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McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



On Sunday, July 12th, the Winger Lions hosted a benefit for Garrett and Alayna Espeseth at the Community Center in Winger. They served pancakes with strawberries and whipped cream and sausage for a free will donation. Garrett has health issues stemming from an aneurysm and Alayna was recently diagnosed with thyroid cancer. Dan and Karen Espeseth are the parents of both Garrett and Alayna. Pictured (along with “Team Alayna” t-shirts) are: Breanna Carroll, Jessica Kasprzak, Alaina Juve, Alayna Espeseth and Olivia Simonson. If you were unable to make the benefit, but would like to make a donation, please drop donations at Ultima Bank.

“Team Alayna” for thyroid cancer awareness

In recent months the world has changed for Win-E-Mac student Alayna Espeseth. She was diagnosed with thyroid cancer. An active young lady, her teammates, classmates and community have rallied together to support her with her battle.

Recently there was a benefit pancake breakfast for her and her brother Garrett, who is also having health issues, at the Winger Community Center, hosted by the Winger Lions Club.

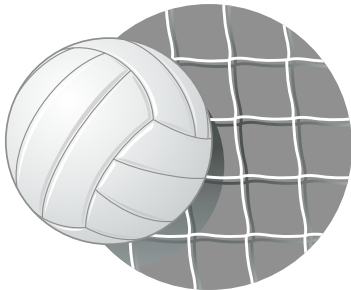
A passion of Alayna’s is volleyball, so another fundraiser has been set up by Win-E-Mac volleyball coach Lynette Kaster and Larry “Woody” Woodbridge, founder of FUN-damental Volleyball Camps on

Sunday, August 16, 2015.

On August 16th, there will be a FUN-damental Volleyball Camp at Win-E-Mac School at noon for grade school through high school kids.

All the proceeds from the camp will go to the Espeseth family to cover medical expenses. The cost for the camp is \$20 for grade school students and \$40 for any student grade 7 and up. There will be forms available at the camp on the day, or you can stop at the McIntosh Times office to pick one up as well.

If you would like to make a donation to the Espeseth family, please make checks payable to the Winger Lions and drop off at Ultima Bank Minnesota locations.



How to protect pets when the mercury rises

When the weather warrants cranking up the air conditioning, pet owners should pay special attention to pets to ensure they are comfortable and not suffering from summer heat.

Many people anxiously await the return of summer when they can wear shorts and short-sleeved shirts out in the sun. Although humans are able to keep comfortable in the heat by dressing accordingly, pets are not so lucky.

Pets can have a difficult time when the temperature soars. Certain animals, such as reptiles or tropical birds, are acclimated to hot temperatures. But other pets, including dogs, cats and even some small animals, can easily overheat and dehydrate. When the weather warrants cranking up the air conditioning, pet owners should pay special attention to pets to ensure they are comfortable and not suffering from summer heat.

*Schedule a check-up with the veterinarian. Prior to the dog days of summer, make an appointment with the veterinarian for a well visit to ensure any preventive care measures are taken. This is the time to refill flea and tick medications and also to have the animal checked for heartworm. Insects that transmit diseases are more prevalent in the warm weather, and more time spent outdoors can put pets at greater risk of insect bites or infestations.

*Get to know your pet. Pets display different behaviors and signals when they are feeling unwell. Heavy panting may be an indication that a dog is hot or not feeling well, while other dogs may pant for no apparent reason. Recognizing baseline behavior for your pet can make identifying a problem that

much easier.

*Keep plenty of water available. Hot weather can cause a pet to use up its fluid stores much more quickly than when it is cooler outside. Before leaving the house, be sure that your pet’s water bowls are topped off. Think about putting some ice cubes in the water to slowly melt and keep it cool, but make sure your pet won’t attempt to chew the ice cubes, which can be hazardous. Water bottles in small animal cages should be topped off and regularly checked.

*Know which pets are most at risk. Older, younger, overweight, and snub-nosed animals (think pugs, shih tzus, Persian cats, etc.) don’t tolerate the heat as well as other animals. Use special caution when it is hot outside for these animals, and check on them frequently.

*Don’t shave fur too short. The idea that shaving a dog (or cat) close to the skin might help them keep cool is a popular notion. While some longer-haired breeds may need a trim to keep cool, resist the urge to shave fur all the way off. This puts pets at risk for sunburn and skin irritation.

*Keep exercise to a minimum. Humans often feel lazy when the temperature soars and so may their pets. Overexertion during hot weather can lead to heat stroke, signs of which include panting, drooling, rapid pulse, and fever. Try to walk dogs early in the morning or late at night when the temperature is cooler. Do not keep animals chained up outdoors or sitting in hot windows during peak hours of the day.

*Supervise water play. Some pets are natural swimmers, while others are not. Do not allow pets to go unsupervised



Grace Kaupang, Nora , Shaina Juve and Adrienne Juve participate in the Lake Itasca Birding Beat at the McIntosh Library on Monday, July 13th.

around a pool or another source of water. They may be tempted to cool off, but they may not be able to stay afloat.

*Be cautious of fireworks. Warm weather and fireworks seem to be common companions. The ASPCA advises that fireworks can result in severe burns or trauma to curious pets. Even unlit fireworks -- which are made from potentially toxic substances -- can be hazardous if they are licked or consumed.



McIntosh resident, Robbie Bryant spent the weekend with his kilt on at the Scottish Festival with his group, The Scottish American Military Society Post 1858.

McIntosh City Council tables listing Poplar Meadows

The McIntosh City Council met in regular session on Thursday, July 9, 2015 at 5:30 pm at the McIntosh Community Center. The quorum was met and the meeting proceeded.

There were no public concerns, so the council moved on to old business and with nothing to report or update, they quickly moved into new business.

The janitorial position that is open in the City was the first topic. After much discussion, the Council decided to place an ad in the paper for a janitorial/maintenance position for 20 to 40 hours per week. Currently the position remains open.

There was then some discussion concerning the trees and shrubs in front of the Bjella building and firehouse that need to be replaced. The Council decided to speak with several groups, such as the McIntosh/Erskine Garden Club, as to what they would recommend to replace them with.

The Council made a motion and passed it unopposed to donate funding for 4 quilt stands to the Win-E-Mac quilters for use at the Community Center for quilt shows. There is still a need by the group for additional stands.

A building permit was approved for Jeremy and Allison Opdahl to move in a 2015 mobile home on property owned by Joan and Ken Kasprzak at 325 3rd Street NE.

Approved as well was a request by LB’s Office to close a section of 3rd Street SW on Friday, July 19th from 7:00 pm to 2:00 am for a street dance.

The Council then scheduled a meeting for the 2016 proposed budget meeting on Monday, August 31, 2015 at 5:30 pm.

After much discussion with Gary Frisk about many ques-

tions that needed to be answered and several changes to be made with the contract with Marcus & Millichap, the company the City intends to hire to sell Poplar Meadows Senior Living, before being signed. It was agreed to schedule a meeting with Marcus & Millichap for Monday, August 10, 2015 at 5:30 pm at the McIntosh Community Center with the City Council and the McIntosh Economic Development Board.

There was unanimous approval from the Council to approve the transfer of a rehab loan to an interested party who falls within the HRA guidelines.

After much discussion, the Council moved to table the issue of a new lawnmower for the City as to the many repairs that have been done on the current City owned lawnmower this summer. Mayor Toby Strom would gather more information and get solid quotes on replacement mowers.

The Council then agreed to have new signs for Polk County Health placed in front of the Bjella Building as they are now residing in the building full-time.

There was discussion concerning several dogs barking in town at all hours of the day and night, and the Council will look into pinpointing the barking. Mayor Toby Strom also informed the Council that there has been a skunk problem on the south side of town and it is believed that they might be living in the green dump as that has not been burned for several years. It is scheduled to be burned for this matter to be hopefully resolved.

The next McIntosh City Council meeting has been moved from its regular day in August to Tuesday, August 11, 2015 at 5:30 pm at the McIntosh Community Center.

Community Calendar

Wed. July 22: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm;

Thurs. July 23: MHAC Thrift Store Open 10:00am -4:00pm; McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm; Bingo at The Club Bar & Grill 6:30pm

Fri. July 24: MHAC Thrift Store Open 10:00am -4:00pm; McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm

Sat. July 25: MHAC Thrift Store Open 9:00am - Noon

Mon. July 27: McIntosh Library 10am to 3pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm

Tues. July 28: McIntosh Library 5pm to 8pm; Children’s Story Time at McIntosh Library 6:30pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm; Serenity Seekers Al-Anon 7:00pm @ Kingo Church Library, Fosston

Wed. July 29: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm

Thurs. July 30: MHAC Thrift Store Open 10:00am -4:00pm; McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm; Bingo at The Club Bar & Grill 6:30pm

Fri. July 31: MHAC Thrift Store Open 10:00am - 4:00pm; McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm

Sat. Aug. 1: MHAC Thrift Store Open 9:00am - Noon

Mon. Aug. 3: McIntosh Library 10am to 3pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm

Tues. Aug. 4: McIntosh Library 5pm to 8pm; Children’s Story Time at McIntosh Library 6:30pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran’s 11:30am to 1:30pm

North of Gully dominates South of Gully

July 18 was Gully Day and had three competitive events with North of Gully vs South of Gully.

The first event was the Knowledge Bowl possibly having the ten smartest humans ever assembled on the Gully stag.

North of Gully took the lead early and continued to build a large lead with victory in the end.

The north basically pummeled the south.

After the event was over an older man from south of Gully was heard getting into his car saying, “next time we got to get smarter people.”

After that event just down the hill in the dark corners of Shorty’s Bar there was a rumor of a possible fix before the event.

Shortly before the event was the start a phone call came from one of the members of the north team. In a garbled message he said he had a flat

tire and had to help an elderly woman across the street in Clearbrook so he couldn’t make the event. So the north needed another member, who the south referred to as a ringer. In any case the north embarrassed the south winning 111 to 33.

The next event was the mens tug of war. In a 2 out of 3 event. The south looked strong on the first pull however the north dug in and won the next 2 winning the event.

Avoiding a compete sweep the south of Gully woman’s team outpulled the north besting them for the second time in five years.

In the end the north won two events and the south one. - Submitted.



Spiritually Speaking

Robustness and Resiliency

There are two ways to enhance our chances of survival; robustness and resiliency. Robustness is a measure of how much damage can be done to an organism and it will still function. Plants are robust because they can lose their leaves and the majority of their limbs and yet survive.

Resiliency refers to the ability of an organism to adapt to changing circumstances. A tropical plant may be robust, but it won't survive in a harsh environment such as a desert. Human beings are hardy because we combine robustness with resiliency. We are robust insofar as we can survive without our teeth, could lose a few limbs, and some of our vital organs are paired, such as the kidneys and lungs, allowing us to survive with just one of them.

Though not as robust as plants, we are more resilient, since we adapt well to change, as evidenced by our living in virtually every environment on the planet. Religion is one of the tools that help us to adapt. The Bible is full of advice on how to get along under trying circumstances. The early Israelites were enslaved in Egypt and then had to survive in the desert, and even once they were established as a nation, they were surrounded by hostile neighbors. This remains true for them today, and there is a lesson here on the value of resiliency and robustness. Increase your robustness by staying healthy and increase your resiliency by being adaptive.

-Christopher Simon

Remember This: Teach them his decrees and instruction, and show them the way they are to live and how they are to behave. - Exodus 18:20

Accepting Applications

The City of McIntosh is accepting applications for a part-time to full-time (20 to 40 hours) janitorial/maintenance position. This position would be responsible for cleaning services for the following City properties: Bjella Building, Community Center, Fire Hall meeting room and the Roholt Park bathhouse (seasonal) and maintenance as needed. This individual needs to be willing to complete training and get certified for handling municipal utilities.

If you are interested in this position please call the City Clerk's office for an application at 218.563.3043 or email macclerk@gvtel.com.

RiverView Health announces the opening of its Thief River Falls Clinic

The Clinic, located at 1140 Vanrooy Drive, includes the practices of Orthopaedic Surgeon Dr. Colin Fennell and Gastroenterologist Dr. Mirza Baig, along with laboratory services.

Dr. Fennell treats diseases and injuries of the musculo-skeletal system with surgery and corrective mechanical devices. He cares for bones, joints, ligaments, tendons, muscles and nerves -- everything that allows you to move, work and be active.

While Dr. Fennell treats all musculo-skeletal issues, his specialty is on upper extremities, including the shoulder, elbow, wrist and hand. Among other procedures, he is known for his innovative, non-surgical treatment of elbow tendonitis (tennis elbow) and Dupuytren's contracture, a progressive hand condition that affects how much you can move or straighten your fingers.

EPHC expanding wall of brick

By a unanimous vote of approval at their last meeting, the Board of Directors of the East Polk Heritage Center has asked Craig Lende of Lende Fabricating in Lengby to create another stainless steel display stand to enshrine bricks purchased by any members of the public wishing to add their recognition of the historic contributions that country schools made in rural communities, not only in E. Polk County for 100 years, but throughout Minnesota and the entire United States for even longer periods of time. The earliest settlers in Northern Minnesota were immigrants from Northern Europe who had a basic education in their home countries and had firm religious beliefs, but were anxious to learn English and become good American citizens. They quickly saw a need for schools and churches in their rural communities which became instrumental in developing cultural values based on the English language, a belief in God and a democratic form of government. The Heritage Center Board invites anyone who recognizes and appreciates the contributions made,

With his advanced procedures, the need for surgery is greatly reduced for patients suffering with those issues. Dr. Fennell has been with RiverView Health for 13 years.

Dr. Baig has extensive training in the diagnosis and treatment of conditions that affect the esophagus, stomach, small intestine, large intestine (colon), and biliary system (liver, pancreas, gallbladder, bile ducts). He commonly treats gastroesophageal reflux disease, commonly known as GERD. Dr. Baig has also successfully implemented a procedure that destroys pre-cancerous tissue in the lining of the esophagus for those with Barrett's esophagus, a condition that affects up to two million Americans each year. Dr. Baig has practiced at RiverView for 11 years.

To make an appointment at the Thief River Falls Clinic, call 218-416-5770.

and the hardships endured, by rural school children and their teachers to add their names to the Wall-of-Bricks.

The existing display stand was designated to honor former students and teachers of country schools in Minnesota who purchased bricks saved from the Moen Schoolhouse chimney which was dismantled prior to moving the school building to its new location on the Heritage Center grounds in Fosston in 2011. The bricks themselves have an historic antique value as they were made at the Lengby Brick-yard prior to 1907 when the present Moen School was built by Bernt Lorentson and local farmers in Rosebud Township. Since becoming an addition to the Herit-age Center's museum grounds, Moen Schoolhouse represents the 100 country schools attended by rural children who received an elementary education in the 22 townships of East Polk County. This display stand has about 35 remaining spaces for any students and teachers wishing to purchase a brick for

Bricks...

Continued on page 4...

Attention Dog Owners:

The City of McIntosh has received complaints regarding dogs. The City ordinance reads as follows: It is unlawful for the owner of any animal to possess more than two dogs at any one time; this limitation (two dogs) on possession shall apply to an entire household, regardless of ownership.

It is unlawful for the owner of any animal to permit such animal to run at large, any dog shall be deemed to be running at large unless it is on a leash.

It is unlawful for the owner of any animal to fail to keep his dog from barking, howling or whining.

City of McIntosh



M16-19C

Baby Shower

in honor of
Ava Frisk
daughter of Nate and
Stephanie Frisk

on **Tuesday Aug. 4,**
2015 at 7:00pm ... at

Mt. Carmel Church
in McIntosh, MN.

Everyone welcome

McIntosh Heritage & Arts Center Update

MHAC had their monthly board meeting July 14.

Donna Larson gave a report on the success of the Thrift Store at The Shop.

She has some great solid volunteers and it was such a great start, the board could add another 1000.00 dollars to the roof fund for the school, with this addition the roof fund balance is now 5000.00.

DeeDee Narum reported she opened the 2nd Floor Thrift Store in the upper level of the McIntosh Country Store on Saturday July 11.

Hopeful hours for the rest of the summer will be the 1st and 3rd Saturdays of the month from 9-noon.

All proceeds from both Thrift Stores will go to MHAC to be used for General funding and Building Restoration projects.

Thrift Store at The Shop sells dishes, knick knacks, pictures, and all sorts of things for your home.

2nd Floor Thrift Store sells clothing, shoes, purses, belts and misc.

Both stores accept donations and can always use volunteers.

There is now an MHAC sign at the old school with some nice flowers for color. Also our art tree has a variety of things to see and a new flower pot for color. This project will be finished soon. Keep an eye out for the finishing touches.

Don't forget there is a members meeting at the Bjella Building on Tuesday July 21 at 6:00 PM

All MHAC members and anyone with interest are welcome to attend.



As we prepare to leave on another mission trip, we would like to thank Jared's Grocery, the McIntosh Fire Dept., and the Winger Lions for their donations to our trip. Your generosity makes our trip possible.

The 2015 Mission Trip Group, Grace Lutheran Church, Erskine

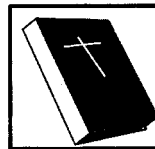
M17C

The McIntosh Times Office Hours

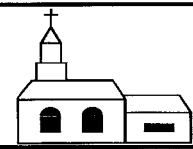
Wednesday 9:00 am to Noon
Friday 9:00 am to 11:00 am

Call or fax: (218) 563-3585

Ad deadline is Noon on Friday prior to publication



Church News



ST. MARY'S CHURCH Fosston

Fr. John Suvakeen,

Pastor

Wed. July 22: 6:00pm Holy Mass at Lengby Lake

Fri. July 24: 11:30am Holy Mass at St. Mary's, Fosston

Sun. July 26: 8:00am Confession; 8:30am Holy Mass at St. Mary's, Fosston; 10:30am Holy Mass at St. Joseph's, Bagley

Fri. July 31: 11:30am Holy Mass at St. Mary's in Fosston

If you have any questions about the schedule please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH Winger/Bejou

Interim Pastor

Melody Kirkpatrick

Sun. July 26: 10:30am Worship at Calvary

Sun. Aug. 2: 9:00am Worship at Immanuel, Bejou

No worship service during the month of July at Immanuel. No worship service during the month of August at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh

Interim Pastor

Melody Kirkpatrick

Sun. July 26: 10:30am Worship Service

Sun. Aug. 2: 10:30am Worship Service

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church

Wed. July 22: 1:30pm Bible Study at The Country Place

Sat. July 25: 8:00pm Prayer Meeting

Sun. July 26: 9:30am Sunday School and Adult Bible Study; 10:45am Worship Service; 7:00pm Luther League (see article elsewhere in the paper)

Tues. July 28: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. July 29: 1:30pm Bible Study at The Country Place

For information on free rides to any of the above activities call 218-268-4242 or 218-687-3461

Gosen Church is located 4 miles south of the junctions of HWY 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.

Refreshments will be served following the program. Join us for an inspirational evening in honor of our Lord Jesus Christ.

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 Paul Magelson

Sun. July 26: 8am Worship

Sun. Aug. 2: 8am Worship

IMMANUEL LUTHERAN CHURCH McIntosh

Rev. Mark Peske, Pastor

Sun. July 26: 9:30am Worship Service

Service Broadcast, TV Channel 12 Wednesdays at 10am - Holy Communion 1st and 3rd Sundays

MAC TO FLUSH WATERLINES

The City of McIntosh will be flushing waterlines and hydrants each Thursday throughout the summer.

Residents are encouraged to watch for rusty or dirty water on these days. Fill washing machines to check water before adding clothes.

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McINTOSH Times

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"Serving the Win-E-Mac area"

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DOVRE

FREE LUTHERAN

Pastor Don Edlund

Wed. July 22: 7:00pm Inter-Denominational Bible Study on Beth Moore's Revelation Study. Everyone Welcome!

Sun. July 26: 9:30am Worship Service

Wed. July 29: 7:00pm Inter-Denominational Bible Study on Beth Moore's Revelation Study. Everyone Welcome!

Sun. Aug. 2: 9:30am Worship Service

MCINTOSH AFLC

McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Trinity:

Wed. July 22: 7:30pm Bible Study

Sun. July 26: 11:00am Worship Service

Wed. July 29: 7:30pm Bible Study

Sun. Aug. 2: 11:00am Worship Service

Mt. Carmel:

Sun. July 26: 9:30am Worship Service

Sun. Aug. 2: 9:30am Worship Service.

Winger News

by Linda Pulskamp

Hello once again from Winger and the Union Lake areas where we have had some hot and muggy weather for the past several days. There have been many thunderstorms passing through the area also but thankfully no damaging storms like other areas have gotten.

Fertile Fair had a nice run of weather and the attendance was excellent each and every day, it did manage to rain a little bit on Sunday night but did not hinder any activities that were scheduled.

The crops all of a sudden seem to be ripening quickly which only means that harvest is upon us. Not only that but in another month some of the colleges will be about ready to get back in session. Where has summer gone?

Saturday found the McIntosh Class of 1965 gathering together at the Polk County Campground for an afternoon of reminiscing and getting reacquainted. Was a most enjoyable afternoon, with a light lunch at noon and pontoon rides around the lake in the afternoon after which most everyone and some spouses also gathered at Lakeview for a dinner to end the day.

There was a very good turn out with about 25 of us attending. Those of us from Winger in attendance were Linda (Anderson) Hegrenes, Pam Wang, Harold Kaupang and myself. Our class President James Rolf was there and was again at the helm. Thanks to Patti, Eileen and Roy (and Mary too) for doing all the organizing and making the effort to make it such a successful reunion.

My apology to Susan Jones and Mark Morvig and all the families for the mistake I made in last week's article on the 4th of July gathering they hosted. I had the name Mark Broden instead of Mark Morvig, sorry and again my apology!

Judy Gieseke was a visitor on July the 8th at the Fern and Milton Carlson home.

Mark and Betty Syverson were visitors with Helmer and Verlys at the Pioneer Home last Saturday.

Last Friday at noon Lucy

Brtek met Patti (Broske) Brown of Eagen and Sylvia McCollum of Bejou and Wilma Wang at Ness Café in Erskine and all enjoyed lunch together. Patty and Sylvia had picked up Wilma on their way to Erskine.

Myles Henney of St. Hilaire visited on Monday with his mother Martha Henney bringing her a treat of fresh raspberries.

Chad Carlson was a visitor and coffee guest last Friday at the Fern and Milton Carlson home.

Donnie Johnson of Maple Lake, MN and Nola Abele of Fosston were last Friday evening visitors at the Pulskamp home. They had been to Fertile and checked out the fair.

Elaine and Dave Hendrickson of Minnetonka were visitors at the Lucy Brtek home last Saturday. Elaine stayed and spent the day with Lucy while Dave went to Mahnommen and attended the school reunion being held there. That afternoon Lucy and Elaine made a trip out and visited with the Amish.

Paul Carlson stopped by the Fern and Milton Carlson home on Saturday morning to freshen up his coffee on his way to work.

Sheldon and Rita Trandem were visitors both last Sunday and again on Tuesday with Helmer and Verlys Homme at the Pioneer Home.

Dean Henney visited last weekend with his Mom, Martha Henney at her home in McIntosh.

Donna Carlson and Johanna of Poland along with Carson Benesh were last Monday visitors at the Fern and Milton Carlson home. Johanna had been a foreign exchange student at the Paul and Donna Carlson home about 6 years ago.

Helmer and Verlys Homme have visited frequently with Roy and Judy Raben at the Pioneer Home while Roy is there recuperating from surgery.

Martha Henney had a enjoyable phone visit with daughter Carol Wang this past week, and also with daughter Gail Johnson.

Monday evening Wilma Wang treated Lucy Brtek to

supper at the Dairy Queen in Fosston.

MARK YOUR CALENDARS! Saturday August 29th Antique Tractor Parade will be held in McIntosh. Parade will be in the morning at 10:00 AM and in the afternoon at 1:00 PM will be the Vintage Tractor Pull. Will be a full and fun day for all. See you there.

Until next week, worrying does not take away tomorrow's trouble, it takes away today's peace!

From the Manor:

Brent, Jen and sons Joshua and sons Dominique Carlson from Erskine stopped by the manor the other day while they were boating on the lake.

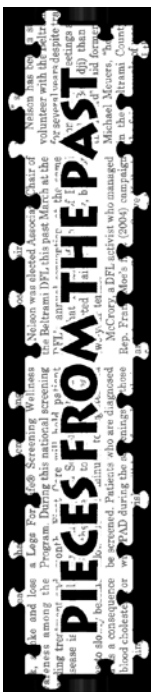
Judy Schulz from Moorhead, aunt Shirley, her daughter Cherie from California, Dougie and son Chaez came to visit Tim at the lake. They went for the standard boat tour around the lake and enjoyed seeing and listening to the loons.

Michele and Vern Anderson took Bun down to Brooklyn Park last weekend to help Odney and Linda Hegrenes celebrate their 45th wedding anniversary at their home on the 18th. All Linda siblings were there and Odney's sister Darlene and husband Jim Hulteen from Thief River Falls along with his brother Bruce and wife Lynn from Duluth were also present. Other notables were son Tory from Virginia and cousins Warren and Sandy Juengel from Michigan. They brought a friend from Germany along with them that was a High School foreign exchange student with Warren back in 1965. Her name was Gretel and she was very interesting to talk to. Linda wore her bridal gown for the crowd and it fit her quite well. Not all brides that have been married that long can do that. Congratulations!

Congratulations also go out to Mike and Loretta Hitchon on being married for 43 years

Sympathy goes out to Kathy Iverson and her family on the loss of her father Gordon Olson of Moorhead. May the Lord bless all of you at this time of sorrow.

Ad deadline:
Noon Friday



30 years ago...1985: The "Clowning"clerks at the Hartz Store kept busy on Crazy Day held each year by the McIntosh Merchants', who also hold a costume contest on the day. Costume winners were Harald Thompson, Erin and Ashley Thomas, and Ordell Aanenson.



20 years ago...1995: The Win-E-Mac 14's volleyball team squad coached by Doug Johnson completed their summer tour the end of June. Pictured are (back) Tina Nienaber, Leah Salvhus, Sandy Brekke, Coach Johnson; (front) Taj Rhone, Kim Rock, Julie Pearce, and Stephanie Tofstad.

Recipe Corner

Has the summer rains or just the bug situation have you running for the indoors? If so, you can still enjoy a summertime treat with the family!

S'more Bites

1 cup graham cracker crumbs
6 tablespoons melted butter

1/4 cup powdered sugar
12 Marshmallows
Reese's mini peanut butter cups or Hershey bars
Mini muffin or cupcake pan (24 count total)

Preheat oven to 350 degrees

Grease pan with non-stick butter spray

In a medium size bowl mix graham cracker crumbs, powdered sugar and butter with a spoon

Evenly distribute mixture to the 24 mini muffin cups. Press along the bottom and sides to make a "cup".

Bake for 5 minutes

While they are baking cut 12 large marshmallows in half

Remove the pans from the oven and place either one Reese's or two sections of a Hershey bar in the graham cracker cup and cover with 1/2 of marshmallow (cut side facing down)

Turn your oven on broil and broil for 2 minutes (WATCH THEM!!) Take them out as soon as they start to brown

Let cool for one hour

Use a teaspoon to wedge under the s'more cups and they should just pop right out!

When you get outside try these awesome variations on the traditionally s'more add to a roasted marshmallow and graham cracker:

lemon curd (Lemon Meringue Pie)
blueberry or raspberry jam with whipped plain cream cheese



10 years ago...2005: Samantha Lee holding her reserve champion ribbon for her poultry entry, 2 Black Australorp chickens.

USDA Announces Conservation Incentives

Agriculture Secretary Tom Vilsack today announced that beginning September 1, farmers and ranchers can apply for financial assistance to help conserve working grasslands, rangeland and pastureland while maintaining the areas as livestock grazing lands.

The initiative is part of the voluntary Conservation Reserve Program (CRP), a federally funded program that for 30 years has assisted agricultural producers with the cost of restoring, enhancing and protecting certain grasses, shrubs and trees to improve water quality, prevent soil erosion and reduce loss of wildlife habitat. In return, the U.S. Department of Agriculture (USDA) provides participants with rental payments and cost-share assistance. CRP has helped farmers and ranchers prevent more than 8 billion tons of soil from eroding, reduce nitrogen and phosphorous runoff relative to cropland by 95 and 85 percent respectively, and even sequester 43 million tons of greenhouse gases annually, equal to taking 8 million cars off the

road.
"A record 400 million acres and 600,000 producers and landowners are currently enrolled in USDA's conservation programs. The Conservation Reserve Program has been one of the most successful conservation programs in the history of the country, and we are pleased to begin these grasslands incentives as we celebrate the program's 30th year," said Vilsack. "This is another great example of how agricultural production can work hand in hand with efforts to improve the environment and increase wildlife habitat."

The CRP-Grasslands initiative will provide participants who establish long-term, resource-conserving covers with annual rental payments up to 75 percent of the grazing value of the land. Cost-share assistance also is available for up to 50 percent of the covers and other practices, such as cross fencing to support rotational grazing or improv-

CRP...
Continued on page 4...

Regional Ag News

Jim Stordahl,
Extension Educator

The Downside of Insurance Insecticide Applications for Soybean Aphid

For soybean aphid management, we encourage you to rely on scouting (actually getting into the field and looking at plants) and the validated economic threshold (average of 250 aphids per plant, aphids on more than 80% of plants, and aphid populations increasing) to determine when to apply insecticides for soybean aphid. The threshold number of aphids is below the number required to cause yield loss and allows time to apply an insecticide before economic loss is incurred. However, you might be tempted to apply insecticides for soybean aphids at low population levels or without regard to the size of the aphid population in field, just in case you might have a problem. These "insurance" applications of insecticides can have negative impacts.

Insurance applications of insecticides for soybean aphids may occasionally provide an economic benefit, if they happen to coincide with development of a threatening population of soybean aphids. However, keep in mind that low populations of soybean aphid do not affect soybean yield. Furthermore, not all aphid infestations will grow to levels that will cause yield loss. Therefore, investments made in insurance applications are often wasted.

Repeated use of insecticides can lead to development of insecticide resistance in pests, which makes the insecticides ineffective against those pests. Insecticide resistance has not yet been documented in North American soybean aphid populations. However, this pest has shown resistance to some organophosphates in China. If we are not careful, insecticide resistance could develop in soybean aphids here. Furthermore, applications of insecticides for soybean aphid increase the likelihood of de-

velopment of insecticide resistance in other soybean pests. Resistance to chlorpyrifos in a population of spider mites from southwestern Minnesota was documented in 2012. Spider mites are not often the target of insecticide applications in Minnesota, so the resistance in those mites was likely due to applications made for soybean aphid. Please see "Insecticide resistance management in soybean" to learn what you can do to help prevent or postpone the development of resistance.

Many of the insecticides used for soybean aphid management, such as pyrethroids and organophosphates, are also very toxic to the beneficial insects (predators and parasitic wasps) that feed on aphids. Treating a real or imagined aphid population will kill beneficial insects. Without these natural controls, newly colonizing aphids or other pests, such as spider mites, can rapidly grow to damaging levels. An insecticide application becomes worth this potential risk once the beneficial insects can no longer keep aphids below economic threshold in the field.

Some insecticides are advertised as being selective or less harmful to beneficial insects (predators and parasitoids) that feed on soybean aphids. Though these products may be less toxic to some beneficial insects, they show toxicity to others. The impacts of selective insecticides on the behavior and biology of beneficial insects are not understood. Such impacts could affect the ability of the beneficial insects to control pest populations. Therefore, we do not recommend the use of selective insecticides for insurance applications against soybean aphid. Limiting your use of insecticides to when they are most likely to provide an economic benefit will also reduce the risk to pollinators (see earlier article about protecting pollinators).

Tank mixes of insecticide and herbicide can lead to poor

insect and/or weed control. The aversion to extra trips across the field is understandable from both a labor and fuel investment perspective. Unfortunately, the best nozzle type, water volume and pressure for application of insecticides and most herbicides are not the same. In addition, the timing of herbicide and insecticide applications should be based on the targeted pests (weeds or aphids), but these timings are not likely to coincide. Currently, there are serious weed control issues in soybean, with waterhemp and giant ragweed being just two examples. Both of these weeds are most efficiently and economically controlled by herbicide applications before July 1, which is well before the time fields generally need to be treated for aphids.

Any pesticide should be applied only with a reasonable expectation of a return on investment. Poor weed or insect control resulting from tank mixes of herbicide and insecticide are unlikely to add anything to your bottom line. Delaying an herbicide application to add insect control or applying an insecticide before the economic threshold are generally poor investments that can lead to more problems than they solve. For instance, the improper timing or application of insecticides or herbicides that can result from tank mixes can increase the likelihood of the insects or weeds developing resistance to these pesticides.

As you manage your soybean crop, be aware of the potential short- and long-term consequences of your management actions.

For more information, contact me at 800-450-2465 or at stordahl@umn.edu. This article was provided by Robert Koch (Extension Entomologist), Bruce Potter (IPM Specialist), Jeff Gunsolus (Extension Weed Scientist)

Random Things and Stuff



Garage Sale Here We Come!

By: Emily L. Ferden

In the past few weeks, I have seen a lot of garage sales around town.

Garage sales are a great opportunity to find knick-knacks, household items, clothes, toys, and so much more at very reasonable prices. Garage sales are a good way to help people de-clutter their homes and also make a little profit at the same time. It is also good for those needing the items sold at the garage sales. For those of you that are thinking of doing a garage sale, here are 7 tips to help you put on a successful garage sale (found on realsimple.com):

1. Place Your Ad: Write an ad for your local newspaper and put signs up around town. Less is more when it comes to effective advertising, so skip the glitter (unless you feel really strongly about it) and make signs using bold markers with your address, the date and time of the sale and an arrow pointing in the right direction.

2. Enlist Helpers: Ask a friend to chip in for the cause, both by putting their stuff up for sale, too, and volunteering to help the day of. Not only will this double the selection of items for sale, you'll have an extra pair of hands to help. In the days leading up to the sale, look over and clean all the items. There's nothing worse than selling a pair of jeans for \$3 and remembering there was a \$20 bill in the back pocket.

3. Consider the Location: When it comes to rummaging through other people's used stuff, presentation matters: Have your friends help you arrange all items by category, and make it easy to navigate between sections. Instead of throwing books into a box, line them up on a bookshelf for easy browsing. Hang up clothes on an old shower rod and order them by size. (No one wants to dig through piles of precariously stacked T-shirts, and you don't want to be the one stuck folding and refolding them.) Place hot ticket items near the end of your driveway to lure in customers. If people driving by see something that catches their eye, they'll stop to take a look. The same goes for the kids' stuff. Kids love shopping at garage sales almost as much as they love putting them together. So help your child go through all her goodies and separate out the really good stuff to make sure it's properly displayed.

4. Create Ambiance: Just because you're setting up shop in your front yard doesn't mean it can't have the vibe of a classy boutique. Play some nice background music so shoppers aren't perusing in silence. If your kid is really into it, he could even open a lemonade stand and sell packaged snacks or your favorite homemade cookies to make some extra cash. Make sure to have a garbage can nearby to keep things tidy.

5. Advertise Each Item's Value: Make sure all your items are clearly marked with price tags, which will discourage bargain-hunters from offering a bargain-basement price on items that aren't marked. We recommend setting your kid up with masking tape or blue painter's tape and letting him go to town once you've decided on the prices. After shoppers take their items home, they can remove the tape without the sticky residue that stickers usually leave. For bigger items like furniture, make large price signs so shoppers aren't searching for that small, elusive price tag. Try these tips to spruce up drab items: ~Put (half used) batteries in that remote controlled car so shoppers can test it out.

~Have an electric outlet available so customers can try plugging in their just-purchased blender or lamp.

6. Don't Overprice: The main thing to remember is not to overprice. Although it's nice to make money, clearing out that excess clutter should be your ultimate goal. A good rule of thumb is to sell things for one-half to one-third their original price. Your kid might be very attached to that old stuffed animal, but even though it's super cute, it's still a secondhand product to a new owner. Also, try to price things with round numbers—25 cents instead of 15, \$2 instead of \$1.80. This way, you'll avoid juggling loose change and making math errors when calculating totals.

7. Be Thoughtful About Checkout: Instead of putting all your money in a tin,



Chase Svalen was recently awarded the Pathfinder Scholarship from Full Sail University in the amount of \$6500. The Pathfinder Scholarship is awarded by Full Sail based on student's with an overall GPA of 3.6 or higher, review of academic and creative performance and personal interview. The Pathfinder Scholarship is given by alumni dedicated to the development of future professionals in the entertainment media industry.

Chase is a 2015 graduate of Win-E-Mac High School and is pursuing a Bachelor's of Art Degree in Computer Animation and Design from Full Sail University, Winter Park FL. He is the son of Jason and Shannon Svalen, McIntosh MN. Grandparents are Russ and Becki Haugen, Jim and Darlene Lien of Erskine and Janice Svalen of McIntosh.

both you can tie on your cutest aprons with pockets so you have cash on you all the time. Have lots of small bills to make change for customers, and when they're ready to pay, tally up their items and keep a ledger of what you sold for how much. Once your customers have selected their treasures, have your friends help them wrap up breakables in newspaper and provide bags for easy transport. As the day winds down, don't be afraid to lower prices or offer everything half off.

Hopefully these tips can help you put on a very successful garage sale!

Bricks...

Continued from page 2...

themselves, or in memory of loved ones, who once attended a country school anywhere in Minnesota.

Each display stand can hold 90 bricks and rests on a cement slab in front of the schoolhouse, which will eventually accommodate three identical stands. At the present time we have approximately 500 bricks remaining for sale to be inscribed with a person's name and pertinent information. The Heritage Center's Board of Directors welcomes anyone wishing to add their name, organization or business name to the country school's Wall-of-Bricks to place an order soon. Craig Lende will soon have the second display stand ready, but getting the bricks ready to be installed takes a bit longer since we must turn in several orders at a time to the engraving company.

The bricks sell for \$100 each which includes the cost of having them engraved and installed in the appropriate stand. Anyone wishing to place an order should contact Judy Newton at 218-563-2021, or email newjudy@gvtel.com, indicate "Brick" on the subject line, to receive the form by return email. You can also write to: EPHC, PO Box 4, Fosston, MN 56542 to request an order form for a brick. Or, call Bonnie Stewart at 218-435-6119. Thank you for your support. Judy Newton, EPHC Treasurer

CRP...

Continued from page 3

ing pasture cover to benefit pollinators or other wildlife. Participants may still conduct common grazing practices, produce hay, mow, or harvest for seed production, conduct fire rehabilitation, and construct firebreaks and fences.

With the publication of the CRP regulation today, the Farm Service Agency will accept applications on an ongoing basis beginning Sept. 1, 2015, with those applications scored against published ranking criteria, and approved based on the competitiveness of the offer. The ranking period will occur at least once per year and be announced at least 30 days prior to its start. The end of the first ranking period will be Nov. 20, 2015.

Later this week, USDA will also announce state-by-state allotments for the State Acres for Wildlife Enhancement (SAFE). Through SAFE, also a CRP initiative, up to 400,000 acres of additional agricultural land across 37 states will be eligible for wildlife habitat restoration funding. The additional acres are part of an earlier CRP wildlife habitat announcement made by Secretary Vilsack. Currently, more than 1 million acres, representing 98 projects, are enrolled in SAFE.

To learn more about participating in CRP-Grasslands or SAFE, visit www.fsa.usda.gov/crp or consult with the local Farm Service Agency county office.



Kallie Roy jumps and dances during the Zumba program at the McIntosh Library on Monday, July 20th. Part of the LARL summer reading program.



Alyssa Morberg and Lauren Kaupang had a lot of fun when the McIntosh Library hosted a Zumba program for the summer reading program on Monday, July 20th at the McIntosh Community Center.

Blueberry Fun Facts

It's a classic in summery fruit salads (not to mention one of our favorite year-round yogurt and oatmeal toppers), well known for its antioxidant prowess and low calorie count. But some of the blueberry's health benefits and fun facts aren't exactly common knowledge. Here are a few things to know about what just might be one of the most popular superfoods around.

1. Blueberries protect against memory loss.

A 2012 study suggested that eating at least one serving of blueberries a week slowed cognitive decline by several years.

One possible explanation as to why came from a 2013 study in mice, which found that berries might protect the brain by clearing toxic proteins that accumulate there.

2. Maine produces more blueberries than anywhere else in the world.

At least, according to the University of Maine.

3. They can be used as a natural food dye.

And legend has it that early American colonists boiled

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WEM School Announcements

Win-E-Mac Volleyball will be starting the fall season on August 17th for girls entering grades 7-12. Make sure to have an updated sports physical before the season starts, watch the papers for local discounts and/or incentives on sports physicals. There will be a fall sports meeting for players and parents details will be posted at a later date.

Practices times for the week

of August 17th will start at 5pm, ending time for the junior high will be 7pm. Practice for the 24th of August will be at 5pm, however the rest of the week 25th- 28th will start at 7am and end around 9am. Please make arrangements with work and plan other appointments to ensure that your daughter attends all practices. The varsity will be attending a scrimmage at Concordia college on Saturday the 29th, from 1pm to 6. If you have questions please call 218-563-2866 Coach Kaster

College News

Local student named to Dean's List at BSU

Emily Ferden from McIntosh earned Dean's List honors from Bemidji State University in Bemidji, Minn., at the conclusion of the Spring 2015 semester.

To be eligible for the Dean's List, BSU students must be enrolled for at least 12 credits and earn a 3.5 GPA during the semester. A total of 1,042 students earned Spring 2015 Dean's List honors from the university.

Local student graduates from BSU

Lisa Scheller from McIntosh graduated from the University in Bemidji, Minn., at the conclusion of the Spring 2015 semester, with a Bachelor of Science in Nursing.

Bemidji State University, located in northern Minnesota's lake district. Bemidji State offers more than 50 undergraduate majors and nine graduate programs encompassing arts, sciences and select professional programs.

WEM ECFE

What: Win-E-Mac Fall Early Childhood Screening!

FREE vision, hearing, health, and developmental screening for 3-5yrs old! This screening is a requirement to start preschool or kindergarten in Minnesota. Meet our teachers and register for preschool!

Who: Children who are or will be 4 yrs old by Sept. 1st, 2015 can register for Win-E-Mac preschool! Information about home-based programs for 3 years olds will also be available!

Contact: Win-E-Mac Early Childhood Family Education via Facebook, email Shannon Svalen, ECFE Coordinator: ssvalen@win-e-mac.k12.mn.us or call: 218-688-2170 to register your child today

Register for Win-E-Mac Preschool!

Win-E-Mac Preschool classes are scheduled to start the week of Sept. 14th and will be held Mon-Thurs from 8:30-3:00pm with each child attending 2/ days a week. Information packets will be mailed our shortly to those families that attended our spring screening.

If you did not screening, please contact Shannon Svalen, ECFE Coordinator to register or for more information about our preschool and early childhood programs:

Phone: 218-688-2170, Email: ssvalen@win-e-mac.k12.mn.us, or find us on Facebook: WEM Early Childhood Family Education.

Open House will be held on Wednesday, Sept. 2nd from 5-7pm



Lots of fun for everyone, as Zumba instructor, Nicole Cook shows a group of kids some cool Zumba moves during the McIntosh Library "Read to the Rhythm" summer reading program event at the Community Center on Monday, July 20th.