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McIntosh, Minnesota

A wet Cruise-In,
but the kids market was a hit



The rain kept away the classic cars last Thursday evening for the 2nd Annual Neil's Memorial Cruise-In in downtown McIntosh, but there was a crowd of people who came for the good food, cooked by Neil's son, Bob Bursheim, and the kid's craft tables at both Neil's Quality Meats & More and Minnesota Rust. A fun night was had even though the rain kept people from the streets.

Polk County to hold public
meeting on Opioid Settlement Funds

Community members and local government officials encouraged to attend.

Under the Minnesota Opioids State-Subdivision Memorandum of Agreement, Polk County is holding a public meeting with municipalities to consult on the county's future use of settlement funds.

The meeting is intended for municipalities to provide input on the use of Opioid Settlement Funds. Community members are welcome and encouraged to attend as well.

The meeting will take place on Wednesday, July 19, 2023 from 1:00 pm to 3:00 pm at Riverview Health - Conference Room, 323 S. Minnesota St, Crookston Park. Enter at Main Entrance

Polk County Public Health is serving as Polk County's Chief Health Strategist to identify, collaborate, and respond to local issues as the

Polk County Board of Commissioners decide how to leverage and disburse the County's allocated Opioid Settlement Funds.

The Polk County Board of Commissioners has appointed an Advisory Council to recommend how to most effectively, efficiently, and equitably utilize the Opioid Settlement Funds awarded.

WEM sports
parent - student meeting

On Wednesday, July 26 from 7:00pm - 8:00pm Win-E-Mac will hold their yearly Parent/Students Sports Meeting and Registration.

This is for ALL sports for the upcoming school year (Volleyball, Football, Boys Basketball, Girls Basketball, Golf, Baseball, Softball).

New information will be going out as we move to online

lize the Opioid Settlement Funds awarded.

For more information and to see their work, please check the Opioid Settlement Advisory Council website at <https://www.co.polk.mn.us/546/Opioid-Settlement-Advisory-Council>.



registration.

If you have any questions please contact Win-E-Mac AD, Brady Langemo blangemo@win-e-mac.k12.mn.us



Dusty and Evelyn Carlson, kids of Dustin and Nicki Carlson, were part of the fun during the 2nd Annual Neil's Cruise-In last Thursday in downtown McIntosh. The Carlson kids sold all kinds of useful and fun homemade goods including some delicious banana bread.



Picture of teachers that were in attendance with the Mac-Winger Class of 1973. L-R Mic Evenson - Algebra, Trig., and Calculus, Ronald Fleming - High School Principal, Speech and Drama, Mary Ellen Turnbom Salvesson -Typing and Junior High Art, back row, Richard McGraw -Band Director.

Mac-Winger Class of 1973
celebrates their 50th year

The Mac-Winger class of 1973 celebrated their 50th reunion Saturday June 10th with 24 classmates attending, plus a great turnout from the classes of 71, 72 ,74 and 75. It was a fun evening of catching up on each other's lives, visiting and reminiscing about our school days.

Everyone enjoyed a meal prepared by the Fertile Smoke House and served at the

Winger Community Hall. Tom Vesledahl our MC gave a brief update on our classmates and teachers and where they are living, the seven who are deceased, and regrets from teachers that couldn't be with us to celebrate.

One of the highlights was having four of our teachers and spouses come, not only were they part of our lives for many years but have also become

very dear friends. We hope they had as much fun visiting as we did. The evening entertainment was by Doug Thompson from Fargo; The guests enjoyed dancing and listening to his music.

There is special thanks to Tom Vesledahl and Brian Espeseth for organizing such a fun and successful reunion!



The Mac-Winger Class of 1973 recently got together at the Winger Community Center. L-R Darryl Solie, Sandra Ferden Olson, Gail Nornes Knudson, Nola Johnson Hanson, Wanda Skeie Johnson, Mary Jo Schimanski Helgaas, Kelly Johnson, Ilene Kiecker Reiersen, Linda Olson Matta, Devra Vesledahl Carlson, Leeann Hartlel Nascene, Martha Bauer Malone, Cindy Tranby Ostenaa, Debbie Youmans Noyes, Pat Johnson Perez, back row- L-R Kevin Nascene, Steve Sogla, Tom Vesledahl, Brian Espeseth, Paul Jore. Not pictured- Danny Plante, Jerry Sabourin, Jeff Wang. The classmates that are no longer with us but FOREVER IN OUR HEARTS!: Randy Helgaas, Marilyn Headman, Ann Swenson, Doug Sorvig, Bruce Fritz, Harald Sandeen, and Paul Hedlund.

Toss some shrimp on the barbie at your next party

The popularity of cooking-based television shows has led many people to look at food through a new lens.

Experiencing food in new ways may involve trying certain types of cuisine for the first time or even preparing beloved foods in new ways.

Shrimp lovers accustomed to shrimp cocktail or other popular shrimp dishes may find that few ways to prepare shrimp can be as flavorful as grilling.

Cooking meals over an open flame imparts a unique flavor to various foods, and shrimp is no exception.

Grilled seafood can be a perfect light alternative to grilled meats, which can be filling, something many people prefer to avoid when the weather is especially warm.

The following recipe for "Grilled Garlic Shrimp with a Fresh Heirloom Tomato Sauce" from Laurey Masterton's "The Fresh Honey Cookbook" (Storey Publishing) provides a less filling but delicious alternative to more traditional backyard barbecue fare.

Grilled Garlic Shrimp with a Fresh Heirloom Tomato Sauce

Serves 6
For the marinated shrimp

1/2 cup extra-virgin olive oil
1/4 cup red wine vinegar
2 garlic cloves, minced
36 large shrimp, peeled and deveined

12 6-inch wooden skewers
For the tomato sauce

3 pounds assorted large heirloom tomatoes
1 small sweet onion, minced

1 garlic clove, minced
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1 tablespoon honey, preferably sourwood honey
1/4 cup fresh basil leaves, cut into thin strips (chiffonade is the formal name for this cut), plus more for garnish
Sea salt
Freshly ground black pepper

1. To marinate the shrimp, combine the olive oil, red wine vinegar and garlic in a large bowl. Stir to combine. Add the shrimp and allow to sit, covered, for 1 hour. Stir occasionally.

2. Prepare a medium fire in a charcoal or gas grill. Soak the skewers in water for at least 30 minutes to prevent them from burning.

3. To make the tomato sauce, bring a medium pot of water to a boil. Place one or two tomatoes at a time into the boiling water. Watch them and, as you see the skin split, remove with a slotted spoon and place in a bowl of cool water. At this point, it will be very easy to slip off the skins.

4. Cut the peeled tomatoes into a small dice. Put the cut tomatoes into a large bowl. Add the onion, garlic, salt, pepper, and honey. Stir gently to combine.

5. Skewer the shrimp, 3 per skewer. Grill the skewered shrimp for 1 to 2 minutes on each side, until they are pink. Sprinkle lightly with sea salt and a couple grinds of fresh pepper.

6. Just before serving, add the basil leaves to the tomato

sauce. Taste and add more salt if necessary.

7. Ladle the tomato sauce onto a serving platter and arrange the skewers on top of the sauce. Garnish with more basil leaves and enjoy!



As part of the Neil's Memorial Cruise-In last Thursday evening in downtown McIntosh, Minnesota Rust was open for business along with some kids tables full of unique art made by Jens and Adler Stordahl along with their friend, Charlie Subbert.



(above and below) Leyland and Allis Horsley from Bagley and Neil's great-grandchildren, hand-painted dish towels for sale during the 2nd Annual Neil's Memorial Cruise-In held in downtown McIntosh last Thursday.



PERPETUAL "STUFF" SALE

in progress at

34305 Oak Lake Circle S.E., Erskine, MN,

as we continue to downsize for our next life phase. Items are available for purchase during most days. If the cargo trailer is open, stop and see what we have. During the month of July, all proceeds from our sale will be donated to the North Country Food Bank. Questions? Call 218-791-0147.

M16-19C

CONCERT FOR KIDS

Join Gaelynn Lea for an educational children's concert featuring her original music. Kids will learn about using a loop to record sounds and how to add layers to music you are playing.

McIntosh Public Library
Wednesday, July 26 at 1 p.m.

This program is hosted by the McIntosh Library and is offered free-of-charge thanks to funding from the Minnesota Arts & Cultural Heritage Fund.

Featuring Musician & Composer Gaelynn Lea

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The Music on the Porch concert series, sponsored by the Fosston Community Library & Arts Association (FCLAA), continues this Thursday, July 20 with Sam Miltich and the Clearwater Hot Club. Sam Miltich is a self-taught jazz guitarist born and raised in the woods of northern Minnesota. In addition to fronting his own band, the Clearwater Hot Club, Sam frequently performs solo and has recorded with many Twin Cities top jazz artists. In addition to Sam Miltich, band members include Mark Kreitzer, Matthew Miltich and Tony Balluff. Instruments range from guitars to bass, clarinet and more! Plan to attend this exceptional performance. The concert begins at 7:00 PM. Bring your lawn chair or blanket and enjoy a great evening of music. Thanks to funding from the Minnesota Arts & Heritage Fund, the concert is free and open to all.

Did you know?

A recent analysis of meta-studies found that exercise is a highly effective treatment for conditions such as anxiety and depression. Authors of the study, which was published in February 2023 in the journal BJM Sports Medicine, con-

cluded that physical activity was 1.5 times more effective at reducing mild-to-moderate symptoms of various mental health conditions, including anxiety, depression and psychological stress, than medication or cognitive behavior

therapy. The study was an umbrella review and its authors concluded that physical activity should be a mainstay approach in the management of depression, anxiety and psychological distress. However, individuals who suspect they are dealing with any of these mental health issues are still urged to speak with a physician for assistance in treating their conditions.



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

Wed. July 19: 11:30am Mass at St. Mary's, Fosston
Fri. July 21: 8:30am Mass at St. Mary's, Fosston
Sun, July 23: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. July 26: 11:30am Mass at St. Mary's, Fosston
Fri. July 28: 8:30am Mass at St. Mary's, Fosston
Sun, July 30: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun, August 6: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Pastor Rene Mehlberg
Synodical Authorized
Minister Katie DeMarais

Sun. July 23: 10:00am Coffee Hour; 10:30am Worship Services

Sun. July 30: 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
9:30am Mt Carmel
11:00 am Trinity

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

Sun, July 23: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, July 25: 10:00am. Sunday worship service telecast on GVTV--30

Wed, July 26: 6:30pm Bible Study at Sharon Ramberg's home

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Lee Laaveg

Sun. July 23: 9:00am Worship
Sun, July 30: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,

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

CALVARY LUTHERAN CHURCH
Winger

Sundays: 10:30am Coffee Fellowship; 11:00am Worship

GRACE LUTHERAN CHURCH- NALC
Erskine
Rev. Pam Thorson

Sundays: 9:00am Worship
Come early and enjoy fellowship and a good cup of coffee. It will also be available at the same time on Garden Valley Channel 30, Facebook and YouTube.

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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"Serving the Win-E-Mac area"

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40 years ago...1983: The McIntosh-Winger Cadet recreation baseball team has enjoyed a very successful summer. They recently won two tournaments at Bagley and Clearbrook. Cadet team members seen her are Jeff Oseth, Kerry Mandt and Matt Theis, in front; Mick Schimanski, Billy Kaupang, and Mark Sonsteli in center; and John Schell, David Kiecker, and Tom Sandahl in the back. The boys range in age from upper elementary to lower junior high. Their coach is Phillip Carlson.

ike and lost a Leg. For Fred, Screening Williams. During this national screening the Beltrami DFL this past March, he was diagnosed with a rare genetic disease called Friedreich's ataxia. The disease is a progressive neurodegenerative disorder that affects the nervous system. It is caused by a mutation in the FXN gene, which leads to the production of a defective protein that damages the nervous system. Fred's condition is a rare form of the disease, and he is one of the few people in the world with this specific mutation. He is currently in the final stages of the disease, and his prognosis is poor. He is currently being treated with a combination of physical therapy, occupational therapy, and medication. He is also being monitored by a neurologist. Fred's story is a testament to the power of the human spirit. Despite his condition, he has remained positive and has continued to live his life to the fullest. He is a true inspiration to all who know him.



30 years ago...1993: Always a favorite at celebrations in the covered wagon ride provided by Bill Fritz. Despite the rain, the rides continued all afternoon for Harvest Festival Day in Winger on July 24th.

Drought
in MN woodlands

As of mid-July 2023, just about all of forested Minnesota is facing abnormally dry or drought conditions. While recent rains have reduced those concerns in some areas, drought conditions could return.

This is the third consecutive year of drought across much of the state, and unfortunately successive years of drought can compound stress on trees. This post includes basic information for woodland stewards concerned about the health of their trees.

How does drought affect trees?

Trees depend on a steady supply of water in the soil to enable photosynthesis. Although mature trees tend to have extensive root systems, prolonged and severe drought can limit water availability even to large, mature trees. Of course smaller trees with more limited root systems are also at risk.

Trees located on sandy soils are at a higher risk of drought impacts compared to finer-textured soils like loams and clays.

When water is limited, trees are forced to close their stomata (the small pores on the leaves) to retain water and avoid drying out.

Unfortunately, keeping stomata closed interferes with the tree's ability to photosynthesize, producing energy needed for growth, defense against insects and disease, and other essential functions.

This, in turn, can make trees more vulnerable to insect pests and diseases that are normally innocuous. For example, native insects like bronze birch borer and two-lined chestnut borer (TLCB) rarely kill trees, but when birches and oaks are stressed, TLCB can push them over the edge.

The same is true of bark beetles on red pine: native Ips beetles generally don't kill red pine when conditions are favorable to tree growth, but when the trees are stressed — say by an extended drought — bark beetles can overwhelm tree defenses and cause extensive mortality.

Diseases like cytospora and rhizosphaera needle cast on spruce can also become more serious during a drought.

What factors other than drought can produce similar symptoms?

Not all tree decline during a drought is drought-related. For instance, if our current drought continues it may coincide with



the annual loss of some northern red oak trees to oak wilt, which is typically most visible in midsummer.

Oak wilt is a fungal disease spread by sap-feeding beetles. Sadly, of course many ash trees across southern Minnesota are dying from emerald ash borer, a process that will continue with or without continued drought.

What can be done to keep trees and woodlands healthy?

If possible, avoid adding further stress by not pruning, thinning, or wounding trees during a severe drought. (The Minnesota Department of Natural Resources recommends avoiding thinning woodlands for a year after a drought.) Water yard trees and seedlings with limited root systems if you can.

You can also manage woodlands to increase adaptive capacity and ecological resilience: in at least some forest ecosystems, lower stocking (lower vegetation density) has been shown to reduce drought risk and improve forest resilience.

If you have trees killed by bark beetles or oak wilt, remove the affected wood as soon as possible and before the next growing season to avoid further spread.



20 years ago...2003: The Patriots finish 2nd at State. The proud Win-E-Mac team and their coaches were welcomed home by parents and fans on Saturday in the gym, where many happy memories and exciting stories were shared during the afternoon. Coaches and players displayed their medals and trophies: (back, l-r) Coach Lee Tradewell, Andrew Renna, Coach Bill Solheim, Dustin Vedbraaten, Tyler Burslie, Logan Cook, Charley Burris, Justin Moran, Philip Lee, Kent Solheim, Brandon Morrison, Bobby Strom; (front) Trevor Omang, Nate Stark, Jeff Gieseke, Eric Hoffmann, Mike Bolz, Justin Paquin and Ben Theis. (Not present for the photo, Coach Jason Kemfield.)



10 years ago...2013: The Win-E-Mac Midgets wrapped up their summer recreation softball season. (back, l-r) Grace Siefert, Clare Stuhau; (middle) Kallie Hand, Jade Kihne, Laila Roragen, Izabelle Ostenaa, Nadelly Neubert, Coach Austin Tadman; (front) Armandina Montejano, Bret DuChamp, Alyssa Morberg, Kianna Tadman, and Brook Tofstad.

Have a
Story to
Share?

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

Benefits of peer support with mental health

Over the past few years there has been an amazing shift in the world of mental health.

People are beginning to understand that the mental health issues that someone may struggle with does not define them, and that they need support from their family and peers.

The stigma that once hung over depression, anxiety and other mental disorders is starting to lift, making it easier for people to come to terms with their illness and seek the help they need to heal.

An extremely beneficial way to combat mental illness is to attend peer support groups for mental health.

Here is a list, from clinical psychologist David Susman PhD, of six reasons a support group could best serve your needs:

Realize You Are Not Alone: It is so important to come to terms with the understanding that you are not alone.

Mental illness often has people trapped within their own minds and if you can see that other people are struggling just like you and can relate to what you're feeling it can help you as you learn to live with your condition.

Express Your Feelings: A great way to start getting out of your own head is to talk about what you are feeling.

The more you venture to say things out loud, the more tangible the problem will become for you. This opens the door for you to begin recognizing and understanding your own feelings.

Learning Helpful Information: A huge benefit of talking with other people that have similar struggles is that they may know some helpful information that you haven't heard before.

This could be anything from a therapist having a unique way of explaining techniques to help with anxiety to a new medication that is working wonders for a peer.

Gain Hope: Being able to speak with other people who have not only gone through the darkness that you are experiencing, but have made it out the other side stronger can do a lot to boost your morale.

How to avoid food poisoning when grilling this summer

Cooking over an open flame produces a unique flavor that's difficult to match.

The smoky flavor of grilled foods is hard to resist, especially on summer nights that seem tailor-made for cooking and dining outside.

Cooking over a flame comes with certain safety risks, and those risks are easily mitigated with some simple strategies.

It's equally important that grilling enthusiasts make an effort to reduce the risk of food poisoning when grilling. Dishes used to cook indoors are routinely scrubbed clean after a good meal, but grills rarely garner the same level of post-meal attention, which can increase the risk for food poisoning. And a less-than-spotless grill grate isn't the only food poisoning risk linked with grilling.

The Centers for Disease Control and Prevention offer these tips to avoid food poisoning when grilling in the months ahead.

- **Separate raw foods before grilling.** Cross-contamination can contribute to food poisoning. The CDC suggests efforts to prevent cross-contamination should begin at the grocery store. Foods should be kept separate in grocery carts and bags, and packages of raw meat and poultry should be kept in their own individual bags.

- **Keep foods cool at all times.** The CDC recommends picking up meat, poultry and seafood right before checking out so the food remains as cool as possible at all times. If it's a long drive from the store to home, which can be the case when grilling foods that must be purchased at specialty stores or fisheries instead of traditional neighborhood grocery stores, shoppers can place items in insulated coolers and keep them at 40 F or below. All raw meat, poultry or seafood should be refrigerated until cooks are ready to place it on a grill.

- **Thaw foods safely.** The CDC notes that foods should never be thawed on a counter, even if they're in a pot or bowl of lukewarm water. Foods should be thawed in a refriger-

ator or by utilizing the defrost function on a microwave.

- **Marinate safely.** Like thawing, marinating should always be done in a refrigerator, regardless of which type of marinade is being used. When marinating foods are ready for cooking, discard the marinade and clean the dish immediately to avoid contamination.

- **Routinely clean hands when handling raw meat, poultry and seafood.** Cooks should wash their hands thoroughly after handling raw meat, poultry or seafood. Wet hands, lather them with soap and then scrub for at least 20 seconds. Make sure hands are dried on a clean towel, and repeat this process any time raw meat is touched.
- **Clean the grill thoroughly.** A grill should be given a thorough cleaning before each use. The CDC urges individuals using a wire bristle brush to thoroughly inspect the grilling surface before lighting a flame and cooking. Wire bristles can be dislodged during cleaning, and then end up on food, where they can pose a significant health hazard once foods are eaten.

- **Always place cooked foods on clean dishes.** Cooked foods should never be placed back on the dishes or in the containers where they were stored prior to being cooked. Doing so can lead to food poisoning and illness.
- **Cook foods to the appropriate temperature.** Foods require different cooking temperatures, and cooks are encouraged to determine those temperatures for each food they grill. Utilize a meat thermometer to ensure foods are cooked hot enough to kill germs.

Safe grilling includes doing everything possible to prevent food poisoning.

Connection can be healing, and having understanding peers to lean on when times are hard can be life changing.

Help Others: Joining a peer support group won't just help you, but it can also help the other people in your group. Your story is unique and needs to be shared so others can learn what you have managed to overcome. Never underestimate the power of your personal journey.

Affordability: In some very real ways joining a peer support group could save you tons in medical bills.

Research has shown that people in support groups are less likely to be re-hospitalized and spend time in inpatient care facilities.

If you think that joining a peer support group could benefit you or someone you know check with your health care provider to be connected with a group in your area.

In the Winona area, Hiawatha Valley Mental Health Center has a several peer support groups available for those struggling with mental health issues. Stop by and check them out.

Children are invited to join musician and composer Gaelynn Lea for an educational children's concert featuring her original music. Kids will learn about using a loop to record sounds and how to add layers to music you are playing. This program is most appropriate for youth ages 5+ and is offered free-of-charge thanks to funding from the Minnesota Arts & Cultural Heritage Fund.

See Gaelynn in a concert at the McIntosh Public Library on Wednesday, July 26th at 1 :00 p.m.

About Gaelynn Lea
Gaelynn is a disability advocate who speaks about her experience with brittle bone disease and her journey learning to play the violin like a cello. Since winning NPR Music's Tiny Desk Contest in 2016, she has captivated audiences around the world with her haunting original songs and traditional fiddle tunes. She most recently composed and performed the music for Macbeth on Broadway, which was nominated for three Tony Awards, including one for Best Sound Design.

About Lake Agassiz Regional Library
Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in northwest Minnesota. 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.

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 by emailing hearls@win-e-mac.k12.mn.us.

Win-E-Mac School Readiness and Head Start Early Childhood/Preschool screening will be held on Thursday, August 10, 2023.

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
- Large and small muscles
- Thinking, language and communication skills
- Social and emotional development

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Pale swallow-wort flowers are star shaped and form in clusters. They range in color from pale pink to reddish-brown.

as the plant is toxic to many insect larvae. Since pale swallow-wort is in the milkweed family, female monarchs will lay their eggs on pale swallow-wort, but they have a strong preference for common milkweed. However, pale swallow-wort can displace common milkweed, reducing prime habitat for monarchs.

Pale swallow-wort is also suspected to be toxic to mammals, including livestock.

Originating from southwest Russia and Ukraine, pale swallow-wort was introduced to the United States in the late 1800's as an ornamental plant. Since then, the plant has been found growing in some eastern and Midwestern states and the Canadian provinces British Columbia, Ontario, and Quebec. In 2020, two populations were discovered in Scott County. Both populations are documented to be reproducing and spreading into adjacent areas.

In Minnesota, pale swallow-wort is classified as a Prohibited-Eradicate Noxious Weed, and all above and below ground parts of the plant must be destroyed.

Removal via mowing is not

Home of World's Best Donuts also Home to World's Best Pet Chicken

New book shares the story of The Donut Lady from Grand Marais and "Emmy".

Since 1969, any visit to Grand Marais, Minnesota hasn't been complete without first stopping at the World's Best Donuts shop opened by Merieta Altrichter, known affectionately as "Old Number 1".

A new book authored by Altrichter and edited and illustrated by her daughters, granddaughter and her great-great-grandchildren, was recently published by Minnesota Children's Press.

The book's introduction highlights Altrichter's love of animals including chickens, a miniature horse, a lamb, various cats, dogs, fish and a rabbit. There's even a story about her nursing a goldfish back to health with her own version of artificial respiration.

But then there was the day Emmy, in a shoe box carried in the donut shop by her granddaughter, came to live with Marieta. "I saw a tiny ball of black fuzz and when I put my finger down and touched it, two

Mac Library will host Concerts for Kids featuring Gaelynn Lea

Children are invited to join musician and composer Gaelynn Lea for an educational children's concert featuring her original music. Kids will learn about using a loop to record sounds and how to add layers to music you are playing. This program is most appropriate for youth ages 5+ and is offered free-of-charge thanks to funding from the Minnesota Arts & Cultural Heritage Fund.

See Gaelynn in a concert at the McIntosh Public Library on Wednesday, July 26th at 1 :00 p.m.

About Gaelynn Lea
Gaelynn is a disability advocate who speaks about her experience with brittle bone disease and her journey learning to play the violin like a cello. Since winning NPR Music's Tiny Desk Contest in 2016, she has captivated audiences around the world with her haunting original songs and traditional fiddle tunes. She most recently composed and performed the music for Macbeth on Broadway, which was nominated for three Tony Awards, including one for Best Sound Design.

About Lake Agassiz Regional Library
Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in northwest Minnesota. 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.

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 by emailing hearls@win-e-mac.k12.mn.us.

Win-E-Mac School Readiness and Head Start Early Childhood/Preschool screening will be held on Thursday, August 10, 2023.

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
- Large and small muscles
- Thinking, language and communication skills
- Social and emotional development

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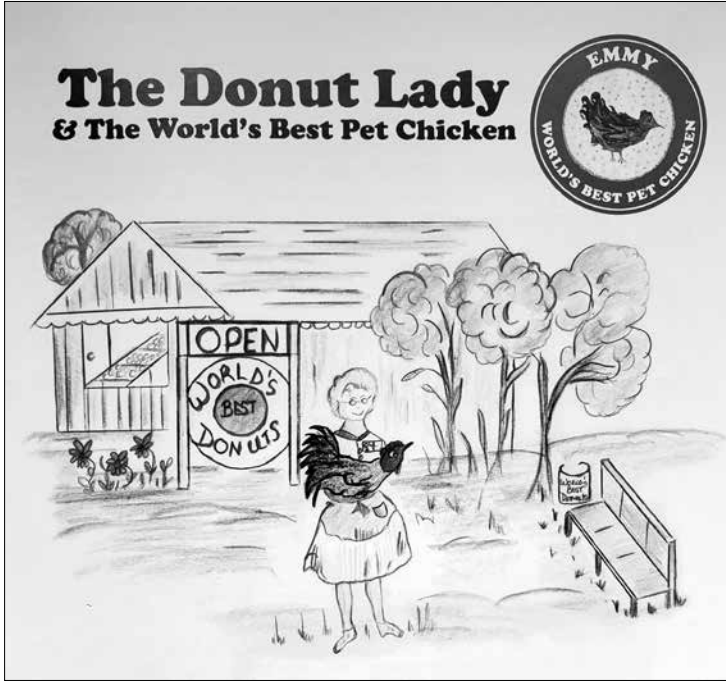
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As great grand-daughter Kalli Hawkins wrote: "It's a glimpse into the woman behind the easily-recognizable red building with white scalloped trim on Wisconsin Street in Grand Marais. This book is a way for

our family to keep her spirit alive after she passed away in 2008. It's a way to share more of her with everyone who loves and visits World's Best Donuts."

little eyes popped open and dared me to do it again," she wrote. "As the days went by, Emmy would follow me wherever I went. When we were outside, it got so I would say, 'Let's go for a walk,' and she would follow me around the driveway. Then I would say, 'Let's run,' and her little legs would go as fast as they could to keep up."

Emmy lived with Marieta and her husband Bob for nine years before she decided to share her love for Emmy with the world. "Many times through the years I have told people about my amazing chicken, so I decided that I should write an account of her life," she wrote, admitting that while her daughters liked Emmy and enjoyed hearing stories about her, "they didn't love her the way I did."

Altrichter died in 2008, before she had time to publish the book about Emmy. The four generations of family who still work at World's Best Donuts made it their mission to share the story with the world.

lected. Joseph spent 49 years at RiverView as a registered nurse, providing compassionate patient care and training nurses and students to be their best.

She retired on Sept. 24, 2019. She passed away on April 1, 2020. The scholarship was established soon after through the RiverView Foundation.

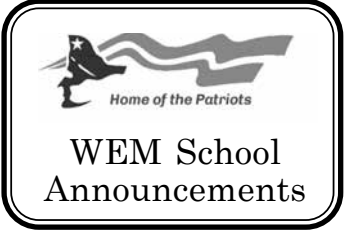
"Many of Pud's co-workers, former and present, wanted to see a nursing scholarship dedicated to Pud's memory as education was such an important part of her daily work," shared Kari Koenig when the scholarship was created. Koenig worked with Joseph for 24 years on RiverView's Inpatient Unit and through Joseph's work teaching clinicals

at RiverView for Northland Community Technical College students.

"She put great effort into helping her patients, peers, and the nursing students she worked with reach their full potential."

Awarded annually, the scholarship is for students within a 30-mile radius of RiverView who have been accepted into an LPN or initial (prelicensure) RN nursing program (Associate degree or Baccalaureate degree).

"Pud loved her RiverView family, which included her patients, families, co-workers, and the many students who did clinical rotations at RiverView," Koenig said while describing Joseph as patient, non-judgmental, caring, and



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