



McINTOSH

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Hub of the Thirteen Townships

McIntosh, Minnesota



Win-E-Mac School held its annual prom on Saturday, May 4, 2019 at the Arts & Event Center, 25 couples attended this years prom which was themed, "A Mamma Mia Party". Pictured is Elizabeth Erdman and Noah Roragen along with Emma Tollefson and Zachary Simonson.

WEM selected as a finalist for Timberwolves "Our Courts. Our Future"

Win-E-Mac School has been chosen as a finalist in the Minnesota Timberwolves "Our Courts. Our Future" contest, which is presented to schools in Minnesota by US Bank. The school has a chance to win a total new resurfacing of the outdoor full size basketball court.

The winner is chosen by public vote. Public voting will begin on Tuesday, May 7th and will close at 11:59 pm on Friday, May 24th. The public can vote once per day at www.timberwolves.com/ourcourts.

The Win-E-Mac outdoor basketball court was built in memory of Randy Helgaas. Sports were a big part of Randy's life. He grew up near Winger and went to high school when the school was still the McIntosh-Winger Scots.

Randy played football in the fall, basketball in the winter and Legion baseball in the summer.

His playing days came to an end when he was injured in a football game his senior year of high school. He spent the year in the hospital and later in a rehab facility. Randy was released in time to attend his High School graduation.

Even though Randy lived the rest of his life as a quadriplegic in a wheelchair, he didn't let it keep him from living a full life.



Randy Helgaas

He earned a bachelor's degree at the University of North Dakota in Business, and a Master's Degree at Moorhead State University in computers. Randy then worked for different corporations in the Twin Cities area.

He traveled all over the United States on his own, and spectator sports continued to be a big part of his life.

As an extremely independent person, Randy was a genuinely nice guy, he rarely asked for help but was always willing to give it. Randy's own advice was "play hard, but keep it fun." Because of his never quit attitude, the court was built to honor his memory.



Community Calendar

- Wed. May 8:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. May 9:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. May 10:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. May 13:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tue May 14:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Wed. May 15:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. May 16:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. May 17:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. May 20:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tue. May 21:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



Jaycee Knutson and Remy Goodwin.



Lily Breckel and Joseph Revier.



Elliana Lindberg and Bryer Strom.



Celebrate Teacher Appreciation Week 2019 and #ThankATeacher with us May 6-10! Teachers change the lives of millions of children every day, and their work and impact extends far beyond the boundaries of the classroom—"Out of This World." They play a pivotal role in our children's lives, inspiring a lifelong love of learning and discovery and making a difference in their well-being and long-term success. Let's show our thanks and gratitude to these stellar educators. Blast off with us during Teacher Appreciation Week to #ThankATeacher for all that they do to help our children reach for the stars.

Essentia Health-Fargo is only health system in the region with chest pain center accreditation

Essentia Health-Fargo has been recognized by the American College of Cardiology for its demonstrated expertise and commitment in treating patients with chest pain.

This accreditation is based on rigorous onsite evaluation of the staff's ability to evaluate, diagnose and treat patients who may be experiencing a heart attack.

Essentia Health-Fargo was recently awarded Chest Pain Center Accreditation with primary PCI and Resuscitation. Percutaneous coronary intervention (PCI) is also known as coronary angioplasty.

It is a non-surgical procedure that opens narrowed or blocked coronary arteries with a balloon to relieve symptoms of heart disease or reduce heart damage during or after a heart attack.

Hospitals that have earned ACC Chest Pain Center with Primary PCI and Resuscitation Accreditation have proven exceptional competency in treating patients with heart attack symptoms and have primary PCI available 24/7 every day of the year.

As required to meet the criteria of the accreditation

designation, they comply with standard Chest Pain Center protocols and are equipped with a robust hypothermia program for post-cardiac arrest treatment.

These facilities also maintain a "No Diversion Policy" for out-of-hospital cardiac arrest patients.

Hospitals receiving Chest Pain Center with Primary PCI and Resuscitation Accreditation from the ACC must take part in a multi-faceted clinical process that involves: completing a gap analysis; examining variances of care, developing an action plan; a rigorous on-site review; and monitoring for sustained success.

Improved methods and strategies of caring for patients include streamlining processes, implementing of guidelines and standards and adopting best practices in the care of patients experiencing the signs and symptoms of a heart attack.

Facilities that achieve accreditation meet or exceed an array of stringent criteria and have organized a team of doctors, nurses, clinicians and other administrative staff that earnestly support the efforts leading to better patient edu-

cation and improved patient outcomes.

"Time is muscle when it comes to a heart attack. The sooner you get to a hospital and the sooner you receive treatment, the better the outcome," explains Dr. Sam Kappahn, interventional cardiologist. Kappahn,

"Essentia Health is ready and standing by when seconds count and achieving this accreditation proves that we are dedicated to providing the highest quality care every step of the way."

According to the Centers for Disease Control and Prevention, more than 730,000 Americans suffer a heart attack each year.

The most common symptom of a heart attack for both men and women is chest pain or discomfort. However, women are more likely to have atypical symptoms.

Other heart attack symptoms include, but are not limited to, tingling or discomfort in one or both arms, back, shoulder, neck or jaw, shortness of breath, cold sweat, unusual tiredness, heartburn-like feeling, nausea or vomiting, sudden dizziness and fainting.

Northern Tallgrass Prairie Wildlife Refuge proposes change to fishing program

Fishing on national wildlife refuges is a tradition that dates back to the early 1900s. Today, more than 310 refuges are open to the public for fishing across the country.

Here in the midwest, national wildlife refuges and waterfowl production areas are a huge part of this tradition. We welcome sportswomen and men of all backgrounds and abilities to experience fishing in amazing places. Here are some highlights of fishing on National Wildlife Refuge System lands.

The Northern Tallgrass Prairie National Wildlife Refuge is proposing to update the refuge's fishing program and is seeking public comment on the change. The proposed change includes:

- The refuge is proposing to open lands and waters in Iowa and Minnesota to sportfishing.

You are invited to review draft documents related to this change, including the Draft Fishing Plan, Draft Environmental Assessment, and Draft Compatibility Determination. The documents will be available beginning May 1, 2019 for 30 days.

Draft documents are available from the refuge offices at Big Stone National Wildlife Refuge, Detroit Lakes Wetland Management District and Union Slough National Wildlife Refuge. Alternatively, you can contact the refuge at 320-273-2191 or northernallgrassprairie@fws.gov to request either printed or electronic copies. Please let us know if you need the documents in an alternative format.

There will be an open house on May 15th, 5:00PM-7:00PM at Big Stone National Wildlife Refuge, Detroit Lakes Wet-

land Management District and Union Slough National Wildlife Refuge.

This is an opportunity to discuss the proposed change with refuge staff and to provide your comments on the draft plans. You can also submit comments to the refuge by mail to Northern Tallgrass Prairie National Wildlife Refuge, 44843 County Road 19, Odessa, Minnesota, 56276 or email to northernallgrassprairie@fws.gov

Across the country, national wildlife refuges work closely with state agencies, tribes, and private partners to expand access to hunting and fishing where it is compatible with refuge purposes.

Hunting and fishing provide opportunities for families to enjoy the outdoors, create memories and pass on family traditions.

Prioritize higher wages, lower taxes, and let's grow MN's economy

On Tuesday, the Minnesota Senate passed its comprehensive tax bill. The bipartisan legislation aims to lower taxes, increase wages, and grow Minnesota's economy with measures to help middle-class families, seniors, students, and our state's small businesses.

"I want Minnesotans to succeed, and we are creating tax policy that helps citizens in that effort. For years Minnesota has been losing opportunities to our more tax-friendly neighbors," said Senator Mark Johnson (R-East Grand Forks). "Our state must promote Minnesota families and businesses and by letting them keep more of their hard-earned money. Our tax proposal is about empowering our residents and strengthening our economy. With reasonable taxes and restrained spending, we can put our state on a path to prosperity and allow all families to succeed."

The Senate's Tax bill will hold virtually all of Minnesota's taxpayers harmless while providing about half of the state's taxpayers with a cut. The legislation includes the first income tax cut for Minnesotans since 2000 with a reduction of the middle-class rate of .25%, that would bring the rate down to 6.8% beginning in tax year 2019 and would further decrease to 6.67% by 2022.

The legislation also includes provisions that encourage economic growth and development. Specifically, it expands the ability for businesses and farmers to deduct equipment purchases to expand and invest in their operations while also reducing the statewide property tax levy by \$50 million per year beginning in 2020. Other provisions make funding available for affordable and workforce housing development and lower taxes on affordable housing. Additionally, the bill encourages community development by allowing charitable gaming organizations to put more money back into the community and further reinstates angel credits to promote investment in Greater Minnesota businesses.

Parents of school-age children will benefit through an expansion of the K-12 education tax credit to include preschool expenses. The K-12 edu-

cation tax credit is also made available to more parents by increasing the income threshold. The innovative Opportunity for All Kids (OAK) scholarship program is also created allowing charitable donations to fund education scholarships for kids of low-income parents. Lastly, additional school district equalization aid is available to help districts with low-tax capacity and other funds are made available to assist with the Indian Child Welfare Act compliance.

Minnesota is one of the only states that continue to impose a second tax on seniors Social Security benefits. Under the Senate reform, Minnesota seniors would get to keep more of their Social Security dollars by increasing the income tax subtraction from \$4,500 to \$6,150. Additionally, the veterans homestead exclusion has been extended to benefit more veterans and their spouses.

Enjoy Mothers Day at
Moran's Supper Club
in Winger

Open
11 am - 7:30 pm

Mothers Day May 12th

Specials 11 am - 2 pm

Choice of baked ham, chicken, meatballs or roast beef includes salad bar, mashed potatoes & gravy, vegetables and buns.

Specials 2 pm - 7:30 pm

*Ribs or Walleye Pike
Reservations accepted for 5 or more, call 938-4151*

*Kids portions available
Also open menu* MTC



Pie contest at Water Carnival

The Erskine Water Carnival is coming up fast and there will be a Pie Bake Off held again this year on Saturday June 1st from 2-3pm at the Erskine Community Center. Amateur bakers (18yrs+) are invited to enter one whole pie for judging- no later than 2:10pm. Pies must be brought in a disposable container and they must be homemade. Pie filling can be fruit, cream, etc. Some element of the pie must be baked. Entry is free. A prize for the best pie will be awarded. Call Erin with any questions! 218-687-2157



Thurs. May 9:
Darrel W. Johnson
Fri. May 10: Kayla Jore, Clara Roed, *Nick & Amber Olson
Sat. May 11: Joseph Breckel
Sun. May 12:
Gina Gensburger, Elaina Kundert
Mon. May 13:
Jerry Shaver, Cameo Harem
Tues. May 14:
Sharon Krossen, *Bruce & Debbie Haaven

Attention

McIntosh Residents

The City of McIntosh prohibits the discharge from sump pumps or drainage pumps to be drained into the Storm Sewer system. MA-7C

McINTOSH Times

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"Serving the Win-E-Mac area"

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ST. MARY'S CHURCH
Fosston
Fr. John Suvakeen, Pastor
Sun. May 12: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. May 15: 11:30am Mass at St. Mary's, Fosston; 1:00pm Mass at McIntosh Nursing Home
Sun. May 19: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH
Winger/Bejou
Supply Pastor
Gordon Syverson
Sun. May 12 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. May 19: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Supply Pastor
Gordon Syverson
Sun. May 12: 11:15am Worship Service.
Sun. May 19: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church
Wed May 8: 7:00pm Bible Study at Don and Sharon Ramberg's
Sun. May 12: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service

Tues. May 14: 10:00 a.m. Sunday worship service telecast on GVTN--30; 1:30 p.m. Bible Study at Pioneer Memorial Care Center

Wed. May 15: 7:00pm Bible Study at Don and Sharon Ramberg's

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 ½ mile east on County Road 206.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson
Wed. May 8: 7:30pm Bible Study at Mt. Carmel

Thurs. May 9: 7:00am Men's Breakfast at Mt. Carmel

Sun. May 12: 9:30am Worship at Trinity; 9:45am Sunday School for all ages at Mt. Carmel; 10:45am Sunday School for all ages at Trinity; 11:00am Worship at Mt. Carmel

Wed. May 15: 7:30pm Bible Study at Mt. Carmel

Thurs. May 16: 7:00am Men's Breakfast at Mt. Carmel

Sun. May 19: 9:30am Worship at Trinity; 9:45am Sunday School for all ages at Mt. Carmel; 10:45am Sunday School for all ages at Trinity; 11:00am Worship at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)
McIntosh

Pastor Jill Torgerson
Sun. May 12: 9am Worship
Sun. May 19: 9am Worship

DOVRE
FREE LUTHERAN
Pastor Don Edlunds

Wed. May 8: 7:00pm Bible Study on Romans Everyone Welcome

Sun. May 12: 10:00am Worship Service and Children's Sunday School

Wed. May 15: 7:00pm Bible Study on Romans Everyone Welcome

Sun. May 19: 10:00am Worship Service, Adult and Children's Sunday School

IMMANUEL LUTHERAN CHURCH
McIntosh

Pastor Bruce Blocker,

Sun. May 12: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

Sun. May 19: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

RODNES LUTHERAN CHURCH
Erskine

Pastor Joel Smeby

Wed. May 8: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Thurs. May 9: 4:00pm Confirmation Class

Sat. May 11: 8:00am Men's Prayer Group

Sun. May 12: 10:00am Worship

Holy Communion 1st Sunday of every month. Visit us on Facebook at RodnesLutheran.

McIntosh Heritage & Arts Center

"Compliments of Stanley Brekke, McIntosh, MN"

Giving complementary or promotional gifts is an age old business practice. This serves as a way to thank loyal customers as well as an advertising strategy.

Every year we get calendars, pens, pencils, tablets, thermometers, coffee mugs and many other unique gifts that display the company name.

In the late fifties, Stanley Brekke gave us a black & white picture in an off-white plastic frame with a clear plastic "glass". What you see when you look at the picture is black splotches on a white background. But, look closer and you will see the face of Jesus.



The 1971 - 1972 McIntosh-Winger Scots basketball team which included Randy Helgass, the man whom the outdoor basketball court at Win-E-Mac School was built to honor. Pictured: (front row, l-r) Manager Loren Anderson, Darryl Solie, Andy Nelson, Todd Tranby, Bill Finkle and Kevin Nascene; (back row) John Helgaas, Jerry Sabourin, Bruce Haaven, Randy Helgaas, Tom Vesledahl, Kevin Tranby, Ron Bergman, Paul Stricker and Manager Mike Gustafson.

BUSINESS & PROFESSIONAL GUIDE

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Winger News

by Linda Pulskamp

Hello again from the Winger area and Happy May Day! As I submit my news to day we have made the transition from April to May and it still is cloudy, gloomy and rainy. Need to see some sunshine pretty soon! Weather has had it's ups and downs lately but mostly down, with a snowy morning one day this week. It can only get better.

The work on Calvary Church continues as the workers are busy finishing the shingling, and then on to other repairs. Let's hope the summer coming up will not bring any storms of the kind we had last summer.

The farmers are getting anxious to hit the fields and get the crops in but so far not many have gotten out. Bauer's over by Erskine have done some work, and with the mist and rain we are having that too is at a stand still.

Sympathy to Alice Balstad and all of her family, on the sudden passing of her brother Lawrence Berberich.

Another week has gone by and the news is still very short, NEED SOME INPUT, in order to keep this going.

Milton Carlson's Corner

Wednesday the 24th Sheila and Jasmine Benesh while on a bike ride where they did a 20 mile trip, stopped in to visit with Milton Carlson.

On Thursday the 25th Milton took a trip to Fosston where he did some grocery shopping and while doing so ran into Aage Carlsen, and in visiting Aage mentioned the fact that he first came to Winger in 1966 as a pastor at Calvary Church. Milton also ran into Bruce McWilliam and they had a visit.

Friday the 26th Lonnie Gie-

seke was a morning visitor and coffee guest of Milton's.

Paul Carlson stopped in at Milton's on Monday the 29th for a quick cup of coffee and brought Milton his mail as he went on to work.

Tuesday the 30th Lonnie and Judy Gieseke were visitors and coffee guests with Milton and also brought him his mail.

Last weekend house guests at the Pulskamp home were Brent, Jessie, Sidnie, Skyli and Brylie Pulskamp of Wahpeton.

Last Sunday Gary and Maxine Walters were visitors with Helmer and Verlys at the Pioneer Home at Erskine.

While here last week end Brent and Jessie Pulskamp, Linda and Butch Pulskamp and Kelly Johnson and Granddaughter Lilly Brtek all attended the wedding of Mandy Halstad and Josh Brevik at the Faaberg Church in Rindal, they along with Sidnie, Skyli and Brylie later attended the reception and dance at the Community Center in Winger.

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

Tuesday the 30th Linda Pulskamp joined Sherry Larris and Marie Scott for lunch in Red Lake Falls. The girls who had worked together at the Court House in Red Lake Falls had a good time catching up as they visited.

Planning your vacation, WINGER DAYS 2019 will be

Ad deadline:
Noon Friday

2008 Class AA Coach of the Year, had several teams appear in the state tournament, included 3 runner up finishes, and with over 700 wins, is currently in the top five in the history of boys' basketball with career wins.

Win-E-Mac Coach Vern Johnson a 2013 Member of the MN Basketball Coaches' Hall of Fame, will assist Coach Galovich. Coach Johnson has received 6 Section 8A Coach of the Year honors, with teams finishing 4 times as section runner up.

The camp will include many different individual and team drills for offense and defense. Individual skills will include ball handling, shooting, passing and full court drills. The camp will also include games and contests.

Cost\$55.00 – Includes a Camp T-Shirt. The camp fee must be turned in by June 4th, and is not refundable after that date.

WEM presents Aladdin, JR – auditions open to 3rd through 9th grades. Auditions will be May 6-7 and 13 and 14 before and after school. Go to wemact.org/auditions (or see Mr. Hanson) to sign up for an audition time.

Patriot Memorial Marchers sign-up sheets were sent home with 1st-6th grade students, sign ups need to be returned by TODAY. Marchers will meet Monday, May 13th and Monday, May 20th. If you need another sign up form, ask Mandy Davis.

Summer Basketball League

There will be an organization meeting on May 29th at 7:00 PM at the high school gym, for those interested in playing summer league basketball. The league is open to anyone 14 or older, with league games scheduled for Wednesday nights starting at 6:30, beginning on June 5th thru June 26th, and July 10 & 17th. Cost is \$25. If you are unable to attend on the 29th, Contact Vern Johnson if interested. 218-689-0377 or 218-687-3236

Lace 'Em Up Basketball Camp will be held again this year at Red Lake Falls high school from June 3-7, 2019. Camp is open to any boys or girls who are currently in grades K-11. Camp time is 8:00-11:30 for grades 6-11 and 12:00 noon until 3:30 for grades K-6. Cost is \$60 with a maximum cost per family of \$100. Register by May 25th. Registration forms can be picked up in the office.

held on Saturday the 29th of July from 9 AM until 4PM. There is something for everyone, there will be a Car/Tractor Show running all day, at 2:00 PM there will be a Parade, a Farmers Market and a Flea Market will run all day. Calvary Church will hold an auction at 11:00 Am at the Community Center, to complete the

day the Lions Fish Fry will be held from 4:30 until 7:00. Mark your calendars and we hope to see you all there.

Until next week and by that time I hope we will have some sunshine and warmer temperatures, may you all have a good week.



Carlie Sander and Benjamyn Engebretson.



Savannah Stennes and Douglas Jackson.

USDA low interest loans for ag producers in MN impacted by natural disasters

Emergency Support to Producers in Surrounding Counties/Border State Also Available.

Minnesota agricultural producers who lost property due to recent natural disasters may be eligible for U.S. Department of Agriculture (USDA) physical loss loans. The Farm Service Agency (FSA) offers these low-interest loans to agricultural producers in Blue Earth, Clay, Marshall and Nicollet counties, the primary damaged area, who incurred losses caused by a blizzard and excessive snow that occurred Feb. 1 through March 15, 2019. Approval is limited to applicants who suffered severe physical losses only, including the loss of buildings and livestock. Applications are due Dec. 24, 2019.

"Minnesota's hardworking ag producers feed our neighbors, the nation and the world," said State Executive Director Joe Martin. "When they suffer losses because of extreme weather, helping them get back on their feet is important. We encourage those affected to reach out to their local USDA Service Center to apply for these emergency loans."

Producers in the contiguous Minnesota counties of Becker, Beltrami, Brown, Faribault, Kittson, Le Sueur, Martin, Norman, Otter Tail, Pennington, Polk, Renville, Roseau, Sibley, Waseca, Watonwan and Wilkin, along with Cass, Grand Forks, Pembina, Richland and Walsh counties in North Dakota, are also eligible to apply for emergency loans.

Physical loss loans can help producers repair or replace damaged or destroyed physical property essential to the suc-

cess of the agricultural operation, including livestock losses. Examples of property commonly affected include essential farm buildings, fixtures to real estate, equipment, livestock, perennial crops, fruit and nut bearing trees, and harvested or stored crops and hay.

For more information on FSA disaster assistance programs or to find your local USDA Service Center visit <https://www.farmers.gov/recover>.

WIN-E-MAC COMMUNITY EDUCATION SPRING 2019 CLASS SCHEDULE

AARP DRIVER SAFETY COURSE

The Driver Safety class will be offered to those who are looking for a course to satisfy insurance requirements to reduce automobile insurance rates. This defensive driving refresher course is designed for drivers age 55 and older. When: Thursday, April 25 Time: 6:00—10:00 p.m. Place: Win-E-Mac Media Center Cost: \$15.00 payable to AARP \$20.00 for non AARP members. Call the Win-E-Mac School to register for these classes. 687-2236 or 563-2900

WATERCOLOR PAINTING CLASS

Learn watercolor techniques and create a fabulous painting. Class will include step-by-step watercolor painting instructions. All tools and materials will be provided for the class. You will leave class with new painting skills and a bright, fresh artwork for your home or to give as a gift. This class is for adults. Please pre-register for the class and we will need 4 people for it to go! Instructor: Jessica Aakre Date: Thursday, May 2 Time: 5:00-7:00 p.m. Location: Win-E-Mac Art Room Cost: \$12.00



Mina Sherriff and Tristen Seglem.



Emma Mills and Adreanna LeCoursiere.



Rylee Haugen and Carter Bruggeman and Abby Lende and Noah Ostenaar.

CLIP AND SAVE CLIP AND SAVE CLIP AND SAVE CLIP AND SAVE

MEET THE AMISH

May 4th (1pm-3pm) Location: 26398 380th St. SE, McIntosh, MN 56556 Hosted by Abraham Hershberger Cost \$5.00 per adult, Children under the age of 12 free. All funds will go to the Community Education Program. There will be the opportunity for a free will donation to our host if you should so choose. Come & meet some of our local Amish neighbors. See how they live, learn about their culture and ask questions you may have been wondering about. This is a great opportunity to become more acquainted with our local Amish community & is great for families.

SOAP MAKING

Come out and learn how to melt and pour your very own soap! Instructor is Kathrine Howard from Howard Soap Company. Cost of the class will allow each person to go home with 3 bars of soap. Instructor: Kathrine Howard Date: Wednesday, May 8 Time: 6:30—9:00 p.m. Location: High School FACs Room Cost: \$20 per participant Max of 15 participants!

GLASS YARD ART DÉCOR

Decorate your yard with a beautiful glass tower which you yourself will make. Class will be held on Wednesday May 8 starting at 6:30 pm running approximately 2 to 2 1/2 hours in my garage in McIntosh. My address is 210 4th St NE. I will provide all supplies. The cost of the class which includes fees and supplies is \$20.00. Register by Friday May 3 the class is given by Val Brekke.

GROWING AND COOKING WITH HERBS

Want a quick and easy way to add flavor to your favorite dishes? Growing fresh herbs is an inexpensive and tasty approach to kick up your cooking—not to mention they can add beauty to any container garden. In this hands-on class, Meghan from The Red Poppy will teach you everything you need to know to grow, cook and preserve herbs. Date & Location: Wednesday, May 15th at 6:30PM at the Poppyseed Greenhouse in Fosston. Cost: \$30 (Includes container/soil and three herb plants) MINIMUM of 10 People

SAVE THE DATES:

Monthly sewing projects with Lois Boehrsen and Connie Strom May 10- self binding baby blanket. Supplies needed are 1 yard fabric and 1 1/4 yard coordinating June 11-reversible apron Supplies needed are 2- 1 yard coordinating fabrics All classes will be held at McIntosh Community Center at 6:30 pm. Cost will be \$5 per class. To register please call Lois at 563-4977 or Connie at 563-2666. Please call also if any questions MA-TC

CLIP AND SAVE CLIP AND SAVE CLIP AND SAVE CLIP AND SAVE CLIP AND SAVE CLIP AND SAVE

Have a healthy Mother's Day breakfast

By Teresa Farrell, Registered and Licensed Dietician at Essentia Health.

With Mother's Day just around the corner it's a great opportunity to show your mother just how much you love her. A good way to start the day is a healthy yet special breakfast, made just for Mom. A special breakfast need not be complicated, even if you cook very little there are easy ways to make it special. With a little creativity and an attractive presentation Mom will appreciate even a simple breakfast.

Do Mom a favor and keep it healthy AND tasty.

Here are some components of a healthy breakfast:

• whole grain carbohydrates (whole grain breads, English muffins, wraps, waffles, cereals)

• lean protein, including low or non-fat dairy (eggs, Canadian bacon, turkey bacon, yogurt, cottage cheese, milk)

• fruit (fresh, frozen, canned unsweetened, 100% fruit juice)

• vegetables (fresh, frozen)

• healthy fats (nuts, nut butters, seeds, avocados, healthy oils-olive, avocado, canola)

To give the meal a little pizzazz mix flavors, textures and colors, this will add variety and look more appealing. Your

menu can be as simple or complicated as you choose. Be sure to plan ahead so you have all of the ingredients on hand.

Here are some suggestions for a simple, yet impressive Mother's Day breakfast:

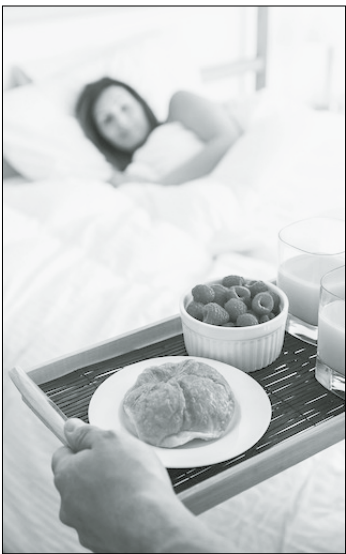
• yogurt parfait: layer low-fat yogurt (plain or flavored), granola and berries or other fruit in a tall clear glass.

• whole grain waffles (homemade or frozen) topped with peanut butter and bananas and a drizzle of warm maple syrup. Serve with cherry tomatoes and/or sliced cucumbers.

• fruit smoothie: frozen berries or other frozen fruit, low fat yogurt (plain or flavored) and milk or fruit juice to thin it out to the desired consistency. Place in a blender and blend until smooth. Serve with a whole grain English muffin or toast with almond butter.

• breakfast burrito: stir fry cut up vegetables, like onions, peppers, and zucchini, until tender. Add beaten eggs and stir until cooked. Place on a warm whole wheat tortilla, top with shredded cheese. Serve fruit on the side.

• bagel and cream cheese: using a fresh, soft whole grain bagel, top with low fat cream cheese and sliced strawberries or other fresh fruit.



• bagel and avocado: using a fresh, soft whole grain bagel, top with chopped tomato, chunks of fresh avocado and a drizzle of olive oil. Serve with fresh fruit.

• egg "mock" muffin: toast a whole wheat English muffin. Cook one egg and place it on the muffin, top with turkey bacon or Canadian bacon, cheese and sliced tomato. Serve with fresh fruit.

• heart shaped pancakes: make pancake batter, adding bananas, blueberries or other fruit to the batter. Cook pancakes and using a heart shaped

cookie cutter, cut pancakes into the shape of hearts. Top with more fruit and a drizzle of maple syrup. Serve with low-fat yogurt.

• frittata: see recipe below.

Good beverage choices are skim milk, a small glass of 100% fruit juice or for fun a mock Mimosa: add sparkling water or ginger ale to orange juice and garnish with a fresh strawberry added to the rim of the glass.

To make the meal extra special use the China, fancy glasses, pretty napkins and add a bouquet of flowers to the table.

Arrange the food attractively on the plate and add a few slices of melon, an orange wedge or berries to add color and extra nutrition.

A hand-written poem or card will add a nice final touch.

Spinach and Mushroom Frittata

Serves: 6

Ingredients:

1 (10 oz) package frozen chopped spinach, thawed and squeezed thoroughly to remove liquid

4 eggs

1 cup part skim ricotta cheese

¼ cup grated parmesan cheese

¼ cup chopped fresh mushrooms

½ cup finely chopped green onion, with some of the green tops

¼ teaspoon dried Italian

seasoning

Salt and pepper to taste

Directions:

1. Preheat oven to 375 degrees.

2. In a large bowl whisk together, all ingredients until well mixed. Spray a 9-inch pie plate with cooking spray and fill with the egg mixture.

3. Bake for 30 minutes, or until browned and set. Let cool for 20 minutes. Cut into wedges and serve.

Nutrition facts:

Calories: 185

Carbohydrates: 6 grams

Protein: 16 grams

Fat: 10 grams

Saturated fat: 5 grams

Fiber: 1 gram

Sodium: 365 milligrams

Please join us in celebrating
Kinlee Faldet
bride to be of Carter Burke
Saturday, May 18th.
at 10 a.m.
Concordia Lutheran Church,
Fertile, MN
Kinlee is registered at
Target & Bed Bath and
Beyond

Attention McIntosh Residents

City Public Works will be flushing hydrants & exercising valves throughout the summer on Thursdays. Some rust may occur in area being flushed. M7C

REGULAR COUNCIL MEETING
THURSDAY MAY 9, 2019
5:30 P.M.

COMMUNITY CENTER

CALL TO ORDER:

PLEDGE OF ALLEGIANCE:

ROLL CALL:

DETERMINATION OF QUORUM:

AGENDA ADDITIONS:

APPROVAL OF MINUTES:

a. APRIL 11, 2019 REGULAR COUNCIL MEETING MINUTES

PUBLIC CONCERNS:

OLD BUSINESS:

a. MINNESOTA BASIC CODE

b. WEBSITE AND FACEBOOK

UPDATES

c. COMMUNITY CENTER

ROOF

NEW BUSINESS:

a. 2018 AUDIT

b. RESOLUTION – SALE OF

B-B CAFE

c. COMMUNITY CENTER

FLOORING

d. PET REGISTRATION AND

CLINIC

e. HEALTH INSURANCE –

LARRY HEDLUND

APPROVAL OF MONTHLY BILLS:

COUNCIL & STAFF REPORTS:

NOTICES & CORRESPONDENCE:

ADJOURNMENT: M7C

We design & print wedding invitations! Call Richards Publishing 218-487-5225



On Saturday, May 4th Win-E-Mac held Prom. These Win-E-Mac Seniors were in attendance. Front row: Emma Mills, Aries Qualey, and Clavdia Anfilofieff; Middle: Lily Breckel, Tapanga Bratager, Hannah Smeby, Madyson Plante, Clarissa Neste and Savannah Stennes; Back: Douglas Jackson, Joseph Revier, Mason Spry, and Dylan Cabrales.



The Win-E-Mac Junior's that attended this year's prom on Saturday, May 4th.

Create a safe, tick-free zone in your yard

Despite their diminutive stature, ticks are a big concern for people, particularly those with pets.

As the weather warms, ticks are out looking for a host to climb on and get a blood meal. Ticks are a significant concern because they can be infected with bacteria, viruses or parasites, says the Centers for Disease Control and Prevention. Lyme disease, ehrlichiosis, Rocky Mountain spotted fever, tularemia, and babesiosis are just a few of the many tick-borne diseases. These pathogens can be passed to humans and pets via the bite of infected ticks.

In 2018, at least one variety of disease-transmitting tick had been found in all of the lower 48 states, according to the CDC.

Preventing tick bites has never been more important. The process starts right in one's own backyard.

According to Consumer Reports and the New York State Integrated Pest Management Program, controlling wildlife that enters one's yard can help keep tick numbers down. Open access means animals can enter and so can ticks. Fencing and pest management solutions may help.



Other ideas include landscaping techniques that can reduce tick populations:

- Remove leaf litter from the yard.
- Clear tall grasses and brush around homes and at the edges of the lawn. Mow regularly to keep the lawn short.
- Create a barrier between wooded areas and the yard if it abuts a forested area. According to Consumer Reports, a three-foot-wide path of wood chips or gravel can prevent tick migration by creating a physical barrier that's dry and sometimes too hot for ticks to tolerate.
- Such a barrier also serves as a visual reminder to anyone in your household to be especially careful if they step beyond the perimeter.
- Bag grass clippings, which can serve as habitats for ticks.
- Remove old furniture, trash and other debris that can

give ticks places to hide.

· Remember to use a tick-repellent product when venturing into wooded areas. Flea and tick products also are available for pets; consult with a vet.

Ticks are problematic, but various measures can help control tick populations in a yard.

Did you know?

Weeding is a chore few gardeners relish. Weeds can seemingly pop up overnight. And when left to their own devices, weeds can quickly grow out of control.

There are a few key tips to weeding that can make the process easier. First off, start with wet soil.

Choose to weed after it rains, as wet soil makes it easier to pull the full weed, including the root, out of the ground. Removing the weed all the way down to its root prevents it from growing back.

If there's no rain in the forecast, water the garden before attempting to remove weeds.

If the ground is compacted and you're weeding in a pinch, at least remove the head of the weed to prevent seeds from spreading and starting new weed growth.

How to control crabgrass before it appears

Homeowners who enjoy tending to their lawns know that grass is vulnerable to a host of problems, many of which appear at a time of year when lawn enthusiasts want to showcase the fruits of their lawn-and-garden labors.

Crabgrass is a common problem that appears in summer.

According to Lowes, crabgrass plants produce thousands of seeds between mid-summer and early fall.

While the first frosts of late-fall or early winter kill the crabgrass plants, the seeds produced by the plants remain dormant throughout winter and then begin to grow as the ground temperature warms up with the spring and summer thaw.

As a result, controlling germination, which is the development of a plant from a seed or spore after a period of dormancy, is the key to preventing crabgrass from becoming an unsightly blemish that can harm your lawn in summer.

A proactive approach to crabgrass can save homeowners the headaches of dealing with this unwanted guest taking over their grass.

The following tips, courtesy of Lowes, can help homeowners reduce the likelihood of their lawns being overcome by

crabgrass as summer hits full swing.

· **Recognize that routine lawn maintenance may not be enough.** Even lawns that receive sufficient TLC can fall victim to crabgrass. A proactive, crabgrass-specific approach to lawn maintenance is the most effective way to control the problem before it pops up.

· **Apply a pre-emergent herbicide.** Pre-emergent herbicides kill crabgrass seedlings as they germinate. While these herbicides are highly effective, they must be applied at precisely the right time. The right time to apply them depends on weather patterns. For example, Lowes notes that homeowners who live in regions that might have experienced warmer than usual winters will probably need to apply the herbicides earlier than usual. While the manufacturer instructions should always be followed when applying herbicides, it's essential that homeowners take weather patterns into consideration as well.

· **Wait until the ground temperature rises above 60 F.** Applying herbicides when the ground temperature is below 60 F might render the products ineffective. Gauging soil temperature can be tricky, but Lowes advises monitoring

shrubs and trees on the property. Once shrubs begin to bloom and trees bud, herbicide can be applied.

· **Wait when treating newly seeded lawns.** Pre-emergent herbicides might kill new grass seedlings, so homeowners with newly seeded lawns should wait until they have mowed their lawns three times before applying a herbicide.

· **Emphasize uniform application.** If a herbicide is not applied uniformly across the lawn, crabgrass can establish itself and ultimately spread to the rest of the lawn.

· **Do not hatch or aerate after applying a herbicide.** Thatching or aerating a lawn after applying a herbicide might break the product's chemical barrier, thereby rendering it ineffective.

Crabgrass can quickly spread on an untreated lawn. A proactive approach that prevents its growth can keep lawns looking great through summer.

The City of McIntosh is asking for volunteers to help set up the new playground equipment, at Rotholt Park, the week of May 13th. Please contact the City Clerk for more info. 563-3043. ^{m7c}

McIntosh 2018 DRINKING WATER REPORT

Making Safe Drinking Water

Your drinking water comes from a groundwater source: two wells ranging from 206 to 210 feet deep, that draw water from the Quaternary Buried Artesian aquifer.

McIntosh works hard to provide you with safe and reliable drinking water that meets federal and state water quality requirements. The purpose of this report is to provide you with information on your drinking water and how to protect our precious water resources.

Contact Larry Hedlund, Maintenance Supervisor, at 218-563-3747 or macmaint@gvtel.com if you have questions about McIntosh's drinking water. You can also ask for information about how you can take part in decisions that may affect water quality.

The U.S. Environmental Protection Agency sets safe drinking water standards. These standards limit the amounts of specific contaminants allowed in drinking water. This ensures that tap water is safe to drink for most people. The U.S. Food and Drug Administration regulates the amount of certain contaminants in bottled water. Bottled water must provide the same public health protection as public tap water.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline at 1 800 426 4791.

McIntosh Monitoring Results

This report contains our monitoring results from January 1 to December 31, 2018.

We work with the Minnesota Department of Health to test drinking water for more than 100 contaminants. It is not unusual to detect contaminants in small amounts. No water supply is ever completely free of contaminants. Drinking water standards protect Minnesotans from substances that may be harmful to their health.

Learn more by visiting the Minnesota Department of Health's webpage [Basics of Monitoring and Testing of Drinking Water in Minnesota \(https://www.health.state.mn.us/communities/environment/water/factsheet/sampling.html\)](https://www.health.state.mn.us/communities/environment/water/factsheet/sampling.html).

How to Read the Water Quality Data Tables

The tables below show the contaminants we found last year or the most recent time we sampled for that contaminant. They also show the levels of those contaminants and the Environmental Protection Agency's limits. Substances that we tested for but did not find are not included in the tables.

We sample for some contaminants less than once a year because their levels in water are not expected to change from year to year. If we found any of these contaminants the last time we sampled for them, we included them in the tables below with the detection date.

We may have done additional monitoring for contaminants that are not included in the Safe Drinking Water Act. To request a copy of these results, call the Minnesota Department of Health at 651-201-4700 or 1-800-818-9318 between 8:00 a.m. and 4:30 p.m., Monday through Friday.

Definitions

- **AL (Action Level):** The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.
- **EPA:** Environmental Protection Agency
- **MCL (Maximum contaminant level):** The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
- **MCLG (Maximum contaminant level goal):** The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
- **Level 1 Assessment:** A Level 1 assessment is a study of the water system to identify potential problems and determine (if possible) why total coliform bacteria have been found in our water system.
- **Level 2 Assessment:** A Level 2 assessment is a very detailed study of the water system to identify potential problems and determine (if possible) why an E. coli MCL violation has occurred and/or why total coliform bacteria have been found in our water system on multiple occasions.
- **MRDL (Maximum residual disinfectant level):** The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.
- **MRDLG (Maximum residual disinfectant level goal):** The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.
- **NA (Not applicable):** Does not apply.
- **NTU (Nephelometric Turbidity Units):** A measure of the cloudiness of the water (turbidity).
- **pCi/l (picocuries per liter):** A measure of radioactivity.
- **ppb (parts per billion):** One part per billion in water is like one drop in one billion drops of water, or about one drop in a swimming pool. ppb is the same as micrograms per liter (µg/l).
- **ppm (parts per million):** One part per million is like one drop in one million drops of water, or about one cup in a swimming pool. ppm is the same as milligrams per liter (mg/l).
- **PWSID:** Public water system identification.
- **TT (Treatment Technique):** A required process intended to reduce the level of a contaminant in drinking water.
- **Variances and Exemptions:** State or EPA permission not to meet an MCL or a treatment technique under certain conditions.

Monitoring Results – Regulated Substances

LEAD AND COPPER – Tested at customer taps.

Contaminant (Date, if sampled in previous year)	EPA's Action Level	EPA's Ideal Goal (MCLG)	90% of Results Were Less Than	Number of Homes with High Levels	Violation	Typical Sources
Copper (06/26/17)	90% of homes less than 1.3 ppm	0 ppm	0.7 ppm	0 out of 10	NO	Corrosion of household plumbing.
Lead (06/26/17)	90% of homes less than 15 ppb	0 ppb	3.2 ppb	0 out of 10	NO	Corrosion of household plumbing.

INORGANIC & ORGANIC CONTAMINANTS – Tested in drinking water.

Contaminant (Date, if sampled in previous year)	EPA's Limit (MCL)	EPA's Ideal Goal (MCLG)	Highest Average or Highest Single Test Result	Range of Detected Test Results	Violation	Typical Sources
Barium (12/09/14)	2 ppm	2 ppm	0.09 ppm	N/A	NO	Discharge of drilling wastes Discharge from metal refineries; Erosion of natural deposit.
Arsenic	10.4 ppb	0 ppb	4.67 ppb	N/A	NO	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes.

CONTAMINANTS RELATED TO DISINFECTION – Tested in drinking water.

Substance (Date, if sampled in previous year)	EPA's Limit (MCL or MRDL)	EPA's Ideal Goal (MCLG or MRDLG)	Highest Average or Highest Single Test Result	Range of Detected Test Results	Violation	Typical Sources
Total Trihalomethanes (TTHMs)	80 ppb	N/A	0.9 ppb	N/A	NO	By-product of drinking water disinfection.
Total Haloacetic Acids (HAA)	60 ppb	N/A	2.2 ppb	N/A	NO	By-product of drinking water disinfection.
Total Chlorine	4.0 ppm	4.0 ppm	1.5 ppm	N/A	NO	Water additive used to control microbes.

OTHER SUBSTANCES – Tested in drinking water.

Substance (Date, if sampled in previous year)	EPA's Limit (MCL)	EPA's Ideal Goal (MCLG)	Highest Average or Highest Single Test Result	Range of Detected Test Results	Violation	Typical Sources
Fluoride	4.0 ppm	4.0 ppm	0.95 ppm	0.48 - 0.82 ppm	NO	Erosion of natural deposits; Water additive to promote strong teeth.

Potential Health Effects and Corrective Actions (If Applicable)

Copper: During the year, we failed to provide lead results to persons served at the sites that were tested as required by the Lead and Copper Rule during the timeframe allowed

Lead: During the year, we failed to provide lead results to persons served at the sites that were tested as required by the Lead and Copper Rule during the timeframe allowed

Some People Are More Vulnerable to Contaminants in Drinking Water

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. The developing fetus and therefore pregnant women may also be more vulnerable to contaminants in drinking water. These people or their caregivers should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline at 1 800 426 4791.

Learn More about Your Drinking Water

Drinking Water Sources

Minnesota's primary drinking water sources are groundwater and surface water. Groundwater is the water found in aquifers beneath the surface of the land. Groundwater supplies 75 percent of Minnesota's drinking water. Surface water is the water in lakes, rivers, and streams above the surface of the land. Surface water supplies 25 percent of Minnesota's drinking water.

Contaminants can get in drinking water sources from the natural environment and from people's daily activities. There are five main types of contaminants in drinking water sources.

- **Microbial contaminants**, such as viruses, bacteria, and parasites. Sources include sewage treatment plants, septic systems, agricultural livestock operations, pets, and wildlife.
- **Inorganic contaminants** include salts and metals from natural sources (e.g. rock and soil), oil and gas production, mining and farming operations, urban stormwater runoff, and wastewater discharges.
- **Pesticides and herbicides** are chemicals used to reduce or kill unwanted plants and pests. Sources include agriculture, urban stormwater runoff, and commercial and residential properties.
- **Organic chemical contaminants** include synthetic and volatile organic compounds. Sources include industrial processes and petroleum production, gas stations, urban stormwater runoff, and septic systems.
- **Radioactive contaminants** such as radium, thorium, and uranium isotopes come from natural sources (e.g. radon gas from soils and rock), mining operations, and oil and gas production.

The Minnesota Department of Health provides information about your drinking water source(s) in a source water assessment, including:

- How McIntosh is protecting your drinking water source(s);
- Nearby threats to your drinking water sources;
- How easily water and pollution can move from the surface of the land into drinking water sources,

based on natural geology and the way wells are constructed.

Find your source water assessment at Source Water Assessments (<https://www.health.state.mn.us/communities/environment/water/swp/swa>) or call 651-201-4700 or 1-800-818-9318 between 8:00 a.m. and 4:30 p.m., Monday through Friday.

Lead in Drinking Water

You may be in contact with lead through paint, water, dust, soil, food, hobbies, or your job. Coming in contact with lead can cause serious health problems for everyone. There is no safe level of lead. Babies, children under six years, and pregnant women are at the highest risk.

Lead is rarely in a drinking water source, but it can get in your drinking water as it passes through lead service lines and your household plumbing system. McIntosh provides high quality drinking water, but it cannot control the plumbing materials used in private buildings.

Read below to learn how you can protect yourself from lead in drinking water.

1. **Let the water run** for 30-60 seconds before using it for drinking or cooking if the water has not been turned on in over six hours. If you have a lead service line, you may need to let the water run longer. A service line is the underground pipe that brings water from the main water pipe under the street to your home.

- You can find out if you have a lead service line by contacting your public water system, or you can check by following the steps at: <https://www.mprnews.org/story/2016/06/24/npr-find-lead-pipes-in-your-home>
- The only way to know if lead has been reduced by letting it run is to check with a test. If letting the water run does not reduce lead, consider other options to reduce your exposure.

2. **Use cold water** for drinking, making food, and making baby formula. Hot water releases more lead from pipes than cold water.

3. **Test your water.** In most cases, letting the water run and using cold water for drinking and cooking should keep lead levels low in your drinking water. If you are still concerned about lead, arrange with a laboratory to test your tap water. Testing your water is important if young children or pregnant women drink your tap water.

- Contact a Minnesota Department of Health accredited laboratory to get a sample container and instructions on how to submit a sample:

Environmental Laboratory Accreditation Program (<https://eldo.web.health.state.mn.us/public/accreditedlabs/labsearch.seam>)

The Minnesota Department of Health can help you understand your test results.

4. **Treat your water** if a test shows your water has high levels of lead after you let the water run.

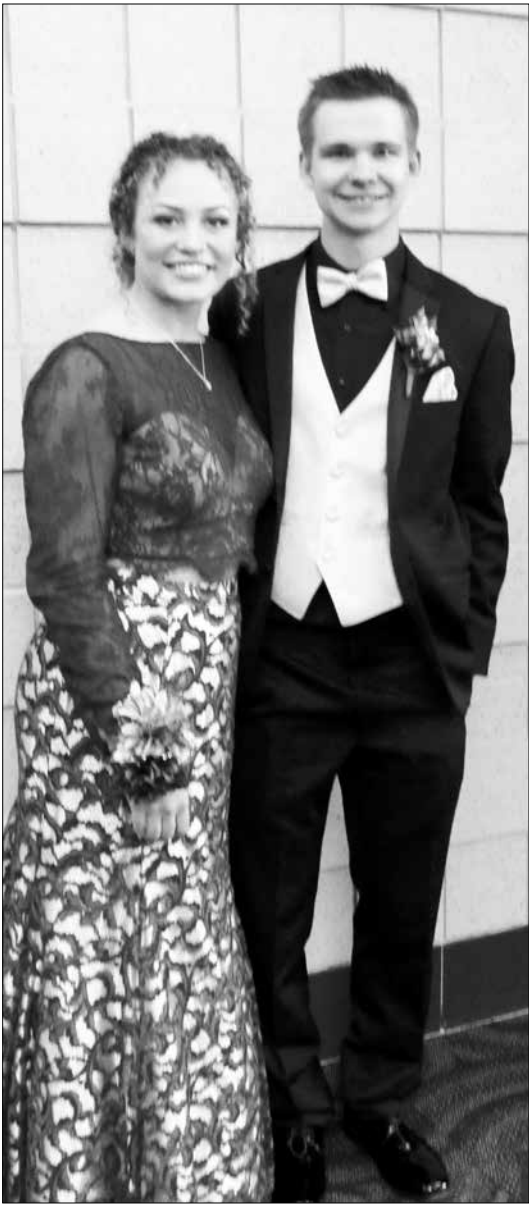
- Read about water treatment units:

Point-of-Use Water Treatment Units for Lead Reduction (<https://www.health.state.mn.us/communities/environment/water/factsheet/poulead.html>)

Learn more:

- Visit Lead in Drinking Water (<https://www.health.state.mn.us/communities/environment/water/contaminants/lead.html>)
- Visit Basic Information about Lead in Drinking Water (<http://www.epa.gov/safewater/lead>)

• Call the EPA Safe Drinking Water Hotline at 1 800 426 4791. To learn about how to reduce your contact with lead from sources other than your drinking water, visit Lead Poisoning Prevention: Common Sources (<https://www.health.state.mn.us/communities/environment/lead/sources.html>).

*Win-E-Mac**Prom*

Lindsey Espeseth and Kobe Hamre.



Clarissa Neste and Nick Plante.



Jayden Jackson, Claudia Anfilofieff, Philip Sorenson and Aries Qualey.



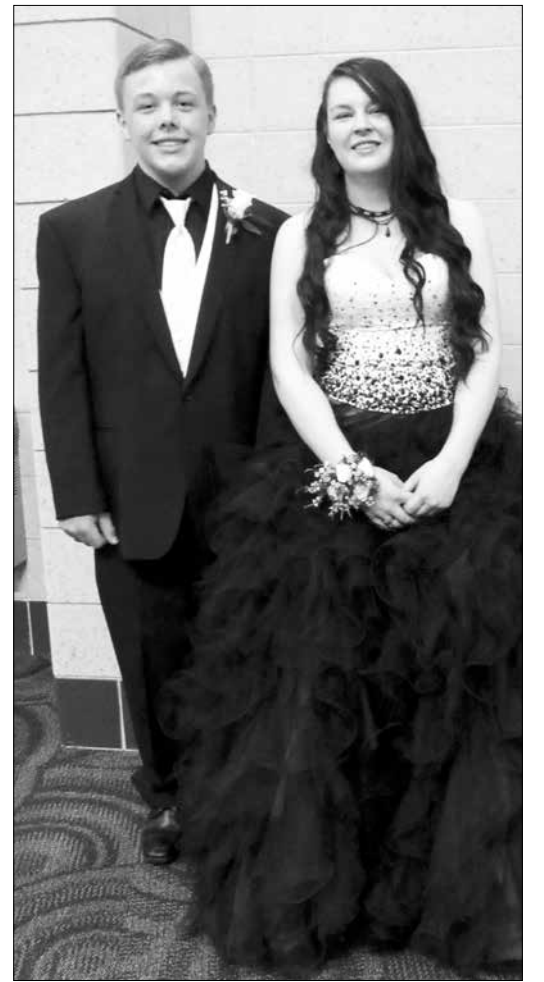
Hannah Smeby and Dylan Cabrales.



Hally Kate Catahan and Candelario Flores.



Madyson Plante and Hunter Pierson.



Gabriela Qualey and Will Tofstad.



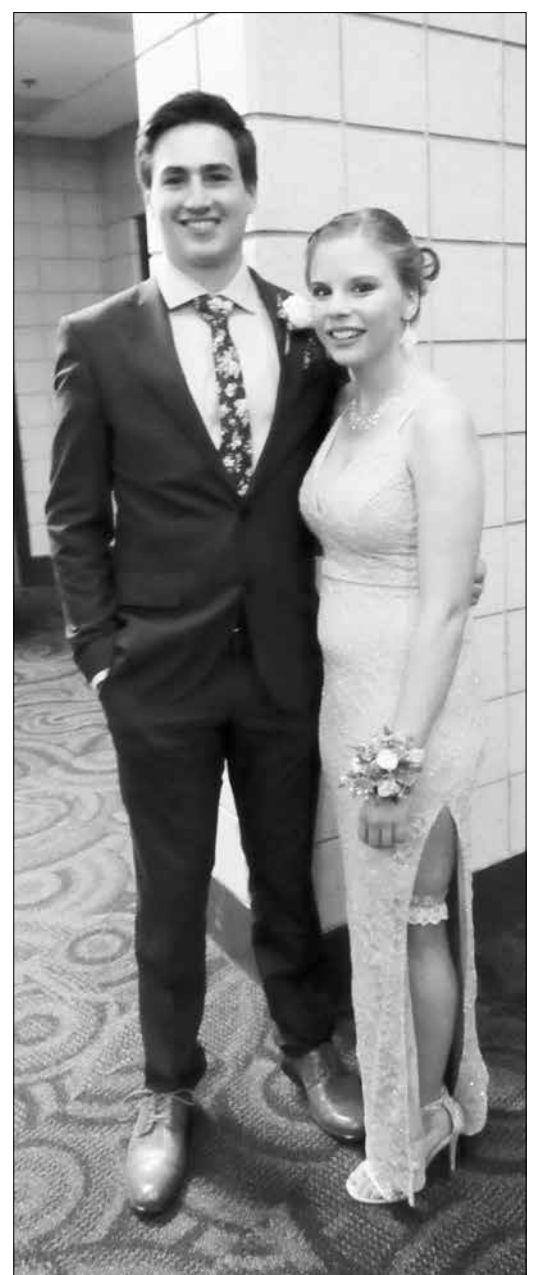
Gretchen Theis and Connor Johnson.



Kasey Cwikla and Nathan Fortmann.



Isabella Hernandez and Travis Lewis.



Tapanga Bratager and Mason Spry.

