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McIntosh, Minnesota



A short service was held at the Winger Veteran's Memorial Park on Monday, May 31st in honor of Memorial Day by the American Legion Fengestad-Solie Post 200. Attendees then gathered at the Winger Community Center for coffee and fellowship.

Benefit will be held for Heidi Lemer

A benefit for Heidi Lemer will be held on Saturday, June 12, 2021 starting at 4:00 pm at Ventures Bar & Grill in Foss-ton.

There will be a free-will donation meal along with silent and live auctions and raffles.

Heidi is a Fosston High School graduate of the class of 1993. She and her husband, Ron, reside in McIntosh, with their twin girls, Calie and Courtney. Heidi has been a hairdresser in McIntosh since 1996.

On September 13, 2020, Heidi had a brain bleed and stroke and was brought to Fargo and spent 1 and 1/2 months between Essentia Hospital and Vibra.

From there she went to Nebraska and spent 4 months at Madonna Rehabilitation Center before returning to Minnesota in December where she



spent 4 months at Courage Kenny Rehabilitation in Golden Valley.

Heidi was finally able to come back home to McIntosh on April 24, 2021.

Heidi still needs in-home care, receives therapy, will have more surgeries going forward in her recovery. She has a long road ahead of her.

If you are unable to make it

to the benefit, but would like to donate, there will be a benefit account set up at Ultima Bank Minnesota.

If you would like to donate for the auction, please contact Amanda Swanson at (218) 280-3808 or Betsy Anderson at (218) 431-0899 or drop off your items to Ultima Bank Minnesota locations.



A 21-gun salute was part of the program during the Winger Memorial Day, as a remembrance.



Post Chaplain Helmer Homme gave the Invocation and Post Commander Gary Sonsteli gave a short address.

Winger honors their brave, fallen soldiers with their Memorial Park

There may not have been color guard or a marching band this year at the Winger American Legion Memorial Day program, but the ceremony was still felt special as the Memorial Park in Winger is one of the most beautiful in Northwest Minnesota.

The Memorial Park was completed in the spring of 1920 after the community had spent more than a thousand dollars in cash and a considerable amount of donated labor in its

construction.

The land was donated by J.O. Hovland and Herman Loitten, to the Winger Citizen's Club in 1919.

The club appointed a committee to promote the park program.

Plans had been discussed to erect a war memorial in the new park but a shortage of funds postponed these plans.

When the Winger American Legion Post was organized in the spring of 1923 the mat-

ter came up again. The new post did not wish to take over the entire responsibility but agreed to a plan in which there would be many different organizations involved in the making of the park war memorial.

The Soldier's Memorial Monument was constructed of Hardwick, Vermont granite and bears the names of servicemen from the area who died in World War I on one side and a list of 87 men who served on the other.

The monument was dedicated on Sunday afternoon, June 14, 1925.

More than 5,000 people attended the unveiling. The speaker at the services was the national vice commander of the American Legion.

In 1986, the Winger Post 200 decided, after discussion and planning for some time, to buy, erect and dedicate a second monument.

This monument honors all the area men and women who

served in WWI, WWII, Korea, Vietnam and all future conflicts for freedom and national defence.

The monument was dedicated in the summer of 1987.

This was accomplished by the leadership and urging of Post Commander Julian Helgaas, Adjutant Orville Mesself, Memorial Park Director Clarence Harvey and all the members of the Fengestad Solie American Legion Post 200.



Members of the American Legion Fengestad Solie Post 200 in Winger who were a part of this years Memorial Day program held on Monday, May 31st.

Gardening & grieving: Life lessons on pruning & growth

By Connie DeKrey, LBSW, CT
The earliest of gardening chores involves cleaning away the debris left behind by winter.

The melting away of snow gives way to a real mess! It can feel much the same following a season of personal loss. We may feel overwhelmed by the aftermath of practical tasks as well as the many emotions that ensue.

In the garden, once the debris is cleared, it's time to prune.

Pruning, at first glance, seems harsh and even brutal. By its very definition, it means to cut and remove not only dead parts of a plant, but also some of the living parts.

The practice of pruning can leave the shrub or plant looking like all hope is lost. Indeed, to any passerby, this Golden Barberry (to the right) looks done for!

Who would ever believe that just six weeks later the Barberry would look like the picture below?

Now anyone passing by can enjoy the color, contrast and interest this beauty brings to the landscape.

The science of gardening even uses special, surprising terms to describe this type of pruning: restorative and rejuvenating.

This drastic cutting back of a living thing causes the plant to come back with amazing vigor, more beautiful than ever.

So, what has happened in the (unbelievably) just 3-4 months to evolve this Barberry shrub?

- Time
- Rest
- Healing
- Work
- Support
- Growth

This little garden has become a place where signs of new life are beginning and hope for the future emerges.

When faced with life's losses and challenges, it's very easy to feel as though one is being cut to the quick, pruned. Illness, isolation, separation, even death—these events cause a sense of being severed from the structure of life as we once knew it.

It may seem improbable, even impossible, that any beauty will emerge from such a season of pruning.

But, allowing for, and even striving for, the same principles applied to botanical pruning can eventually lead a per-

son, whose spirit is wounded, to a season of growth:

Time – There is an adage that “time heals all wounds.” Time alone cannot heal, but in combination with other key elements, it's essential.

Rest – Grief can be accompanied by insatiable weariness and fatigue. It's important to recognize this is a time when additional rest is required.

Healing – If a person suffered a fractured bone, no one would question that healing needs to take place. Even though no cast is visible, wounded emotions will also require healing.

Work – We use the term, “grief work,” because it is work. So much can be learned and done to help oneself work through the season of grief.

Support – Just as garden vines need physical supports to be upheld, grieving individuals can benefit from leaning on others.

Sometimes support comes in the form of a trusted family member or friend. Other times, it may be an organized group or one-to-one time with a qualified professional.

This can be a season where signs of new life are beginning and hope for the future emerges.

The human spirit is resilient and can even thrive through life's prunings!

Hospice of the Red River Valley offers free grief support

to the communities we serve, available to anyone who has experienced a loss through death, whether they had hospice services or not. If you or a loved one needs grief support, please contact us.

Connie DeKrey, LBSW, CT, is a grief specialist at Hospice of the Red River Valley. She joined the organization in 1993, working in patient care as a medical social worker for 10 years and now as a grief specialist in the grief support department. She particularly enjoys the opportunity to provide education to individuals and groups about living, dying and grief.

Attention

Parents of kids in the WEM & surrounding school districts:

There will be a community meeting on Friday June 28th at 7:00 pm at the McIntosh Community Center.

The purpose of this meeting is to discuss a safe place for learning for all children.

The MN Department of Education is proposing changes to the social studies and sexual education curriculum as well as allowing mixed gender bathrooms. Our local school districts seem unwilling to take a stand against these changes.

Any questions call Jason at (218) 280-6117 or Denton at (218) 280-1289.

Know the signs for heatstroke

The Centers for Disease Control and Prevention (CDC) lists the following signs and symptoms for heat stroke: high body temperature (above 103 degrees); red, hot, dry skin (no sweating); rapid, strong pulse; throbbing headache; dizziness; upset stomach; confusion; and passing out.

Additionally, the CDC highlights these signs and symptoms for heat exhaustion: heavy sweating; paleness; muscle cramps; tiredness; weakness; dizziness; headache; upset stomach or vomiting; and fainting.

Any of these warning signs should prompt you to seek immediate medical attention.

If you're caring for someone who is awaiting medical help, you can use several strategies to provide relief.

For heat stroke, move the person to a shady area, but do not give him or her fluids. Use a cool — not cold — bath or shower, spray with a garden hose or sponge with cool

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.



water. You also can fan the person, with a goal of getting their body temperature below 102 degrees. Treatments for heat exhaustion include cool beverages; resting in an air-conditioned room; a cool bath or shower; and providing lightweight clothing.

Infants, young children, the elderly and people with chronic medical conditions are especially vulnerable amid excessive heat. It's important to check on them and be proactive about ensuring their safety.

“It's important in these summer months to make sure you are not spending prolonged periods of time in direct sunlight. Be sure to drink plenty of water and pay attention to any warning signs of heat related

Did someone say Barbeque?

McIntosh Senior Living is hosting a fundraiser barbeque.

Come to McIntosh Senior Living and enjoy grilled burgers, salad, chips, pickles, and a cookie for only \$7. Drink included.

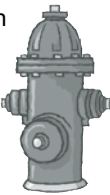
Takeout only or delivery if within McIntosh city limits. Call 563-2715 to order!

Tuesday, June 15th from 11:00 am to 1:00 pm in the McIntosh Senior Living front parking lot.

Sponsored by the QAPI Committee. All proceeds raised go to quality improvement projects benefiting MSL residents and staff.

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.



Community Birthday and Anniversary Calendar

Wed. June 9: Calvin Burslie, Ava Frisk, *Gerald & Coleen Borud, &Ron & Heidi Lemer

Thurs. June 10: Corey Rasmussen

Fri. June 11: Toby Strom, Calvin Skeie, Silas Lee, *Thomas & Wendy Reitmeier, *Josh & Katie Roed

Sat. June 12: Robert Hegland, Tamera Ostenaa, Janelle (Graft) Haas

Sun June 13: Samantha Caron, *Dean & Anita Roy

Mon. June 14: Shane Burslie, Carter Carlson,

Tues. June 15: Ellen Burslie, Carey Burslie, Kaitlin Marshall, *Virgil & Mary Lefeld, *Kraig & Elinia Kundert

McINTOSH Times

PUBLISHED WEEKLY IN THE HUB OF THE THIRTEEN TOWNSHIPS BY RICHARDS PUBLISHING CO., INC.

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"McIntosh Times" (USPS 336-020) is published weekly for \$30.00 per year (in county) and \$40.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.
POSTMASTER: Send address changes to:
McIntosh Times, PO Box 9, McIntosh, MN 56556.
mcintoshtimes@gmail.com

"Serving the Win-E-Mac area"

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Open House

Please join us for a

Bridal Shower

honoring

Courtney Nepstad

Bride to Be of

Logan Cook

Saturday June 19th

10:00am-12:00pm

Erskine Community Center

Registered at Target and Cabelas

Hosted by Eileen Cook & Nicole Cook

Food's important role in overall health

Nutrition is a popular topic of conversation, particularly among those embarking on a weight loss or maintenance plan. Individuals carefully study food macros and pour over various diets to get the most out of the foods they eat. When the end goal is simply looking good, it may be easy to forget about the other benefits of nutritious diets, including their link to overall health.

A close relationship exists between nutritional status and health. Experts recognize that good nutrition can help reduce the risk of developing many diseases, including heart disease, stroke, diabetes, and some cancers. The notion of "you are what you eat" still rings true.

The World Health Organization indicates better nutrition means stronger immune systems, fewer illnesses and better overall health. However, according to the National Resource Center on Nutrition, Physical Activity, and Aging, one in four older Americans suffers from poor nutrition. And this situation is not exclusive to the elderly. A report examining the global burden of chronic disease published in The Lancet found poor diet contributed to 11 million deaths worldwide - roughly 22 percent of deaths among adults - and poor quality of life. Low intake of fruits and whole grains and high intake of sodium are the leading risk factors for illness

in many countries. Common nutrition problems can arise when one favors convenience and routine over balanced meals that truly fuel the body.

Improving nutrition
Guidelines regarding how many servings of each food group a person should have each day may vary slightly by country, but they share many similarities. The U.S. Dept. of Agriculture once followed a "food pyramid" guide, but has since switched to the MyPlate resource, which emphasizes how much of each food group should cover a standard 9-inch dinner plate. Food groups include fruits, vegetables, grains, proteins, and dairy. The USDA dietary guidelines were updated for its 2020-2025 guide.

Recommendations vary based on age and activity levels, but a person eating 2,000

calories a day should eat 2 cups of whole fruits; 2 1/2 cups of colorful vegetables; 6 ounces of grains, with half of them being whole grains; 5 1/2 ounces of protein, with a focus on lean proteins; and 3 cups of low-fat dairy. People should limit their intake of sodium, added sugars and saturated fats. As a person ages he or she generally needs fewer calories because of less activity. Children may need more calories because they are still growing and tend to be very active.

Of those interested in preventing illness and significantly reducing premature mortality from leading diseases should carefully evaluate the foods they eat, choosing well-balanced, low-fat, nutritionally dense options that keep saturated fat and sodium intake to a minimum.

90th Birthday Open House

Honoring

Edna Helgaas

Friday June 18th

6:30pm-8:30pm

-Winger Community Center-

Cathy Erickson Band

will be providing the music

BUSINESS & PROFESSIONAL GUIDE

This space for rent at \$127.40 for 6 months.

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illness," said Jaclyn Hughley, a nurse practitioner at Essentia. "Heatstroke can kill or cause damage to the brain and other internal organs. While it mainly affects people over the age of 50, it can often impact young people as well."

A reminder that leaving children and pets in cars can be deadly. According to the National Highway Traffic Safety Administration (NHTSA), 52 children died of vehicular heatstroke in 2019. The NHTSA also reports the temperature in a vehicle with closed windows can increase by as much as 19 degrees in just ten minutes. They advise people to never leave a child or pet in the vehicle, even with the widows down, or part way down.

From 2004-2018, there were an average of 702 heat-related deaths in the United States annually, according to a CDC report.

LSS Meals Menu 687-2262

Tues, June 15th - baked Ham - Scalloped Potatoes - Peas - Wheat Bread - Strawberry Shortcake - Milk

Wed, June 16th - Taco Burger with Lettuce, Tomato, Cheese on Bun - Spanish Rice - Corn Chips - Watermelon - Banana Bread - Milk

CHURCH DIRECTORY

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

Sun. June 13: 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 20: 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

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 OurSavior'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 13: 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 15: 10:00am Sunday worship service telecast on GVTV--30

Wed. June 16: 6:30pm Bible Study at Sharon Ramberg's home

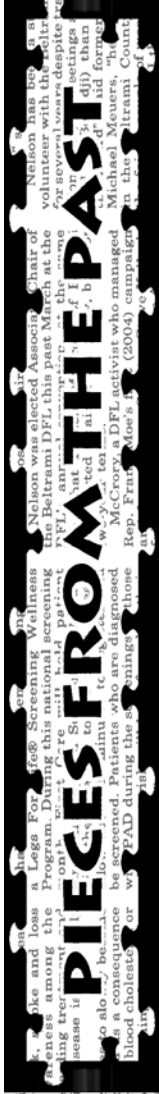
Gosen Church is located 4 miles south of the junctions of Highways 2& 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

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.



60 years ago...1961: The 1961 graduating class: (front row) Amy JoAnne Bartz, Karen Irish, Janet Evelyn Aasen, Kristeen Jensen, Darlene Faye Hegrenes, Elois Janet Abraham, Judy Jean Parsley; (second row) Fay H. Hoidahl, Bonnie Kay Enerson, Carol Anne Reese, Carol Eleanor Anderson, Ruth Erickson, Diane Erickson, Irma V. Bartz; (third row) Julie Gay Knudson, JoAnn Carol Oak, Bonnie Clarice Carlson, Mary Nell Halvorson, Geraldine Kay Simonson, Ellen Maureen Roed, Carol Mae Hanson, Lois Emilia Carlson; (fourth row) Donald Peter Johnson, Keith Byron Olson, Wayne Gordon Hegland, Gerald Wayne Olson, Donald Eugene Ostenson, Leon Pederson, Paul Duane Molstre, Maynard Johnson; (fifth row) Grant Edward Oppegaard, Philip Orville Ostenaa, Frank Kriewald Jr., Wayne Roger Swanson, Robert Keith Higdem, Raymond Vernon Miliander, Gerald Wayne Eggers, Maurice Cameron Ferden; (Sixth row) David Leslie Benesh, Orlan Elwood Rokke, Paul Harold Hanson, Myron Bernard Bursheim, Jerome Howard Brinkman, David Burton Grundyson, Donald Lynn Hendrickson, Harold Edward Gustafson.



50 years ago...1971: Mrs. Phillip Hedlund of McIntosh was the winner last week of a color TV set given away by the Hartz Stores. The winner registered at the McIntosh Hartz Store and is shown here with store manager Mrs. Myrtle Stardig.



40 years ago...1981: The intensity is evident upon the face of Bob Bursheim as he attempts to clear the bar during high jumping competition at the District meet.



Farm Credit Associations
exploring merger opportunity

The Board of Directors from two Farm Credit associations in the upper Midwest have signed a memorandum of understanding that creates terms and conditions for a proposed merger.

AgCountry Farm Credit Services (AgCountry), based in Fargo, ND, and Farm Credit Services of North Dakota (FCSND), based in Minot, ND, are currently undertaking due diligence to assess the benefits of a merger for stockholders and to finalize the terms of the merger agreement.

“The FCSND Board of Directors is committed to open-minded consideration of all strategic issues and opportunities that could create material and sustained benefits for our stockholders and staff,” shares Bryan Ankenbauer, board chair for Farm Credit Services of North Dakota. “We are constantly working to live out this commitment.”

Ed Hegland, board chair for AgCountry Farm Credit Services, concurs. “As Farm Credit associations, we are tasked with serving agriculture and rural America. We believe it is our responsibility to think and act strategically about positioning our cooperative to best serve members’ needs, now and into the future,” said Hegland.

The merging of two Farm Credit organizations does not reduce competition as each association serves a specific territory in which they do not presently compete.

The objectives of this proposed merger include expanded service offerings, ongoing strong commitment to local communities, increased innovation, improved long-term operating efficiencies, and ul-

timately, increased value and customer experience for our combined customers/member-owners. In pursuing these objectives, the associations do not anticipate any changes in branch locations or branch staffing due to this proposed merger.

A Farm Credit merger process is very comprehensive, including substantial due diligence, member informational meetings, and required approvals from the Boards of Directors, regulators, and each Association’s members. The earliest effective merger date would be January 1, 2022.

About AgCountry Farm Credit Services: Headquartered in Fargo, N.D., AgCountry is a member-owned, locally-governed lending institution that provides credit, financial and insurance services

to farmers, ranchers and agribusinesses in eastern North Dakota, western Minnesota and central Wisconsin. AgCountry is a part of the Farm Credit System, a nationwide network of cooperative financial services institutions that serves rural America. Learn more at AgCountry.com>About Farm Credit Services of North Dakota

Farm Credit Services of North Dakota is a member-owned agricultural cooperative providing loans to farmers and ranchers for real estate, machinery, livestock and operating needs. FCSND also offers life & disability and crop insurance to the rural community. FCSND serves northwest and north central North Dakota and is part of the Farm Credit System. Learn more at FarmCreditND.com

How can you celebrate
National Dairy Month?



Breakfast on the Farm at the Steinmetz Farm is Saturday, June 19th from 8:00 am to 11:00 am and is sponsored by the Mahanomen County Dairy Association, and other local sponsors.

From Fosston, the farm is 13 miles south on County Road 6 at 170th Street.

The day includes free breakfast and ice cream, a tour of the robotic dairy, door prizes and booths to visit.

“Sometimes when people talk about eating local, they forget dairy is very local, traveling less than 100 miles from cow to store,” says Lisa McCann, a registered dietician and wellness manager with Midwest Dairy, which represents 5,800 dairy farm families in 10 states, including Min-

nesota. “Dairy farm families milk the cows in all seasons, no matter the weather, to ensure a safe and wholesome product for all to enjoy.”

Making certain recipes that are woven into the fabric of our families, like your Grandmother’s tapioca pudding or maybe for you it’s your uncle’s famous chili con queso with sour cream and fixings.

Another way is to celebrate is to try new recipes. Midwest Dairy offers 28 recipes on their website. You can also add milk to soup and hot cereal. Cheese makes many a meal taste better.



20 years ago...2001: Win-E-Mac elementary students have been encouraging their parents to save Box Tops for Education. Eight winners were announced recently naming (back, l-r) Derek Brekken, Bobbi Jo Bartz, Arthur Neibauer, and Meghan Perkerwicz; (front) Austin Parenteau, Albert Sevigny, Garret Espeseth and Cody Lee.



10 years ago...2011: Five students from Win-E-Mac have been working to design a robot for the 360-Vex Robotics Competition held at Northland College. Pictured (l-r) Supervisor Sam Roepke, Cassie Kihne, Carmen Syverson, Garret Espeseth and Cody Lee. (Not pictured: Ashley Spry)

(Pictured left) 30 years ago... (l-r) Jon Vesledahl, LeAnn Tofstad and Jason Smeby, members of the Win-E-Mac graduating class of 1991 will have as the back drop for their commencement ceremonies, the shrubs they planted in front of the McIntosh School seven years ago as a fourth grade project.

Win-E-Mac announces 4th quarter Honor Roll

The following Win-E-Mac Junior High School and Senior High School students have attained either an “A” or “B” average in academic subjects for the fourth quarter of the 2020 – 2021 school year. To be eligible for the “A” Honor Roll, you need to have attained a 3.76 – 4.00 GPA (Grade Point Average). To be eligible for the “B” Honor Roll, you need to have attained a 3.00 – 3.75 GPA. Congratulations to the following Win-E-Mac students.

Seniors:
“A”:
Paige Breckel
Bryce DuChamp
Remy Goodwin
Gavin Haskett
Alex Jacobson
Aytonom Martushev
Reed Neubert
Noah Ostenaar
Dylan Roy
Mia Thompson
Gavin Walker
“B”:
Felicity Address
Grace Kaupang
Dalvin Morel
Jhana Saeland
Bryer Strom
Juniors:
“A”:
Anton Hickman
Teagan Paulson
Eva Qualey
Alivia Winter
“B”:
Monania Erofeeff
Elizabeth Riley
Haley Sander
Maci Smeby
Savahanna Svalen
Hunter Trandem
Scott Tyler
Sophomores:

“A”:
Bret DuChamp
George Erofeeff
Kallie Hand
Zachary Luckow
Nadelly Neubert
Izabelle Ostenaar
Laila Roragen
“B”:
Anna Cymbaluk
Logan Kalinoski
Kaleb Morberg
Jonathan Moritz
Jamison Nichols
Jonas Spry
9th Grade:
“A”:
Caleb Green
Ava Howard
Emily Strom
Luella Strom
Kyra Stuhau
Kianna Tadmam
Joy Tasmia
Hana Thompson
“B”:
Kiersten Anderson
Joseph Breckel
Joshua Carlson
Foma Cheremnov
Wyatt Davis
Erich Gensburger
Dylan Hagen
Kailee Kramer
Annika Shimpa
Clare Stuhau
Sydney Svalen
Brooke Tofstad
8th Grade:
“A”:
Clay Below
Ruby Breckel
Sava Erofeeff
Bergen Howard
Ericka Kramer
Colten Mandt
Shelby Mandt
Evelyn Ryan
Abigail Sauer

“B”:
Josie Fortman
Brooklyn Gunderson
Presley Haugen
Calvin Hill
Livaeh Kiecker
Callista Lewis
Ustina Mametieff
Kassidi Qualey
Braydin Sander
Danielle Winter
7th Grade:
“A”:
Paige Breckel
Josie Johnson
Lauren Kaupang
Joy Neubert
Adrian Ryan
Karlie Schow
“B”:
Jordyn Halstad
Cody Johnson
Riley Kochmann
Peter Kolden
Alexa Morberg
Dawson Olson
Cameron Svalen



Starting June 7th, free breakfast will be served at Win-E-Mac School from 7:45 to 9:15, and free lunch will be served from 11:00 to 1:00. Call the school if you're student is interested!
Report cards are now available on ParentVue/StudentVue.

How to keep gardens safe in summer heat waves



Summer is a season to relax and enjoy the warm weather. Basking in the summer sun is a great way to relax, but only when the temperatures are safe. Summer heat waves can compromise the health of human beings as well as their pets. Gardening enthusiasts also may need to go the extra mile to keep their plants and gardens from wilting under harsh summer sun.

Extreme heat stress can be very harmful to plants. The online gardening resource Gardening Know How notes that some plants can withstand summer heat waves better than others. For example, succulents conserve water in their leaves, helping them to withstand heat waves when the dog days of summer arrive. But succulents are unique, and many plants will require a little extra help to withstand a heat wave.

• **Take a proactive approach with mulch.** Gardeners need not wait until the heat arrives to protect their plants from searing summer heat. The sustainable living experts at Eartheasy recommend utilizing light-colored mulch during heat waves. Such mulch will reflect the sunlight and help to maintain cooler surface soil conditions. Eartheasy even notes that grass clippings, once they've turned from green to light brown, can make for the perfect mulch to protect plants from the heat. Clippings also are free, making them a cost-effective solution.

• **Water wisely.** The horticultural experts at Yates Gardening note that water only helps plants withstand heat waves if it's applied effectively. If water is only applied in short bursts and not long enough so it can penetrate all the way to the root zone, roots will then stay near the surface. In such instances, roots will dry out during a heat wave and plants won't make it through the season. Timing also is essential

when watering. Eartheasy recommends watering in the morning to avoid heat scald and also ensure as little water is lost to evaporation as possible. When watering during a heat wave, do so by hand rather than through a sprinkler. Hand watering allows gardeners to direct all of the water onto the plants that need it most during a heat wave.

• **Let your plants pitch in.** When planting new plants, it's important that gardeners recognize it takes time for these plants to establish their roots so they're strong enough to

How 3 popular types of creams & gels can help sun-damaged skin

Summer and sun go hand in hand. Though a day of lounging in the backyard or at the beach may make for a perfect summer afternoon, it's vital that people take steps to protect their skin from sun damage. Some sunlight can be good for the skin so long as people make a significant effort to protect themselves from overexposure. When ultraviolet rays from the sun penetrate outer skin layers and hit the deeper layers of the skin, skin cells can be damaged or even killed.

Damage to skin cells increases a person's risk of skin cancer, which the World Cancer Research Fund and the American Institute for Cancer Research report is one of the most commonly diagnosed cancers across the globe.

In addition to increasing a person's risk for skin cancer, overexposure to the sun's UV rays can produce some painful side effects, including sunburn. The health care experts at San Diego's Scripps Health note that various topical creams and gels can help treat sun-damaged skin. As effective and helpful as the following three creams and gels can be, individuals are urged to prioritize preventing sun-damaged skin, which involves avoiding

withstand heat waves. In the meantime, strategic planting can help them make it through their first heat waves unscathed. Eartheasy notes that planting by taller, more established plants can provide new plants with shade that can help them survive heat waves. Just make sure new plants can still get the sun they need to thrive.

Heat waves are inevitable and potentially harmful to gardens. Gardeners can help their plants beat the heat in various ways.

the sun between the hours of 10 a.m. and 4 p.m., when the sun's UV rays are strongest, and wearing and routinely reapplying sunscreen with a minimum sun protection factor of 30.

• **Exfoliants:** Scripps Health notes that exfoliants are designed to stimulate faster skin cell turnover. That can help people with sun-damaged skin, as such damage slows the rate at which skin cells turn over and replace themselves. As a result, exfoliants can help to alleviate the dull, dry skin that often develops after overexposure to the sun.

• **Retinoids:** Retinoids are compounds derived from vitamin A that, like exfoliants, also speed up the turnover process of skin cells. Scripps Health notes that retinoids also stimulate collagen production and lighten brown spots.

• **Vitamin C and other antioxidants:** WebMD notes that some research has suggested that vitamin C can help to reduce the harm that UV rays do to the skin, though such creams should never be used as a substitute for sunscreen.

Individuals concerned about sun-damaged skin can speak with a dermatologist.

Dispelling popular myths about lightning

Powerful thunderstorms full of lightning can occur at any time of the year, but they are most prevalent when the weather is warm.

Moisture and warmth are crucial to thunderstorms, and they form when the air is unstable.

According to The Weather Channel, as the sun heats up the air near the Earth's surface, air rises and cools. At this point, it condenses to create moisture and forms a cloud. If conditions are right, the cloud will continue to build. Moisture is carried up high and forms ice crystals or hail. These ice particles bump into one another and give off electrical charges. Negative charges are attracted to positive charges around them, including on the ground.

If the attraction is great enough, negative and positive charges will join together and discharge. It is this discharge that produces lightning and thunder.

Though magnificent to watch and experience, lightning can be very dangerous. That is why it is essential people move indoors when storms are approaching. In addition, it's important to separate fact from fiction regarding lightning.

The following are some common myths about lightning, and what the National Oceanic and Atmospheric Administration and the Insurance Information Institute have to say about them.

1. Myth: Lightning never strikes the same place twice.



Fact: Lightning can strike the same place twice, especially if it is a tall, pointy, isolated object. The Empire State Building has been hit up to a dozen times during a single storm.

2. Myth: Crouching down outside during a thunderstorm is a safe option.

Fact: You are not safe anywhere outdoors. Try to get to a substantial building or hard-topped vehicle.

3. Myth: If the sky is clear you are safe from lightning.

Fact: Lightning can strike more than three miles from the center of the thunderstorm, far outside the rain or thunderstorm cloud.

4. Myth: Lightning victims carry an electrical charge and another person can be electrocuted if he or she touches them.

Fact: The human body does not store electricity. Provide first aid immediately if you are

able and call 9-1-1.

5. Myth: You are completely safe in your home.

Fact: While you are much more safe in a sturdy home, lightning will travel toward the ground via the fastest route possible. That can mean along pipes, cables, gutters, water, wires, and metal windows. Using a corded electronic device or even washing the dishes while a storm is overhead can put you at risk.

6. Myth: Rubber tires insulate people from lightning while driving.

Fact: It's actually the metal car that protects occupants. The lightning travels through the car frame to the ground. Don't lean on doors during a thunderstorm.

Lightning is a considerable hazard and should be treated as such. There is no completely safe place to be during a lightning event. However, there are ways to reduce risk of injury.

Signs of drought stress and what to do about it

A pristine lawn is a source of pride for homeowners. Even the most well-maintained lawns must confront a host of challenges in a given year, and perhaps no challenge is more daunting than drought.

Homeowners may feel helpless when drought strikes and begins to transform their lawns from green sources of pride to off-color eyesores.

However, learning to identify signs of drought stress and what to do about it can help homeowners get their lawns through dry periods.

Signs of drought stress

The lawn care experts at TruGreen note that there are four common characteristics of drought stress.

Perhaps the most noticeable is changes in color, but it's important that homeowners recognize there's a difference between a change in hue and a change in color.

When a lawn changes its hue, typically turning from bright green to a dull gray or blue green color, it is in what TruGreen identifies as the first stage of drought stress. Regular watering, if it's allowed (lo-

cal drought restrictions may dictate how much water can be applied to the lawn), can help the grass regain its moisture and the lawn may recover within a couple of days. When lawns change from green to brown, this is indicative that the lawn is in a dormancy stage. At this point, the lawn is entering survival mode.

Watering to save the lawn will need to be more extensive. Deep and repeated watering for two to three weeks may help restore the lawn, but some parts ultimately may not recover. And deep watering may not be allowed until drought restrictions are lifted, increasing the likelihood that a significant portion of the lawn turns brown.

Footprints in the lawn are another sign of drought stress. TruGreen indicates that this is a result of lawns that are too tired to spring back up after they have been walked on.

Wilting also indicates drought stress is affecting the lawn. Wilting occurs when grass blades roll or fold because they don't have sufficient water content.

What to do about drought stress

In addition to the watering techniques noted above, homeowners can try other strategies to help their lawns make it through a drought. TruGreen advises against mowing drought-stressed grass and keeping off the lawn as much as possible.

Removing tall weeds is another strategy homeowners can try. Doing so ensures the grass, and not the weeds, gets what little water is available during a drought.

Homeowners also should resist the temptation to mow too close, especially when signs of drought stress are just beginning to appear. TruGreen notes that mowing too close creates a shallow root system that makes lawns more vulnerable to drought.

It can be hard to watch a pristine lawn suffer from drought stress. But several strategies can increase the likelihood that lawns survive such conditions. More information about combatting drought can be found at www.trugreen.com

Next-level recipes to grill for your Father's Day cookout

Keep it simple and delicious this Father's Day by having a Father's Day cookout right in your backyard!

Summer Squash Ricotta Pizza

1 large zucchini
1 large yellow squash
1 teaspoon kosher salt
1/4 teaspoon ground black pepper
2 tablespoons extra virgin olive oil
1 lemon, juiced
1 pound prepared pizza dough, room temperature
16 ounces ricotta cheese
4 tablespoons grated parmesan

Optional Ingredients

1/4 teaspoon red pepper flakes
1/4 cup chopped pistachios
1/4 cup basil, chiffonade or chopped

Heat a grill over medium heat and lightly oil the grates.

Using a vegetable peeler or spiralizer, cut the summer squash into ribbons. They will look like the wide pasta noodle known as pappardelle.

In a bowl, add squash ribbons, salt, pepper, oil, and lemon juice and mix well.

Divide pizza dough into 4 equal pieces. Using a rolling pan or your hands, gently stretch each piece of dough into a personal size pizza, approximately 8 to 10 inches in diameter, and place on an oiled baking sheet. Note: perfect circles of dough not necessary!

Place each small dough round onto the grill and cook for 2 minutes. Flip and cook an additional 1 minute then remove from grill and place back on baking sheet.

Top each pizza with one-quarter of the squash mixture.



Top each pizza with 3 to 4 dollops of ricotta cheese. Sprinkle each pizza with 1 tablespoon of grated parmesan.

Return the pizzas to the grill and close the cover. Cook until toppings are warmed through, crust is crispy, and cheese is golden brown to your liking, approximately 5 to 8 minutes. Remove from grill and garnish with red pepper flakes, pistachios, and/or basil.

Cheese Stuffed Burgers

1 1/2 pounds ground beef
2 cups dry bread crumbs
1 egg
6 slices tomato
6 lettuce leaves
3-ounces Pepper Jack cheese, shredded (or crumbled blue cheese, crumbled basil & tomato feta cheese or other shredded cheese)
6 hamburger buns, sliced

In a large mixing bowl, combine beef, bread crumbs, and eggs; mix well, but lightly.

Divide mixture into 12 balls; flatten each on waxed paper to 4 inches across.

Place 1 tablespoon cheese on each of 6 patties. Top with remaining patties, carefully pressing edges to seal.

Grill patties 4 inches from hot coals, turning only once,

for approximately 6 minutes on each side or until no longer pink. (To keep cheese between patties as it melts, do not flatten burgers with spatula while grilling.)

Place burgers on buns and top with tomato and lettuce. (Cheese filling may be very hot if eaten immediately after cooking)

Grilled Strawberry Shortcake

1 1/2 pounds strawberries, hulled and halved
1/3 cup granulated sugar
1 cup heavy cream
1/4 cup powdered sugar
1/2 teaspoon pure vanilla extract
Zest of 1 lemon
1 cup sour cream
1 loaf pound cake, sliced 1/2-inch thick

Unsalted butter, room temperature, for grilling

Preheat grill or grill pan to medium-high heat. Toss strawberries with granulated sugar in a medium bowl and set aside.

Beat together heavy cream, powdered sugar, vanilla and lemon zest in mixing bowl until stiff peaks form. Fold in sour cream until just combined.

Brush pound cake slices with butter and grill until golden and grill marks appear, about 1 minute per side. Transfer grilled pound cake to serving plates.

Add strawberries to grill and cook until grill marks appear, flipping once, about 90 seconds per side. If using grill with wide grate, cook strawberries in cast iron pan on grill for about 3 minutes.

Top grilled pound cake with lemon whipped cream and garnish with grilled strawberries.