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McIntosh, Minnesota



The Headwaters Science Center of Bemidji brought their Raptor program to McIntosh as part of the McIntosh Library's summer programs available to kids in our surrounding communities. The Science Center staff was able to show the group a lot of fun stuff to see, including 3 birds of prey, including this Great Horned Owl. The birds are part of the Center's animals. There was plenty of time for questions and the beautiful weather helped with the time outside.



From left: Divinity Hedlund, Ashton Goullet, and Maci Lee were fascinated by the different types of wings that are found on different birds of prey. They were able to learn about these differences when the Headwaters Science Center visited the Mac Library during an event held at Roholt Park in McIntosh.

McIntosh will have its Community Wide Garage Sales this weekend



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. There will be other events around the downtown area with the Shoppes of McIntosh and Rhombus Guys Pizza in town with pizza and beer. Come out for a fun weekend all throughout the town.

How to host a great garage sale

Garage sales may not be a "get rich quick" scheme, but they present an environmentally friendly way to clean up a home. What's more, they can be an ideal way to connect with neighbors and meet new people. Any money earned is an added bonus. Statistics collecting resource Statistics Brain says that roughly 165,000 yard/garage sales take place in the United States each week. Nearly 700,000 people purchase something at those sales, leading to millions of dollars exchanging hands. Garage sales may seem straightforward, but there are a few strategies to ensure such sales go boom rather than bust. Begin early in the morning so that shoppers will not need to disrupt their schedules much to visit neighborhood sales. A 7 a.m. start time will attract the early birds and free up most of the day. Place ads in local newspapers, online and on grocery store bulletin boards, and use social media to spread the word of the sale even further. Arrange goods for sale into categories and pay attention to presentation. You may generate more sales if items are easy to see and browsing is made easy. Put items you expect to draw the most attention popular near the end of the driveway to entice passers-by. A neat and inviting appearance also may convey that you've taken care of your home and your belongings. Play some music and offer light refreshments to create a convivial atmosphere. It's tempting to overprice items, but a good rule of thumb is to mark things for one-half to one-third of the original value. Be open to negotiation, but try to haggle with a "buy one get one" approach, rather than marking down the price considerably. After all, the goal is to get rid of as many items as possible, with financial gain a distant second.

Community meeting set for Friday at 7:00 pm

There will be a meeting for the parents of kids in the Win-E-Mac & surrounding school districts. This 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 Minnesota 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. If you are interested in knowing what is being proposed by the Minnesota Department of Education, you can visit their website at: <https://education.mn.gov/>. You can click on Due North: Minnesota's Education Plan and download the plan. Governor Tim Walz and Lieutenant Governor Peggy Flanagan's Due North Education Plan is designed to be used state wide to promote many things through our education system. All members of the communities surrounding our local school districts are welcome to attend this meeting and have an input in the future of our education system. Local input helps to expand our ideals and values in Northwest Minnesota to be better heard throughout the state. Community involvement is important to change. Any questions call Jason at (218) 280-6117 or Denton at (218) 280-1289.



Winger Lions participated in the Erskine Water Carnival on June 6th. Gary Sonstelie, 2021/2022 Lions President pulled the float. Members present Steve Massmann, Laura Perkerwicz, Barb Gaalswyk, Jamie Morvig and current Lions President Darrell (Ole) Olson.



Winger Lions served over 135 children and families during the Annual "Take a Kid Fishing" in Erskine June 5th. The Erskine Commercial Club provided the hotdogs, chips and drink, Ness Café furnished the baked beans. Lion members present, Terry Cook, Darrell Olson, Jamie Morvig, Barb Gaalswyk, Laura Perkerwicz, Geri Balstad and Elymrna Kaupang.



Headwater Science Center in Bemidji made a visit to McIntosh for the Mac Library program at Roholt Park. They brought Raptors, birds of prey, including this Red Tailed Hawk pictured above.

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

M12-13C

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 Sileen Cook & Nicole Cook

M12-13C

Notice of Road Vacation Hearing

King Township Polk County

Notice is hereby given, the town board of King Township, Polk County, Minnesota will conduct a public hearing on the 8th day of July, 2021 at 6:00 pm at the McIntosh Fire Hall for the purpose of considering and acting upon a petition it received calling for the vacation of the following described road: 350th St SE.

All persons interested in this matter are encouraged to attend the hearing.

The tracts of land through which said road passes and the owner and occupants thereof, as nearly as we can determine are as follows:

Owners	Description Of Land
Earl Roed	SW Section 3
David Sannes	NW Section 10

Lucas Thom
King Township Clerk

M13-14C

LITTLE BOBBY'S BAR AND GRILL

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NEW HOURS AT LITTLE BOBBY'S: Monday and Tuesday open at 3PM, Wednesday to Sunday open at 10 AM.
Coffee and goodies in the AM with lunch specials.

FOR THE MONTH OF JUNE:

Two for one hamburgers/cheese burgers

Saturday and Sunday: 10AM Bloody Mary bar,

Wednesday: Ladies nights-margaritas and snacks

Thursday: Specials for golfers!

Friday and Saturday: Live music and Little Bobby's smoked meat specials

Saturday: Wine and beer tasting 2PM to 6PM.

JUNE IS DAIRY MONTH.

Kids receive an ice cream treat when they come in to Little Bobby's.

Watch for the **Independence Day Rock Festival**
July 2nd and 3rd at Little Bobby's

M13C

LARL offering access to legal kiosks

Lake Agassiz Regional Library (LARL) has partnered with the Minnesota Legal Services Coalition to offer access to Legal Kiosks in six of its locations within its seven-county service area.

The Legal Kiosks are made possible thanks to CARES Act Funding and will expand access to free legal services for vulnerable populations.

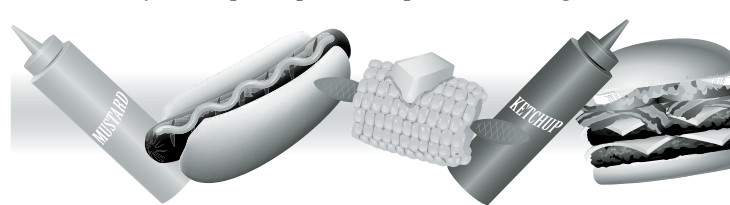
With 250 kiosks available state-wide, they are stationed in a variety of community locations offering the public the ability to apply for civil legal aid services, access legal resources and in some cases, attend online meetings with attorneys and remote court hearings in privacy.

Legal kiosks are available in the following Lake Agassiz Regional Library locations: Moorhead, Crookston, Detroit Lakes, Breckenridge, Fertile and Bagley.

To schedule a time using one of the legal kiosks, visit

www.legalkiosks.org.

The Minnesota Legal Services Coalition's initial rollout includes more than 250 kiosk locations at libraries, community centers, courthouses, health centers, shelters, Native American tribal centers, and a variety of nonprofit part-



Did someone say Barbecue?

McIntosh Senior Living is hosting a fundraiser barbecue.

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

Set up an outdoor movie night

Perfect for a father who is a movie buff, borrow or purchase a projector and show a movie on an outdoor screen or against a blank outdoor wall. Select one of Dad's favorite movies to watch and invite friends and family to join in on the fun. Make sure there are refreshments at the ready and plenty of hot popcorn.

Celebrating Father's Day this year may require some ingenuity, but there is still fun to be had.



Bridal Shower

for **Paige Giesaka**,
bride to be of **Hunter Smoby**

Thursday June 24th, 1pm
at **Mt Carmel Church**.

The couple is registered
at Target & Ace Hardware.

Everyone welcome!

M13-14C



Community Birthday and Anniversary Calendar

Wed. June 16:

Mya Strom, Twila Rolf, Brooklynn Walk, *Jon & Cindy Lecy, *Kraig & Eliania Kundert

Thurs. June 17:

Kathy Johnson

Fri. June 18:

Jeff Haaven, Braylon Hamre, Gordon Oseth, *Mike & Britany Sylstad

Sat. June 19:

Adam Carlson, Alex Hedlund, *Kyle & Kayla Jore

Sun. June 20:

Tom Hegg, Lota Deitzier

Mon. June 21:

Linda Christianson, Elvind Jore, *Jim & Susan Lee

Tues. June 22:

Erik Hamre, *Andy & Stacy Smith, *Jerry & Bonita Shaver, *Jason & Shannon Svalen

states BeerAdvocate.

The following are some of the most popular types of beers on the market.

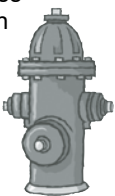
Bocks: BeerAdvocate says a German Bock is a lager that is stronger than your typical lager, with a more robust malt character. The hue of these beers ranges from dark amber to brown. Bocks were once brewed by Bavarian monks and were consumed at the end of Lent.

Beer...

Continued on page 4 ...

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

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"Serving the Win-E-Mac area"

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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.



Happy Father's Day

M3-28C

10 years ago...2011: Boys and Girls State delegates recently announced by the American Legion posts included (l-r) Boys State - Kain Schow and Cody Lee. Girls State selections included Caitlyn Espeseth, Carmen Syverson and Samantha Lee.

Pollinators are an important part of gardens

A thriving backyard garden requires homeowners to take steps to ensure the garden has the best environment in which to grow and thrive. The right tools and components, including trowels, rakes, soil, amendments, and fertilizer, can help gardeners create beautiful spaces. It's also important that pollinators are made to feel welcome in the garden.

The United States Department of Agriculture reports that one-third of all agricultural output depends on pollinators. The USDA notes that insects and other animal pollinators are vital to the production of healthy crops for food, fibers, edible oils, medicines, and other products. Pollinators also are essential for maintaining habitats and ecosystems that many wild animals rely on for food and shelter.

The U.S. Forest Service says that, without pollinators, the human race and all of the earth's terrestrial ecosystems would not survive. Pollination done the natural way often yields large, flavorful fruits.

Pollinators are make-or-

Strawberries in the home garden

There are three types of strawberries available to the home gardener.

June-bearing strawberries produce a large, concentrated crop in mid-June to early July.

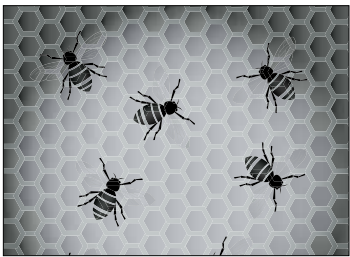
Ever-bearing types produce two crops, one in early summer and the second in early fall.

Day neutral plants produce fruit throughout most of the growing season.

Of the three types, June-bearing strawberries normally produce the largest yield per season, but in a short period of time.

Strawberry plants usually begin flowering in mid-May in southern Minnesota. For June-bearing varieties it takes about four weeks from plants flowering to picking fruit.

Day neutral and ever-



break components of large-scale agriculture, and they're just as important in private home gardens. The Pollinator Partnership, an organization that works to protect pollinators and their habitats across North America, says pollinators include bees, butterflies, beetles, birds, and bats. These animals travel from plant to plant carrying pollen on their bodies. The following are some ways to maintain healthy pollinator habitats.

- **Consider** the soil and types of plants that will thrive in it before choosing what to plant. Fix drainage issues and plant with sunlight in mind.

- **Vary** the colors and shapes of plants to attract a greater array of pollinators. Plant flowers close to vegetable gardens to

bearing types begin flowering around the same time in the spring and take about the same time between flowering and harvest.

The difference is that they keep flowering through the summer months.

In addition to leaves, flowers and fruit, a strawberry plant has a crown, roots, runners and produces daughter plants.

Woodland strawberry
The woodland strawberry (Fragaria vesca) is a day neutral strawberry species. You might also see it called alpine strawberry, fraises des bois, wild strawberry or European strawberry.

The plants produce small, sweet fruit with maybe two to three berries per plant per week.

an oven on baking sheets lined with silicone baking mats or in a dehydrator on fruit leather trays.

Oven: Set your oven to 170 degrees and divide the fruit leather mixture between two pans. Bake for about 6 hours or until just barely sticky.

Dehydrator: Follow your dehydrator's instructions. Pour a thin layer on to fruit leather trays. Dehydrate at 140 degrees for 6 hours or until just barely sticky.

Peel off trays / baking sheets and cut into your desired shape. Roll with parchment paper and store in an airtight container.

Recipe via Rod's Berry Farm

attract pollinators.

- **Group** plants together when planting to more effectively attract pollinators.

- **Select** plants that flower at different times of the year so that nectar and pollen sources are available year-round.

- **Whenever** possible, choose native plants.

- **Avoid** the use of pesticides.

- **Provide** a water source for pollinators, such as a shallow dish with stones half-submerged for perching.

Pollinators are important for gardens, whether those gardens are commercial operations or small backyard plots. Allow pollinators to share spaces and be mindful of behaviors that can threaten their survival.

Tips to improve memory

Forgetfulness can affect anyone. For example, few, if any, adults can say they have not experienced moments when they could not find their keys. And once the keys are found, people move on without giving much thought to why they did not immediately remember where they left their keys.

Isolated incidents where people cannot recall where they placed their car keys or other minor bouts with forgetfulness do not occur by accident.

In fact, the Harvard Medical School notes that they are likely byproducts of age-related changes in thinking skills. When people reach their 50s, chemical and structural changes in the brain may begin to occur, and these changes can affect a person's ability to process memories.

Father Time may be a formidable foe, but people can take steps to give their memories a boost as they get older.

Sunday, June 20th

Father's Day Buffet at

Ness Cafe

Serving 10am - 2pm

BBQ Ribs, Turkey, Meatballs, Deep Fried Shrimp, Walleye Fingers, Mashed Potatoes & Gravy, Glazed Carrots, Green Beans, Salad Bar & Dessert

Breakfast Buffet served from 8 am -1 pm

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M13C



ing to improve their memories.

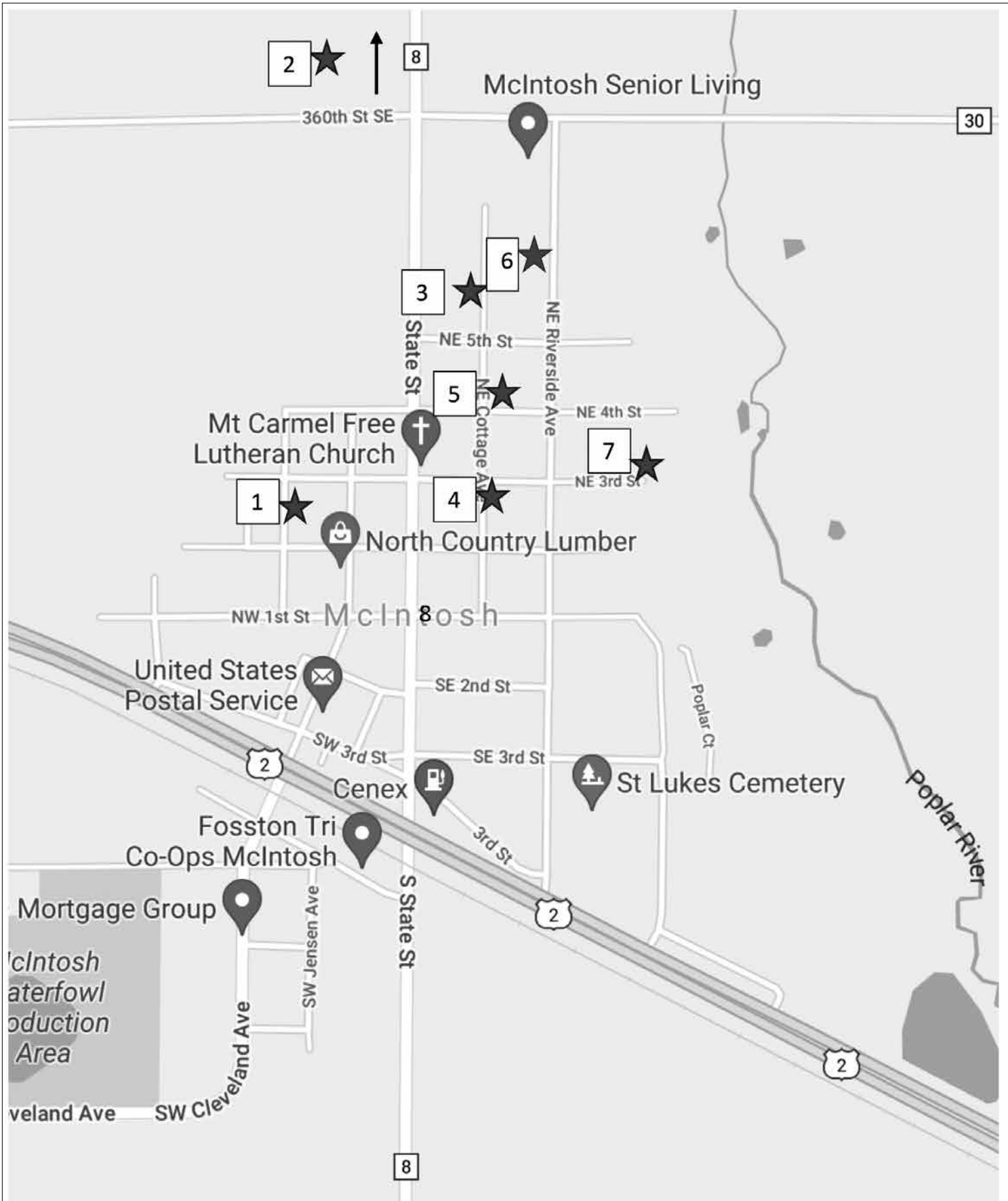
- **Eat a healthy diet.** A study published in 2015 in the journal Neurology found that people who eat healthy diets with lots of fruits, vegetables, nuts, and fish and little alcohol and red meat may be less likely to experience declines in their memory and thinking skills. Authored by Andrew Smyth of McMaster University in Ontario and the National University of Ireland in Galway, the study following more than 27,000 people in 40 countries for an average of roughly five years. All participants were 55 and older and had diabetes or a history of heart disease, stroke or peripheral artery disease. Those who ate the healthi-

est diets were 24 percent less likely to experience cognitive decline than people with the least healthy diets.

- **Break things down.** Breaking things down into small chunks also can help improve memory. If tasked with remembering something extensive, such as a speech, focus on a single sentence at a time, only moving on to the next sentence when you're confident you have successfully committed the preceding sentence to memory.

Periodic memory lapses are often nothing to worry about. But men and women concerned about maintaining their memories can employ various strategies to do just that.

McIntosh Community Garage Sale Map for June 18th-19th



#1- Cheryl Jore- (Multi-Party Sale) 225 Jackson Ave NW In Alley behind the house (Fri/Sat)
#2 Sandra Jore- 27198 310 th St SE McIntosh, MN 56556 5.5 mi North (Fri 9-7, Sat 8-1)
#3 Donna and Kristi Skeie- 530 Cottage Ave NE (Fri 4-8 Sat 8-12)
#4 Paulette Kringlen 245 Cottage Ave NE (Sat)
#5 Valerie Brekke 210 4 th St NE (Fri/Sat)
#6 Kevin and Cassie Subbert- 550 Riverside Ave NE (Fri/Sat)
#7 Mary Lerfald 350 3 rd St NE (Fri/Sat)
#8 Linda Buchholz - McIntosh Creamery Building



Beer... Continued from page 2

- **Brown ales:** These beers feature toasty flavors with malty overtones. They have a mid-range alcohol content and boast a hoppy bitterness. Brown ales are full-bodied beers that pair well with heavier foods, like red meats and stews.

- **Dark lagers:** Many dark lagers have malty, smooth, caramel flavors. They tend to have a mid-range alcohol level and relatively low bitterness profiles.

- **India pale ales:** IPAs boast strong hop bitterness and piney, floral flavors. They are especially popular among craft beer enthusiasts and brewers. IPAs tend to have a higher alcohol content than other pale ales. Imperial or double IPAs have even more pronounced flavors and higher ABVs.

- **Pale ales:** These beers are hoppy, but generally light, drinkable beers. Many easily pair with fish, poultry and cheeses.

- **Pilsners and pale lagers:** These similar, golden-

colored beers are light in flavor and lower in alcohol content than other styles of beer. This style of beer was made popular in Germany, but many American brands like Coors and Budweiser have made pale lagers a favorite of the masses.

- **Porters:** Porters were developed in London in the early 18th century. These beers are well-hopped and dark in appearance due to the use of brown malt. The name grew from the popularity of the beer among street and river porters.

- **Stouts:** Stouts tend to be dark in color and are often mistaken as being heavy and strong. This isn't always the case. Many stouts are complex and low in alcohol, according to All About Beer magazine. Dry stouts are well-known in Ireland. A distinguishing characteristic of a dry stout is its black, essentially opaque appearance.

Beer is a complex beverage that comes in many unique styles.