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Hats off to the Win-E-Mac Class of 2021!



Congratulations to the Win-E-Mac Class of 2021 all of whom received their diplomas at a ceremony held on Saturday, May 29th at the Win-E-Mac school. Best wishes for a bright future to this great group of young adults.



Valedictorian, Alex Jacobson and Salutatorian, Mia Thompson of the Win-E-Mac 2021 graduating class. Commencement Exercises were held on Saturday, May 29th.



Brock Trandom was the Win-E-Mac recipient of the John Philip Sousa Band Award for 2021.

Mac Library kicks off summer with Raptors Rule

McIntosh Public Library to Kick Off Summer Reading with "Raptors Rule" with the Headwaters Science Center.

The McIntosh Public Library will host an event for children at Roholt Park featuring raptors from the Headwaters Science Center on Monday, June 7 at 10:30 a.m. This is an exciting opportunity to get a close-up view of live raptors and learn about the characteristics that make raptors different from other birds. Join staff from Headwaters Science Center to learn about various raptors found in Minnesota and their habitats as well as what you can do to help preserve the environment and protect these spectacular creatures.

The Raptors Rule event is the library's kickoff event of the 2021 Tales & Trails Summer Library Experience, inviting youth to 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.

On Monday, June 21 at 10:30 a.m., the McIntosh Public

Library will be joined by beekeepers Steph and Mike of Bear Paw Honey Bees at Roholt Park. They will show kids how plants and our food supply are kept alive by pollinators and will share about being a beekeeper and what equipment they use.

All events are offered free-of-charge. If it rains, the library will move the events to the back room of the McIntosh Community Center.

Container gardening tips

Gardening is beneficial in various ways. The AARP states that some of the health perks associated with gardening include improved mood, increased vitamin D levels (which benefits bones and immune system) and reduced risk of dementia. In addition, if gardening efforts include growing herbs, fruits and vegetables, it can be a cost-effective way to eat healthy.

For gardeners without sufficient space or for those with mobility issues, container gardening can be an ideal way to grow everything from flowers to vegetables. Better Homes & Gardens says most plants are not fussy about the containers in which they grow so long as some of their basic needs are met. This means watering correctly for the type of plant, and ensuring sufficient drainage.

The following are some other ways container gardening efforts can prove successful.

- **Watch water.** Planet Natural Research Center says plants with thin leaves typically need ample water, and plants with thick leaves need less. Use this as a guideline to gauge water needs.
- **Size correctly.** Plants should be sized to the container. Consider dwarf varieties of certain plants if your contain-



ers are small.

- **Choose the right soil.** Fill containers with a commercial potting soil rather than soil from the garden. Garden soil can dry into a solid mass, while commercial mixtures have amendments like peat moss, vermiculite, compost, and other ingredients to help with soil Gardening...

Continued on page 2...



Save the Date: Mac Community Sale

The McIntosh Community Club is excited to announce the return of the Community Wide Garage Sales to McIntosh! The event will take place Saturday, June 19th with some sales beginning Friday, June 18th. Please call the city office or contact the McIntosh Community Club on its Facebook page to register your location so we can make sure you get on the map!



The Win-E-Mac Class of 2033: Back: L-R Charles Subbert, Paisley Kildal, Maxim Erofeeff, Michael Finn, Elyse Morgenroth, Noah Lucken, Collin Westcott, Carter Bartz, Dawson Gunufson, Connor Breitbach, Ireland Anderson, Jackson Hagen; Middle: L-R Edith Gieseke, Kylie Sandberg, Ryker Jax, Greta Spry, Ava Frisk, Jazmine Burthwick, Kendyl Cherf, Kolby Cook, Jonas Shear, Mickala Determan, Roman Shultz, Maddox Halvorson, Krosby Jore; Front: L-R Roman Snegirev, Maverick Soltvedt, Macey Lee, Chloe Carlson, and Adler Stordahl.

The complicated link between genetics and cancer

Few, if any, families have not been affected by cancer. Estimates based on data from the International Agency for Research on Cancer suggested that 19.3 million new cancer cases were diagnosed in 2020, which reflects the far-reaching impact cancer has on people across the globe.

With so many instances of cancer across the globe, it's no surprise that some families include more than one person who has had cancer. As a result, it's not uncommon for some people to feel as if cancer runs in their family.

Such a conclusion may not be entirely off-base, but it's also not entirely accurate.

Why do some cancers seem to run in families?

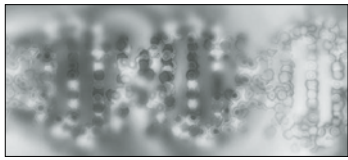
The American Cancer Society notes that various factors may make it seem as though certain types of cancer run in families.

For example, family members may share certain behaviors, such as poor diet, that can increase their risk for obesity, which in turn increases their risk for various diseases, including cancer.

In such instances, it's not the family's genes that are the risk factor for cancer, but rather the shared poor diet. Other commonalities within families, such as smoking, can increase cancer risk, even if the families do not have a genetic predisposition to cancer.

Do genes ever affect cancer risk?

The ACS notes that some cancers are caused by abnormal genes being passed along from generation to generation. In such instances, the cancer is not inherited, but an abnor-



mal gene is. However, such instances are somewhat rare, as the ACS reports only about 5 to 10 percent of all cancers result directly from gene defects inherited from a parent. These gene defects are called mutations.

What are inherited gene mutations?

According to the ACS, an inherited gene mutation is present in the egg or sperm cell that formed the child. When an egg is fertilized by sperm, it creates one cell.

That one cell then divides many times, eventually becoming a baby. Since all of the cells that eventually form come from that first cell, the inherited gene mutation is present in every cell. That's why it's possible for gene mutations that lead to cancer to be passed down from generation to generation.

How do people know if a family cancer syndrome affects their families?

The ACS notes that cancer is a common disease that roughly one in three people in the United States will develop during their lifetimes. So even if two family members develop the same type of cancer, that does not necessarily mean a family cancer syndrome is present.

However, the ACS reports that certain factors make it a family cancer syndrome more likely. Those factors include:

- **Many cases** of the same type of cancer, especially if it

is an uncommon or rare type of cancer

- **Cancers occurring** at younger ages than usual. Age is a risk factor for many types of cancer, but the average age of diagnosis tends to be in adulthood. Many young people in the same family being diagnosed with a cancer that is most often diagnosed in older adults is a potential indicator of a family cancer syndrome.

- **More than** one type of cancer in a single person, such as a woman with both breast and ovarian cancer

- **Cancers occurring** in both of a pair of organs, such as both eyes, both kidneys, or both breasts

- **More than** one childhood cancer in siblings, such as sarcoma in both a brother and a sister

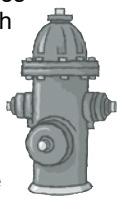
- **Cancer occurring** in the sex not usually affected, such as breast cancer in a man

- **Cancer occurring** in many generations, such as in a grandfather, father and son

The relationship between genetics and cancer is complicated. More information is available at www.cancer.org.

MAC TO FLUSH WATERLINES

The City of McIntosh will be flushing waterlines and hydrants each Thursday throughout the summer. Residents are encouraged to watch for rusty or dirty water on these days. Fill washing machines to check water before adding clothes.



M11-26C

Stroke awareness is important especially when symptoms aren't obvious

Essentia Health patient benefits from high quality stroke care.

It's important to remember that a stroke isn't always obvious. In some cases, patients show no symptoms, but rather have a gut feeling that something isn't right.

This was the case for Grand Forks, N.D., resident, Kevin Dean, who was flown to Essentia Health for immediate and expert care which was instrumental in Dean's survival and recovery after a stroke.

Two days after his 65th birthday, Dean woke up and didn't feel well. He didn't have symptoms of anything specific, but he described it as "just feeling off." Thinking maybe he had picked up a bug, he took a nap to see if that helped him feel better.

In about an hour when he woke up, nothing had changed. While he didn't feel worse, Dean knew that something was not right. He asked his wife, Lacey, to take him to the emergency room.

After a CT scan, the emergency department doctor delivered news that stopped Dean in his tracks and set off a chain of events that likely saved his life.

"The doctor told me I had a stroke," recalls Dean. "I was shocked, you could have knocked me over with a feather." Dean said, "As the doctor finished telling me what had happened, a crew arrived and I was strapped onto a gurney. I jokingly asked if we were going somewhere. My joke was met with the serious answer that I needed to be air lifted to Essentia Health in Fargo for immediate care."

At one point, Dean was asked to perform a hand exercise where he tried to touch each of his fingers to his thumb. He realized he could barely even move his fingers, much less touch his pinky to his thumb. "That was when it really hit me that I needed expert care," remembers Dean. "I was admitted to the hospital and, after an MRI, the doctor came in to explain what was going on."

With the MRI, Dr. Kiron Thomas, interventional neurologist at Essentia Health, dis-

covered that Dean's vertebral artery, one of the four main vessels in the neck that bring blood to the brain, was incredibly – and unusually – small and narrow. "This made an intervention dangerous and it would likely cause more damage," shares Dr. Thomas. The blockage caused an ischemic stroke, one of three types of stroke, caused by blockage in an artery that supplies blood to the brain. Thankfully, Dean's blockage was treated with medication to remove it.

While hospitalized, Dean was started on physical and occupational therapy. "I remember thinking they were asking me to do such simple things, yet I found myself not able to do them," said Dean. "This really gave me pause."

"I couldn't walk. I actually couldn't bend my ankle in order to walk. I remember those first few steps using a walker and going very slowly. I was grateful for the therapists and nurses who were there with me for each step," Dean said. Dean was told that he would have to train another part of his brain to do what the part that was damaged in the stroke had previously done. "Was that even possible? Could I do that?" Dean said, "I was willing to try!"

Along with the expert care at Essentia's Comprehensive Stroke Center, his positive attitude and competitive spirit gave Dean the push he needed to work hard on recovery. When he was asked to walk to the end of the nurses' station, he walked all the way around it.

Now, about three months out from his stroke, Dean has been successful in teaching another part of his brain to do those basic tasks and has regained complete use of his hand and foot most affected by the stroke. While he still tires easily and knows his stamina will be the last thing to come back, he's thankful to be alive. "I'm one lucky guy," he said.

Essentia Health was the first medical center in North Dakota and our region to receive comprehensive stroke center certification from the DNV GL-Healthcare, a world-leading certification body. This

is the highest level of accreditation a hospital can receive, and it affirms Essentia's readiness to handle a full range of stroke-related medical complications.

To learn more about the Comprehensive Stroke Center at Essentia Health, please visit our website or talk with your primary care provider about your risk factors.

Whenever someone experiences any sudden change or their inner self is telling them that something isn't right, err on the side of caution and call 9-1-1 or get to the emergency department right away.

The acronym BE FAST can be helpful to identify a stroke.

- **Balance:** any sudden loss of balance without a known cause

- **Eyes:** any sudden eye change such as blurry or double vision or vision loss

- **Face:** sudden drooping of one side

- **Arms:** sudden weakness in one arm or leg

- **Speech:** sudden change in speech such as slurred or incorrect speech

- **Time:** call 9-1-1

Gardening...

Continued from page 1 ...

texture and moisture retention.

- **Mix it up.** When planting containers of flowers and other greenery, Good Housekeeping says to include "a thriller, a spiller and a filler" as a good rule of thumb. The thriller is the focal point, the spiller a trailing plant, and a filler has smaller leaves or flowers to add bulk and color.

- **Poke holes.** Drainage holes are essential so that soil will not become waterlogged. Holes don't need to be large, but there should be enough of them so that excess water can drain out readily.

- **Select the right container material.** Container materials may be affected by gardeners' budgets, personal taste and other factors. For those who live in hot climates, selecting a light-colored container can help prevent further soil heat absorption.

Container gardening is a healthy and enjoyable activity that can pay dividends in various ways.

To-go craft kits available at libraries

Discover the Art of Henna with Sejal Patel.

The public is invited to learn how to practice the art of Henna and collect the necessary supplies from a Lake Agassiz Regional Library location near them. Kits will be available beginning June 1 and will be available as quantities last. Pick up a kit by visiting a library or LINK Site near you, or call your location to request a kit using our curbside delivery service.

An instructional video will also be available on larl.org/artofhenna beginning June 7, demonstrating a variety of designs and explaining what Henna is and how to care for a Henna design on the skin. The video will be hosted by Sejal Patel, a master cosmetologist.

Essentia Health eases visitor restrictions

As COVID-19 positivity rates decrease, vaccinations increase and fewer patients are hospitalized due to COVID-19, Essentia Health is moving to less restrictive visitation guidelines.

Beginning Thursday, May 27, two adult visitors per patient will be allowed in our clinic and hospital settings, including emergency departments. Visiting hours remain between 9 a.m. and 6 p.m.

Click here for complete details of our updated visitor policy. Adult patients hospitalized with COVID-19 are still unable to have visitors except in special situations such as obstetric care or end-of-life.

Throughout this pandemic, we have continually re-evaluated our visitor restrictions. They are in place to protect our patients and staff from the transmission of COVID. We will update our policy as necessary — either because of an increase in new cases or a continued decrease in community



gist. This project is available free-of-charge and is made possible thanks to funding from the Minnesota Arts & Cultural Heritage Fund.

spread.

It's important also to note that we continue to require all staff, patients and visitors to wear a mask that covers their mouth and nose while in our facilities and stay in the patient room during their visit. All approved visitors will be screened for COVID and will not be permitted if symptomatic.

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!

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Mentor City Park & Playground



Community Birthday and Anniversary Calendar

Wed. June 2: Bristol Vettleson, Evonne Hartel, Wade Farrell, Christine (Lee) Weber, *Curt & Kris Johnson

Thurs. June 3: Clayton Bartz

Fri. June 4: *Megan & Nicolai Sveen

Sat. June 5: Madison Norton, Morgan Voxland

Sun June 6: Bernice Voxland, Theresa Agnes, Joanna Jore, *Albert & Karen Plante

Mon. June 7: Bob Olson, Carmen Syverson, Diana Linds-eth, Nickie Carlson, *Dennis & Diane Boucher

Tues. June 8: Holly Kringlen, *Jim & Carla Ferden

McINTOSH Times

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Meals Menu

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Tues, June 8th - *Chef's Choice - Liver & Onions or Poor Mans Steak - Boiled Potatoes, - Corn - Watermelon - Rhubarb Dessert - Milk

Wed, June 9th - Parmesan Chicken Breast over Spaghetti - Broccoli - Raisin Bread Pudding - Milk



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

Sun. June 6: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

Sun. June 13: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

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

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, June 6: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues, June 8: 10:00 a.m. Sunday worship service telecast on GVTV--30

Wed, June 9: 6:30 p.m. Bible Study at Sharon Ramberg's home.

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.

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www.facebook.com/mcintoshimes
Announcements • Photos • Community Updates

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The County Line

By Warren Strandell
Polk County Commissioner, Dist. 2

Be careful about what you might ask. To that statement, the staff of Red River Valley Juvenile Center (RRVJC), the administrators of Tri-County Community Corrections, and those of us who serve on the Regional Corrections Board can say amen.

The “careful what you ask for” reference regards what happened in Crookston on Friday, May 14.

It was then that one inch or more of rain came down in an hour or less. The rain was definitely needed but not at the Red River Valley Juvenile Center (RRVJC) where a roof replacement project was underway.

With the downpour, water ran wildly into the building through exposed areas of the roof. Pretty much everything on the “residential side” of the center was destroyed. In addition to the suspended ceilings and the sheetrock walls was damage to the security system that controls the doors and to all the other of equipment based in the electrical room.

During a first inspection of damage, it was found that the regular outlets were hot to the touch. Also, the door handles. Not good. Power to the center had to be shut down. Beds had to be found for the kids who were being held there and were available anywhere in Polk County.

Everything must be replaced

It has been determined that everything in the “residential side” of the center will have to be replaced. The area will

have to be gutted to the exterior walls in preparation for a start-over rebuild.

But even with that there are positives.

One, since all of the ceilings and walls on the residential side of the center will have to be removed, the area can be redesigned. There are things that can be arranged better with a start over of the floor plan. An architect will be used.

Two, the “secure side” of the center, which by contrast had much less damage, has the potential to be returned to use as early as July. It can likely be appropriately restored. As for the residential side, a fall return to use might be optimistic.

The Polk County Law Enforcement Center building — to which the Juvenile Center adjoins — was not affected. Its roof was not being replaced. The roof project stops right where the two operations meet. Things would have been a lot worse if, say the county’s Dispatch Center would have been affected.

Juveniles had to be moved

When the Juvenile Center became unfit for the 10 juveniles who were there at the time, it was determined that two of them had could be released to their families. Beds for the other eight were arranged at the Northwest Minnesota Juvenile Center in Bemidji.

For RRVJC, having to house juveniles in another facility becomes very expensive. Take about \$280 a day for

those needing secure housing and about \$200 a day for those needing residential space.

That’s not all of the financial issues. The income that Tri-County Community Corrections receives for housing juveniles from the non-member counties — upwards of \$80,000 a month — has been lost.

There is also the issue of the employment of the 12 youth counselors who work at the center. With the center shut down, they have no regular duties. Tri-County Community Corrections administrators are offering these employees appropriate assignments at the Northwest Regional Corrections Center jail.

This will keep them employed and their benefits intact. Counselors have the option instead of being furloughed. This will qualify them for unemployment benefits but by being furloughed their benefits — health insurance — would be interrupted.

About insurance

There is also the subject of insurance. In the bidding process, contractors are required to have insurance. But how much of the loss will be covered by insurance... just the building damage? Should insurance cover the loss of income? Should the contractor have had a backup plan to protect against a weather event? Was the rainstorm an act of

June Weed of the Month: Vining Milkweeds and Rough Potato



Rough potato smothering fence and trees. Courtesy the Minnesota Department of Agriculture.

By: Christina Basch, MN Dept. of Agriculture

There are over 2,900 described species in the milkweed family. Minnesota is home to 14 native milkweeds, all of which are herbaceous perennials. In the summer of 2020, a vining milkweed was discovered along the Lake Wobegon Trail by a University of Minnesota Extension Master Naturalist. Though species of non-native vining milkweeds had been documented in Minnesota, this new infestation turned out to be rough potato (*Metaplexis japonica*).

Rough potato is a vining milkweed species from northeastern Asia. Vines are herbaceous and regrow from their roots every year. Flowers are a showy magenta, with five petals that curve along the edges.

Flowering occurs from July to September, and hairs are present along the petals and vines. Leaves are opposite, heart shaped, and 3-5 inches long. Vines can grow up to 25 feet long, twine with each other, and climb adjacent vegetation and structures. Rough potato produces a fruit similar to common milkweed fruit pods.

Rough potato has only been reported once previously in the United States during the 1950s in Ames, Iowa. It is not a commonly sold plant in the United States, and it’s uncertain how it arrived in Minnesota. Missouri Botanical Gardens state that rough potato does best in USDA Zones 6b-8, yet it was discovered thriving in Holdingford, Minn. (Zone 3b). While a formal risk assessment has not been conducted yet, the vine is similar to another vining milkweed, black swallow-wort, which is a Prohibited Eradicate Noxious Weed.

Black and pale swallow-worts are toxic to monarch butterflies and are believed to have contributed to the population decline in the eastern United States.

It is unknown what effects established rough potato populations will have on already declining monarch populations. Given the observed infestation severity, we recommend not purchasing and planting this species to allow time for a risk assessment to be conducted. If you suspect you have found rough potato, note the exact location with the address or GPS coordinates. If it is possible, take digital photos of the flower, vine, leaves, and fruit and email them to the Minnesota Department of Agriculture (MDA) for identification. at arrest.the.pest@state.mn.us or voicemail at 1-888-545-6684 Directly to EDDMapS through the EDDMapS app on a smartphone or tablet, or at EDD-MapS.org

God? Isn’t all weather an act of God? Lots of questions.

As the building owner, Polk County has insurance through Minnesota Counties Intergovernmental Trust, a statewide organization that provides insurance coverage for its members. Will that coverage provide anything for lost revenue? Will legal representation be needed? Silly question. Of course, it will be and it has already been arranged.

So goes an upsetting time in the lives of Tri-County Corrections administrators, Juvenile Center staff, and the Regional Corrections Board members.

It is upsetting for the kids, too. Beyond having been in situations where they needed to spend time at the Red River Valley Juvenile Center, they have now been farmed out to some other strange place... and for who knows how long. Family visitations and services have been uprooted.

So, be careful about what you might ask, especially if it has to do with a roofing project.

This is Lexophilia:

How does Moses make tea? Hebrews it.

Venison for dinner again tonight? Oh, deer.

I used to be a banker but then I lost interest.

England has no kidney bank, but it does have a Liver-pool.

Disclaimer: Thoughts expressed in this column are those of the author and are not necessarily a reflection of the opinions of the other members of the Polk County Board of Commissioners



Win-E-Mac Senior Class President, Will Tofstad welcomes his classmates, friends and family to the Class of 2021 Graduation Ceremony.



On Saturday, May 29th the class Valedictorian, Alex Jacobson addresses the audience of the 2021 Win-E-Mac Graduation.



Win-E-Mac Class Salutatorian, Mia Thompson addressing her classmates during the 2021 graduation ceremony held last Saturday.



Junior Attendees for the 2021 Win-E-Mac graduation were Alivia Winter, Anton Hickman and Teagan Paulson.

Palmer Amaranth found in Polk County

The weed is believed to be isolated to one field.

The Minnesota Department of Agriculture (MDA) has positively identified the invasive weed Palmer amaranth in Polk County.

The confirmation came after the MDA inspected a field being used for the disposal of agricultural screenings.

The MDA collected a sample of the screenings material and determined by genetic testing that it was contaminated with Palmer amaranth seed. The field was scouted, and MDA staff found several dead Palmer amaranth plants on the field’s edge remaining from last year, suggesting the plants had grown and matured.

The landowner is working with the department to eradicate any of the weeds moving forward. At this time, the MDA believes the issue is isolated to only one field. The field and the surrounding area will be a priority for MDA field scouting this summer.

Since it was first discovered in the state in 2016, Palmer amaranth has been found in ten Minnesota counties, including Polk County. However, most of the sites have been successfully eradicated and the remaining are being closely monitored. Details of previous



finds can be found on the MDA website.

Palmer amaranth is listed as a noxious weed in Minnesota. All above and below ground parts of the plant must be destroyed, and it cannot be moved. The weed is also listed as a prohibited weed seed in the state. This means no Palmer amaranth is allowed in any seed offered for sale in Minnesota.

Left uncontrolled, a single female Palmer amaranth plant typically produces 100,000 to 500,000 seeds. It is resistant to multiple herbicides, can cause substantial yield losses, and greatly increase weed management costs in soybeans and corn.

The basics of Lyme disease

Hundreds of thousands of people in the U.S. are diagnosed with Lyme disease each year, but the 2017 U.S. Geological Survey found that 95 percent of those cases are in the northeast, mid-Atlantic or northern midwest regions. In spite of that, no one is immune to Lyme disease, regardless of where they live.

Take steps to understand Lyme disease and how to reduce their risk of getting it.

What is Lyme disease? According to Lymedisease.org, an online resource that supports science-based advocacy, Lyme disease is caused by a bacterium known as *Borrelia burgdorferi*. Lyme disease can affect any organ of the body, and it is often misdiagnosed because it tends to mimic symptoms of other diseases. Lyme disease may be misdiagnosed as chronic fatigue syndrome, fibromyalgia, multiple sclerosis, and even psychiatric illnesses like depression. Such misdiagnoses can delay treatment of the underlying infection.

How do I get Lyme disease? The majority of Lyme disease patients get the disease from the bite of a nymphal tick. Nymphs are immature forms of ticks that are very small, typically the size of a poppy seed, according to Lymedisease.org. The bites are painless and, when coupled with the size of nymphal ticks, that increases the likelihood that people will not even realize they’ve been bitten. Ticks can stay attached to the body for several days, feeding all the while. Lymedisease.org notes that the longer the tick stays attached, the more likely it will transmit the Lyme and other pathogens into the bloodstream of the person it’s attached to.

How can I safeguard myself against Lyme disease? The Global Lyme Alliance, which funds research aimed at preventing, diagnosing and treating tick-borne illnesses, notes that practicing tick bite prevention habits is the best way to prevent Lyme disease. Through its “Be Tick AWARE”

campaign, the GLA urges people to follow these simple steps to reduce their risk for Lyme disease:

- **Avoid** high tick traffic areas, like tall grass and leaf piles.
- **Wear** proper clothing, including long pants, sleeves and socks. Avoid walking in grass barefoot or in open sandals, even when grass has been cut short.
- **Apply** tick repellent approved by the Environmental Protection Agency.
- **Remove** clothing upon entering your home, tossing clothing into the dryer at high temperatures for 10 to 15 minutes to kill live ticks. Note that the GLA says putting clothes into the washer will not kill live ticks.
- **Examine** yourself for ticks every day.

No one is immune to Lyme disease, regardless of where they live. Recognizing that and take protective measures can help people lower their risk for Lyme disease.



These are the Win-E-Mac Kindergarten kids who participated at least once in the monthly reading and writing calendar goals of logging minutes at home. They earned a coupon for a pizza from the Win-E-Mac Travel Center if they met the goal. The class collectively logged 21,305 minutes of reading and writing at home during the school year.

Miniature Magnificence: A tiny art exhibit

The Northwest Minnesota Arts Council (NWMAC) is pleased to announce Miniature Magnificence: A Tiny Art Exhibit featuring more than 133 pieces of art from all over our region.

The exhibit is open now through July 26, 2021 at the NWMAC Gallery at Northland Community and Technical College in Thief River Falls.

Showcase Specialist Trey Everett explained, "It's fun to dream up themes for future art exhibits. Our current show, Miniature Magnificence: A Tiny Art Exhibit, came about as I was thinking of how to encourage people to submit artwork."

"Teaching art and hosting creative workshops over the years I've learned that the smaller the canvas the less anxiety and fear people seem to have around creating artwork. 'What if,' I thought, 'the only requirement for an exhibit

was that the art had to be very small?' It worked! People were so enthusiastic."

There are 133 individual pieces of art not counting about 80 to 100 chicken eggs. The exhibit includes four pieces from an artist from Michigan. Everett reached out to folk artisans and happily a number of artists accepted the challenge. "We have beautiful and thought-provoking Hardanger embroidery, needle felted wool, etched depression era eggs, alcohol ink paintings, batik, embroidery with tin on leather and wool, straw craft, pin cushion and so on. This was a fun exhibit to set up and I greatly enjoy interacting with the amazing creative people in this region."

Marshall County Artist Jeremy Haug created the etched depression era eggs. He explained, "Eggs are inspiration. Years ago, I heard that artists either add or subtract to make

art. Pinching pennies through the pandemic, I didn't want to splurge on paints or dyes for Easter eggs and started playing around with scratching off the outer layer, subtracting from the egg instead of adding the paint. The shape of the egg lends itself well to the simple designs I've been drawing since I was a kid. While etching the eggs the calcium dust that scratches off sparkles in the sunshine; I figure something good is happening."

Area students also entered work into this exhibit. According to Goodridge-Grygla Teacher Betsy Saurdiff, "Students created a series of five mini paintings and chose their favorite for the show. By working in a series, they were able to develop their ideas further."

ebbie Aune, Art Teacher from Greenbush said, "We were ALL OVER this real art show! I personally have had enough virtual. I made it a re-

quirement for my craft class and my painting class. It was a crash course in watercolor; I gave the kids one hour to finish two small paintings! The urgency made it happen."

Finally, Artist Cindy Kolling of Gully on her drawings, "These pen & ink drawings are part of a multi-step process that goes into much of my art. I want to make new art that invites viewers to expand their participation in life by developing and sharing appreciation and to consider our local world with fresh insight."

A number of these pieces are available for purchase. Please see our website for more information at <http://www.northwestminnesotaartscouncil.org/2021/05/tiny-art-exhibit-is-open-at-nwmac-gallery-at-nctc-check-it-out/>.

The NWMAC Gallery is located at Northland Community and Technical College in Thief River Falls.



Tom Martushev, a Win-E-Mac senior, and Ethan Shimpa, a junior, both advanced to the Section Golf Tournament which will be held Tuesday and Wednesday, June 1 & 2, at Bemidji Town & CC. The Sub-Section tournament was held in Park Rapids at Headwaters Golf Club.

2021 Congratulations!

WIN-E-MAC HIGH SCHOOL GRADS!



Felicity Address ** Paige Breckel ** Mihey Cheremnov, Kolton Crocker, Bryce DuChamp**, Nikon Erofeeff, Leonard Fritsch, Remy Goodwin*, Zachariah Gummeringer, Kobe Hamre, Gavin Haskett**, Alex Jacobson**, Brianna Johnson, Grace Kaupang, Catalina Lewis, Casey Lewis, Avtonom Martushev*, Delvin Morel, Kendyl Nelson, Reed Neubert**, Noah Ostenaar**, Sidney Roed Dylan Roy**, Jhana Saeland, Bryer Strom**, Mia Thompson**, Brock Trandem, Will Tofstad, Gavin Walker**, Kale Wiese
(*Honor Student **Minnesota Honor Society Student)



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