



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Jordan and Kelsi Gunafson, along with their kids Kirra, Dawson, Aubrey and Bryson were a part of the crew out for the Neil's Quality Meats & More Sausages & Suds event on Friday, August 4th. Jordan was cooking Neil's own port belly with their homemade barbeque sauce on a pellet grill that he sells. Along with Jordan being a great entrepreneur, his kids are too! Dawson sells the grill pellets and Aubrey was selling cookies and lemonade.



Neil's Quality Meats & More recently hosted an event Sausages & Suds on Main street in McIntosh. Along with Bobby and Laurie Bursheim are Lois Boehrnsen and Kelsey Perrine.



A great inspiration for the kids who were able to enjoy the performance by Gaelynn Lea at Roholt Park in McIntosh last Wednesday. The final summer library event for 2023.



The Winners of the 9th Annual Bryan Stordahl Memorial Golf Event for 2023 were Mason Nowacki, Ethan Finseth, Travis Nelson, and Sam Finseth. Every year this event is held in memory of Bryan Stordahl to help raise awareness and funds for The V Foundation for Cancer Research.

McIntosh Tractor Day is Saturday, August 26th

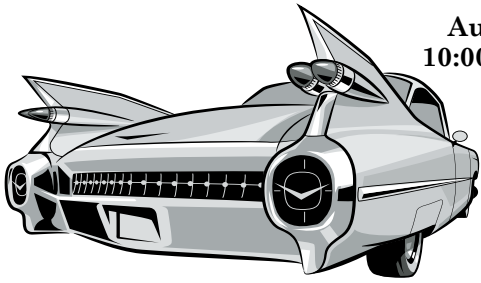
The Annual McIntosh Tractor Day will take place on Saturday, August 26th. The day will start with a pancake breakfast at the McIntosh Fire Hall served by Fire & Rescue Squad. The Antique Tractor Parade will begin at 11:00 am down the Main Street of McIntosh. Tractors will line up beginning at 9:00 am in Erickson Park. Following the parade, there will be a Kiddie Pull in front of the Fire Hall. There are several age groups so bring the kids and sign up early. Following the parade, is the Tractor Pull on the old football field promptly beginning at 1:00 pm. You register and pay



fees for the pull prior to the start. The Shoppe's of McIntosh will be open and there will be food trucks on Main Street. If you need more information for the parade or the pull you may contact Roy at 218-280-1572 or Steve at 218-280-0399. No drivers for the antique tractor parade that are under the age of 16 year old without a drivers license.

Lynn Lucken Memorial Car Show

The Winger Depot
Saturday,
August 19th from
10:00 am to 2:00 pm



Hosted by Sioux Oil, Winger, MN

RiverView Health providing WEM athletes with ImPACT testing

Riverview Health will be providing ImPACT testing to Win-E-Mac athletes free of charge this fall. This will be coordinated with practices and for a student to have the testing a parent must consent via a waiver. Concussions have remained a hot topic with continued research and findings on the long-term impacts of multiple concussions. The pressure to return to sports can often outweigh an athlete's long-term concern for the body. Investigations are being performed on Second-Impact Syndrome, Parkinsons type symptoms, ALS/LouGehrig disease type symptoms, and Alzheimers type symptoms in former athletes who have sustained multiple concussions. RiverView Health has a goal to work with patients, local schools, student athletes, and physicians to prevent these long-term consequences in our area youth. RiverView Rehab Services offers services in the evaluation and treatment of concussions through ImPACT. ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is an established computer-based test that measures clinical signs of an athlete with a concussion. These areas include reaction time, impulse control, memory, and concentration. If an athlete sustains a concussion, this ImPACT test



can either compare the scores from a previous baseline test or compare it to established normative data for the appropriate age and gender. If there is a significant difference in one or all of the areas of concussion testing, a physician can better determine when an athlete should return to play. ImPACT has been shown to be a very reliable tool for professional organizations such as the NFL, NHL, MLS and MLB, Colleges, and high schools. Here's why: It has the ability to pick up on "sandbaggers" who intentionally lower their baseline

scores specifically to set the bar a little lower so as to return to sports earlier. It can identify athletes who under-report or do not report symptoms at all. It can identify those who are vulnerable to Second-Impact syndrome by picking up on subtle changes that are too minute to identify clinically. The ImPACT program at RiverView Health will be working with Dr. Erik Kantan, a Credentialed ImPACT Consultant, who will read, interpret, and assist in clinical decision making based on the ImPACT post-concussion testing.

USDA recognizes Polk-Norman-Mahnomen WIC for excellent breastfeeding support

The United States Department of Agriculture Food and Nutrition Service (USDA-FNS) is awarding Polk Norman-Mahnomen WIC the Gold Breastfeeding Award of Excellence.

The Minnesota Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) prioritizes breastfeeding support for families, and Polk-Norman-Mahnomen Community Health Services WIC is earning a top spot among clinics in Minnesota, and the nation, for its commitment to breastfeeding.

What

USDA-FNS WIC leadership will visit Minnesota to present Polk-Norman-Mahnomen WIC the Gold Breastfeeding Award of Excellence.

The Breastfeeding Award of Excellence recognizes local WIC agencies that support WIC moms' breastfeeding goals through exemplary breastfeeding promotion and support activities and serve as models for other local agencies to strengthen breastfeeding among WIC participants.

FNS is awarding 135 WIC Breastfeeding Awards of Excellence in 2023. Polk-Norman-Mahnomen WIC is the only Minnesota WIC clinic earning this recognition this year.

Who

- Polk-Norman-Mahnomen WIC

Sarah Reese, Administrator and Polk County Public Health Director

Sarah Kjono, Norman-Mahnomen Public Health Director

Kristi Rott, PNM WIC Coordinator

Tammy Conn, WIC Wellness Coordinator, PNM Breastfeeding and Peer Counselor Coordinator

Brenna Olson, WIC Wellness Coordinator

Leah Jaeche, WIC Wellness Coordinator

Sandy Boman, WIC Clerk

- Minnesota Department of Health Child and Family Health Division
- Noya Woodrich, MDH-CFH Division Director
- Kate Franken, MN WIC Program Director
- Carrie Klun, MN WIC Program Peer Coordinator
- Stephanie Olson, Nutrition Program Consultant
- USDA-FNS
- Kristi Fox, USDA-FNS Supplemental Food Programs Branch Chief

Nancy Ranieri, USDA-FNS Supplemental Nutrition Division Director

Why

Breastfeeding is a priority in the WIC program. WIC helps participants breastfeed successfully by:

- Offering food benefits for breastfeeding participants to meet their unique nutrition needs.
- Providing nutrition education, breastfeeding counseling and breast pumps and other supplies.
- Providing peer breastfeeding support.
- o The Minnesota WIC Breastfeeding Peer Support Program features parents with personal experience breastfeeding their own children, who are recruited from the communities they serve, and trained to help WIC participants with common breastfeeding issues. Parents with a MN WIC peer counselor have significantly higher breastfeeding initiation.

August is National Breastfeeding Month (<https://www.usbreastfeeding.org/national-breastfeeding-month.html>) and MN WIC and local agencies take the time to promote the importance of breastfeeding and share the vital support WIC provides to families.

USDA-FNS celebrates the parents who breastfeed, along with the partners, family members and friends who support them on their journey.

Learn more about the MN WIC program on the Polk-Norman-Mahnomen Women, Infants & Children (<http://www.co.polk.mn.us/319/Women-Infants-Children-WIC>) (WIC) website.

Additional statistics

- The Polk-Norman-Mahnomen County WIC breastfeeding initiation rate for local participants was 81.1% in 2021 & 2022.
- The Minnesota breastfeeding initiation rate for WIC participants was 79.6% in 2021.
- o The WIC Reports and Data (<https://www.health.state.mn.us/people/wic/localagency/reports/index.html>) webpage provides interactive breastfeeding data and trends.
- The national breastfeeding initiation rate for WIC participants was 71.6% in 2020.
- o The USDA WIC Data Tables (<https://www.fns.usda.gov/pd/wic-program>) webpage has additional participant data.
- Additional information

and data: Minnesota WIC Facts 2023 ([https://www.health.state.mn.us/docs/people/wic/localagency/reports/pptndemo/wic-facts/03 23.pdf](https://www.health.state.mn.us/docs/people/wic/localagency/reports/pptndemo/wic-facts/03%20.pdf))

LEGAL NOTICE

NOTICE OF HEARING

Pursuant to Minnesota Statutes, Chapter 103D.911, notice is hereby given that the Board of Managers of the Red Lake Watershed District will hold a public hearing on the proposed 2024 General Fund Budget at 9:15 a.m., August 24, 2023, at the Red Lake Watershed District Office, 1000 Pennington Avenue South, Thief River Falls, MN 56701. The following is the 2024 proposed budget:

PROPOSED 2024 BUDGET	
Manager's fees and salaries	\$40,000.00
Board of Managers' expense	24,200.00
Staff salaries	551,515.00
Payroll taxes	42,191.00
Employee benefits	178,097.00
Travel and meetings	7,500.00
Audit	10,400.00
Legal	16,000.00
Office supplies	20,000.00
Office equipment	30,000.00
Appraisers and Viewers	2,000.00
Professional services	25,000.00
Dues and subscriptions	10,000.00
Insurance and bonds	40,000
Repairs and maintenance-building	15,000.00
Utilities	12,000.00
Advertising and publications	4,000.00
Telephone	11,000.00
Vehicle expense & maintenance	15,000.00
Engineering supplies	3,000.00
Engineering equipment	40,000.00
TOTAL	\$1,096,903.00
LESS: ESTIMATED OVERHEAD	(827,272.50)
LESS: MISCELLANEOUS REVENUE	(3,000.00)
PROPOSED 2024 GENERAL FUND BUDGET	\$266,630.50

CAPITAL PROJECTS FUND	
An ad valorem tax of .0003627 times the taxable market value for 2023, collectible for 2024, will be levied on all taxable property within the Red Lake Watershed District. One-half of the levy will remain in the District for projects listed below; the other one-half of the levy will be sent to the Red River Watershed Management Board for projects within the Red River Basin.	
Permitting system	
Benchmarks	
Flood Control studies/projects	
Stream gauging	
Water quality studies/projects	
Rivers	
Watershed hydrologic analysis	
Lakes	
Bank stabilization	

M21-22C

Discover local history through the lens of early Fosston newspaper

Ed Lavelle, editor of the The Thirteen Towns, will discuss the history of the paper and highlight favorite stories uncovered during the digitization of issues from 1891-1900.

Those interested in regional history, journalism history and genealogy research are welcome to attend and join the discussion.

This program is offered free-of-charge thanks to funding from the Minnesota Arts &

Cultural Heritage Fund.

Programs will be held at the following libraries:

Fosston Public Library: Thursday, August 17 at 2:00 p.m.

Fertile Public Library: Thursday, August 24 at 2:00 p.m.

Gonvick LINK Site: Thursday, August 31 at 2:00 p.m.

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.



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

Tues. August 15: 5:30pm Rosary; 6:00pm Mass at St. Mary's, Fosston (Assumption of the Blessed Virgin Mary)

Wed. August 16: 11:30am Mass at St. Mary's, Fosston

Fri. August 18: 8:30am Mass at St. Mary's, Fosston

Sun. August 20: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Aug 23: 11:30am Mass at St. Mary's, Fosston

Fri. Aug. 25: 8:30am Mass at St. Mary's, Fosston

Sun. August 27: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

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

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

Sun. August 20: 10:00am Coffee Hour; 10:30am Worship Services

Sun. August 27: 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, August 20: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, August 22: 10:00am. Sunday worship service telecast on GVTV--30

Wed, August 23: 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
PastorLee Laaveg

Sun, August 20: 9:00am Worship

Sun, August 27: 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.

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 21: Beef Stroganoff over Egg Noodles - Beets - Pears - Wheat Rolls - Pumpkin Bars - Milk

Tues. August 22: *Bingo* Spaghetti with Meat Sauce - Green Beans - Lettuce Salad - Breadsticks - Oatmeal Raisin Cookies - Milk

Wed. August 23: Hamburger with Cheese on Bun - Scalloped Potatoes - Baked Beans - Coleslaw - Banana Bars - Milk

Thur. August 24: *Bingo* Orange Chicken Breast - Rice Pilaf - Baby Carrots - Tomato Slices - Wheat Rolls - Chocolate Zucchini Bars - Milk

Fri. August 25: Polish Sausage - Mashed Potatoes - Sauerkraut - Bread - Lemon Pudding - Milk



Wed. August 16: Bobbi Jo Bartz, Charles Svalen, Erik Tranby, William Klemer, Rachel Roed, *Cody & Ashleigh Bartz

Thurs. August 17: Skylar Olson, *Dave & Amie Erickson

Fri. August 18: Corky Syverson

Sat. August 19: Micah Ferden, Aireal Gensburger, *Wayne & Renee Brekke

Sun. August 20: Diane Grundyson, Adam Shaver, Matthew Finseth, *Joe & Jessica Shimpa

Mon. August 21: Lacey Roed

Tues. August 22: Cody Krossen, Grant Enger, Emmett Rock

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Jordon Gunufson offers his father-in-law, Paul Kiecker a sample of his grilled pork butt with Neil's homemade barbecue sauce during Neil's Quality meats & More Sausage and Suds event held downtown McIntosh. Jordan used a pellet grill, which is his new venture, to make the savory, delicious pork.

BUSINESS & PROFESSIONAL GUIDE

This space for rent at \$127.40 for 6 months. CALL 218-563-3585

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Foraging in Minnesota

Hunting for wild edibles in woodland or home landscapes has become more popular in recent years. There are many native plants that are considered edible. Foragers need to be aware of the possible food safety issues in selecting the right plants and preparing them correctly. There may also be foraging harvest restrictions or permits needed on public, state, or federal lands. Obviously, foragers must ask permission to hunt on private lands.

Mushrooms are the biggest concern in properly identifying edible and poisonous fungi. The MN Mycological Society is a great resource for mushroom hunters. Dandelions, fiddleheads, leeks/ramps, stinging nettles, plantain, and burdock are among many home and woodland plants that are edible in the spring. The summer and fall also provide edible mushrooms, fruits and nuts like Juneberries, raspberries, blueberries, Aronia berry and hazelnuts. When harvesting edibles, use sustainable practices like harvesting only 10%.

The Minnesota Harvester Handbook is an excellent wild gatherers resource which addresses sustainable natural resource harvest practices and uses. The University of Minnesota Extension and other contributors developed this resource. The Minnesota Harvester Handbook highlights sustainable harvest and gathering for more than twenty, non-timber forest products. This publication reviews many popular forest products like maple syrup, fiddlehead fern, birch bark, junberry, thimbleberry, wild rice, basswood, chaga, firewood, balsam boughs, princess pine, red osier dogwood, tree cones/seeds, mushrooms including Morel, Oyster, King Boletus, Sweet tooth, Lobster, Chicken-of-the-woods, Hen-of-the-woods, and Chantarelle.

If you are foraging, you need to be aware of how you can spread invasive species unknowingly throughout the



woodlands. There are also endangered plant species that should not be disturbed.

Harvest rules for Minnesota state forests
It is OK to collect and use dead fuelwood for campfires while in a state forest.

It is OK to:
▪ Collect berries or mushrooms for personal use while in a state forest.
▪ Pick up cones from the ground to take home.

You must get a permit from the DNR Forestry office closest to the state forest to:
▪ Cut or remove any trees or plants for any reason.

Foraging in
your own backyard

When foraging for weeds and other plants and fungi it is important to note that these plants can grow next to areas where the soil and water may not be clean due to chemicals from roadways, buildings, or weed removal. Chemicals can have negative effects on your health and it is best to avoid foraging plants where they may have been used.

Trying wood sorrel, with a sour flavor you can find in almost any yard is wood sorrel. There are several species of wood sorrel in Minnesota including southern wood sorrel (*Oxalis dillenii*), common wood sorrel (*Oxalis montana*), and violet wood sorrel (*Oxalis violacea*). All are edible.

Found in full sun to partial shade, wood sorrel is a trefoil

Remove wood from state land boundaries.

▪ Harvest Christmas trees or boughs.
▪ Collect a large amount of berries, mushrooms, dead fuelwood or tap trees for maple syrup for personal use or for sale.

There are special rules for harvesting:
▪ Wild rice
▪ Wild ginseng

Many home gardeners and landowners choose to grow native edible fruits and nuts for their own enjoyment or to sell them. Learn how to choose and grow your own fruit- and nut-producing trees and shrubs.

plant (three-leaved) with each leaf forming a heart-like shape.

This plant is also identified by its five-petaled flowers. Wood sorrel's flowers are usually yellow or white but have also been seen in different shades of violet.

This plant is mostly native to North America and as such has been used for thousands of years by many different Indigenous American groups. Some species may have been introduced.

Both wood sorrel and clover have a similar appearance, but wood sorrel leaves look like hearts, and clover leaves are rounded. When blooming, clover flowers are significant.

Foraging...
Continued on page 4...

New funding available to help
improve Minnesota's soil health

Applications for soil health equipment grants due September 15th.

Applications are now open for the Minnesota Department of Agriculture's (MDA) Soil Health Financial Assistance Grants.

These grants are available to individual producers, producer groups, and local governments to purchase or retrofit soil health equipment. Grant awards will provide up to 50% cost-share, with a minimum award of \$500 and a maximum award of \$50,000. The 2023 Legislature appropriated \$2.375 million for this round of grants.

"Good soil health is important to water quality and our

other natural resources in Minnesota," said MDA Commissioner Thom Petersen. "It's important to recognize the financial hurdles farmers face when trying to implement soil health practices because of specialized, expensive equipment and machinery. The Soil Health Financial Assistance Grants will help offset equipment costs, helping to expand the number of Minnesota farmers and acres engaged in soil health activities."

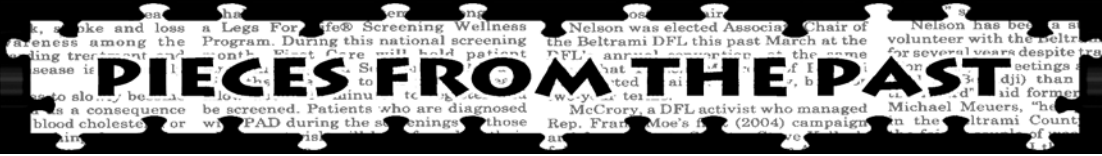
Examples of eligible new or used equipment include, but are not limited to, no-till drills, air seeders, retrofit projects to allow no-till planting, and more. Parts and materials used to retrofit existing equip-

ment are also eligible.

The Request for Proposals and application link can be found at www.mda.state.mn.us/soil-health-grant. Applications are due September 15, 2023. Awards will be announced by January 1, 2024.

This is the first full round of Soil Health Financial Assistance Grants. A pilot program earlier this year awarded \$475,000 to 16 individuals and organizations across 15 counties. No-till drills and air seeders were among the most requested pieces of equipment. The pilot program received more than 230 applications for more than \$6.5 million – over 13 times the funding available.

Pictured below: 10 years ago...2013: The 125th Anniversary Committee of Committees met on Thursday, August 8th after the McIntosh Council meeting to create a dialog in regards to next years festivities. In the front, seated are: Ruth Bartz, Jean McCabe, Arlene Eggers, Bruce Haaven, Annie Lian, Garnet Aanenson and City Clerk Teresa Syverson. Standing in the back are: Betty Tangen, Robin Shimp, Calbin Skeie, Roy Ostenaa, Russ Horacek, Bernie Marshall, Toby Strom, Brad Ingman, Beth Hagen, Larry Hedlund and Wild Wes Kaupang.



40 years ago...1983: Garnet Aanenson tries to keep the young 'uns apart, but it is no use. Shelli Clay and Steve Aanenson, Dean Lindberg and Dorothy Sandahl court behind "Ma's" back during the song, "Ma, He's Making Eyes at Me!" as part of the 13 Towns Centennial Celebration in McIntosh.



30 years ago...1993: Ryan Edlund, Darren Kringlen, Scot Ostenson and Kelsi Ostenson enjoyed the (ECFE) Early Childhood Family Education demonstration area and sent soap bubbles into the afternoon sunshine. The demonstration was held on the McIntosh School lawn during the Ice Cream Social hosted by the Patriot Promoters.



20 years ago...2003: The Win-E-Mac Summer Recreation Pee Wee Baseball team, coached by Bobby Strom, is polishing their skills while practicing and playing teams from the area. Team members include: (back, l-r) Zach Farrell, Will Klinke, Zachary Boehrsen, Tyler Schow, Cain Schow, and Coach Bobby Strom; (front) Trevor Klinke, Kyle Peterson, Bryan Gunderson and Derek Haugen.



Gaelynn Lea, a disability advocate who played music, and spoke of her brittle bone disease and her journey with music, including winning the NPR Music's Tiny Desk Contest in 2016, spoke and played for the kids during the McIntosh Library Summer Reading program. The event was held at Roholt park.

Foraging..

Continued from page 3

ly different from wood sorrel flowers, having multiple pink or white flowers that give the appearance of a sphere.

All of the wood sorrel plant is edible, and if you do mix it up with clover, don't worry, your bite will taste more like vanilla than citrus, but both are edible.

Although this is one of my favorite forageable snacks, make sure to only eat it in moderation. Wood sorrel contains oxalic acid, which, when combined with other minerals in our bodies, turns into

oxalates. Oxalates are also found in foods like spinach and other leafy greens and are healthy if managed correctly. For a healthy oxalate level, it is recommended to stay under 8g (13-20mg/g, based on 200-300mg/day) of wood sorrel per day, but this number can vary and it is best to consult your physician if worried.

If not managed correctly, oxalates can lead to kidney stones and other potential issues.

Although wood sorrel can be used in teas and soups, I

think it tastes the best when left raw.

Purslane is another weed that can be a delicious addition to a meal. Purslane was primarily used as a food source before the manicured lawn movement and is used in many traditional recipes around the world. Once common purslane has been identified, all parts are edible, although the leaves and stem are used most commonly in cooking.

Two species of dandelion are most prevalent in Minnesota, the common dandelion

WEM Sprinting Back to School shoe drive

Win-E-Mac school would like to introduce something new to the start of the school year.

Like many of you already know, we have a Giving Tree during the holidays where you can sponsor a child and anonymously donate gifts to those in need. This year we would like to introduce the "Sole Tree."

This tree will have different shoes to pick from. Each shoe will have a child's size, age and gender on it for the community to select from.

Like the giving tree, the sole tree will also be virtual. We ask that those who take a shoe number from the sole



tree, buy a pair of new tennis shoes that match the description and bring them back to the school with the shoe number attached.

Shoes can be dropped off at the school no later than Friday, August 25th. Thank you for your help and support with this awesome cause!

Please reach out to Cassie Subbert or Melissa Smeby with any questions at 218-563-2900.



Wood sorrel.

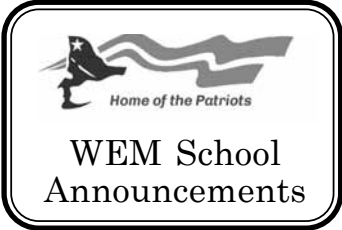
(Taraxacum officinale) and the red-seeded dandelion (Taraxacum erythrospermum). Native to Europe, they were brought to the Americas in the 1600s by settlers and were grown in gardens for edible and medicinal purposes. The three parts of the dandelion that are edible are the flower, leaves, and

roots. All of these parts are full of nutrients such as vitamins A and C, iron and fiber, and have been used for many traditional medical remedies.

A great resource for learning more about foraging is the Minnesota Harvester Handbook.



Local children were treated to a fun concert in the park last Wednesday as the McIntosh Library presented Gaelynn Lea. She played music and shared her journey with music. She has won awards and has composed music for Broadway shows. More than 60 kids gathered at Roholt Park in McIntosh for the concert.



Attention Win-E-Mac Football Players

Equipment handout for 9-12 grade players will take place on Thursday August 10 at 6:00 Practice will begin for all 9-12 grade players on Monday August 14.

Practice for 7-8 grade players will begin on Monday August 21.

Practice for 5-6 grade players will begin on Tuesday August 29.

For more detailed practice schedules, please refer to the team and school social media sites.

If you have questions please contact the following coaches - 9-12: Aaron Cook acook@win-e-mac.k12.mn.us

JH: Jason Svalen jsvalen@win-e-mac.k12.mn.us

Elementary: Nate Johnson njohnson@win-e-mac.k12.mn.us

Win-E-Mac Junior High School Football practice schedule

August 21st pickup gear and get lockers 10am-11:30am (just gear, NO PRACTICE)

August 22nd practice 3:30pm-5:00pm

August 23rd practice 10am-11:30am

August 24th practice 10am-11:30am

August 25th practice 10am-11:30am

August 28th practice 10am-11:30am

August 29th practice 3:30pm-5:00pm

August 30th practice Fall Pictures 8:30 Football Field practice to follow 8:30-10:00

August 31st practice 3:30pm-5:00pm

September 4th practice 3:30pm-5:00pm

September 5th Scrimmage Karlstad 4:30pm

When school starts we will practice after school from 3:30pm-5pm Monday - Friday (non-game days)

Fitness Room Renewal:

Membership to the School Fitness Center is only good until August 31, 2023. You will need to renew the \$75 membership fee by that date, or your card will be deactivated until a payment is made. If you did not purchase a membership last year and would like one this year, please come to the District Office to fill out a membership application and fee. Adult members of a family must have their own access card from the office. Parents can use their card supervising school aged children. Do not access the rest of the school after hours or an alarm will activate law enforcement. The school has video cameras at entrances and hallways of the school to show access. Please call 218-563-2900 for any questions.



4-H members at the 2023 Polk County Fair include (L to R): Arthur Donarski (North Star), Kaitlynn Klawitter (North Star), Landon Klawitter (North Star), Aiden Delzer (North Star), Katelyn Delzer (North Star), Luke Swanson (Fertile), Micah Pyles (North Star), Hadley Hanson (Fertile), Cadin Sayette (North Star), Owen Sayette (North Star), Beth Capistran (North Star), Brynlee Benson (Fertile), Eberley Wolfgram (Fisher/Climax Flyers), Solveig Thorvilson (North Star) & Paul Klawitter (Independent). ; Second Row: Elizabeth Vanyo (Willing Workers), Heidi DeBoer (Paws and Pals 4-H Club), Sydnie Nobles (Fertile), Paisley Wall (Fertile), Vienna Vetter (Willing Workers), Ella Capistran (North Star), Tatum Brockpahler (Fisher/Climax Flyers), Carly Anderson (Fisher/Climax Flyers), JT Swanson (Fertile), Isaac Swanson (Fertile), Kora Benson (Fertile) & Kendall Grunhovd (Fertile); Third Row: Blake Brockpahler (Fisher/Climax Flyers), Adelle Erickson (Fisher/Climax Flyers), Sawyer Erickson (Fisher/Climax Flyers), Greg Ramberg (Fertile), Ava Grunhovd (Fertile), Sidney Erickson (Fertile), Grant Benson (Fertile), Anna Noyes (North Star), Jacob Klawitter (North Star), William Klawitter (Independent) & Marlee Stortroen (Fisher/Climax Flyers); Fourth Row: Angel Hedlund (Support Staff), Katie Becker (4-H Extension Educator), Ashley Anderson (Fisher/Climax Flyers), Max Ramberg (Fertile), Karen Vetter (Willing Workers), Ben Capistran (North Star), Trinity Erickson (Fisher/Climax Flyers), Catie Erickson (Fertile), Wesley Ramberg (Fertile), Lillie Thorvilson (North Star) & Ella Thorvilson (North Star).