



McINTOSH

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Times

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McIntosh, Minnesota



The McIntosh Library held a summer program last Monday where kids could have some fun with chalk making stained glass designs on the sidewalks outside the Community Center. Here, Dawson and Aubrey Gunafson were making an outline to start to color in with the chalk.



Rosie and Ella Subbert were part of the group of kids that were having fun with chalk during the McIntosh Library summer program where the kids made some sidewalk chalk with the help of some local artists.

Annual Winger Firemen's street dance this Saturday

The Winger Fire Department will hold its Annual Street Dance on Saturday, July 31st on the south side of Liquor Pigs off Main Street in Winger.

The dance will start at 9:00 pm and music will be by DJ Wild Wes. There will be cash prize raffles throughout the evening.

The Department began in 1915, and has been having their annual Fireman's dance since 1948.

The Winger Volunteer Fire Department provides fire protection and emergency response services to the Winger community. The Fire Department's mission is to prevent the loss of life and property. In addition to responding to fires, the Winger Volunteer Fire Department also responds to medical emergencies, motor vehicle accidents, rescue calls, and incidents involving hazardous materials.

Everyone is welcome. Come



out and enjoy the evening with the Winger Fire Department and Wild Wes at Liquor Pigs.

Tips for handling problems with wells

State Rep. Deb Kiel, R-Crookston, said the state is offering resource guidance to people in Polk and Red Lake counties dealing with well issues amid a drought warning in Minnesota.

As of Thursday, the Minnesota Department of Natural Resources reported about half of Polk County is experiencing severe drought and the rest of the county is experiencing extreme drought. Most of Red Lake County is experiencing extreme drought. These conditions are affecting the groundwater supply in southern Red Lake and central Polk counties.

Kiel said she has been in touch with farmers who irrigate, as well as many homeowners who are having issues with wells.

"We are seeing a double-whammy, where dry conditions are leading to greater groundwater usage, yet our groundwater levels are not being recharged by rain," Kiel said. "More and more wells are being depleted, creating problems on many levels. The big thing is to make sure you reach out to a licensed driller as soon as you detect an issue with your well."

According to a DNR news release, recommendations include:

Why is this happening?

Groundwater is stored and moves slowly underground through geologic formations of soil, sand and rock called aquifers. These aquifer layers range from a few feet to almost 100 feet thick. Most aquifers are naturally recharged by rainfall or other surface water that infiltrates into the ground.

Many domestic wells within this area pump groundwater from the shallow aquifers located within 100 feet of the ground surface. Wells used for

irrigation and municipal water supplies often pump from deeper aquifers that can lower the water level of shallower aquifers, especially during a drought. Groundwater levels in some areas can decline during the irrigation season and cause problems for domestic wells near irrigation well sites, especially those with flowing domestic wells.

What can people do to avoid an out-of-water situation?

Encourage all family members to conserve water as much as possible. Water use impacts the well water level. For ideas about indoor and outdoor water conservation visit: DNR Water Conservation webpage and <https://www.ready.gov/drought>

Have an emergency plan for the family, bottled water handy, and the name and number of a licensed well driller.

Be aware of changes in the well, the water from the well and the area around the well. Changes in how often the pump runs, or in the smell or color of the water, can be signs of potential problems.

What if people go out of water?

Call a licensed well driller at the first sign of trouble. Many drillers are very busy during the drought, so they might not be able to visit right away.

If there is a high-volume water user nearby, contact that user and try to work out a solution together.

If you are unable to restore your water supply, contact the DNR's well interference coordinator at 651-259-5034 or the DNR area hydrologist for Polk and Red Lake counties at 218-219-8585.

Mac Senior Meals to resume dining at Community Center

McIntosh Senior meals will resume dining inside of the Community Center, to those that choose to on Tuesday, August 3rd. The meal will be baked chicken with a baked potato, broccoli, watermelon and milk.

Seniors can have the option to pick up their meals to take home or sit in the Community Center and dine with neighbors and friends.

If you are interested in either the home meal or dine in meal on each Tuesday and Wednesday, you can call the



LSS Senior Meal site in Erskine to add your name to the list for a meal at 687-2262,



Kids from the Clubhouse Childcare Center were able to join the fun at the McIntosh Library to make some chalk art on the sidewalks outside of the Community Center with the help of Jason Steinbrenner (pictured) and other local artist.

Celebrate National Farmers' Market Week is August 1st - 7th

National Farmers' Market Week (NFMW) will be held August 1-7 in communities across the country.

It's prime farmers' market season in Minnesota, and we have over 200 markets. Farmers' markets are a perfect opportunity to build lasting connections with local growers and support your community.

People who have never before shopped farmers markets may be curious as to why many people find them so appealing. The following are a handful of benefits of shopping farmers markets that might turn market novices into full-fledged devotees.

Freshness: Many people visit farmers markets because the fruits and vegetables sold at such markets seem to taste more fresh than those sold at chain grocery stores. People are not mistaken, as the produce available at farmers markets often comes from local farms, meaning there's no long-distance shipping necessary. Locally sourced foods need not be frozen en route to the market, meaning foods purchased there tend to taste especially fresh.

In-season foods: Some grocery stores may sell fruits and vegetables even when those foods are out of season. Farmers markets only sell in-season fruits and vegetables. To grow fruits and vegetables out-of-



season, farmers may need to rely on chemicals or other unnatural methods. No such means are necessary when farmers stick to growing foods in-season.

Environmental benefits: According to the Center for Urban Education about Sustainable Agriculture, food in the United States travels an average of 1,500 miles to get to consumers' plates. Such journeys burn natural resources, pollute the air and produce sizable amounts of trash that ultimately ends up in landfills and/or the world's oceans. Because food sold at farmers markets is locally sourced, considerably fewer natural resources are necessary to transport the food from farm to table, and the relatively short distances the food travels translates to less air pollution.

Biodiversity: Many farmers market shoppers find unique foods not readily available at their local grocery stores. This is not only a great way to discover new and delicious foods, but also a way to promote biodiversity.

Hormone-free animal products: Farmers markets do not exclusively sell fruits and vegetables. Many farmers markets also are great places to find meats, cheeses and eggs. Animal products sold at farmers markets are typically antibiotic- and hormone-free, which is both more humane to the animals and healthier than animal products produced with hormones or antibiotics.

Farmers markets are more accessible than ever, and the benefits to shopping such markets are endless.

Hydrate and refresh dry skin

Dehydrated skin is among the many causes of facial wrinkling, which also can be caused by smoking, environmental factors and UV exposure. Aging skin doesn't produce as much collagen and elastin, which allows skin to spring back into place, as it once did. Conditions like dry, dehydrated skin may make wrinkles appear worse. Treating dehydration and dryness may reduce wrinkles and refresh dry skin, giving it a more youthful appearance.

Those who want to treat dry, dehydrated skin must understand the difference between hydration and moisturizing as it applies to skincare. According to Annemarie Gianni, a skincare aesthetician and creator of Annemarie Skin Care, hydrating skin means increasing its water content by increasing the amount of water contained in skin cells. This can result in a healthy, plump complexion. Skin that is properly hydrated will keep fine lines and wrinkles from being overly apparent.

Moisturizing skin involves applying a lubricant that mimics naturally produced lipids and oils in the skin that will protect and soothe.

Hydration and moisturizing often work hand-in-hand. In addition to drinking plenty of water to hydrate the skin from the inside out, individuals can use products that contain

hyaluronic acid, glycerin and sodium hyaluronate. These are known as humectants. In addition, the National Center of Biotechnology Information says that aloe can improve water content in the skin. Once water is bound to the skin, a moisturizer will prevent the water from leaving it. Look for moisturizers with natural oils and butters to help retain moisture, like cocoa butter.

The following are some additional methods to maximize hydration and moisturize skin.

- **Take warm showers,** as hot water can strip the natural lipids from skin and cause dryness.
- **Avoid too many alcoholic beverages.** Alcoholic drinks are diuretics that can cause the body to lose water, advises WebMD.
- **Use a humidifier** indoors to amp up the moisture level in the air.
- **Enjoy water-rich foods,** like watermelon, cucumber, grapes, and other succulent fruits and vegetables.
- **Drink the recommended amount** of water per day, and limit your consumption of caffeinated and sugary beverages.
- **Work out to improve** blood flow and oxygenation in the skin.
- **Try a facial essence.** Facial essences are a principle of Japanese beauty regimens and

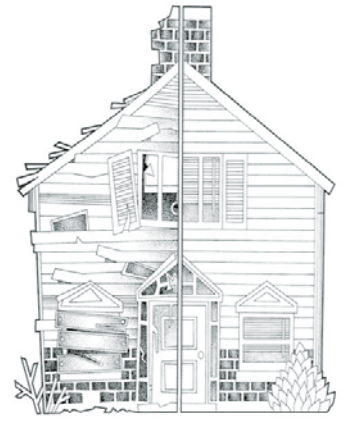
USDA offer low-income help to buy or repair homes

USDA Rural Development is accepting applications for very low- and low-income individuals and families seeking to purchase or repair a home in a rural area.

The Direct Home Loan program offers financing to qualified very-low and low-income applicants that are unable to qualify for traditional financing. No down payment is required, and the interest rate could be as low as one percent with a subsidy.

Applicants must meet income and credit guidelines and demonstrate repayment ability. The program is available in rural communities of generally 35,000 people or less.

The Repair program has a maximum loan amount is \$20,000 at a one percent interest rate, repayable for a 20-year term and can be used to improve or modernize homes and do essential repairs. Grants of up to \$7,500 are available to homeowners 62 and older and must be used to remove health or safety hazards, such as fixing a leaking roof, installing



indoor plumbing, or replacing a furnace.

Contact a USDA Rural Development Housing Specialist in your area today, to see if you qualify.

USDA Rural Development loans and grants provide assistance that supports infrastructure improvements; business development; housing; community services such as schools, public safety and health care; and high-speed internet access in rural areas. For more information, visit www.rd.usda.gov/mn.

MSL fundraising events for Harvest Festival

McIntosh Senior Living will again hold various fundraisers for the residents of the facility on Saturday, September 18th as a part of McIntosh Harvest Festival.

The first event of the day is the 5K Walk/Run with registration beginning at 8:30 am and the 5K starting time of 9:00 am. The event will begin and end at the McIntosh Senior Living parking lot. There is a \$25 entry fee for adults and a \$10 entry fee for kids. A family can register with a cap of \$75.

Also starting at 9:00 am is the ever popular silent auction gift basket booth located at the McIntosh Fire Hall. The baskets offer a range of products

and are always a sought after item during Harvest Festival.

Make sure you take time and register for Cow Pie Bingo. There will be 3 bingo times at 10:00 am, Noon, and 2:00 pm. The bingo board and cow will be located in the former Wertish parking lot on the south side of Main Street. There will be 100 squares at \$5 a square. You can get your numbers on the bingo board in advance at McIntosh Senior Living.

Come and join in the fun with your friends and family during Harvest Festival in McIntosh.

If you have any questions regarding the MSL events you can call 563-2715.

Try watermelon in a new way

Watermelon Salad with cucumber and feta is an easy to make, refreshing salad to make this summer. Salty, sweet and perfect to try next time you grill out.

Watermelon Salad with cucumber & Feta

1 mini watermelon (approximately 4 cups), rind removed and cubed

2 cucumbers (approximately 1 cup), sliced

3 ounces feta cheese, cut into cubes

1 tablespoon chopped mint

1 tablespoon chopped basil

1 lime, juiced

Kosher salt and fresh ground black pepper to taste

Olive oil to taste

In a large serving bowl add



Did you know?

Watermelons provide cooling, juicy refreshment during the warm days of summer. But while they're most associated with summer, watermelons can typically be found in grocery stores year-round. Watermelons are members of the cucurbitaceae family, which includes other gourds, such as pumpkin, squash and cucumber. Watermelons can be considered a fruit or a vegetable. In some areas of the world, watermelons are considered a fruit used primarily in snacks and desserts. In Russia, watermelon rind is pickled, while some Asian countries stir-fry or stew watermelons. To quench one's curiosity about watermelons, the following are six facts about this beloved food, courtesy of The Watermelon Board.

1. Washing watermelons before cutting into them will help prevent the transfer of any dirt or bacteria into the fleshy center.
2. An average 15- to 20-pound watermelon offers 90 6-ounce servings.
3. Watermelons grow in warm climates and are harvested from Florida to Guatemala. Residents of the United States who want to enjoy domestically grown watermelons should look for them in June, July and August.
4. Seedless watermelons contain small, white "seeds." These are actually seed coats that didn't fully form. Crossing watermelons that are a diploid plant (having two sets of chromosomes) with a tetraploid plant (having four sets of chromosomes) will form a fruit with a triploid seed three sets of chromosomes). It's the triploid that produces seedless watermelons.
5. Whole watermelons do not necessarily need to be refrigerated. But once cut, any remaining pieces should be refrigerated.
6. Watermelons are 92 percent water, and they're the perfect carrying case for beverages. Early explorers even used watermelons as canteens.

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

Taco Bar at MSL

The McIntosh Senior Living QAPI committee is raising money to purchase some fun extras for the residents and staff. There will be a taco bar on Tuesday, August 31st from 11:00 am to 1:00 pm at McIntosh Senior Living. The \$7 price includes tacos, rice krispy bar and lemonade. Takeout or delivery withing the McIntosh City limits is available by calling 563-2715. Outdoor seating will be available weather permitting. Who doesn't love tacos? See you there!



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

Sun. Aug. 1: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Aug. 8: 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

Aug. 8: 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

Fri. July 30: 10:00am Telecast of Luther League program on GVTV--30

Sun., Aug. 1: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues. Aug. 3: 10:00am Sunday worship service telecast on GVTV--30

Wed. Aug. 4: 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.

PASSPORT PICTURES

Call for appt.

487-5225

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

M18-19C



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M3-28C

The County Line
By Warren Strandell
Polk County Commissioner, Dist. 2

People have often asked me how often the County Board meets each month and further what we as commissioners do at all these meetings.

Well, the board meets three times a month — on the first, third and fourth Tuesdays. County commissions have definite responsibilities — much like city councils, state legislatures, and congress — to provide government services. These include law enforcement, highway maintenance, keeping property records, providing social services, environmental services, health services and all the other things mandated by law. In reality, counties are an extension of the state government... legislators pass the laws, and we carry them out.

Counties have to prepare and send out the property tax bills that in addition to the county portion include the taxes to be collected for cities, school districts, townships, watershed districts, special taxing districts, and even for the State of Minnesota, which if you didn't know gets a good chunk of your property taxes.

Because of its role in preparing and sending out property tax bills, counties often get blamed for increases in the tax bill even though they haven't been the biggest contributor to the problem.

As for Polk County, we board members and the Administrator Chuck Whiting have made it a practice of limiting county levy increases to that of about inflation, or about three percent. Afterall, costs go up. That's just the way it is. You have to deal with that while also maintaining buildings, equipment, highways, and a good workforce.

Over the past 10 years and more, we've held our levy increases to about three percent (actually 2.70 percent). In that time there have been annual additions of some \$20 to \$25 million of new valuation (from new construction and property revaluation) to the county's total tax base, which now totals some of \$5.7 billion. With the benefit of these valuation increases, the "county" portion of my tax bill has generally not gone up much at all in that time. If the valuation of your property(s) didn't change, the same was likely true for you. That's the county portion of your bill.

For the sake of conversation about what commissioners do, I will "report" on some of the subjects that were a part of the agenda of a recent meeting (July 20). The thoughts and comments that follow are not in a "journalistic" or news form but just capture some my thoughts as the day proceeded.

Highway — On a 4-1 vote, with Commissioner Mark Holy in opposition for some very good reasons, the board approved participating in a work order to design and construct a round-about at the intersection of State Highway 75 and CSAH 21. I'm not a big proponent of round-abouts but with its history of crashes, something just has to be done at that intersection and a round-about (with the Minnesota Department of Transportation strongly recommending that option ... and in this case with the state and

federal governments paying for almost 90 percent of the projected \$2-plus million cost), I had to vote to proceed with that plan.

The county portion of the cost will be about \$200,000 and will come from existing revenues, not a tax increase. The project will include relocating the Highway 75 roadway to the west to create a greater space between the round-about and the railroad tracks. Construction is planned next year.

County Budget — Department heads are in the process of finalizing their 2022 budget requests. After his review, Administrator Whiting will present them to the County Board. As has been the practice, a preliminary levy increase will likely be limited to five percent this fall. The final levy that will be approved in December will again be in that three percent area.

Salary negotiations — Negotiations for new three-year wage agreements with eight different organized employee groups will soon begin.

Fraud Prevention — In his report Regional Fraud Prevention Specialist Marc Cardinal noted that of the 63 and 58 cases he worked in Polk County during the past two fiscal years, respectively, almost all involved the sale or unauthorized use of EBT (Electronic Benefits Transfer) card benefits that are used in the SNAP (Supplemental Nutrition Assisted Program, formerly Food Stamps) food program. Cardinal said the illegal sale of EBT card benefits often occur right within a grocery store and that the participants have signals for the ways that they connect. The next time you are in the store you might watch for that.

A high number of valuations also involved medical issues and social service funding violations. For the year, the savings in Polk County amounted to \$172, 084 in fiscal year July 1, 2019-June 30, 2020 and \$172,084 in fiscal year July 1,

Beginning farmers
tax break still available

Tax credit available for land, equipment expenses to start farming.

A tax credit for the sale or lease of land, equipment, machinery, and livestock in Minnesota by beginning farmers is still available through the Minnesota Department of Agriculture's (MDA) Rural Finance Authority.

To qualify, the applicant must be a Minnesota resident with the desire to start farming or who began farming in Minnesota within the past ten years, provide positive projected earnings statements, have a net worth less than \$862,000, and enroll in, or have completed an approved financial management program.

The farmer cannot be related by blood or marriage (e.g., a parent, child, grandparent, grandchild, or sibling) to the person from whom he or she is buying or renting assets. The farmer must provide most of the labor and management of the farm.

The tax credit for the sale or lease of assets can then be ap-

plied to the Minnesota income taxes of the owner of the agricultural land or other assets.

Three levels of credits are available:
5% of the lesser of the sale price or fair market value of the agricultural asset up to a maximum of \$32,000
10% of the gross rental income of each of the first, second and third years of a rental agreement, up to a maximum of \$7,000 per year
15% of the cash equivalent of the gross rental income in each of the first, second or third year of a share rent agreement, up to a maximum of \$10,000 per year

The Beginning Farmer Tax Credit is available on a first-come, first-served basis. Applications must be received by October 1, 2021.

Interested farmers should note that they can also apply for a separate tax credit to offset the cost of a financial management program up to a maximum of \$1,500 per year — for up to three years.



40 years ago...1981: These baseball gloves were waiting on the McIntosh School sidewalk in anticipation of a recent ballgame. The boys who belonged to the gloves were: Mark Gunderson, Chris Burslie and Howard Glockzin (front) and Mark Sonstelie, Mick Schimanski and David Kiecker (back).



30 years ago...1991: Win-E-Mac students attending the "AFS Farewell" for Peach and Jannica were (l-r, back) Tanya Ostenaa, Carrie Hegg, Stephanie Hegg, Emily Hegg, Jeff Haaven and Erin Tangen; (sitting) Tanya Schob (of Thief River Falls), Peach, Jannica, Kylie Horacek, Rose Syverson and Tiffany Haaven.



10 years ago...2011: Employees of the Cenex convenience store in McIntosh served a delicious BBQ lunch for everyone to enjoy during their customer appreciation day. Left to right: Lisa Kuzmin, Michelle Longtin, Pana Zarkoff and Derrick Haugen.

Pictured right: 20 years ago...2001: Children from the "Playhouse" daycare climb into the Jungle Gym and over the slide as they wait for a cooling breeze on a sultry, sunny day. Jordyn Ose, Megan Espeseth, Ian Nichols, Derek Gieseke, Paige Gieseke, Garret Espeseth and Austin Waliser.





Chalk drawing on the sidewalk is great fun on a summer day, and these kids were able to do it with the help of some local artists. Margie Illies, Karen Norland and Jason Steinbrenner were on hand during the McIntosh Library program for kids last week.

Drought resources for farmers

Numerous federal and state programs exist to help farmers, ranchers, communities, and businesses that have been hard hit by natural disasters, such as a severe drought. Below is a non-exhaustive list of federal and state resources that can help agricultural producers recover. To learn about which federal assistance programs might be right for you, please visit the USDA Disaster Assistance Discovery Tool.

State agricultural disaster assistance programs

Emergency Loans

Disaster Recovery Loan Program

Zero-interest loans are available to Minnesota farmers whose operations are suffering due to extreme drought conditions under the Minnesota Department of Agriculture Disaster Recovery Loan Program. This loan is available to help cover lost revenue or expenses not covered by insurance. The funds can be used for 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. Applicants will work through local lenders to apply for the Disaster Recovery Loan Program. Upon completion of an application, the lender will apply for RFA participation. (The RFA must have a completed Master Participation Agreement with the lender on file). Eligible farmers must have received at least 50% of their annual gross income from farming for the past three years. Interest rates on the Rural Finance Authority portion of the loan are currently set at 0.0%.

Federal agricultural disaster assistance programs

Numerous federal assistance programs are designed to address agricultural losses following natural disasters, including drought.

The U.S. Department of Agriculture (USDA) administers these programs, which include subsidized insurance, direct payments for loss, loans, and cost share to rehabilitate damaged lands. The programs have permanent authorization and

are intended to assist producers recovering from production, financial, and physical loss related to or caused by natural disasters. Each program has a different administrative process for producers requesting assistance. Visit the USDA Disaster Assistance Discovery Tool to learn about the USDA assistance programs that might be right for you.

Direct Payments

Some USDA programs provide payments to cover production losses above normal mortality. Advance sign-up is not required. However, application deadlines exist following a qualified loss. These programs are permanently authorized and receive mandatory funding amounts of "such sums as necessary." USDA's Farm Service Agency (FSA) administers the following direct payment programs; producers may file applications through local FSA offices.

Livestock Forage Disaster Program (LFP)

LFP provides payments to eligible livestock producers who suffered grazing losses for covered livestock due to drought on privately owned or cash-leased pastureland (including cropland planted specifically for grazing). A county's Drought Monitor intensity level and the drought severity and duration trigger payment.

Insurance

The Federal Crop Insurance Program and the Noninsured Crop Disaster Assistance Program (NAP) provide subsidized or federally supported insurance coverage for yield, revenue, or other losses on eligible crops and livestock for covered causes of loss. Policies must be purchased prior to a disaster event. These programs are permanently authorized and have mandatory funding authority. Approved private insurance companies sell and service federal crop insurance policies. Producers must contact their crop insurance agents to file a claim following a loss. NAP coverage is for crops that are ineligible for federal crop insurance and is purchased from FSA. Producers must notify their local FSA offices follow-

ing a loss.

Emergency Loans

When either the President or the Secretary of Agriculture declares a county a disaster area, agricultural producers in that county may become eligible for low-interest emergency farm loans available through FSA. USDA issues this disaster designation nearly automatically during periods of severe drought under a "fast-track" process in accordance with Drought Monitor intensity. Loans may help producers recover from production and physical losses. The program is subject to appropriations (\$1.2 billion available in FY2021).

Conservation Assistance

Certain nonemergency USDA conservation programs also may provide assistance during drought periods.

Conservation Reserve Program (CRP) Emergency Haying and Grazing

CRP provides annual payments to agricultural producers to take highly erodible and environmentally sensitive land out of production and install resource-conserving practices for 10 or more years. Haying and grazing may be conducted on CRP land in response to drought or other emergencies (except during primary nesting season for birds). In many cases, environmentally sensitive land is ineligible. FSA issues haying and grazing authorization. In Minnesota, this is authorized after August 1, 2021.

Environmental Quality Incentives Program (EQIP)

EQIP provides financial and technical assistance to producers to address natural resource concerns on private agricultural and forestland. Under EQIP, conservation plans can emphasize improving soil health to be more drought-resilient and fund related conservation practices, such as no-till, cover crops, and irrigation system improvement. If existing conservation practices fail due to drought, assistance may be available to restore those activities. For more information, please visit NRCS Minnesota.

Information provided by the Congressional Research Service. Updated July 21, 2021.



Roman Shultz was with a friend and his brother and sister when he attended the Mac Library Chalk Art summer program last week in front of the Community Center in McIntosh.

LSS seeks volunteers to offer a break to family caregivers

Roxanne Iverson-Boice understands the importance of volunteering and the positive impact it can have on the older adults she spends her time with.

"Volunteering improves the lives of everyone," says Roxanne. "It's meeting new people, doing new things, sharing ideas and stories, helping an individual realize their own potential, developing friendships, and most importantly, ensuring safety in their lives so that they can remain in their home with family."

As an AmeriCorps caregiver support & respite volunteer through Lutheran Social Service of Minnesota (LSS), Roxanne offers breaks to family caregivers by spending a few hours each week with older adults and going for walks, sipping coffee and enjoying conversations.

Roxanne also recognizes the impact that volunteering has on her own life.

"It gives me a sense of self-worth and is mentally and emotionally uplifting for me," she shared. "Volunteering



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.

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

Summer Rec after season get togethers

There will be one last activity per team before the year is officially done, here are the breakdowns.

MITES / MIDGETS
Activity: Water ball (Players & Parents)

Date: August 2, 2021
Location: WEM School
Time: 6:00 p.m. - 7:30 p.m.
Meal: Hotdogs, Chips, water, & Icedes

PEE WEES / BANTAMS
Activity: Water ball (Players & Parents)

Date: August 3, 2021
Location: WEM School
Time: 6:00 p.m. - 7:30 p.m.
Meal: Hotdogs, Chips, water, & Icedes

PONIES / CADETS
Activity: Red Hawks Baseball Game

Date: July 29, 2021
Location: Fargo / MHD.
Time: 9:30 a.m. - 6:00 p.m.
Meal: Box lunch & \$ 10.00 spending money

The bus will be leaving at 9:30 a.m., please have your player at the school by 9:15. I need your player to bring the completed parent permission slip at that time. If you forget to do it I will have additional copies at the school that morning.

Tips for dorm room and campus safety to ease worry

Life on a college campus can be exciting, especially for freshmen enjoying their first taste of life away from home. As exciting as campus life can be, it also can be a bit nerve wracking for students who have never before had to fend for themselves.

Administrators and security personnel work to make school environments as safe as possible, but incidents can happen on any campus.

A recent report from Campus Safety and Security, there were 38,100 reported criminal offenses, including burglary and identity theft, on college campuses in the United States in 2017.

Students need not live in fear on campus, but embracing various safety measures can make life at school that much safer.

- **Hide or lock up valuables.** You never know what may catch the eye of a thief. Devices and cash are near the top of lists of most commonly stolen possessions, but a des-

perate student may steal notes or even expensive textbooks if he or she is struggling. Always close doors and lock dorm rooms when leaving.

- **Keep valuables out of sight at school.** Consider buying a dorm room safe and lock your locker at all times.

- **Prepare for emergencies.** Research the school's policies on emergency preparedness.

- **Some have text alert systems for emergency situations** like adverse weather conditions, while others have clear guidelines on what students should do if they feel threatened in any way. Participate in fire drills and learn the nearest exits and protocols for emergency evacuations.

- **Utilize the buddy system.** Most campuses are safe to move around, but it can't hurt to schedule certain classes, particularly if they take place after dark, with a friend so you can walk to and from classes together.

Security experts say that elevators and stairwells are common places for assailants to target victims.

- **If you ever feel uncomfortable,** trust your instincts and err on the side of caution.

- **Install window alarms.** Many retailers sell battery-operated window alarms that can be adhered to windows. The alarms will activate if the window is opened or the glass breaks.

- **These alarms can provide extra security** even if your dorm room isn't on the ground floor.

- **Be alert when ridesharing.** The safety resource Safety.com says rideshare crimes are on the rise.

- **Always identify your driver and vehicle** before getting in and ask the driver to identify your name, as he or she will have it and your destination. Wait for the ride in a safe place, and try to avoid riding alone.

- **Maintain personal**

health. Be sure to visit the doctor and stay current on necessary vaccinations, such as the one for meningococcal disease.

- **The Centers for Disease Control and Prevention** says the risk for meningococcal disease in college students is slightly higher than the risk in

Did you know?

Supporting local businesses has some surprising benefits that can greatly improve life for entrepreneurs and the communities they call home. Large corporations may find it impractical to open up shop in some small towns, villages and rural areas, feeling that the cost of opening and maintaining the business might not be justifiable with such a small potential customer base. In such instances, small businesses offer an invaluable service to their communities, providing readily accessible goods to residents might not be able to or

other teens and young adults who are not attending college. Other communicative diseases can spread more easily on campus as well.

- **Campus and dorm safety** is multifaceted. Informed students can reduce their risk of being involved in accidents or being targeted by criminals.

simply don't want to drive long distances to purchase items from the nearest retail center. Small businesses also provide employment opportunities to local residents, which can be especially valuable in communities where jobs are few and far between. Supporting small businesses also can help make communities safer and more stable. When small businesses thrive, they pay more in local taxes, and that increased tax revenue is then used by local governments to fund local schools, police forces and fire departments.

vide this life-changing support.

Currently, due to COVID-19, all visits are being done virtually through phone and video chat, but support can be given, and friendships are still formed even virtually. Lutheran Social Service of Minnesota is hoping to resume in-person volunteering in the fall.

As the population of older Minnesotans grows, so does interest in this service. Lutheran Social Service of Minnesota is seeking volunteers to help meet an increasing need to provide support and respite to family caregivers.

This service offers an opportunity for caring individuals to share their skills, meet new people and make a direct difference in people's lives. Volunteers earn a monthly living allowance ranging from \$150 to \$250 and can earn a \$1,300 to \$1,600 education grant annually, which they can use for tuition and student loans. Volunteers who meet hourly requirements over four years can earn a total of up to \$18,400.

Volunteers older than 55 can also put these grants toward a child or grandchild's education fund.

Lutheran Social Service of Minnesota provides volunteers with training and requires no prior experience. To qualify, volunteers must be at least 17 years old, with availability each week and a reliable vehicle. They also must pass a standard background check.

Lutheran Social Service of Minnesota is seeking volunteers in the following counties: Becker, Brown, Chippewa, Clay, Crow Wing, Hennepin, Jackson, Kandiyohi, Mahnom, McLeod, Meeker, Otter Tail, Pennington, Polk, Ramsey, Roseau, Sherburne, Todd, Wadena, Wilkin and Yellow Medicine.

The statewide organization serves all Minnesotans and welcomes volunteers from different faiths, ethnic backgrounds, sexual orientations and stages in life to inquire. To learn more or to get started, please contact program director Tara Giese at 866.787.9802, tara.giese@lssmn.org or visit lssmn.org/caregiver/volunteer-now.