Mac Community Education production of "King Arthur's Quest" in conjunction with the Missoula Children's Theater.



Adler Stordahl as the young King Arthur in the recent production of "King Arthur's Quest" at Win-E-Mac School.

## Memorial Cruise In for Neil



There will be a Memorial Cruise to honor Neil Bursheim on Thursday, July 14th from 5:00 pm to 7:00 pm downtown in front of Neil's Quality Meats & More. The 2nd Annual Cruise in will be a time to share memories, enjoy music, shopping, food and fun.

Come and spend an evening enjoying one of Neil's favorite hobbies.

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## Youth Fishing Day is July 15th at Rydell National Wildlife Refuge

Rydell National Wildlife Refuge (NWR) and the Friends of Rydell and Glacial Ridge Refuges Association will be hosting their 6th Annual Youth Fishing Day at Rydell NWR on Saturday, July 15th, from 9:00 am - 1:00 pm.

This free event is targeted towards youth age 15 or younger. Anglers age 16 and older must possess a valid Minnesota DNR fishing license to fish on the Refuge. A limited amount of fishing tackle (rods and reels) will be available, or youth anglers are welcome to bring their own.

Bait will be provided, free of charge. The fish won't be the only ones eating for free - lunch will be provided for all participants.

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



Other surprise prizes will be awarded to participants as well!

Fishing within Rydell NWR is only allowed from shore on the west end of Tamarac Lake. Special vehicle access will be provided during this event to what is normally a hike-in/bike-in only fishing area. So far this summer, the bluegills and large-mouth bass have been plentiful and hungry on Tamarac Lake.

Participants will be

checked-in and given more detailed event information when they arrive at the main (east) Rydell entrance Saturday morning. Rydell NWR is located 3 miles south of Highway 2, between Mentor and Erskine, at 17788 349th St SE.

For more information, please contact Gregg Knutsen, Refuge Manager, at 218-686-4329 / gregg\_knutsen@fws.gov or Denali Johnson, Visitor Services Intern, at 218-687-2229 x31478 (Visitor Center).



The McIntosh water tower update has been completed on the inside, and the outside received a facelift. Photo shot with a drone by Philip Lee.

## Polk County Opioid Settlement Advisory Council releasing community input survey

The Polk County Opioid Settlement Advisory Council is excited to announce the launch of our new Community Input Survey, open from now through July 21st.

People 18 years of age or older who work, live, or attend school in Polk County can complete our Community Input Survey to inform local planning efforts for the opioid settlement funds. This is the first major opportunity for people across our county to provide their insights and expertise on how our opioid settlement

dollars should be spent. Find more information and take the survey here: <https://bit.ly/pco-sac>

We need your help! Please help us by completing the survey and sharing it with others. We especially want to hear from:

People with experience related to the overdose crisis (examples: people who use drugs, people with substance use disorders, people in recovery)

Family members or those close to people incarcerated for drug offenses or who have had

a loved one experience overdose due to opioid use disorder

Communities that have been disproportionately impacted by the opioid crisis (examples: communities of color, indigenous communities, LG-BTQIA+ communities)

If you work directly with these populations, we would greatly appreciate your assistance with providing this survey. Please reach out to Polk County Public Health with any feedback or opportunities to coordinate.



Five years ago, Nicole Cook, along with the help of her husband, Aaron and her friends and family expanded her daycare to the City of McIntosh and opened up The Clubhouse Childcare Center in the former VFW building behind Cenex. Realizing her dream and providing a much needed service to our community, Nicole had transformed the Center into a family who is involved with the community. She, and her staff, have given all the kids who attend a fabulous start to life. Congratulations to The Clubhouse Childcare Center and Nicole on your 5 year birthday!

## Berries for a taste of summer

Ready to enjoy a fresh baked raspberry muffin with your morning coffee? Dreaming of blueberry pie? Blueberries and raspberries will start being ripe in July!

When picking your own, be sure to call farms in advance before visiting to confirm hours and availability, and don't forget to bring a hat, sunscreen, and water bottle to ensure a fun and safe experience. Pre-picked berries can also be found at many farmers' markets, but go early because these popular treats can sell out fast!

**Fresh Raspberry Streusel Muffins**  
Recipe Shared by Minnesota Grown member, Afton Apple Orchard.

**Ingredients**  
2 1/2 cups all purpose flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 1/3 cup sugar  
1 Tablespoon finely shredded lemon peel  
1 egg  
1 cup buttermilk  
1/2 cup melted butter or margarine  
1 Tablespoons lemon juice  
1 1/2 cups (about 6 oz) whole frozen raspberries - do not thaw

1 Tablespoon flour  
**Streusel Topping**  
1/4 cup melted butter or margarine  
1/2 cup all purpose flour  
2 Tablespoons sugar  
1 1/2 teaspoons finely shredded lemon peel



### Directions

Adjust oven rack to middle position and preheat oven to 400°. Stir all streusel ingredients together to form soft, crumbly dough. Set aside.

Whisk dry muffin ingredients and lemon peel together. In a separate bowl, combine all liquid ingredients. Add in dry ingredients and stir until almost fully incorporated. Toss frozen raspberries with flour to coat, then gently fold into dough, handling only enough to incorporate berries.

Using paper muffin cup liners, fill each cup until 1/4" from top. Crumble streusel topping over each.

Bake for 15 minutes, then reduce heat to 350° and bake for another 10 minutes, or until lightly browned and muffin springs back when pressed lightly with fingertip.

### Contest-Winning Fresh Blueberry Pie Ingredients

1 sheet refrigerated pie crust  
3/4 cup sugar  
3 tablespoons cornstarch  
1/8 teaspoon salt  
1/4 cup cold water  
5 cups fresh blueberries, divided

1 tablespoon butter  
1 tablespoon lemon juice

### Directions

Preheat oven to 425°. On a floured surface, roll dough to fit a 9-in. pie plate. Trim and flute edge. Refrigerate 30 minutes. Line crust with a double thickness of foil. Fill with pie weights. Bake on a lower oven rack until golden brown, 20-25 minutes. Remove foil and weights; bake until bottom is golden brown, 3-6 minutes. Cool on a wire rack.

In a saucepan over medium



**Happy 70th Birthday Grandpa and 50th Wedding Anniversary Russ and Becki Haugen**  
Love, your family

## PERPETUAL "STUFF" SALE

in progress at  
34305 Oak Lake Circle S.E., Erskine, MN.  
as we continue to downsize for our next life phase. Items are available for purchase during most days. If the cargo trailer is open, stop and see what we have. During the month of July, all proceeds from our sale will be donated to the North Country Food Bank. Questions? Call 218-791-0147.

heat, combine sugar, cornstarch, salt and water until smooth. Add 3 cups blueberries. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly.

Remove from the heat. Add butter, lemon juice and remaining 2 cups berries; stir until butter is melted. Cool. Pour into crust. Refrigerate until serving.

### How do you know when blueberry pie is done?

For blueberry pies baked in the oven, you can tell when the pie is done when the crust is golden brown and the filling is bubbling.

## Free vision screening at the fair

Children's free vision screenings will be available at the Polk County Fair on Saturday, July 8, from 10 a.m. to 2 p.m. The tent for no touch screening will be in the children's play area next to the Industrial Building. Screening is intended to detect early vision irregularities so children can be referred to professionals. KidSight is sponsored by the Fertile Lions Club.

**LSS Meals Menu**  
687-2262

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

**Mon. July 10 :** Parmesan Chicken - Green Beans - Fruit Cocktail - Breadsticks - Rhubarb Sauce - Milk

**Tues. July 11 \*Bingo\*** Baked Ham - Pasta Salad - Corn - Canteloupe - Rolls - Crazy Chocolate Cake - Milk

**Wed. July 12:** Sweet - n - Sour Meatballs - Rice Pilaf - Carrots - Wheat Bread - Rice Krispie Bars - Milk

**Thur. July 13: \*Bingo\*** Tator Tot Hotdish - Mixed Vegetables - Peaches - Wheat Rolls - Banana Bars - Milk

**Fri. July 14:** Turkey Gravy over Mashed Potatoes - Peas & Carrots - Wheat Rolls - Fruit Crisp - Milk



Community Birthday and Anniversary Calendar

**Wed. July 5:** Ron Roed

**Thurs. July 6:** Timothy Perreault, Ella Strom

**Fri. July 7:** Karol Langemo, Macy Carlson

**Sat. July 8:** Devra Carlson, Colleen Borud, Macey Lee

**Sun. July 9:** Virgil Lorfald, \*Cameron & Christy Burslie

**Mon. July 10:** Natalie Smith, Kyle Jore, Bryan Paskvan, Mason Rominski

**Tues. July 11:** Amelia Vigoren, Preston Lecy

**McINTOSH Times**

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Grace Community Food Shelf News

Grace Community Food Shelf Advisory Board Meeting will be held on Monday, July 17th at 7:00 pm. At Grace Lutheran Church in Erskine. The public is invited to attend this meeting.



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

Fri. July 7: 5:30pm Adoration & Benediction; 6:00pm Mass at St. Mary's, Fosston  
Sun, July 9: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley  
Wed. July 12: 5:30pm Mass at Lengby Lake - Joint Parish Potluck

Fri. July 14: 8:30am Mass at St. Mary's, Fosston  
Sun, July 16: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley  
Wed. July 19: 11:30am Mass at St. Mary's, Fosston  
Fri. July 21: 8:30am Mass at St. Mary's, Fosston  
Sun, July 23: 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. July 9: 10:00am Coffee Hour; 10:30am Worship Services

Sun. July 16: 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**  
9:30am Mt Carmel  
11:00 am Trinity

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

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

Tues, July 11: 10:00am. Sunday worship service telecast on GVTV--30

Wed, July 12: 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  
Pastor Lee Laaveg

Sun. July 9: 9:00am Worship  
Sun, July 16: 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: 10:30am Coffee Fellowship; 11:00am Worship

**GRACE LUTHERAN CHURCH-NALC**  
Erskine  
Rev. Pam Thorson

Sundays: 9:00am Worship  
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.

## One free CPR class could help you save a life

Did you know that 7 out of 10 cardiac arrests that happen outside of hospitals each year happen at home? Unfortunately, according to the Centers for Disease Control and Prevention (CDC), about half of those people do not get the help they need from others in the home before an ambulance arrives. Nine out of 10 people who have cardiac arrest outside the hospital die. However, CPR (cardiopulmonary resuscitation) can help improve those odds. CPR can double or triple a person's chance of survival if performed in the first few minutes of cardiac arrest.

You do not need a special certification to perform CPR, but you do need education. RiverView Health can provide that education free of charge, thanks to the financial sponsorship of the Crookston American Legion Post 20. Hundreds of community members have gained CPR knowledge free of charge over the last several decades by attending a one-time course.

"RiverView Training Center's goal is to help people learn to help others," shared Wendy Oanes, training coordinator. "CPR is one of those skills that can change the outcome for someone when their heart stops. With the American Legion's donations, we are slowing getting that knowledge out to more people in our community. The more people that know CPR the greater a chance to save a life."

RiverView's Friends and Family class covers what to do if someone's heart stops beating. In the course, you will learn

- Adult CPR and AED (automated external defibrillator): Hands-Only CPR and CPR with Breaths
- Choking in Adults
- Child CPR and AED: Compressions and Breaths
- Choking in Children
- Infant CPR: Compressions and Breaths
- Choking in Infants

**Hands-Only CPR**  
When most people think of CPR, they think of mouth-to-mouth. But according to the American Heart Association (AHA), hands-only CPR is "as effective in the first few minutes as conventional CPR for cardiac arrest at home, at work, or in public." Hands-only CPR refers to continuous chest compressions without rescue breaths. The purpose of hands-only CPR is to get blood pumping through the victim's body until paramedics arrive on the scene and perform more advanced life support.



The CDC recommends the following two steps if someone near you goes into cardiac arrest:

Call 9-1-1 right away. If another bystander is nearby, save time by asking that person to call 9-1-1 and look for an AED while you begin CPR. AEDs are portable machines that can electrically shock the heart and cause it to start beating again.

Give CPR. Push down hard and fast in the center of the chest at a rate of 100 to 120 pushes a minute. Let the chest come back up to its normal position after each push. The American Heart Association recommends timing your pushes to the beat of the song "Stayin' Alive." Continue giving CPR until medical professionals arrive or until a person with formal CPR training can take over.

### Certification Available

For those needing certification, RiverView offers a monthly HeartSaver CPR AED class. The course costs \$50 and includes the HeartSaver CPR AED eCard and book. The participant must complete a test at the end of the session.

All classes are held in the RiverView Home Care Building (721 S. Minnesota Street, Crookston) on the second Thursday of each month from

## 100 Years Ago This Month: July 1923

The month of July has been home to many historical events over the years. Here's a look at some that helped to shape the world in July 1923.

• **Roughly 20,000 people attend a July 4th boxing match** between champion Jack Dempsey and challenger Tommy Gibbons in the small Montana oil town of Shelby. Estimates indicated only around 35 percent of those in attendance paid to see the bout, which proved to be a financial punch to the gut for the promoters.

• **The Cleveland Indians set an American League record on July 7th** by scoring in every inning of a game they eventually win 27-3. The offensive onslaught includes a 13-run inning in which all 13 runs are charged to Boston Red Sox pitcher Francis "Lefty" O'Doul.

• **On July 9th, U.S. Army Lieutenant Russell Maughan lands his plane in a cow pasture in St. Joseph, Missouri, marking an end to his first attempt to make a dawn-to-dusk transcontinental flight across**

6-10 pm. Registration is required, and payment for the HeartSaver class must be made during registration. To register or for more information, call 281-9405. No walk-ins will be accepted.

RiverView offers these classes as part of its AHA Community Training Center. Contracted Community Training Centers, like RiverView, are the only sites permitted to offer AHA classes to the public and professionals through

## "Music on the Porch" features Dan Rodriguez

Singer/songwriter Dan Rodriguez makes a third concert appearance in Fosston with a live outdoor concert on July 6th. He will perform at the "Music on the Porch" outdoor concert held at the East Polk Heritage Center grounds on Highway 2 in Fosston. The event is sponsored by the Fosston Community Library & Arts Association and starts at 7:00 PM. There is no admission charge.

Rodriguez describes himself as "...a whiskey and beer drinking, fishing and hunting, motorcycle riding, quality food eating, hippie sympathizing, people loving, husband and father who lives north of the Twin Cities. After moving from Detroit at age 18 to Minneapolis, he has made music his trade and is passionate about

their affiliated instructors and programs.

The AHA is not responsible for any fees for these classes. The AHA strongly promotes knowledge and proficiency in all AHA classes and has developed instructional materials. Using these materials in an educational course does not represent sponsorship by the AHA. Fees charged for a class, except for a portion for AHA materials, do not represent income to the AHA.



performing it for people.

Rodriguez performed in Fosston in October 2021 and December 2022 with his wife Megan. FCLAA is thrilled to bring Dan back as part of its 3rd Annual Music on the Porch concert series. Bring your lawn chair and enjoy a great evening of music and entertainment.

the United States. Maughan made a second unsuccessful attempt 10 days later.

• **Harry Frazee, perhaps best known as the owner of the Boston Red Sox** who traded Babe Ruth to the New York Yankees, thus beginning the alleged Curse of the Bambino, sells the team for \$1.25 million on July 11th.

• **The Hollywood Sign** is officially dedicated on July 13th.

• **Retired Mexican guerrilla leader Pancho Villa** is shot dead alongside many members of his entourage on July 20th. Reports at the time suggest the assassination is retaliation for executions Villa had ordered during the Mexican Revolution.

• **On July 22nd, the American oil tanker SS Swiftstar explodes and sinks** after passing through the Panama Canal. Investigators later conclude a bolt of lightning had hit the tanker and caused the explosion.

• The Treaty of Lausanne is

signed on July 24 in Switzerland. The treaty formally ends hostilities between the Allies and the Ottoman Empire.

• **On July 29th, Italian Prime Minister Benito Mussolini** receives tens of thousands of missives from people across Italy wishing him a happy fortieth birthday.



### DNR live view

You can watch a live view of a mallard duck nest with soon-to-hatch eggs on the DNR Window on Wildlife! The nesting structure on camera is located in a pond at the Lake Sallie Aquatic Management Area, which is where the Detroit Lakes DNR office is located.

Watch here: <https://www.dnr.state.mn.us/wildlife/window-wildlife.html> Don't miss it!

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## Former MN Governor launches series of forums detailing threats to MN water

*Arne Carlson says threat is real and time is no longer an ally.*

"Change is coming much faster than anyone anticipated"

In the first of what will be a series of forums across Minnesota, former governor Arne Carlson sounded an alarm about the future safety and supply of fresh water in Minnesota. "Government overall is very, very unprepared for the water crisis in our country and our state," Carlson said, in opening the online forum that focused on two proposed mining projects near Tamarack and Emily in the lakes area of central Minnesota.

Representatives of the Tamarack Water Alliance and the Emily Mine Information Group participated in the online forum along with a former state legislator, a mining engineer and a market research professional.

The representatives of the two citizen groups and the mining engineer outlined the dangers and threats they believe will occur from the mining of nickel and manganese in their region to lakes, wells, the Pine River Watershed and the Mississippi River. Exploration at both locations has already begun while the State of Minnesota considers leases that would allow actual mining to begin.

At a state level, Governor Tim Walz has indicated he would favor a moratorium on all new mining until current mining laws have been updated. Recently, 17 Minnesota state senators have indicated they also support a mining moratorium. "Once the waters are polluted, it's too late," said Carlson. A moratorium, he said, will allow time to reform current law and "identify the types of concerns that are

going to be putting all of the drinking waters at risk."

During the almost two-hour forum, the group also discussed the actions of local officials who have been hesitant to engage in any decision-making that would jeopardize any possible economic expansion brought about by new mining ventures. As one panel member said, "You'd like to think of them as a backstop. They aren't. They're more green light than red light."

The issue of public accountability also surfaced during a brief discussion of an investigation undertaken by the Minnesota Attorney General's office into the actions of Crow Wing Power detailed in a series of news articles in statewide media.

Carlson began his planned statewide meetings with the representatives from Aitkin and Crow Wing County partly because of federal action that could see millions of dollars pour into the region as an investment in an extraction-based strategy for transitioning to electric vehicles.

As one of the group representatives noted, "They're using the climate crisis to justify a renewed push for domestic mines. They want supply chains to be domesticated as much as possible. Talon Metals and Rio Tinto (two of the mining companies engaged in the exploration) are aligning themselves with the Democrats, with people who support climate and clean energy policy, as a way to justify their mines."

Shortly after the conclusion of the Carlson water forum, Talon Metals Corp. filed papers with Minnesota regulators to launch the environmental review process for its proposed underground nickel mine near the Tamarack, which would

supply nickel to Tesla for electric car batteries.

As the Associated Press reported, the Department of Energy has already given the project a \$114 million grant to build an ore processing plant in North Dakota, part of the Biden administration's efforts to boost domestic production of nickel, lithium and other toxic metals needed for electric vehicles and the fight against climate change.

That funding contrasts with the administration's efforts to kill another proposed mining project in northern Minnesota, the Twin Metals copper-nickel mine near Ely, which is just upstream from the Boundary Waters Canoe Area wilderness. And the federal government in early June raised a new obstacle to the separate NewRange Copper Nickel mine near Babbitt when the Army Corps of Engineers revoked a crucial water quality permit.

In ending this first water forum, Carlson noted that "all drinking water in Minnesota, without exception, is in peril. I don't think we realize how deep this problem is and how it's rooted in money."

"Money is the biggest obstacle we have," Carlson claimed, referring to the corporate and special interest money that funds political campaigns at both local and state levels. "I can guarantee you one thing," Carlson noted.

"In the 2024 elections there will not be a single legislator, not one, that will come and say 'Elect me and I'm going to give my vote to special interests.' Our job is to make sure we pin them to their promises."

Additional forums on Minnesota's water supply and the dangers confronting it are being planned and will be announced as plans are finalized.

## Mosquitos, oh my!

If you've spent any time at all outside this summer, you are aware of the sudden mass influx of mosquitos. These pesky bugs are not only irritating, but they can also spread disease causing organisms to humans and animals.

West Nile Virus is a mosquito born virus that can cause encephalitis in humans and horses. Mosquitos are also responsible for transmitting heartworm to dogs.

**Here are some ways to control mosquitos around your home and yard:**

Reduce standing water that provides breeding sites. Eliminate containers such as old tires, buckets, cans and bottles that collect and hold rainwater and become good breeding sites for mosquitos. Drain water from flower pots, bird baths, rain gutters, rain barrels, pet dishes, wading pools, livestock watering troughs, etc. at least once a week. If this is not possible, then apply a small amount

of vegetable oil on the water's surface (this will suffocate any larvae in the water).

To reduce adult populations, mow tall grass or reduce the amount of brush and other foliage in your area to reduce the resting sites for adult mosquitos.

For temporary relief in yards or high traffic areas, use fog treatments or surface treatments of insecticides that are labeled for that use and apply them following directions on the product label.

**Avoid contact with mosquitos:**

Use screening in your homes and pet kennels. Keep the screens in good repair and be sure that they seal around the frames of the door or window.

Schedule outdoor activities during times when mosquitos are not active. Mosquito are most active at dawn and dusk.

Wear long, loose-fitting clothing to avoid mosquito

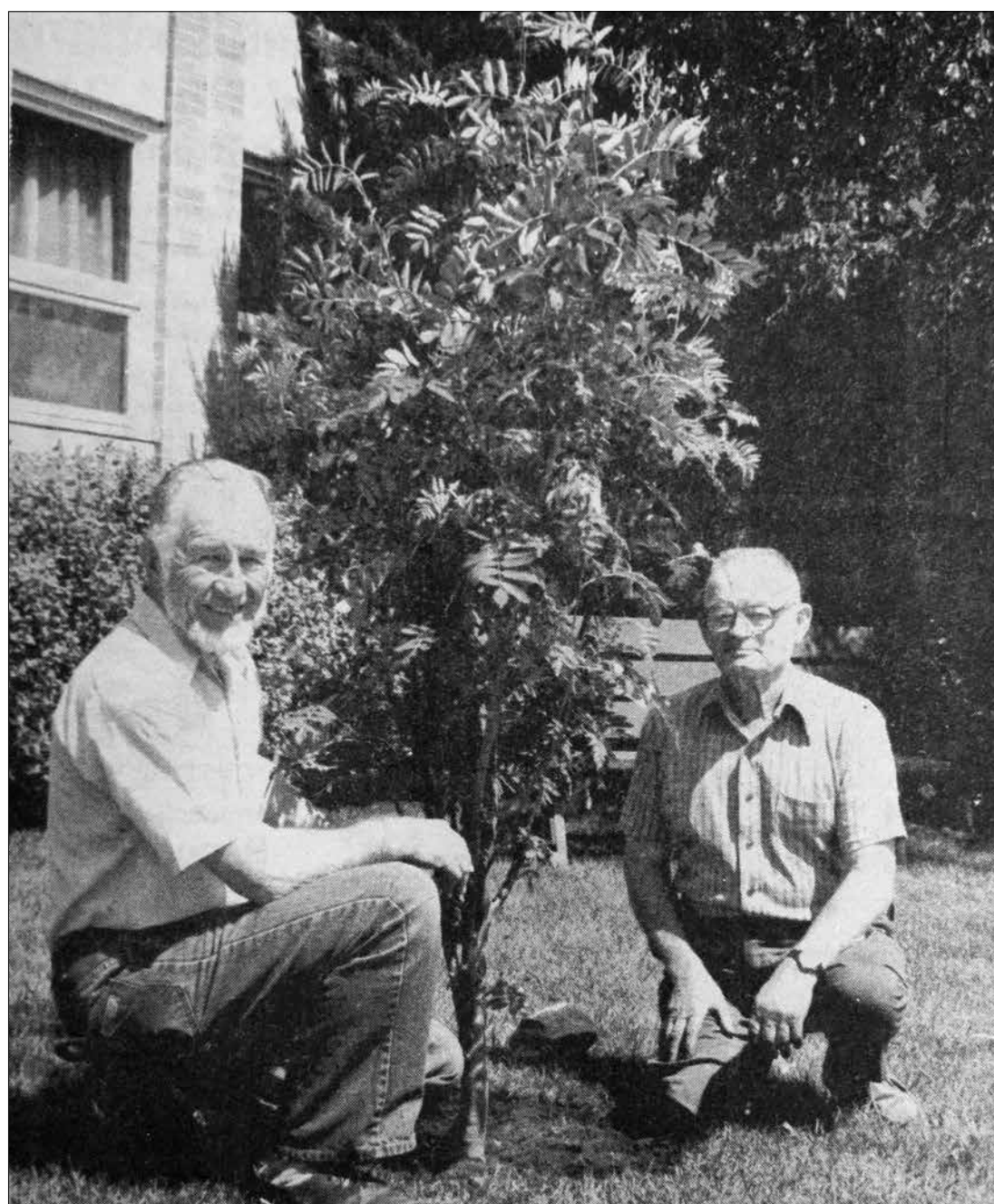
bites. Use head nets when mosquitos are very abundant.

Use repellents in a mosquito infested location. DEET (N, N-diethyl-meta-toluidine) is the most effective. Apply DEET to clothes or skin but only enough to lightly cover the desired areas. Do not over apply repellents! Do not treat children with a product containing more than 15% DEET. Always read product information thoroughly before using.

Leave yard lights off when possible to avoid attracting them unnecessarily. Fluorescent or incandescent lights are more attractive to mosquitos. Replace them with sodium lights, which are less attractive.

Protect your pets with drugs that eliminate heartworm. Consult your veterinarian for your best options.

Natural predators of mosquitos include: bats, dragonflies, damselflies, frogs and toads and purple martins.



40 years ago...1983: Harley Shurson, chairman of the McIntosh Model Garden State Horticultural project is seen accepting a special 'Fertile Mountain Ash' tree from Melvin Bergerson at his nursery in Fertile. The tree is planted in the front of the McIntosh City Hall lawn and should reach a 20 foot height. It was recently discovered after having been sold 25 years ago as a plain Mountain Ash.



30 years ago...1993: The Winger American Legion boys baseball team has begun its summer schedule. Boys from the towns of Mentor, Erskine, McIntosh and Winger have blended to make a team of boys aged thirteen to eighteen. They are: (back) Matthew Stennes, Scott Kaupang, Shaun Bruggerman, Erik Hamre, Casey Sannes, Jessie Hickman; (middle) Chris Nephew, Ryan Benbo, Scott Brumwell, Nathan Tangen, Jay Mahlen, Jerrod Hoass; (front) Nicholas Defrang (bat boy), Russell Johnson, Jason Renna, Robert Carlson, Michael Brumwell, and Nate Johnson (bat boy). Coaches for the team are Merlin Stone and David Defrang. Team manager is Dale Hickman.



20 years ago...2003: Four Win-E-Mac baseball players were recently named to the All-West Sub-Section 8A Baseball Team for 2003. (Back, l-r) Tyler Burslie (sophomore shortstop, second base, outfielder and catcher), Eric Hoffmann (Senior outfielder and pitcher), Justin Moran (Junior outfielder and pitcher), and Dustin Vedbraaten (Junior outfielder and pitcher). Two Patriots were named Honorable Mention: (front) Mike Bolz (Senior first base) and Ben Theis (Freshman Catcher and outfielder).



10 years ago...2013: Gene Haugom was the leader of the pack to start off the 6th Annual Antique Tractor parade on Saturday, July 13, 2013 down the streets of McIntosh.

**School Year**

Hope everyone is enjoying exciting times with relatives and children. The school is committed to education, child-care and recreational programming throughout the summer. Please be cautious of students running in the parking lots and around the school buildings outside.

We have just finished repaving the parking lots and entrances into the school so speed will be noticed. Speed bumps have been placed on the drives into school to minimize the speed.

The next small project this summer will be replacing portions of the cement sidewalk near the main entrance of the school. This will happen later in July. We will also be doing some excavation near the school and playground area for better water drainage.

**ECFE**

DeAnn Boe serves as our ECFE Coordinator to lead our program. She plans to host Tuesday evening classes for our little ones and parents. Look for advertising of program details on our website and local media channels of communication.

**School Updates**

Our digital score boards are state of the art, displaying advertising, scores, school videos. Donations from Local Banks, Legion and businesses have assisted the school in the investment. The boards have been installed using Snustad dollars, Donations and technology CD interest dollars. Digital Electronics came with a school curriculum which has been used in our media classes for local advertising. The enhanced view will be updated



at each activity with current information and advertising from our local sponsors. If you are interested in a display, please call the school for more information. This year will be the first year Shot Clocks will be required for BB games. Our old score board could not be retrofitted for this requirement, so this was the reason to replace the board.

**Free Breakfast & Lunch**

During the summer months Win-E-Mac School will be serving free Breakfast and free Lunch from for all school aged children. Adults will be charged for meals. If students want to participate regularly, please call the school and give the office the names of students participating. This program will be available all summer through August 25, 2023. This is open to any or all students.

Parents will still need to fill out the Free and Reduced Lunch applications on-line or paper copies again this year even though all students will eat a free breakfast and lunch during the school year. This

will be a huge change for all families attending our Minnesota schools. These applications help the school district will State Aids and Technology infrastructure.

**Important Immunizations**

Now is the time to prepare for student immunizations for the next school year. Do not wait until the last minute because state law does not allow a student to attend a Minnesota school, until their immunizations are up to date. According to Minnesota's School Immunization laws, a child entering Kindergarten should have dates for the following vaccines; 5 (DTaP/DTP) Diphtheria-Tetanus-Pertussis, 4 (IPV) Polio, 3 (Hep B) Hepatitis B, 2 (MMR) Measles-Mumps-Rubella, 2 Varicella (chickenpox) 1(Tdap booster-7th grade only) and 2 Meningococcal (MCV) first dose at 7th grade, second generally at age 16 . Win-E-Mac School along with all schools in Minnesota is required to make sure all students meet the criteria for immunization certification in Minnesota schools. If a parent has a question about immunizations, please call the school district. In order to remain in school, your student is required to be in compliance.

**Para-Professionals**

If you would like to earn a great wage during the school year, we need you to work with students. This is open for both male and females who have the interest in our group. We can train and assist you with the duties and requirements to be a great Para. Please fill out an application online or call the school at 218-563-2900 for more information.

**Essentia Health encourages well-child/teen visits as part of back-to-school**

In preparation for the 2023-24 school year, Essentia Health encourages scheduling a well-child/teen visit, one of the best ways to ensure your child is healthy and thriving.

Well-child/teen visits are a great opportunity to review your child's health in all areas – growth, cognitive and social development, illness prevention, mental health and more.

"Summer is a great time for a well-child/teen visit, sports physicals and immunizations," said Dr. Michelle Thieman, family medicine provider at Essentia.

"It's an excellent opportunity to ensure your child is healthy going into the school year. We love seeing children for their well-child visit as it's the perfect chance for us to engage them in their own health and well-being, and answer questions that they and parents may have."

These visits are for anyone from birth to age 21 and are

recommended annually. At a well-child/teen visit, your pediatrician or primary care provider will:

- Conduct a comprehensive physical exam.
  - Take measurements like height and weight.
  - Screen for any mental health concerns, such as anxiety and depression.
  - Update all immunizations or vaccinations, including for HPV, meningitis and COVID-19.
  - Talk about illness prevention, nutrition, physical fitness and other applicable health-related issues.
  - When it's age-appropriate, subjects like substance abuse, proper dieting and sexual health also are discussed at well-child/teen visits.
- A sports physical, also known as a preparticipation physical examination (PPE), can also be completed as part of a well-child/teen visit. It is recommended that your child

have their physical at least six weeks before their sports season begins so there is enough time to follow up on something if necessary.

Visit Essentia's well-child/teen visit page for more information, including a list of the top questions to ask your child's provider.

You can schedule these visits directly through your pediatrician or family medicine provider. You can also schedule by calling (844) 663-1068, online through EssentiaHealth.org or through the Essentia MyChart patient portal.

Many insurance companies cover one well-child/teen visit per year; contact yours to check on coverage.

If you are interested only in completing sports physical forms, please contact your local clinic to make an appointment or to see if they have any upcoming sports physical sessions.

**Potential dangers of mixing herbal and prescription meds**

Medications improve the lives of billions of people across the globe every day. Without access to medication, millions would die while countless others would experience a dramatic decline in their quality of life.

Though there's no denying the positive effects of medication, the efficacy of herbal supplements and prescription drugs does not mean each are risk-free. Risks may even be compounded when individuals take herbal supplements and prescription medications concurrently. According to the Mayo Clinic, herbal supplements do not always interact well with prescription medications. For example, herbal supplements can interact with medicines utilized to treat issues affected the heart and blood vessels. That includes conditions like high blood pressure, which estimates from the World Health Organization indicate affects nearly 1.3 billion adults between the ages of 30 and 79.

Mixing medications has always been risky, but a growing reliance on herbal medicines has potentially elevated that risk. That's perhaps due to per-



ceptions of herbal supplements as wholly natural, leading some to conclude that a substance that's wholly natural cannot jeopardize the human body. However, an analysis published in the British Journal of Clinical Pharmacology detailed more than a dozen instances of adverse drug reactions affecting individuals who took herbal medicines alongside various prescription medications. The medications taken, some of which were antidepressants, were prescribed to treat various conditions, including HIV, epilepsy and heart disease.

The potential dangers of mixing herbal and prescription medications underscore the need to engage in honest and open discussions with a physician before taking any herbal or prescription medications. Individuals currently taking a prescription medication

should consult with their physician before taking any herbal supplements, while those who take herbal medicines and supplements should bring that up with their physicians if they are prescribed a new medication.

What are some symptoms of herbal and prescription interactions?

The Mayo Clinic notes that a fast heartbeat and changes in blood pressure are two indicators of drug interactions. But many additional side effects can indicate a potentially dangerous or unhealthy interaction is taking place. For example, the U.S. Food and Drug Administration notes that increased dryness or irritation of skin when taking more than one topical acne drug at the same time indicates an unhealthy interaction is taking place.

Herbal and prescription medication interactions can be dangerous. Individuals are urged to contact their physicians before combining medications and to bring up their existing medication regimen whenever they are issued a new prescription.

**How to: Preserve strawberries**

By Miranda Hillukka, Nouthen Berries.

**Purchasing Strawberries**

Nothing can compare to a freshly picked, red, sweet, juicy Minnesota-grown strawberry. Minnesota-grown strawberries can be purchased directly from the farm or at the local farmers markets. Many of the strawberry farms throughout the state offer u-pick and pre-picked strawberries. Use the Minnesota Grown printed or online directory to find a strawberry farm near you.

U-pick strawberries are typically sold by the pound whereas a quart or a flat of strawberries are sold by the unit. A quart of freshly picked strawberries can surely disappear fast and can be enjoyed fresh on yogurt or ice cream or made into a smoothie or baked in a pie. Others like to serve them with whipped cream on, waffles, pancakes, crepes, strawberry shortcake, or with angel food cake. As one u-picker tells his mom, "These are so good, [that] you don't even need to dip them in sugar."

**Preserving Strawberries**

With the short three week June-bearing season one might wonder how they can save this goodness. Purchasing strawberries in bulk either u-pick or by the flat is usually a cost-effective way to purchase strawberries. When purchasing in bulk it is good to remember that the shelf life of farm fresh strawberries is approximately three days, which is much shorter than store bought strawberries from other areas of the US. There are a variety of ways to preserve strawberries including freezing and processing into jam. Freezing is a quicker method of preserving when compared to making jam. Frozen strawberries can be enjoyed in yogurt, smoothies, and milk shakes.

**Freezer Jam**

There are two types of homemade strawberry jam: freezer jam and shelf stable jam. Freezer jam is an easier no-cook method that doesn't require the hot water bath or sealing for preservation. Freezer jam can be stored in plastic containers; however, this jam is not shelf stable and needs to be stored in the freezer before use. Freezer jam is typically thinner than shelf stable jam.

**Shelf stable Jam**

Canning shelf stable jam is more complex than freezer jam. It requires glass jars and a water bath sealing method. Once the jars have sealed the jam is shelf stable. This jam is thicker than freezer jam, but typically runnier than store bought jam.

**Recipes**

There are many recipes for jams, including low sugar, no sugar, and pectin free. It is important to follow your recipe as directed, otherwise the jam may not set properly. Home-made strawberry jam can be

enjoyed on homemade bread, over ice cream, mixed in yogurt, on Swedish pancakes or crepes, or made into the classic PB&J sandwich. Once you have made homemade strawberry jam, you will not return to store bought jam! So, it is important to purchase enough strawberries to last you all winter long. Provided are two recipes for strawberry jam.

**Strawberry Freezer Jam**

Yield: approximately 5 cups  
**Ingredients:**  
 4 cups strawberries  
 4 cups granulated sugar  
 1 box of sure-jell premium fruit pectin  
 3/4 cup water

**Directions:**

Prepare strawberries: Wash and remove stems.  
 Crush strawberries, you may use a potato masher.  
 Measure 2 cups of crushed strawberries and 4 cups of granulated sugar and put into medium sauce pan and heat over medium-low heat.

In small saucepan mix water and fruit pectin. Bring to boil. Let boil for 1 minute.

Mix fruit pectin and strawberry mixture for 3 minutes until sugar has dissolved.

Fill containers immediately, leaving 1/2 inch space at the top for expansion during freezing. Cover with lids.

Let sit at room temperature for 24 hours or until set. Refrigerate up to 3 weeks or freeze up to 1 year. If frozen, thaw in refrigerator before using.

**Strawberry Jam (Shelf Stable)**

By: Bri Martinez

**Ingredients:**  
 8 cups of strawberries  
 7 cups sugar  
 1 package sure-jell pectin  
 1/2 tsp butter

**Preparing Jars:**

Boil glass jars for 10-15 minutes prior to use.

Boil lids for 10 minutes, then leave in pot of hot water while making jam.

**Directions:**

Crush strawberries to 5 cups, then put into a large pot. (Can use potato masher or blender)

Stir pectin into strawberries. Add 1/2 tsp butter to reduce foaming

On high heat, bring to a full rolling boil, stirring constantly. Add sugar. Return to full rolling boil. Boil exactly 1 minute. Remove from heat.

Skim off any foam with metal spoon.

Ladle immediately into prepared jars, filling each within 1/4 inch of top. Wipe jar rims and threads. Cover with 2-piece lids -only finger tight. Place jars into pot of boiling water. Water must cover jars by at least 1-2 inches.

Cover and bring to gentle boil. Let boil for 10 minutes.

Remove jars and place on towels to cool completely.

After jars cool, check seals by pressing centers of lids with finger. If lid springs back lid is not sealed and MUST be refrigerated.

Let stand at room temperature for 24 hours.

Store unopened in a cool, dark place (such as cupboard or pantry) for up to 1 year.



Win-E-Mac Elementary students were able to participate in a performance of the play "King Arthur's Quest" as part of a Community Education program with the Missoula Children's Theatre



The Win-E-Mac School Elementary students practiced and performed a play, "King Arthur's Quest", with the Missoula Children's Theatre. Participants were: Brody Cook, Avery Morberg, Jorgen Johnson, Rosie Subbert, Charlie Subbert, Henry Swanson, Megan Lofgren, McKenzie Lofgren, Ainsley Hickman, Emma Kaufman, Roman Shultz, Carter Bartz, Ireland Devillers, Kolby Cook, Elizabeth Determan, Emma Determan, Mickala Determan, Grafton Langemo, Paisley Kildal, Brylee Kildal, Morgan Bauer, Clara Roed, LaShelle Johnson, Kaydence Determan, Serenity Lundin, Jens Stordahl, Emma Kaupang, Mattalyn Brault, Bridger Huschle, Taytum Smeby, Natashia Steen, Mya Strom, Hope Omundson, Teegan Brtek, Dawson Gunufson, and Ana Kolden.