



McINTOSH Times

Hub of the Thirteen Townships

Since 1888

McIntosh, Minnesota

\$1.00

Rainy weather mars the 1st Annual Neil's Memorial Car Cruise



On Thursday, July 14th, the 1st Annual Neil Bursheim Memorial Car Cruise was held on Main Street in McIntosh and was well attended even with the rainy skies above. Many of Neil's friends and car club members came out to Neil's Quality Meats and More to visit and share memories of Neil and some pretty cool cars.



Harald and Adella Thompson spent many years at Poplar Meadows Senior Living in McIntosh. A lot of the warm summer days were spent outside caring for the rose garden. Honoring Harald and Adella's memory, Poplar Meadows has dedicated and named the rose garden the Harald and Adella Thompson Rose Garden. Pictured with Harald are his four children, Anne, Ruth, Mark and Naomi.

Summer food aid coming for over 400,000 children

As the cost of groceries climbs, the families of 410,000 Minnesota children will receive support to help them provide healthy foods this summer.

This month, federal funds totaling up to \$180.5 million will begin going to the families of 320,000 schoolchildren and 90,000 children age 5 and under.

Most eligible families do not need to apply for the Summer Pandemic Electronic Benefit Transfer, or Summer P-EBT, and will receive the benefits automatically.

The Minnesota Department of Human Services will begin issuing the benefits on P-EBT cards in late July for school-age children, and on EBT cards in early August for children 5 and younger.

"With food prices skyrocketing, families need this support so they can provide nutritious meals for their children over the summer," said Human Services Commissioner Jodi Harpstead. "The economic impact will also be substantial as people spend their Summer P-EBT benefits at grocery stores and farmers markets."

Beginning in late July, DHS will load \$435 onto P-EBT cards for each schoolchild who was approved for free or reduced-price meals and enrolled in the last month of the recently completed 2021-22 school year. In early August, DHS will issue \$218 on family EBT cards for each child 5 or younger, if they are enrolled in the Supplemental Nutrition Assistance Program, Minnesota



ta Family Investment Program or Tribal Temporary Assistance for Needy Families, and in child care. In October, the department will issue \$217 in Summer P-EBT benefits per eligible child 5 and younger and not enrolled in school at the start of school year 2021-2022, directly to their families' EBT cards.

"Minnesota's P-EBT plan provides food benefits to families throughout the summer months, which helps families continue eating healthy meals," said Education Commissioner Dr. Heather Mueller. "This is especially important in the summer, to help ensure children do not fall behind in their learning and development."

For children 5 and under, the August Summer P-EBT payment will be combined with an earlier P-EBT payment of \$31.20 per month from January to May, for the months that children were eligible. The benefits will go directly to their families' EBT cards.

Families who are eligible for Summer P-EBT will receive an email or text, as long as they have not opted out of receiving notifications. Parents who want to receive texts notifying them when benefits are available can sign up by using the P-EBT Help Form.

Families who were not pre-

viously approved can also apply for Summer P-EBT:

For school-age children, families have until Sept. 2 to apply through their schools on the Application for Educational Benefits for free or reduced-price meals through the National School Lunch Program. If approved, they will receive Summer P-EBT benefits beginning in late October.

For children 5 and younger, families have until Aug. 31 to apply for Summer P-EBT by enrolling in SNAP, MFIP or Tribal TANF. To enroll, they can visit MNbenefits.mn.gov, or contact their local county or tribal human services agency. The Summer P-EBT payment for families who are approved will go out in October.

Effective Sept. 1, 2022, all food benefits will be removed from EBT and P-EBT cards after nine months of not being used.

Once removed, these benefits cannot be replaced. Families using EBT cards can check their balances by contacting EBT Edge Customer Service at 888-997-2227 or www.ebtEDGE.com. They can also check the balance from their mobile device by downloading the free ebtEDGE mobile app available at www.FISGLOBAL.COM/EBTEDGEMOBILE. If they have questions about EBT benefits changes or need additional information, they can contact their case workers. If they have questions about P-EBT benefits, they can contact the P-EBT Call Center at 651-431-4608 or 833-454-0153.



Our Savior's Lutheran Church of McIntosh, along with A New Journey Lutheran Parish held a supper and worship service on Wednesday, July 13th. All were welcomed to attend where there was fellowship, worship and song. Phil Lee (above) performed a song for those that attended and Wanda Stordahl (below) read a scripture as part of the service held that evening.



WEM
Activity meeting
Parent Activity Meeting & Sign Up for ALL sports/activities for the upcoming 2022-2023 school year will be held on Thursday, July 28th at 6:30 pm in the Win-E-Mac commons.

Sports physicals are needed every 3 years, so typically 7th grade and 10th grade students should be getting them. Fall sports coaches will also be on hand to go over the upcoming season's schedule. Students and parents should attend.

WEM
preschool screening
Win-E-Mac Preschool/Early Childhood Screening is a free and simple check of how your child is growing, developing and learning.

A trained professional will check:

- Vision and hearing
- Height and weight
- Immunizations (shots)
- Large and small muscles
- Thinking, language and communication skills
- Social and emotional development

Preschool/Early Childhood Screening is open to all children, ages three years old and up, who have not been screened. Children must be screened before entering preschool and kindergarten.

The screening will take place at the Polk County Public Health (Bjella Building) in McIntosh.

Contact Heather Earls at Win-E-Mac to set up an appointment time for your child to be screened.

Email: hearls@win-e-mac.k12.mn.us and phone Win-E-Mac: 218-563-2900.



Keeping dry by visiting indoors, many of Neil's friends gathered together inside Neil's Quality Meats & More on the rainy Thursday to honor and visit about him and his love of cars.

Helpful tips for picking and cutting watermelon

Watermelon is a summer-time staple. Each summer, stores and farm stands have an abundance of watermelons on display, and many people feel no picnic or barbecue is complete without watermelon. Watermelon is a refreshing option on hot days. It's ideal sliced and served, or can be included in fruit salads, smoothies or even "spiked" cocktails. The key to a tasty watermelon is knowing how to pick one that is ripe, while serving watermelon comes down to understanding some easy cutting strategies. Choose a watermelon that has a firm, symmetrical shape. Avoid melons with bumps, dents or cuts. Watermelons should be relatively heavy. They're 92 percent water, and that juicy-

ness should be reflected in a substantial weight for the melon's size. Watermelon.org advises looking for a creamy yellow spot on the underside of the watermelon. This is called the "ground spot." It indicates where the melon sat on the ground and ripened in the sun. Once cut from the vine, a watermelon has about three to four weeks to be consumed. All parts of the watermelon are edible, including the seeds and rind. The rind can be pickled or cut up to use in stir-fry dishes. When bringing watermelon to an event, it is a courtesy to bring it already sliced or cut up. This ensures the host or hostess does not have to tackle what can sometimes be a chore.

Here are three techniques to cut a watermelon easily. **Cubes** 1. Cut both ends off of the watermelon. 2. Stand the watermelon on one sliced end. Use the knife to slice down and cut off the rind. 3. After removing the rind from all sides of the melon, cut into discs about 1/2-inch in thickness. 4. Then cut those discs into cubes. **Slices** 1. Cut the watermelon in half lengthwise. 2. Take one cut half and place it cut-side down. 3. Cut the watermelon into slices. 4. Repeat for the other cut half. **Strips** 1. Cut the watermelon as you would with the slices.

Rather than leaving it in large slices, turn the watermelon and cut the same size slices in the opposite direction. This creates strips that are easy for kids to grab and maneuver. 2. Repeat with the other half of the watermelon in the same manner. **New Journey Parish Sunday Revival** Join New Journey Parish of Gary, Immanuel, Our Savior's and Ness Lutheran Churches for a Sunday Revival on July 31, 2022 from noon to 4:00 p.m. This will be a day of faith, family, friends and fun. There will be root beer floats, entertainment, scripture readings, yard games and the food truck, Barnyard Bits. Hosted at Jim & Sue Steinmetz Farm located at 2326 170th St., Mahnomen, MN.



NOTICE PRIMARY ELECTION

Notice is hereby given, that the polls shall be open from 10:00 a.m. until 8:00 p.m. at the Town Hall, on Tuesday the 9th day of August, 2022 for the state and federal primary election. Given under my hand this 22th day of July, 2022. Raymond O. Sundrud Clerk/Treasurer of Hill River Township M19-20C

Have creative endeavors, namely arts education, been largely pushed aside?



A growing emphasis on STEM has emerged within the educational sector over the last decade or more. Schools and students have put forth extraordinary effort into fostering science, technology, engineering, and mathematics in curriculums and through personal pursuits. Although there are many proponents of STEM classes and careers, many people feel that creative endeavors, namely arts education, have been largely pushed aside in favor of STEM. But as evidence that arts-based learning has a positive effect on all aspects of education continues to mount - including improving students' test scores on the SAT as well as in math and science - many educators are reintroducing art in schools. For example, prior to 2017, Mann Elementary School in Detroit had not offered art classes in 20 years. By 2017, some art and music classes had been restored. Students in Lebanon, Penn. also are learning the importance of the arts through the STEAM concept. First implemented by the Rhode Island School of Design, the "A" in STEAM stands for "Arts." STEAM encourages students to think not only analytically but creatively, essentially blending the best of math and science with the arts.

A recent study from PayScale.com even notes that graduates obtaining art degrees from certain schools can

expect healthy returns on their educational investments. This furthers the push for a reintroduction of arts educa-

tion, as it indicates that a career in the arts can be a potentially lucrative pursuit.

Report examines state of state's small meat processors

Livestock farmers in Minnesota are facing limited meat processing access due to processor closures and fully booked processing appointments, according to a new report, "Solving the Meat Processing Workforce Bottleneck." The report's authors interviewed 57 small- to medium-scale meat processors across the state. They found processors are at capacity and looking to hire long-term, reliable employees who could be trained to fit their business needs. "We're really struggling in the skilled labor section of the business - butchering, breaking down and processing. It's a very skilled craft," said one of the locker owners. The authors make several recommendations in the report, including: Creating a one-year apprenticeship for workers with hands-on training in slaughter and meat processing. Establishing a pool of funds for processors to access for trainee relocation packages, retention bonuses and training programs. Developing business transition training materials and resources. "Local meat processors have been disappearing from rural Minnesota. Sustaining these businesses and encouraging them to source locally is vital for livestock farmers to access the more-profitable direct sales

markets," said Paul Sobocinski, one of the report's authors and a Redwood County Farmers Union member who raises livestock in southwestern Minnesota. The report's authors are farmers Sobocinski and Ted Suss; Don Arnosti, a local food connector; Maya Benedict, a former butcher shop operations manager and a graduate student at the University of Minnesota, and Courtney VanderMey, a grant specialist at MDA. A third of processors interviewed for the report have not started planning for future sale of their business and many processors don't know where to find help for such ownership transitions. In general, successful transitions have involved family members or internally trained employees. Unique barriers exist for Latinos and other people of color who are interested in ownership of small locker plants, including language barriers and access to capital. "Latinos are already working hard in meat processing in rural communities across Minnesota. With a concerted effort to overcome unique barriers, this research shows that some would choose to work in, and own, small rural meat processing plants," said Greg Schweser, RSDP's Director of Sustainable Agriculture and Food Systems. The report's authors also

note that the few local lockers in Minnesota that stock their retail counters primarily with locally sourced meat should be studied with an eye to replicate their success. This could be an important value-added opportunity for local livestock farmers in enhancing their fair share of food dollars. Paul Hugunin, Director of MDA's Ag Marketing & Development Division said, "This report will inform our ongoing work focused on retaining and expanding these vital rural businesses." Schweser agrees. "Livestock production in Minnesota is a vital aspect of our agricultural economy. Ensuring robust and thriving local meat production, processing, and supply chains requires a clear understanding of the challenges our processors are currently navigating. This comprehensive report takes a deep dive into their world and provides practical and actionable recommendations for supporting the future of local meat production in Minnesota." The study was funded by University of Minnesota Regional Sustainable Development Partnerships (RSDP), with financial support from the Minnesota Department of Agriculture (MDA) and Minnesota Farmers Union (MFU). Download this University of Minnesota report at: <https://www.misa.umn.edu/meat-processing-bottlenecks>.



Wed. July 27: Makenzie Roed, *Jered & Theresa Agnes
Thurs. July 28: Diane Boucher, Madisen Pries, *Sam & Amber Finseth
Fri. July 29: Kathy Finseth, Cecil Finseth, Mae Dianne Breckel
Sat. July 30: Grafton Langemo, Cody Huschle
Sun. July 31: Marvie Johnson, Steve Urness, Sydney Svalen, *Jason & Nicki Carlson, *Jeremey & Danielle Finseth
Tues. August 2: Connie Syverson, Chelsea Ekeberg, Travis Mahlum, Adler Stordahl, Calie Maruska, Courtney Maruska, Tanya Hamre, Pearl Johnson, *Bob & Karen Olson

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"Serving the Win-E-Mac area"

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LSS Meals Menu 687-2262

Call to reserve your meal.
Indoor dining at 11:30 am;
drive-up available at 11:00 am.

Mon. August 1: Spaghetti w/ Meat Sauce - lettuce Salad - Pineapple - Garlic Texas Toast - Swedish Coconut Cookies - Milk
Tues. August 2: *Bingo* Pork Loin - Sweet Potatoes - Broccoli - Wheat Bread - Chocolate Chip Cookies - Milk
Wed. August 3: Chicken Gravy over Egg Noodles - Peas & Carrots - Fruit Salad - Bread Pudding - Milk
Thur. August 4: *Bingo* Turkey - Mashed Potatoes & Gravy - Green Beans - Wheat Rolls - Jello Cake - Milk
Fri. August 5: BBQ Pork on Bun - Creamy Coleslaw - Pineapple Tidbits - Fruit Crisp - Milk



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

Sun. July 31: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Aug. 3: 11:30am Mass at St. Mary's, Fosston
Fri. Aug. 5: 8:30am Mass at St. Mary's, Fosston
Sun. Aug. 7: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Aug. 10: 11:30 am Mass at St. Mary's, Fosston

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Interm Pastor Keith Zeh
Synodical Authorized Minister Katie DeMarais

Sun. July 31: 10:00am Coffee Hour; 10:30am Worship Services
Sun. August 7: 10:00am Coffee Hour; 10:30am Worship Services
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 - The Journey. Our Saviors service will be available by 8:30 am each Sunday until further notice.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Interim Pastors John Anderson and Phil Rokke

Sunday Services
11:00am Mt Carmel
9:45am Trinity
Sunday School
10:45am Trinity
9:45am Mt. Carmel

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

Friday, July 29: 10:00 a.m. Telecast of Luther League program on GVTV--30
Sun, July 31: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com); 7:00pm Gosen Luther League (see article elsewhere in paper)
Tues. August 2: 10:00am Sunday worship service telecast on GVTV--30
Wed. August 3: 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.

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Lee Laaveg

Sun. July 31: 9:00am Worship
Sun. August 7: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

Please contact the McIntosh Times if you move or have a change in your address so we can keep the paper coming to your home on time.

BUSINESS & PROFESSIONAL GUIDE

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By Warren Strandell
Polk County Commissioner, Dist. 2



say gardens grow best in sunny locations that receive six hours of direct sunlight each day. This is where container gardens can be helpful, as they allow gardeners to move plants

Continue to water plants. Water is essential in the fall and winter as roots can still be growing. Gradually reduce watering duration as plants go dormant.

Gardening enthusiasts recognize that fall is not a time to rest on their laurels. In fact, fall is a great season to spend time in the yard. The Center for Agriculture, Food and the Environment at the University of Massachusetts Amherst indicates fall is the ideal time to improve the soil for next season. Amending the soil in the fall allows it to react accordingly over time and reap the benefits in spring. UMass suggests getting an accurate soil test to see what is needed in the garden. Samples should be taken from various areas. Avoid doing so when the soil is very wet. At-home kits can test for nitrogen, potassium and phosphorous and determine the soil's pH. Gardeners should till the soil and add compost or manure, which will counteract many nutritional deficiencies. Worm castings also are good to add, particularly for summer vegetable gardens. The gardening company Park Seed says that worm castings are high in minerals and effective at holding water - so much so that they even can be used alone in place of potting soil. Crushed egg shells, coffee grounds and banana peels also can be added in the fall, even if they are not part of a compost pile. The nutrients will break down throughout the fall and winter, and be available just in time for summer plantings.

Complete sports physical forms.

Children and teenagers have developed long-term health concerns following COVID infection. One of the more common setbacks is damage to the heart. In severe cases, this could present as heart inflam-

Visit Essentia's well-child/teen check page for more information, including a list of the top questions to ask your child's provider. There, you can schedule a virtual or in-person visit, which also can be done via the Essentia Health MyChart patient portal. Well-child/teen visits can be completed by a pediatrician or primary care provider. Many insurance companies cover one such visit per year; contact yours to check on coverage.

3 TBS - Amaranth Se

Serve hot, enjoy and contemplate the history of the land you currently reside in!

Most versions of Indigenous crops grown today are hybrids of seeds tended to for generations. These seeds and foods were part of local, Indigenous food ways for centuries. If you want to dive deeper into growing these foods check out the historical yet timely book *Buffalo Bird Woman's Garden*.

SAMPLE BALLOT

State Partisan Primary Ballot Polk County, Minnesota August 9, 2022

Instructions to Voters:

To vote, completely fill in the oval(s) next to your choice(s) like this: ●

This ballot card contains a partisan ballot and a nonpartisan ballot. On the partisan ballot you are permitted to vote for candidates of one political party only.

Grassroots-Legalize Cannabis Party	Legal Marijuana Now Party	Republican Party	Democratic-Farmer-Labor Party
State Offices	Federal Offices	Federal Offices	Federal Offices
Governor and Lieutenant Governor Vote for One Team	U.S. Representative District 7 Vote for One	U.S. Representative District 7 Vote for One	U.S. Representative District 7 Vote for One
☐ Darrell Paulsen and Ed Engelmann ☐ Steve Patterson and Matt Huff	☐ Travis "Bull" Johnson	☐ Michelle Fischbach	☐ Jill Abahsain ☐ Alycia R Gruenhagen
	State Offices	State Offices	State Offices
	Governor and Lieutenant Governor Vote for One Team	State Senator District 1 Vote for One	Governor and Lieutenant Governor Vote for One Team
	☐ Chris Wright and L.C. Lawrence Converse ☐ James McCaskel and David Sandbeck	☐ Mark Johnson ☐ Dave Hughes	☐ Tim Walz and Peggy Flanagan ☐ Ole Savor and Julia M Parker
		Governor and Lieutenant Governor Vote for One Team	Secretary of State Vote for One
		☐ Scott Jensen and Matt Birk ☐ Joyce Lynne Lacey and Kent Edwards ☐ Bob "Again" Carney Jr and Captain Jack Sparrow	☐ Steve Carlson ☐ Steve Simon
		Secretary of State Vote for One	Attorney General Vote for One
		☐ Erik van Mechelen ☐ Kim Crockett	☐ Bill Dahn ☐ Keith Ellison
		Attorney General Vote for One	
		☐ Sharon Anderson ☐ Doug Wardlow ☐ Jim Schultz	
Continue voting on the nonpartisan ballot.	Continue voting on the nonpartisan ballot.	Continue voting on the nonpartisan ballot.	Continue voting on the nonpartisan ballot.
	Vote front and back of ballot		

SAMPLE BALLOT	
State and County Nonpartisan Primary Ballot Polk County, Minnesota August 9, 2022	
Instructions to Voters: To vote, completely fill in the oval(s) next to your choice(s) like this: ●	
This ballot card contains a partisan ballot and a nonpartisan ballot. On the partisan ballot you are permitted to vote for candidates of one political party only.	
School District Questions To vote for a question, fill in the oval next to the word "Yes" on that question. To vote against a question, fill in the oval next to the word "No" on that question.	
School District Question 1 School Building Bonds Shall the board of Independent School District No. 593 (Crookston), Minnesota be authorized to issue general obligation school building bonds in an amount not to exceed \$3,915,000 for acquisition and betterment of school sites and facilities, including but not limited to, construction of a multiuse facility? ☐ Yes ☐ No BY VOTING "YES" ON THIS BALLOT QUESTION, YOU ARE VOTING FOR A PROPERTY TAX INCREASE.	
Vote front and back of ballot	