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McIntosh, Minnesota



Golf Tournament winners from McIntosh with the new bench honoring Gary Schommer at Oak Lake Golf Course in Erskine. Pictured: Bruce Grundyson, Clyde Kringlen, Philip Lee, and Steve Carlson. (photo courtesy of Erskine Echo)

Are we seeing fewer bees this year?

The diversity and abundance of pollinators on the landscape can indicate healthy populations of these critical insects.

When people don't see bees on flowers, they often express concern. Does seeing fewer bees on flowers mean that there are fewer bees?

There are approximately 490 species of bees in Minnesota, and different factors can influence the populations of the various species in different ways.

Bee numbers differ from year to year

Honey bees are managed, so their numbers depend on how many colonies beekeepers have in the area.

Wild bee populations can fluctuate from year to year depending on environmental factors. Bee numbers can depend on the weather or the flowers that were growing the year before.

Climate change can alter the types of plants available for both food and habitat. Populations can decrease based on disease outbreaks and the use of pesticides.

Causes can be localized, affecting one area or region and not another. Populations of wild bees can bounce back, but if the dip lasts more than 2 or 3 years it can be a real concern.

Due to the cold and wet spring in Minnesota, wild bees are at least a month behind in terms of phenology.

Phenology describes the biological events that are influenced by seasons, like when

bees emerge from their winter slumber and become active. Solitary bee populations appear to be catching up, but some of the bumble bees are behind and possibly not catching up across the board.

There are still spots where all the bees seem to be doing well.

But observations by experts and results from surveys across the state suggest that at least bumble bees may be having a rougher than usual year.

You can help bees and other pollinators

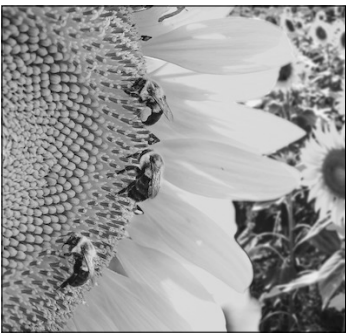
Whether we are seeing fewer bees because of the drought last year, the cold, wet spring this year, or pathogen or pesticide exposure, we know that there are steps everyone can take to help bees and other pollinators.

- Provide an abundance and diversity of native plants that are protected from pesticide exposure as bee food.
- Retain untouched areas for nesting.
- Take climate action now to ensure a stable future climate.
- Plant a bee lawn.

What are bee flowers?

Bee flowers provide abundant nectar and pollen for bees. Bees obtain all of their carbohydrates from floral nectar, and all of their protein from floral pollen.

The most important pieces of planning any pollinator garden are to provide a diverse array of blooming flowers, make sure to have something blooming through the whole growing season, and to keep your plants



free of pesticides, including fungicides and insecticides. Observe flowering plants in your area to see which plants are attracting the most pollinators and the most different types of pollinators. Prepare your garden for future climate uncertainties by planting drought-tolerant plants as well as early and late season plants.

Ground Nesting Bees

Most bees (between 60 and 70%) dig burrows in the ground. These bees are very diverse and have diverse preferences. Providing both disturbed and undisturbed soil, covered and bare soil, and keeping pesticides away from areas where you notice nesting activity can help these bees thrive. Most of these bees are extremely gentle and only active as adults for a few weeks every year, so even in high traffic areas, you can leave nests and not worry about stings.

Cavity Nesting Bees

The other 30-40%, the cavity-nesting bees, use hollow plant stems or holes in wood left by wood-boring beetles, instead of digging their own tunnel in the ground.

A nesting bee will use mud, leaves, or another material to build walls and divide the tunnel into a linear series of small, sealed cells.

Each cell contains a lump of pollen and an egg, which usually takes one year to develop into an adult bee and the cycle can begin anew.

You can attract cavity-nesting bees by providing tunnels in a man-made structure called a bee house—like a bird house for bees. Three common types of bee house are stick bundles, wood blocks and observation blocks.

If you would like to observe native bee nesting, you can construct your own nests for cavity nesting bees.

Please note that these nests need maintenance otherwise they can cause more harm than good.

Learn about wild bee diversity and how to attract them to your garden or farm by providing nesting habitat in this beautiful pamphlet written by Joel Gardner.

Planting and maintaining a bee lawn

Are you interested in doing more to help our native pollinators? You can make your lawn do double duty!

A bee lawn can not only provide a recreational space for you, your family and your pets, it can also provide much-needed food resources for bees and other beneficial pollinators.

While turfgrasses can provide...

Bees...

Continued on page 2 ...

Mac Tractor Day is August 27th



Grab those antique tractors and take a break from the fields to make your way to McIntosh for the annual McIntosh Tractor Day on Saturday, August 27th. The parade will make its way through downtown along Main Street.

The day will begin with the antique tractor parade at 11:00 am. Tractors will begin to line up at Erickson Park, on the east side of McIntosh beginning at 9:00 am.

There will be a tractor pull at the old football field at 1:00

pm. Tractors must register and pay fees to participate.

There will be food vendors on Main Street and the Shoppes of McIntosh will be open for visitors to browse and shop. There will be other events such as the kiddie pull sponsored by the Polar Beach Snowmobile Club in front of the fire hall. More information to come.

For questions about the parade or the tractor pull, please call Roy Ostenaar at 218-280-1572 or Steve Urness at 218-280-0399.

Sign up for some fun with the foster grandparent program

If you know someone over the age of 55 who loves putting smiles on children's faces, the Foster Grandparent Program is a place for them.

The Foster Grandparent volunteer works in partnership with teachers in the classroom to provide mentoring, tutoring, and supervision to students who would benefit from extra special attention.

The volunteer would work in small groups or one on one with students with spelling words, reading, writing, or reminders to listen to the teacher.

If this is something that interests you, contact the Foster Grandparent Program at 218-281-5832 or 1-800-584-7020 or email trivalleyseniors@tvoc.org.

Need school supplies?

Win-E-Mac School has received several school supply donations from generous donors!

If you are in need of school supplies, please fill out our form on the website www.wemschools.org.

Recipients are kept confidential. We do not have enough backpacks to go around, so they will go to those who claim them first.

We do, however, have enough other school supplies for those in need even if they don't get a backpack right now. Please fill out the form by Monday, August 29th if you would like supplies for the upcoming school year.

They will be placed on your child's desk on the first day of school prior to arrival. If you are in need of a backpack, those will be able to be picked up at the open house.

WEM fans: Submit activity action shots

This year, the Win-E-Mac High School will be updating its hallways with "student life" pictures, replacing the framed "motivational posters" that were there before. It is our hope to change these pictures out frequently.

To begin, we are asking the public to submit any "action" (or "candid") shots that they might have.

We do not want any "posed" pictures on the walls. We are particularly interested in pictures from athletics and other activities that Win-E-Mac offers: football, volleyball, baseball, softball, basketball, golf, robotics, choir, band, theatre,



Please use the form on the website (www.wemschools.org) to submit your very best photo, or photos (up to ten). If you have more than ten photos that you would like to submit, either use the form multiple times or email submissions@wemschools.org.



The 8th Annual Bryan Stordahl Memorial Golf Event group picture. The event was held on Saturday, August 6th, 2022 at the Oak Lake Golf Course, Erskine. A silent auction was held after the golf event at The Deuce Bar & Grill in Erskine.

How to conserve fuel (without giving up driving)

Gas prices have been historically high in 2022. According to the fuel price comparison site GasBuddy.com, as of June 2022, the least expensive state for regular gas was Georgia, at \$4.43 a gallon.

The most expensive was California, where drivers could expect to pay about \$6.34 per gallon.

During June, which marks the beginning of the summer travel season in many areas, fuel costs in most part of the United States averaged around \$5 per gallon.

With prices so high, many drivers have been looking for any way to save money at the pump. Some may have cut back on driving habits while others might have organized community carpools.

Others may have taken to other modes of transportation. For those who have no option but to drive their vehicles, there are ways to reduce fuel consumption without resorting to walking or cycling.

Lighten your load

How much weight is being carted around in a vehicle can directly affect the amount of gas it consumes. Remove any unnecessary items from the trunk or cargo area of a truck or SUV. Consider removing extra accessories, like roof racks



or hitches.

Slowly accelerate

Resist the urge to "gun it" when coming off a stop light or stop sign, as rapid acceleration wastes gas. Press the accelerator pedal gently to increase speeds gradually and conserve fuel. Similarly, coast to a stop, rather than slamming on the brakes.

Don't idle

Turn off the engine if you will be idling for more than a minute. Idling for longer than that is merely wasting fuel. Modern engines do not need to be warmed up for more than 30 to 60 seconds, even when the weather is cold. Driving will warm up the car faster than idling while parked, provided you drive moderately until the temperature gauge shows the car has reached the right temperature.

AC or windows open?

While it's true that the air conditioning will drain fuel when in use, driving with the windows open makes the vehicle less aerodynamic by causing drag. Some experts recommended leaving the windows down during slower, city driving and using the AC for higher speeds on the highway.

Keep tires properly inflated

Poorly inflated tires can make a vehicle less efficient by causing more friction between tire and roadway. Check the PSI rating for the tires and inflate accordingly. Many modern vehicles automatically alert drivers when tires are low on air.

Drive a consistent speed

When driving on the highway, switch to cruise control to maintain a consistent speed. Driving steady reduces drag, which in turn reduces fuel consumption.

Stick to a maintenance schedule

Maintaining your vehicle by getting routine oil changes, fluid checks and other simple maintenance helps a car or truck run properly, and that can help conserve fuel.

These are just a few strategies drivers can employ to conserve fuel in the face of historically high gas prices.

Keep healthy items on hand for family snacking

Who hasn't been spending more time at home lately? Many families have perfected the balance of managing a household in which kids may be engaged in virtual learning while Mom and Dad are putting in a full day's work from the home office.

At several points during the day, families need to recharge. Having nutritious snacking choices on hand can tame hunger in a healthy way.

Plan and shop

Start with a plan and then head to the store with a shopping list in hand. You will be less likely to purchase unhealthy options on impulse if you stick to a shopping list.

Balance prepackaged & homemade

Homemade snacks are advantageous because you can customize ingredients to account for allergies or other needs.

But commercially produced snacks are very convenient because they're ready to eat right out of the package. According to Good Housekeeping, many food manufacturers have been

stepping up their games and offering tasty and healthy non-perishable foods. Just be sure to read labels, paying attention to sodium and sugar content and other pertinent nutritional information.

When choosing snacks, pick a few different options that appeal to savory, salty and sweet cravings. Portion out these snacks so the temptation for overindulgence is limited.

Choose among the healthiest options

Stock the pantry and refrigerator with an array of healthy snacking options.

Nuts and their butters:

Nuts are nutritional powerhouses that provide filling protein, fiber, healthy fats, and many different vitamins and minerals. Nuts can be ground at home and made into spreads and dips.

Popcorn:

Plain, air-popped popcorn is full of fiber, making it a filling snack. Without toppings like butter, popcorn can be low in calories.

Fruit:

Fresh fruit, frozen fruit, fruit purees, and dried fruit are must-haves. Place

a bowl of fresh fruit in reach of kids so it can be their first snacking choice.

Frozen fruit can be transformed into simple smoothies. Dried fruit keeps longer, and is a great addition to trail mixes. Cups of applesauce can easily be grabbed and satisfy sweet cravings.

Sliced vegetables: When preparing meals, slice vegetables, including carrots, celery, cucumbers, and sweet peppers. Later they can be dunked into homemade dips for an easy treat.

Hummus: Speaking of dips, hummus is filling and tasty. Made from nutrient-dense chick peas, hummus can be enhanced with different flavors, from garlic to ginger to even chocolate for a dessert variety.

Whole-grain chips: Opt for whole-grain chips that blend a variety of grains into the mix. Avoid products with hydrogenated oils.

Healthy snacking is possible when families think ahead and know what to look for at the grocery store.

Sand Hill River Watershed Plan

We are in the beginning stages of writing a plan for the Sand Hill River Watershed.

This plan will identify where time and funding will be focused across the planning area over the next 10 years. This is a locally led planning effort. We want your input to help shape the direction of the plan.

Please join us on Monday, August 22 at one of these locations! Refreshments will be served.

Fosston: City Community Center, 8:30-10:00am

Fertile: Sand Hill River Watershed District, 11:00am-12:30pm

Climax: City Community

Bees...

Continued from page 1...

vide some environmental benefits, they don't provide much food for pollinators.

One way to provide resources for pollinators while keeping the function of a lawn is to incorporate other plants such as dutch white clover, self-heal and creeping thyme. These plants have the right type of flowers for bees.

Once established, bee lawns take a similar (or even less) amount of work to maintain as a traditional lawn, making them an accessible addition to almost any home landscape.

Plants for a bee lawn

There are lots of plants that bees like, but few are adapted to lawn conditions. Not many plants besides turfgrass can tolerate being mowed short and stepped on. Here are the traits needed for bee lawn flowers:

- Low-growing and adapted to being mowed.
- Flower at low heights.
- Tolerant of foot traffic.
- Provide good food (nectar and pollen) for pollinators.
- Moderately competitive, meaning they can hold their own with the turfgrasses without taking over.
- Have a perennial life cycle (they live for more than one year) so they are maintained in the landscape with the perennial turf.
- Turfgrasses for bee lawns also need certain characteristics that make them compatible with the flowers.

Observing your bee lawn pollinators

Did you know that Minnesota has over 400 species of bees? UMN research found 56 bee species on just white clover. And that's only one type of pollinator! Other important pollinators include butterflies, moths, flies, beetles and wasps.

You may wonder about attracting all these bees to your yard — will having a bee lawn mean greater chances of getting stung? Most native bees are docile and unlikely to sting. Some stinging insects such as non-native yellowjacket wasps can be aggressive though! Learn more about wasps and whether they pose a hazard in your yard and should be removed. Most wasps are beneficial so try to let them be when possible.

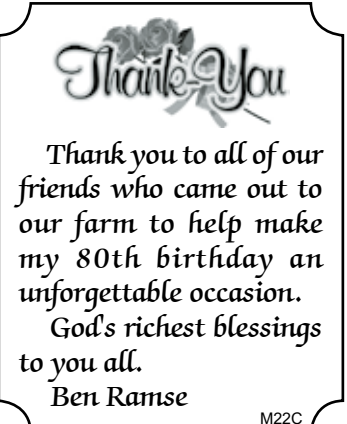
We encourage you to learn more about the native pollinators that visit your bee lawn. If you look more closely there is a whole new world happening at your feet!

Visit the University of Minnesota Bee Lab website for more information on honey bees, native bees and how you can become more involved in helping bees and other pollinators.

Center, 3:30-5:00pm

We want your feedback! Take an online survey and/or attend one of three public meetings.

Scan this QR code with your phone camera to take the survey:



Did you know?

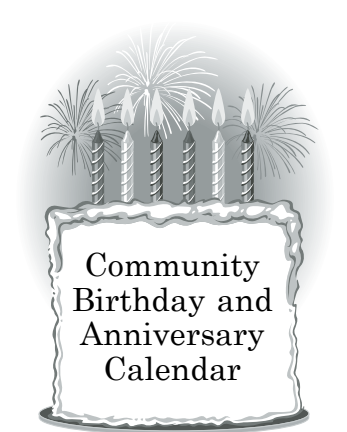
Despite its reputation as the most formidable type of mold individuals can find in their homes, black mold is similar to other indoor molds in regard to its effects on human health.

According to the Centers for Disease Control and Prevention, black mold, or stachybotrys chartarum, isn't any more harmful than other types of mold, including cladosporium, penicillium, aspergillus, and alternaria.

The reputation of black mold, which can look black or greenish-black, likely has something to do with its appearance.

But homeowners still have reason to be fearful of mold in their homes, regardless of what color the mold may be. That's because mold can lead to a host of unwelcome health problems, including stuffy nose, sore throat, coughing or wheezing, burning eyes, or skin rash.

Symptoms may be even worse for people with asthma and mold allergies



Wed. August 17: Skylar Olson, *Dave & Amie Erickson
Thurs. August 18: Corkey Syverson
Fri. August 19: Micah Ferden, Airael Gensburger, *Wayne & Renee Brekke
Sat. August 20: Diane Grundyson, Adam Shaver, Matthew Finseth, *Joe & Jessica Shimpa
Sun. August 21: Lacey Roed
Mon. August 22: Cody Krossen, Grant Enger, Emmett Rock
Tues. August 23: *David & Wanda Stordahl



McINTOSH Times

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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 22: Salisbury Steak - Mashed Potatoes & Gravy - Green Beans - Wheat Rolls - Pumpkin Bars - Milk

Tues. August 23: *Bingo* Baked Chicken - Baked Potato - Peas - Wheat Bread - Jello Cake - Milk

Wed. August 24: Taco Burger on Bun / Salsa - Spanish Rice - Corn Chips - Apple Slices - Zucchini Bars - Milk

Thur. August 25: *Bingo* BBQ Pork Loin - Scalloped Potatoes - Corn - Wheat Bread - Carrot Cake - Milk

Fri. August 26: Orange Chicken over Rice - Cucumbers & Tomato Slices - wheat Rolls - Fruit - Lemon Cake - Milk



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

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

Fri. Aug. 19: 8:30am Mass at St. Mary's, Fosston

Sun. August 21: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Aug. 24: 11:30am Mass at St. Mary's, Fosston

Fri. Aug. 26: 8:30am Mass at St. Mary's, Fosston

Sun. Aug. 28: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

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

Sun. August 21: 10:00am Coffee Hour; 10:30am Worship Services

Sun. August 28: 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 21: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues. August 23: 10:00am Sunday worship service telecast on GVTN-30

Wed. August 24: 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 21: 9:00am Worship

Sun. August 28: 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.

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August Weed of the Month: Porcelain Berry



Porcelain berry has a distinctive speckled berry, with widely variable coloring ranging from blue, pink, purple, and cream

Julia Dellick, MN Dept. of Agriculture
Porcelain berry (*Ampelopsis brevipedunculata*) is a vigorous, deciduous, woody vine in the grape family (Vitaceae) that climbs via tendrils to grow up to 20 feet. It was introduced to the United States from its

native range of temperate Asia as a landscape plant in the 1870s. Since then, porcelain berry has become widespread on the East Coast and is a particular problem in the southeastern states. It is slowly spreading westward and has been found scattered through-

out Minnesota, Wisconsin, and Iowa. In Minnesota, porcelain berry has been found naturalizing in Rice and Ramsey counties. Though related to native grapevines, there are identifiers to distinguish between the two plants. Porcelain berry has alternate and simple leaves that have coarsely toothed margins that can be either heart-shaped or deeply lobed with 3-5 divisions. The undersides of the leaves and new wood have small hairs. The fruits of this plant are shiny berries that mature throughout September and October in Minnesota; the berries vary in color ranging from blue, pink, purple, and cream. Porcelain berry is not tolerant of heavily shaded areas, such as mature forest interiors, and prefers full to partial sun. It is found on forest edges, riverbanks, and woodland openings and is primarily associated with disturbed sites.

Homemade tomato sauce adds zest to meals

Tomato sauce is a staple in Italian cooking and other cuisines. Many families have special recipes for their own tomato sauces. Such sauces are served during leisurely Sunday afternoon meals featuring pasta and meats.

Tomato-based sauces have many names among Italians. "Sugo" is a word that broadly defines "sauce," and can be applied to tomato-based varieties. "Ragù" implies that the sauce was reduced to obtain a more concentrated flavor profile after cooking it for hours. Marinara originated in Naples and means "sailor-style." It is a classic sugo made from a few simple ingredients. An alternative to simmered sugo is salsa, which is made quickly with pureed tomatoes and does not contain meat or vegetables. It's ideal as a summer dressing for pasta and needn't be cooked for long.

It's relatively easy to make homemade tomato sauce, and by doing so one can save quite a bit of money over the jarred varieties sold at supermarkets. The freshness of homemade sauce cannot be replicated - especially if the sugo is made with tomatoes plucked from



a backyard garden. For those new to homemade sauce, this recipe for "Sugo di Pomodoro" from "Nick Stellino's Family Kitchen" (G.P. Putnam's Sons) is a fine place to start.

Sugo di Pomodoro (Tomato Sauce)
Makes 5-1 1/2 cups
6 tablespoons olive oil
6 whole garlic cloves, peeled
1 cup finely chopped onion
1/4 teaspoon red pepper flakes
1 28-ounce can peeled Italian tomatoes with basil, drained and chopped, juice reserved (see tip below)
12 fresh basil leaves, or 11/4 teaspoons dried
1/4 teaspoon dried oregano
1 teaspoon salt (see tip below)
In a 3-quart saucepan, heat the oil, garlic, onion, and red

pepper flakes over medium-high heat. Cook for 5 minutes, stirring well. Reduce heat to medium-low and cook for 10 minutes, stirring every 5 minutes. Add the tomatoes, basil, oregano, and salt. Stir well and cook 5 minutes over medium heat.

Add the reserved tomato juice, and bring to a boil over high heat. Reduce heat and simmer for 30 minutes, stirring occasionally.

When the sauce has finished cooking, let it cool to room temperature, and then process to a smooth consistency in a food processor. You may notice that the color changes slightly in the processor; do not worry - this is normal, and it will not affect the flavor. The sauce can be frozen for up to a month.

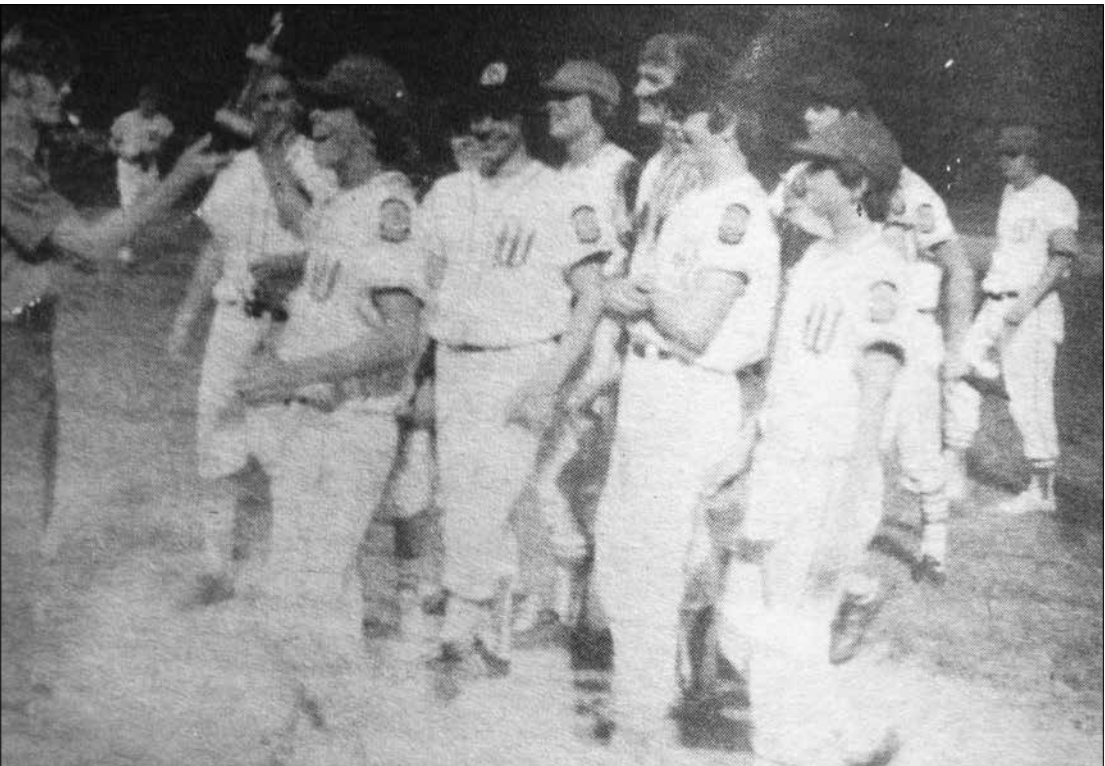
Chef's tips: The best canned tomatoes to use in this sauce are those packed in Italy; the American product tends to be too tart. If you use American tomatoes, add 1/2 teaspoon sugar when you are cooking them.

This is a basic sauce used mainly to prepare other sauces. If you want to use it over pasta, you might add a bit more salt, according to your taste.

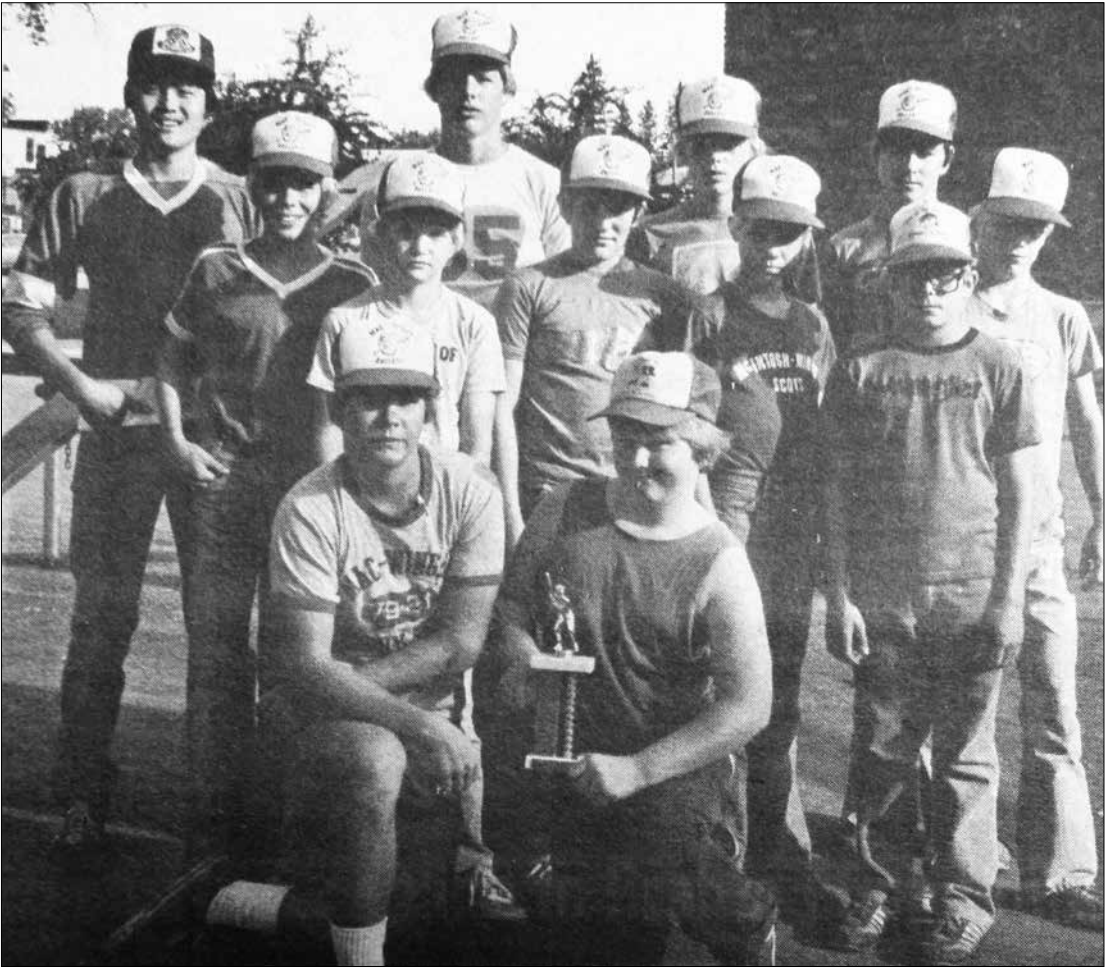
Porcelain berry forms dense mats that overtake low vegetation and small trees which reduce species diversity and wildlife habitat. Once established, porcelain berry vines are difficult to control. For all management options, infested sites will need to be monitored and treated repeatedly until the seedbanks are depleted and eradication

can be confirmed. However, you may remove early infestations through pulling any young vines by hand and being sure to remove the entire root. Do not spread soil that contains any root sections of the plant as dislodged root pieces have been suggested as potential methods of vegetative reproduction and spread. If the plants are pulled while in fruit,

they should be bagged and destroyed. Due to porcelain berry's attributes, it is listed as a Restricted Noxious Weed in Minnesota. This means that porcelain berry can't be sold, propagated, transported, or planted legally in the state. For more information about porcelain berry, visit the MDA species page.



50 years ago...1972: The Winger American Legion baseball team earned the sub-district trophy Sunday night in a dramatic win over Gonvick in the playoffs. Both Winger and Gonvick advance to the District tournament to be played at Fertile this week.



40 years ago...1982: The Summer Recreation boy's cadet baseball team won the fifth place consolation trophy in the recent Fosston tournament. The team lost in the last inning to Gonvick. Kneeling are Jason Amundson, manager and Tom Sundahl, infielder. In the middle row are Billy Kaupang, Infield, Jess Oseth, Infield, Mark Sonstelle, outfielder, Kerry Mandt, outfielder, and Patrick Thompson, outfielder. In the top row are Troy Buckingham, infielder, Mike Theis, infielder, Robbie Christianson, outfielder, David Kiecker, infielder, and Mark Krossen, infielder and outfielder.



10 years ago...2012: After a run, David Faldet, #10, catches his breath with the ball. Demarcus Brown, #21, and Keaton Stuhau, #5, look on.



20 years ago...2002: Breakfast on the Farm gives children the opportunity to see farm animals up close. Checking out the animals are Mechelle, Tess, Jaclyn, Jenny, Justine, and Afton Hubbard.



30 years ago...1992: Win-E-Mac girls, ages 7 - 11, playing softball for the Midgets team during summer recreation in McIntosh are coached by Kylie Horacek and include: (back, l-r) Amber Cymbalek, Sarah Peterson and Julie Pearce; (second row) Hilary Hansen, Holly Jones; (front) Kayla Schimanski, and Jackie Ostenaar. Not present for photo: Jordan Bjerke, Amy Kaupang, Katherine Senn, Tami Erickson, Kim Nelson, Holly Hammer, Krista Lee, Amber Solheim, Shelly Sannes, Sara Hamre, Kara Evenson, Jennifer Trulsen, Brenda Fritz, and Kim Rock.



Dynamic Voices: A Collection of Work by Women Artists of NW MN

The Northwest Minnesota Arts Council (NWMAC) is pleased to announce our exhibit – Dynamic Voices: A Collection of Work by Women Artists of NW Minnesota. The exhibit is open from Monday, August 8 to Wednesday, September 28 at the NWMAC Gallery at Northland Community and Technical College in Thief River Falls.

Artists include Connie Nelson of Hallock, Rachel Gustafson of Hallock, Therese Jacobson of Alvarado, Heidi Danos of Fosston, and Stephanie Olson of Thief River Falls. These artists are well-known to the NWMAC. They have exhibited in past NWMAC exhibits, received awards and grants for their art, participated in past workshops, and even served on our board.

NWMAC Showcase Specialist Trey Everett shared, "I'm excited about this powerful collection of artworks! Each of the five women artists featured in the Dynamic Voices exhibit have their own distinctive style and message. You will experience artwork that is provocative, touching, lighthearted, and mysterious."

According to Artist Therese Jacobson of Alvarado, "Everything is "art" and life is creative. My subjects for this exhibit are horses and natural objects based on photos of my own, or taken by regional photographer Lynne King, of Alvarado, MN. Horses are creatures of grace, beauty, and strength, and have coexisted with humanity for millennia. The wild horses of western North Dakota have ridden into my paintings, as have domesticated horses in various seasons. The easy flowing lines and warm, colorful shapes

might be called Modern Realism.

For this exhibit my works are created with acrylic paint and newspaper on canvases, but I have used torn paper, wire, cardboard, found objects, wood, string, and many sorts of objects. My paintings and drawings are usually water-based acrylics, watercolor, or pen and ink. I paint commissions on request."

About her art in the exhibit, Thief River Falls Artist Stephanie Olson said, "This collection of pieces is meant to be bright, maybe even happy, but not exactly whimsical. Magical but not unfamiliar. Peaceful but not staid."

It's well known that creating art can be healing. Artist Rachel Gustafson said, "I started painting again during the isolation of the pandemic, using art as therapy." Gustafson's work in the exhibit includes watercolor, mixed media, and pastels.

Fosston Artist Heidi Danos further explained, "Creating helps me shut out the noise, and sometimes even capture it. For this exhibit, I chose to focus on the female figure. I enjoy exploring different mediums and don't foresee myself getting boxed into a single style anytime soon, if ever."

Finally, Hallock Artist Connie Nelson described her creative process, "I began with crayons and sandcastles, moved on to watercolor, pastels, acrylic, oil, clay, glass. You know, jack of all ... master of none." Murals have become Connie's current creative outlet. You can find them in Hallock, Kennedy, and some local farmyards. Connie's even been known to create pop-up street art murals. Her work in the

exhibit includes acrylic, watercolor, and mixed media.

You won't want to miss this exhibit! Please join us for a free Artist Reception with the artists on Wednesday, September 28 from 5 to 7 pm at the gallery. Refreshments will be served.

Many pieces of art in this exhibit are for sale. You are welcome to purchase at any time and pick up when the exhibit ends.

The NWMAC Gallery is located at Northland Community and Technical College, 1101 State Highway 1, Thief River Falls, MN 56701. The gallery hours are Monday-Friday from 8:30-5 PM and at other times when events are held at the college. Enter through Door B. Visitor parking is free.

Stay tuned for an online discussion with the artists. You will be able to watch this Artist Spotlight on Facebook Live or YouTube Live. Visit the NWMAC Facebook page or YouTube page for more information. The Artist Spotlight will also be available to view at any time after the live broadcast. Reach out to us with questions.

For more information about our exhibits visit our website at www.NWArtsCouncil.org, or if you are an artist interested in exhibiting a body of work with NWMAC, please contact Trey Everett at treyeverettcreates@gmail.com. This exhibit is made possible with funding from The McKnight Foundation. Please sign up for our e-newsletter on our website home page to see the latest news and grant announcements. Email director@NWArtsCouncil.org or call 218-745-8886 to reach our office during regular business hours.



BCA Releases 2021 Uniform Crime Report

Violent Crimes					
	2021	2020	2019	2018	2017
Murder	201	185	117	104	114
Rape	2,472	2,222	2,431	2,666	2,429
Robbery	3,991	3,885	3,081	2,943	3,645
Aggravated Assault	10,967	8,203	6,742	6,693	7,115

Property Crimes					
	2021	2020	2019	2018	2017
Burglary	14,429	16,789	15,735	16,097	18,749
Larceny	88,644	89,130	90,257	85,394	93,455
Motor Vehicle Theft	14,829	13,862	11,410	10,082	9,960
Arson	716	710	462	426	534

Additional Crime Data Reported to the BCA						
	2021	2020	2019	2018	2017	2016
Homicide Cleared by Arrest	62%	65%	64%	77%	74%	74%
Drug Abuse Violations Cleared by Arrest	80%	82%	88%	85%	85%	85%
Bias Motivated Incidents	238	223	146	127	147	122

One police K-9 was fatally wounded in the line of duty in 2021.

The Minnesota Department of Public Safety Bureau of Criminal Apprehension (BCA) has released the 2021 Uniform Crime Report, a summary of crime data submitted by local law enforcement agencies to meet state and federal reporting requirements.

In addition to data measuring criminal activity statewide, the report contains other information required in statute, including the number of law enforcement officers killed or assaulted; firearm discharges by police officers; and police pursuits.

The 2021 report reflects the state's transition to a more detailed, incident-based reporting system. This is also the first year this data can be accessed in the Minnesota Crime Data Explorer, a tool on the BCA website that can be used by the public and law enforcement leaders to track and respond to crime trends.

"The Department of Public Safety has stepped up investigations and proactive patrols in partnership with our federal, state and local officers," said Minnesota Commissioner of Public Safety John Harrington. "By following the data, we hope these efforts will reduce victimization, improve focused and effective rapid responses, and hold offenders accountable."

Notable data from the 2021 Minnesota Uniform Crime Report:

- Minnesota saw a 21.6 percent increase in violent crime in 2021.
- Violent crime in greater Minnesota rose by 16 percent. Violent crime in the seven-county metro area (Anoka, Carver, Dakota, Hennepin, Ramsey, Scott and Washington counties) rose by 23.9 percent.
- There were 201 murders in 2021 in Minnesota compared with 185 in 2020, an increase of 8.65 percent. Firearms made up 73 percent of the weapons used in 2021 murders, down from 75 percent in 2020.

Save those back-to-school shopping receipts for valuable tax benefits

As students of all ages prepare for another school year, the Minnesota Department of Revenue reminds parents and caregivers to save receipts on school supply purchases to claim valuable K-12 tax benefits when filing their taxes next year.

"With July behind us, we know the upcoming school year is front of mind for many Minnesota students and their families," said Revenue Commissioner Robert Doty. "When back to school shopping, parents should remember to save those receipts and be sure to claim either the K-12 Education Credit or Subtraction when they file their income tax returns next year. It could save them money on their tax bill or put money in their pockets in the form of a larger refund."

Two tax benefits can help Minnesota families pay expenses related to their child's education: the refundable K-12 Education Credit (income limits apply) and the K-12 Education Subtraction (no income limits).

Last year, more than 19,000 families received the K-12 Education Credit and saved an average of \$261. Nearly 130,000 families received the K-12 Education Subtraction with an average subtraction of \$1,207.

These programs reduce the tax parents pay and could deliver a larger refund when filing a Minnesota income tax return. To qualify, the purchases must be for educational services or required materials. The child must be attending kindergarten through 12th grade at a public, private, or home school and meet other qualifications.

- There were 10,967 aggravated assaults in 2021, which is 33.7 percent higher than 2020.
- The number of rapes increased in 2021. Almost half of the victims were minors (46 percent) and 71 percent of rapes occurred in a home.
- Motor vehicle theft rose 8.5 percent in 2021 with 14,829 vehicles stolen as compared to 13,662 in 2020. The 2021 total is the highest since 2001. In addition, there were 779 carjacking incidents in 2021, the first year this data was collected. Carjacking incidents are not counted as motor vehicle thefts.
- Bias crimes rose in 2021 with 238 incidents reported. Of these, 40.3 percent were motivated by anti-Black or African American bias, 10.5 percent were anti-gay, 8.8 percent anti-white, and 8.4 percent were anti-Jewish.
- Officer-involved shooting incidents dropped in 2021 to 24, five fewer than in 2020.
- Peace officers were assaulted in 900 incidents in 2021, a 35 percent increase over 2020.

Use of Force Data Collection

The Minnesota Legislature during a 2020 special session enacted a new law (Minn. Stat. 626.5534) requiring Minnesota law enforcement agencies to provide information about use-of-force incidents for the FBI's Use-of-Force Data Collection. Agencies had already begun providing data on a voluntary basis in 2018 shortly after the FBI first established the data collection.

The incidents that require reporting under the law include those where a firearm was discharged toward a person, and any use-of-force incident resulting in serious bodily injury or death. Agencies provide information including the race, gender and age of the person and the officer, type of force used and resistance encountered. Last year was the third full year of data collection.



Save those receipts

Remember to save your receipts to claim the credit or subtraction. Use a folder or envelope to store receipts for the upcoming tax filing season or pick up a special envelope at our State Fair booth, located in the Education Building.

Most expenses for educational instruction or materials qualify, including:

- Paper
- Pens and notebooks
- Textbooks
- Rental or purchases of educational equipment such as musical instruments
- Computer hardware (hotspots, modems, and routers) and educational software (up to \$200 for the subtraction and \$200 for the credit) *
- After-school tutoring and educational summer camps taught by a qualified instructor

*Fees for internet service do not qualify.

Taxpayers who are not required to file an income tax return must do so in order to claim a refund for any eligible education credit.

K-12 Education Subtraction

There are no income limits to qualify for the education subtraction. Most parents qualify. Parents can claim the K-12 Subtraction for tuition paid to private schools or college courses used to satisfy high school graduation requirements.

Minnesota agencies reported 30 use-of-force incidents in 2021, down from 45 in 2020.

- 13 persons died
- 11 incidents resulted in serious injury requiring medical attention
- 7 non-injury incidents

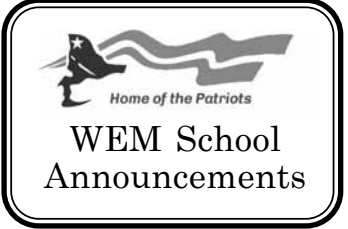
Agencies reported the following race information about people on whom force was used.

- White (17)
- Black (8)
- Unknown/not reported (2)
- American Indian/Alaskan Native (2)
- Pending (1)

The complete 2021 Uniform Crime Report can be accessed on the BCA website. The Minnesota Crime Data Explorer and additional years' reports can be found on the same page.

About the Bureau of Criminal Apprehension

The Bureau of Criminal Apprehension (BCA) provides investigative and specialized law enforcement services to prevent and solve crimes in partnership with law enforcement, public safety and criminal justice agencies. Services include criminal justice training, forensic laboratory analysis, criminal histories and investigations.



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 are parents/caregivers in providing the best learning environments for your child's learning and development.

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.