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McIntosh, Minnesota



After months of fundraising by Poplar Meadows staff and community members, the gazebo at Poplar Meadows Senior Living is complete, minus some landscaping around the perimeter. The residents are excited to use the new structure to sit and enjoy summer days and evenings. Pictured in the new gazebo are Evonne Hartel, Becky Boehrsen, and Carol Bursheim. The project was built by Lance Erickson and his crew and took a little over a month to complete.



Little Bobby gave tours showing the equipment in his studio, Untouchable Productions, during his Open House last weekend in McIntosh. The recording studio is located inside Little Bobby's Bar & Grill.

What is the impact of wildfire smoke on health?

Wildfires are becoming larger and more frequent in the United States and Canada, in part due to the possible influence of climate change. Not only are we seeing hazier skies in Minnesota, we're experiencing more unhealthy air from wildfire smoke.

Breathing wildfire smoke can make anyone sick, but some people are at greater risk than others of experiencing health-related problems like heart and lung disease. All Minnesotans need to take steps to decrease the risks from breathing wildfire smoke and protect health.

Wildfire smoke is a mix of gases and fine particulate matter from burning vegetation and materials.

The pollutant of most concern from wildfire smoke is fine particulate matter (PM 2.5). PM 2.5 from wildfire smoke is damaging to human health because it has the ability to deeply penetrate lung tissue and even affect the heart and circulatory system.

Wildfire smoke can make anyone sick. Breathing wildfire smoke can have immediate health impacts, including respiratory and cardiovascular effects. Particle pollution may also affect the body's ability to remove inhaled foreign materials, such as viruses and bacteria, from the lungs.

Wildfire smoke can originate locally or travel into areas of Minnesota from other states, even other countries.

In fact, in recent years, wildfires in Canada have been responsible for more "bad air" days than in-state sources. Air quality alerts should be taken seriously by everyone in affected areas

Limit your exposure to wildfire smoke:

Stay informed. Sign-up for Air Quality Notifications (AirNow) (<http://www.mn.enviroflash.info/signup.cfm>) about Minnesota air qual-

Move. Polk County, MPC is back in action for 2021

MOVE. POLK COUNTY (MPC) is back in action for 2021! MPC is hoping to encourage all and everyone to get their MOVE ON to a healthier lifestyle this summer! We know how important it is to get out and be active. Regular movement helps our body, mind, and spirit!

Just 30 minutes of activity a day can help reduce stress, increase energy levels, boost mood, improve sleep, maintain a healthy body weight, and build healthy muscles. In addition, regular physical activity reduces the risk of chronic illnesses such as heart disease, stroke, Type 2 diabetes, and cancer.

The Polk County Wellness Coalition is excited to announce Move. Polk County starts on Wednesday, July 14th and runs through September 8th. Participation is free and is open and encouraged for all community members!

Participants can sign up to receive weekly motivational e-mails to keep you on track and moving. Polk County walking trails will be featured in the weekly emails to encourage participants to get out and explore in new ways. However, you move, there are many types of activity that count towards checking off a 30-minute box on your MPC map.

Activity or movement ideas that provide lots of health benefits include; walking, biking, rollerblading, swimming,



dancing, gardening, raking, jogging, kayaking, even mowing or cleaning...anything that keeps you moving!

Are you ready to start the challenge? If you are interested in participating, email: Amanda.lien@co.polk.mn.us with MPC in the subject line for a map or pick up your map at Polk County Public Health in Crookston (816 Marin Avenue), East Grand Forks (1424 Central Ave) or McIntosh (250 Cleveland Ave.).

You can download your own map at www.co.polk.mn.us under the Public Health Department tab or scan the QR code provided below. Complete a map and turn it in for a chance to win prizes! Drawings will occur biweekly on 7/28, 8/11, 8/25, and 9/8 with a FINAL prize drawing from all maps at the end.

The more maps you complete, the more your chance of winning increases.

Polk County Public Health and the Polk County Wellness Coalition are working to make healthy choices easier. For more information about Move. Polk County or the Statewide Health Improvement Partnership (SHIP) contact Amanda Lien by phone at 218-281-3385 or by email at: amanda.lien@co.polk.mn.us

To register online visit <https://www.surveymonkey.com/r/movepolkcounty>



Preschool screening

Win-E-Mac School is currently signing kids up for Preschool Screening. We will be having our screening in the McIntosh Bjella Building on Monday, August 9 by appointment only. Preschool screening is open to all children who are three years old and up who have not been screened. Children must be screened before entering Kindergarten. Families interested can contact Win-E-Mac School office at 218-563-2900 or

Heather at 218-689-0605 email: hearls@win-e-mac.k12.mn.us

Minnesota enters drought warning phase

DNR and partners are implementing next drought response steps.

With 52 percent of Minnesota now experiencing severe drought and 4 percent in extreme drought, the state has entered the drought warning phase.

With this designation, the Minnesota Department of Natural Resources (DNR) and others are taking additional steps. Current drought information, including details on areas subject to surface water use suspensions, is available on DNR's website.

The warning phase for drought occurs when a significant portion of the state passes thresholds for severe drought conditions at major watersheds.

We have reached this threshold. The warning phase for public water suppliers using the Mississippi River is also triggered when stream flows in the Twin Cities Metropolitan Area have dropped below designated levels. We expect this threshold to be tripped in the coming days. The thresholds for drought watch and warning conditions are specified in the Minnesota Statewide Drought Plan.

Actions that are triggered in a drought warning include:

Convening the State Drought Task Force, a panel of state, federal, regional and local experts with water-related responsibilities. The Task Force was last convened in 2012.

Notifying water appropriators with DNR permits that they should follow water conservation measures, such as reducing landscape irrigation, using more efficient irrigation equipment, and checking for and repairing water leaks. Water appropriation permit holders can contact the local DNR area hydrologist for technical

assistance or with any questions.

Notifying public water suppliers that it is time to implement their water-use reduction actions.

Residents and landowners should watch for communications from their municipal or public water supplier for details on local water use reduction actions and restrictions.

Temporarily suspending or modifying some water appropriations in response to low stream flow conditions as necessary.

As of July 15th, the DNR has suspended water appropriations in 10 watersheds. Suspension of more surface water appropriations is expected, unless there is a dramatic change in the current precipitation pattern.

Under current conditions, it will take at least three to five inches of precipitation spread over a period of about two weeks to significantly alleviate the drought.

Soils are more efficiently replenished by multiple rainfall events than by any single heavy rainfall event. Surface water and groundwater respond somewhat differently over time.

Drought is a naturally occurring feature of Minnesota's climate.

Some level of moderate and severe drought typically occurs in the state almost every year for at least a few weeks. Most severe drought in Minnesota is short-lived, but drought in Minnesota does occasionally enter the extreme intensity classification.

"DNR is taking the drought seriously. We have a robust plan in place, strong partnerships across the state, and continue to take actions to respond to the current situation," said DNR Commissioner Sarah Strommen. "We understand that people are seeing the im-

pacts of the drought in their daily lives and have concerns about water levels and availability. While occasional water level fluctuations are natural, normal and beneficial to ecosystems, they can negatively affect tourism and recreation, agriculture, businesses and other activities that are dependent on water. Times of drought remind us all about the importance of water conservation."

Minnesotans are encouraged to learn how much water they are using compared to the average American home and identify ways to reduce water use now and in the future. More than 75 percent of Minnesotans rely on groundwater for their water supply. Reducing use today saves water for the future.

"One area in which drought can be very apparent to Minnesotans is the fluctuation of water levels in lakes, rivers and streams," said Katie Smith, director of DNR's Ecological and Water Resources division. "What people may not realize is that DNR and other government agencies only manage a relatively small number of lakes and rivers with water control structures, and these operate under specific management plans. So the vast majority of Minnesota's waters are subject to natural fluctuations."

Lakes, streams, and rivers are dependent on the amount of precipitation an area receives, how much of that moisture is contributed by runoff, how much water is recharged or discharged through groundwater, and how much water evaporates.

More information about drought is available on the DNR website.

The website includes a link where anyone can sign up to receive drought-related notifications and information.



conditioning and it's too warm to stay inside with the windows closed, seek shelter in a public facility that has air conditioning and air filtration (e.g., library, community center).

Avoid activities that in-

crease indoor air pollution. Avoid smoking, frying or broiling food, burning candles or incense, using a gas stove or

Wildfire...
Continued on page 4...



Elegance from a bygone era – a 19th Century parlor lamp has been cleaned and polished and now has pride of place in the Sampson Parlor at the Polk County Museum in Crookston. Vignettes in the museum are now more open and visitor friendly. Everyone is welcome to visit the newly revamped museum, which is open Tuesday through Sunday from noon to 4 p.m. There is no charge for admission. Polk County Historical Society members volunteers are available to answer questions and share information.

Serve up a slice of sweet flavor

Pie is delicious any time of year, but especially when seasonal fruits are included in the recipe. When the weather warms up, mouthwatering blueberries are in season, making this an ideal time to enjoy some blueberry pie. According to Peggy Brusseau, author of "The Contented Vegan" (Head of Zeus), fresh blueberries help to make a memorable pie, especially when paired with apple, which brings sweetness and a contrast in texture.

Home chefs can use Brusseau's recipe for "Blueberry Apple Pie" to create their own delicious dessert. This recipe is designed for those who adhere to a vegan diet, but bakers can substitute a traditional pie crust if desired.

Blueberry Apple Pie
Makes 1 large pie
1 quantity Vegan Short-crust Pastry (see below)
2 medium apples

2 1/4 pounds fresh blueberries

1/4 cup granulated sugar
2 tablespoons all-purpose flour (Alternative: Use 1 tablespoon oat bran instead of the flour)

Preheat the oven to 350 F. Line an 11 1/4 inch pie dish with half of the pastry, and prepare the top crust.

Peel, core and slice the apples. Spread the apple slices over the bottom of the pastry base. Tip the blueberries into the pie dish, and spread evenly to cover the apples.

Mix together the sugar and flour in a small bowl, and sprinkle the mixture evenly over the berries.

Position the prepared top crust over the pie, seal together the edges of the pastry and pierce the top crust with a fork or knife.

Bake for 25 to 30 minutes until the pastry is golden and crisp.

Cool and serve.
Vegan Shortcrust Pastry
Makes top and bottom pie crust

1 cup all-purpose flour, plus extra for dusting
2 3/4 ounces coconut oil
1/3 cup fine cornmeal
Measure the flour into a large bowl. Add the coconut oil and 'cut' it into the flour, using a fork or table knife, to create an even texture throughout. Add the cornmeal, working it in the same way to create an even texture



A vintage miniature carousel is being restored at the Polk County Historical Society Museum in Crookston. The carousel, which probably was made in the 1960s, has a variety of items including a lady's garter belt, dog collar, hair clips, necklace, four leaf clover brooch and a headband. The Christmas lights have been replaced with LED lights. It has been moved to a new area and is now more visible and visitor friendly. The museum is open Tuesday through Sunday from noon to 4 p.m. There is no admission charge.

Divide the dough in two, and knead one portion on the work surface to ensure an even consistency. Roll out the pastry into a round or rectangle, as required, to a thickness of 1/4 inch.

Lift the pastry into the pie dish and press into place, trimming off any excess. Roll the remaining pastry in the same way, to make the top crust, or to line a second pie dish.

Did you know?

The full impact of the COVID-19 pandemic on the business sector won't be known for years to come, though a recent survey indicates that a drop in post-pandemic productivity is not something many businesses expect. In a 2020 survey of leading firms in Europe that were asked a variety of questions about the potential long-term effects of the COVID-19 pandemic on the economy, the European Central Bank found that 60 percent of respondents felt that productivity in their business or sector would increase. In addition, the ECB

reported that most respondents were not anticipating any long-term, pandemic-related negative effects on sales. The ECB theorizes that the rosy outlook in terms of productivity reflects how so many businesses were able to successfully adapt on the fly at the onset of the pandemic, proving they were capable of maintaining existing levels of production despite sudden restrictions on labor that resulted from social distancing measures, such as the necessary transition from in person labor to remote working.



Ean and Keva in concert this Sunday at Gosen Luther League.

Gosen Luther League

The Gosen Luther League meets on Sunday evening, July 25th, at 7 o'clock. New musical guests will be in concert. Ean Johnson, 17, and his sister Keva Munter, 22, of Lengby will present a mixture of old Gospel hymns and contemporary worship music. Both accompany their vocals with guitar and bass guitar along with Grandpa David Johnson on pedal steel guitar. Ean's desire

is to follow in his Grandpa's musical footsteps.

Join us for an inspirational evening in honor of our Lord Jesus Christ.

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.



NOTICE

Member Luke Syverson introduced the following resolution and moved its adoption:

RESOLUTION SETTING A PUBLIC HEARING ON VACATION OF JOHNSON AVENUE LYING IN BLOCK TWO (2), AUSTIN'S ADDITION TO THE CITY OF MCINTOSH - RESOLUTION NO. 2021-07.13.02

THE CITY COUNCIL OF THE CITY OF MCINTOSH, MINNESOTA DOES HEREBY RESOLVE AS FOLLOWS:

WHEREAS, the City Council pursuant to Minnesota Statute 412.851 desires to consider the vacation of the following:

---All of the platted street of Johnson Avenue lying in Block Two (2), Austin's Addition to the City of McIntosh.---

NOW THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF MCINTOSH, COUNTY OF POLK, MINNESOTA:

1. The Council will consider the vacation of such street and public hearing shall be held on such proposed vacation on the 12th day of August, 2021, before the City Council in the City Hall located at 115 Broadway NW McIntosh, Minnesota

2. The City Clerk is hereby directed to give published, posted and mailed notice of such hearing as required by law.

The motion for the adoption of the foregoing resolution was duly seconded by member Jordan Gunufson and upon vote being taken thereon, the following voted in favor thereof:

And the following voted against same: Kevin Subbert and Luke Burd

Whereupon said resolution was declared passed and adopted this 13th day of July, 2021

Mayor
ATTEST:
City Clerk

LARL announces virtual presentation on braiding sweetgrass

"The Wisdom of Braiding Sweetgrass" Virtual Presentation Featuring Robin Wall Kimmerer on August 11

Lake Agassiz Regional Library (LARL) has scheduled a virtual presentation in celebration of its 60th anniversary. On Wednesday, August 11 at 7 p.m., author Robin Wall Kimmerer will bring to life the wisdom and practices of the people native to North America and the upper Midwest in a virtual presentation featuring her bestselling book Braiding Sweetgrass.

In Braiding Sweetgrass, Kimmerer draws on her life as an indigenous scientist, a mother, and a woman, demonstrating how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we've forgotten how to hear their voices.

This event is made possible thanks to funding from the Minnesota Arts & Cultural Heritage Fund. This live virtual presentation will be available



able Wednesday, August 11 at 7 p.m. on the Lake Agassiz Regional Library website at larl.org/braidingsweetgrass. No pre-registration is required and a recording will be temporarily available following the presentation.

**LSS
Meals Menu
687-2262**

Tues, July 27th - Tator Tot Hotdish - Green Beans - Cinnamon Apples - Bread - Carrot Cake/Cream Cheese Frosting - Milk

Wed, July 28th - Swiss Steak - Baked Potato - Corn - Tomatoes/Cucumbers - Rolls - Brownies - Milk



**ST. MARY'S CHURCH
Fosston
Fr. John Suvaheen,
Pastor**

Sun. July 25: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. August 1: 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 25:-9:30 am Coffee hour at Calvary; 10:30 am-Church at Calvary

August 1:-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 25: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: [gosenchurch](https://www.facebook.com/gosenchurch) and [gosenchurch.com](https://www.facebook.com/gosenchurch.com)); 7:00pm Luther League (see article elsewhere in the paper)

Tues, July 27: 10:00am Sunday worship service telecast on GVTV--30

Wed, July 28: 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.

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MDA to offer free waste pesticide collections in NW MN

The Minnesota Department of Agriculture (MDA) is hosting a series of free waste pesticide collections available to eleven northwestern Minnesota counties. Residents from Beltrami, Cass, Clay, Clearwater, Lake of the Woods, Kittson, Marshall, Pennington, Polk, Red Lake, and Roseau counties may attend any of the five collection sites in August.

The program accepts unwanted, unusable agricultural and consumer-type pesticides including insecticides, fungicides, herbicides, and rodenticides.

However, crop oils, adjuvants, pesticide rinsate, fertilizer, treated seed, contaminated soil, and empty pesticide containers will not be accepted. The collections are open to farmers, homeowners, commercial pesticide applicators, golf courses, lawn care companies, structural pest control operators, and other pesticide users.

No pre-registration for the MDA events is required.

The 2021 MDA collections will be held at the following locations and times:

- August 3**
West Central Ag
334 1st St. SE, Ulen
2:00 – 4:00 p.m.
- August 4**
CHS Ag Services
3035 Highway 75 S,
Crookston
9:00 – 11:00 a.m.
- August 4**
CHS Ag Services
624 3rd St. W, Thief River Falls
2:00 – 4:00 p.m.
- August 5**
CHS Ag Services
420 S Main, Warren
9:00 – 11:00 a.m.
- August 5**
Nutrient Ag Solutions
1275 Atlantic Ave. S, Hallock
2:00 – 4:00 p.m.

Collection sites will accept up to 300 pounds of eligible product at no cost.

The MDA requests that citizens call 651-214-6843 to provide advance notification if they wish to drop off more than 300 pounds of product.

The MDA has collected over 8 million pounds of pesticides around the state since the Waste Pesticide Collection Program started in 1990.

Rural Finance Authority clears way for disaster loans

Eligible drought-affected farmers can now apply for zero-interest financing.

The Minnesota Department of Agriculture's Rural Finance Authority (RFA) Board today determined that an emergency exists in Minnesota due to drought, which makes zero-interest loans available immediately for Minnesota farmers whose operations are suffering from lack of rain.

"The RFA board members voted unanimously to make these disaster recovery funds available because of current drought conditions," said Minnesota Agriculture Commissioner Thom Petersen. "This zero-interest loan program is especially important for farmers whose crops and livestock are suffering from the drought and were not insured or were underinsured."

The Disaster Recovery Loan Program can be used to help

cover lost revenue or expenses not covered by insurance. The funds can be used to help clean up, repair, or replace farm buildings, repair or replace septic and water systems, replace seed, fertilizer (or other cropping inputs), feed, or livestock and poultry.

Farmers in Minnesota counties considered to be in severe drought or worse (D2+ on the U.S. Drought Monitor's designation) and in contiguous counties are eligible to apply.

Eligible farmers must have received at least 50 percent of their annual gross income from farming for the past three years and will work through their bank to secure the loans from the RFA. Interest rates on the RFA portion of the loan are currently set at 0.0%.

More information on the Disaster Recovery Loan is on the Minnesota Department of Agriculture website.

Rain barrels in the home landscape

- Quick facts**
 - Collecting water in rain barrels is a good way to reduce run-off into streets and waterways.
 - Water from rain barrels is not drinkable (non-potable) and generally should not be used to irrigate or wash edible plants like vegetables, fruits, greens and edible flowers.
 - Water from rain barrels is a good choice for irrigating ornamental plants.
 - Rain barrels must be cleaned and maintained to prevent algae from clogging the water outlet.

- The benefits of using a rain barrel**
 - Reduce run-off and erosion on your property.
 - Provide an alternative water source for landscape plants.
 - Reduce use of municipal water to water plants, which may lower your water bill.
 - Rainwater is slightly acidic and may contain minerals that benefit plants.

Is rain barrel water safe to use on fruits, herbs and vegetables?

Water collected in a rain barrel is not considered a potable water source, meaning it is not drinkable and has not been tested to meet microbial water quality standards to protect public health. Because the water from a rain barrel is not potable, it should NOT touch the edible part of any plant such as greens, fruit, root vegetables, herbs and edible flowers.

Municipal and well-water sources are tested to make sure they are free from detectable levels of harmful pathogens like E. coli and other fecal pathogens that can make people sick if ingested.

Water from a rain barrel may have fecal contamination from roofs or from wherever it has been collected from. Roofing materials may also contain heavy metals and chemical contaminants that can be dangerous to ingest.

How to safely use rain barrel water to water plants



There is no way to see or smell contamination without getting rain barrel water tested, which would need to be done so frequently that it would be too expensive for most home or community gardens. So, it is best to minimize risk with this water by using it only on non-edible, ornamental plants like flowers, shrubs and indoor plants.

If you can apply rain barrel water in a way that ensures that the water does not touch the edible portion of the plant, you could use it to water tall berry bushes, trellised plants like tomatoes, melons and cucumber, and on fruit trees.

Rain barrel water is a good option for watering your houseplants. Some indoor plants like orchids and plants with long narrow leaves are sensitive to tap water that is softened and contains additives like chloride and fluoride.

What is the best way to water plants?

Best practices for watering plants apply to all water sources.

- Water the base of the plant where the roots are located and don't splash on the fruit.
- Drip irrigation, soaker hoses, low emitters and hand-watering work best.
- If using rain barrel water, water by hand.
- Avoid watering plants overhead and with overhead sprinklers.
- Water on leaves can encourage leaf spot diseases.
- Overhead water can splash soil-borne pathogens (bacteria, fungi) onto plant leaves and cause plant diseases.

Rain barrel

and other ground-nesting birds.

Bids are due July 30. Interested people can ask questions or get a copy of the bid package mailed to them by contacting Gregg Knutsen at 218-686-4329, or gregg_knutsen@fws.gov.

The bid package will also be posted on the Rydell NWR webpage (www.fws.gov/refuge/rydell/). People can also schedule a visit of the four fields to be hayed, prior to submitting a bid.

Haying opportunity on Rydell NWR

Individuals are able to bid on the opportunity to hay up to 84 acres (four different fields) on Rydell National Wildlife Refuge this August.

The Refuge is located approximately 4 miles southwest of Erskine, MN. The objective of haying these fields is to remove existing vegetation to reduce the litter layer, stimulate new growth, and remove young woody vegetation.

This is done in an effort to maintain as much open grassland as possible for waterfowl



40 years ago...1981: The new ownership at McIntosh Farm Service celebrated with an Open House last weekend. Seen here are Robert and Delores Kringlen, Clyde and Paulette Kringlen, Roy and Adelle Schleicher, and Helen and Alf Haugen. The Kringlen's, who are father and son, and the Haugen's purchased the Farm Service from the Schleicher's.



30 years ago...1991: Manning the service line at the annual Lions Walleye Fry in Winger on June 29th are Wesley Hodous, Byron Kaupang, Clifford Solie, and Kenneth Espeseth.



20 years ago...2001: Tim Anderson, Brent Carlson, Clarence Eraker and Bill Carlson kept track of the proceeds from the Winger Lions Fish Fry held at the Depot Park at the end of June.



10 years ago...2011: Mount Carmel Youth trip to Colorado. Shown: (front) Jill Salvhus, Dave Erickson, Amie Salvhus, Mary Salvhus, Don Boehrnsen, Lois Boehrnsen, Brooke Christianson, Becky Rosnow, Paige Gieseke, Kory Peterson; (back) Tanner Hewitt, Leah Mahlen, Jay Mahlen, Dan Salvhus, Zach Boehrnsen, Derek Brinkman, Kyle Peterson, Roxanne Boehrnsen, Mike Boehrnsen, and Madison Juhl.



The smoke from the Canadian wildfires hung heavy in the air and created a fog last week for much of Northwest Minnesota.

Wildfires...

Continued from page 1

vacuuming. Vacuuming stirs up particles already inside your home, and activities like smoking, frying food, burning candles or using a gas stove can create more pollution.

Do not rely on dust masks for protection. Paper “comfort” or “dust” masks trap large particles, such as sawdust, but they do not protect your lungs from the small particles found in wildfire smoke. An “N95” mask, properly worn, can offer some protection.

Take care of yourself:

- Take it easy, listen to your body and pay attention to your symptoms.
- Monitor your body for any changes in your breathing or

health.

- If you have asthma or other breathing conditions, like COPD, make sure you have your rescue inhaler with you.

- People with asthma should review and follow their asthma action plan.

- Call your doctor or health-care provider if you're having trouble breathing or if your symptoms worsen.

Air Quality Index
Meteorologists at the Minnesota Pollution Control Agency (MPCA) forecast the Air Quality Index (AQI) at 18 locations in five regions across the state. Forecasts are important to help Minnesotans who are sensitive to air pollution for

planning ahead to protect their health.

On most days, the AQI across Minnesota is in the green (good) category, but occasionally, the AQI climbs into the yellow (moderate) category, or even into the orange (unhealthy for sensitive groups) or above categories (unhealthy for everyone).

While sensitive populations such as those with asthma, chronic obstructive pulmonary disease (COPD), children, and older adults are more likely to experience health effects during orange and red AQI levels, unusually sensitive individuals can experience effects in the yellow category.

5 great reasons to participate in scholastic sports

Many kids are introduced to sports at an early age. Though young children may enjoy the recreational aspect of playing sports, a serious passion for a particular sport may develop as children reach high school. Such passions can be encouraged, as participating in sports can be highly beneficial for young people.

1. Learn resilience: Compared to generations past, when children may have had jobs during the school year, today's children do not have many demands placed on them beyond schoolwork and maybe some light chores around the house. The average student may use sports as a way to learn about and overcome challenges. Participating in sports can teach kids how to recover from setbacks (being the losing team) or dealing with adverse situations (sports-related injuries).

2. Improve fitness: School sports require ongoing physical activity, which is advantageous to children in an age when lifestyles are increasingly sedentary. A report from the National Federation

of State High School Associations found that when female students are given more opportunity to engage in athletics in high school, their weight and body mass improve. School sports can help students overcome the negatives of sedentary lifestyles.

3. Relieve stress: Exercise in any shape or form can help relieve stress. The camaraderie that develops within a team setting also can boost self-esteem and help some students overcome any feelings of isolation they may confront during adolescence.

4. Boost brainpower: School sports may work the body but they also benefit the brain. A report from the Institute of Medicine indicates children who are physically active show greater attention, have faster cognitive processing speed and perform better on academic tests than those who are sedentary.

5. Develop confidence and leadership skills: A study from Cornell University says teens who played sports developed stronger leadership skills and developed better

confidence. That can work in a team or solitary setting, and translate into skills that serve a person well throughout life.



Sports Physicals:

All Win-E-Mac incoming 7th Graders and the majority incoming Sophomores and Juniors will need an updated sports physical on file at the school in order to participate in sports this school year. If you have questions regarding your child's need of a physical you can contact the Activities Director at blangemo@win-e-mac.k12.mn.us

Altru Clinic in Erskine offers \$30 Sports Physicals for Win-E-Mac athletes from July 13th thru August 13th from 9:00 am to 4:00 pm. You can call 218-687-5317 to make an appointment or for more information.

How to plan a perfect game night

Shared experiences are ideal ways to make new friends or solidify established relationships. Bonds can be strengthened even further when those shared experiences include entertaining activities. This is a great reason for adults to incorporate routine game nights into their social calendars.

Game nights are nothing new. Perhaps your parents or grandparents gossiped over a few games of gin rummy or weekly poker gatherings? Before the widespread proliferation of digital video games, board games were a go-to way to have fun.

Even now, game nights can provide the perfect way to slow down, have fun and get together with friends.

Hosting a game night can be an ideal way to have fun at home without turning on the television.

The following are a few things to consider when planning a game night.

The number of people dictates which games can be played

How many people are invited to game night will determine the games that can be played.

Game nights tend to be more successful with a guest between four and eight players. Keeping people engaged in a game can be more challenging if there are more than eight individuals, and most games are designed for a maximum of eight players.

Plan for finger foods

Game night etiquette typically dictates that hosts will



provide refreshments. In lieu of a sit-down meal, offer finger foods, which are easier to manage while engaged in game play. Premade party platters are an option if you want to spend more time entertaining and less time preparing food. Guests also can be encouraged to bring small dishes, such as sandwiches, chips and dips or other snacks.

Have a variety of games on hand

Let the course of the night be relatively fluid, even if you have a certain game in mind. If guests are not fans of a particular game, make sure you have others at the ready.

Music or a sports game playing in the background also can be a way to keep guests entertained between turns. When deciding on games, consider these criteria, courtesy

of Game Night Gods, an online game night resource

- The game should be easy to learn.

- The game should be relatively fast-moving.

- The game should pique interest and be strategic.

- Get out of your comfort zones

Acting zany and engaging in games that push people out of their comfort zones can help guests get to know one another and laugh along the way. Games also are a perfect way to learn something new with little to no pressure.

A game night can unite existing friends and help people interested in making new acquaintances find common ground. If in person game nights are not doable, gather virtually through video chat applications.

ESA discontinues use of Gypsy Moth, Ant names

Change marks launch of ESA effort to review, revise problematic insect common names.

The Entomological Society of America has removed “gypsy moth” and “gypsy ant” as recognized common names for two insect species in its Common Names of Insects and Related Organisms List.

The changes are made in conjunction with the launch of a new ESA program to review and replace insect common names that may be inappropriate or offensive. Entomologists, scientists in related fields, and the public are invited to participate in identifying and proposing alternatives for insect common names that perpetuate negative ethnic or racial stereotypes.

"The purpose of common names is to make communication easier between scientists and the public audiences they serve. By and large, ESA's list of recognized insect common names succeeds in this regard, but names that are unwelcoming to marginalized communities run directly counter to that goal," says ESA President Michelle S. Smith, BCE. "That's why we're working to ensure all ESA-approved insect common names meet our standards for diversity, equity, and inclusion."

Better Common Names ProjectThe Better Common Names Project seeks community input on ESA's common names list and will direct the formation of working groups to develop and recommend new common names where needed.



In March 2021, the ESA Governing Board approved new policies for acceptable insect common names, which bar names referencing ethnic or racial groups and names that might stoke fear; the policies also discourage geographic references, particularly for invasive species.

The existing common names for the moth *Lymantria dispar* and the ant *Aphaenogaster araneoides* were identified as containing a derogatory term for the Romani people. In June, the ESA Governing Board elected to remove the common names for both species from the ESA Common Names of Insects and Related Organisms List.

Native to Eurasia, *Lymantria dispar* is a serious pest of North American forests, with caterpillars that feed on more than 300 species of trees and shrubs. This year, parts of the northeastern U.S. and eastern Canada are seeing some of the largest outbreaks of *L. dispar* in decades. ESA will

seek to convene a volunteer group to propose a new common name for *L. dispar*, which would then be made available for ESA member comment and subject to approval by the ESA Committee on Insect Common Names and the ESA Governing Board.

The ESA Common Names of Insects and Related Organisms List was created in the early 20th century and has grown to recognize common names for more than 2,300 insect and arthropod species.

Only names that appear in the list may be used in articles published in ESA's scientific journals or in presentations and posters at ESA conferences, and ESA adheres to the list in all of its other communications, including its website, social media, and public policy documents.

ESA makes the common names list available as a public resource, and a variety of scientific organizations, extension professionals, and media outlets refer to it.



In July, the gazebo plans were made and the form was laid out at Poplar Meadows Senior Living.



In just over a month, the finishing touches were put onto the gazebo at Poplar Meadows nearing the completion with the residents ready to enjoy it.

5 benefits of game play for children

Parents walk a fine line when trying to determine how much time to allow their kids to engage in game play.

Game play has traditionally had a bad reputation, but parents can rest assured that by letting their children get involved in entertaining games of all types, including video games, they're actually helping their youngsters in various ways.

1. Board games present chances for learning. Board games are some of the first games young children get to play, and they can serve as introductions to lessons kids will ultimately learn in school.

Simple games help children follow directions, learn colors, numbers, and develop hand-eye coordination, according to Scholastic. As kids age and games become more challenging, the chances for learning

increase.

2. Games help with physical development. Parenting magazine reports that outdoor play entices children to be active and can boost fitness and physical stamina. All types of games work the body by strengthening muscles and bones. Being outdoors in the fresh air and sunshine is good for the body and mind. When a child is physically fit, he or she also may have a strong immune system that reduces the risk of developing diseases like obesity or diabetes later in life.

3. Games can boost creativity. Whether they're following the rules or finding ways to circumvent them, games offer opportunities for children to delve into their creative sides and utilize their imaginations. Video games can immerse them in different worlds where they can ponder

the what-ifs of role play.

4. Boost interest in school subjects. Certain video games depict historical settings or events that drive the play. Players may want to learn more about these situations and events. In addition, sparking an interest in various subjects and keeping the mind active can improve basic cognitive functions, states the pregnancy and childcare resource Maternity Glow.

5. Games allow for broadened social activity. Much in the way that game nights can help adults bond and make new friends, children who play games together may be able to meet others and engage with kids their age due to this shared interest.

Children can benefit from game play in ways that might surprise their parents