



McINTOSH

Since 1888

Times

\$1.00

Hub of the Thirteen Townships

McIntosh, Minnesota



Curtis Olson and his wife, Susan are the new owners of Oak Lake Golf Course and will celebrate this weekend by hosting a grand re-opening celebration.

Grand re-opening at Oak Lake Golf Course

This Saturday, July 29th, there will be a celebration with the new owners of Oak Lake Golf Course, Susan and Curtis Olson. Tgrand re-opening of Oak Lake Golf Course and Gift Shop on the northeast corner of Highway 2 and Highway 59 in Erskine.

Susan and Curtis Olson live in rural McIntosh and are also the owners and operators of Olson Sand & Gravel. They are parents to three daughters and have seven grand kids.

Play in the 2 person scramble. There will be men's, women's and mixed divisions. Call or stop in to set a tee time that fits your schedule during Saturday and play in the tournament. The cost is only \$20 and includes an Oak Lake Golf Course tee shirt.

Try the putting contest throughout the day. \$5 gives you 3 putts, one make enters

you in the drawing for an Adirondack chair. Don't make the putt, no problem, just attempting gives you chances at many others prizes donated by area businesses.

The Nordic Brew Coffee House will be on site offering great summer drinks for sale with Amish cabin furniture out on the lawn for you to relax and enjoy

There will be for pulled pork sandwiches and potato salad beginning at 6:00 pm. This open to the public and no charge. While you eat enjoy music as a Disc Jockey racks up tunes for all ages and genre.

Then at 9:30 gather on and around first tee and enjoy a fireworks display to cap off an eventful day.

Susan and Curtis welcome all to come and look forward to their new adventure. Please set aside time to join in on the fun.

Mac Library concert rescheduled



The McIntosh Library concert for Wednesday, July 25th has been rescheduled to Wednesday, August 9th at 1:00 pm.

Join Gaelynn Lea on August 9th for an educational children's concert at the McIntosh Community Center.

Wildfire smoke continues to impact NW MN

Most of Minnesota has been blanketed by unhealthy concentrations of wildfire smoke from fires burning in Canada and northern Minnesota. Climatologists predict that wildfire smoke frequency and intensity will increase across northern Minnesota and Ontario

Impact to crops and gardens

When the sky is thick with smoke, it's hard to imagine that there's not an impact to crops. However, the impacts are a bit nuanced.

Wildfire smoke aerosols do create a shadier atmosphere, so you'd think that sunlight isn't reaching plants as well. However, studies like Hemes et al. (2020) have found that wildfire smoke creates more diffuse radiation (aka light is scattered throughout the atmosphere), and plants can use this light more efficiently than direct solar radiation. Therefore, photosynthesis can actually increase in these conditions. However, this must be balanced with the impacts of other pollutants such as ozone.

Fires generate ozone and other aerosols. Plant stomata are pores on the leaf surface where gas exchange occurs, and while we've probably all learned that plants intake CO2 and exhale oxygen, other gases

also enter plants through their stomata. When high concentrations of ozone are present in the atmosphere, it enters plants through their stomata, and can interfere with photosynthesis. These impacts can occur hundreds of miles from the area that's actively burning.

The scale of these impacts differs between ecosystems: the uncertainty is based on ozone damage sensitivity, cloud cover, and aerosol properties. There are very few studies about the impacts of wildfire smoke on crops, and they are mostly on global scales, so we can't translate this directly to say how much these wildfires will impact vegetable growth.

Will we see these symptoms in Minnesota? We haven't noticed symptoms so far, so it is unlikely that we will see sufficient impacts to expect damage. Keep in mind that vegetables have long been grown in places like California, Washington, and Oregon where wildfires are common, and the smoke we're witnessing is from fires much further away than the fires impacting fruits and vegetables on the west coast.

Human health & safety

While the potential impacts of smoke on vegetables are speculative, the impacts

McIntosh Heritage & Arts Center reorganizes and re-energizes to preserve the past

The McIntosh Heritage and Arts Center was founded in 2010, and was originally housed in the Bjella Building. The mission of this 501 (c) (3), non-profit organization is three-fold. First, to stimulate interest in the history of McIntosh as the hub of the original Thirteen Towns of eastern Polk County. Second, to provide for the collection, preservation and research of important and relevant historical artifacts from citizens, for the public's use and viewing. Thirdly, we aim to collect, preserve and display local art from the past and present, while promoting future artistic creativity in our community and the surrounding area.

The MH&AC had a reorganizational meeting on July 6, 2023, and elected new officers and formed several committees to help reestablish the organization to prominence within the community, and to move the mission of MH&AC forward. There were 13 members in attendance, and new officers were named to a 2 year term, including President: Steve Aanenson, Vice President: Darlene Dierkes, Treasurer: Donna Larson, and Secretary: Arlene Eggers. As a token of appreciation and respect, John Peterson was bestowed the title of President Emeritus to recognize his past work with the organization and for being the first member. We also established committees for Budget and Finance, Grant Writing, and Membership Procurement.

We are a committed group of individuals who hope to grow this organization and make it into a resource center for our local residents and for those traveling through or others who want to research their own family's history and involvement with the City of McIntosh and towns in the neighboring area. The MH&AC is dedicated to collecting, preserving, researching and archiving items and information from McIntosh and the Thirteen Towns.

WEM sports parent - student meeting

On Wednesday, July 26 from 7:00pm - 8:00pm Win-E-Mac will hold their yearly Parent/Students Sports Meeting and Registration.

This is for ALL sports for the upcoming school year (Volleyball, Football, Boys Basketball, Girls Basketball, Golf, Baseball, Softball).

New information will be going out as we move to online registration.

If you have any questions please contact Win-E-Mac AD, Brady Langemo blangemo@win-e-mac.k12.mn.us



McIntosh Heritage and Arts Center located in the Onstad building on Main Street in McIntosh.

In order to do this, we need to increase community involvement through donations of items, membership growth and engaging more volunteers to help archive the vast amount of information we already have acquired.

The MH&AC is an all volunteer organization, meaning that no one receives any compensation for their time or efforts. We are a proud member of the Minnesota Historic Northwest Society, which includes other historical societies, museums and research centers located in Northwestern Minnesota. McIntosh has a rich history, and that past has made our community what it is today. Our efforts going forward are to increase the historical awareness of the traditions, beliefs and achievements of our past residents, and to make this information readily available to the public; to collect historical documents, newspapers, letters, pictures, and other items that document the history of our community; and, to collect oral histories from citizens, veterans, alumni and others to preserve these stories for future generations.

We are proud of our community and its past, and are dedi-

cated to making the MH&AC an organization that can be a vital and valuable part of our city and the surrounding area. We are already moving forward with several initiatives to gain trust and confidence in the MH&AC, and to inform the public of our new-found enthusiasm for our mission. We hope to be an integral part of our unique community and a driving force to bring more traffic into town as we become a destination for research and information on the history of McIntosh, the surrounding area and individual families.

We have a new website that you can find at www.McIntoshHAC.com, and also have a Facebook page and Instagram account. We are working to secure funding for several projects to help us digitize and catalog our resources so that people can search for their own family history and the history of the area, and are exploring ways to increase our membership and have a stable financial future.

We invite you to become a member of the MH&AC. For \$35.00 you can become a member through December of 2024, and continue with a yearly membership after that time. You can also make a tax deductible donation of any amount and can bring in items that you have.

Even if you do not think certain items or papers are important, they may be, so please bring them in and let us research and decide if they can contribute to our joint heritage and history. You can also consider making memorial gifts in the names of loved ones, or putting the MH&AC in your estate plan. Corporate sponsorships are also available and include having your company's

logo and information on our website.

Most of all, we need volunteers to help research and catalog the information we have, and to contribute whatever talents they have to offer. We welcome any and all contributions of time and effort to our mission. Anyone who wants to volunteer in any way will be gladly welcomed!

We are located in the Onstad Building (former Variety Village) in downtown McIntosh. Our hours are from 10 a.m. to 2 p.m. Tuesday through Thursday, or by appointment. Our next meeting will be held on September 7, 2023 at 6:30 p.m. and if you cannot attend in person, you can join the meeting remotely online. Please email McIntoshHAC@gmail.com for more information or with any questions you may have. We ask you to help support the work that is being done to preserve our history, and encourage you to stop by and see what we already have to offer. You might be surprised to find out something about your own family's history in doing so, and taking a trip down memory lane can be a wonderful and enlightening experience.

Look for more information and upcoming events by checking out our website, Facebook and Instagram accounts, as well as your local paper. Every life and story matters, and every person contributes to our rich history, to our present existence and to our promising future as a city. We look forward to engaging with you, hearing your ideas, learning your story, and joining with you in making this organization something we can all be proud of! Please join us by becoming a member and/or volunteering your time!



Saturday night fans at the Erskine Rodeo were able to see a familiar face as Remy Goodwin was one of the bull riders for the night.

on people are clear. Know the symptoms: Health effects of wildfires include burning eyes, runny nose, chest pain, fatigue, coughing, difficulty breathing, and rapid heartbeat.

Air quality alerts should be taken seriously by everyone in affected areas.

Limit your exposure to wildfire smoke:

Stay informed. Current air quality conditions (MPCA) or follow @mpca_aqi on Twitter for current and forecasted air quality conditions.

Limit outdoor activities

or take it easy if you must be outside. This includes reducing the intensity of exercise or strenuous work if possible.

Keep indoor air as clean as possible. Use a portable air cleaner and/or run the central heating, ventilation, and air conditioning (HVAC) system with the fresh-air intake closed/set on recirculate to prevent outdoor smoke from getting inside and to filter the air. If you don't have air conditioning and it's too warm to stay inside with the windows closed, seek shelter in an evac-

uation center or a public facility that has air conditioning and air filtration (e.g., library, community center).

Avoid activities that increase indoor air pollution. Avoid smoking, frying or broiling food, burning candles or incense, using a gas stove or vacuuming. Vacuuming stirs up particles already inside your home, and activities like smoking, frying food, burning candles or using a gas stove can create more pollution.

Do not rely on dust masks for protection. Paper

"comfort" or "dust" masks trap large particles, such as sawdust, but they do not protect your lungs from the small particles found in wildfire smoke. An "N95" mask, properly worn, can offer some protection. If you decide to keep a mask on hand, see the Respirator Fact Sheet for further guidance.

Take care of yourself:

- Take it easy, listen to your body and pay attention to your symptoms.

Wildfires...

Continued on page 2 ...

McIntosh Council minutes from June 2023

Regular Council Meeting
Tuesday, June 6, 2023
5:30 p.m.
Community Center

Call to order:
Mayor Strom called the meeting to order at 5:30

Pledge of Allegiance:
Roll call:

Members present: Mayor Toby Strom, Jordan Gunufson, Luke Burd, and Luke Syverson
Peter Tranby – Public Works Superintendent

Rebecca Boehrnsen – Licensed Assisted Living Director for Poplar Meadows of McIntosh

Melissa Finseth – City Clerk/Treasurer

Members absent: Beth Hagen

Determination of quorum:

Quorum was met

Agenda additions:

Approval of minutes:

a. May 11, 2023 Regular Council Meeting

Motion by Luke Syverson and seconded by Luke Burd to approve the May 11, 2023 Regular Council Meeting. Passed unopposed.

Public concerns:

MEDA and Poplar Meadows :

a. Rental status

Rebecca Boehrnsen reported that Poplar Meadows currently has twenty-five residents. As of the June 6th meeting, there was one – one bedroom available and one efficiency apartment.

b. Approve Poplar Meadows monthly bills

Motion by Jordan Gunufson and seconded by Luke Syverson to approve the monthly bills in the amount of \$79,803.85. Passed unopposed.

Debt payment

Motion by Luke Syverson and seconded by Luke Burd to approve a \$10,000.00 debt payment. Passed unopposed.

Medical cart

Rebecca Boehrnsen discussed the need of a medical cart to dispense medications to the residents at Poplar Meadows. Pioneer Memorial Care Center had a used one for sale in the amount of \$1,200.00. Motion by Luke Burd and seconded by Luke Syverson to approve the purchase the medical cart from Pioneer. Passed unopposed.

Old business:

a. Water tower

Council discussed the progress of the water tower project. The tank is about 75% complete with the final paint color and lettering applied. Tanksco, Inc. is on schedule to complete the project by mid June. In the days ahead, Peter Tranby will conduct water sample testing before bringing the tank fully online.

New business:

a. Building permit – Burthwick

Motion by Luke Syverson and seconded by Jordan Gunufson to approve the building permit for Tara and John Burthwick. Passed unopposed.

b. Call public hearing for ordinance amendments

The city clerk called for public hearing to amend the city ordinances for utilities, animals, and property blight. Council agreed to the hearing on July 13, 2023 at 6:30, located at the McIntosh Community Center.

c. Resolution – All Hazard Mitigation Plan

Jordan Gunufson introduced the resolution for the adoption of the Polk County All-Hazard Mitigation Plan. The plan includes a risk assessment including past hazards, hazards that threaten the county, an estimate of structures at risk, a general description of land uses and development trends. The Polk County All-Hazard Mitigation Plan will make the County and participating jurisdictions eligible to receive FEMA Hazard Mitigation Assistance Grants. All members voted in the affirmative.

d. Hegg addition lot purchase – Kildal

Elizabeth Kildal would like to build a home on the Hegg addition. The council approved the request with the stipulation that the house will need to

be built within the year.

e. Resolution – Beito donation

Luke Burd introduced the resolution to accept the two thousand dollar donation from the Beito foundation. The funds will be used for all members voted in the affirmative.

f. Quote – Jason's Plumbing and Heating

Motion by Luke Syverson and seconded by Luke Burd to approve the quote, from Jason's Plumbing and Heating, in the amount of \$654.00, to replace the inoperable toilet in the ladies bathroom at the Community Center. Passed unopposed.

Approval of monthly bills:

Motion by Luke Burd and seconded by Luke Syverson to approve the monthly bills in the amount of \$46,169.96. Passed unopposed.

Council & staff reports:

Luke Burd requested a central number for residents to call for animal control. The idea is to have the central number route to the animal control officer without having to give out personal phone numbers. Luke Burd will look into it with Garden Valley Technologies.

Skip the salt, but keep the flavor

The human body needs salt to survive. Sodium chloride is required in a nominal amount to conduct nerve impulses, contract and relax muscles, and maintain a proper balance of water and minerals.

The Harvard T.H. Chan School of Public Health says it's estimated people need 500 mg of sodium per day to perform these vital functions. Too often, however, people consume much more salt in their diets than is necessary, which can lead to a host of medical issues.

The average person eats 3,400 mg of sodium daily, and that can contribute to high blood pressure, heart disease, and even loss of calcium in bones.

Salt is already added to many prepared foods as a preservative and flavor enhancer, so it's not necessary to add salt to these meals.

However, when cooking from scratch at home and flavoring foods, it may be tempting to reach for the salt because of the way it can enhance flavor. Fortunately, there are many salt substitutes that can impart flavor without adversely affecting your overall health.

Potassium chloride: Potassium chloride can provide a salty flavor without all of the sodium that is in regular table salt, which is sodium chloride. Potassium chloride typically is mixed with a ratio of sodium chloride in "light" or "low-sodium" salt options and salt substitute products. It can slash sodium by up to 50 percent in some instances, says Consumer Reports.

Acid: Food scientist and blogger Nik Sharma says that people can cut down on salt in recipes if they increase the acid. This includes lemon juice or vinegar added at the end of the cooking process. It can replicate that bite that salt often provides.

Sea ingredients: Kelp, alternative seaweeds or pureed anchovies can impart a salty flavor without the added sodium. While sea water creatures may taste salty, they do not transfer the same amount of sodium to the body as regular salt. These ingredients add the "umami" flavor profile, also known as the "fifth taste."

Garlic: Pungent and strong, this spice can boost flavor easily without increasing the need for sodium. Double the amount of garlic in recipes when cutting out salt.

Black pepper: Similarly, Healthline suggests reaching for black pepper to spice up foods over salt. Black pepper is a good addition to savory dishes, and can help decrease inflammation in the body.

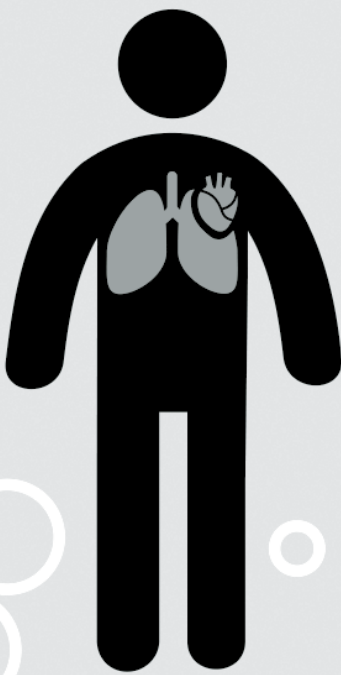
MSG: Monosodium glutamate contains two-thirds less sodium than table salt, so adding a little can increase the flavor of foods, says Tay-

Fine particles
pollution can cause:

- Shortness of breath
- Wheezing, coughing
- Chest pain
- Fatigue

Fine particles can make these conditions **worse:**

- Cardiovascular and heart disease
- Asthma and COPD



Ground-level ozone
pollution can cause:

- Difficulty breathing deeply
- Shortness of breath
- Sore throat
- Wheezing, coughing
- Fatigue

Ozone can make these conditions **worse:**

- Asthma and COPD
- Emphysema

How our bodies are affected from polluted air quality and what to look for when the air quality is low due to the wildfire smoke from Canada.

Notices & correspondence:

Adjournment:
Motion by Jordan Gunufson and seconded by Luke Burd to adjourn at 6:18. Passed unopposed.

Wildfires..

Continued from page 1 ...

- Monitor your body for any changes in your breathing or health.
- If you have asthma or other breathing conditions, like COPD, make sure you have your rescue inhaler with you.
- People with asthma should review and follow their asthma action plan.
- Call your doctor or healthcare provider if you're having trouble breathing or if your symptoms worsen.

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 31: Turkey Noodle Hotdish - Broccoli - Apple Slices - Wheat Rolls

Tues. August 1: *Bingo* Chicken Fried Steak - Mashed Potatoes & Gravy - Carrots - Wheat Rolls - Fruit - Milk

Wed. August 2: Meatloaf - Baked Potato - Corn - Wheat Bread - Bread Pudding - Milk

Thur. August 3: *Bingo* Lemon Pepper Fish - Rice Pilaf - Broccoli Mix - Applesauce Cake - Rolls - Milk

Fri. August 4: BBQ Pork on Bun - AuGratin Potatoes - Coleslaw - Pineapple Tidbits - Milk

Community Birthday and Anniversary Calendar

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.

M16-19C



Andrea Stordahl, owner of Minnesota Rust recently reset her entire store and spilled out merchandise to the buildings yard for a French Flea Market style sale. The sale had a Parisian flare with lots of fun, one-of-a-kind items for her many customers to take home and cherish. The Shoppes of McIntosh host many events throughout the year, so check them out on Facebook.

Wed. July 26: Parker Graff, Wayne Brekke, Liam Schow, Kimberly Carlson

Thurs. July 27: Makenzie Roed, *Jered & Theresa Agnes

Fri. July 28: Diane Boucher, Madisen Pries, Tiffany (Haaven) Wirth

Sat. July 29: Kathy Finseth, Cecil Finseth, Mae Breckel

Sun. July 30: Grafton Langemo, Cody Huschle

Mon. July 31: Steve Urness, Sydney Svalen, *Jason & Nicki Carlson, *Jeremy & Danielle Finseth

McIntosh Times

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"Serving the Win-E-Mac area"

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CHURCH DIRECTORY

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

Wed. July 26: 11:30am Mass at St. Mary's, Fosston
Fri. July 28: 8:30am Mass at St. Mary's, Fosston
Sun, July 30: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun, August 6: 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 30: 10:00am Coffee Hour; 10:30am Worship Services
Sun. August 6: 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 30: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, August 1: 10:00am. Sunday worship service telecast on GVTV--30

Wed, August 2: 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. July 30: 9:00am Worship
Sun, August 6: 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.

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\$79 million to benefit
Minnesota's environment

Funding is from the MN Lottery-supported Environment and Natural Resources Trust Fund.

The Legislative-Citizen Commission on Minnesota Resources (LCCMR) is pleased to announce it has agreed to recommend funding for 101 projects totaling \$79,644,000 to the Minnesota Legislature. The agreement is the result of a competitive, multi-stage process for recommending spending from the Minnesota Lottery-supported Environment and Natural Resources Trust Fund (ENRTF).

LCCMR co-chairs, Rep. Rick Hansen, Sen. Foungh Hawj, and Nancy Gibson, said in a statement, "This year's recommendations continue the ENRTF's long legacy of supporting science-based and innovative environmental and natural resource projects across the state.

These recommendations will translate to tangible and long-lasting benefits for all Minnesotans and the waters, wildlife, prairies, forests, and parks that make Minnesota's environment so special."

The LCCMR's 2024 ENRTF Request for Proposal (RFP) sought proposals that address several priority issue areas, including water resources, invasive species, renewable energy, natural resource management, habitat protection and restoration, outdoor recreation, and environmental education.

The 101 projects recommended for funding seek to address both ongoing and emergent challenges across the state. Some highlights include recommended funds for:

- Modeling to better predict and manage cycles of flooding and drought throughout Minnesota.
- Fundamental research to more thoroughly document the life cycle of Minnesota's elk population.
- Investigating the use of microbes and enzymes to break down PFAS (forever chemicals) in contaminated areas.
- Planning and developing a long-distance hiking trail through southeastern Minnesota's Driftless Region.
- Improving and expanding Minnesota's state parks, trails, and scientific and natural areas (SNAs).
- Continued research into fighting invasive species undertaken by the Minnesota Invasive Terrestrial Plants and Pests Center.

▪ Several outdoor and environmental education initiatives that serve a wide diversity of Minnesota's youth.

The LCCMR received 218 proposals requesting a total of approximately \$174 million. After evaluating the proposals and hearing presentations from proposers, the LCCMR voted to recommend full or partial funding to 101 proposals. These recommendations will be finalized by LCCMR in bill form later this winter and presented to the 2024 Legislature for consideration during the legislative session beginning February 12, 2024.

Approved projects would begin work after funds become available on July 1, 2024 For more information, visit the 2024 Proposal and Funding Process page on the LCCMR website.

The Environment and Natural Resources Trust Fund is a permanent dedicated fund in the Minnesota state treasury that was established by 77% voter approval of a constitutional amendment in 1988. The amendment directs forty percent of the net proceeds of the Minnesota State Lottery into the ENRTF until the year 2025. Since 1991, approximately \$875 million from

the ENRTF has been spent on over 1,800 projects that protect and enhance Minnesota's environment and natural resources in every county of the state.

The Legislative-Citizen Commission on Minnesota Resources is made up of 5 state senators, 5 state representatives, and 7 citizen members. The function of the LCCMR is to make funding recommendations to the Minnesota State Legislature for special environment and natural resource projects, primarily from the Environment and Natural Resources Trust Fund. The LCCMR developed from a program initiated in 1963. Since then over \$1 billion has been appropriated to over 2,300 projects recommended to protect and enhance Minnesota's environment and natural resources.

Current LCCMR members are Rep. Patty Acomb, Rita Albrecht, Rep. Jeff Backer, Sen. Kari Dziedzic, William Faber, Nancy Gibson, Sen. Steve Green, Rep. Rick Hansen, Sen. Foungh Hawj, Rep. Josh Heintzeman, Rep. Athena Hollins, Shona Langseth, Seth Moore, Sen. Kelly Morrison, Jeremy Peichel, Michael Reese, and Sen. Torrey Westrom



40 years ago...1983: Kristen, Adam and Sheila (behind), children of Donna Rae and Paul Carlson of Winger, were prize winners in their raggedy costumes.



30 years ago...1993: Members of the Winger Historical Society served barbecues and sweets to those present at the Harvest Festival Day on Saturday, July 24th. Pictured are Holly Balstad, Pam Wang, Jo Espeseth, and Jeanine Jones.

Winger Fire and Rescue Dept

Street Dance

Friday, July 28, 2023

9:00 PM to 1:00 AM



Liquor Pigs in Downtown Winger

Music by the Bad Campers

\$10.00 Cover Charge

Prize Drawings throughout the night

Proceeds benefit the Winger Fire and Rescue Department

M19C

Did you know?

Cancers affect many different parts of the body and are named according to where in the body they originated. Cancers that begin in the bones and in the soft, connective tissues are called sarcomas.

According to the Mayo Clinic, there are more than 70 types of sarcoma. Sarcomas also can form in fat, muscle,

blood vessels, nerves, tendons, and the lining of the joints.

Sarcomas can develop anywhere from the top to the bottom of the body.

However, 40 percent occur in the lower extremities (legs, ankles, feet) and 30 percent occur in the trunk, chest wall, abdomen, and pelvis. Sarcomas in the upper extremities

as well as the head and neck are not as common.

The Cleveland Clinic says that sarcomas generally form when immature bone or soft tissue cells have changed their DNA, and they develop into cancer cells and grow unregulated.

People who have been exposed to certain chemicals like

arsenic or radiation or individuals who have lymphedema or inherited genetic conditions like Gardner syndrome are at an elevated risk of developing sarcoma.



20 years ago...2003: The Win-E-Mac Legion Baseball Team, coached by Jim Hoffmann, enjoyed a win over Ulen-Hitterdal for their first home game of the season. Members of the team include: (back, l-r) Brendan Morrison, Tyler Burslie, Kent Solheim, Justin Moran, Eric Hoffmann, Kevin Branstner, Dustin Vedbraaten and Coach Jim Hoffmann; (front) Philip Lee, Ben Theis, Andrew Renna, Aaron Cook and Travor Omand. Not present: Assistant coaches Lee Tradewell and Bill Solheim and players Carl Hedlund and Justin Paquin.



10 years ago...2013: The McIntosh Bakery has a new owner! Fosston native, and owner of The Depot in Winger, Quinn Olson (pictured left) purchased the business from Rudy Finseth (pictured right). Congratulations Quinn, we look forward to a twist and a cup of coffee!



Ethan Johnson of McIntosh rode the mini bulls during the Erskine Rodeo last weekend.

Talking summer pet safety with U of M

There are a number of seasonal hazards our pets need to navigate during the dog days of summer, from thunderstorms and extreme heat to pesky parasites.

Assistant Professor Kristi Flynn with the College of Veterinary Medicine discusses what pet owners should be on the lookout for the rest of the summer to keep their pets happy and healthy.

Q: How can pet owners keep their pets safe throughout the summer?

Dr. Flynn: Pet owners can prevent harm to their pets by keeping a few basics in mind. While it is fun to have our dogs with us, stop to consider if the experience will be appreciated by your pet before heading out to spend time with family and friends this summer. If your pet is not comfortable around loud noises or lots of new animals or people, then bringing them to a street fair or brewery is not likely a good fit for them — and that's okay! If you do bring your pet, be sure to plan ahead and have plenty of water for them.

Q: What's the best way to keep your pet cool in the summer heat?

Dr. Flynn: Early mornings or dusk are usually better times to take dogs out when midday is hot. Dogs do not cool as efficiently via evaporation as people do, so hot and humid conditions can become dangerous quickly. Be especially careful with brachycephalic breeds like Bulldogs, Pugs and Boston Terriers. Surfaces can become hot enough to burn paw pads. One tip is to place your own palm on the pavement to determine if it is too hot for paws.

Before taking your dog for a jog, determine if it is safe to do so. That is up to the human. If your dog's tongue is beginning to widen out at the end when panting, they are getting too warm and you should seek a comfortable area to allow them to cool off.

Q: What can we do to help pets stressed by stormy weather?

Dr. Flynn: Remember, fear



is an emotion, not a behavior. Providing your dog with support and comfort when they're experiencing fear will not make them more afraid in the future, but acting cold and ignoring them certainly can. Find a quiet place in the house, play music and reach out to your veterinarian to see if medication could help your pet feel more comfortable during storms.

Q: What should dog owners consider when letting their pets swim in a lake?

Dr. Flynn: Always monitor your pet to make sure they're not drinking too much lake water or swimming past when they are getting tired. If you want to get your dog comfortable with water, don't push them and let your pet determine what they are comfortable with. Blue green algae is also something to be aware of, as this toxin is quickly lethal for pets who ingest it — if the water looks suspicious at all, avoid it.

Q: Are there any other summer hazards to be aware of?

Dr. Flynn: When the air quality is concerning, try to limit time outdoors for your dogs as you would for yourself. Also, as dogs are out more in warmer months, there is also an increased risk of a dog getting away and being lost or injured. Remember, leash = love.

About the College of Veterinary Medicine
The University of Minnesota-

ta College of Veterinary Medicine affects the lives of animals and people every day through educational, research, service, and outreach programs. Established in 1947, the University of Minnesota College of Veterinary Medicine is Minnesota's only veterinary college. Fully accredited, the college has graduated over 4,000 veterinarians and hundreds of scientists. The college is also home to the Veterinary Medical Center, the Veterinary Diagnostic Laboratory, the Leatherdale Equine Center and The Raptor Center. Learn more at vetmed.umn.edu.



Win-E-Mac School Readiness and Head Start Early Childhood/Preschool screening will be held on Thursday, August 10, 2023.

Preschool/Early Childhood screening is a free and simple check of how your child is growing, developing and learning.

A trained professional will check:

- Vision and Hearing
- Height and Weight
- Immunizations
- Large and small muscles
- Thinking, language and communication skills



Learning about the states of matter, here, liquid nitrogen from a special visitor from the Headwaters Science Center in Bemidji as part of the McIntosh Library summer programs for kids and adults .

This flaky dessert is all about the blueberries

Blueberries should be a delicious part of people's daily diets because this flavorful fruit packs a nutritious punch. Blueberries are a great source of antioxidants, which can help the body fend off various illnesses.

Native to North America, blueberries are available fresh, frozen and canned and are used in a variety of recipes. Plus, they're right at home whether one is serving breakfast, dinner or dessert. However, many people feel that blueberries are best eaten as pie filling.

Various pastries showcase blueberries, including the French galette. A galette is



- Social and emotional development

Screening is open to all children, ages three years old and up, who have not been screened. Children must be screened before entering preschool and kindergarten.

The screening will take place at the Polk County Public Health (Bjella) building in McIntosh.

Contact Heather Earls at Win-E-mac to set up an appointment time for your child to be screened by emailing hearsl@win-e-mac.k12.mn.us.

not a pie, but more of a free-form crusty cake. However, it is similar to pie, making it a welcome alternative to that popular pastry. This recipe for "Blueberry Galette," courtesy of the U.S. Highbush Blueberry Council, is a delicious treat that's perfect for entertaining.

Blueberry Galette

8 portions

Crust

- 3 cups unbleached all-purpose flour
- 1 1/2 teaspoons salt
- 2 tablespoons sugar
- 4 ounces lard or shortening, cut into 1/2-inch pieces and frozen

- 1 cup unsalted butter, cut into 1/2-inch pieces and refrigerated
- 1/2 cup ice water
- 1 teaspoon vodka

Filling

- 8 cups fresh or frozen blueberries
- 3/4 cup sugar, plus 2 tablespoons, separated
- 3 1/2 tablespoons cornstarch
- 1/4 teaspoon salt
- 1 lemon, zested
- 1 tablespoon lemon juice
- 1 egg
- 1 tablespoon water

Crust

1. Combine the flour, salt and sugar in a food processor. Add the butter and lard.
2. Use the food processor to work the butter and lard into the flour by pulsing it until the butter is in pea-sized pieces.
3. Whisk the water and vodka together and add it to the flour/butter mixture a few tablespoons at a time. It will start to look shaggy, but not dry. It should hold together when you squeeze it in your hand.

4. Gently press the dough into a ball using a pastry scraper or your hands. Divide the dough into two pieces and create round disks. Wrap the dough in plastic and refrigerate for at least an hour, or overnight.

Filling

1. In a small bowl, combine 3/4 cup sugar, cornstarch, salt, and lemon zest. Massage the zest into the sugar.
2. In a large bowl, toss together the blueberries and lemon juice. Add the sugar/lemon zest mixture and gently stir to coat the blueberries.
3. Line a baking sheet with parchment paper. On a floured surface, roll out the chilled pie dough into a 1/8-inch-thick-circle. Dust off any extra flour and lay crust onto the prepared pan.
4. Mound the blueberry filling in the middle of crust. Fold and crimp the dough up so that it covers at least 2 inches of the filling. Freeze the shaped galette for at least 15 minutes to chill the dough.
5. Preheat the oven to 425 F and set rack in middle of the oven.
6. Just before baking, beat the egg and water together and brush the edges with egg wash. Sprinkle crust with the remaining 2 tablespoons of sugar.
7. Bake for 30 minutes, then turn the oven down to 350 F and bake for an additional 30 minutes.

This recipe yields two 12-inch galette crusts. Extra dough can be stored in an airtight container for up to one month.



The kids who recently attended the McIntosh Library Summer program at the Community Center learned about science, namely cryogenics or state of matter from a representative of the Headwater Science Center in Bemidji.