



McINTOSH Times

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Dawson Gunafson and Annabelle Schulz were at Roholt Park last week to learn all about bees and beekeeping from Stephanie Anderson, who is the owner of Bear Paw Honey Bees in Fosston. The program was part of the summer McIntosh Library experience.



Ashton Goulett tried on a bee keeping suit with the help of Stephanie Anderson from Bear Paw Honey Bees in Fosston during the McIntosh Library summer program at Roholt Park on Monday, June 21st.



Checking out the suit of a beekeeper is Dawson Gunafson on Monday, June 21st during the McIntosh Library Bee Smart program in McIntosh.

The history of America's Independence Day

Few summertime holidays elicit as much excitement as the Fourth of July, also known as Independence Day in the United States. Each year, family, friends and revelers anticipate the arrival of the holiday so they can host barbecues, enjoy the sun, listen to their favorite summertime tunes, and commemorate the freedoms afforded by the monumental events that led to the holiday's establishment.

Independence Day became a federal holiday in 1941, but July 4th has stood as the birth of American independence for much longer. July 4th marks a pivotal moment in the American Revolution. According to PBS, the colonies were forced to pay taxes to England's King George III despite having no representation in the British Parliament. "Taxation without representation" became a battle cry and was one of several grievances colonists had with Great Britain.

Conflict between the colonies had been going on for at least a year before the colonies convened a Continental Congress in Philadelphia in June of 1776, says Military.com. On July 2, 1776, the Continental Congress voted in favor of independence from England. Two days later, on July 4, 1776, delegates from the 13 colonies adopted the Declaration of Independence.

The Declaration of Independence is an historic document drafted by Thomas Jefferson. Jefferson was considered the strongest and most eloquent writer of the declaration writing committee charged with putting the colonies' senti-

ments into words.

Richard Henry Lee of Virginia was one of the first people to present a resolution for American independence, and his commentary was the impetus for the formal Declaration of Independence. A total of 86 changes were made to Jefferson's original draft until the final version was adopted. The signing of the document helped to solidify independence, and eventually lead to the formation of the United States of America.

A total of 56 delegates signed the document. Although John Hancock's signature is the largest, it did not hold

more weight than the other signatures. Rather, rumor has it, Hancock signed it so large so that the "fat, old King could read it without his spectacles." However, the National Archives says it was also customary that, since Hancock was the president of the Continental Congress, he be the first person to sign the document centered below the text.

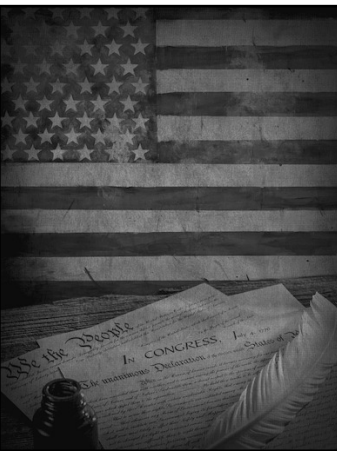
The Pennsylvania Evening Post was the first newspaper to print the Declaration of Independence on July 6, 1776. The first public readings of the Declaration were held in Philadelphia's Independence Square on July 8, 1776.

Annual Reading of the Declaration of Independence will take place July 3rd

Dan & Darlene Dierkes invite you to their home for the 5th annual reading of the Declaration of Independence. To avoid a conflict with church services on the 4th, we will have the reading on Saturday, July 3rd at 10:00 a.m. Refreshments will be served. Thanks to our wonderful neighbors for sharing their baking skills each year!

Ben Ramse will again be reading the documented grievances against King George III'. His terrible treatment of the colonials caused our country's forefathers to say "enough!".

Following the reading, the East Polk County Quilters will also be presenting patriotic quilts to several area veterans, to thank them for their service to our country and their contribution to our continued



freedom.

You're welcome to stay just a short time, or linger longer with friends and neighbors!

The address is 28891 350th St SE, McIntosh; feel free to call 218-563-3382 or 320-250-5711.



Celebrating 25 years of Service was Laura Perkerwicz at the Erskine Senior Meals site in the Erskine Community Center. Laura has been a part of the Senior Nutrition program and was honored by Lutheran Social Services. Thanks for your years of service Laura! Picture courtesy of Erskine Echo.

What's bothering you? Bees, wasps, yellow jackets or hornets?

Many people mistake wasps and bees, particularly yellow jacket wasps and honey bees. They are cousins but they have very different life styles and looks.

Honey bees or Yellow jackets in or around your home?

If you have yellow jackets, a kind of social wasp, rest assured they will be gone after two hard frosts. If they are not bothering you, ask yourself if you can live with them and appreciate them as beneficial predators.

If you cannot live with them, you may need to exterminate them. If it is late summer or fall keep in mind the colony has been growing there all season, and if they have not yet bothered you, they likely

won't start.

If you have a honey bee colony nesting in the wall of your house, ask yourself if you can live with them and appreciate they are beneficial pollinators.

If you cannot live with them, you will need to contact a contractor and a beekeeper for removal options.

Normally, a honey bee colony cannot be removed through the entrance hole; the siding or internal wall of the house must be removed to reach the entire nest

In general:

Wasps

- Wasps are shiny (no noticeable hairs)
- Eat other insects (soft bodied caterpillar, spiders) and are beneficial predators
- Wasps are carnivores and



A honey bee nest made of wax comb.

may be attracted to meat at your picnic. They also are attracted to sweet soft drinks.

Bees

- Bees are appear fuzzy or hairy
- Bees eat pollen and nectar from flowers and are beneficial pollinators
- Bees do not eat meat and are not attracted to your picnic in late August. They generally are not attracted to soft drinks.

Yellow jackets:

- Yellow jackets are one type of wasp. They are yellow and black banded and shiny. They live in a social colony and the nest is a greyish paper carton.
- Yellow jackets usually nest underground in a burrow and are readily seen rapidly flying in and out, especially if you run your lawn mower



A wasp nest made of paper pulp.

over the opening of the nest. If they are living in the wall of a house, you will not see the paper nest, but you will see them flying in and out.

• Yellow jackets can sting multiple times without losing their life.

• Yellow jackets have an annual colony, meaning the entire colony of wasps will die off after two hard frosts. Only new queens survive the winter by hibernating underground. The queens will establish new nests in spring and will not reuse the old paper nest.

• Yellow jackets do not produce or store honey.

Honey bees:

- Honey bees are one type of bee. They are orange-yellow or brown and black banded, and fuzzy. They are also social and the nest is constructed of bees-

wax.

• Honey bees nest in a beehive, a cavity of a tree, or sometimes in the wall of a house, where they can be seen flying in and out. They do not nest in a hole in the ground.

• Honey bees can sting only once and die after stinging.

• Honey bees form perennial colonies, meaning the entire colony of bees can survive the winter, clustering in the nest and producing heat by consuming stored honey.

• Honey bees are the only type of bee that collects large amounts of nectar from flowers to store in the nest as honey.

Yellow jacket wasps

build a greyish-brown paper envelope around the nest.

Hornets are another type of social wasp that builds their nest in a tree or other exposed area, as opposed to yellow jacket wasps that normally put their paper nest underground or inside a cavity. Hornets normally do not pester people, as do yellow jackets.

Honey bees make their nests out of wax secreted from glands in their abdomen. The nest does not have a greyish brown envelope around it, so if you can see the nest it would be surrounded by bees and you could see the whitish-yellow wax combs hanging vertically. It is highly unusual to see a honey bee colony in an exposed location, because they nest inside a tree cavity, a bee box, or other man made structure.



A yellow jacket nest in the ground.



Stephanie Anderson owner of Bear Paw Honey Bees visited McIntosh to share her knowledge of bees with kids who attended the McIntosh Library summer program at Roholt Park on Monday, June 21st.

Ness Cafe

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Our Offices will be CLOSED

on July 2nd in observance of Independence Day

The Grygla Eagle, Leader Record, McIntosh Times & Oklee Herald

"Then join hand in hand, brave Americans all!
By uniting we stand, by dividing we fall."
— John Dickinson

Richards Publishing Company



Added sugars & their effects on weight loss effort

Added sugars could be compromising people's effort to lose weight and get fit.

A 2009 report from researchers with the American Heart Association urged people to limit their intake of added sugars while noting that Americans get most of their added sugars from sugar-sweetened beverages, including sodas.

A 2010 study led by a researcher from the Harvard School of Public Health noted that consumption of such beverages has increased considerably in recent decades, which has tracked positively with rising rates of obesity over that time.

But pinning the bulk of the blame for rising obesity rates on sugar-sweetened beverages would be a mistake, as such drinks are not the only popular source of added sugars.

Candy, baked goods, sugary cereals, and even some dried fruits contain significant amounts of added sugars.

Added sugars are considered empty calories, which means they're high in calories but not in vitamins, minerals and nutrients.

Anyone attempting to lose weight and keep lost weight off should examine the foods and beverages they consume to determine if these items, which may be marketed as healthy or at least considered so by unsuspecting consumers, are high in added sugars.

Simply checking ingredients labels for the term "added sugars" may not be enough, as the Office of Disease Prevention and Health

Promotion notes that added sugars go by many different names, including:

- brown sugar
- corn sweetener
- corn syrup
- dextrose
- fructose
- glucose
- high-fructose corn syrup
- honey
- invert sugar
- lactose
- malt syrup
- maltose
- molasses
- raw sugar

- sucrose
- trehalose
- turbinado sugar

The ODPHP notes that these sugars may be found in foods people wouldn't otherwise see as potentially unhealthy, such as pasta sauces. That only underscores the importance of reading labels carefully and learning what to look for on such labels.

Losing weight and keeping weight off is no small task. And that tasks becomes considerably taller when people consume significant amounts of added sugars.



Wed. June 30: Jade Pries

Thurs. July 1: Justin Burslie, Carla Grundyson

Fri. July 2: Nickolas Schow, Hudson Smeby, Gabe Paskvan, Westin Enger, *Paul & Julie Schow, *Dan & Mary Salvhus

Sat. July 3: Chase Svalen, Beth (Brekke) Rominski

Sun July 4: Josh Bartz, Barb Urness, *Phillip & Amy Carlson

Mon. July 5: Ron Roed

Tues. July 6: Timothy Perreault, Ella Strom

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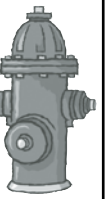
**LSS
Meals Menu
687-2262**

Tues, July 6th - *Bingo after lunch* - Sloppy Joe on Bun - Au Gratin Potatoes - Baked Beans - Oatmeal Raisin Cookie - Milk

Wed, July 7th - Roast Beef - Mashed Potatoes & Gravy - Broccoli Mix - Wheat Bread - Banana Bars - Milk

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

**Ad deadline:
Noon Friday**



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

Sun. July 4: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. July 11: 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

July 4th: 9:30 am Coffee hour at Calvary; 10:30 am Church at Calvary

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Pastor Karl Anderson

Service Times for the remainder of the summer will be:
After July 1
9:30 Mt Carmel
11:00 Trinity

Social distancing practices will be encouraged.

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

Also available on the McIntosh Free Lutheran YouTube Channel.

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

Friday, July 2: 10:00 am Telecast of Luther League program on GVTV--30

Sun., July 4: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues. July 6: 10:00am Sunday worship service telecast on GVTV--30

Wed. July 7: 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.



Celebrate Our Independence!

On July 4, 1776, our founding fathers created a new nation. The Continental Congress signed the Declaration of Independence declaring our freedom from Great Britain.

As we celebrate the anniversary of our nation's founding, we can be thankful for the freedom we enjoy as American citizens.



First National Bank of McIntosh will be closed on Monday, July 5th in observance of Independence Day.



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Water Wisely:
Start in your own backyard

Quick tips

- Select plants that will thrive in existing soil type, light, and space.
- Collect and use rainwater to water plants.
- Water evergreens until the ground freezes.
- Water in early morning to allow leaves to dry and reduce diseases.
- Mulch plants to conserve moisture.
- Use sensors and smart controllers on automated irrigation systems.
- Water deeply, but less often, to encourage root growth and drought tolerance.

Water is a precious resource needed by all living things. If you care for a yard or garden, you can help protect water resources by being wise about watering practices, starting in your own backyard.

Much of our treated drinking water is also used for landscape irrigation, so it pays to reduce water use and protect our supply by being wise about landscape watering practices at home.

Although all plants need water to be healthy and grow, some—like lawns—actually need less water than we think. While others—like trees—need more.

Knowing the what, when, where and how of watering in your garden or landscape is key to growing healthy plants and conserving our precious water supply.

Tips for maintaining healthy garden beds

What to water:

- Choose plants that will thrive in your existing soil type, light, space.
- Know which plants require consistently moist soil and those that prefer drier conditions.

When to water:

- Early morning to allow leaves to dry and reduce foliar diseases.
- Feel the top 6 inches of soil. Dry? Time to water.

How and where to water:

- Water the base of plants to avoid getting leaves wet and reduce foliar diseases.
- Layout soaker hoses or drip irrigation in early spring as plants emerge.
- Water deeply and less often to promote deeper, healthy roots.

Conserving water:

- Collect and use rainwater.
- Choose drought-tolerant plants that require less water.
- Add 2 to 3 inches of organic mulch to conserve moisture in the soil and protect roots.
- Amend soil with compost to increase soil's water-holding capacity.

Watering the vegetable garden

Watering the garden is a must.

It is nearly impossible to have a successful vegetable garden without watering. There may be weeks or even months when the perfect amount of rain falls. But nearly every summer brings a stretch of hot, dry days when garden irrigation is essential.

A lack of water can have major impacts on plants, even if it is just for a few days.

Plants draw nutrients in through their roots and move the nutrients through the plant in a water solution. A lack of water also means a lack of nutrients.

Photosynthesis transforms water into sugar and oxygen when light hits plant leaves.

How drought can affect your harvest

Under drought stress, garden plants may produce small fruit, such as undersized tomatoes or melons, or they may produce no fruit at all. They may become tough, fibrous or bitter, as with cabbage and turnips. They may bolt, sending up a flower stalk and stopping growth, as with lettuce and spinach. Or they may wilt and die.

Check the soil conditions to determine if it is time to water.

Remove the mulch from the soil surface, and then use a spade or a trowel to dig into the soil.

The top inch of soil may be dry, but the soil below should be somewhat moist. If the soil is dry two inches below the surface, it is time to water.

Do not wait for rain or for the perfect time to water.

Low-maintenance lawn alternatives

A traditional lawn may not be right for every property nor desired by every homeowner. There is no denying that lawns take time and effort to establish and daily or weekly maintenance to thrive. Homeowners who find that a traditional lawn is not practical can explore some low-maintenance alternatives.

Wildflower meadow: Homeowners with wide swaths of property may discover meadows are cost- and time-efficient. Stores sell special wildflower meadow mixes of seeds or homeowners can use wildflower plug plants throughout areas where grasses are left to grow longer. This natural area can be a home to wildlife and an idyllic backdrop to a home. Most meadows only require a spring or summer and autumn cut to thrive and look good.

Ornamental grasses: Partition areas of the property for ornamental grasses to grow. The gardening resource Elemental Green says ornamental grasses tend to be drought-resistant and low-maintenance.

ter

- Do not wait for rain to water your garden. If your plants need water today, a rain shower forecast for the day after tomorrow does not help.
- If plants are wilting or showing other signs of heat stress, water as soon as possible. This may be in the heat of the afternoon or evening.
- Although watering early in the day is a better practice, do not wait to water when plants are wilting and under drought stress.

The vegetable garden needs one inch of rain per week.

By using a simple rain gauge or following weather reports, you can determine if your garden received one inch of rain over the past week.

One inch of rain is a lot of water. For a 100 square-foot area, one inch of rain is 62 gallons.

Figure out the actual size of your garden by measuring length and width in feet. Multiply those numbers to get total square footage. If a garden is 20 feet by 30 feet (600 square feet), after a week without rain, it would need 372 gallons of water.

You might receive rain, but not a full inch, over the course of the week. If it rained twice, but the total amount of rain was only three-eighths of an inch, you would need to supply the other five-eighths of an inch of rain. Five-eighths of 372 gallons is 232 gallons.

Water gardens on sandy soils twice a week, supplying one-half inch of water (31 gallons per 100 square feet) each time.

They won't need much fertilizer and are often resistant to pests as well. Ornamental grasses grow in tufts or sprays and will not require mowing. However, they are not ideal for areas that get foot traffic.

Moss: Moss can thrive in shady areas and ones where the soil tends to stay a bit damp. Moss is velvety soft and green, so it can mimic the look of a traditional lawn but won't require mowing and other upkeep. Because it spreads quickly, moss can take over quite rapidly. You will need to protect areas where you do not want moss by creating barriers to stop spread.

Gravel: Stone and gravel areas can reduce maintenance in the landscape and require very little upkeep. When gravel is installed correctly, weeds may not grow readily. Gravel installation may include laying heavy-duty, semi-permeable landscape fabric, which is available in home improvement centers. Gravel is cheaper than pavers and can be just as beautiful.



50 years ago...1971: The Pine - to - Prairie Girl Scouts prepare for an overnight canoe trip at Camp Hiawatha, a Girl Scout Camp located near Sand Lake about six miles north of Clearwater Lake in Clearwater County.



40 years ago...1981: Among the teams which participated in the East Polk County Fair pig wrestling contest was the McIntosh School Board team of Ronnie Roed, Dave Hagen, Bob Tangen and Bud Kiecker.



30 years ago...1991: Graduating from their last session in ECFE. Packed and ready for kindergarten are (left to right) Allison Dunning with mother Annette, Sarah Lundquist (father Bill), Adam Jore (mom Sandy), Brandon Kiecker (dad Paul), Cassandra Boucher (mom Diane), Jessica Juve (mom Leisha), Brittany Kerssen (mom Pam), Matthew Mahlen (dad Paul), Nicole Sorenson (mom Roxanne), Bobby Strom (mom Connie). Not pictured Ashley Haugen, Kristi Schow, Ashlee Stordahl.



10 years ago...2011: Todd Tranby in his red, white and blue gave a wave as he and a group of ladies participate in the 4th Annual Antique Tractor Parade in McIntosh.



20 years ago...2001: Dale Balstad, Aaron Iverson and Bob Vesledahl were the "men in charge" when they put in the new sidewalk at the Depot park. The Lions Club is getting ready for their annual fish fry.

Legislators include tobacco prevention funding in health budget

Lifesaving Investments Will Reduce Tobacco Addiction and Build a Healthier Future.

Minnesotans for a Smoke-Free Generation thanked legislators for including an additional \$4 million a year for tobacco prevention in the omnibus Health and Human Services (HHS) policy and finance bill. The Minnesota Senate and House of Representatives passed that bill last night. Minnesotans for a Smoke-Free Generation is a coalition of more than 60 organizations that share a common goal of reducing youth smoking and ending tobacco’s harm for good.

The coalition supports comprehensive policies to end youth addiction, including sustainable funding for tobacco prevention and treatment.

“With this HHS budget, Minnesota will continue our shared efforts to build a future free from tobacco addiction,” said Molly Moilanen, Vice President at ClearWay MinnesotaSM and Co-Chair of Minnesotans for a Smoke-Free Generation. “Thank you to Chairs Liebling and Benson, as well as lead authors Rep. Morrison and Sen. Miller for finding a tobacco prevention funding solution. Our state has made great strides, but we continue to face a youth tobacco epidemic and health

disparities caused by decades of tobacco marketing. Minnesota should continue investing in prevention and treatment until Big Tobacco no longer views our kids as ‘replacement smokers.’ And we must continue to fight against an industry that targets and harms Black, Indigenous and LGBTQ residents.”

There is an urgent need to invest in tobacco prevention since ClearWay Minnesota will sunset at the end of 2021, leaving a hole in prevention resources.

Over the past two decades, ClearWay Minnesota, the foundation created with 3 percent of the tobacco settlement, has provided the majority of funding for the state’s tobacco prevention programs.

This funding would allow Minnesota to more aggressively prevent tobacco addiction before it starts. Minnesota has achieved historically low levels of youth smoking, but continues to face an e-cigarette epidemic that wiped out decades of progress to reduce overall youth tobacco use. The 2020 Minnesota Youth Tobacco Survey showed one in five Minnesota high-schoolers reported using e-cigarettes within the past 30 days, and 70 percent of youth e-cigarette users reported one or more signs of de-

pendence.

The COVID-19 pandemic reinforces the need for strong tobacco prevention and treatment programs, since smokers are at increased risk for severe illness from COVID-19. To make matters worse, communities targeted by the tobacco industry, including Black and Indigenous Minnesotans, are some of the hardest hit by COVID-19.

The HHS omnibus budget dedicates general funds to boost underfunded tobacco prevention programs at the Minnesota Department of Health (MDH). Minnesotans for a Smoke-Free Generation urges MDH to use these new funds to take on the youth e-cigarette epidemic and address racial disparities fueled by Big Tobacco.

These lifesaving investments represent just a small fraction of the state’s tobacco revenue totals. Last year, Minnesota collected nearly \$760 million in tobacco revenue (\$607 million in taxes and \$152 million in settlement fees).

In late March, the state also collected \$81 million in tobacco settlement back payments. Despite all this revenue, Minnesota spent only 1 percent of that total on tobacco prevention and treatment.

Where does lost weight go?

Obesity is a significant threat to public health. The World Health Organization says global obesity rates have nearly tripled since 1975. There are now more than one billion overweight adults across the globe, and at least 300 million people are classified as clinically obese.

Many people want to lose weight and unhealthy fat for personal reasons or at the suggestions of their doctors. Weight loss often involves a combination of increasing exercise and decreasing calorie consumption.

As excess weight starts being shed, it becomes evident that a biological process is taking place. Many people refer to it as burning calories. But fat loss is a complicated process that’s spawned various misconceptions.

Breathing to lose weight?

Many people may not know that a lot of the fat lost during weight loss efforts occurs through simple breathing. According to Live Science and a 2014 study from researchers at the University of New South Wales, the body stores excess



protein or carbohydrates in a person’s diet in the form of fat, specifically triglycerides, which consist elementally of hydrogen, carbon and oxygen. When people lose weight, triglycerides are breaking up into these building block elements through oxidation.

The researchers found that, during oxidation, triglycerides are used up in a process that consumes many molecules of oxygen while producing carbon dioxide and water as waste products.

The study found that, during weight loss, 84 percent of the triglyceride fat that is

lost turns into carbon dioxide and leaves the body through the lungs. The remaining water may be excreted as sweat, breath or tears, or come out in urine - water excretion is the lesser-known component of the biological process.

Researchers who authored the University of New South Wales study determined that, when 22 pounds of fat are oxidized, 18.5 pounds of it leaves the body as exhaled carbon. The amount of carbon that is lost can be increased through exercise, according to Medical News Today.

By substituting one hour of moderate exercise (like jogging) for one hour of rest, a person can increase his or her metabolic rate of triglyceride usage sevenfold.

Carbon excretion also occurs during sleep, while sitting and doing daily activities. However, the amount excreted during these activities is minimal and can be offset by eating too much food.

Simply breathing more and faster during regular activities is not recommended, either, as doing so increases the risk for hyperventilation.

Healthy habits that can become part of your daily routine

A person’s habits can have a strong impact on his or her overall health.

Unhealthy habits like smoking and living a sedentary lifestyle can increase a person’s risk for various conditions and diseases. On the flip side, healthy habits like eating a nutritious diet and getting enough sleep can bolster a person’s immune system and reduce his or her risk for various ailments.

Some healthy habits, like daily exercise, can be time-consuming. Busy adults may not have time to exercise vigorously each day, though the U.S. Department of Health and Human Services urges men and women to find time for at least 150 minutes of moderate-intensity aerobic activity each week. But not all healthy habits take up time. In fact, adults can incorporate various healthy practices into their daily routines without skipping a beat.

- **Take the stairs.** Taking the stairs instead of the elevator can have a profound effect on overall health. According to Duke University, climbing just two flights of stairs combined per day can contribute to six pounds of weight loss over the course of a single year. In addition, a study from the North American Menopause Society found that stair climbing can help postmenopausal women reduce their risk for osteoporosis and help them lower their blood pressure.

- **Drink more water.** The Centers for Disease Control and Prevention notes that water helps the body maintain a normal temperature, lubricates and cushions joints, protects the spinal cord and other sensitive tissues, and helps to rid the body of waste through urination, perspiration and bowel movements. Adults who are thirsty can choose water over soda or other sugary bev-



erages. The CDC notes that sugary beverages like soda and sports drinks contain calories but little nutritional value, making water a healthier way for individuals to quench their thirst.

Go for daily walks.

Walking benefits the body in myriad ways. For example, the Harvard School of Public Health notes that women who walk 30 minutes per day can reduce their risk of stroke by 20 percent and potentially by 40 percent if they walk briskly. In addition, researchers at the University of Virginia Health System found that men between the ages of 71 and 93 who walked more than a quarter mile per day had half the incidence of dementia and Alzheimer’s disease as men who walked less. A 15-minute walk around the neighborhood each morning coupled with a 15-minute walk after dinner can help adults dramatically improve their overall health.

- **Eat more greens.** Eating more greens is another healthy habit that doesn’t require a major overhaul of an individual’s lifestyle. The U.S. Department of Agriculture notes that dark green leafy vegetables, such as spinach, are rich in vitamins A, C, E, and K. The Mayo Clinic notes that vitamin E alone can help people maintain their vision and promote a healthy reproductive system while also improving the health of the blood, brain and skin. The USDA also notes that green vegetables contain very little

carbohydrates, sodium and cholesterol. Adults won’t have to reinvent the dietary wheel to incorporate more greens into their diets, and the results of doing so can have a significant, positive effect on their overall health.

The right habits can help people live healthier lives, and such habits need not require any major life changes.

Eagles raises more than \$12,800 for Hospice of the Red River Valley

The Minnesota Fraternal Order of Eagles and Auxiliary donated more than \$12,800 to Hospice of the Red River Valley at its recent annual state convention.

Randy Beggs, Eagles’ state president for 2020-2021 and Crookston resident, selected Hospice of the Red River Valley as the designated charity for a \$5,000 donation. He presented the check to Curt Seter, development officer with Hospice of the Red River Valley.

Convention attendees then collected and contributed an additional \$7,815. The 2021 State Aerie and Auxiliary Convention was held June 16-19 in Willmar, Minn.

“Hospice of the Red River Valley is so incredibly grateful to the Minnesota Eagles for their support,” Seter said. “The funds raised ensure we will continue to have the resources necessary to provide compassionate end-of-life care to our patients and their families.”

“The Fraternal Order of Eagles is an international non-



Area Cub Scouts learning how to shoot this summer.

What are area Cub Scouts doing this summer?

Scouting isn’t just about survival in the outdoors but exploring many different and unique elements. At times, Cub Scouts get to explore the past, investigate crimes, or check out life on a farm. This June, Cub Scouts from across the Lake Agassiz District, (includes Pembina, Walsh, Grand Forks, Traill, Nelson, Ramsey, Towner & Cavalier Counties in Northeast North Dakota and the counties of Polk, Marshall,

Red Lake, Pennington, Kittson, and Roseau counties in Northwestern Minnesota) attended one of three Cub Scout Day Camps.

These camps focused on the theme of “Weird Science” and Cub Scouts that attended where able to make homemade Ice Cream, build a wooden toolbox, launch model rockets, while being able to do traditional activities like BB Guns, Archery, Slingshots, and more!

Over 120 youth attended one of the three “Weird Science” Day Camps that were held at Gramams Island State Park near Devils Lake, The Heritage Village in East Grand Forks, and the Thief River Falls Curling Club in Thief River Falls.

If you or someone you know is interested in getting involved in Scouting or registering your youth in the program you can contact Lane Schirado at lschirad@scouting.org

Chores adolescents can tackle to help busy moms

Working mothers are as busy as ever. A recent survey from the United States Bureau of Labor Statistics found that women spend an average of more than two hours per day on household activities like interior cleaning and preparing meals.

That additional work can feel especially tiring after a full day’s work at the office. But mothers may have some help right under their noses. According to the American Academy of Pediatrics, adolescents can benefit from participating in various chores around the house. The AAP notes that helping out at home teaches kids the importance of contributing to a team while boosting their self-esteem by helping them feel valued and competent. Kids might not jump at the chance to do chores, and some tasks may still be best performed by parents. However, the AAP notes that the following are some age-appropriate tasks for adolescents, the completion of which can help busy moms feel a less overextended.

- **Put away their belongings**
- **Do the laundry:** Moms may want to teach kids the ins and outs of mixing light-colored clothes with dark clothes to avoid ending up with some accidentally pink attire.
- **Folding** and putting away clean clothes
- **Vacuuming, sweeping and dusting:** Emphasize safety when dusting so young adolescents don’t feel compelled to clean areas that might be beyond their reach.
- **Set and clear** the table
- **Wash** and put away the dishes
- **Feed and walk family pets:** Adolescents also can be responsible for cleaning birdcages, fish tanks and litter



- boxes.
- **Mop** the floors
- **Scrub the sink,** toilet, bathtub, and shower stall
- **Prepare** their own lunches for school: Adolescents can make their own lunches, but moms may want to check to make sure lunches include some nutritious fare.
- **Cook dinner** one night a week: Cooking dinner should never take precedence over academics, but adolescents should be able to manage mak-

ing meals once per week, even if it’s on weekends.

- **Yard work:** Teach adolescents the proper ways to use lawn and garden tools before assigning them any tasks in the yard. In addition, only assign more taxing tasks like mowing the lawn when kids are physically capable of safely operating the machine.

Moms can use a little help around the house, and that help may already be living under their roofs.

Hospice of the Red River Valley

profit organization uniting fraternally in the spirit of liberty, truth, justice and equality to make human life more desir-

able by lessening its ills and promoting peace, prosperity, gladness and hope.

For more information about

the Minnesota Fraternal Order of Eagles and Auxiliary, visit mn-eagle.com.



Randy Beggs, left, president of the Minnesota Eagles, presents a donation from the Eagles to Curt Seter, development officer with Hospice of the Red River Valley.