



McINTOSH

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Times

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McIntosh, Minnesota



The Win-E-Mac Class of 2021 will be exercising their High School Commencement ceremony on Saturday, May 29, 2021. Congratulations to the 2021 Class: Felicity Andress, Paige Breckel, Mihey Cheremnov, Kolton Crocker, Bryce DuChamp, Nikon Erofeeff, Lenny Fritsch, Remy Goodwin, Zach Gummeringer, Kobe Hamre, Gavin Haskett, Alex Jacobson, Brianna Johnson, Grace Kaupang, Catalina Lewis, Casey Lewis, Tom Martushev, Delvin Morel, Kendyl Nelson, Reed Neubert, Noah Ostenaar, Sidney Roed, Dylan Roy, Jhana Saeland, Ellsey Snegirev, Bryer Strom, Mia Thompson, Brock Trandem, Will Tofstad, Gavin Walker, and Kale Wiese.

Country Music in Mac over Memorial Day weekend

Michael Twitty, the son of Country Music legend Conway Twitty, is part of the line-up for this weekend's Knockin Boots Festival at Little Bobby's Bar and Grill in McIntosh.

The three day Festival will take place outside of the bar located in downtown McIntosh (on the corner of 2nd St SW and Cleveland Ave.).

Friday night will kick off the Festival featuring locals The Bad Campers who will play throughout the night.

On Saturday, May 29th the festivities will begin at 2:00 pm with a kids workshop with Chris Katka, where each child who attends will get a free harmonica, while supplies last.

Next at 3:00 pm Maury Finney will perform. In 1977, the Country Music Association nominated him Instrumentalist of the Year. Finney charted twelve times on the Billboard country singles charts. His highest-peaking single was "Coconut Grove," which reached No. 72 in 1977.

At 5:00 pm the band Juke-



Michael Twitty box Junkies will perform and at 7:00 pm Tammy Lee and the Northern Lights will take the stage.

Michel Twitty will perform beginning at 9:00 pm. He is the oldest son of Conway Twitty and has spent most of his life following the footsteps of his father and other musical greats. Michael truly possesses a rare ability to reach out and establish a very special relationship with his fans. As did Conway, Michael can take an audience

inside the music. Michael's audiences live each song along with this irresistible entertainer. His show shares his thoughts and stories of his dad, Conway.

The night will end with a performance from Little Bobby, who is the bar owner and host of this event.

Sunday will begin with Elworth Maki taking the stage at 2:00 pm. Elworth has performed in the past at Little Bobby's Bar and Grill.

At 4:00 pm the band Cadillac Country will perform for the afternoon visitors.

Rounding out the weekend, Blind Joe will begin his performance at 8:00 pm. Blind Joe became a household name after his run on the NBC television show, The Voice. After, he has shared the stage with many local and national recording artist. A regional favorite with his fun, energetic and musical personality.

Tickets are \$15 per day or \$20 for the weekend. There are 100 primitive camping

sites available for \$20 as well. Tickets are available at the door. If you are interested in a campsite, they are available by calling Little Bobby at 218-416-2828.

There will be food specials at Little Bobby's Bar & Grill including a pig roast on Saturday and a crawfish gumbo on Sunday.

Along with the events at the Knockin Boots Festival the local stores will be open for shopping and there will be food vendors in town.

McIntosh Memorial Day program will be given online

The McIntosh Memorial Day service for 2021 will be given on Garden Valley Channel 30, Facebook, and U-Tube (under McIntosh Friends of Veterans) at 2 p.m. and 7 p.m. On Monday, May 31, 2021. It will feature Win-E-Mac students and staff giving information about the 14 Veterans' history that passed away during the wars of the United States.

Several more Veterans have been added to the information with Veteran Ben Ramse doing the announcing of all the names.

There will be several pictures of the typical Honor Guard, the wreath laying by the students, marching band, etc. We also appreciate Patti Benson, Candace Haaven and Diane Boucher for their parts in the program.

We hope that everyone enjoys the presentation. Hopefully, in 2022 the Committee will be able to have the Memorial Day Program in the McIntosh Community Center again.



Winger Memorial Day

The American Legion Fengestad Solie Post 200 in Winger will not be holding the usual program in the hall.

We will have a small, brief ceremony in the Memorial Park at 9.00 AM. Posting of the Colors, Invocation by Post chaplain Homme, laying of the wreaths, 21 gun salute, taps, retiring of the colors. There will be refreshments in the Community Center after the short program.

U.S. flag facts and handling etiquette

The United States flag was first imagined after the signing of the Declaration of Independence in 1776. The Continental Congress authorized creation of the first national flag on June 14, 1777. It



was decided that the flag should have 13 stripes, alternating red and white, to represent the original 13 colonies, and that the new union be represented by 13 white stars in a blue field to signify a "new constellation." Francis Hopkinson, one of the signers of the Declaration of Independence, is most often credited with the original design.

Today there are 50 stars on the flag to represent the 50 states, while the 13 stripes still represent the 13 British colonies that became the first states.

While this may be common knowledge, Public Law 94-344, known as the Federal Flag Code, may not be as widely known.

The code dictates that the flag is to be treated with respect and proper etiquette. The code is extensive, but the following guidelines can help private individuals interested in

- displaying their flags do so in accordance with the law.
- **Flags should only be displayed** in public from sunrise to sunset, unless the flag can be properly illuminated during darkness. In this instance, it may be displayed at all times.
 - **When displayed with other flags**, such as on a single staff or lanyard, the U.S. flag should be above all other flags. If flags are displayed in a row, the U.S. flag goes to the observer's left.
 - **State and local flags** are traditionally flown lower than the American flag.
 - **During marching ceremonies or parades** with other flags, the U.S. flag should be to the observer's left.
 - **The flag should be displayed** at every public institution and at schools during school days.
 - **When displayed vertically and not on a staff**, the union should be on the left when observed. It should be suspended so its folds fall freely as though the flag were staffed.
 - **The flag should be hoisted briskly** and lowered ceremoniously.

Flag...
Continued on page 2...



The Newspaper will be one day delayed next week due to Memorial Day Thank you!



Mr. Roragen and Mr. Svalen took their kids out on an adventure releasing Canoes into the waterways of Minnesota where they will travel down river with the students able to track their whereabouts on the internet.

River of Dreams program helps kids to understand the connection of all people through water

The River of Dreams (ROD) program gives children the opportunity to learn about rivers, watersheds, and how we are all connected through them. Inspired by the Caldecott Medal-winning children's novel "Paddle-to-the-Sea" by Holling C. Holling,

ROD takes elementary students on a journey through both their watershed and imagination. Much like the boy in the story, students will learn how all people are connected through watersheds.

In the process, they will gain an understanding of new terms and ideas.

In addition to grasping new and exciting concepts, ROD students will be encouraged to use their creative genius to decorate a small cedar canoe and develop a "dream" for a voyage of their own.

The boy in "Paddle-to-the-Sea" dreamed that his canoe would make it to the ocean after traveling through all of the

great lakes from its origin in the Nipigon region of Ontario, Canada.

Students are asked to think about what their canoe's journey will be like. Will the canoe be rained on, frozen into a sheet of ice, or used in a beaver dam? Will the journey be scary, exciting, or fun (or all)? Perhaps the canoe will make it all the way from their town to Winnipeg, Manitoba - or beyond? The possibilities are endless, as is the variety of different

designs and dreams which will emerge from the canoe decoration phase.

After displaying their canoes and dreams to members of the community, each participant releases their vessel in the river nearest their town, sending it on its journey to the sea. Student involvement does not end there, however.

Each canoe is equipped with information to track its whereabouts, using our web application at riverofdreams.

org. Citizens who find a canoe downstream will be encouraged to follow the instructions on the canoe to log the geographic location where it was found and then release it back into the water in a place where it has a good chance to continue its journey down river.

Each student will be able to access a page online to keep tabs on their canoe's progress, including a map showing locations where it was found and (if provided) a message from

the discoverers. If they wish, students can continue tracking the canoe during the summer months at home. In addition, teachers will be able to access a page showing the progress of all canoes launched by the class.

Communities downstream and along the Red River will be notified through news releases to look for the canoes and keep them moving down the river.

Tips to grill a juicier burger

Summer weekends wouldn't be the same without backyard barbecues. And no backyard barbecue is complete without hamburgers.

The exact origins of the hamburger are unknown, but historians believe this beloved staple of American barbecues can be traced to mid-nineteenth century Germany.

According to History.com, political revolutions in Germany in the 1840s spurred many Germans to emigrate to the United States. Germans brought many of their cultural traditions with them, including their cuisine. One such dish was the chopped steak, which can be traced to Hamburg, a city renowned for its high-quality beef.

Though few might now see ground beef as a remedy for digestive issues, that was a common belief in the 1860s, when a New York-based doctor named James Salisbury suggested that cooked beef patties could benefit the digestive system as much as chopped, chipped or ground beef.

Buns were not yet in the picture at that time, but they were by 1904, when beef patties on buns were available at the St. Louis World's Fair. In 1921, the first White Castle restaurant opened in Kansas, and hamburgers have been a staple of American cuisine ever since.

Though it's been a century since White Castle opened its first restaurant, people are still perfecting the art of making the perfect hamburger. Exactly what defines the perfect hamburger may be open to debate, but there's no denying the desirability of juicy burgers.

As grillmasters prepare for another season of backyard barbecues, the following are some ways they can make their burgers more juicy.

· **Avoid extra-lean meat.** Extra-lean meat might be healthier than the alternatives, but 93 percent lean ground beef is unlikely to produce juicy burgers. When making burgers from scratch, opt for 80 percent lean. WebMD notes that fat helps to hold burgers together while searing and cooking the meat. The result is a more juicy interior than cooks are likely to get when using lean meats.

· **Swap beef for lamb.** Cookbook author John Holl notes in his book, "The American Craft Beer Cookbook" (Storey), that substituting ground beef with ground lamb makes for a juicier burger. Lamb is moist, so unlike lean beef, it can be grilled as well-done without drying out. Lamb also offers a different taste than beef, adding a little variety to a backyard barbecue.

· **Saddle your spatula.** Flipping the burgers too much or pressing them against the grill as they cook can dry them



out.

· **Be conscious of carry-over cooking time.** Carry-over cooking time refers to the length of time temperature in a food continues to rise even after it's been removed from a cooking area. Beef is among the many foods that continue to cook after being removed from a heat source, so beef burgers

can be removed from the grill before they reach the desired cooking temperature. This prevents drying out and ensures that once they're served, the burgers will be juicy and safe to eat.

Grilling a juicy burger is easily accomplished with a few simple and time-tested strategies.

Stuffed burgers for grilling season

Barbecue season has arrived, so soon people will be bonding in the backyard over hamburgers and hot dogs. Backyard barbecue season begins in spring and continues through summer and, where the weather allows, into fall. Barbecues are a perfect summertime soiree, as they're usually laid back affairs and make use of the pleasant weather.

While it's fun to expand your culinary horizons over the open flame of a grill, it's important that you never forget the basics, especially when entertaining crowds who are no doubt looking forward to grilled burgers.

Giving the masses what they want is good hosting, but you can still try your hand at a little experimentation when serving burgers at your next backyard barbecue.

The following recipe for "Herb Cheese-Stuffed Garlic Burgers" from Andrew Schloss' and David Joachim's "Mastering the Grill" (Chronicle Books) provides the best of both worlds.

Herb Cheese Stuffed Garlic Burgers
Makes 6 servings
2 pounds ground beef chuck, 85 percent lean
2 tablespoons chopped garlic
1/2 teaspoon kosher salt
1/4 teaspoon ground black pepper
3 tablespoons herbed garlic cream cheese, such as Boursin
6 hamburger buns, split
Oil for coating grill grate
The Grill
Gas: Direct heat, medium-high 425 F to 450 F; clean, oiled grate.
Charcoal: Direct heat, light

ash; 12-by-12-inch charcoal bed (about 3 dozen coals); clean, oiled grate on lowest setting.

Wood: Direct heat, light ash; 12-by-12-inch bed, 3 to 4 inches deep; clean, oiled grate set 2 inches above the fire

1. Heat the grill as directed.
2. Using your hands, mix the beef, garlic, salt, and pepper in a bowl until well blended; do not overmix. Using a light touch, form into 12 patties no more than 1/2-inch thick.

3. Put a portion (about 11/2 teaspoons) of cream cheese in the center of each of the 6 patties; top with the remaining patties and press together, taking care to seal the edges well. Refrigerate the burgers until the grill is ready.

4. Brush the grill grate and coat it with oil. Put the burgers on the grill, cover and cook for 9 minutes, flipping after 5 minutes, for medium-done (150 F, slightly pink). Add a minute per side for well-done (160 F).
5. To toast the buns, put them cut-sides down directly over the fire for the last minute of cooking.

6. If serving the burgers directly from the grill, serve on the buns. If the burgers will sit, even for a few minutes, keep the buns and burgers separate until just before eating.



Risk factors for melanoma

Skin protection takes center stage each spring and summer.

Melanoma is a form of skin cancer that can spread rapidly to other organs if it is not treated at an early stage. The Skin Cancer Foundation notes that between 70 and 80 percent of melanomas arise on normal-looking skin.

When skin is exposed to ultraviolet radiation, that exposure can contribute to skin damage.

Ultimately, melanoma can occur when damage from sunburn or tanning due to UV radiation triggers mutations that lead to uncontrolled cellular growth.

Because melanoma is inextricably linked to exposure to UV radiation, it's understandable if people assume that it's always preventable.

However, the American Cancer Society notes that there is no way for people to completely prevent melanoma. That's because some of the risk factors are beyond individuals' control. However, other risk factors are within people's control, and recognizing those factors can help people lower their risk for melanoma.

Uncontrollable risk factors

Genetics and skin type are two significant risk factors for melanoma that are beyond individuals' control. The SCF notes that one in every 10 melanoma patients has a family member who had the disease. In addition, melanoma is found more frequently in people with fair skin than in people with darker skin. Melanoma also is found more in people with light eyes, light-colored hair and red hair.

People with these physical characteristics and family histories must be especially

Flag...

Continued from page 1....

· **The flag is often** displayed at half-staff on days of mourning, including Memorial Day. The flag should first be hoisted to the peak for an instant, then lowered to half-staff position, which is half the distance between the top and bottom of the staff.

· **On a vehicle, the U.S. flag should be displayed** from a staff firmly fixed to the chassis. It should not be draped over the hood, top, sides, or back of a vehicle.

· **The flag should never touch anything beneath it,** such as the ground, the floor, water, or merchandise. It also should never have anything placed on it.

· **A flag in poor condition should be destroyed with dignity,** preferably by burning. Most American Legion posts and local Boy Scouts troops will have the resources to retire flags accordingly. Many will host annual flag retirement ceremonies on Flag Day.

Tales & Trails Summer library experience for youth

Lake Agassiz Regional Library is bringing an exploration-themed Summer Library Experience to youth ages 0-18 to communities in Becker, Clay, Clearwater, Mahanomen, Norman, Polk, and Wilkin counties. Beginning June 1, youth can read to win great prizes as well as attend outdoor events in celebration of the tales and trails of the region.

Those interested in participating are encouraged to stop by their local library or LINK Site or track their reading virtually using the Beanstack app (download the app at larl.org/explore/kids). Information about the program and event lists are available at larl.org/explore.

The program will be offered from June 1-July 31 at libraries and LINK Sites in the following communities: Ada, Bagley, Barnesville, Breckenridge, Climax, Crookston, Detroit Lakes, Fertile, Fosston, Hawley, Mahanomen, McIntosh and Moorhead. LARL's LINK sites are found in Cormorant, Frazee, Gonvick, Halstad, Hendrum, Lake Park, Rothsay, Twin Valley and Ulen.

More information is available at www.larl.org.

vigilant when spending time outdoors. Applying sunscreen with a minimum sun protection factor (SPF) of 30 and wearing protective clothing and hats that protect the skin from UV radiation are two ways that people with fair skin and family histories can protect themselves from melanoma.

Controllable risk factors

Unprotected or excessive UV exposure is a significant risk factor for melanoma. Anyone, regardless of their family history or skin type, should prioritize protecting their skin when spending time outdoors. The American Skin Association advises all people to avoid the sun between 10 a.m. and 4 p.m., when the sun's rays are at their strongest.

Tanning beds also pose a threat in relation to melanoma. The ACS notes that the idea that the UV rays of tan-

ning beds are harmless is a misconception. Tanning lamps give off UV rays that can cause long-term skin damage and the ACS reports that tanning bed use has been linked to an increased risk of melanoma, especially among people who use such beds prior to turning 30.

Checking the skin routinely is another way to combat melanoma. The ACS notes that certain types of moles are more likely to develop into melanoma than others. Routine self-examinations of skin can help people spot new or abnormal moles or other growths. Recognizing these abnormalities and reporting them to a physician immediately can help doctors treat them before they turn into skin cancer.

LSS
Meals Menu
687-2262

Tues, June 1st - Kielbasa Sausage - Mashed Potatoes - Sauerkraut - Wheat Rolls - Lemon Bars - Milk

Wed, June 2nd - Roast Beef - Mashed Potatoes & Gravy - Broccoli Normandy - Wheat Bread - Pumpkin Bars - Milk



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

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

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

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Supply Pastor
Gordon Syverson

May 30th-10:30 am Church at Calvary

June 6th-9:30 am Coffee hour at Our Savior's; 10:30 am Church at Our Savior's

June 13th-9:30 am Coffee hour at Calvary; 10:30 am Church at Calvary

June 20th-9:30 am Coffee hour at Our Savior's; 10:30 am Church at Our Savior's

June 27th-9:30 am Coffee hour at Calvary; 10:30 am Church at Calvary

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Pastor Karl Anderson

Mt Carmel and Trinity Free Lutheran Churches in McIntosh have resumed holding Sunday Services.

9:30 Trinity
11:00 Mt Carmel
Social distancing practices will be encouraged.

Video Services will continue on GVTV Channel 30 at 10am Sunday, 7pm Sunday and 6pm Wednesday.

They will also be posted on the McIntosh AFLC Parish YouTube channel

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

Sun., May 30 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: [gosenchurch](https://www.facebook.com/gosenchurch) and [gosenchurch.com](https://www.facebook.com/gosenchurch.com))

Tues. June 1: 10:00am Sunday worship service telecast on GVTV--30

Wed. June 2: 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.

CALVARY-IMMANUEL LUTHERAN PARISH
Winger/Bejou
Supply Pastor
Gordon Syverson

Calvary Lutheran Church, Winger, Immanuel Lutheran Church, Bejou, and Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit Calvary. Our Saviors service will be available by 8:30 am each Sunday until further notice.

They Gave Their Lives

On Memorial Day, we honor the brave service men and women whose hopes and dreams were cut short in battle. They sacrificed their own lives to protect the lives and freedom of others. This Memorial Day, join us in paying tribute to them.

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"Serving the Win-E-Mac area"

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M3-28C

McIntosh 2020 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 Pete Tranby, Public Works Supervisor, at 1-218-280-9130 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, 2020.

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>).

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.

Some contaminants are monitored regularly throughout the year, and rolling (or moving) annual averages are used to manage compliance. Because of this averaging, there are times where the Range of Detected Test Results for the calendar year is lower than the Highest Average or Highest Single Test Result, because it occurred in the previous calendar year.

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.

• **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.

• **N/A (Not applicable):** Does not apply.

• **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.

SEE TABLES 1-4 Potential Health Effects and Corrective Actions (If Applicable)

Wednesday, MAY 26, 2021

Fluoride: If your drinking water fluoride levels are below the optimal concentration range of 0.5 to 0.9 ppm, please talk with your dentist about how you can protect your teeth and your family's teeth from tooth decay and cavities. For more information, visit: MDH Drinking Water Fluoridation (<https://www.health.state.mn.us/communities/environment/water/com/fluoride.html>). Fluoride is nature's cavity fighter, with small amounts present naturally in many drinking water sources. There is an overwhelming weight of credible, peer-reviewed, scientific evidence that fluoridation reduces tooth decay and cavities in children and adults, even when there is availability of fluoride from other sources, such as fluoride toothpaste and mouth rinses. Since studies show that optimal fluoride levels in drinking water benefit public health, municipal community water systems adjust the level of fluoride in the water to an optimal concentration between 0.5 to 0.9 parts per million (ppm) to protect your teeth. Fluoride levels below 2.0 ppm are not expected to increase the risk of a cosmetic condition known as enamel fluorosis.

Monitoring Results – Unregulated Substances

In addition to testing drinking water for contaminants regulated under the Safe Drinking Water Act, we sometimes also monitor for contaminants that are not regulated. Unregulated contaminants do not have legal limits for drinking water.

Detection alone of a regulated or unregulated contaminant should not cause concern. The meaning of a detection should be determined considering current health effects information. We are often still learning about the health effects, so this information can change over time.

The following table shows the unregulated contaminants we detected last year, as well as human-health based guidance values for comparison, where available. The comparison values are based only on potential health impacts and do not consider our ability to measure contaminants at very low concentrations or the cost and technology of prevention and/or treatment. They may be set at levels that are costly, challenging, or impossible for water systems to meet (for example, large-scale treatment technology may not exist for a given contaminant).

A person drinking water with a contaminant at or below the comparison value would be at little or no risk for harmful health effects. If the level of a contaminant is above the comparison value, people of a certain age or with special health conditions - like a fetus, infants, children, elderly, and people with impaired immunity - may need to take extra precautions. Because these contaminants are unregulated, EPA and MDH require no particular action based on detection of an unregulated contaminant. We are notifying you of the unregulated contaminants we have detected as a public education opportunity.

• More information is available on MDH's A-Z List of Contaminants in Water (<https://www.health.state.mn.us/communities/environment/water/contaminants/index.html>) and Four Unregulated Contaminant Monitoring Rule (UCMR 4) (<https://www.health.state.mn.us/communities/environment/water/com/ucmr4.html>).

SEE TABLE 5 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 is responsible for providing 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>).

Home Water Treatment The Pros and Cons of Home Water Softening

When considering whether to use a water softener, contact your public water system to find out if you have hard water. Many systems treat for hardness, making water softeners unnecessary.

Water softeners are a water treatment device. They remove water hardness (dissolved calcium and magnesium). Water softeners must be installed and maintained properly to be safe and effective. Learn more at Home Water Softening (<https://www.health.state.mn.us/communities/environment/water/factsheet/softening.html>).

The benefits of soft water include:

• Increased efficiency for soaps and detergents.

• Reduction in mineral staining on fixtures and in pipes.

• A potential increase in the lifespan of water heaters.

The drawbacks of soft water include:

• Operation and maintenance costs.

• More sodium. People on low-sodium diets should consult a doctor if they plan to regularly consume softened water.

• The production of salt brine as a byproduct. This can have negative effects at wastewater treatment plants and on ecosystems. Reduce the amount of salt brine used or install a salt-free system.

Monitoring Results – Regulated Substances

LEAD AND COPPER – Tested at customer taps.						
Table 1						
Contaminant (Date, if sampled in previous year)	EPA's Ideal Goal (MCLG)	EPA's Action Level	90% of Results Were Less Than	Number of Homes with High Levels	Violation	Typical Sources
Lead	0 ppb	90% of homes less than 15 ppb	7.1 ppb	0 out of 10	NO	Corrosion of household plumbing.
Copper	0 ppm	90% of homes less than 1.3 ppm	0.74 ppm	0 out of 10	NO	Corrosion of household plumbing.

INORGANIC & ORGANIC CONTAMINANTS – Tested in drinking water.						
Table 2						
Contaminant (Date, if sampled in previous year)	EPA's Ideal Goal (MCLG)	EPA's Limit (MCL)	Highest Average or Highest Single Test Result	Range of Detected Test Results	Violation	Typical Sources
Arsenic	0 ppb	10.4 ppb	4.66 ppb	N/A	NO	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes.
Combined Radium (2018)	0 pCi/l	5.4 pCi/l	1.1 pCi/l	N/A	NO	Erosion of natural deposits.

CONTAMINANTS RELATED TO DISINFECTION – Tested in drinking water.						
Table 3						
Substance (Date, if sampled in previous year)	EPA's Ideal Goal (MCLG or MRDLG)	EPA's Limit (MCL or MRDL)	Highest Average or Highest Single Test Result	Range of Detected Test Results	Violation	Typical Sources
Total Trihalomethanes (TTHMs)	N/A	80 ppb	0.9 ppb	N/A	NO	By-product of drinking water disinfection.
Total Haloacetic Acids (HAA)	N/A	60 ppb	3.8 ppb	N/A	NO	By-product of drinking water disinfection.
Total Chlorine	4.0 ppm	4.0 ppm	1.38 ppm	1.00 - 1.50 ppm	NO	Water additive used to control microbes.

Total HAA refers to HAAs

OTHER SUBSTANCES – Tested in drinking water.						
Table 4						
Substance (Date, if sampled in previous year)	EPA's Ideal Goal (MCLG)	EPA's Limit (MCL)	Highest Average or Highest Single Test Result	Range of Detected Test Results	Violation	Typical Sources
Fluoride	4.0 ppm	4.0 ppm	0.64 ppm	0.51 - 0.86 ppm	NO	Erosion of natural deposits; Water additive to promote strong teeth.

UNREGULATED CONTAMINANTS – Tested in drinking water.			
Table 5			
Contaminant	Comparison Value	Highest Average Result or Highest Single Test Result	Range of Detected Test Results
Sodium*	20 ppm	63.5 ppm	N/A
Sulfate	500 ppm	63.4 ppm	N/A

*Note that home water softening can increase the level of sodium in your water.

Interesting facts about Memorial Day

Each year on the last Monday of May, Americans celebrate Memorial Day.

Memorial Day is a federal holiday that honors and mourns American military personnel who died while performing their duties in service to the United States Armed Forces.

Memorial Day has a rich history and one that's worth revisiting as the nation prepares to honor the sacrifices made by its military personnel over the centuries.

• **Freed slaves played a role in the establishment of Memorial Day.** The American Civil War is the deadliest military conflict in American history, as the Union and the Confederacy each suffered more than 800,000 casualties by the time the war ended in 1865. According to History.com, as the war drew to a close, hundreds of Union soldiers who were being held as prisoners of war died and were buried in a mass grave in a Confederate prison camp in South Carolina. After the Confederate surrender, more than 1,000 now-freed slaves honored those recently de-

ceased Union soldiers during a ceremony in which they sang hymns and distributed flowers. The ceremony was dedicated to the fallen soldiers and served as a precursor to what is now celebrated as Memorial Day.

• **Confederate soldiers were honored, too.** Confederate losses during the Civil War outnumbered Union losses, and those losses were not forgotten by southerners who survived the war. History.com notes that, in 1866, the Georgia-based Ladies Memorial Association, one of many similar organizations to arise in the aftermath of the war, pushed for a day to honor fallen Confederate soldiers. In fact, these efforts are believed to have influenced General John A. Logan. In 1868, General Logan, a Civil War veteran who was then serving as commander-in-chief of a group of Union veterans, ordered the decoration of Union graves with flowers on May 30. The day would ultimately be known as "Memorial Day."

• **It took a long time for Memorial Day to become a federal holiday.** Despite tracing its origins to the immedi-

ate aftermath of the Civil War, Memorial Day did not become an official federal holiday until 1971, more than a century after the war ended. This is the same year the holiday was officially designated as taking place on the last Monday in May. The designation has periodically drawn the ire of veterans and military supporters who suggest it is now more widely seen as the unofficial beginning to summer and not a day in which the sacrifices of fallen U.S. soldiers are honored to the extent that they should be.

• Debate exists about which town has the longest history of celebrating Memorial Day. A handful of towns claim to be the first celebrants of Memorial Day. That debate figures to continue in perpetuity, but History.com notes that Waterloo, New York, was officially recognized by U.S. President Lyndon B. Johnson as the birthplace of Memorial Day in 1966. Doylestown, Pennsylvania, and Rochester, Wisconsin are some other towns that claim to have celebrated Memorial Day since the mid-1860s.



We would like to welcome our newest member to the Winger Lions! Noah Klinkhammer with his sponsor Dale Balstad was officially initiated at the May 19, 2021 meeting by President Darrel Olson. Congratulations Noah.



Sending his canoe into the river to start it's journey is Cruze Jax.



Vasily Kutsev takes aim for the water as he sets to release his canoe.



Out on a first date is Olivia (Paige Breckel) and Spencer (Jadon Kangas), but not without the assistance of their respective consciences (Grace Kaupang and Kolton Crocker). The waiter is played by Brock Trandem.

CHS IS HIRING

CHS in Mahnomen and Erskine are hiring Labor positions

These full-time positions come with amazing benefits including health, dental, vision, hearing and life insurance, paid vacation, 401K, company-funded pension, profit sharing and long/short-term disability and more!

Basic Qualifications: (required)

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- Ability to work in dust and adverse weather conditions
- Ability to work long hours to meet business demands
- Must pass pre-employment drug screen

These full-time positions come with a sign-on bonus of up to **\$2,500** so apply today!

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Essential summer skin care tips

Protecting and caring for skin should be part of people's year-round health care regimens.

Such an approach can help people look their best and also uncover any minor issues before they escalate into something more significant.

National Geographic says adults can carry eight pounds and 22 square feet of skin on their bodies. Skin guards a person from harmful chemicals, protects the body against extremes in temperature and prevents internal organs and other components from evaporating. The skin also guards against harmful sunlight.

Skin care is not seasonal, though efforts to protect the skin may need to be stepped up during the summer. The American Academy of Dermatology says one in five Americans will develop some form of skin cancer in their lifetimes. In the summer, ultraviolet radiation levels are elevated and people often wear less clothing that exposes more of their skin. According to Dr. Ron Shelton, a board-certified dermatologist and assistant professor of dermatology at Mount Sinai Medical Center in New York, the bulk of sun damage to the skin happens in the summer. These skin wellness tips can help protect the skin and keep it looking its best when the mercury

rises.

Lighten up Choose lightweight products for summer usage. This includes cleansers, makeup and oil cleansers. For instance, rather than an oil cleanser, choose a gentle, foaming option. Thicker products mixed with increased perspiration and humidity may lead to clogged pores and inflammation.

Lather on sunscreen Sunscreen with an SPF of 30 or more is recommended to protect the skin from UV damage. But it's easy to forget to apply sunscreen. However, using a lightweight moisturizer with SPF built in reduces product usage and time spent caring for skin.

Utilize vitamin C serums Hyperpigmentation can occur in summer. According to Omer Ibrahim, a board-certified dermatologist and codirector of clinical research at Chicago Cosmetic Surgery and Dermatology, vitamin C serum can improve the appearance of fine lines, help with collagen production and also prevent hyperpigmentation.

Drink more water Higher temperatures and increased perspiration can lead to dehydration. That may cause headaches, dry skin and even light-headedness. Drink at least eight eight-ounce glasses of water every day.

Stay in the shade In addition to using sunscreen daily, try to stay out of the sun as much as possible when UV rays are at their strongest, which is between 10 a.m. and 2 p.m. In addition, wear clothing that offers sunscreen protection.

It's important to care for the skin daily, but especially so during the summer

Asking for
VOLUNTEERS!
to install our new playground!
Saturday, June 12th
7:00AM

Please sign-in at the white picnic shelter next to the Historic Mentor School. Please bring a cordless impact drill if you have one but it's not necessary.

MENTOR CITY PARK
Mentor, MN

Lunch & Supper will be provided as well as snacks & beverages throughout the day!

Follow us on Facebook!
Mentor City Park & Playground



The "exes" arrive. Jayden Gensberger and Teagan Paulson.



Olivia (Paige Breckel) meeting Spencer's (Jadon Kangas) grandparents (Delvin Morel and Evie Ryan).



The Cast of the Win-E-Mac Spring Play "My Thoughts, Not Exactly" were: Mr. Mac (director), Kolton Crocker, Jadon Kangas, Evie Ryan, Delvin Morel, Grace Kaupang, Paige Breckel, Brock Trandem, Jayden Gensberger, Teagan Paulson, and Caleb Green (Sound and Lights).