



McINTOSH

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Times

\$1.00

Hub of the Thirteen Townships

McIntosh, Minnesota



Like all the other kids who were able to visit Ice Cream Island when the crew brought the boat to Roholt Park in McIntosh, Aubry Gunufson was able to enjoy a sweet and cool treat.

Changes to tech distribution at WEM

The device handout will be happening a little differently this year.

Rather than handing out devices in the Arts & Event Center, the device handout for the high school students will be handled by the teachers in their classrooms.

When you arrive at Open House, you will receive a packet with a schedule (also available on StudentVUE and ParentVUE). Students' devices will be in their first-hour classrooms. Families will pay a non-refundable \$30 tech fee per student device that leaves this building.

This year, there is no tech fee waiver for completing free and reduced lunch applications like last year. To avoid writing multiple checks, parents can pay the tech fee for all their high school students' devices in their oldest student's first-hour classroom. Teachers will make a note of this payment on the back of an information sheet that will be given to each student (to be shown to other teachers when picking up additional devices, if applicable). A signature sheet will also need to be filled out and returned to the teacher with the payment (one per student, please).

Elementary iPad handouts and payments will be handled by the elementary teachers

separately at a later time.

If you cannot make it to Open House, your student's device will be in their first-hour classroom when they arrive on the first day of school. Unless a signed signature sheet and the \$30 tech fee are given to the technology coordinator, devices will not be able to leave the building.

Students can leave their devices with their seventh-hour teacher at the end of each day until the signature sheet and payment are received.

Some students did not turn in their charger, sleeve, or both at the end of last school year. These students will not receive new accessories until their old ones are paid for. Chargers and sleeves are \$15 each. Additionally, some students may temporarily receive an old Chromebook at Open House.

The incoming seventh-grade class is bigger than the outgoing senior class. Additional Dell laptops have been ordered, but they may not be here on time to hand out at Open House. They should be in during the first week of school. Thanks for understanding.

The full Device Policy & Handbook (twelve pages long) will not be printed per student. You can read it online here: <https://wemschools.org/tech-policies>.

Fun facts and the history of Labor Day

Observed the first Monday in September, Labor Day is an annual celebration of the social and economic achievements of American workers.

The holiday is rooted in the late nineteenth century, when labor activists pushed for a federal holiday to recognize the many contributions workers have made to America's strength, prosperity, and well-being.

Before it was a federal holiday, Labor Day was recognized by labor activists and individual states. After municipal ordinances were passed in 1885 and 1886, a movement developed to secure state legislation. New York was the first state to introduce a bill, but Oregon was the first to pass a law recognizing Labor Day, on February 21, 1887. During 1887, four more states – Colorado, Massachusetts, New Jersey and New York – passed laws creating a Labor Day holiday. By the end of the decade Connecticut, Nebraska and Pennsylvania had followed suit. By 1894, 23 more states had adopted the holiday, and on June 28, 1894, Congress passed an act making the first Monday in September of each year a legal holiday.

McGuire v. Maguire: Who founded Labor Day?

Who first proposed the holiday for workers? It's not entirely clear, but two workers can make a solid claim to the Founder of Labor Day title.

Some records show that in 1882, Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a co-founder of the American Federation of Labor, suggested setting aside a day for a "general holiday for the laboring classes" to honor those "who from rude nature have delved and carved all the grandeur we behold."

But Peter McGuire's place in Labor Day history has not gone unchallenged. Many believe that machinist Matthew Maguire, not Peter McGuire, founded the holiday.

Recent research seems to support the contention that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, New Jersey, proposed the holiday

in 1882 while serving as secretary of the Central Labor

Labor Day... Continued on page 3 ...



McIntosh Tractor Day photos coming in next weeks McIntosh Times. Stay tuned!



McIntosh High School Class of 1959 had their annual lunch and get together at Ness Cafe in Erskine, MN on Friday, August 12, 2022. Attending were Janet Johnson Hamre, Olive Roed Ferden, Delores Milliander Rice, Gerald Matson, Ardis Locken Qualley, Harlan Rustad, Janet Brolsma Gawrylow and Orris Flermoen. The second Friday in August has been a standing open date for more than 20 years. Come All should attend next year if able.



The Win-E-Mac Century 21 Summer Program kids took a bus ride to McIntosh to have an ice cream treat last Wednesday at the Ice Cream Island pontoon parked at Roholt Park. The crew, young entrepreneurs Brooklyn and Breyer Strem were on hand to serve up some yummy treats to all who visited.

2nd Annual e-Race Stigma Community Walk/Run provide hope & healing

We invite the Crookston and surrounding communities to join us for the 2nd Annual e-Race Stigma Community 5K Walk/Run on Saturday, September 17, 2022. The free event will kick off at Crookston High School at 10 a.m. New this year, we're adding a 5K run option. Participants will receive a swag bag, and there will be food trucks on site.

"We'll have a mental health expo inside the school so people can grab resources and talk to local agencies about services in the Crookston area," said Shannon Abrahamson, event coordinator, NWS AMHI Coordinator, and Suicide Prevention Lead for the H.O.P.E. Coalition. "We plan to have food trucks onsite, so even if you cannot participate in the walk or run, you can still come out to connect, have lunch with us, and help us erase the stigma around suicide."

Several groups have partnered to organize this event, including Polk County Social Services, Polk County Public Health, Crookston Public Schools, the H.O.P.E. Coalition, Blue Cross and Blue Shield of Minnesota, and Alluma. Many other local agencies plan to attend and provide resources on the day of the event.

"We know human connection and relationships are critical to healthy communities and preventing suicide. We



Shannon Abrahamson

want everyone to know how to get help when life feels too heavy," says Sarah Reese, Polk County Public Health Director. "We want family members and friends supporting someone struggling with thoughts of suicide to have resources and tools to keep their loved ones safe. By coming out to this event, we're letting our friends and neighbors know they are not alone."

If you'd like more information or want to find out how you can help, please email info@allumacares.org or visit the event page on Facebook.

If you or someone you know is in crisis or needs support, please call our 24/7 Support & Crisis Helpline at 1-800-282-5005 or text MN to 741741.

About Alluma

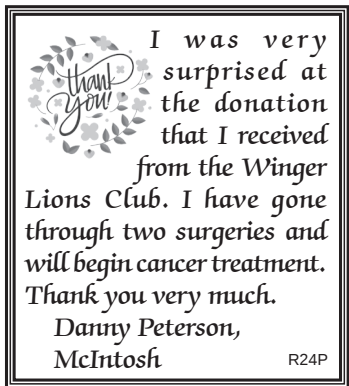
Alluma is an inclusive Certified Community Behavioral Health Clinic based in

Crookston, Minnesota. Our story began in 1962 with a vision of building a community-based care system to ensure high-quality access to mental health services in the region. For 60 years, we've provided evidence-based, client-focused care in northwestern Minnesota. Alluma takes an uncommon approach, integrating mental health and substance use care into overall wellbeing. Rooted in research and focused on relationships, we go above and beyond to build capacity in



Sarah Reese

individuals and help clients get connected. We are open for everyone, anytime. Clients, teammates, caregivers, friends and families, and allies. You matter to Alluma, and we're here to help. Get to know us at allumacares.org.



Three concerts featured at Fosston Heritage Days

This September 9 - 10, 2022 will mark the 27th Annual Heritage Days for the East Polk Heritage Center. The event has evolved over the years bringing the traditions of our region to visitors through music, food, and art. The buildings on the heritage grounds capture the history of those who settled and lived here during the late 1800's. The L.W. Larson House, Moen School, Heritage Cabin and the Stardig Cabin will all be open for tours and demonstrations.

This year, festivities will begin on Friday, September 9 with a concert featuring The O'Neil Family Band. The concert starts at 6:00 PM and will be held on the back porch of the Larson House with seating under the shelter and on the lawn. Bring a lawn chair to enjoy the music.

Activities will begin Saturday the 10th at 9:00 A.M. at the heritage grounds on Highway 2 East in Fosston. Highlights will include rosemaking by the Norda Gonvick Rosmalers, a Krumkake demo and tasting featuring Al and Vicky Olson, the Sons of Norway exhibit, Roz Watnemo's Hardanger exhibit and other traditional arts and crafts will be in the Moen School. New this year will be a Heritage Costume self-station set up on the porch of the Cabin, a Gnome-hunt with prizes and children's activities

held in the Stardig Stuga.

A back porch concert by the Snowmen will begin at 10:00. At Noon, No Rest for the Pickers will be in concert. Enjoy their ever popular music of both music groups, again from the Larson House back porch. The ever popular Sloppy Joe lunch will be served beginning at 11:30. The Farmer's Market will be open from 9 - 1:00.

Tips and tricks for traveling with dogs

According to a AAA/Best Western survey, 85 percent of dog owners travel with their dogs.

The most popular vacations to let pooches tag along include going to the beach, camping and hiking. As a greater number of people are engaging in more activities with their pets, businesses in the travel and hospitality sector are taking notice and have become more accommodating to four-legged guests.

However, there's still plenty to learn when taking a dog along as a travel companion. Explore these dog travel tips.

Invest in a crate. Even if the dog does not need a crate at home, it's best to have one for travel. Crates often are required for airline travel and can keep dogs safer in cars.

In addition to Heritage Days Fosston will also be busy with an Art Show sponsored by the Arts and Culture Commission in the "Mural" building downtown. The 7th annual Forged in Fosston is being held at Ventures. The 5th Annual Chalk Walk is being held at 10:00 AM on the FIT Trail in front of the Heritage Center. Fosston will be the place to be with fun events for all ages!

Many hotels also require that dogs be crated in the rooms to keep them out of trouble and prevent damage. A crate should be large enough that the dog can stand, turn and lie down, according to the American Kennel Club.

Carry copies of pet-related documents. It's important to prove that the dog is healthy and current on vaccinations. Officials may ask to see documentation when traveling abroad. Some travelers also may want to investigate pet passports. The USA does not require a pet passport, but the European Union pioneered pet passports to enable animals to move more freely throughout its member nations.

Plan a short excursion first. If you have never traveled with a dog before, make

the first trip a short one, such as an overnight or two-day stay. This way, if the trip turns into a fiasco, checkout isn't a week away.

Expect some fees. Most hotels charge a fee for doggy clients. A fee of \$25 to \$50 is pretty standard. There also may be a designated pet floor to minimize the chances that guests without pets will be forced to interact with animals.

Normal behavior may go out the window. A dog who is calm at home may be out of sorts while traveling. It's not uncommon for a dog unphased by people at home to suddenly be anxious and bark at sounds in a hotel hallway.

Look into pet-friendly restaurants. Smarter Travel says that some hotels won't allow a guest to keep the dog alone in the room. That means

Essentia Health seeking volunteers

Essentia Health is seeking volunteers for several facilities in multiple areas.

Volunteer opportunities range from spending time in medical units and clinic settings to helping patients navigate our facilities, stocking, working in the cafeteria and many more areas.

To ensure the safety and well-being of our patients and staff, volunteers must:

- Commit to a regular weekly four-hour shift.
- Submit to a background check.
- Be fully vaccinated against COVID-19.
- Be vaccinated against the seasonal flu between October and March.
- Be willing to wear a mask and any other PPE during their shift.

"At Essentia Health, volunteers are instrumental in our mission of making a healthy difference in people's lives," said Kerri Anderson, volunteer supervisor at Essentia. "Every one of our volunteers has the unique opportunity to brighten the day of our patients and play

meal time can be tricky. Find restaurants nearby that allow pets. Many that have outdoor seating may enable a leashed pet to stay near the seating perimeter.

Bring water from home. When packing food, pack a few gallons of water as well, even though it can be cumbersome. Some dogs with delicate digestive systems may be upset by drinking the local water. A case of diarrhea is compounded further by having to make it into an elevator and outside the hotel in time.

Tire the dog out. Exercised dogs tend to be well-behaved dogs. Make time to go on long walks, visit a dog park or engage in other activities that will make the pup tired so it's less likely to cause problems at the hotel.

a special role in the healing process. We look forward to seeing more individuals throughout our community join the Essentia family as volunteers."

While you don't have to be in school to volunteer, many of the available positions can help students build their resumes and help medical students determine an area of focus. Volunteering is also a requirement for some graduate-level programs.

Essentia has immediate openings at our locations in Fargo, northwest Minnesota, the Twin Ports, northwest Wisconsin, the Iron Range and Brainerd.

"COVID-19 really put a dent in our volunteer pool, and we are actively trying to rebuild it," said Erica Busta, Essentia's volunteer program manager. "There are ample opportunities across our system to get involved and give back to your community by way of volunteering."

A full list of locations, opportunities and more information about volunteer opportunities can be found on our website.

Libraries announce Virtual Writers Workshops

Lake Agassiz Regional Library (LARL) will host a series of virtual writing workshops hosted by teachers from the Loft Literary Center. The workshops will be offered free-of-charge with no registration required and will focus on the following topics:

The ABCs of Writing Children's Books on Tuesday, September 13 from 7:00-8:30 p.m. featuring teacher and author Lisa Bolt Simmons.

Be Your Own Publisher on Tuesday, October 4 from 7:00-8:30 p.m. featuring teacher and author Brooke Dierkhising.

Creative Writing Sampler on Tuesday, October 25 from 7:00-8:30 p.m. featuring teacher and writer Gail Milstein.

Turning Family Stories into a Memoir on Tuesday, November 15 from 7:00-8:30 p.m. also featuring Gail Milstein.

The series will be available at larl.org/writingworkshops and is made possible in part thanks to funding from the Minnesota Arts & Cultural

Heritage Fund.

For more information on this and other LARL events and services, contact the Lake Agassiz Regional Library office at 218-233-3757 or online at www.larl.org.



Wed. August 31:
*Gordy & Cindy Ostena

Thurs. Sept. 1:
Hudson Swanson,
*Pete & Jenny Howard,
*Lee & DeeDee Narum,
*Samantha & Kevin Caron

Fri. Sept. 2: Malachi Burthwick

Sat. Sept. 3: Joel Strom, Hannah Sylstad, Kayla Kringlen

Sun. Sept. 4:
Jane Olson, *Mark & Karen Krossen

Mon. Sept. 5:
Christy Burslie, Ben Tofstad, Hunter Schow, *Dan & Darlene Dierkes

Tues. Sept. 6:
Leo Herem, *Mike & Sheree Breckel

McINTOSH Times

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"Serving the Win-E-Mac area"

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The Snowmen are just one of the bands that we be playing at Heritage Days in Fosston this year.

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

Mon. Sept. 5: Closed - Labor Day

Tues. Sept. 6: *Bingo*
Spaghetti w/Meat Sauce - Lettuce Salad - Pineapple - Garlic Toast - Chocolate Pudding - Milk

Wed. Sept. 7: Sweet and Sour Pork over Rice - Mixed Vegetables - Wheat Rolls - Creamy Cole Slaw - Zucchini Brownies - Milk

Thur. Sept. 8: *Bingo*
Baked Turkey - Mashed Potatoes & Gravy - Green Beans - Wheat Rolls - Roman Apple Cake - Milk

Fri. Sept. 9: Closed - Life Line Screening in Building



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

Fri. Sept. 2 : 8:00am Adoration & Benediction at St. Mary's, Fosston

Sun. Sept. 4: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Sept. 7: 11:30am Mass at St. Mary's, Fosston

Fri. Sept. 9: 8:30am Mass at St. Mary's, Fosston

Sun. Sept. 11: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Sept. 14: 11:30am Mass at St. Mary's, Fosston

**OURS SAVIOR'S
LUTHERAN CHURCH
(ELCA)
McIntosh**

**Interim Pastor Keith Zeh
Synodical Authorized
Minister Katie DeMarais**

Sun. Sept. 4: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Sept. 11: 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
9:30am 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**

Friday, Sept. 2: 10:00am Telecast of the Luther League program on GVTV--30

Sun. Sept. 4: 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 Luther League (see article elsewhere in the paper)

Tues. Sept. 6: 10:00am Sunday worship service telecast on GVTV--30

Wed. Sept. 7: 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. Sept. 5: 9:00am Worship
Sun. Sept. 11: 9:00am Worship

**IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker**

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

Make watermelon
the centerpiece of meals

Few things are as delicious and refreshing as watermelon on a warm day. Watermelon grows quite readily in summer and is often ready to pick after three months of growing time. Harvesters look for a pale buttery yellow spot on the bottom of watermelon (the ground spot), indicating ripeness. However, shoppers can do their part and pick perfect watermelon at the store. The fruit should be firm, symmetrical and free from bruises, cuts or dents. The melon also should be heavy, as it is comprised of 92 percent water.

Most people immediately think of watermelon as a sweet snack or as a palate cleanser after an evening meal, but watermelon is equally at home in savory dishes as it is in sweet offerings. You may enjoy this recipe for "Zesty Watermelon Chicken Salad Tortilla Cups" courtesy of The National Watermelon Promotion Board and recipe author Shannon Kohn. This is a great warm weather meal that looks impressive and is both cool and filling for summer entertaining.

Zesty Watermelon Chicken Salad Tortilla Cups
Makes 12 servings
4 8-inch flour tortillas
1/4 cup softened cream cheese
2 tablespoons mayonnaise
1 tablespoon cayenne pepper sauce
2 tablespoons chopped green chiles
1 cup cooked, chopped chicken
11/2 cups chopped watermelon
1/4 cup roasted, salted pumpkin seeds (pepitas)
1/4 cup sliced green onions
1. Preheat oven to 375 F.
2. Using a 4-inch cookie cutter or cup, cut rounds out of each tortilla. Press one tortilla round down into each cup of a 12-cup muffin pan.



- 3. Bake for 8 to 10 minutes or until tortilla cups are light brown and crispy. Remove from oven; allow to cool.
- 4. In the bottom of a large bowl, combine cream cheese, mayonnaise and pepper sauce until smooth.
- 5. Stir in chicken and green

- chiles. Fold in watermelon.
- 6. Divide and fill each tortilla cup with an extra amount of the watermelon-chicken mixture.
- 7. Divide and garnish with an equal amount of pumpkin seeds and green onion, respectively.

Labor Day...
Continued from page 1

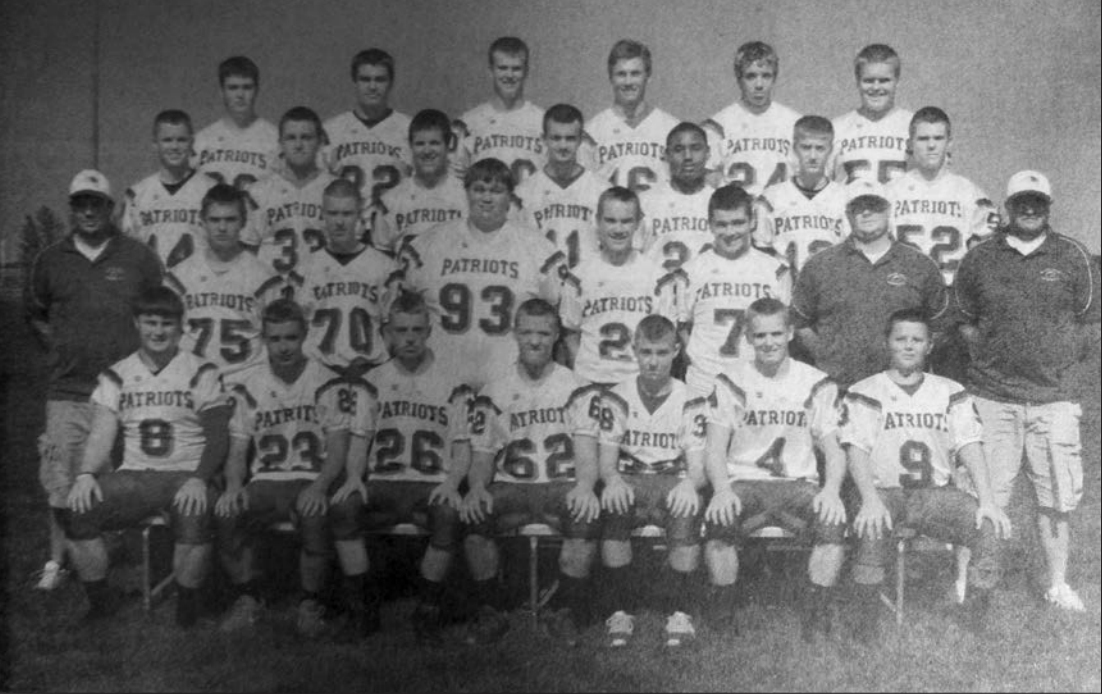
Union in New York.
According to the New Jersey Historical Society, after President Cleveland signed the law creating a national Labor Day, the Paterson Morning Call published an opinion piece stating that "the souvenir pen should go to Alderman Matthew Maguire of this city, who is the undisputed author of Labor Day as a holiday." Both Maguire and McGuire attended the country's first Labor Day parade in New York City that year.

The First Labor Day
The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.
By 1894, 23 more states had adopted the holiday, and on June 28, 1894, President Grover Cleveland signed a law making the first Monday in September of each year a national holiday.
A Nationwide Holiday
Many Americans celebrate Labor Day with parades, picnics and parties – festivities very similar to those outlined by the first proposal for a holi-

day, which suggested that the day should be observed with – a street parade to exhibit "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for the celebrations of Labor Day.
Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909, the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.
American labor has raised the nation's standard of living and contributed to the greatest production the world has ever known and the labor movement has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pays tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership – the American worker.



10 years ago...2012: 2012 Win-E-Mac Volleyball team (front row, l-r) Megan Olson, Manager Emily Ferden, Kylee Mandt; (middle row) Korbyn Ross, Olivia Simonson, Shelby Kaster; (back row) Brittany Lee, Jordyn Ose, Madison McKeever, Brooke Christianson, and Karina Morrison.



10 years ago...2012: Win-E-Mac Football: (front row, l-r) Keaton Stuhau, Matt Thompson, Chase Svalen, Logan Simonson, Jordan Olson, Devin Faldet, Carver Sannes; (second row) Head Coach Jeremy Morganroth, Travis Balstad, Aaryk Neubert, Allen Hixon, Hunter Plante, Zac Tradewell, Coach Ryan Breitback, Coach Aaron Cook; (third Row) Dayton Espeseth, Jeremy Kasprzak, Austin Tadman, Jake Walker, Demarcus Brown, Jacob Knutson, Austin Simonson; (back row) Dakota Chaput, Markian Lisoff, Zach Plante, Marshall McKeever, Travis Kaster, and Luke Syverson.

PIECES FROM THE PAST



50 years ago...1972: Members of the McIntosh Lions Club at work fertilizing the new football field. Fertilizing was done in August with Clifton Olson, Armond Sannes, Hubert Stardig, Bernt Nornes, Harald Thompson.



40 years ago...1982: These youngsters were among the eighteen who took part in the "Unbirthday Party" which was celebrated Friday, August 13th at the McIntosh Library. The kids played egg toss, peanut flick, balloon race, magic word game and balancing pencil games. Prizes were donated by area merchants for the youngsters to enjoy.



30 years ago...1992: (l-r) Wade and Shawn Hedlund, sons of Larry and Orlette Hedlund of McIntosh, make good use of the recycling bins that are located in the alley east of Variety Village. Kids are real leaders on the ecology band-wagon as they raise awareness of the need for recycling.



20 years ago...2002: Members of the McIntosh Bakery Relay for Life Team raised \$4,800 for the Cancer Fund this year. They are (front) Jesse and Elizabeth DeFrang, Kayla Schimanski, Andrea Helgaas, Kaitlin Helgaas; (middle) Mary Helgaas, Sue DeFrang, Mary Nell Bovee, Ann Nephew; (back) Corky Syverson, Lois Ostenaa, Michelle Solstein, Jennifer Roue, Darlene Roue, and Lois Schimanski. The members of this team have been together for several years.



Clara Roed, Grace Roed and Adler Stordahl were all so happy to have a yummy treat from Ice Cream Island and some fun playing during the beautiful weather last Wednesday afternoon at Roholt Park in McIntosh.

Arts grants applications have fall deadlines - apply now

Applications are open for arts grants to nonprofit arts organizations, communities, schools, individuals, and other nonprofit organizations. Applications are being accepted from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau counties.

Nonprofit arts organizations can start applying for general operating funds. Applications are due by September 1 each year.

The grant amount they are eligible for is based on total expenses within the previous two completed years and their history of arts programming. These organizations will be able to add to this grant, as the year progresses, if they need additional funding. Funding sources for these grants come from Clean Water, Land and Legacy funds and general allocation funds from the State of Minnesota.

All other nonprofits and government organizations can apply for one arts project at a time. Grants deadlines for these are August 1 (which has been extended to September

1 this year), November 1 and March 1. Grants are between \$500 and \$10,000. Funding sources for these grants are Clean Water, Land and Legacy funds and general allocation funds from the State of Minnesota.

Organizational arts activities funded through these two very important grant opportunities include festivals, community theatre projects, folk music entertainment, sponsorship of visual demonstrations, creative writing workshops and many other activities that improve the quality of life of people in our communities.

Schools in our seven-county region can also apply now for an Artist Residency grant of \$2,600 plus an additional \$400 if the residency needs supplies. Our teaching artist roster is a great resource to view artists available to teach in our area and is available on our website at www.NorthwestMinnesotaArtsCouncil.org under the artists tab. Another resource to view artists available to enhance curriculum is COMPAS.

Schools can initially apply for one residency. Then based on remaining funding, can re-

quest up to three additional residencies into spring and summer. Funding for residency activities comes from the Clean Water, Land and Legacy Amendment in Minnesota.

Schools can also apply for Arts Equipment for their school by November 1 each year. Grants are for up to \$3,000 with a 25% cash match requirement. Funds for this arts equipment in schools grant program come from the general fund of the State of Minnesota.

Individual Artist Grants have an October 1 deadline for \$5,000 grants and November 15 deadline for \$1,500 and an ongoing deadline for quick turnaround grants for \$500. These grants are awarded to performing artists, visual artists, media artists, and creative writing artists from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake and Roseau counties.

Individuals must be out of high school and at least 18 years of age to be eligible. College tuition is not an eligible expense.

This is the main category

3 fun activities to engage kids in conservation

Conservation is a collective responsibility shared by individuals across the globe. Protecting the planet and ensuring its future has never been more important, as various organizations and environmentalists warn that, without immediate action, many of the more harmful effects of climate change could prove irreversible.

The Organisation for Economic Co-operation and Development reports that, without new policies, global greenhouse gas emissions are projected to increase by 50 percent by 2050. That includes a 70 percent spike in energy-related carbon dioxide (CO2) emissions.

The potentially dire consequences of climate change underscore the importance of educating youngsters about the need to protect the planet. Today's children will be forced to confront climate change in the decades to come, so learning about conservation now can help them as they grow up and reach adulthood.

Teaching kids about conservation can be fun, and the following are three activities that will prove both engaging and educational.

1. Clean up a favorite hiking trail.

Hiking is a great family-friendly pastime that promotes physical activity and appreciation for nature. That makes hiking an ideal way to teach kids about conservation. Parents can plan a hiking trip that focuses on cleaning up trails. Kids who have a favorite hiking trail may be especially enthusiastic about cleaning up a place they already feel attached to, and parents can let

them know they're doing their part to protect the planet with each piece of litter they collect and ultimately remove from the park.

2. Teach kids to compost.

Parents do not need to leave their homes to teach kids about conservation. According to the National Resources Defense Council, composting benefits the planet in numerous ways. In addition to reducing the waste stream, composting cuts methane emissions from landfills, which the NRDC reports are the largest source of human-generated methane emissions in the United States. Composting also helps to conserve water by adding organic matter to soil, which research has shown improves the soil's capacity to retain water. Families can build a compost bin together and parents can teach kids about which types of waste can be composted and how that compost is benefitting

the plants and trees in their own yard as well as the planet as a whole.

3. Craft with recycled materials.

Crafting fosters the growth of a range of developmental skills in children. In addition to encouraging kids to explore their creative side, crafting also helps youngsters develop fine motor skills and provides a fun way for them to learn counting and pattern recognition, which the academics-based publisher Scholastic notes are the very skills kids will later use to learn algebra. Crafting also provides a great way to teach kids to reuse and recycle, which are two of the core tenets of conservation.

Conservation efforts will be vital to helping the planet overcome climate change. Children can learn the importance of conservation by engaging in various activities that make protecting the planet fun.

The effects of untreated ADHD

Attention-deficit/hyperactivity disorder, often referred to as "ADHD," is more common than people may realize. According to the organization Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD), a 2015 meta-analysis of 175 studies worldwide estimated that roughly 129 million children had ADHD at the time of the study. That's nearly twice the population of the entire United Kingdom and more than three times the population of Canada.

Children aren't the only people with ADHD, which can continue into and throughout adulthood if left untreated. Untreated ADHD can have immediate consequences on children, as the American Psychiatric Association notes that the condition can make it difficult for students to focus on tasks in school and compromise their ability to listen to teachers in the classroom. Each of those side effects can adversely affect students' academic performance, potentially affecting their long-term futures as a result.

Untreated ADHD can produce some unpleasant and surprising consequences outside of the classroom as well.

Untreated ADHD and substance abuse

A 2003 study published in The Journal of Clinical Psychiatry found that stimulant therapy for patients being treated for ADHD lowered their risk for substance use disorder. People with untreated ADHD were three to four times more likely to develop substance abuse disorder than individuals who were receiving treatment for the condition.

Untreated ADHD and driving

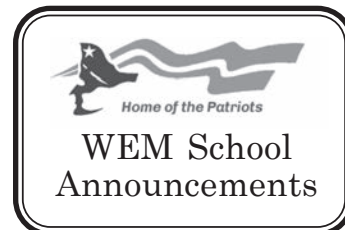
Driving is a skill that requires drivers to be attentive and aware of their surroundings at all times. A 2009 study

published in the Journal of the Canadian Academy of Child and Adolescent Psychiatry found that the stimulants used to treat ADHD can make people with the condition better drivers. Such medications were found to reduce inattention, distractibility and impulsiveness, each of which is a known characteristic of ADHD. Without such treatment, individuals with ADHD could be putting themselves, their passengers, fellow drivers, and pedestrians at risk each time they get behind the wheel.

Untreated ADHD and education

It's no secret that the earning potential of college graduates is significantly greater than that of individuals whose highest level of education is high school. A 2006 study published in The Journal of Clinical Psychiatry found that adults who self-reported ADHD were far less likely to have graduated college than those who reported that they had been diagnosed with ADHD (19 percent compared to 26 percent).

ADHD is a common condition across the globe. Seeking treatment for ADHD could have a profound and positive effect on individuals throughout their lives.



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.

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

Do you have a story to share?

If you have a story, a story idea or any photos you want to share, please send to: mcintoshtimes@gmail.com



The line at the Ice Cream Island pontoon while it visited Roholt Park in McIntosh kept Brooklyn and Breyer Strem quite busy throughout the afternoon on Wednesday, August 24th. Kids and adults alike enjoyed a cool ice cream treat, some visiting and some playing on the nearby playground. Kids from The Clubhouse Childcare Center and Win-E-Mac Century 21 program were all present for this special treat.