



McINTOSH

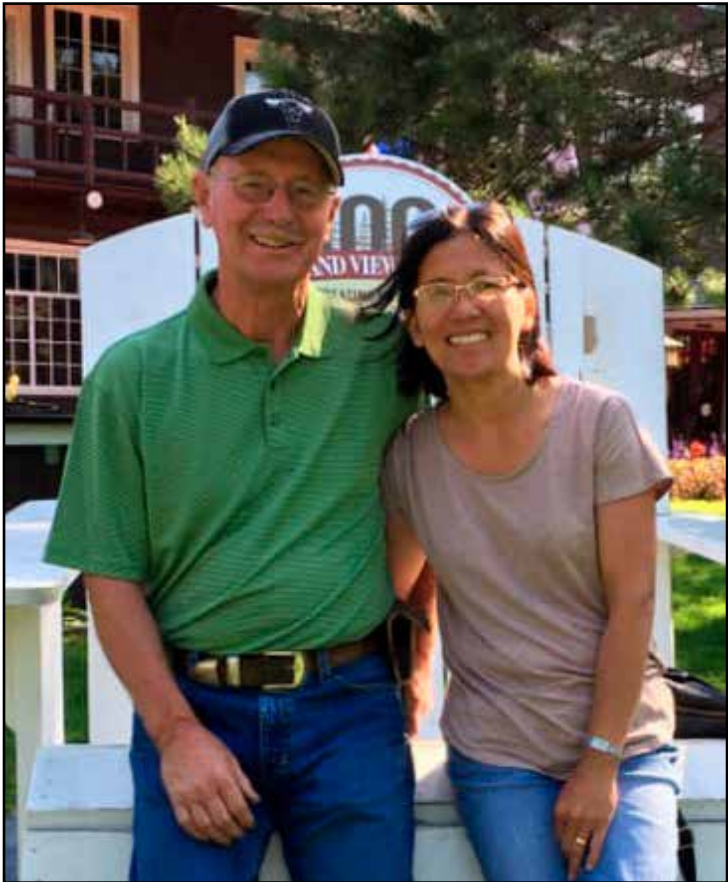
Since 1888

\$1.00

Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Calvin and Annie Schow are the University of Minnesota Extension's 2023 Polk County Farm Family of the Year.

Calvin and Anne Schow Family recognized as a 2023 ‘U of M Farm Family’

The Calvin and Anne Schow family of McIntosh has been named Polk County's "2023 Farm Family of the Year" by the University of Minnesota.

Calvin Schow has been a grain farmer ever since he can remember. He met Annie in 2004, and they were later married.

In 2010, the couple applied for a program with the Natural Resource Conservation Service, which helped them receive their first greenhouse. Annie started with a small gardening effort for the family and then began sharing produce with the community and friends. The Schows sold at farmers' markets with the help of Annie's parents.

Currently, the Schows have six greenhouses and about five acres of outside gardens. They plant and produce a variety of fruits and vegetables that appear in farmers' markets from May through October. Calvin grows grain used as feed for

butcher cows and layers. They also have six beehives that produce raw honey.

The family sells produce and eggs at farmers' markets in Crookston and Detroit Lakes and to restaurants in Grand Forks and Crookston. They also deliver eggs to outlets in Bemidji, McIntosh and Solway.

Calvin, Annie, their children, Karlie and Nick, along with Annie's parents, Felie and Ray, and sisters, Charlotte and Hally, all contribute to the farm's operation in roles big and small.

Karlie and Nick do the egg picking and help with the farm animals. Felie and Ray help with produce farming, and Charlotte and Hally generate the farm's social media content.

Community involvement is vital for the Schows. They frequently share their produce to raise money for community needs and events. They also help supply affordable food through SNAP and food shelters that accept fresh produce, such as the food bank in Detroit Lakes. They also enjoy being part of the annual Santa Claus Day and Easter egg hunts for little kids.

The families will be officially recognized in a ceremony Thursday, August 3rd at the annual Farmfest near Redwood Falls, Minnesota. Profiles of the 2023 honorees and information on the recognition event can be found on the University's farm family website, <https://extension.umn.edu/farm-families>.

Honored families are chosen, one per county, by local University of Minnesota Extension committees based on their demonstrated commitment to their communities and to enhancing and supporting agriculture.

"These farm families are a major driver of Minnesota's economy and the vitality of

Minnesota's rural communities," said Bev Durgan, dean of the University of Minnesota Extension. "The University of Minnesota is proud to recognize these farm families for their contributions to agriculture and their communities."

Along with Farmfest, University units sponsoring the recognition event include the University of Minnesota Extension, Minnesota Agricultural Experiment Station, the College of Food, Agricultural and Natural Resource Sciences, and the College of Veterinary Medicine.

Farmfest runs August 1st - 3rd at the Gilfillan Estate, near Redwood Falls, Minn. Event hours are from 8 a.m. to 4 p.m. Admission is \$8.00 in advance or \$10.00 at the gate and those 17 and under are admitted free. More information on Farmfest is available at <https://www.ideagroup.com/farmfest>.

Polk-Norman-Mahnomen WIC supports families during National Breastfeeding Month this August and throughout the year

Breastfeeding, chestfeeding, and pumping to feed babies breast milk is important for babies, mothers, other birthing parents, and families. Polk-Norman-Mahnomen (PNM) WIC supports breastfeeding in any amount and provides support and resources for parents before and during their infant feeding journey.

One barrier lactating parents face is returning to work during their breastfeeding and pumping journey.

"A lot of families don't have the luxury of a substantial parental leave and return to work soon after their baby's arrival," said Tammy Conn, Breastfeeding Coordinator for PNM WIC. "WIC is here for families and can support a lactating parent through pumping education and resources, and general encouragement and support, as they return to work. Recent federal and Minnesota law updates are encouraging for breastfeeding moms or lactating parents."

Recent federal and Minnesota law changes strengthen lactation rights for working parents.

The Federal PUMP for Nursing Mothers Act extends the rights to receive break time to pump and a private place to pump at work for more nursing employees. Information is on the U.S. Department of Labor's website: FLSA Protections to

Pump at Work (<https://www.dol.gov/agencies/whd/pump-at-work>).

In Minnesota, employers are now required to notify employees of their rights upon hire.

Parents can express milk for a child of any age. The law applies to all employers regardless of size.

WIC...
Continued on page 2 ...

WEM Sprinting Back to School shoe drive



Win-E-Mac school would like to introduce something new to the start of the school year.

Like many of you already know, we have a Giving Tree during the holidays where you can sponsor a child and anonymously donate gifts to those in need. This year we would like to introduce the "Sole Tree."

This tree will have different shoes to pick from. Each shoe will have a child's size, age and gender on it for the community to select from.

Like the giving tree, the sole tree will also be virtual. We ask that those who take a shoe number from the sole

tree, buy a pair of new tennis shoes that match the description and bring them back to the school with the shoe number attached.

Shoes can be dropped off at the school no later than Friday, August 25th. Thank you for your help and support with this awesome cause!

Please reach out to Cassie Subbert or Melissa Smeby with any questions at 218-563-2900.

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 Roholt Park in McIntosh.



This year's winning team at the Annual Win-E-Mac Football Golf Scramble were Brady Langemo, Bryce Stordahl, Travis Nelson, and Steve McMullen. This winning team donated back their prize money to the Win-E-Mac Patriots football program.



The Win-E-Mac Football Golf Scramble is an annual event held at Oak Lake Golf Course where several teams participated this year on Friday, July 21st as a fundraiser to help the Win-E-Mac football program with their efforts in raising money to add outdoor bathrooms, locker rooms and a new concession stand to the football field at the school. Many local businesses sponsored this event and many community members and alumni participated in the scramble.

Saving vegetable seeds from your harvest

You can save vegetable seeds from your garden produce to plant next year. Seed saving involves selecting suitable plants from which to save seed, harvesting seeds at the right time and storing them properly over the winter.

Self-pollinating plants

Tomatoes, peppers, beans and peas are good choices for seed saving. They have flowers that are self-pollinating and seeds that require little or no special treatment before storage.

Seeds from biennial crops such as carrots or beets are harder to save since the plants need two growing seasons to set seed.

Cross-pollinated plants

Plants with separate male and female flowers, like corn and vine crops, may cross-pollinate. It is difficult to keep the seed strain pure.

Popcorn can pollinate a stand of sweet corn from a nearby garden on a windy day. This will affect the flavor of the current sweet corn crop, and a crop grown from these seeds will be neither good sweet corn nor good popcorn.

Insects can cross-pollinate cucumbers, melons, squash, pumpkins and gourds.

Although cross-pollination will not affect the quality of the current crop, seeds from such a cross will grow into vines with fruit unlike that of the parent plant. This often results in inferior flavor and other characteristics.

Open-pollinated plants

When saving seed, choose open-pollinated varieties rather than hybrids. If open-pollinated varieties self-pollinate or cross-pollinate with other plants of the same variety, they set seed that grow into plants that are still very similar to the parent plant. These plants bear similar fruit and set seeds that will produce more plants that are similar.

Open-pollinated varieties may be "heirlooms." Gardeners pass these varieties down through the generations, or they may be selections that are more recent.

Some tomato varieties are not hybrids. They are open-pollinated types such as 'Big Rainbow', 'San Marzano' and 'Brandywine'. Seed produced by these varieties will grow into plants very similar to the parent plants, with nearly identical fruit.

Likewise, 'Habanero', 'California Wonder' and 'Corno di Toro' peppers; 'Lincoln', 'Little Marvel' and 'Perfection' peas; and 'Kentucky Wonder', 'Blue Lake' and 'Tendercrop' beans are all open-pollinated varieties that will come true from seed. Once you have planted an open-pollinated crop,

- Select the plants from which you want to save seed.
- Choose only the most vigorous plants with the best-tast-

ing fruit as parents for the next year's crop.

Hybrid plants

Hybrid vegetable plants are products of crosses between two different varieties, combining traits of the parent plants. Sometimes a combination is particularly good, producing plants with outstanding vigor, disease resistance and productivity. Hybrid seeds are generally more expensive as they cost more to produce.

Hybrid plants, such as 'Big Boy', 'Beefmaster' and 'Early Girl' tomatoes will produce viable seed.

Plants grown from that seed are not identical to the hybrid parents. They will be a completely new combination of the good and bad traits of the plants from the initial cross.

It is impossible to predict just how the seedling plant will perform or what qualities the fruit will have.

How to Harvest:

Tomato seeds

- Allow fruits to ripen fully and scoop out the seeds, along with the gel surrounding them, before you eat or cook the tomatoes.
- Put the seeds and gel in a glass jar with some water.
- Stir or swirl the mixture twice a day. The mixture will ferment and the seeds should sink to the bottom within five days.
- Pour off the liquid, rinse the seeds and spread them out to dry on paper towels.
- **Pepper seeds**
 - Allow some fruits to stay on the plants until they become fully ripe and start to wrinkle.
 - Remove the seeds from the peppers and spread them out to dry.
- **Peas and beans**
 - Save peas and beans by allowing the pods to ripen on the plants until they are dry and starting to turn brown, with the seeds rattling inside.
 - This may be as long as a month after you would normally harvest the peas or beans to eat.
 - Strip the pods from the plants and spread them out to dry indoors.
 - They should dry at least two weeks before shelling, or you can leave the seeds in the pods until planting time.

Keeping

your saved seeds

Store seeds in tightly sealed glass containers. You can store different kinds of seeds, each in individual paper packets, together in a large container. Keep seeds dry and cool. A temperature between 32° and 41°F is ideal, so your refrigerator can be a good place to store seeds.

A small amount of silica-gel desiccant added to each container will absorb moisture from the air and help keep the seeds dry.

Craft supply stores sell silica gel in bulk for drying flow-

ers.

You can also use powdered milk as a desiccant. Use one to two tablespoons of milk powder from a freshly opened package. Wrap the powder in a piece of cheesecloth or a facial tissue and place it in the container with the seeds. Powdered milk will absorb excess moisture from the air for about six months.

Be sure to label your saved seeds with their name, variety and the date you collected them. It is easy to forget the details by the spring.

Use saved seed within one year. The older the seed the lower the germination and vigor.

100 Years Ago This Month: Historical events from August 1923

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

United States President

Warren G. Harding dies suddenly in San Francisco on August 2. President Harding was conversing with relatives when he passed away from what was then suspected to be a stroke but is now believed to have been heart failure. President Harding was 57 years old.

Henry Sullivan becomes the first American

to swim the English Channel when he completes the feat on August 6. Sullivan needed a little more than a full day to make his mark on history, swimming the channel in 27 hours and 25 minutes.

Many businesses close

and owners go on strike in Berlin on August 9. The protest is an attempt to force German Chancellor Wilhelm Cuno from office. Opposition hardened over the next several days, ultimately prompting him and his cabinet to resign on August 12.

An expedition by the American Museum of Natural History to the Flaming Cliffs in Mongolia's Gobi Desert leads to the discovery of the first velociraptor fossil on August 11.

A series of tidal waves strike the western coast of Korea on August 15. At least 346 people are killed and an additional 1,000 are considered missing after 25,000 homes are submerged in waves and flooding.

Thousands of Canadians lose their savings when the Home Bank of Canada closes its doors on August 17.

Ada Delutuk Blackjack is rescued on August 19 after being marooned on Wrangel Island above the Arctic Circle. Blackjack, an Alaskan native hired as a cook for a Canadian expedition to claim the island for Canada, had been marooned since September 15, 1921. Blackjack was the last survivor among the five-

RiverView offers First Aid class

Thousands of people die each year in situations where first aid could have made a difference. Make your home and community a safer place by learning what to do in case of a medical emergency.

RiverView Health hosts four basic first aid classes a year, with the next class taking place Thursday, Aug. 3, 2023.

Participants in each class learn to provide first aid for acute injuries and sudden illnesses such as burns, bites, poisoning, and seizures.

First aid classes are held in the RiverView Home Care Building at 721 S. Minnesota Street, Crookston, from 6-10 pm. The cost of a class, including the book and card, is \$55. You must pay in advance to

save your spot. To register or for more information, call 281-9536. No walk-ins will be accepted.

The final class of 2023 will be Nov. 2nd.

RiverView offers these classes as part of its American Heart Association (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 their affiliated instructors and programs.

The American Heart Association is not responsible for fees for these classes. The AHA strongly promotes knowledge and proficiency in all AHA classes and has developed in-

Ad deadline:
Noon Friday

LSS
Meals Menu
687-2262

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

Mon. August 7: Salisbury Steak - Mashed Potatoes & Gravy - Green Beans - Wheat Rolls - Oranges - Milk

Tues. August 8: *Bingo* Baked Chicken - Baked Potato - Peas - Wheat Bread - Brownies - Milk

Wed. August 9: Lasagna - Green Beans - Sliced Apples - Breadsticks - Chocolate Pudding - Milk

Thur. August 10: *Bingo* Pork Loin - Scalloped Potatoes - Carrots - Wheat Bread - Rice Krispie Bars - Milk

Fri. August 11: Breaded Chicken Patty on Bun - Potato Wedges - Stewed Tomatoes - Sliced Cucumbers - Tropical Fruit - Milk



Wed. August 2:
Connie Syverson,
Chelsea Ekeberg,
Travis Mahlum,
Adler Stordahl, Calie Maruska, Courtney Maruska, Tanya Hamre, Pearl Johnson, *Bob & Karen Olson

Thurs. August 3:
Chad Olson, Brooke Clark, Dalton Agnes, *Earl & Dianne Roed

Fri. August 4:
Luke Syversonm, Lauren Strom, Steve Espeseth, *Bryan & Laura Paskvan

Sat. August 5:
Justin Carlson

Sun. August 6:
Judy Hagen, Dan Dierkes

Mon. August 7:
Gretchen Finseth, Magnolia Langemo, Nick Ostenaa, Dara Dyrdal, *Jared & Angela Olson, *Adam & Erin Jore

Tues. August 8:
Valerie Fritz, Jon Klemmer, Ben Ramse, Katie Salvhus, Laura Bursheim, Jason Smeby, *Erik & tanya Hamre

structional materials. Using these materials in an educational class does not represent course sponsorship by the AHA. Fees charged for a class, except for a portion for AHA materials, do not represent income to the AHA.



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

Sun, August 6: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. August 9: 11:30am Mass at St. Mary's, Fosston

Fri. August 11: 8:30am Mass at St. Mary's, Fosston

Sun, August 13: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Tues. August 15: 5:30pm Rosary; 6:00pm Mass at St. Mary's, Fosston (Assumption of the Blessed Virgin Mary)

Wed. August 16: 11:30am Mass at St. Mary's, Fosston

Fri. August 18: 8:30am Mass at St. Mary's, Fosston

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

Sun. August 6: 10:00am Coffee Hour; 10:30am Worship Services

Sun. August 13: 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, August 6: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, August 8: 10:00am. Sunday worship service telecast on GVTV--30

Wed, August 9: 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. August 6: 9:00am Worship
Sun, August 13: 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.

Please contact the McIntosh Times if you move or have a change in your address so we can keep the paper coming to your home on time.

WIC...

Continued from page 1.....

Employees are eligible to pregnancy rights at the time of hire, and an employer shall not retaliate or discriminate against an employee for exercising their rights: Pregnant workers and new parents (https://dli.mn.gov/newparents).

National Breastfeeding Month

Polk-Norman-Mahnomen WIC and the Minnesota WIC Program are celebrating National Breastfeeding Month and World Breastfeeding Week by reminding families to take advantage of the lactation education and support WIC provides for pregnant and breastfeeding or chestfeeding parents.

Eligible families who apply for WIC (https://redcap.health.state.mn.us/redcap/surveys/?s=LNKN377EPE) early in pregnancy and ask for advice and support early and often during their infant feeding journey achieve the best possible outcomes.

To celebrate World Breastfeeding Week, on August 1st - 7th, the local breastfeeding support group, Mama's Milk Connection, will have a special event, "Party at the Play-

ground" on August 3rd, 5:30-7:00 p.m., at the Tri-Valley Community Service Center (Head Start) Playground, 1407 Erskine Street, Crookston. Pregnant and breastfeeding families are welcome to enjoy a light meal, along with fun, games, and fellowship.

WIC Supports Families

Polk-Norman-Mahnomen WIC supports breastfeeding in any amount and is here for families feeding their babies with a combination of human milk and formula and families exclusively using formula. The nationwide formula recall and shortage is stressful for parents and soon-to-be parents.

Apply for WIC (https://redcap.health.state.mn.us/redcap/surveys/?s=LNKN377EPE) early in pregnancy.

Reach out to a WIC breastfeeding specialist or peer counselor at PNM WIC for breastfeeding information and support. Creating a plan before birth and reaching out for help as soon as possible after birth can lead to successful breastfeeding.

Attend Mama's Milk Connections, a breastfeeding support group in Crookston, on the

third Thursday of the month, call 218-281-1673 for more information.

WIC can help as parents return to work.

WIC provides formula benefits to supplement breastfeeding when needed and can provide tips to increase milk supply for parents using a combination of human milk and formula.

Peer Breastfeeding Program

The Peer Breastfeeding Support Program (https://www.health.state.mn.us/docs/people/wic/localagency/reports/bfinfo/2022peer.pdf) features parents with personal experience breastfeeding their children, who are recruited from the communities they serve, and trained to help WIC participants with common breastfeeding issues.

Parents with a MN WIC peer counselor have significantly higher breastfeeding initiation. We are fortunate to offer the PNM Peer Breastfeeding Support Program to our WIC families.

Our three peer counselors connect early, and often, with families to educate and assist

along the breastfeeding journey.

They celebrate successes and assist if any challenges arise, they know when to refer when out of their scope of practice. Comments from local moms include: "My peer has been great! I like having a peer, she answers my questions and gives me lots of tips, and I enjoy her calls and text messages." Another mom shares: "I really appreciate having someone that is educated in several areas of breastfeeding, that way if I have a question or concern, I have someone I know who will give me the correct information. It's also nice having someone give you props throughout the journey!"

Additional statistics

The WIC Reports and Data (https://www.health.state.mn.us/people/wic/localagency/reports/pptndemo/wicfacts/0323.pdf)

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The County Line
By Warren Strandell
Polk County Commissioner, Dist. 2

There have been more than a few times when someone has asked, “What do you really do as a county commissioner? How often do you meet? What is your job? What does that involve?”

In the simplest of terms, the answer is that the job of commissioners is to watch the county checkbook.

Whoa. Whoa, I know what you are thinking... that we commissioners are to blame for property taxes, that we can cut county spending, that we can cut your taxes.

Good idea, if it were that simple and could be done without some real consequences. In reality most efforts to cut county spending amount to nothing more than pushing things down the road.

Sooner or later almost all of the issues that come before the county board have to be addressed. It is best if we try to look down the road... to determine what is going to be needed and when. And then find a way to pay for them with the least effect on the tax bill.

There are, of course, things that don't really have to be done... that go over the top but as commissioners — with a lot of help from the county administrator — we try very hard not to let them ever materialize.

To just delay things just makes them more expensive when they have to be addressed at a later time.

County government amounts to an extension of state government. Counties are given the duty to carry out many of the things that state law says have to be done.

In times of crisis, MN Farm Advocates provide help and support

Nine Farm Advocates assist farmers across the state.

Minnesota farmers are facing several challenges, from drought to dairy supply chain issues, that can put a financial strain on the family. However, producers can find help through the Minnesota Department of Agriculture's Farm Advocate Program.

Trained advisors, or advocates, offer one-on-one assistance and advice to farmers facing crises caused by natural disasters or financial problems. There is no charge or fee for the assistance.

“If you are struggling in your farm operation for whatever reasons and are not sure of what to do, feel free to call one

About the county services: The basic county offices — those of the auditor, the assessor, and recorder — have to be maintained. There isn't any room for cutting. It is the same for the zoning and building permits. Public Health and Social Services don't have options for services to be cut or eliminated. State law protects and regulates them.

Then there's law enforcement. That's not an area to be shortchanged. When you need a deputy, you expect one to be there in short order, not hours later. The Highway Department maintains the roads. You don't want to have to wait another day for your road to get plowed.

And you need ways to get rid of your trash and to do it in ways that meet state law.

Certainly not to be forgotten are the veterans. That group deserves the very best of treatment. They have earned it.

The county needs to provide and maintain its buildings and its equipment... everything from the structures to the computer network to the cop cars and the road graders. With the exception of some recent roof problems, Polk County has its buildings in good shape. And it has good equipment. If a financial disaster were to hit, the county would be in good position to work through the time needed for recovery.

About the county work staff? We have really good county employees. They deserve a good and fair salary. That is especially so in this period of worker shortages.

About the levy - “levy” meaning the amount of property tax dollars that need to be collected to operate the county - increases: Since 2009, the average increase has been 2.84 percent. That average includes the last two years when the levy increases of 3.5 percent and 3.95 percent were greater but were still only about half of the inflation rate.

Nobody likes to pay taxes. So, if you want to manage spending, even to cut it, where do you start? Things need to be done, services need to be provided, employees deserve fair treatment. Commissioners have the job of getting those things done and how to best pay for them.

That all centers on taking care of the checkbook, if you will. It is like running a business, the farm, or the household. The cost will be more if things are just pushed down the road to save a few bucks for the sake of cutting the tax bill today.

Thoughts for the day:

• No society ever thrived because it had a large and growing class of parasites living off those who produce. — Thomas Sowell

• Socialism is the philosophy of failure, the creed of ignorance, and the gospel of envy. Its inherent virtue is the equal sharing of misery. — Winston Churchill

Disclaimer: Thoughts expressed in this column are those of the author and are not necessarily a reflection of the opinions of the other members of the Polk County Board

of our Farm Advocates to arrange a visit,” said Minnesota Farm Advocate Bruce Lubitz. “Advocates will come to your farm and help you analyze any potential problems and provide suggestions and assistance on remedying them. All visits are free and confidential.”

Farm Advocates can provide help with financial planning and lender negotiations. They are also able to provide referrals and assistance with federal and state farm programs, legal service, and social and human services.

“Our Farm Advocates can provide farmers with an entire network of professional help,” said Agriculture Commissioner Thom Petersen. “Attorneys, ac-

countants, human service professionals, educators, and government officials all work with the program to help Advocates help producers make informed decisions. This is an important program, and we want Minnesota farmers to know they're not alone when facing difficult times.”

The Farm Advocate Program has been supported by the MDA since 1984 and was born out of the 1980s farm crisis. Advocates have helped hundreds of farmers over the decades.

For more information and to find the closest Farm Advocate, visit the MDA website at www.mda.state.mn.us/farmadvocates.

Crisp, crunchy, and satisfying

Who wants to steam up the kitchen on a 90 degree day? Not us!

No heat is needed for this refreshing and hearty dish of cool cucumbers and smooth, rich, peanut sauce.

Fresh herbs of all kinds are available at farmers' markets this time of year, and this dish is a great way to try something new or stick with what you love

It's delicious made with cilantro or beautiful purple and green shiso, also called perilla or Chinese basil. Have it as a quick lunch or serve it over rice with grilled chicken.

Cucumbers with peanut sauce
Ingredients:

6 small pickling cucumbers or 2-3 large slicing cucumbers
1-2 sprigs of herbs - shiso*, cilantro, or Thai basil work well

2 green onions (scallions)
1/3 cup roasted peanuts
1 teaspoon red chili flakes (optional)

3 tablespoons unsalted peanut butter

2 tablespoons soy sauce
2 tablespoons rice vinegar
2 teaspoons sugar
1 clove garlic, minced

Directions:
Prepare the cucumbers by slicing in half lengthwise, then chop at an angle into 1/4 inch thick spears.

Pickling cucumbers (like English ones) generally have thinner skins that can be left on while slicing cucumbers may need to have the skins



peeled first.

Remove any woody stems on the herbs and chop them together with the green onions, peanuts, and red chili flakes if using. The mixture should have a coarse, crumbly texture.

Whisk together all the remaining ingredients.

When the sauce is smooth, toss it with the cucumbers in a large bowl. If you have more sauce than you like, save it as a dipping sauce!

On a serving plate, layer the dressed cucumbers with the herb-peanut mixture.

You'll want to eat this dish right away or the sauce will get thinner from the water inside the cucumbers.

It is great on its own, served over rice, or tossed with lettuce or cabbage.

Try adding tofu or shredded

chicken for a cool and filling meal.

Pictured right: 10 years ago...2013: The Win-E-Mac Girl's Basketball team took the Minnesota Invitational Tournament Division III Championship in St. Cloud. First round on Saturday had them defeating Esko, they dropped their second game to Kenyon-Winamongo, but followed up the loss with 3 wins against Farmington, Sartell and Hutchinson. Pictured front row: Jessica Kasprzak, Ashley Glass, Kara Sonsteli and Kaysee Mandt. Standing: Madison McKeever, Korbyn Ross, Shelby Kaster, Alaina Espeseth, Kelsey Knutson, Madison Juhl and Coach Paul Kaster.



40 years ago...1983: Henry Bartz looks on as his brother, Clifford, who is the King Township road superintendent, examines the damage at the bottom of the collapsed roadway. It took 33 yards of gravel to fill the hole.



30 years ago...1993: Several groups from the Win-E-Mac area presented the entertainment at the Ice Cream Social held on Sunday afternoon on the lawn at the McIntosh School. A popular music trio was Looney Toons with (l-r) Sue Balstad on the saxophone, Carol Black with the accordion and Ernest Uhler on guitar.



20 years ago...2003: The Win-E-Mac Summer Recreation Midget team, coached by Melissa Tradewell, is learning the rules of softball and how to bat and field. Members of the team include: (back, l-r) Coach Melissa Tradewell and Calie Maruska; (middle) Courtney Maruska, Miranda Plante, Caitlyn Espeseth, Carmen Syverson, Kylee Mandt, Madison Stuhau, and Michelle Soto; (front) Brittany Lee, Chloe Smeby, Korbyn Ross, Kaysee Mandt and Jordyn Ose.



Superintendents Notes

By Randy Bruer

A new school year is just around the corner. The school day will run from 8:25-3:07. Open house is slated for Wednesday, August 30st from 5:00 pm - 7:00 pm. Erin Lisburg will be in the District Office to answer the phone, Marrs attendance and welcoming people to our school. Kristi Plante will do correspondence with transportation and Sub calling.

School Choice

When reviewing a school choice, parents should consider the programs and opportunities available for students, the school safety, and qualified staff teaching your children. Education is our job and Win-E-Mac school takes this very serious as students are important to our future. We have added a new activity this year called Esports, which is structured computer gaming. Students must be eligible to participate in this gaming activity. Other programs as Robotics, Lego clubs, extra-curricular sports, performing arts and vocational classes are important for students to choose careers in the future. Public Schools have a lot to offer with numerous opportunities for children.

Fitness Room Renewal

Membership to the School Fitness Center is only good until August 31, 2023. You will need to renew the \$75 membership fee by that date, or your card will be deactivated until a payment is made. If you did not purchase a membership last year and would like one this year, please come to



the District Office to fill out a membership application and fee. Adult members of a family must have their own access card from the office. Parents can use their card supervising school aged children. Do not access the rest of the school after hours or an alarm will activate law enforcement. The school has video cameras at entrances and hallways of the school to show access. Please call 218-563-2900 for any questions.

Important: Immunizations

Before a student can attend a Minnesota school, a child must have their immunizations up to date before the first day of school. These students include the Pre-school age 4, Kindergarten and Seventh graders. If you are in question, please call the school for information. The immunizations help every child in school to prevent illness and disease.

Free Lunch and Breakfast is available in all MN Public Schools

Important: F & R application forms

I know you read and hear this announcement time and time again, but I cannot stress enough how important these forms are to the school district to access funding for our school. This year all students will have a free lunch and breakfast. We still need F & R applications available by paper copy or on-line on the Web page: wemschools.org

Century 21 After School Program

We are sad to inform parents that the Century 21 after school free program will end on August 30th. We have had a good 6 years of free programming from this grant. At open house the Century 21 program wants to sponsor a hot dog and chips lunch for families at open house on August 30th from 5:00-6:00 pm. We will be continuing the Century 21 program but there will be a cost for the after-school program. We will have more information that evening. Make plans to attend.

Patriot Pride Boosters

The Patriot Pride Booster Club helps to support students in academics and activities. This group wants to invite parents and community members to get involved. The club will fund raise, provide volunteers for academics and activities in school, sell Patriot clothing and sponsor some events during the school year.



The second place team after the 3 team playoff during the 2023 Win-E-Mac Football Golf Scramble held on Friday, July 21st. Members of the team were: Casey Bergman, Andrew Eck, Rocky Eck and Austin Bellefy.



The 2023 Win-E-Mac Football Golf Scramble team Al's Electric included: Tahlor Ose, Luke Syverson, Sam Manacke, and Caleb Benbo.

RiverView Health offers vaping/smoking cessation services to area teens



Stephanie Korynta

pounds, and ultrafine particles that can be inhaled deeply into the lungs, according to the Surgeon General.

Many e-cigarettes also come in kid-friendly flavors. In addition to making e-cigarettes more appealing to young people, some chemicals used to create certain flavors may also have health risks. E-cigarettes can also be used to deliver other drugs, including marijuana. In 2016, one-third of U.S. middle and high school students who used e-cigarettes had used marijuana in e-cigarettes.

Helping Teens Break the Habit

RiverView Health offers help to people of all ages wanting to quit tobacco. You do not have to be an adult to get help from Tobacco Treatment Specialist Stephanie Korynta. Teens receiving services can meet with Korynta one-on-one or bring a parent(s) or guardian(s).

"Meeting with a tobacco treatment specialist is private and confidential; your school, coaches, academic clubs, and so forth will not be notified that you smoke or vape or that you are seeking help to quit," Korynta reported. "This will be

What to know about vaping

Tobacco may not seem as popular as it once was, but the World Health Organization notes that 1.3 billion individuals across globe can be characterized as tobacco users. That means roughly 17 percent of the global population uses tobacco.

If it seems as though fewer people are smoking cigarettes, that's not an incorrect interpretation. According to the Tobacco Atlas, the number of cigarettes smoked worldwide has been decreasing slowly since sales peaked in 2012. However, cigarettes are not the only tobacco product on the market, and the decline in cigarette sales does not necessarily mean consumers are avoiding tobacco altogether. In fact, some may simply be vaping, which is the term used to describe the usage of e-cigarettes. Though vaping is sometimes described as a safe alternative to cigarettes, such a characterization could be somewhat misleading, as various public health agencies caution against the use of any tobacco products, including e-cigarettes. A greater understanding of vaping, including its potential connection to cancer, could help consumers make more informed decisions.

What is vaping?

According to the Centers for Disease Control and Prevention, e-cigarettes produce an aerosol that usually contains flavored nicotine, which is the addictive ingredient in cigarettes and other popular tobacco products. Additional chemicals are employed to make the aerosol, which e-cigarette users inhale into their lungs. It's important to note that even the term "vaping" might be misleading. The American Cancer Society notes that "vaping" gives the impression that e-cigarettes produce a vapor that is then inhaled. But vaping produces an aerosol that contains tiny particles. That aerosol is not the same thing as a vapor.

Does vaping produce a secondhand effect?

Most cigarette smokers are familiar with the dangers of secondhand smoke. That danger is so significant that it's now illegal to smoke indoors in

many areas of the world. The CDC reports that vaping poses a similar threat, as bystanders near someone who is vaping can breathe in the aerosol when e-cigarette users exhale.

Is vaping linked to cancer?

The ACS notes that the chemicals in the aerosol produced when smoking e-cigarettes may contain formaldehyde, a cancer-causing substance that can form if the e-liquid overheats or an insufficient amount of liquid is reaching the heating element. Though the CDC notes that e-cigarettes can potentially benefit smokers who are not pregnant if used as a complete substitute for cigarettes and other smoked tobacco products, the organization also emphasizes that more research is necessary before scientists can understand the long-term effects of vaping. In addition, the CDC reports that e-cigarettes are not safe for youth, young adults, pregnant adults, or adults who do not currently use tobacco products.

Smoking cigarettes has long been known to increase risk for various cancers. Vaping may be a less harmful alternative to smoking for current smokers, but various public health agencies still warn that avoiding tobacco entirely is the safest option

Vertigo may affect your dog

Though it might be most instantly associated with a popular film directed by famed director Alfred Hitchcock, vertigo is a serious condition that can affect anyone in a household, including the family dog. Also known as vestibular disease, vertigo primarily affects older dogs.

The vestibular system helps dogs maintain their balance, and vertigo is marked by the sudden disturbance of that balance. According to Union Animal Hospital in Spokane, Washington, dogs afflicted with vertigo usually stagger, but some may be unable to



stand and, in rare cases, dogs may roll over and over. VCA Animal Hospitals notes that head tilt and an irregular jerking eye movements known as nystagmus are additional symptoms of vertigo in dogs. Various factors can cause ver-

private, and quitting will be done on your terms; you will not be forced."

While meeting with the patient, Korynta designs an individualized quit plan, equips the patient with tips and tools to provide extra motivation, discusses different tobacco replacement options to help curb cravings, and provides a "quit kit" with items to keep their hands and mouth busy to help curb cravings.

"Patients do not have to wait until they are 'ready to quit' to see me," she said. "Sometimes smokers will come in and just learn about the process and options available to help them quit."

"This helps to get them motivated and start thinking about setting a quit date."

Most insurance companies cover up to three sessions with a tobacco treatment specialist, according to Korynta. For more information on tobacco cessation services at RiverView Health, call Rehab Services at 281.9463.

In a sidebar:

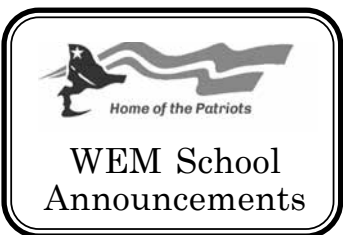
- As a parent or caregiver, you have an important role in protecting your children from e-cigarettes and other tobacco products.

- Talk to your child or teen about why e-cigarettes are harmful to them. It's never too late.

- Set a good example by being tobacco-free.

- Learn about the different shapes and types of e-cigarettes and the risks of e-cigarette use for young people at CDC.gov/e-cigarettes.

Call RiverView's Rehab Services Department at 281.9463 for information on services offered.



Attention Win-E-Mac Football Players

Equipment handout for 9-12 grade players will take place on Thursday August 10 at 6:00 Practice will begin for all 9-12 grade players on Monday August 14.

Practice for 7-8 grade players will begin on Monday August 21.

Practice for 5-6 grade players will begin on Tuesday August 29.

For more detailed practice schedules, please refer to the team and school social media sites.

If you have questions please contact the following coaches -

9-12: Aaron Cook acook@win-e-mac.k12.mn.us

JH: Jason Svlaen jsvalen@win-e-mac.k12.mn.us

Elementary: Nate Johnson njohnson@win-e-mac.k12.mn.us

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

Preschool/Early Chikdhoo 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
- Immunixations
- Large and small muscles
- Thinking, language and communication skills
- 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 kindergartne.

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 hearls@win-e-mac.k12.mn.us.