



McINTOSH

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Times

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McIntosh, Minnesota



Some members of the McIntosh Class of '63 enjoyed a reunion on July 19th and 20th. On Friday evening they were served a delicious meal catered by Mike Carver and Stephanie Anderson on the patio of their home north of Fosston. Mike is the son of Gloria and the late Dwayne Carver of McIntosh. The evening was spent visiting, sharing memories, and doing a lot of laughing. Classmates were from McIntosh, Fosston, Baxter and Otsego, MN, DePere, WI, and Remsen, IA. The class of 63 included: L-R. Kay Eraker Carlsen, Miriam and David Ramse, Gloria Colvin Carver, Carole Schleicher Eckstrom, Jean Schleicher McCabe, Paul and Julie Gustafson, Gary and Ginny Frisk, Jimmy Wertish, Leona Thompson Humphrey. On Saturday morning, the group met again at Bully Brew in McIntosh. Over coffee and breakfast sandwiches on the patio, they shared many more fun memories. The group decided that those who are able will get together annually from now on..

Make the most of summer's end

It seems like just yesterday people were heralding the arrival of summer. After many months of fickle weather, summer's warm temperatures and ample sunshine can be that hug from Mother Nature people need.

But soon summer will be coming to an end, making room for apples, corn and pumpkin spice.

Even though summer will soon be singing its swan song, there is still plenty of time for families to enjoy the waning days of surf and sunshine.

Here are some family-friendly options to consider.

Catch a concert

Summer is a time of year when many artists go on tour and sell out everything from arenas to ampieaters to more intimate venues. Find a singer the entire family enjoys and grab some tickets.

Pick fruit

Peach season varies depending on where you live, but May through September is a prime time for pick-your-own farms to open their orchards to the peach-picking public. Turn those peaches into pies for Labor Day festivities.

Watch some fireworks

Those who didn't have an opportunity to catch a fireworks display already this summer, or who enjoyed it so much that they want more, can find out when the next big display will take place. Some beachside towns and even amusement



parks regularly host fireworks shows on the weekends.

Climb a lighthouse

National Lighthouse Day occurs on August 7. Locate a lighthouse within driving distance and visit one of the beautiful and historic structures that commemorate maritime history. For example, Sandy Hook Lighthouse in New Jersey, which was lit for the first time in 1764, is the oldest operating lighthouse in the United States.

Pick a day to re-do

Ask all members of the family what sticks out in their minds as the best summer day so far. It may have been paddleboarding in a lake or taking a scenic drive. Compile the answers and then pick one activity to enjoy all over again.

Head to a state fair

State fairs fill calendars this time of year. They're perfect ways to enjoy carnival rides, fair foods, live entertainment, and even livestock.

Watch balloons rise

Check to see if there is a

hot-air balloon festival taking place nearby. Watch these huge items become lighter than air and get lifted off the ground.

Enjoy an outdoor movie

Purchase or borrow a movie projector and set up a screen outdoors. That screen can be an actual outdoor screen or a white sheet stretched between two poles. Invite the neighborhood to come over, set up picnic blankets and enjoy a family flick.

Camp out

Pitch a tent at a campground or even in your own backyard and spend an evening sleeping under the stars.

Visit a garden or arboretum

Plan a day trip to a botanical garden or arboretum to view the various trees, flowers and shrubs in bloom. Bring a picnic lunch and enjoy a day in nature.

Families can wind down from summer by engaging in various enjoyable activities before a new school year begins.

McIntosh Tractor Day is August 24th

McIntosh will hold it's Annual Tractor Day on Saturday, August 24th.

Grab those antique tractors and take a break from the fields to make your way to McIntosh for the annual McIntosh Tractor Day on Saturday, August 24th.

The tractors with the parade, will make it's way through downtown along Main Street.

The day will begin with the antique tractor parade at 11:00 am. Tractors will begin to line up at Erickson Park, on the east side of McIntosh beginning at 9:00 am.

After the parade there will be the Kiddie Tractor Pull sponsored by the Polar Beach Snowmobile Club who supplies and maintains the pedal tractor and pulling sled that are used at each years kiddie pull event. The kiddie pedal pull will again take place in front of the fire hall and registration will be set up to immediately follow the parade. There are several age/weight classes for kids ages 4 years to 12 years old, though younger kids, able to pedal are welcome to come and give it a try.

There will be a tractor pull at the old football field at 1:00 pm. Tractors must register and pay fees to participate.

There will be food vendors featuring hot dogs, hamburgers, candy, popcorn, pop and water on Main Street and the Shoppes of McIntosh will be open for visitors to browse and shop and look for special deals



for the day.

Make plans to bring your family to the annual McIntosh Tractor Day this Saturday, August 27th starting at 9:00 am. See you there!

For questions about the parade or the tractor pull, please call Roy Ostenaa at 218-280-1572 or Steve Urness at 218-280-0399.



FNB of McIntosh

holds school supply drive

Join First National Bank of McIntosh now through August 30th in collecting school supplies for the upcoming school year for those in need. Donations can be dropped off any time during business hours. Ideas for school supply lists can be found at <https://wem-schools.org/elem/>.

FNB thanks you for your donations and look forward to helping our students thrive and succeed!



Bryan Stordahl's Uncle Dave Stordahl, Nephew, Jens and brother, Bryce honoring his memory during the Stordahl Memorial Golf Tournament last Saturday.



The 10th Annual Bryan Stordahl Memorial Golf Tournament took place at Oak Lake Golf Course in Erskine on Saturday, August 3rd followed a gathering at The Deuce Bar in Erskine with music and a silent auction. All proceeds from this event are donated to the V Foundation and helps support cancer research.

MN Gears up for National Farmers’ Market Week

Minnesotans are invited to celebrate the bounty of the harvest season during Farmers’ Market Week, taking place August 4-10, 2024, as proclaimed by Governor Tim Walz.

The Minnesota Department of Agriculture (MDA) and the Minnesota Department of Health (MDH) — in partnership with the Minnesota Farmers’ Market Association, Minnesota Grown, Minnesota Farmers Union, and Land Stewardship Project — will recognize the week with an event at the Lincoln Park Farmers’ Market in Duluth on Thursday, August 8.

“Everyone deserves to have access to fresh, nutritious foods, and farmers’ markets across Minnesota help make this a possibility,” said MDA Commissioner Thom Petersen. “Thank you to the organizers, workers, producers, and vendors who work tirelessly to make these markets happen and bring more locally grown items to their neighbors.”

“The health department is committed to reducing instances of preventable chronic diseases, and we know that eating more fruits and vegetables is a big part of helping make that happen,” said Minnesota Commissioner of Health Dr. Brooke Cunningham. “Not only are farmers’ markets places for producers to sell directly to shoppers and improve access to healthy foods, but they also contribute to the wellbeing of a community by providing great-



er social connection. We celebrate these spaces this week and thank all of those partners who help make these opportunities possible.”

The Minnesota Farmers’ Market Association reports there are currently 375 farmers’ markets and over 10,000 market vendors in Minnesota and the tribal nations within the state. These markets provide essential food access programs that increase the accessibility and affordability of fresh, locally grown food, including SNAP EBT, Market Bucks, and others. Additionally, with the growing adoption of produce prescription programs like Veggie Rx, health care providers are collaborating with farms and farmers’ markets to provide more locally grown foods to people whose health could improve with access to a

healthier diet.

Activities at the Lincoln Park celebration will include shopping with over 25 local vendors, live music, family-friendly activities, giveaways, a free community meal, and presentations from dignitaries including MDH Commissioner Dr. Brooke Cunningham. Festivities will start as the market opens at 3 p.m. and culminate with the community meal.

National Farmers’ Market Week is a yearly celebration sponsored by the United States Department of Agriculture (USDA) which highlights the value markets bring to communities and the important role they play in the U.S. food system. Each year, farmers’ markets across Minnesota participate in the event by creating their own independent celebrations.

Simple tips for more flavorful grilling

Grilling is sometimes described as an art form. Many skilled grillmasters are a testament to that assertion, and it's apparent to anyone who enjoys grilled foods that some who man the grill have a knack for producing flavorful dishes.

Though grilling requires a little trial and error on the path to becoming a go-to grill-master, there are some simple strategies anyone can employ to produce more flavorful finished products.

• **Dry rub foods before putting them on the grill.** Grilling enthusiasts may debate if a dry rub or a marinade is best for grilled foods, and that back-and-forth may never produce a definitive answer. The choice of dry rub or marinade is ultimately up to the cook, but a dry rub can be more convenient because it can be applied shortly before foods are placed on the grill without sacrificing flavor. Many recipes call for foods to marinate for several hours or even overnight. Both dry rubs and marinades can improve the flavor profile, but the former can do so without too much planning ahead of time. Dry rubs also tend to be made with ingredients such as salt, pepper and brown sugar that many people already have at home, adding to the convenience of this approach that can enhance flavor without too much effort.

• **Oil the grates before cooking.** Similar to utilizing a dry rub when cooking, oiling the grill grates can add flavor and make grilling more convenient. Various online grilling experts and forums advise using a silicone brush to apply an oil with a high smoke point (the smoke point is the temperature at which the oil will begin to smoke). The online grilling resource 4thegrill.com notes that corn (smoke point 450 F) and peanut oil (440 F) are better than extra virgin olive oil (410 F) when oiling a grill grate. The oil applied to the grate can add some additional flavor, and also create a nonstick surface that ensures food is not torn apart while it cooks over an open flame.

• **Bring meat to room temperature.** One of the keys to successful grilling is to ensure foods cook evenly. Prior to grilling meat, take the meat out of the refrigerator roughly 20 to 30 minutes before you intend to put it over a flame. This allows the meat to reach room



temperature, which in turn increases the likelihood it will cook evenly.

• **Cook with wood.** The culinary experts at Williams-Sonoma note that wood can be used to add flavor to grilled foods. Williams-Sonoma recommends soaking wood chips, herbs, or grapevine cuttings for 30 minutes and then draining before using with a charcoal grill. Avoid soaking wood or aromatics when grilling on a gas grill, as doing so can make it difficult to ignite the grill.

Grilling is a skill that anyone can develop over time. But even novices can employ a few strategies to increase the flavor profile of their next meal cooked over an open flame.

What type of grill?

Grilling is serious business in the hearts and minds of millions of people, which is

PUC approves modernization transmission project, addressing grid reliability

The Minnesota Public Utilities Commission (Commission) approved the certificate of need and route permit for Minnesota Power's high-voltage direct-current (HVDC) Modernization Project.

Commissioned in 1977, the existing 465-mile HVDC transmission system transports wind energy from North Dakota to Minnesota customers. The HVDC transmission lines and terminals require upgrades due to increased terminal outages and control system failures.

In Minnesota, the project will replace aging converter facilities at the Arrowhead Substation in Hermantown. The project will also construct three transmission lines, each less than a mile long, to connect the new converter station to a new substation and Minnesota Power's transmission system. The project is approved with the option to increase capacity up to 900 megawatts (MW). Currently, capacity is at 550 MW.

The Commission agreed with the Administrative Law Judge's findings that outages

of the HVDC line impose costs associated with congestion, reserving transmission on another party's system, replacement energy, and lost production tax credits. Assuming current failure rates, the estimated outage-related costs are at least \$7 million per year and are likely substantially more.

“This existing transmission system is 47 years old and needs to be replaced. We also need to add new technology to ensure we have the necessary capacity now and into the future,” said Commissioner Hwikwon Ham.

In addition to replacing the existing HVDC terminal equipment, the project would include upgrading technology to support the reliable transition to clean energy. The project would also enable bi-directional line capability for flexible energy flow between the North Dakota and Minnesota terminals.

According to Ham, “The Commission is committed to its mission to improve the lives of all Minnesotans by ensuring safe, reliable, and sustainable utility services at just and rea-

Smokey Bear Reading Challenge at the Mac Library

This August, celebrate the 80th Birthday of an American icon with the Smokey Bear Reading Challenge.

Visit a Lake Agassiz Regional Library location, like the McIntosh Library, to pick up a reading challenge log (or download it at LARL.org).

Take the Smokey Bear Pledge, read three or more books on wildfire prevention or the environment (or pick your own) and even complete additional nature-themed challenges, then return your log to a location near you to get a Smokey Bear Reading Challenge Certificate and a sticker. This program will be offered August 1st - 31st.

Celebrate Smokey's birthday by enjoying a book off this American icon's reading list:

The Hike
by Alison Farrell

With lyrical language that captures the majesty of the natural world coupled with fun narrative featured throughout, this spirited picture book tells the victorious story of three girls' friendship-and their tribulations and triumphs in the great outdoors. Here is the best and worst of any hike: from picnics to puffing and panting, deer-sighting to detours. Featuring a glossary, a sketchbook by one of the characters, abundant labels throughout, and scientific backmatter, this book is a must-have for budding scientists, best friends, and all adventurers. And it proves, as if proof were needed, what epic things can happen right in your own backyard.

Listen to the Language of the Trees
by Tera Kelley

Readers will discover that trees have their own social network, and helping one another thrive is trending. A lyrical read aloud, Listen to the Language of the Trees is the story of a seedling, newly sprouted at the base of a giant tree. As it stretches its roots into an underground web of fungi, it learns that its fellow trees use the fungi to pass messages and share resources! It will take great luck for this tiny seedling to survive, but it will have help from its friends in the forest.

Walking Together
by Albert Marshall

This innovative picture book introduces readers to the concept of Etuaptmuk--or Two-Eyed Seeing in the Mi'kmaq language--as we follow a group of young children connecting to nature as their teacher. A poetic, joyful celebration of the Lands and Waters as spring unfolds: we watch for Robin's return, listen for Frog's croaking, and wonder at Maple Tree's gift of sap.

Grounded in Etuaptmuk,

also known as Two-Eyed Seeing, the gift of multiple perspectives, and the Mi'kmaq concept of Netukulimk, meaning to protect Mother Earth for the ancestors, present, and future generations. Walking Together nurtures respectful, reciprocal, responsible relationships with the Land and Water, plant-life, animals and other-than-human beings for the benefit of all.

Over and Under the Pond
by Kate Messner

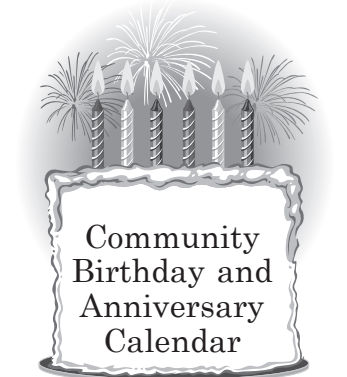
In this gorgeous companion to the acclaimed Over and Under the Snow and Up in the Garden and Down in the Dirt, Kate Messner and Christopher Silas Neal bring to life a secret underwater world. In this book, readers will discover the plants and animals that make up the rich, interconnected ecosystem of a mountain pond. Over the pond, the water is a mirror, reflecting the sky. But under the pond is a hidden world of minnows darting, beavers diving, tadpoles growing. These and many other secrets are waiting to be discovered... over and under the pond.



Behind Grace Lutheran Church, Erskine.

Open hours:
Thursday, August 8th from 2:00 pm to 6:00 pm
Thursday, August 15th from 10:00 am to 2:00 pm
Saturday, August 17 from 9:00 am to 12:00 noon.

Info: email foodshelf@grace-churcherskine.org, call 218-687-2250, leave a message. Also on Facebook.



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

Thurs. Aug. 8:
Valerie fritz, Jon Kl-emer, Ben Ramse, Katie Salvhus, Laura Bursheim, Jason Smeby, *Erik & Tanya Hamre

Fri. Aug. 9: Ryan Schow, Derrick Haugen, *Jay & Leah Mahlen

Sat. Aug. 10: Lily Breckel, Damien Andress, Maxwell Rue, *Clayton & Carol Bartz

Sun. Aug. 11: Darrell Rice, *SHawn & Tamera Ostenaa

Mon. Aug. 12: Marley Halland, *Paul & Diana Lindseth, *Davin & Amanda Swanson

Tues. Aug. 13: Curt Bartz, *Chad & anelle Haas

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.

McINTOSH Times

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

Wed. Aug. 7: 11:30am Mass at St. Mary's, Fosston
Fri. Aug. 9: 11:30am Mass at St. Mary's, Fosston
Sun. August 11: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Aug. 14: 11:30am Mass at St. Mary's, Fosston
Thurs. August 15: 6:00 pm Eucharistic Procession followed by Mass at St. Mary's, Fosston (assumption of the Blessed Virgin Mary)
Fri. Aug. 16: 11:30am Mass at St. Mary's, Fosston
Sun. Aug. 18 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S L31THERAN CHURCH (ELCA)
McIntosh
Pastor Rene Mehlberg
Synodical Authorized Minister Katie DeMarais

Sun. August 11: 10:00am Coffee Hour; 10:30am Worship Services
Su. August 18: 10:00am Coffee Hour; 10:30am Worship Services

Our Savior's 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:
Pastor:
Jerry Moan

Trinity: (27262 315th St. SE, McIntosh) Sunday Worship: 9:30am
Mt. Carmel: (305 State St. NE, McIntosh) Sunday Worship: 11:00am
Lutheran Parish YouTube Channel

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

Sun, August 11: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com); 7:00pm Gloryland Tent Revival meetings begin located at mile marker 81 on Highway 2 between Lengby and Bagley nightly at 7:00 p.m. from Sunday, August 4 through Sunday, August 18

Tues, August 13: 10:00am. Sunday worship service telecast on GVTV--30
Wed, August 14: 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 11: 9:00am Worship
Sun. August 18: 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: 9:15am Sunday School; 10:30am 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.

Thriving Life Church
Erskine, MN

Sunday servie at 10:00 am
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How to find the
Thomas Dambo trolls in Detroit Lakes

By Caitlin Hannah
Danish artist Thomas Dambo recently tapped more than 300 volunteers to help build the "biggest and most ambitious exhibition of his career" in Detroit Lakes, Minnesota. Here is everything you need to know about how to find all the trolls (and one wicked rabbit) hiding in Northwest Minnesota now.

What are the Detroit Lakes trolls?
The Thomas Dambo Trolls (www.thomasdambo.com) made their Detroit Lakes debut in the summer of 2024. Dambo relies on recyclable wood and other reusable materials in all his work, including the incredibly popular giant trolls that have popped up in parks across 20 countries and five continents.

Dambo's record-setting Detroit Lakes initiative was produced with the help of Project 412. The community-led non-profit has supported local art projects like a poetry walk and winter kite launch in the past. They sponsored the trolls and coordinated volunteers with a mission to bring people together and draw new visitors to the area and Visit Detroit Lakes.

Where are the Detroit Lakes trolls?
Detroit Lakes has six trolls and three portals (extensions of Alexa's arms) located throughout the Detroit Lakes area and beyond. (One portal is located just over the North Dakota border in downtown Fargo.) The exact locations of the trolls are revealed by following the clues from Alexa's Elixir spell book or visiting the Detroit Lakes troll website at <https://trollsdl.com/>

We recommend setting more than a day aside to experience all the trolls, as they are spread out throughout the region and may require a short hike and drive to see. The locations of the trolls are designed to be kept secret.

LEGAL NOTICE

NOTICE OF HEARING
Pursuant to Minnesota Statutes, Chapter 103D.911, notice is hereby given that the Board of Managers of the Red Lake Watershed District will hold a public hearing on the proposed 2025 General Fund Budget at 9:15 a.m., August 22, 2024, at the Red Lake Watershed District Office, 1000 Pennington Avenue South, Thief River Falls, MN 56701. The following is the 2025 proposed budget:

PROPOSED 2024 BUDGET	
Manager's fees and salaries	\$40,000.00
Board of Managers expense	24,200.00
Staff salaries	623,395.00
Payroll taxes	47,690.00
Employee benefits	168,481.00
Travel and meetings	7,500.00
Audit	10,400.00
Legal	16,000.00
Office supplies	20,000.00
Office equipment	40,000.00
Appraisers and Viewers	2,000.00
Professional services	35,000.00
Dues and subscriptions	10,000.00
Insurance and bonds	40,000.00
Repairs and maintenance- building	15,000.00
Utilities	12,000.00
Advertising and publications	4,000.00
Telephone	11,000.00
Vehicle expense & maintenance	15,000.00
Engineering supplies	3,000.00
Engineering equipment	45,000.00
TOTAL	\$1,189,666.00
LESS: ESTIMATED OVERHEAD	(935,092.50)
LESS: MISCELLANEOUS REVENUE	(3,000.00)
2025 GENERAL FUND BUDGET	\$251,573.50
PROPOSED 2025 GENERAL FUND LEVY	\$.250,000.00

CAPITAL PROJECTS FUND
An ad valorem tax of .0003627 times the taxable market value for 2024, collectible for 2025, will be levied on all taxable property within the Red Lake Watershed District. One-half of the levy will remain in the District for projects listed below; the other one-half of the levy will be sent to the Red River Watershed Management Board for projects within the Red River Basin.
Permitting system
Benchmarks
Flood Control studies/projects
Stream gauging
Water quality studies/projects
Rivers
Watershed hydrologic analysis
Lakes
Bank stabilization M21-22C



The one golden rabbit created by Thomas Dambo and hidden in Northwest Minnesota.

Adventurers are encouraged to solve riddles and join the adventure to find them all. To learn more, visit the troll map at <https://visitdetroitlakes.com/>.

Dambo encourages participants to share photos and videos on social media but keep the troll locations secret so others may have fun discovering them and following the clues. The trolls are expected to be on display as permanent installations for the next several years.

How do I find them?
Your journey begins in City Park, just beyond Detroit Lakes' downtown area, at Alexa's Elixir, a giant troll wielding a spoon, spell book and cauldron. Read her spell book to gain clues and uncover riddles for your adventure.

Pro tip: take pictures of the book pages or visit the online map courtesy of Visit Detroit Lakes at <https://visitdetroitlakes.com/>. Other trolls include Ronny Funny Face, Barefoot Frida, Jacob Everear, Long Lief, The Golden Rabbit, and three portals that are extensions of Alexa's arms.

As you find each troll, look at their necklace to reveal a number and symbol. The symbol will correspond to a letter in the troll alphabet in Alexa's book. The number corresponds to the placement order of the letter in the word. Once you collect all the letters and put them in the right order, it will spell out a secret word. The secret word is an item on the map in Alexa's book that will indicate the location of the Golden Rabbit. The location of the Golden Rabbit is secret, and the location is only revealed by solving the puzzle.

Common causes of hair loss

Hair loss can affect both men and women and have an impact on their quality of life and self-esteem.

Clinically known as alopecia, hair loss has many different causes, advises the Mayo Clinic. Narrowing down what could be at the root of hair loss may compel people to take steps to restore hair quality and appearance. Here are some common causes of hair loss, courtesy of the American Academy of Dermatology Association.

Heredit
(Androgenic alopecia)
Hereditary hair loss is the most common cause of hair loss worldwide, according to the AADA. In men it's called male pattern hair loss, and in women it's known as female pattern hair loss.

With this type of hair loss, inherited genes cause the hair follicles to shrink and eventually stop growing hair. Shrinkage can begin during adolescence, though it usually starts later in life.

Immune system attacks
(Alopecia areata)
Hair loss can occur when the body's immune system turns on itself and attacks the hair follicles. This may cause patchy areas where there is no hair. Hair loss can occur anywhere on the body, including the scalp, eyelashes, arms, and even on the inside of the nose.

Medications
Certain medications and cancer treatments can cause hair loss. A person may lose all or most of his or her hair within a few weeks of starting chemotherapy or receiving radiation treatment.

Hormonal changes
Hormonal changes can

If you would like to avoid the game, you can visit the troll website, click on the troll, and select its location via a Google Map. This method works for the trolls, but not the ever elusive Golden Rabbit.

Are the trolls easily assessable?
Yes, a number of the trolls in the Detroit Lakes area are accessible. Alexa's Elixir is visible from the parking lot at City Park and is located on a grassy area near the park. Ronny Funny Face is located near a fully paved trail easily accessible less than a quarter mile from a parking lot.

Barefoot Frida and Long Lief are both on wooded trails that are traversable by all-terrain type walking devices but may be difficult if the ground is wet. Jacob Everear and the Golden Rabbit are the most difficult sculptures to navigate via the terrain or the clues to find the locations.

Is it child friendly?
Yes, the Detroit Lakes trolls are a family-friendly activity for all ages. The clues, riddles, and hiking opportunities are a great way to spend time outdoors, enjoy nature, and admire incredible art.

Other tips to share
Nearly all of the trolls are located within remote parks or woodland areas. Proper footwear, sun protection, and bug spray are highly encouraged for all visitors.

The locations of the trolls are revealed by following clues and solving riddles. If you would like to avoid the game, you can learn more by visiting visit the online map courtesy Visit Detroit Lakes online at <https://visitdetroitlakes.com/>.



cause hair loss. Pregnancy or menopause may cause fluctuations of hormones that lead to hair loss. In addition, hormonal changes in the thyroid may cause hair loss.

Illness and stressors
A person may notice that he or she is losing many more hairs than normal a few months after recovering from an illness or undergoing surgery or experiencing a particularly stressful situation. The good news is that when the stressor stops, the body can readjust and the hair loss will stop.

Chemical or physical damage
Certain hair treatments or hair styling procedures like perming, hair coloring, relaxing the hair, or using heat styling products can damage hair follicles and lead to hair loss.

Hairstyles that pull on the scalp, such as tight ponytails or braids, can lead to permanent hair loss. This is known as traction alopecia.

Infection
An infection of the scalp may cause hair loss. Hair may be restored with treatment of the illness.

Individuals who are experiencing hair loss can speak with their doctors and undergo testing to get to the bottom of hair loss. There are treatments available that can slow hair loss or even reverse it. Certain measures, such as being more gentle with hair, also can prevent hair loss in certain instances



Artist Thomas Dembo strikes a pose with Ronny Funny Face as adventurer's take to the trails in search of his trolls and one golden rabbit hidden around in Northwest Minnesota.



Jacob Everear is one of the more difficult trolls to locate.

MN noxious weed disposal the correct way

There are several methods for destroying noxious weed material without transporting it to a new site

Emilie Justen, Minnesota Department of Agriculture

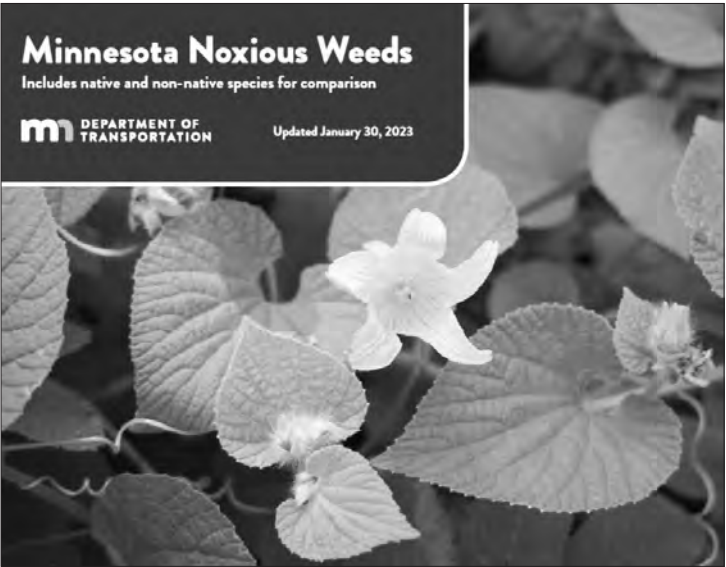
This year's growing season has resulted in robust plant growth throughout the state. For gardeners and land managers, that means ongoing weed management of unwanted plants. As fall yard cleanup approaches, people may be pulling or digging noxious weeds that have seeds or other propagating parts, which means special consideration for disposal is necessary.

The first step in effective noxious weed management is to identify the plant species. There are several resources to help you identify plants. Plant identification apps, such as Seek by iNaturalist (https://www.inaturalist.org/pages/seek_app), can use photos of the plant to try to identify it. The Minnesota Department of Transportation's online book "Minnesota Noxious Weeds" (<https://www.dot.state.mn.us/roadsides/vegetation/pdf/noxiousweeds.pdf>) is helpful for learning about priority invasive plant species in our state. Minnesota Wildflowers' website (<https://www.minnesotawildflowers.info/>) and app are helpful plant identification tools as well.

Once you've identified the plant species, you can check to see if the species is on the Minnesota Noxious Weed List. Noxious weeds are annual, biennial, or perennial plants that the commissioner of agriculture designates as having the potential or are documented as being detrimental to human or animal health, the environment, public roads, crops, livestock, or other property. Each of the categories on the Noxious Weed List has regulations for landowners to ensure that those species are contained and kept from spreading.

To prevent the spread of noxious weeds, there are several methods for destroying noxious weed material without transporting it to a new site:

- Plants can be composted on site. Select a specific area of the property that is used only for noxious weed disposal. Pile the plants on the ground; mix-



The first step in noxious weed disposal is weed identification. The Minnesota Department of Transportation's online book "Minnesota Noxious Weeds" is a great resource to identify weeds.

ing the material with soil or compost may help degrade the material faster. The compost site will need to be monitored at least a couple times a year, and new seedlings will need to be pulled. Be sure to check with your local ordinances for composting regulations.

- Many noxious weeds can be burned. Always check and follow your local laws and ordinances for burning.

- Legal application of approved herbicides will destroy the plants and let them dry out and decay naturally without the need for cutting or harvesting of the plant material.

Learning about noxious weed management and proper disposal can make a difference in keeping noxious weeds from spreading. Starting with identifying the plants you'll be managing, you can make plans for proper disposal and keep those weeds from spreading. Learn more about disposal at the MDA's Guide to Removal and Disposal of Noxious Weeds website.

Two simple guidelines to follow when dealing with noxious weeds on an individual property:

- Kill but do not remove weeds from an infested area when possible

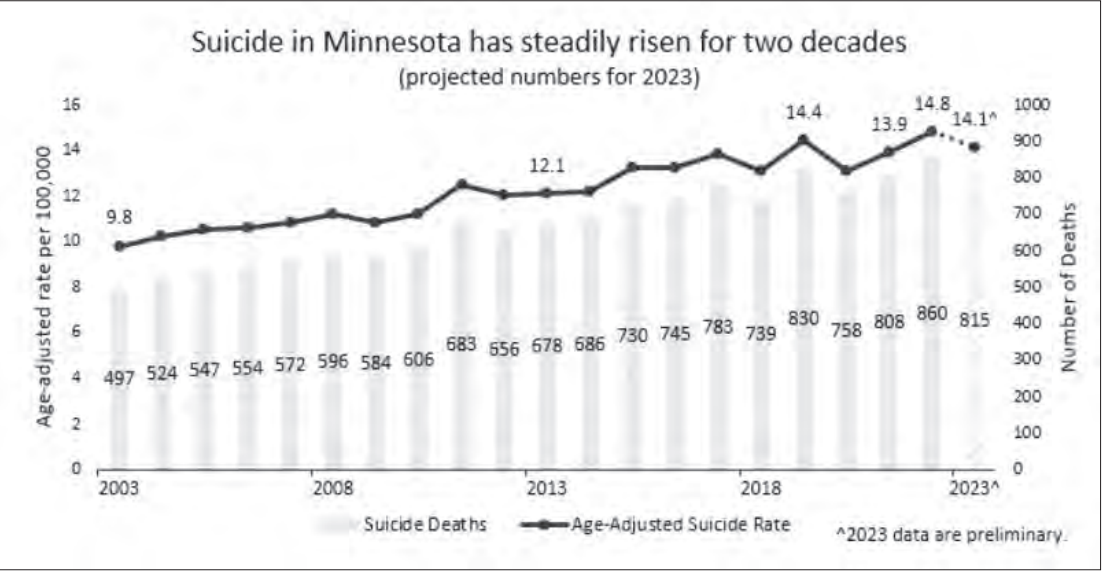
- If removal of weed plant materials from an infested site is necessary, properly contain and transport the materials to a disposal site that will ac-

cept and properly dispose of noxious weed materials. Contact the disposal site prior to transporting noxious weed materials to ensure that they will accept noxious weeds and that they have a system in place to destroy all propagating parts and prevent any future seed transfer.

You do not have to remove noxious weed materials from your property. In fact it is preferred that you leave materials on site and either destroy them by a legal means or allow to naturally degrade.

The Minnesota Noxious Weed Law does not require removal of listed species from your property. It simply requires eradication (killing the plant) or control (preventing seed production and spread) – depending on the regulatory designation for each species. The goal of the law is to prevent the growth and spread of harmful plants to new areas. Removal from your property increases the potential of accidentally spreading these plants while transporting them. Land with established weed infestations already has a viable seedbank, i.e., seeds that are deposited into the soil from past generations that are dormant. Therefore, keeping plants on site to naturally decay is the best and safest method to prevent future spread to new areas.

Preventable deaths by suicide declined in 2023



Suicide is preventable, recovery is possible and people can seek help by calling or texting 988.

In 2023, 815 Minnesotans died from suicide, down from the historically high number of 860 in 2022, according to preliminary data. The suicide rate fell from 14.8 per 100,000 in 2022 to 14.1 per 100,000 in 2023.

The preliminary 2023 data is a positive drop below the previous highest age-adjusted rate of 14.4 in 2019, according to a newly released data brief. Though, health officials caution that achieving a longer-term downward trend will require continued commitment to suicide prevention work. Deaths by suicide in Minnesota have been trending up for the past 20 years with some slight fluctuations each year, mirroring patterns across the United States. The data brief is available at the MDH suicide data and reports webpage.

“Though it’s important to see fewer deaths by suicide, even one is too many. We want Minnesotans to know that suicide is preventable, and hope and help is out there,” said Minnesota Commissioner of Health Dr. Brooke Cunningham. “We must continue our work to promote resources like 988 as well as implement our state suicide prevention plan, which takes a comprehensive public health approach that supports connectedness, belonging and protections from lethal means.”

A suicide death can have profound impact on families and communities. When a person dies by suicide, their surviving family, friends, coworkers, neighbors and community members may feel a sense of shock and prolonged grief as well as experience depression, anxiety or thoughts of suicide themselves. Minnesota’s suicide prevention efforts are based on the evidence that suicides are preventable, mental illness is treatable and recovery is possible.

The Minnesota Department of Health (MDH) 2023-2027 Minnesota State Suicide Prevention Plan calls for a comprehensive approach including improving infrastructure, increasing collaboration and building capacity for local communities to implement strategies in prevention, early

intervention, crisis intervention and support after a death by suicide. The plan supports suicide prevention efforts such as the 988 Suicide and Crisis Lifeline, suicide prevention trainings (PDF) in communities and the Zero Suicide initiative, which is a framework to improve the suicide and self-harm care within health care and behavioral health clinics and organizations.

Firearms are often involved in suicides in Minnesota, making up the largest percentage of suicide deaths (47%) in 2023. Historically, white males account for about 80% of the suicide deaths by firearm in Minnesota, and men in general account for about 80% of all suicides in Minnesota. However, women and girls have higher rates of non-fatal suicide attempts. These patterns are likely related to the lethality of firearm injuries compared to other injuries.

Efforts to reduce suicide deaths by firearms include Counseling on Access to Lethal Means (CALM) training. This training promotes strategies for removing or reducing access to the methods people use. Gun locks are one strategy for safely storing a firearm and reducing access to lethal means for someone having suicidal thoughts. The Minnesota Department of Public Safety (DPS) is working with many partners across the state to promote gun locks. Learn more on the DPS Safe and Secure Minnesota webpage. Also see the MDH Preventing Injury and Deaths from Firearms webpage.

Minnesota’s “red flag” law—the Extreme Risk Protection Order Law—took effect Jan. 1. The law allows for people to request an order from the court to temporarily prevent someone from purchasing or possessing a firearm during a period of crisis when they are at risk of harming themselves or someone else.

The 988 Suicide and Crisis Lifeline (988 Lifeline) marked its two-year anniversary in July. In 2023, there were 73,738 contacts (calls, texts and chats) from Minnesotans to the 988 Lifeline, a 43% increase from 2022. 988 Lifeline counselors supported people seeking help to develop over 11,000 safety plans. Safety

plans assist people in increasing their personal safety by identifying coping strategies to manage emotional distress. 988 Lifeline counselors also made over 6,000 referrals to mental health or related services. Learn more at the 988 Lifeline Data webpage.

MDH is supporting implementation of new suicide prevention efforts around the state. For example, Carlton County and Canvas Health have been awarded the Regional Suicide Prevention Coordination Grants through MDH to support regional comprehensive suicide prevention efforts that serve all 87 counties and Tribal lands in Minnesota. MDH also funds comprehensive suicide prevention grantees to build community coalitions to develop and implement a data-driven plan. Go to the MDH suicide prevention page for additional information and prevention resources.

If you need immediate emotional or mental health support, or are worried about someone else, please call or text 988 or visit the 988 Suicide & Crisis Lifeline - Call. Text. Chat. (988lifeline.org) to connect online with a trained counselor.

Did you know?

American gymnast Simone Biles is a household name across the United States, and that renown even extends beyond the country’s borders. Biles’ accomplishments, particularly on the Olympic stage, have made her among the world’s most recognizable and revered athletes.

Despite an already impressive résumé that would be the envy of millions of athletes, Biles has a chance to build on her legacy at the Summer Olympics in Paris in 2024. Should Biles win just one more medal in Paris this summer, the Ohio-born, Texas-raised 27-year-old would become the most decorated American gymnast in Olympic history.

Biles enters the 2024 Games with seven Olympic medals to her credit, including four golds she earned during the 2016 Summer Games in Rio de Janeiro.

Those seven medals equal the number earned by Shannon Miller at Barcelona in 1992 and Atlanta in 1996.

Starting school with shoes with Sole Tree at WEM

Win-E-Mac will be doing the Sole Tree again this year. This program matches kids in need of tennis shoes for the school year with donations from our communities.

The goal is to make sure kids within our school all can have good quality tennis shoes to begin the school year.

More information will be coming out soon with links to sign up for shoes. Monetary donations can be sent in to the school with a note Win-E-Mac Sole Tree. Any monetary donations will be used to purchase



shoes.

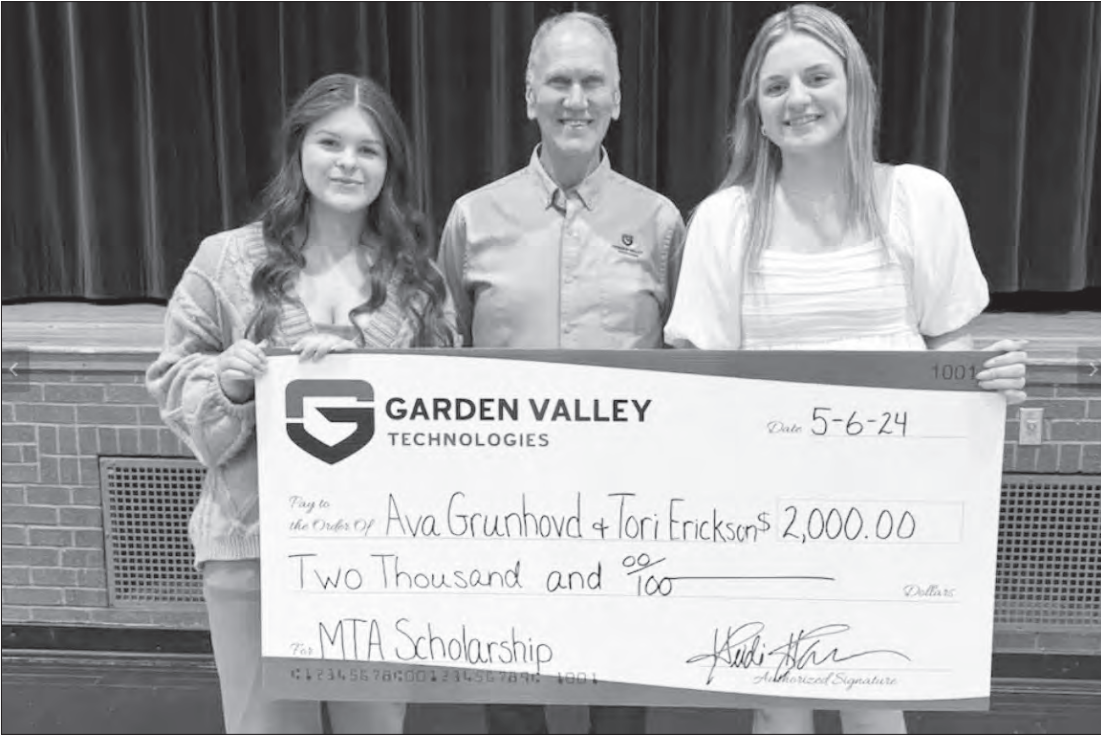
All shoe donations will be due by Monday August 26th. When you bring your shoes in please make sure you mark

them with the number you signed up for. If you have any questions please contact Cassie Subbert.

This program was a great success last year and 30 kids received new shoes. Many of the kids were very excited about the nice, new shoes and we had many thankful parents who shared that not having to worry about purchasing shoes helped them out a lot.

This is our 2nd year of the Sole Tree and Win-E-Mac school hopes for many, many more years of this program.

6 local students awarded scholarships through Telecom Foundations



The Minnesota Telecom Alliance announced that they received 140 scholarship applications from across the state and five out of the seven winning students are from Garden Valley Technologies service area.

Erin Michalski was selected to receive a \$3,000 Bud Morrow scholarship for being the top applicant. Ms. Michalski graduated from Warren-Alvarado-Oslo High School and plans to attend the University of Iowa. She is the daughter of Carrie & Jay Michalski.

Molly Cullen was selected to receive a \$3,000 Jon Tollefson Technology Award. To receive the Jon Tollefson Tech Award the winner must have plans to major in either telecommunications or Information Technology at a University. Ms. Cullen graduated from Grygla High School and plans to attend the University of North Dakota and receive a degree in Information Technology. She is the daughter of Sarah Madison.

Jordan Wieland was selected to receive a \$2,000 scholarship. Ms. Wieland graduated from Lafayette High School and plans to attend the University of North Dakota. She is the daughter of Todd and Jennifer Wieland.

Tori Erickson was selected to receive a \$2,000 scholarship. Ms. Erickson graduated from Fertile-Beltrami High School

and plans to attend Mayville State University. She is the daughter of Monte & Kristin Erickson.

Ava Lyn Grunhoyd was selected to receive a \$2,000 scholarship. Ms. Grunhoyd graduated from Fertile-Beltrami High School and plans to attend North Dakota State University. She is the daughter of Alan & Brenda Grunhoyd.

To be eligible for the MTA scholarship, applicants must be attending post-secondary education at either a university, college, or technical college, be a Minnesota resident, and the applicant’s family must subscribe to at least one service from an MTA member company; in this case, Garden Valley Technologies. The panel reviewed each application and scored the applications based on the applicants’ grades, academic achievements and extracurricular activities.

In awarding the scholarship to these students, Tim Brinkman, CEO/General Manager at GVT said, “We are happy to have this chance to make an investment in the students’ college education. Rural communities need educated and talented young people to be our leaders of the future. It makes us all proud at Garden Valley Technologies when five of the seven winners are from our local schools.”

In addition to the MTA scholarships, Mateo Reynolds has received a \$2,500 scholarship through the Foundation for Rural Service (FRS). Founded in 1994, FRS is the philanthropic arm of NTCA—The Rural Broadband Association, of which Garden Valley Technologies is a member. Mateo Reynolds graduated from Bagley High School. Mr. Reynolds plans to attend the University of Wisconsin-Madison. He is the son of Troy and Mia Reynolds.

The FRS Scholarship Program awards one-time scholarships to students from rural communities for their first year of college, university, or vocational-technical school. Each student is sponsored by an NTCA member company that also contributes a portion of the scholarship award. This year FRS awarded 55 scholarships, totaling \$173,000, to students across the country.

Do you have a story to share?

If you have a story, a story idea or any photos you want to share, please send to: mcintoshtimes@gmail.com



The McIntosh Library had lots of guests, young and old, who came out for the Emergency Helpers presentation held on Monday, July 15th at the McIntosh Community Center as part of the Summer Library Experience.