



McINTOSH Times

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McIntosh, Minnesota

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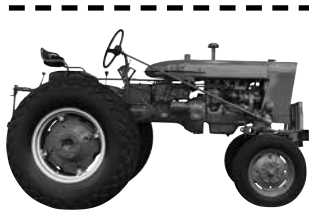
Winger Firemen's Ball held Friday, July 29th



The Winger Fire Department celebrated the year with a Firemen's Ball at Liquor Pigs in Winger. A street dance was held on Friday, July 29th. Firemen in attendance were Cameron Herriman, Matt Balstad, Marco Rodriguez, Steve Massmann, Abby Hillstad, Andrew Hillstad, Mike Thompson, John Hillstad and Russ Johnson.



The girls basketball team went 5-0 Thursday and Friday at the MSUM team camp. Pictured: (back) Josie Fortman, Kallie Hand, Lauren Kaupang, Ella Strom, Emma Strom; (front) Livaeh Keicker, Ava Howard, Kiersten Anderson, Kianna Tadman and Nadelly Neubert.



Save the date:
McIntosh Tractor
Day is coming on Satur-
day, August 27th.
The fun starts at
11:00am with the An-
tique Tractor Parade.

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

The Polk-Norman-Mahnomen Community Health Services WIC program provides one-on-one support before & during a parent’s breastfeeding journey

Breastfeeding is important for babies, mothers, other birthing parents, and families. Many families start breast/chestfeeding but are often not able to meet their goals due to lack of support. The Polk-Norman-Mahnomen Community Health Services WIC (PNM WIC) Program supports families before and during their infant feeding journey by talking about the importance of human milk, providing extra foods to support a lactating parent’s nutrition needs, and providing resources to help families reach their infant feeding goals. “A support system can be key to successful breastfeeding, especially when the journey is challenging. WIC is here for families every step of the way, beginning with pregnancy,” said Tammy Conn, Breastfeeding Coordinator for PNM WIC. “We provide additional food

benefits for pregnant and lactating parents, but our support goes beyond food. Whether it’s working with a WIC breastfeeding specialist, connecting with a WIC breastfeeding peer counselor, or getting connected to other resources in your community, WIC can help in so many ways.” **National Breastfeeding Month** PNM WIC and the Minnesota WIC Program is celebrating National Breastfeeding Month and World Breastfeeding Week by asking eligible families to Apply for WIC (<https://redcap.health.state.mn.us/redcap/surveys/?s=LNKN377EPE>) early in pregnancy and ask for advice and support early and often during their infant feeding journey for the best possible outcomes. To celebrate World Breastfeeding Week, August 1st - 7th, local breastfeeding support group, Mama’s Milk Connection, will have a special event, “Party at the Playground” on August 4th, 5:30 pm - 7:00 pm, at the Tri-Valley Community Service Center (Head Start) Playground, 1407 Erskine Street, Crookston. Pregnant and breastfeeding families are welcome to enjoy a Baked Potato Bar meal, along with fun, games, and fellowship. **WIC Supports Families** The PNM WIC Program supports breastfeeding in any amount and is here for families feeding their babies with a combination of human milk and formula and families exclusively using formula. The nationwide formula recall and shortage is stressful for parents and soon-to-be parents. Ways we can help: Apply for WIC (<https://redcap.health.state.mn.us/redcap/surveys/?s=LNKN377EPE>) early in pregnancy. Reach out to a WIC breastfeeding specialist or peer

counselor at PNM WIC for breastfeeding information and support. Creating a plan before birth and reaching out for help as soon as possible after birth can lead to successful breastfeeding. Attend Mama’s Milk Connection’s regular monthly meetings on the 3rd Thursday of the month, 6:00 pm - 7:00 pm, call 218-281-1673 for meeting information and location. WIC can help as parents return to work. Minnesota strengthened its law to protect pregnant and lactating parents in the workplace. Learn more about the change and other WIC Breastfeeding Resources (<https://www.health.state.mn.us/people/wic/bf/morebf-links.html>). WIC provides formula benefits to supplement breastfeeding when needed and can provide tips to increase milk supply for parents using a combination of human milk and formula. **Peer Breastfeeding Program** The Peer Breastfeeding Support Program (<https://www.health.state.mn.us/docs/people/wic/localagency/reports/bf/info/2022peer.pdf>) is available to serve 15% more WIC families statewide this year with four new programs. Some existing peer programs expanded capacity this year as well. The program features parents with personal experience breastfeeding their own children, who are recruited from the communities they serve, and trained to help WIC participants with common breastfeeding issues. Polk-Norman-Mahnomen WIC families have been offered a breastfeeding Peer Counselor since 2016. Early in the pregnancy is the perfect time for mom and the peer to

start the conversation about breastfeeding and the peer is able to share educational tips about breastfeeding along her journey. It becomes easy to talk/text your friend and ask questions, share successes, all while getting support along the way. **Additional WIC statistics** In 2021, MN WIC served more than 1 in 3 (37%) of all infants born in Minnesota. Breastfeeding initiation rates have declined among Minnesota WIC families from 2020 to 2021, dropping from 81.1% in February 2020 to 77.4% in August 2021. Additional information and data are available in the Minnesota WIC Facts 2022 (<https://www.health.state.mn.us/docs/people/wic/localagency/reports/pptdemo/wicfacts/0622.pdf>) and Breastfeeding Among

Breastfeeding...
Continued on page 2 ...



A simple, flavorful salad to whip up in a snap

When preparing meals at home, cooks know that it helps to have a few simple, easily prepared dishes in their culinary repertoire.

These are dishes that don't require too much planning and utilize certain staples that are present in everyone's pantry. Such is the case with this recipe for "Crunchy Cucumber Salad with Crushed Peanuts" from Ruta Kahate's "5 Spices, 50 Dishes" (Chronicle Books). Most of the ingredients for this flavorful salad are likely already in your kitchen, and it won't be long after you begin preparing the recipe that you'll

be sitting down and enjoying a meal with family and friends.

Crunchy Cucumber Salad w/ Crushed Peanuts
Serves 4

2 English or other unwaxed cucumbers, chopped into 1/4-inch dice (about 3 cups)

1 medium green serrano chile, minced (seed first if you prefer)

1/2 cup peanuts, preferably raw, but toasted, unsalted ones will do

2 tablespoons lemon juice, or more if needed

1 teaspoon salt

1/2 to 3/4 teaspoon sugar

1/8 teaspoon cayenne

1 tablespoon canola oil
1/4 teaspoon mustard seeds

Place the diced cucumbers in a medium bowl along with the chile.

Using a coffee grinder or food processor, pulse the peanuts until they are reduced to a coarse powder. (You don't want big chunks of peanuts, nor do you want a fine powder; stop grinding somewhere in between.)

Add the peanuts to the cucumbers along with the lemon juice, salt and sugar, and mix well.

Taste and adjust the salt, sugar and lemon juice as need-

Create restaurant quality meals at home

Few pleasures are as enjoyable as a delicious meal at a restaurant.

However, in recent years, pandemic-related safety measures and widespread inflation have led many people to cook at home with greater frequency.

Cooking meals at home enables individuals to customize ingredients according to their dietary preferences.

But some home cooks wonder if they can replicate the type of fine dining they enjoy at their favorite restaurants in a home kitchen without having the skills of a professional. The answer is "yes," especially for people willing to follow some simple suggestions.

Start with a favorite restaurant meal

Mastering one favorite dish from a restaurant can be the starting point for developing a passion for replicating even more recipes.

Figure out where you love to eat and then zero in on that one dish that has you salivating even before you've sat down at the table.

Pay attention to the types of



ingredients that went into the meal so you can search for a recipe that comes close.

Upgrade your equipment

If you plan to be cooking more fine meals at home, it may be worth it to invest in some new cooking gear.

Trying to hammer in a nail with a screwdriver doesn't work well in construction, and a stir-fry may not come out the same without a wok.

Learn about the basic equipment to have in a kitchen, or seek the advice of a retailer like Bed, Bath & Beyond, Le Creuset or Williams Sonoma.

Use quality ingredients

Be sure to use quality ingredients when preparing meals. For some this means spending extra on organic foods or choosing a better grade of meat, such as choice beef over select. Using fresh produce and herbs also may produce more flavor than packaged or dried varieties.

Mise en place is key

"Mise en place" is a French phrase meaning "putting in place" or "gathering." This refers to sorting, chopping and measuring out all ingredients for a recipe in advance. By or-

Stroke Recognition and Prevention: A community education presentation

On Tuesday, August 9, 2022 there will be a lunch and learn presentation at the Erskine Senior Community Center at 105 Ross Avenue.

From 10:30 am to 11:30 am Molly Murch, MSN, RN-BSN, BC, an Essentia Health Stroke Program Educator will be presenting information about the importance of recognizing

the signs and symptoms of a stroke and ways you can prevent a stroke.

The presentation will begin at 10:45 am with educational handouts provided.

If you would like to stay for lunch, please call 687-2262 to reserve your meal. Dining will be after the presentation with bingo after lunch.

Breastfeeding...

Continued from page 1...

Minnesota WIC Participants During COVID-19 (<https://www.health.state.mn.us/docs/people/wic/localagency/reports/bf/covid19.pdf>).

For more information on breastfeeding, PNM WIC program, or Mama's Milk Connection, contact Polk County WIC at 218-281-1673 or Norman Mahnomen Public Health at 218-784-5425.



BOTH BIRTHDAY OPEN HOUSE
for
BEN RAMSE
Sunday, August 7, 2-4 pm
Ramse Farm
31205 255th Ave SE,
McIntosh, MN 56556
No gifts.
In case of rain:
Trinity Church east of farm

M20C

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



Community Birthday and Anniversary Calendar

Wed. August 3:
Chad Olson, Brooke Clark, Dalton Agnes, *Earl & Dianne Roed

Thurs. August 4:
Luke Syverson, Lauren Strom, Steve Espeseth, *Bryan & Laura Paskvan

Fri. August 5:
Justin Carlson

Sat. August 6:
Judy Hagen, Dan Dierkes

Sun. August 7:
Gretchen Finseth, Magnolia Langemo, Nick Ostenaar, Dara Drydal, *Jared & Angela Olson, *Adam & Erin Jore

Mon. August 8:
Valerie Fritz, Jon Klemer, Ben Ramse, Katie Salvhus, Laura Bursheim, Jason Smeby, *Erik & Tan-ya Hamre

Tues. August 9:
Ryan Schow, Derrick Haugen, *Jay & Leah Mahlen

McINTOSH Times

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

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KIM HEDLUND, EDITOR

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"McIntosh Times" (USPS 336-020) is published weekly for \$30.00 per year (in county) and \$40.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.

POSTMASTER:
Send address changes to:
McIntosh Times, PO Box 9,
McIntosh, MN 56556.
mcintoshtimes@gmail.com

"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 8: Cranberry Glazed Chicken Breast - Rice Pilaf - Broccoli - Pears - Blueberry Muffins - Milk

Tues. August 9: *Bingo* Roast Beef - Mashed Potatoes & Gravy - Mixed Vegetables - Wheat Rolls - Rhubarb Crisp - Milk

Wed. August 10: Beef Macaroni Hotdish - Corn - Fruit - Garlic Toast - Chocolate Pudding - Milk

Thur. August 11: *Bingo* Bratwurst - Mashed Potatoes - Sauerkraut - Wheat Bread - Rice Krispie Bar - Milk

Fri. August 12: Sloppy Joe on Bun - Cheesy Hashbrowns - Baked Beans - Vanilla Pudding - Milk



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

Wed. Aug. 3: 11:30am Mass at St. Mary's, Fosston

Fri. Aug. 5: 8:30am Mass at St. Mary's, Fosston

Sun. August 7: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Aug. 10: 11:30am Mass at St. Mary's, Fosston

Fri. Aug. 12: 8:30am Mass at St. Mary's, Fosston

Sun. Aug. 14: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Aug. 17: 11:30 am Mass at St. Mary's, Fosston

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

Sun. August 7: 10:00am Coffee Hour; 10:30am Worship Services

Sun. August 14: 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
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church

Sun, August 7: 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 9: 10:00am Sunday worship service telecast on GVTN-30

Wed. August 10: 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. August 7: 9:00am Worship
Sun. August 14: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker

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

By: Mary Meyer, Extension Horticulturist

While many perennials are past their prime by the end of September, landscape grasses are at their peak in the fall, with showy flowers and fall color.

Warm season grasses, including miscanthus, big and little bluestem, switchgrass and prairie dropseed are in full flower and tallest height with the warm days of summer and fall. Enjoy the flowers and motion of grasses as they sway in the breeze!

Here's why you shouldn't cut them back!

Grasses should not be cut back in the fall. Leave the flowering stems up to enjoy through the winter.

Fall cutback may increase the chance of winter injury on grasses and is not recommended for Minnesota gardeners. Birds, bees and other wildlife appreciate the cover of grasses in the winter.

My grasses don't look healthy

If you have a grass with few flowers, or shorter plants with dead sections, these are indications that the plant should be divided, a good project for next spring.

If you notice dead or yellow stem on some of your grasses, check closely for mice or rodent damage. Mice love to live under the protection of thick bunch grasses, like prairie dropseed. Mice bait or repellents may be necessary if you see significant damage.

Grasses that are floppy and falling over may need to be moved to full sun locations or have reduced water or fertilizer.

Once established most grasses need little supplemental water and actually grow



better with no additional fertilizer.

Planting tip: Add variety of grasses to your garden. For the most variety and longest season of bloom, plant both cool and warm season grasses.

Cool season grasses like Karl Forester feather reedgrass and tufted hairgrass, bloom in late spring and early summer and their tops are brown by the fall.

Warm season grasses like miscanthus and little bluestem

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 residents in or near eleven northwestern Minnesota counties. Residents from Beltrami, Cass, Clay, Clearwater, Lake of the Woods, Kittson, Marshall, Pennington, Polk, Red Lake, and Roseau counties and the surrounding areas may attend any of the five collection sites on August 9-11.

The program accepts unwanted, unusable agricultural and consumer-type pesticides including insecticides, fungicides, herbicides, and rodenticides used in Minnesota. 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, and collection sites will accept up to 300 pounds of eligible product at no cost. However, the MDA requests pesticide users call 612-214-6843 to provide advance notification if they wish to drop off more than 300 pounds of product.

The 2022 MDA collections will be held at the following lo-

cations and times:

August 9 - CHS Ag Services, 1009 South Atlantic Ave., Hallock 2-4 p.m.

August 10 - CHS Ag Services, 420 South Main, Warren 9-11 a.m.

August 10 - CHS Ag Services, 806 Elevator Road, Oklee 2-4 p.m.

August 11 - CHS Ag Services, 3035 Highway 75 South, Crookston 9-11 a.m.

August 11 - West Central Ag Services, 334 1st Street SE, Ulen 2-4 p.m.

The MDA has collected approximately 10 million pounds of pesticides around the state since the Waste Pesticide Collection Program started in 1990.

BUSINESS & PROFESSIONAL GUIDE

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Richards Publishing Co.

Wednesday, August 3, 2022



20 years ago...2002: Members of the McIntosh Lions Club recently presented a check of \$100 to Ann Lohse, Assistant City Clerk/Treasurer, to be used for landscaping around the two new "Welcome to McIntosh" signs located on Highway 2. They also presented a check of \$2,500 toward refurbishing the lion in Roholt Park (if repairs can be made). if the restoration cannot be done, the former Lions, together with the City Council, will determine use for the funds. (L-R) Armond Sannes, Ann Lohse, Paul Anderson, Ron Strom and Kenneth Jore.

Deadline extended and more pre-filled forms for 2020 and 2021 disasters on the way

The U.S. Department of Agriculture (USDA) today announced that it will indefinitely extend the deadline for producers to return the pre-filled applications for Phase One of the Emergency Relief Program (ERP). A new deadline will be announced after the last Phase One applications are mailed and provide at least 30 days following the mailing.

Continuing to build on the initial mailing of pre-filled applications in May, the Department will continue using existing information in USDA and crop insurance files to send additional pre-filled applications starting this week for potentially eligible Noninsured Crop Disaster Assistance Program (NAP) participants. Once applications from eligible NAP producers are returned, these producers are expected to receive about \$105 million in ERP payments for eligible losses from 2020 and 2021 disasters.

USDA's Farm Service Agency (FSA) is now mailing pre-filled applications to NAP producers through ERP to offset crop yield and value losses. To receive a relief payment, producers should complete and return the applications by announced deadlines.

Producers are expected to receive assistance direct deposited into their bank account within three business days after they sign and return the prefilled application to the FSA county office and the county offices enters the application into the system.

While most crop insurance customers that may be eligible for ERP Phase One received the pre-filed applications in May, there are some who should expect to receive a form in August including:

Producers who had an eligible loss in 2020 that had been recorded in the crop insurance records as a 2019 loss (e.g., prevented planting claims); and

Producers with policies that required additional information before being able to calculate an indemnity for 2021 losses (producers with 2020 losses would have already received that application). Policies that required additional information include Supplemental Coverage Option (SCO), Enhanced Coverage Option (ECO), Stacked Income Protection Plan (STAX), Margin Protection Plan (MP) or Area Risk Protection Insurance (ARPI).

Producers without risk management coverage through crop insurance or NAP and those with shallow losses may be covered by the forthcoming Phase Two of ERP.

"Catastrophic natural disaster events in 2020 and 2021 decimated crops, livestock and farm infrastructure from coast to coast, making it critically important to provide assistance quickly and reduce the paperwork burden on these farmers and ranchers recovering from disaster," said FSA Administrator Zach Duch-



neaux. "I was in North Dakota a few weeks ago and received feedback on how well the streamlined livestock and crop disaster programs are working for our producers and front-line employees. Like any new process, there are some kinks to work out, but we are addressing them and will use the streamlined process to keep the 'red tape' to a minimum."

USDA estimates that Phase One ERP benefits will reach more than 5,200 producers with NAP coverage for eligible 2020 and 2021 crop losses. This emergency relief complements ERP assistance recently provided to more than 162,000 producers who had received crop insurance indemnities for qualifying losses. Nearly 13,000 additional crop insurance customers will also receive pre-filled applications in August to cover eligible 2020 losses described above and for producers with more complex policies where indemnities could not be calculated for 2021 previously.

ERP and the previously announced Emergency Livestock Relief Program (ELRP) are funded by the Extending Government Funding and Delivering Emergency Assistance Act, which President Biden signed into law in 2021.

The law provided \$10 billion to help agricultural producers impacted by wildfires, droughts, hurricanes, winter storms and other eligible disasters experienced during calendar years 2020 and 2021. Overall, USDA has already quickly disbursed over \$6 billion dollars under ERP and ELRP with reduced paperwork for the producer and field offices.

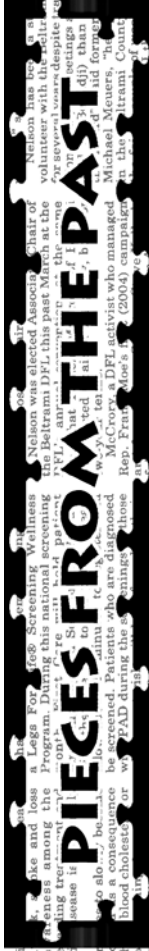
For more information on ERP eligibility, program provisions for socially disadvantaged or historically underserved producers as well as Frequently Asked Questions, NAP applicants can visit FSA's Emergency Relief webpage and program fact sheet.

Additional USDA disaster assistance information can be found on farmers.gov, including the Disaster Assistance Discovery Tool, Disaster-at-a-Glance fact sheet and Farm Loan Discovery Tool. For FSA and Natural Resources Conservation Service programs, producers should contact their local USDA Service Center. For assistance with a crop insurance claim, producers and landowners should contact their crop insurance agent.

USDA touches the lives of all Americans each day in so many positive ways. Under the Biden-Harris administration, USDA is transforming America's food system with a greater focus on more resilient local and regional food production, fairer markets for all pro-

ducers, ensuring access to safe, healthy and nutritious food in all communities, building new markets and streams of income for farmers and producers using climate smart food and forestry practices, making historic investments in infrastructure and clean energy capabilities in rural America, and committing to equity across the Department by removing systemic barriers and building a workforce more representative of America. To learn more, visit usda.gov.

USDA is an equal opportunity provider, employer and lender.



50 years ago...1972: No baseball game is complete without its fans. Mrs. Clifton Burslie is perhaps number 1. Carol is perched here in intent earnest on the proceedings. With her are Clint Nelson, Allan Johnson and Rocky Parent.



40 years ago...1982: Beverly Rustad, center, the newly crowned Miss McIntosh for 1982-83, is flanked by her court, first runner-up Gracia Ose, left, and second runner-up Debbie Froirak. Debbie was also chosen as Miss Congeniality. Bev was sponsored by the Mac Coop Oil, Gracia by the United Farm Agency and Debbie by Neil's Quality Meats.



30 years ago...1992: The Wolf Cub Scouts have graduated into the Bear Cub Scouts: Matthew Schow, Shaun Bradshaw, Doug Friedley, Ryan Olson, Michael Lindseth, Joe Larson, Denton Nikolayson, Jarriid Graff; (front) Adam Lundquist, Danny Rokke, Justin Abrahamson, Brady Strom.



10 years ago...2012: And they're off! Ready to make the trip to New Orleans is the Youth Group from Our Savior's Lutheran Church in McIntosh. Back: Marea Schommer, Lexi Ostenaar, Brittany Lee, Pastor Ryan, Matt Thompson, Dayton Espeseth, Tanya Hamre and Danelle Schommer. Front: Courtney Maruska, Samantha Lee, and Calie Maruska.

Superintendents Notes

By Randy Bruer

A new school year is just around the corner. We will be opening as normal for the 2022-23 school year. The COVID Leadership team updated our Return to School Plan located on our School Web page. The school day will run from 8:25-3:07. Open house is slated for Wednesday, Aug. 31st from 5:00-7:00. We want to welcome Jesse Hickman to Win-E-Mac, teaching HS social studies and Alyssa Hauser teaching HS science. Erin Lisburg will be the new receptionist in the District Office answering the phone, Marrs attendance and welcoming people to our school. Kristi Plante will be doing transportation and Sub calling.

School Choice

When reviewing a school choice, parents should consider the programs and opportunities available for students, the school safety, and qualified staff teaching your children. Education is our job and Win-E-Mac school takes this very serious as students are important to our future. Other programs as Robotics, Lego clubs, extra-curricular sports, performing arts and vocational classes are important for students to choose careers into the future. Public Schools have a lot to offer with numerous opportunities for children.

New Scoreboards

Win-E-Mac has installed new scoreboards this summer. The current ones are over 20 years old and cannot be repaired, so with the addition of mandated shot clocks required



for 2023, we decided to replace our existing boards. This is paid for using interest monies from a CD Technology trust, donations and unused Snustad Dollars of programs not used in our school. We will use a sales curriculum from the score board company to work with our media class in selling ads annually to pay for some remaining costs.

Fitness Room Renewal

Membership to the School Fitness Center is only good until August 31, 2022. You will need to renew the \$40 membership fee by that date, or your card will be deactivated until a payment is made. If you did not purchase a membership last year and would like one this year, please come to the District Office to fill out a membership application and fee. An access card will be issued at that time. Do not access the rest of the school after hours or an

alarm will activate. The school has video cameras at entrances and hallways of the school to show access. Please call 218-563-2900 for any questions.

Important: Immunizations

Before a student can attend a Minnesota school, a child must have their immunizations up to date before the first day of school. These students include the Pre-school age 4, Kindergarten and Seventh graders. If you are in question, please call the school for information. The immunizations help every child in school to prevent illness and disease.

Free Lunch and Breakfast is no longer available in MN Schools

F & R application forms

I know you read and hear this announcement time and time again, but I cannot stress enough how important these forms are to the school district to access funding for our school. This year all students will pay for lunch and breakfast unless you have an approved F & R application. The application will be available by paper copy or on-line on the Web page: wemschools.org

At open house the Century 21 program wants your sign up to sponsor a free lunch for the family at open house on August 31st from 5:00-6:00 pm. We want every family to fill out the F&R application online or in person whether you qualify or not and receive a free lunch tickets for the whole family. Make plans to attend.

Patriot Pride Boosters

The Patriot Pride Booster Club helps to support students in academics and activities. This group wants to invite parents and community members to get involved. The club will fund raise, provide volunteers for academics and activities in school, sell Patriot clothing and sponsor some events during the school year.



this activity by asking youngsters questions about the book. Asking what, when, where, why, and how can encourage children to look for answers to these questions while they're being read to. As students advance and then read more on their own, parents can encourage them to ask these questions of themselves (if they're not already doing so on their own).

Asking and answering these questions is a great way to strengthen reading comprehension skills.

Strong reading comprehension skills can help students reach their academic potential. Parents can employ various strategies to help children bolster those skills.

Did you know?

Leisure activities may be widely viewed as fun ways to fill up free time, but the benefits of leisure activities extend beyond beating boredom. A 2011 analysis published in the journal BBA Molecular Basis of Disease found that leisure activities have a positive impact on cognitive function and dementia.

The analysis, conducted by researchers with the Aging Research Center in Stockholm who examined various studies regarding the relationship between certain activities and cognitive function, defined leisure activity as the voluntary use of free time for activities outside the home.

After retirement, leisure time constitutes a large part of many retirees' lives, and finding ways to fill that time is more beneficial than merely avoiding boredom.

The researchers behind the study concluded that the existing research is insufficient to draw any firm conclusions regarding the effects of certain types of leisure activities on the risk for dementia and cognitive decline, though they did note that multi-domain cognitive training has the potential to improve cognitive function in healthy older adults and slow decline in affected individuals.

A multi-domain approach to cognitive training involves memory, reasoning, problem-solving, and map reading, among other activities. Aging adults who embrace activities that require the use of such skills may find that they're not only finding stimulating ways to fill their free time, but increasing their chances of long-term cognitive health as well.

7 study tips for high school students

Assessments such as quizzes and exams help educators recognize areas where students are excelling and where they might need a little extra help.

In addition to tests in the classroom, high schoolers generally take standardized testing for state or provincial assessment purposes..

Testing may come easier to some students than others, but having solid study techniques can improve students' performance on a wide range of exams.

In fact, research by Stanford scholars, whose data was published in Psychological Science, found that applying a strategic approach to studying helped college students improve their exam scores by an average of one-third of a letter grade.

The testing preparation resource PrepScholar says it is important to build and maintain strong study habits to help students avoid undue stress and last-minute cramming. The following are seven techniques that may help foster good study skills.

1. Find value in the lessons.

Many students lament that what they learn in school just isn't relevant in daily life. That can make the subject matter feel less important and uninteresting. Finding value in what one is learning and seeing how it can be applied outside of the classroom may make a student more inclined to learn and retain information.

2. Avoid distractions.

Study time is time to take a break from social media, video games and any other distractions that can pull a student away from studying. Constantly checking notifications can interrupt thoughts and make it hard to learn the material.

3. Establish a

study schedule.

Develop a system and a schedule for studying. Students should establish a fixed habit of studying each day or week - whatever is best for him or her. Over time, studying will become routine.

4. Establish dedicated study spots.

Students should locate places that work best for them as study and homework stations. Certain individuals may need the quiet of a library or a bookstore.

Others may do best with the hum of conversation around them or in a group. There's no right or wrong study spot. Maintaining consistency will help the mind associate a place with studying.

5. Use grades as benchmarks & motivators.

Blaming a teacher for a poor grade won't get a student anywhere. Rather, grades should indicate how well one is learning the material, and in turn, the effectiveness of students' studying habits. Students can tweak their habits if they find their grades are not where they want them to be.

6. Rephrase material.

Textbook language can be dry and unappealing. Students can try putting the material into their own words or rephrase passages to make them easier to remember and recall. Similarly, teaching or sharing the material with another person also may improve retention.

7. Make a formula sheet.

Depending on the subject, having a sheet with shortcuts, formulas or diagrams can put the material into smaller bursts of information that are easier to digest.

Along this same vein, writing information down can help improve recall.

These are a few study tips

A beginner's guide to fall planting and maintenance

Spring and summer are perhaps the busiest times of year for gardeners. However, fall also is a prime time to tend to gardens.

The tree and bare root retailer Bower & Branch advises that soil temperatures in many regions of the country may still be warm enough to encourage root growth well into the start of winter.

Furthermore, fall is often the ideal time to plant, fertilize and keep a garden going or to get a head start on next year's bounty.

Here are some tips to make the most of the fall gardening season.

• **Think about fall annuals and bulb planting.** Near the end of September, start planting cool-weather-loving pansies and violas for pops of color as summer flowers fade. Also, it's a good idea to stock up on bulbs that will bloom in the months to come before they sell out in stores. Wait until the temperatures really cool down before planting them in desired spots for spring sprouts.

• **Sow salad seeds.** Lettuce, spinach, radishes, and arugula tolerate cooler temperatures. Try new and interesting lettuce varieties and enjoy salads well into the fall season.

• **Take inventory of the sun.** Positioning a garden carefully means maximizing hours of sunlight, which begin to dwindle in the fall. Experts 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 into spots that will get ample sunlight.

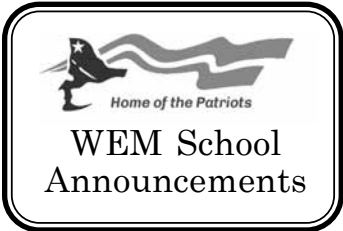
Simple ways to incorporate reclaimed wood in your home

Homes come in many sizes and styles. But whether your home is a palatial postmodern masterpiece or a cozy farmhouse, reclaimed wood can be utilized to create an awe-inspiring interior.

Reclaimed wood serves both aesthetic and practical purposes. Visually stunning, reclaimed wood also is a great way to make use of old-growth forest wood. Why is that significant? According to the United States Forest Service, just 3 percent of old-growth forest has survived into the second decade of the 21st century. Old-growth forest wood like that from longleaf pine trees has long been touted as excellent building material, but the pine utilized today comes from trees that are cut down when they're young. Reclaimed wood taken from old or demolished homes built with old-growth forest wood offers access to this highly valued building material while also providing the environmental benefits that come with reusing existing materials.

Reclaimed wood can be in-

that high schoolers can utilize to improve their grades so they can be more successful in school.



5th Grade Band Information:

5th grade band will be starting Fall 2022. Interested 5th graders should sign up with Mrs. Shultz by August 17th by mail, email, or through the band website. All band information will also be mailed to 5th grade families. If you are interested in learning more about specific instruments, check the band website. You can even submit a band interest form online. (Elementary Band tab, click on the Band Interest Form button.) Any 6th graders who missed sign-up for band last year but would like to join this year are encouraged to fill out the online form and/or contact Mrs. Shultz.

Early Childhood Family Education Starting Tuesdays This Fall:

Please join us Tuesday evenings this fall for a night of fun learning activities in a classroom setting at the Win-E-Mac preschool room. Follow us on Facebook at Win-E-mac ECFE for more updates. To register contact DeAnn Boe at dboe@win-e-mac.k12.mn.us or 563-2900. ECFE is for children and their parents/caregivers birth to age 4 (not enrolled in preschool). ECFE is based on the idea that parents are a child's most significant teacher. Our goal is to support you as parents/caregivers in providing the best learning environments for your child's learning and development.

possibilities and limiting weed growth.

• **Propagate plants in the fall.** As temperatures gradually begin to cool, start taking cuttings from perennials, gathering seed pods from azaleas and rhododendrons and dividing hardwood cuttings, says the resource Gardening Know How. Consult with a garden center or horticulturist on the proper ways to propagate stems using rooting hormone and other techniques.

• **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.

Fall planting and maintenance can extend gardening season and improve the chances of growing a healthy spring garden.

Feed your dirt this fall

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 deter-

mine 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.

room.

• **Kitchen islands:** Homeowners who aspire to have a farmhouse kitchen can consider reclaimed wood when creating their kitchen islands. Reclaimed wood can be used to make the body of the island, complete with cabinets and drawers, that sits beneath the countertop where cooks will prepare their meals.

• **Storage beds:** Guest rooms tend to be smaller than other rooms in the house, and that means little room for furniture like dressers. Rather than cramming lots of furniture into a small room, homeowners can utilize reclaimed wood to create storage bed frames. The frames won't take up extra space in the room, reassuring guests that they won't be spending a weekend in cramped quarters. And the rustic look of reclaimed wood storage beds can be an instant stunner when guests arrive.

Reclaimed wood can be incorporated into a home in myriad ways. This stunning, eco-friendly design choice can add instant appeal to any home.

