

\$1.00

McINTOSH

Since 1888

Times

Hub of the Thirteen Townships

McIntosh, Minnesota



The McIntosh "Green Dump" is clearly marked with signage stating that the area is used for yard waste only.

Illegal dumping caught at Mac green dump

Someone from a neighboring town was recently caught on camera, dumping illegal household garbage and furniture at the City of McIntosh's green dump on the south side of the City.

The person who was caught on camera received a \$300 fine and had to remove the garbage and dispose of it in a proper dumping area.

The cause of concern becomes clear as you drive back towards the dumping area because the land is posted as a Waterfowl Production Area by the U.S. Department of the Interior Fish and Wildlife Service.

The land is intended as a nesting ground for waterfowl and is also closed to public hunting.

There is the availability to take household rubbish and trash to the Polk County Waste Facility in Fosston. If you have any questions about what can be dropped off there, please call 435-6501.

**Waterfowl Production Areas:**

Your Federal Duck Stamp dollars go toward creating waterfowl production areas, often called WPAs. These WPAs are either acquired as public land, or protected through perpetual easement, as part of the U.S. Fish and Wildlife Service's National Wildlife Refuge System.

All WPAs provide habitat for a vast variety of waterfowl, shorebirds, grassland birds, plants, insects and wildlife.

They also help reduce erosion, clean and protect ground water and reduce flooding. WPAs owned by the U.S. Fish and Wildlife Service also provide ample opportunities for public access and wildlife-dependent recreation such as hunting, wildlife watching and

photography.

The lands are purchased by the U.S. Fish and Wildlife Service and formed to manage, protect and restore waterfowl habitat. Nearly 95 percent of the Waterfowl Production Areas (WPAs) in the United States are located in the Prairie Pothole Region of North and South Dakota, Minnesota, Montana, and Iowa.

If you have any questions or would like to report any illegal dumping at the site, please call the McIntosh City Clerk's Office during regular business hours 563-3043.

Mumps Disease Statistics

There are usually about 10-20 mumps cases reported in Minnesota each year. The last large outbreak of mumps in Minnesota was in 2006 with 180 reported cases that were linked to a large outbreak occurring in several other Midwest states.

Confirmed and probable mumps cases as of June 8, 2017: 65



**Playground Build**

We are looking for volunteers to help with the WEM Playground Build!!! The build will take place June 20-23rd. Start times would be 7 am until dark around 10pm.

If you would like to help us, please indicate below a time frame and dates that would work best. We are going to set up shifts for each day. If you have time during the day or the evening, please stop up and help with the playground located behind the school.

Lunch and Supper will be provided each day at 12 and 5 pm. Again, thanks for all that you do, and continue to offer to the WEM School! Check any days that would work and call the school asap! Tues June 20th Wed June 21st Thurs June 22nd Friday June 23rd Shifts: 7am-12pm 12pm-5pm 5pm-10pm Call when you can!!! Thanks! 218-563-2900

Polk County Public Health confirms cases of mumps at Win-E-Mac

Recently, many shocked parents in the Win-E-Mac School district received a letter, just after the end of the school year. The letter was from Polk County Public Health and stated: "Dear Parents: Cases of mumps have been confirmed in students at Win-E-Mac School. The cases were identified at the end of the school year. We'd like to provide you with some information about mumps illness along with a few specific action steps. Mumps is an infection caused by a virus. The most common symptoms include swollen glands in front of and below the ear, fatigue, headache, and low-grade fever. Mumps is spread by coughing and sneezing or through direct contact with the saliva of an infected individual. Symptoms of mumps usually develop 16 to 18 days after exposure, but may develop from 12 to 25 days after exposure. Most individuals in Minnesota are vaccinated for mumps. The vaccine is about 85 percent effective, so it prevents a significant number of mumps cases. However, this also means that some individuals will get mumps even if they have been vaccinated.

Here are some things you can do:

Check your immunization records to make sure you've had two doses of the measles-mumps-rubella (MMR) vaccine.

Watch for symptoms even if you have been vaccinated. Although you may have received the MMR vaccine, immunization is not always 100% effective, and immunity decreases over time. Early symptoms usually begin 2 to 3 weeks after exposure. If you develop symptoms, they would be expected to occur between now and June 13, 2017.

Stay home and call your healthcare provider if you have symptoms of mumps. Anyone suspected of having mumps should be evaluated

by a health care provider- (Call the provider before going to the facility. - They may want you to go to a specific area and/or wear a mask). Note: It may be helpful to take this letter with you to show to your health care provider. If symptomatic, stay home from school, work, daycares, or any group activities. Wash your hands often and cover your cough and sneezes.

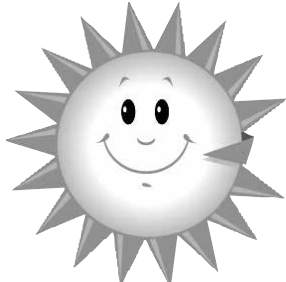
Thank you, and please call Polk County Public Health at 218-281-3385, if you have additional questions.

Message to Minnesota Healthcare Provider: The MDH is currently recommending that individuals who receive this letter be evaluated for mumps: when there is presence of low-grade fever, headache and parotid, sublingual or submaxillary gland Swelling. If patient is exhibiting symptoms of mumps, collect specimens for PCR testing (buccal swab and urine) and call MDH (651-201-5414) to report the suspect case, instructions for specimen collection and submission found here: <http://www.mn.gov/MDH>. Please call [MDH at 651-201-5414 and ask to speak with someone about mumps if you have any questions. . : PO Box 403 o Crookston, MN 56716 218-281-3385 (office) o 218-281-7376 (fax)"]

**What is mumps?**

Mumps is a viral infection that primarily affects the salivary glands located between the ear and the jaw. What are the symptoms of mumps? Symptoms of mumps include low-grade fever, headache, muscle aches, tiredness, loss of appetite, and swollen salivary glands under the ears or jaw on one or both sides of the face (parotitis). What health problems does mumps cause? Up to 30 percent of a person infected with the mumps virus do not have Symptoms. Orchitis (swelling of the testicles) is a common symptom in males after puberty. Rarely, swelling of the spinal cord and brain

(encephalitis) occurs. How is mumps diagnosed? Mumps may be diagnosed by looking at symptoms and laboratory test results. Health care providers may collect samples from the mouth or throat, as well as urine and blood samples to test for the virus. There are other illnesses that can cause similar symptoms, so it is important that the correct laboratory testing is done. How is mumps spread? Mumps can be spread when a person with mumps coughs or sneezes near you, or if you touch fluids from the mouth or nose of a person with mumps and then touch your eyes, nose, or mouth. Sharing beverage containers, eating utensils, cigarettes, and kissing are other examples of how the virus can be spread in fluids between individuals. How long is a person with mumps contagious? Mumps can be spread 2 days before symptoms appear through about 5 days after. Mumps is most contagious 48 hours before the illness begins. Is there a vaccine for mumps? Yes. Mumps vaccine is contained in the MMR vaccine (Measles, Mumps, Rubella). One dose of mumps vaccine will be effective in approximately 80 percent of people vaccinated, but 2 doses of mumps vaccine will be effective in approximately 90 percent of people. This means it is still possible for someone with 2 doses of MMR to get mumps. Learn more on the MMR Measles, What can be done to prevent mumps? The best way to prevent mumps is to get vaccinated. Persons who have mumps should stay at home for 5 days after swelling starts so that they do not spread it to others. Is there a treatment for mumps? No, only symptom care. Vaccine-Preventable Disease Section PO Box 64975 St. Paul, MN 55164-0975 551-25A14 [www.health.state.mn.us/immunize](http://www.health.state.mn.us/immunize)



Community Calendar

**Wed. June 14:** 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

**Thurs. June 15:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

**Fri. June 16:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

**Mon. June 19:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

**Tues. June 20:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm

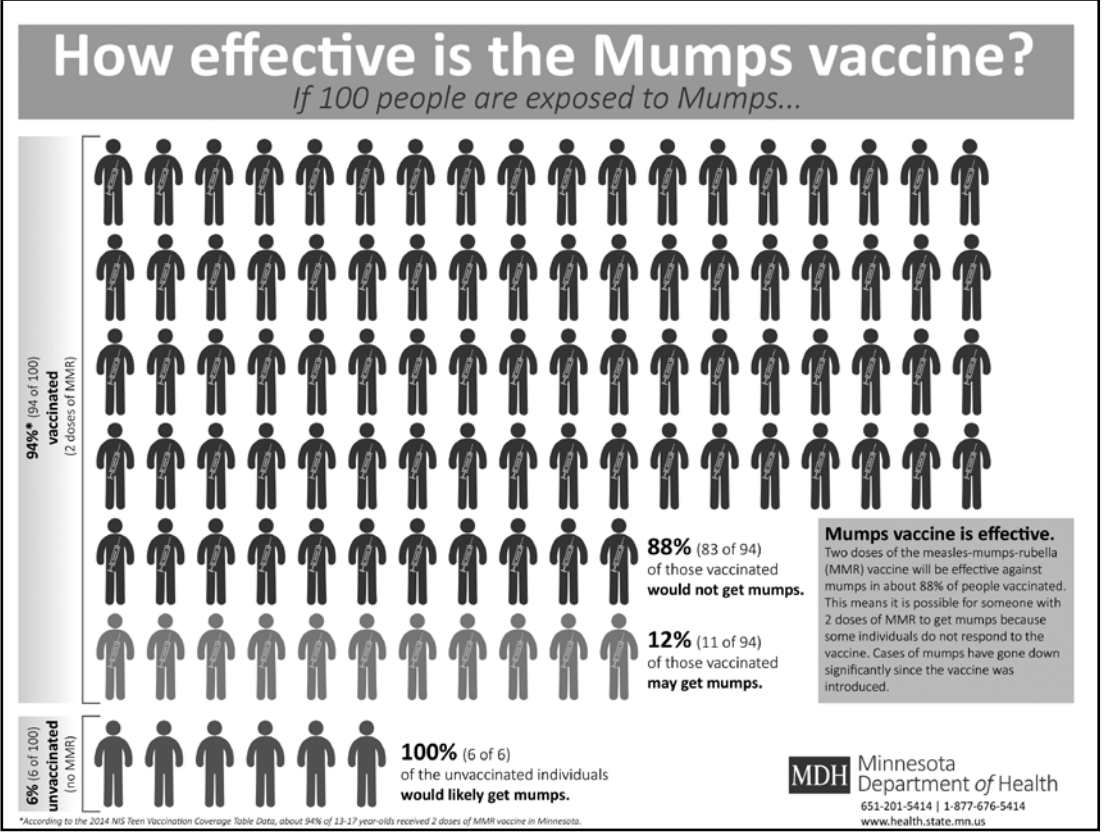
**Wed. June 21:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;

**Thurs. June 22:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

**Fri. June 23:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

**Mon. June 26:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

**Tues. June 27:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm



Pictured above: an infographic from the Minnesota Department of Health shows the importance of vaccinations.



A Quilt of Valor was presented to Scott Hanson of Erskine during the Memorial Day celebration at the Community Center on Monday, May 29, 2017.



McIntosh Times/Community Club Yard of the Week this week belongs to Brittney Kerssen and Matt Sandberg. Congratulations on a beautiful yard!



# Winger News

Linda Pulskamp

**Ed Gindele,  
Extension Educator**

**Mike Philipp,  
CED, East Polk/Red Lake Counties**

Right: 20 years ago...1997: Preparing the city flower beds for new plants are Harold and Adella Thompson and Ruby Heideman. The Thompsons and the Heidemans (Curtis will help too) will keep the beds watered and weeded.



**Polk County Fair: (218) 945-6708**  
**[www.polkcountyfairfertilemn.com](http://www.polkcountyfairfertilemn.com)**

# Tips for freezing berries

Food preservation season begins with preserving berries: frozen, canned, dried, or jams and jellies. The freezing of berries is a great place for a "new" food preserver to develop their skills.

Preserve fruits as soon as possible after harvest and at their peak of ripeness.

Do not soak berries in water. To clean, place the berries in a colander, dip into cool water, and gently swish, drain.

Fruit can be frozen with sugar, in a sugar water syrup, or unsweetened. Unsweetened fruits lose quality faster than those packed in sugar or sugar syrups

## Freezing strawberries using the sugar pack method

### Step-by-step directions

Wash hands for 20 seconds

1. Wet hands under hot running water. Add lots of soap.

2. Rub and wash back of hands, wrists, between fingers and under fingernails for 20 seconds.

3. Rinse well under running water.

4. Dry with paper towels.

5. Use paper towel to turn off the water faucet.

Clean and sanitize sink and counter tops

1. Wash counter tops and prep sinks with hot soapy water.

2. Fill squirt bottle with 1 quart water. Add 1 teaspoon of chlorine bleach or use commercially prepared cleaner per directions on label.

3. Spray counter tops and sink with bleach solution. Let air dry.

4. Wash hands.

Clean as you go

1. Wash dishes, utensils, cutting boards, etc. in hot soapy water.

2. Let air dry.

3. Put away items where you found them.

Ingredients:

Select fresh, fully-ripe, firm strawberries with a deep red

color.

3/4 cup of granulated sugar per quart of berries

### Directions:

Prepare fruit by washing strawberries

1. Sort strawberries removing bruised, damaged, immature or under-ripe berries. Under-ripe fruit may develop a poor color and a bitter off-flavor during freezing.

2. Rinse strawberries well under running cold water in a colander. Do not soak.

3. Drain fruit in colander removing as much water as possible to prevent ice crystal formation during freezing.

4. Trim the strawberries. Carefully remove the hull and stem with a paring knife. Cut around the stem in a small circle. You want to leave as much of the strawberry as possible. Also remove any bruised or damaged areas.

5. Slice the strawberries in half lengthwise. Try to make each half close to equal in size.

6. Add sugar. Place the trimmed and halved strawberries into a clean mixing bowl. Add the 3/4 cup of sugar per quart of berries. Using a clean spoon or spatula, mix the sugar into the berries, combining thoroughly, but being careful not to damage the berries.

7. Allow juices to form. Once all strawberries are coated with sugar and the sugar has started to dissolve, let the strawberries and sugar sit for 15 minutes. This allows the sugar to draw out the juice in the strawberries and make a syrup.

8. Package. Before packaging the strawberries for the freezer, make sure there are no sugar crystals left on the strawberries, the bowl, or the mixing spoon. Pack the strawberries into rigid plastic freezer containers or freezer plastic bags. Leave correct amount of headspace.

Package strawberries in rigid containers:

A. 1/2-inch for pint size



B. 1 inch for quart size  
C. In plastic bags, pint or quart size:

D. Approximately 1/2-inch  
9. After the strawberries are added to the container, fill any spaces with the remaining juice. This helps to keep all the strawberries packed in the juice and preserve texture.

10. Wipe the rim of the container with a damp paper towel to remove any excess juice or strawberry pieces. This will help to keep the lid tightly sealed and secure. Any food or liquid left in the sealing area will freeze, expand, and loosen the seal.

11. Label the lid with: 1) The Date; 2) Name of Product; 3) Form of Food – e.g. halved sugar pack; 4) Amount – e.g. 2 cups.

12. Seal the lid on the container, releasing all the air. Make sure all edges are sealed tightly before freezing.

13. Freeze. Place the packaged strawberries in the freezer in an upright position. An upright freezer, chest freezer, or refrigerator-freezer combination can be used as long as it can reach a temperature of 0°F or below. Keep a thermometer inside the freezer in order to keep track of the temperature at all times.



## Playground Volunteer Build

We are looking for volunteers to help with the WEM Playground. The build is drawing near and will take place June 20-23rd. Start times would be 7 am until dark, 10 pm.

We have 2 groups of people scheduled to work on Tuesday and Wednesday evenings but there is no one scheduled for Thursday and Friday evenings. Help during the day is also needed. If you would like to help us, please indicate a time frame(s), and date(s) that would work best. Lunch and Supper will be provided each day, at Noon and 5 pm. This is light general work. Thanks for all that you do, and continue to offer to the WEM School.

Check any days that would work for you and give the school a call @ 218-563-2900. Tuesday June 20th, Wednesday June 21st, Thursday June 22nd, Friday June 23rd.

### Beyond the Bell

The school district will offer a new energized summer rec program, from 7:30 am till 2:30



pm, with a free breakfast and lunch to all kids. There is a fee for the program and we will offer supervision before and after the program till 5:30 pm which will extend the whole summer.

The Beyond the Bell program is open to volunteers if you have a talent to share with young students, please call and arrange. This program is open to everyone, even if you work in another community. You can join at any time. Below is a tentative schedule of events. If you would like to find out more about the program, please call

the District Office @ 218-563-2900.

7:30-8:00 Arrival; 8:00-8:30 Free Breakfast Cafeteria; 8:30-9:00 Ipads Media center; 9:00-9:30 Good morning Media center; 9:30-10:00 Science Art Room; 10:00-11:00 Arts and Crafts Art room; 11:00-12:30 Yard games Outside; 11:30-12:00 Free Lunch Cafeteria; 1:00-1:30 Ipads Media Center; 1:30-2:30 Free time Gym or Playground; 2:30-5:30 Plan B Preschool classroom.

### For Sale

The school will build a garage or storage facility next year with your dimensions. You will be required to move the building to the location of your choice. If you are interested, please give the School District a call Nathan Johnson or Randy Bruer at the school for details. 218-563-2900.

### Wanted

The Win-E-Mac School is looking for a Tech Integration-ist. For more information on this position please contact Superintendent Randy Bruer at 218-563-2900.

# Fun ways to stay cool

Days upon days of rising mercury require enterprising individuals to find ways to stay cool.

Summer heat and humidity can be both daunting and dangerous. People who are unable to cool down and stay hydrated run the risk of heat stroke. Symptoms of heat stroke include a body temperature of 104 F or higher and feelings of confusion. The Mayo Clinic notes that heat stroke also may cause slurred speech, irritability and even seizures. Heat stroke is often identifiable by an absence of sweat, a rapid pulse and headache.

Staying cool should be a top priority when temperatures become extremely hot. Fortunately, there are fun ways to stay cool and beat the summer heat.

· **Visit the beach.** Head to the seaside for a day of enjoyment on the coast. Temperatures tend to be cooler at the water's edge, and there may be a nice breeze blowing in. Always use ample amounts of sunscreen and reapply often. Keep a close eye on youngsters as they do their best to stay cool.

· **Get wet in creative ways.** Water balloon fights can be fun, and there are many additional and clever ways to get wet and cool off. If you have a trampoline, set a sprinkler or hose to mist and let the kids jump while getting wet. Jump-

ing, in turn, will cause extra splashing. Give little kids a regular spray bottle they can use to spray plants, outdoor furniture, toys and even themselves. They'll have a good time and stay cool in the process.

· **Transform your backyard into a waterpark.** An old tarp coated with a little dish soap and water can make an impromptu water slide. Set up an obstacle course outdoors where kids must run through sprinklers, jump through hoops and dive into the pool. The more variety you can create, the more likely kids will forget the heat and have fun.

· **Set up an ice-cream making adventure.** Invest in an ice cream maker and spend a particularly hot day making your own flavors. When the ice cream is set, create a fixings bar with sprinkles and toppings.

· **Take a trip to the movies.** Movie theaters often set their air conditioning systems to arctic levels, which can be just what the doctor ordered on a steamy day. Plan an excursion to the movies, taking advantage of matinee prices where available.

· **Visit an indoor ice rink.** What better way to stay cool than to spend an afternoon ice skating? Channel winter temperatures during the heart of the summer heat. Remember to dress warmly as it will be cold indoors, and have a

change of clothes ready when it's time to head back into the summer heat

## Random Things and Stuff



### Campers Unite!

By Emily Lynne

Sorry to my readers as I didn't know this before coming to camp, I cannot disclose what we do here

at camp or anything. However, I will continue my random articles nevertheless!

If you enjoy camping, meeting new friends, working with kids, and just having a great summer, being a camp counselor or other camp positions would be a great fit for you! There are plenty of places to check for camp jobs online or even a camp to send your children. These camps can range from once a week programs up to 8 consecutive weeks. They are located not only in Minnesota, but throughout the US and internationally.

I encourage you to look into camps you would be interested in. Especially if you have a hobby you enjoy doing and would like to meet a lot of people who have the same interests. These specialty camps can be a great place to meet people a lot like yourself! Otherwise, there are always Bible camps and other generalized camps.

# Polk County Fair

## TWO BIG NIGHTS OF BAJA RACING

Friday, July 7

Saturday, July 8

6:30 p.m.

6:30 p.m.

4 Cylinders

6 Cylinders

Pickups/Vans

8 Cylinders

### Champion Jackets for Winners

### Trophies for 2nd & 3rd

Registration starting at 4:30 p.m.

## No Entry Fee

Admission: \$15 for Adults  
\$10 for kids 12 and under

**FOR INFORMATION CONTACT**

- Tim Olson (218) 945-3116
- Paul Reese (218) 945-6036
- Brian Lindberg (218) 637-6391

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Fertile Repair

JT's Service

# Polk County Fair: (218) 945-6708

# www.polkcountyfairfertilemn.com

Names with \* will be open on Friday, June 17th from 4:00 pm to 8:00 pm as well as Saturday.

**McIntosh Rummage Sales**  
**June 18, 2017**

A. \*Mary Lerfald 350 3rd St. NE  
B. \*Deborah Harriman 110 2nd St NE  
C. \*Donna Skeie 530 Cottage Ave NE  
D. Tina Farrell 595 State St NE  
E. Linda Buchholz across from Our Savior's  
F. \*Debbie Anderson 130 Jackson Ave NW  
G. \*Anita Roy 100 County Rd. 30  
H. Sheree Breckel 35800 280th Ave SE  
I. \*Teresa Syverson/Amanda Swanson 250 5th St NE  
J. \*Mary Horcek 110 3rd St SE  
K Megan Rock 105 Poplar Court (Hegg Addition)  
L. McIntosh Motors 450 4th St SE \*\* open Friday 4 pm to 8 pm only\*\*  
M. \*Amy Bartz 38685 300th Ave SE  
N. \*Jordan & Kelsi Gunufson 36655 240th Ave SE