



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Jered's Grocery in McIntosh now has off-sale liquor and beer for sale. The south entry door will bring you into the off-sale area where you can pick up all your summer fun essentials. Employee of the Month, Gage (pictured), keeps on eye on things while Jered helps customers.

Jered's Grocery of McIntosh now carries off-sale beer, wine and liquor

Jered's Grocery is where you stop when you need some groceries in McIntosh, but now you can also purchase off-sale liquor, beer and wine.

Jered Agnes, store owner, recently added an off-sale section to his store he started in 2008.

Groceries, including fresh produce and bakery items, and household items, including canning jars, are still available to shop in the grocery area but Jered brought the convenience of off-sale to McIntosh residents as well as visitors. He also still offers special meat orders.

The store is currently stocked and will continue to build inventory with a planned expansion of the off-sale area by the end of the year, making room for more variety in inventory and sizing of the many products available.

There are coolers stocked with beer and shelved stocked with many different brands of liquor and wine.

The entrance for the new off-sale is the south door of entryway. The east door will bring you into the grocery store, where you may still access the off-sale.

Store hours for both the grocery store and off-sale are Monday through Friday from 8:00 am to 6:00 pm and Saturday from 8:00 am to 2:00 pm.



Pictured with his 1957 Ford Farlane are Liberty, Shelly, Sara and Tal Lucken, the family of Lynn Lucken were honored guests at the 1st Annual Lynn Lucken Memorial Car Show held in Winger at the Depot on Saturday, August 20th. There were many cars to see, including a lot of "monster" trucks and all things that Lynn loved. His friends and family joined together to honor his memory and enjoy one of his favorite past-times.



The McIntosh high school class of 1959 had their annual reunion at Ness Cafe in Erskine on August 11, 2023. Class mates attending were. Back row. Ardis Locken Qualley, Marjorie Swanson Penner, Dick Hagen, class of '58, Milford Rustad, Orris Flermoen, . Front row, Janet Johnson Hamre, Karen Hegland Hagen, Olive Roed Ferden, Patsy Rustad, (wife of Harlan, and Delores Milliander Rice. This has been an annual event for about 20 plus years. Next planned reunion is August 14, 2024, the second Friday of August at 12:00 noon (or earlier) at Ness Cafe in Erskine.

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 from 8:00 am to 10:00 am. A free will donation will contribute to the Fireman's Relief Association.

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 hosted by the Polar Beach Snowmobile Club. 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.



MCC Corn for Kids This Friday from 5:30 pm to 7:00 pm



Join the McIntosh Community Club for one of everyone's favorite fundraisers of the year! Delicious corn on the cob, hot dogs, and more! Come enjoy supper at Roholt Park and an evening supporting kids events in McIntosh. Free will donations accepted and all you can eat corn on the cob this Friday, August 25th from 5:30 pm to 7:00 pm. See you there!

Win-E-Mac School open house is coming Wednesday, August 30th

The Win-E-Mac School will welcome back students for the 2023 - 2024 school year with an open house on Wednesday, August 30th from 5:00 pm to 7:00 pm. Parents and students will have the opportunity to meet their new teachers, visit their new classrooms, drop off school supplies and see all their friends. There will be a free meal of hotdogs and hamburgers. There will also be the Lulu's Little Bites food truck, bouncy houses and yard games, shaved ice and new Patriot clothing.

The device handout will be much the same as last year, with students picking up their devices from their first-hour teachers. Some students will have different laptops than last year, so await further instructions on that. Additionally, students who did not return sleeves or chargers last year will have a little extra charge when they pick up their laptops this year, as new sleeves and chargers had to be ordered.

At 6:00 pm there will be a 7th grade orientation. Letters were sent home to the families of the new 7th graders.

This year there will be a new activity called Esports, which is structured computer gaming along with adding wrestling to the list of activities.

This year all students will receive free breakfast and lunch. The free and reduced food service applications are still imperative for school funding. These forms are confidential and may be returned to school or mailed.

The school website is www.wemschools.org and is full of important information and updates pertaining to all aspects of the school year. You can look at food menus, activities calendars, read the daily bulletin, check your child's academic progress and contacts teachers and staff.

There is also a telephone broadcast system available to parent's of students called school messenger. It enables school personnel to notify all households and parents by phone within minutes of an emergency or unplanned event that causes early dismissal, school cancellation or late start. From time - to - time the service also provides general announcements and reminders. By completing the emergency card information and returning it to the school, your household will be initiated into the school messenger program.

School office hours will be 7:00 am - 4:00 pm Monday through Friday during regular school days.

We hope that every student and family can make it to the open house for the 2023 - 2024 school year this Wednesday, August 30th from 5:00 pm - 7:00 pm.

Former McIntosh resident to hold benefit concert

Pam Aanenson, a 1978 graduate of McIntosh-Winger High School and former business owner and city attorney, will hold a benefit concert and membership drive for the McIntosh Heritage and Arts Center, Saturday, September 16, 2023 at 7:30 pm in the McIntosh Community Center.

Pam has recently been singing her original country and gospel songs at songwriter showcases in Nashville, Tennessee. She will be playing gospel and country music at the concert. The concert is free, but donations and membership sign up are strongly encouraged.

All proceeds from the concert will be tax deductible and go to the MH&C.

There will be a silent auction of donated items, as well as gifts for different levels of donations, including Pam's CDs and sets of books written by her.

Pam currently lives in Baxter, TN and is the co-owner of The We Give A Hoot Company, LLC. The company is soon to release an educational program to combat bullying and enhance mental health and wellbeing, and is the publisher of the Positive Pocket Books, which will be available at the event.

You can see some of Pam's music on Instagram, @PJAAanenson or Facebook. Come out and enjoy a fun evening of music and friendship and support for an important organization



Pam Aanenson

McIntosh City Council meeting minutes for July 2023

Regular Council Meeting
Thursday July 13, 2023
5:30 p.m.
Community Center
Call to order:
Mayor Strom called the meeting to order at 5:30.

Pledge of Allegiance:
Roll Call:

Members present: Mayor Toby Strom, Jordan Gunufson, Beth Hagen, Luke Burd, and Luke Syverson

Rebecca Boehrsen - Licensed Assisted Living Director for Poplar Meadows of McIntosh

Melissa Finseth - City Clerk/Treasurer

Guest: Elizabeth Kildal

Determination of quorum:

Quorum was met.

Agenda Additions:
H. Building Permit – Jason Smeby

Motion by Luke Burd and seconded by Jordan Gunufson to approve the agenda with the addition. Passed unopposed.

Approval of minutes:
a. June 6, 2023 regular council meeting minutes.

Motion by Luke Burd and seconded by Beth Hagen to approve the June 6, 2023 regular council meeting minutes. Passed unopposed.

Public concerns:

Elizabeth Kildal was in attendance to ask if homes with 800 square feet of living space are permissible in the Hegg addition. Ms. Kildal is considering building a home in the Hegg addition and needed clarification on what is allowed. Per the bylaws, no dwelling less than 1,100 square feet of living space is permissible.

MEDA and Poplar Meadows :

a. Rental status
Rebecca Boehrsen reported that Poplar Meadows is nearly at full capacity with 1

Did you know?

Pets are curious animals who want to explore their environments, including places around the house that they do not realize may cause them harm.

According to the electric component manufacturer Sewell, electrical hazards exist inside the home that can compromise the health of pets. Exposed cords can attract pets' attention, and they may gnaw or pull on wires causing shocks or even fires.

Therefore, wires can be tied together and placed inside of covers or PVC pipe to minimize their allure. Pets may become curious about electrical sockets and poke their noses and paws into them. Using electrical socket covers can help prevent this danger.

Electrical issues should be repaired as soon as possible. Electrocutation is a very real risk for pets, and pet-proofing is a necessary step pet owners should take

– 2 bedroom and 1 – efficiency apartments available.

It was also reported that Danette Strom resigned as clinical nurse supervisor and Elizabeth Ruffenach would be promoted into that position.

b. Approve Poplar Meadows monthly bills

Motion by Jordan Gunufson and seconded by Beth Hagen to approve the monthly bills in the amount of \$82,232.60. Passed unopposed.

Motion by Jordan Gunufson and seconded by Luke Burd to approve the purchase of a new water heater for the kitchen in the amount of \$6,000.00. Passed unopposed.

Motion by Luke Syverson and seconded by Jordan Gunufson to approve the purchase of two (2) air conditioning units. Passed unopposed.

c. Debt payment

Motion by Beth Hagen and seconded by Luke Syverson to approve a \$5,000.00 debt payment. Passed unopposed.

Old business:

New business:

Building permit – Downing
Motion by Luke Burd and seconded by Luke Syverson to approve a building permit, for a fence, for Kathleen Downing. Passed unopposed.

b. Building permit – Rock

Motion by Luke Burd and seconded by Luke Syverson to approve a building permit, for a shop, for Garrett Rock. Passed unopposed.

c. Propane and fuel pre-buy

Motion by Jordan Gunufson and seconded by Luke Burd to approve the pre-buy of 2,000 gallons of propane and fuel in the amount of \$2,900.00. Passed unopposed.

d. Set preliminary budget meeting for August

The preliminary budget meeting August 10, 2023.

e. Win-E-Mac fundraising sponsorship

Motion by Luke Burd and seconded by Beth Hagen to approve \$100.00 donation to the Win-E-Mac football team. Passed unopposed.

f. Street repair quote

Motion by Luke Syverson and seconded by Jordan Gunufson to approve the quote for cement repair, along First Street NW, in the amount of \$1,782.00. Passed unopposed.

g. 2023 data practice policies

Motion by Luke Burd and seconded by Beth Hagen to approve the 2023 data practice policies. Passed unopposed.

h. Building permit – Jason Smeby

Motion by Luke Syverson and seconded by Jordan Gunufson to approve the building permit, for a shop to be built on the vacant lot along County Road 8, for Jason Smeby. Passed unopposed.

Approval of monthly bills:

Motion by Jordan Gunufson and seconded by Luke Burd to approve the remaining bills for June 2023 in the amount of \$56,406.73 and the July monthly bills in the amount of \$179,128.52. Passed unopposed.

Council & staff reports:

Luke Burd inquired about grants to update the community center kitchen. Beth Hagen said she would look into it and report back with what she finds.

Notices & correspondence:

Adjournment:

Motion by Beth Hagen and seconded by Luke Syverson to adjourn at 6:27 PM. Passed unopposed.

Notice

The September 14th Council meeting has been rescheduled to September 12, 2023 at 5:30 pm.

Fall garden relish

This relish recipe is designed to help you use up leftover bits and bobs from a vegetable garden in the late fall. You can of course also make it with the autumn harvest-time veggies from your local green grocer or grocery store.

The recipe's unassuming title is very deceptive, and its simple ingredient list has so little extra flavouring added in the way of spicing, that the first time you make it, you may not hold out much hope for it. Despite the unexciting name, it does make a great gift.

Ingredients, part 1:
4 cups ground green tomatoes
4 cups ground onion
4 cups ground cabbage
6 to 8 red sweet peppers

12 green bell peppers
1/2 cup salt

Ingredients, part 2:
6 cups sugar
1 tablespoon celery seed
1 1/2 teaspoons turmeric
4 cups apple cider vinegar
2 cups water

Use a food processor to separately chop green tomatoes, onion, cabbage and peppers. Mix well with salt and let stand overnight. Rinse well with cold water and drain well. In a separate bowl, sift sugar, celery seed and turmeric. Pour over vegetable mixture and stir well. Add apple cider vinegar and water, pour into a large, heavy saucepan and heat to boil. Reduce heat and simmer for 3 minutes. Put into jars and seal.

Polk County Sheriff's Report

► On August 18, 2023, the Polk County Sheriff's Office learned of a scam occurring through Snapchat social media accounts.

Individuals with Snapchat accounts are receiving messages from what appears to be someone listed in their contacts through the Snapchat app asking for their phone number and/or authentication number. When the phone number and/or authentication number is sent, their account gets taken over and the hacker can gain access to their phone.

Try to verify who you are communicating with on social media and if you believe it is a scam do not provide any personal information.

If you believe you have been the victim of a scam, report it to your local law enforcement agency.

► On August 19, 2023, at approximately 6:27 am, the Polk County Sheriff's Office was dispatched to a report of smoke coming from a building at Lucken Trucks and Parts in Winger.

Winger Fire Department responded along with Erskine and Fosston Fire Departments. Firefighters located and extinguished a small fire within the building. There was moderate damage to the building as a result of the fire. There were no injuries reported.

The cause of the fire is being investigated by the State Fire

Gosen Luther League

The Gosen Luther League meets on Sunday evening, August 27th, at 7 o'clock. Kent and Shantel Dudley and Bended Knee will be in concert.

Accompanying Kent on guitar is Rod Rock on bass guitar. Together they present Christian country music along with testimony.

Come and hear Kent and Shantel's story of God's redeeming power, healing grace, and enduring love.

Refreshments will be served following the program.

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.

Marshal.

Essentia Ambulance also responded to assist.

No other information will be released at this time.

► On August 20, 2023, the Polk County Sheriff's Office was dispatched to the report of a 9 year old juvenile that had ran away from his residence in McIntosh.

After a thorough search of the surrounding area. The juvenile was located uninjured and returned to his home.

Assisting agencies include Fosston Police Department, Fosston Fire Department, McIntosh Fire Department, Erskine Fire Department, Minnesota State Patrol, and Polk County Sheriff's Office Posse.

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 28: Biscuits & Sausage Gravy - Roasted Potatoes - Apple Slices - Cinnamon Rolls - Milk

Tues. August 29: *Bingo* Baked Ham - Scalloped Potatoes - Peas & Carrots - Wheat Rolls - Zucchini Bars - Milk

Wed. August 30: Beef Macaroni Hotdish - Corn - Tropical Fruit - Breadsticks - Rice Krispie Bars - Milk

Thur. August 31: *Bingo* Roast Beef - Mashed Potatoes & Gravy - Peas & Carrots - Wheat Rolls - Fruit Crisp - Milk

Fri. Sept. 1: Sloppy Joe on Bun - AuGratin Potatoes - Baked Beans - Fruit - Milk



Community Birthday and Anniversary Calendar

Wed. August 23:
*David & Wanda Stordahl

Fri. August 25:
Jason Breckel, Mike Breckel, Mara Hal-land

Sat. August 26:
Shirley Delage, Silas Schow, *Jarrid & Alicia Graff, *Mark & Hannah Sylst-sad, *Jason & Holly Breckel

Sun. August 27:
Peyton Schow, *John & Tara Burthwick

Tues. August 29:
Cameron Burslie, Bill Fritz, Jr., Gerald Borud

McIntosh Times

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"Serving the Win-E-Mac area"

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Rummage Sale

BACK TO SCHOOL

Clothing sizes S, M, L in tops, size 2 in jeans, shoe sizes 8 to 10. White bedside table, bad mitten net, bikes and other house decor.

Heidi Stuhau Residence
507 3rd St, Erskine
Saturday August 26th from
9:00 am - 1:00 pm

See you there!



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

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
Sun, Sept. 3: 8:00am Confession; 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. August 27: 10:00am Coffee Hour; 10:30am Worship Services
Sun. Sept. 1: 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 27: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com); 7:00pm Luther League concert with Bended Knee (see article elsewhere in the paper)
Tues, August 29: 10:00am. Sunday worship service telecast on GVTV--30
Wed, August 30: 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 27: 9:00am Worship
Sun, Sept. 3: 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.



The coolers are stocked at Jered's Grocery of McIntosh for the new off-sale area of the business. Stop in today to check out the changes happening at Jered's.

BUSINESS & PROFESSIONAL GUIDE

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Gerald Paulson brought his 1967 Jeep Jeepster out to the 1st Annual Lynn Lucken Memorial Car show at the Depot in Winger. He was one of many of Lynns' friends who came out to honor and remember him and his love for cars last Saturday.

MnDOT to begin using Wireless Emergency Alerts for traveler safety

The Minnesota Department of Transportation has entered into an agreement with the Federal Emergency Management Agency to begin using Wireless Emergency Alerts through the Integrated Public Alert & Warning System, FEMA's national system for local alerting that shares emergency information to the public.

Wireless Emergency Alerts use the same system that share critical notifications like AMBER alerts with the public, as well as other time-sensitive information during natural disasters or threats to public safety. WEAs provide the ability to send alerts directly to mobile devices without the user needing to download an app or subscribe to a service. State departments of transportation in Pennsylvania, Georgia and Texas have successfully used WEAs for major road closure alerts, and many local county

sheriff's offices in Minnesota have authority to use the system as well.

"The ability to send WEA messages through IPAWS is an important additional tool for MnDOT to provide real-time information to the traveling public," said Commissioner Nancy Daubenberger. "Road closures can occur suddenly, especially in cases of severe weather or major crashes on the highway system. With WEA messages, MnDOT will be able to send immediate mobile alerts to people in the vicinity of a highway closure or detour – helping minimize motorists on roadways during winter conditions and aiding law enforcement and emergency personnel in responding to incidents quickly."

Alerts from MnDOT will typically include a link to 511mn.org (the state's online road information system) for more information and a simple

description of the closure or incident, such as:

"EMERGENCY ALERT – The I-90 corridor is closed from the South Dakota border to Albert Lea due to blizzard conditions. Go to www.511mn.org for more information and updates."

MnDOT's operating procedures include sending emergency alerts only when highway closures of more than four hours are expected due to weather (such as snow, ice or flooding) or major crashes or incidents. MnDOT alerts will only be sent for closures on state highways and interstates under the agency's jurisdiction and will be sent to all mobile phones within a one-mile band around the highway, beginning 10 miles ahead of any closure location. The nature of an emergency could require a larger area for notifications and specifics will be determined on a case-by-case basis.

The role of the humble earthworm in sustainable agriculture

Home gardeners and commercial agricultural enterprises are increasingly integrating more natural and sustainable practices into plant production. Although chemical pesticides and fertilizers can improve crop yields, chemicals can deteriorate soil efficiency and may affect the ecosystem in negative ways. In lieu of turning to a laundry list of products to help the soil, farmers and home gardeners may benefit from relying more heavily on the humble earthworm.

Earthworms are beneficial

According to CABI, an international, inter-governmental, not-for-profit organization that provides information and applies scientific expertise to solve problems in agriculture and the environment, earthworms are useful for the management of biodiversity. Earthworms are any gardener's friend. These shy, light-sensitive creatures burrow through the soil, pulling leaves and other plant matter deep within. When the earthworms consume this detritus, the decomposed plants as well as the worms' droppings provide nutrients to the soil. Together with microbes, earthworms convert biodegradable materials and organic waste into nutrient-rich products. They also may help reduce instances of soil-borne diseases.

The benefits to worms do not end there. Earthworms also aerate the soil, enabling water to be absorbed, which helps develop strong plant roots. Earthworm burrows serve as channels where roots can elongate into deeper soil layers, enabling plants to grow more securely and deeply. This, in turn, can help reduce soil erosion. While research is ongoing, there are some reports that the unique talents of earthworms can help convert land that is largely barren into fertile soil.

Breeding earthworms

It may be in gardeners' and

farmers' best interests to raise earthworms. According to the science information site Sciencing, earthworms are hermaphrodites, meaning they have both male and female reproductive organs. Despite this, most worms need a partner to reproduce - although certain types will reproduce alone if partners are scarce. Worms can be purchased or found for breeding. A worm box, which can be made or bought from gardening shops, is a box made from untreated wood. The earthworms will need a temperature of at least 25 F, and dark, moist soil.

Place moistened paper scraps into one half of the worm box. Place the worms

Peaches are a summertime staple

Peaches are a summertime staple. This sweet fruit is at home in desserts, salads, on top of cereals, and all on its own.

Peaches thrive in warm climates with lots of sunlight. Peaches are native to north-west China, and they are believed to have been domesticated and cultivated since 2000 B.C.

Later, they were widely grown in the region known as Persia, which is now called Iran. As a result, the scientific name for the peach species is *Prunus persica*. China continues to be the world's largest peach producer, followed by Spain, Italy, Greece, and the United States.

In the United States, even though Georgia is known as "The Peach State," it is not the country's biggest producer of peaches. Georgia is beat out by California and South Carolina. New Jersey also produces its fair share of peaches. Nectarines and peaches are similar fruits.

In fact, nectarines are a type of peach. Peaches have a dominant allele for the fuzzy

on top and give them opportunities to hide. Place small amounts of organic matter, such as kitchen scraps, coffee grounds and leaves, on the paper layer every day. Leave the other side of the worm box empty, as this will be where the worm dropping compost will eventually collect. After two or three months, there will be quite a number of hatched worms to release into the garden along with the compost. Leave some worms behind to continue to reproduce.

Earthworms amend the soil in natural ways that can reduce the need to use chemical products and protect biodiversity.

skin, while nectarines have a recessive allele for that fuzz. In regard to flavor, peaches and nectarines are very similar, but some experts say nectarines are slightly sweeter and firmer.

According to the College of Food, Agriculture and Environmental Sciences, nectarines also have considerably more potassium and twice as much vitamin A as peaches.

Pictured right: 10 years ago...2013: Councilmember Meilssa Finseth, Charles Svalen, Council member Wanda Stordahl, City Clerk Teresa Syverson, and summer city maintenance staff Julie Klinke and Zach Plante, spent a better part of the afternoon outside in the sunshine repainting the tank. The tank is a new addition to McIntosh this year. In an effort to spruce up the town for the 125th Year Anniversary Celebration, city staff and residents are doing their part to help make the town look good.

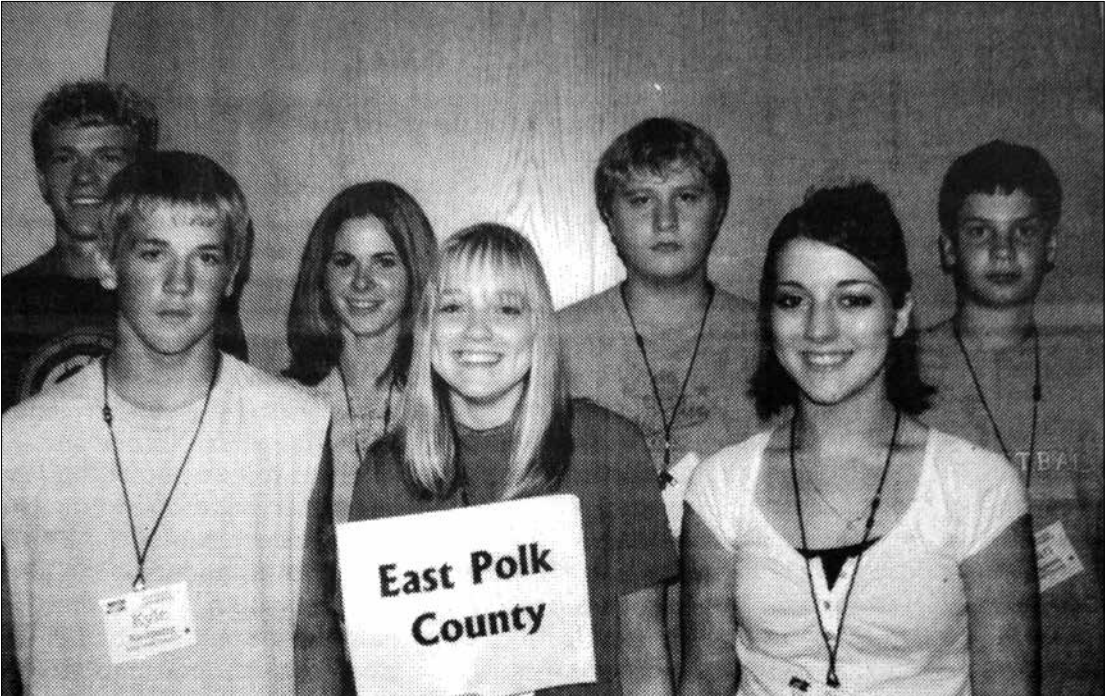
PIECES FROM THE PAST



40 years ago...1983: The King Township Galley: Bottom: Piney Edwards, Al Solie, Roger Rolf, and Gerald Borud; second row: Clarence Knudson, Bill Fritz, Jr., Curtis Heideman, and Ordell Aanenson; third row: Wayne Downing, Mark Hartel, and Leslie Finseth; top row: Connie and Joel Strom.



30 years ago...1993: The McIntosh Men's Action Club (MACS) prepared and served the 1st Annual Pig Roast on July 31st at the McIntosh Community Center. The men's service group served roast pork on buns, corn on the cob, beans and ice cream sundaes to over 250 guest. Members present were Jim Stordahl, Tom Hegg, Bob Quinlan, Dave Stordahl, Clyde Kringlen, Bruce Haaven, Bruce Grundyson, Dick Holen, Ron Bergman, Steve Carlson, Paul Kiecker, Gordy Ostenaar, and Mic Evenson. Not present for the photo: Russ Horecek.



20 years ago...2003: Seven young people from East Polk County recently attended the Red, White and You Conference sponsored by the Minnesota Farm Bureau Federation. Back row: Cody Bartz, Amanda Plante, Dyland Sherer, Ryan Oppegard; front row: Kyle Kaupang, Lisa Buchholz and Rebecca Lee.





Freedom Christian Academy

Meet the TEACHER OPEN HOUSE

TUESDAY - AUGUST 29 - 4 PM - 7 PM

ALL ARE WELCOME

More info: 218.687.3733

TUESDAY - AUGUST 29 - 4 PM-7 PM

REGISTER YOUR CHILD, MEET YOUR TEACHER, SEE THE CLASSROOM, & DROP OFF CLASSROOM SUPPLIES.

TACO IN A BAG, ROOT BEER FLOATS, AND BOUNCE HOUSE.

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M23C

PS gene-editing shown to restore neural connections lost in brain disorder

A new study from the University of Minnesota is the first to demonstrate the ability for gene therapy to repair neural connections for those with the rare genetic brain disorder known as Hurler syndrome. The findings suggest the use of gene therapies — an entirely new standard for treatment — for those with brain disorders like Hurler syndrome, which have a devastating impact on those affected.

The study was published in the *Nature journal Scientific Reports*.

Hurler syndrome, also known as mucopolysaccharidosis type I (MPS I), is a genetic disorder affecting newborns that leads to severe cognitive deficiencies and severe physical abnormalities. Genetic mutations disrupt synthesis of an essential lysosomal enzyme IDUA resulting in progressive brain damage. Death occurs by 10 years of age. Current treatments are inadequate — bone marrow transplants are dangerous and lifetime enzyme replacement fails to prevent progressive brain damage.

U of M researchers evaluated a new form of gene therapy invented at the University of Minnesota — the PS gene-editing system — in mice with Hurler syndrome. This approach created very high, continuous levels of normal enzymes in the liver that can enter the brain via the circulatory system.

Using high resolution resting-state functional MRI (rs-fMRI) — a safe, noninvasive and whole-brain activity imaging tool for diagnosis and post-treatment evaluation — investigators first identified neural networks that were disrupted. Next, they assessed the extent to which brain functions and connectivity were restored following the gene therapy.

The investigators observed the new approach of PS gene-editing produced normal enzymes from the liver that were able to sustain normal connections within specific neural networks.

The technology needed for high resolution rs-fMRI brain

connectome imaging was developed by Wei Zhu, a graduate student in the University's Center for Magnetic Resonance Research.

Walter Low, a co-senior author and professor in the U of M Medical School, referred to the study as a breakthrough: "This is the first demonstration of a gene therapy that has corrected a neurological disorder resulting in the restoration of brain connectivity as confirmed by rs-fMRI."

"A similar rs-fMRI approach as applied in this pre-clinical study should be translatable to the clinical setting and patients, especially for those with genetic brain disorders, and for examining the efficacy of brain network restoration and function after gene treatment," said Wei Chen, a co-senior author and professor in the U of M Medical School and Center for Magnetic Resonance Research.

"The aonic production of normal IDUA in the liver of mice with Hurler syndrome and the ability to traffic enzymes across the blood-brain barrier to correct abnormalities in the brain is a significant achievement," said Chester Whitley, a co-author and professor in the U of M Medical School.

"This new approach will enable the monitoring of brain connectivity in other lysosomal disorders that affect brain function following gene-editing," added Perry Hackett, a co-author and professor in the College of Biological Sciences.

Other participants in this study include Lin Zhang, an associate professor in the School of Public Health; Ying Zhang, an informatics analyst in the Minnesota Supercomputing Institute; Xiao-Hong Zhu, a professor in the U of M Medical School and Center for Magnetic Resonance Research; Isaac Clark, a graduate student in the Biomedical Engineering Program; and Li Ou, a former faculty member in the U of M Medical School.

This work was supported in part by funds from National Institutes of Health

Grants [R01 NS118330, U01 EB026978, R01 MH111413, R01 NS133006 and P41 EB027061], the Susanne M. Schwarz Fund and the Hackett Royalty Fund.

WEM School District conducts strategic planning; district looking for community input via survey

The Win-E-Mac School District is in the initial stage of developing a strategic plan. The Win-E-Mac school board is working with the Minnesota School Boards Association (MSBA) to provide guidance and assist with the planning.

The school board is seeking input from school district residents and staff to help in identifying the school district's strengths and areas for improvement. School district residents and staff can give the school board feedback by completing the "Win-E-Mac School District Strategic Plan-

Start preparing for school now

After a summer of relaxation, the start of a new school year generates mixed emotions among students. While summer break is a much needed respite from the rigors of school, it doesn't mean school should be forgotten entirely.

In fact, doing some preparatory steps before a new school year begins can make the year go much more smoothly. Here's how students and parents can direct their focus during the final countdown.

Keep reading

According to Scholastic, summer slide is a concept that was first acknowledged by researchers in 1996. Many comprehensive studies have come out since then and indicated that kids lose significant knowledge in reading and math over summer break, which can have a cumulative effect and lead to skill loss each year. Some research says up to 20 percent of school year gains in reading and 27 percent in math are lost during summer break. Children should be encouraged to read as much as possible during summer break, and many schools require summer reading

MN D.A.R.E. provides training for officers in autism

Minnesota D.A.R.E. and the Minnesota D.A.R.E. Officer's Association recently conducted their summer conference in Stillwater. It was hosted at the Washington County Sheriff's Office with UNFI and Cub Foods donating the food and beverages. This year's conference included a specially designed Autism Training geared specially for law enforcement working with adolescents. Utilizing social workers, a special education teacher, a family physician, and a father of an autistic child who is also a law enforcement officer; the 4-hour training was designed to meet the Minnesota POST Board (Peace Officer's Standards and Training) mandate on autism.

This training was designed to discuss working, understanding, and forming relationships with children with autism, their parents, educators, social workers, special education teachers/paras, and others in the student's network. The format facilitated an open discussion with a

panel of experienced individuals who provided information on topics including defining autism spectrum disorder (ASD) and other co-occurring disorders and disabilities, prevalence, disparities, characteristics, facets of life, strategies and benefits of autism-informed policing, strategies, and practices to promote safe and positive outcomes, tools and technologies, and how to find support in their roles.

In addition, the conference provided workshops on school safety. D.A.R.E. Officers are often the only law enforcement officers in our elementary schools and are asked to assist with safety planning and drills. Ideas and information were presented on keeping our children safe. D.A.R.E. is a prevention program so we work educators, parents, and students to prevent safety incidents.

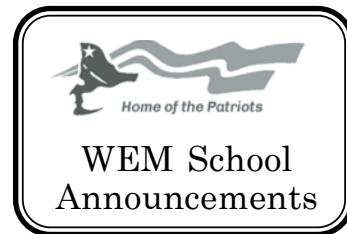
D.A.R.E. Officers are trained in Pre-K – 4th Grade programming, Elementary programming, Middle School programming, High School programming, and our Enhancement Lessons – Vaping, Opiates and other Drugs, Suicide Prevention, Bullying/Cyberbullying, Gangs and Violence, Role Models, and social media. The curriculum is designed as a decision-making model to assist students in making safe choices in a variety of situations impacting our children.

Minnesota D.A.R.E. celebrated our 33rd anniversary. D.A.R.E. continues to be the largest community policing program in the state of Minnesota reaching over thousands of students annually. D.A.R.E. in Minnesota has approximately 230 specially trained officers who teach in the classrooms, statewide, forming relationships with our children and families in addition to educating. Our adaptable program builds trust and confidence by eliciting the input of the school staff and families and is tailored to a neighborhood's unique cultural and socioeconomic dynamics. D.A.R.E. brings curriculum-trained officers into the classrooms to form positive relationships, which has become even more important in recent times.

Minnesota D.A.R.E. is a prevention, education program that advocates and educates for healthy and safe children. D.A.R.E. serves young people and their families teaching the skills to make positive decisions, provides education on safe and healthy lifestyles and gives the tools to enable them to resist engaging in negative and violent behaviors.

For more information: Contact MNDARE@aol.com or go to www.mndare.org

**Ad deadline:
Noon Friday**



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 Svlaen 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 Karlistad 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.



USDA-FNS WIC leadership visited Minnesota to present Polk-Norman-Mahnomen WIC the Gold Breastfeeding Award of Excellence August 18 at Wonderful Life Foods in Crookston, Minn. The local family-owned natural food store and deli was the first business to sign the Polk-Norman-Mahnomen "Anywhere" business pledge, showing their commitment to breastfeeding parents. 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. "USDA established the award program to recognize local WIC agencies that have provided exemplary breastfeeding promotion and support to WIC moms," said Dr. Vista Suarez Fletcher, FNS Midwest

Regional Administrator. "The intent is to provide models to help other WIC clinics strengthen their breastfeeding programs to increase breastfeeding initiation and duration rates nationwide." FNS is awarding 135 WIC Breastfeeding Awards of Excellence in 2023.