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The Polk County Sheriff's Office is proud to announce the addition of a second K9 team. K9 Rex is a 2 1/2 year-old Shepherd/Belgian Malinois mix and we can't wait for him to get started! Friday was graduation day for both K9 Rex and Deputy Ben Stout. The new dynamic duo attended handler training with Mark McDonough of McDonough K9 in Anoka, MN. Both Mark McDonough and Sheriff Jim Tadman were k9 handlers from 1996-2001. McDonough K9 provides exceptional working dogs for law enforcement agencies, as well as for family protection, we are excited they have decided to work with us again. Mark also trained veterans K9 Buffy and Deputy Kyle. Deputy Stout has been with the Sheriff's Office since 2017. Congratulations Deputy Stout and K9 Rex.

Win-E-Mac School retrofit plan

By Randy Bruer, Win-E-Mac School Superintendent

The school will be doing a remodel of our restroom facilities this summer. We have reviewed many options and taken ideas from the public and professionals to work with our facility. School planning and design take time and we must follow steps and guidelines set by Minnesota Codes. We cannot just change things to fit our immediate needs. We had plans to do restroom remodeling with new sinks in 2024/2025 under our LongTerm Facilities Funding but will move parts of the plan up sooner to create Safe and Private facilities for all.

Our Plan is to separate all units in our bathrooms with separate room facilities with a doorway. We will be reviewing the number of sinks in the Commons bathrooms to be reduced and changed out with automatic faucets, so they shut off after use. The number of large mirrors may be reduced in the bathrooms, boys, and girls. Our elementary boys and girls bathrooms will consist of private separations and new lower sinks for

easy access for young children. Elementary restrooms are not open to high school students. The high school boys and girls restrooms will incorporate an in-use/vacancy lock on the door for private use. We are also planning a Phase II plan to create gender neutral/handicap bathroom in the high school hallway near the boys restrooms but this will need to go through a MN plan review and Minnesota codes approval before this would happen.

Phase II will remodel our present locker room facilities with a division of shower, changing rooms. This plan will need a Minnesota plan review and inspection which takes a longer period to complete so it will be done next summer due to the tear out and plumbing design. We will incorporate individual shower changing room areas with a handicap access shower.

At the same time, the bathroom area will be redone to fit individual private stalls inside the locker room. This will be done to both boys and girls locker rooms. Until then, the locker rooms will be locked

during the day. We presently have a gender-neutral handicap accessible dressing room and shower if needed.

Since the beginning of May we have had many firms reviewing our plans to gather thoughts on how this can be completed. Many utility firms have set projects for the summer so we have reached out to others who would have time to complete the work this summer.

Social Study Standards

I would encourage you to contact the Department of Education and your legislators on this topic. The State and MDE have tabled the standards for 2 years for more study by the Minnesota Department of Education. School administrations and teachers have been in contact with the Department and Legislators about this and they need to hear from parents. As the Win-E-Mac District, we will not over think the standards, but we will evaluate the standards and base it on the needs of our students and community as to what needs to be taught. It is our job to educate all students.

Polk County Fair is July 7th - 11th

The Polk County Fair returns for 2021. There will be 5 days of fun and entertainment for families to enjoy.

The fair has some new attractions this year including a glass blowing demonstration on Friday and Saturday by Jon Offutt or Fargo, North Dakota.. You will also be able to try your hand at milking Buttercup the milking cow. The fiberglass cow has an udder that fairgoers can squeeze to get the effect of milking a cow.

Old favorites will be back like Dock Dogs on Saturday and Sunday, daily bike drawings with a girls and a boys bike given away daily, bingo, Baja racing and a demo derby on Sunday night.

Make sure to visit the Golden Eagle Garden located west of the barn.

Wednesday, July 7th brings Sneak a Peek Day with the Midway opening at 5:00 pm and Open Class judging of Agriculture and Flowers at 7:00 pm. The Rodeo starts at 7:00 pm. Stay after the Rodeo for Karaoke for all ages until midnight at the Hanson Memorial Free Stage.

The Polk County Fair Chocolate Contest will take place on the Free Stage at 7:00 pm on Wednesday. Entries are due by 6:30 pm. There is an adult Chocolate Dessert Contest as well as a Kids Cookie, Cake, or Bar Contest.

Thursday, July 8th starts off with Open Class judging at 9:00 am. The Midway opens at 4:00 pm and the second night of the Rodeo begins at 7:00 pm. The Free Stage will have 4-H demonstrations and performing arts starting at 10:00 am.

There will also be a Talent Contest on the Free Stage at 7:00 pm. The Talent Contest will have Pre-Teen, Teen and Adult divisions. There are details on the website at www.polkcountyfairfertilemn.com.

Friday, July 9th is Senior Citizens Day. There will be re-



freshments serviced at 9:30 am with a program to follow in the Christian Fellowship Tent. Everyone 55 years old and older are invited.

The Midway opens at 1:00 pm. There will also be Bingo at 2:00 pm in the Grandstand.

The Kid's Pedal Pull begins at 4:15 pm.

There will be General Livestock Open Class Judging at 5:30 pm.

The Free Stage will have Sherwin Linton starting at 1:00 pm, at 5:00 pm there will be Kate Escape a comedy stage hypnosis show, 6:00 pm brings the Jensen Sisters and Kate Escape will perform again at 7:00 pm. The night will end with Jensen Sisters again at 8:00 pm.

Friday brings the first night of Baja Racing with 8 cylinders, pickup and vans with the action starting at 6:30 pm.

On Saturday, July 10th the day begins at 9:00 am with a 5K Walk/Run. Registration opens at 8:00 am near the Free Stage. Prizes for the first male and first female finisher.

Open Class Dairy and Dairy Goats begins at 10:00 am.

The Midway and Free Stage open at noon along with registration for Dock Dogs.

The Free Stage will have Trisha and the Toonies Enviro Fun Show throughout the day and The Snowmen starting at 5:00 pm until 7:00 pm with a dueling piano show, Duely Noted finishing off the evening.

There will be a Kiddie Livestock Show at 1:00 pm. Dock Dogs will also begin at 1:00 pm with another show starting at 4:30 pm.

4 & 6 Cylinder heats for Baja Racing start at 1:00 pm with the State Championship Baja Racing event beginning at 6:30 pm.

The Century Farms presentations will take place on the Free Stage at 3:45 pm.

On Sunday, July 11th the day will start with a church service at 10:00 am.

At noon, the Midway and Free Stage open along with Dock Dog registration and practice.

There will be 4-H awards on the Free Stage starting at noon, and the Dollipops throughout the day. The Free Stage will end the night on Sunday with local favorites 4-Wheel Drive from 7:00 pm to 9:00 pm.

The Dock Dog competitions will be at 1:00 pm and again at 3:00 pm, and finishing up at 5:00 pm with the Dock Dogs Finals.

The annual Parade through town and the fairgrounds starts at 2:00 pm. There will be cash prizes for the best floats. If interested, please contact Mike Moore at mdmoore@gv-tel.com.

There will be a Super Demo Derby starting at 6:30 pm. There will now be 4 classes Limited Weld (modified), Stocks, Pickups, and Compacts. There are trophies for 1st, 2nd and 3rd places. For rules and entry forms visit www.polkcountyfairfertilemn.com. Before the contest there will be a little kids Power Wheels demo for 3 - 5 year olds and 6 - 9 year olds. Must bring your own Power Wheels.

The night will end with a fireworks display starting at 10:30 pm.

Advanced tickets for the Midway are available in many area stores, including Jered's Grocery in McIntosh, Ultima Bank in Winger, Bendickson General Store in Bejou and Groceries Plus in Erskine.

On average about 45,000 people have attended the free fair at the Polk County Fairgrounds in Fertile each year.



The kids from The Clubhouse Childcare Center spent Friday morning with their own parade down the Main Street of McIntosh. All the kids and staff marched through town waving flags to celebrate Independence Day.

FCLAA presents outdoor summer concert series

Summer and outdoor concerts go together! The Fosston Community Library & Arts Association (FCLAA) is sponsoring its outdoor concert series “Music on the Porch” beginning Thursday, July 8 and held each Thursday evening through the month. An amazing line-up of musicians has been selected for the series.

Kicking off the series are Jeff Menten and Paul Nye. Menten and Nye offer up a unique blend of acoustic music that artfully weaves modern and old-time classic and celtic tunes with ragtime and blues. This duo has performed in Fosston before and last year’s concert had to be performed online due to the state shutdown. They are looking forward to a live concert.

On July 15, Sydney Melby will perform. An Oklee native, Melby has had a passion for music all her life. She started singing at a very young age and eventually learned pi-

ano and guitar to support her vocals. Her style is “a little bit of everything” but she primarily sticks to 60’s, 70’s and 80’s folk and rock music.

The Occasionals are scheduled for the July 22 concert. This group is a rotating selection of Bemidji-based musicians who put their own spin on tunes from nearly every genre. They are a spinoff group of The Seasonals, a group that plays original music led by Eric Carlson and Katie Houg.

The series will wrap up on July 29th with a performance by The Jensen Sisters, Goodridge, MN. This sister duo will bring their timeless “new wave retro country” to the stage. A modern duo rooted in the old-school twang of the country singers, outlaws, and roots-rockers who came before them, they have taken their harmony-singing talent to stages across the Midwest.

The “stage” for the concerts is the back porch of the Larson

House at the East Polk Heritage Center grounds on Highway 2 East in Fosston. The picnic shelter offers limited seating so concert-goers are encouraged to bring their lawn chair or blanket and set up on the lawn. All concerts begin at 7:00 PM. Admission is \$10 with children 12 years old and under can attend for free.

In addition to four evenings of great music, folks can enjoy a meal prior to the concerts. The “Pitmaster Pastor”, Jesse Stanley, will be serving his barbeque menu starting at 5:00 PM. Come early and enjoy brisket, pulled pork, smoked chicken or one of the other delicious menu items!

This activity is made possible by the voters of Minnesota through grants from the Northwest Minnesota Arts Council and the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.

7 ways to incorporate more blueberries into your diet

Fruits and vegetables are vital components of a nutritious diet, and few foods pack a more nutritional punch than blueberries.

Verywell Health says blueberries are touted as a superfood because they are full of antioxidants, vitamins, fiber, and phytonutrients, which are micronutrients that can significantly lower LDL cholesterol and reduce the risk of heart disease.

Blueberries also are low in saturated fat and may help lower triglyceride levels. A study published in the Journal of the Academy of Nutrition and Dietetics found that women who consume blueberries on a daily basis have lower blood pressure.

Furthermore, researchers in Finland determined a berry-rich diet supports healthy aging and controls the risk of chronic diseases.

Enjoying a blueberry muffin or a cup of blueberries with breakfast are two ways to consume more blueberries. But those are not the only ways to incorporate more blueberries into your diet.

1. Make a smoothie. Blend blueberries into a smoothie containing frozen yogurt and other fruit. Drink it any time of the day as a filling snack or even a small meal.

2. Whip up blueberry relish. Diced fresh blueberries tossed with onion, diced tomato and various seasonings can be used to top fish tacos or spread on toast rounds.

3. Create a fruit salad. Blend together various fresh fruits into a delicious fruit salad. Squeeze fresh lemon juice on top to prevent browning of the fruits used.

4. Whip up overnight oats. Mix equal parts of al-

mond milk, oats and Greek yogurt together in a container and let sit overnight. In the morning, mix in favorite some blueberries. Add a little pure vanilla extract for added flavor.

5. Add blueberries to batters. Mix blueberries into pancake or waffle batters to add extra nutrients to meals.

6. Flavor your drinks. Drop blueberries into water, fruit juices or lemonade for a nutritional boost. Dress up sangria with blueberries for an added punch to this popular cocktail.

7. Mix up energy bites. Pair nuts, oats, chia seeds, flax seeds, and other healthy ingredients with blueberries. Utilize maple syrup or honey to keep ingredients together, and bake until golden brown. Many different recipes are available online for these types of treats.

Blueberries make nutritious additions to any diet, and there are various ways to incorporate more of this flavorful fruit into your meals.

How to Make Blueberry Jam (no pectin recipe)

Ingredients:

2 cups Blueberries

3/4 cup sugar

1 tbsp lemon juice

Instructions

Add blueberries, sugar, and lemon juice to a medium saucepan.

Stirring frequently, cook over medium high heat until blueberry mixture comes to a rolling boil.

Reduce heat to medium and continue boiling and stirring for 10 minutes.

Towards the end of the cooking time, use the back of the spoon to gently crush some of the berries.

At the end of the 10 minutes the blueberry liquid

should be slightly thickened. You can also use a thermometer to judge done-ness. When the blueberry mixture reaches 220°F, the jam is done. (I watched the clock, my jam hit 220°F at almost exactly 10 minutes.)

Transfer the blueberry jam to a storage jar and let come to room temperature.

Once at room temp, seal jars and store in the refrigerator. The jam might take 24 to 48 hours to fully set up. (But it can be eaten immediately.)

For best results use in about 10 days. (If sealed properly and unopened, your jam could last anywhere from 1 to 3 months in the fridge.)You can also use traditional canning methods to preserve this recipe.

Did you know?

When remodeling a home with the ultimate goal of making it more attractive to prospective buyers, homeowners can benefit from taking stock of current trends, including the style of home that’s most popular. According to a 2020 Homes.com survey of more than 5,000 adults across the United States, modern farmhouse is the most favored house style. The survey asked participants to choose from a selection of styles, including mid-century modern ranch, Spanish colonial/southwest, bohemian craftsman, Italianate, French chateau, and Tudor. The modern farmhouse style was the most popular choice in 42 of the 50 states, proving that home style preference is not beholden to geography. Respondents gave a host of reasons for favoring the modern farmhouse look, including that the style is “aesthetically appealing but not boring” and that it looks “simple, cozy, and not too busy.”



Decked out in the newly wrapped patriotic Polk County Sheriff's Department squad car, Polk County Sheriff, Jim Tadman led the parade of kids from The Clubhouse Childcare Center down the Main Street of McIntosh on Friday morning, July 2nd.

Mac Library events for July

McIntosh Public Library to host summer reading events for youth.

The McIntosh Public Library will host events for children to celebrate summer reading throughout the month of July.

On Monday, July 12 from 10:30 - 11:30 a.m., library staff will meet youth at the Roholt Park on Highway 2 to create fossil prints. Participants will get to make their own fossil and learn how fossils are formed. In case of rain, this event will be moved to the back room of McIntosh Community Center.

The following week, the library will host a chalk art event on Monday, July 19 from 10:30-11:30 a.m. Youth are invited to try stained glass sidewalk or mosaic art with the help of Margie Illies, Karen Norland and Jason Steinbrenner.

These events are offered as part of the 2021 Tales & Trails Summer Library Experience, inviting youth to read to win



great prizes, as well as attend outdoor events in celebration of the tales and trails of the region. Those interested in participating are encouraged to stop by their local library or LINK Site or track their reading virtually using the Beanstack app (download the app at larl.org/explore/kids). Information about the program and event lists are available at larl.org/explore. All events are offered free-of-charge.

About Lake Agassiz Regional Library

Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK Sites serving the residents of seven counties in northwest Minnesota. For more information on this and other LARL events and services, contact the Lake Agassiz Regional Library office at 833-522-5275 or online at www.larl.org.

LSS
Meals Menu
687-2262

Tues, July 13th - *Chef's Choice* BBQ Chicken - Baked Potato - Mixed Vegetables - Wheat Bread - Peanut Butter Cookies - Milk

Wed, July 14th - Tuna Noodle Hotdish - Peas - Orange Slices - Wheat Rolls - Rhubarb Dessert - Milk



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

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

Sun. July 18: 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 11th-9:30 am Coffee hour at Calvary; 10:30 am Church at Calvary

July 18th-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: 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

Sun., July 11: 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 13: 10:00am Sunday worship service telecast on GVTV--30

Wed. July 14: 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.

Legal Services of NW MN receive grant for KidsLAW

Legal Services of Northwest Minnesota (LSNM) is excited to announce it has received a \$4,500 grant funded by the FM Area Foundation. These funds will provide support for the Kids Legal Aid Work (KidsLAW) Program.

KidsLAW is a child-centered program, focusing on legal advice and representation in cases that impact a low-income family's stability and safety.

KidsLAW may mediate, negotiate, educate, or litigate to resolve a problem with maintaining housing, safety, security, benefits, services, or educational supports – whatever will help get a low-income child to a better place.

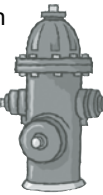
“KidsLAW is important because it has many tools to build up supports or tear down barriers; it can do what needs to be done to meet a wide variety of children's needs,” stated Anne Hoefgen, LSNM Executive Director.

“KidsLAW can bring actions that benefit one child or change a system to benefit many. When KidsLaw acts, it will be because other alternatives are not available or have already proved unsuccessful.”

“When children have their needs met, they thrive. When children thrive, families thrive.

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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Wed. July 7: Karol Langemo, Macy Carlson
Thurs. July 8: Davra Carlson, Colleen Borud, Macey Lee

Fri. July 9: Virgil Lerrfald, *Cameron & Christy Burslie

Sat. July 10: Natalie Smith, Kyle Jore, Bryan Paskvan, Mason Rominski

Sun July 11: Amelia Vigoren, Preston Lecy

Mon. July 12: Koralyn Kringlen, Joey Violette, Gavin Robert Strom, Garrett Rock, *Beth & Shawn Rominski

Tues. July 13: Emma Rominski, Gavin Strom, Everett Sveen

McINTOSH Times

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

RICHARD D. RICHARDS, PUBLISHER
KIM HEDLUND, EDITOR

McIntosh (218) 563-3585
Cell: (218) 280-1684
Gonvick (218) 487-5225

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

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RiverView patients report decreased pain with new cupping therapy

Whether you have pain or want to improve your overall wellbeing, RiverView Health's cupping services may be just what you need.

Cupping is an ancient form of therapeutic medicine with origins dating as far back as 1,550 B.C. Therapeutic cupping is applied to assist with pain management, inflammation, blood flow, and relaxation. The benefits are achieved by creating a negative pressure environment over the treatment area through suction. Various tools can be utilized, such as glass, silicone, bamboo, and pottery.

RiverView Health Physical Therapist Caitlyn Michno has been offering dry cupping and massage cupping in Crookston since January. She is a certified myofascial (muscle) cupping practitioner, utilizing silicone cups for patient safety and infection prevention measures.

Increased Movement, Less Pain

One of the multiple benefits of therapeutic cupping is the ability to address myofascial adhesions, or "sticky spots," in a patient's layers of tissue/skin that occur following inflammation or scar tissue formation, Michno reported. The decompression that occurs through the negative pressure environment allows for increased fluid volume between the layers of skin, which helps break apart the adhesions to improve the movement of the layers of skin. Michno uses this approach when patients report "pulling" or "tightness," especially long after surgery.

"I am grateful to report quite a bit of success with the practice," she shared. "What I have been most excited about is the noted improvements in patients with chronic low back pain, especially those who have undergone multiple surgeries



Caitlyn Michno provides cupping at RiverView .

and continue to suffer from disabling pain. This patient population in particular often has a significant amount of myofascial adhesions as a result of recurrent inflammation to the affected area and multiple surgical scars. Cupping has been the most effective intervention I have found to address the adhesions and 'tightness' to the low back. The patients I have worked with have reported significant improvements in their day-to-day movement and pain."

According to Michno, cupping also helps to increase the brain's awareness of the treatment area. "Studies have shown that people with chronic pain often have decreased sensory representation of that

area of the body in their brain. By performing cupping therapy, we can increase blood flow and the brain's awareness of that area, and with time, that leads to increased sensory representation of that area in the brain. If our brain is better able to identify what is going on in that area of chronic pain, it is better able to tell whether or not it needs to be in pain. This often leads to a reduction in pain."

Along with relief comes some minor bruising, a common patient concern, according to Michno. "The discoloration that occurs does not indicate injury or damage to that area. Instead, it tells us what sort

Cupping...

Continued on page 4 ...



20 years ago...2001: The 2001 baseball season is underway for the Win-E-Mac Legion Baseball Team. Home games for the team are at the Sid Anderson Field in Winger. (Back, l-r) Kent Solheim, Nick DeFrang, Matt Tradewell, Kyle Simonson, Eric Hoffmann, Justin Moran and Coach Hoffmann; (Middle) Coach Lee Tradewell, Kevin Branstner, Skyler Schmanski, Dustin Vedbraaten, Travis Kolden, Aaron Cook and manager, Cathy Tuenge; (front) Brenden Morrison, Bobby Strom, Jeff Gieseke, Ben Theis and Andrew Renna.



10 years ago...2011: The Win-E-Mac Mites after finishing up the season in Fosston. (Back, l-r) Griffen Cady, Alex Jacobson, Reed Neubert, Coach Cain Schow, Noah Ostenaar, Bryer Strom, Dylan Roy, Remy Goodwin; (front) Will Tofstad, Bryce DuChamp, Kobe Hamre and Ethan Shimpa.



50 years ago...1971: Ron Strom opened up shop at the former Warford Drug Store in McIntosh last week. No stranger to the community, Mr. Strom was born at Erskine and is a graduate of Mentor High School. He comes to McIntosh with 10 years of experience as pharmacist at Eagle Drug in Crookston. He is a registered pharmacist, a graduate of North Dakota State University at Fargo with the class of 1960. Mr. Strom is married, the father of three children, Patty, 12, Jimmy, 9, and John, 6. The Stroms expect to move to the village as soon as housing accommodations can be arranged.



40 years ago...1981: Kathy White of Winger 4-H won a blue ribbon at the Fosston Fair with her Saanen yearling goat.



30 years ago...1991: Students of the Gosen School gathered for an all school reunion on Saturday, June 22nd at the school in the Depot Park in Winger. Over 100 past students attended, but gathering on the steps are Alvira Pederson, Winger, Gilbert Hunder of Idaho, Victor Larson of Winger, Inger Ries of Arizona and Joanne Zahl of Winger.

Amid critical blood shortage, Essentia Health urges people to donate

Facing one of the worst blood shortages in recent memory, health care leaders are urging people to consider donating.

Already, the shortage has forced some hospitals across the country to delay elective surgeries.

The situation is mainly fueled by the COVID-19 pandemic — fewer people donated blood during the pandemic and there is a backlog of procedures after many were postponed due to COVID.

“More than half of our region’s blood donations continue to be interrupted by cancellations of community and business blood drives due to the COVID-19 pandemic,” explains Jennifer Bredahl, regional director with Vitalant Blood Centers. “Blood is an essential component of emergency preparedness because it’s perishable and the supply must be constantly replaced.”

Supply is low for all blood types, even Type O-negative, which is especially concerning



because of its universal acceptance; anyone can receive O-negative blood despite their blood type.

While Essentia Health has largely been able to navigate the shortage thus far without significant interruptions, the risk is pronounced.

“Severe shortages of blood components pose significant risk to normal hospital operations and could result in the delay of elective surgeries, thus disrupting crucial patient care,” said Dr. Maria Beaver, a pathologist and transfusion services medical director at Essentia Health. “In our experience,

summer blood supply tends to be lower on average, and this is further heightened by the COVID pandemic. At the same time, summer months tend to bring a larger number of trauma cases, thus the need for blood increases. A healthy and continuous blood supply is crucial for normal operations and excellent patient care.

“We strongly encourage healthy people to consider the gift of donation to replenish the blood supply both within and outside our region.”

It’s said that every two seconds in the U.S. someone will need blood. And blood from one donation can save up to three lives. Donation opportunities abound.

Click here to find the blood-donation center, as well as upcoming blood drives, nearest you.

To be eligible to donate blood, you must be 17 years old (16 with parental consent), weigh at least 110 pounds and in good health.

What to expect when donating blood for the first time

Donating blood is a selfless act. Perhaps because donating blood is often a simple, relatively quick process, donors may be inclined to downplay just how big a deal it is to donate blood. But blood donors save lives every day.

According to the American Red Cross, every two seconds someone in the United States needs blood. The Government of Canada reports that 52 percent of people in Canada say they or a family member have needed blood or blood products at some point in their lives. To understand just how vital blood donors are, consider that, according to the Red Cross, a single car accident victim can

require as many as 100 pints of blood.

Many people give blood in response to tragedies like natural disasters, but prospective donors don’t need a special reason to donate. In fact, people who regularly donate blood help to ensure that supply meets demand.

Donating blood for the first time can be a unique experience. The Red Cross offers the following information about what first-time donors can expect when they arrive at donation centers.

Registration: Donors will have to register before they can donate blood. Upon arriving at a donation center, donors will

have to sign in and show some form of identification, such as a valid driver’s license. Donors also will be given some information to read before they can continue the process.

Medical history: Donors will be asked some questions about their medical history. These questions may be answered online or in a private conversation. In addition, donors will submit to a general health check to ensure they’re fit to give blood.

The donation process: The Red Cross notes that donations typically take between eight and 10 minutes. Donors will sit comfortably as a pint of blood is withdrawn.

Cupping...

Continued from page 3

of chemical response is occurring as a result of the treatment. The indicated chemical response does not change our treatment approach or course of treatment. In ancient times it was viewed as more significant and represented the effectiveness in withdrawing toxins and obtaining balance within the body.”

Treatment for a Long List of Ailments

Healthy patients (anti-aging treatment, rejuvenation purpose) and those suffering from ailments find wellbeing and relief through cupping. Localized conditions that benefit from cupping therapy include headache, lower back pain, neck pain, and knee pain. Systemic illnesses aided through cupping therapy include hypertension, rheumatoid arthritis, diabetes mellitus, mental disorders, heart disease, hypertension, and infections. Cupping can treat skin diseases, respiratory, musculoskeletal, digestive, reproductive, and allergic conditions.

Benefits of cupping include:

- Reduced pain and inflammation

- Increased blood flow
- Added relaxation, wellbeing and deep tissue massage
- Safe, non-invasive, and inexpensive treatment
- Rejuvenation of body organs

- Facilitates the healing process and strengthens the immune system
- Cupping is considered a manual therapy intervention and is billed and covered by insurance as part of a typical therapy visit.

Natural ways to fight dandruff

Dandruff is a skin condition of the scalp that is relatively easy to spot. Telltale flakes can be seen on shoulders, and are especially noticeable on dark clothing.

Dandruff can be embarrassing and sufferers may try various methods to alleviate the symptoms. While relatively harmless, dandruff can cause itching and irritation. The Mayo Clinic says the condition may worsen during the fall and winter when indoor heating can dry out the skin. Leading causes of dandruff include irritated, oily skin that forms flaky white or yellow scales. Failing to shampoo enough may contribute to the buildup of oils and skin cells, which also can cause dandruff. A yeast-like fungus known as malassezia lives on the scalps of many adults, and when it is overproduced, can cause more skin cells to grow, resulting in dandruff. Dry skin and skin sensitivity also may contribute to dandruff.

Dandruff typically does not require the care of a doctor. Many over-the-counter shampoos and products designed to alleviate flaking are readily available. Many dandruff products contain coal tar to lessen symptoms, offers the American Academy of Dermatology.

People who suspect they have dandruff should speak with a doctor just to rule out dandruff as a symptom of something more serious. After such discussions, those concerned about over-the-counter

- treatments may want to try these natural remedies.
- **Lemon juice:** Massage two tablespoons of lemon juice into the scalp and rinse with water.
 - **Apple cider vinegar:** Mix 1/4 cup apple cider vinegar with 1/4 cup water in a spray bottle. Spritz on the scalp and wrap your head with a towel. Allow to penetrate for up to an hour before washing hair as usual.
 - **Tea tree oil:** Add some tea tree oil to a favorite shampoo and wash normally.
 - **Aspirin:** Crush two aspirins into a fine powder and add it to your shampoo. Leave the mixture on for one to two minutes and rinse well.
 - **Olive oil or coconut oil:** These oils can be massaged into the scalp and left to sit. Shampoo normally afterward. Shampoos that contain coconut oil or olive oil can be used as well.

ATTENTION
PET OWNERS

The City of McIntosh has received complaints regarding dogs and cats running loose. The City ordinance reads as follows:

§ 91.02 DOGS AND CATS.

A. Running at large prohibited. It shall be unlawful for the dog or cat of any person who owns, harbors, or keeps a dog or cat, to run at large. A person, who owns, harbors, or keeps a dog or cat which runs at large shall be guilty of a misdemeanor. Dogs or cats on a leash and accompanied by a responsible person or accompanied by and under the control and direction of a responsible person, so as to be effectively restrained by command as by leash, shall be permitted in streets or on public land unless the city has posted an area with signs reading “Dogs or Cats Prohibited.”

City of McIntosh



The preschool kids from The Clubhouse Childcare Center during the 4th of July parade last Friday morning in McIntosh.



Every child at The Clubhouse Childcare Center in McIntosh was a proud participant in the Friday morning parade to help celebrate Independence Day. Kids walked, were pulled in wagons and pushed in strollers so that everyone could show their patriotic spirit.