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McIntosh, Minnesota



Elaine Burslie with her wares for sale at the Fossston Farmers Market.

Elaine Burslie ventures into a cottage business that smells devine

Creating the perfect ambience with a favorite scent is just the reason to check out Inga & Elvie, Elaine Burslie's new venture making handcrafted soap, wax melts and other scented items for your home.

Started in 2020, she was joined by her daughter who helped her experiment, create, and leave her comfort zone. The two had fun developing the

brand together and now out on her own, Elaine continues to make beautiful, handcrafted scented items that help create memories for her customers.

Inga and Elvie were actual women in Elaine's life. Elvie was her mother, who loved everyone and always saw the good in all. She was a grandma to many in her community.

Inga was her husbands grandma who passed when

her father-in-law was a young boy. She also loved her family, loved to entertain and she also enjoyed reading tea leaves.

Her items are well made soaps with seasonal scents and designs as well as year long favorites, wax melts and her newest creation of wickless tins.

The tins are perfectly fragranced wax that can be used on a candle or wax warmer. All

wax products also come in seasonal smells as well as scents that are available all year.

If you are interested in any products you can contact Elaine on Facebook at Inga & Elvie, find her at the Fossston Farmer's Market, as well as other markets throughout the year.

Her products are available at The Blue Door in Fosston during store hours.

Join in the fun this Saturday at McIntosh Harvest Festival

McIntosh Harvest Festival is Saturday, September 16th downtown. There will be craft and food vendors along with lots of fun activities. Mark your calendar, you won't want to miss this.

The days events will include a **Craft and Vendor show** at the **Fire Hall** from 9:00 am to 3:00 pm. There will be many vendors with lots of great items for everyone.

The annual **Pie and Coffee event** will take place at the **Community Center** from 9:00 am to 3:00 pm where you can enjoy a piece of pie, coffee or juice and visit with your friends and neighbors.

The **kids events** will take place on the old football field behind the Bjella Building starting at 10:00 am and

AUTUMN

Harvest

FESTIVAL

continuing with a **Airplane Ping Pong Drop** at 11:15 am. There will also be **Buggy Rides** around town starting at the old football field at 11:00 am and continuing until 1:00 pm.

A **Decorate Your own Pumpkin** contest will take place and you can bring your decorated pumpkin to main street in front of Louie's Mercantile from 9:00 am to 11:00 am.

There will be a **Fall Desert Bake-Off** with desserts dropped at the Community Center from 9:00 am to 11:00 am. The theme this year is fall desserts. The fall Bake off consists of a winner for best taste, and another winner for best creativity.

The **Annual Scavenger Hunt** will take place from 9:00 am to Noon and the list can be picked up at Minnesota Rust.

Who would want to miss the annual **Team Mini Pie Eating Contest** that will take place on main street at 1:00 pm. This is always a great time to watch or to enter.

At 2:00 pm there will be a **Softball Hitting Contest** on the old football field.

The **McIntosh Public Library** will offer a sale of gently used and new books and other items this fall. The public is encouraged to stop by to browse for bargains

and support their local library. All funds raised will stay local to support adult and children's programming at the McIntosh Public Library. The Book Sale will be held at the McIntosh Public Library, 115 Broadway NW during the library's regular hours on the following dates: Saturday, September 16 from 10 AM - 1 PM (during McIntosh Harvest Festival); Monday, September 18 from 10 AM - 3 PM; Tuesday, September 19 from 4 PM - 7 PM; Wednesday, September 20 from 12 PM - 5 PM; Thursday, September 21 from 4 PM - 7 PM, and Friday, September 22 from 12 PM - 5 PM.

The **McIntosh Heritage & Arts Center** will be open during the McIntosh Harvest Festival 9:00am-3:00pm. Please stop by and see how you can become a member and donor. There will be giveaways, a silent auction, raffle drawings, and more.

Food Vendors this year will include OOFDa Tacos, 3 C's Concessions, Neil's Meats and LuLu's Little Bites. They will be located along the main street from 9:00 am to 3:00 pm.

The Shoppes of McIntosh will also be open for your shopping pleasures.

Please mark your calendar so you don't miss a fun day in downtown McIntosh.



Enjoying a fun, fresh supper sponsored by the McIntosh Community Club during Corn for Kids at Roholt Park in McIntosh were: Jackie Huschle, Megan Rock, Cassie Subbert, Andrea Stordahl, Emmett Rock and Adler Stordahl. McIntosh Community Club hosts many events for our area youth each year and this fundraiser helps with the funding of events such as Santa Claus Day, the Easter Egg Hunt, and events for the annual Harvest Festival.

September lawn care checklist

With autumn approaching, we will begin seeing cooler daytime and evening temperatures, along with (hopefully) more predictable rainfall patterns.

The cool-season turfgrasses growing in our lawns will be recovering and trying to fill in any bare spots from summer stress as we move into their more preferred growing conditions. At the same time, summer annual plants like crabgrass or foxtail have begun to set seed before withering away. Perennial weeds like dandelion or creeping Charlie will still be hanging around but have spent their resources flowering throughout the summer.

This is the best time of the

year to encourage a healthy lawn next year through proper fertilization and weed control.

Add fertilizer

Most lawns would benefit from some nitrogen from fertilizer. This nitrogen will be used by the turf plants to fill in any thin or bare spots, as well as take back some of the space filled in from summer annual weeds.

Lawns also will use this nitrogen to develop a deeper root system, preparing it for any dry periods next year.

Prepare for drought

With the past three years of excessive heat and summer

Lawn...

Continued on page 2 ...



On Tuesday, September 5th, a group of Vietnam Veteran's from around the area came to visit with all the Veteran's at McIntosh Senior Living. The group does many service related projects in Northwest Minnesota and has visited at many senior living facilities. Pictured from the Vietnam Veteran's group are Joe Baron, Brent Thompson, John Pearce, Keith Baumann, John Reuter and Mike LaVoi. Pictured as well are the Veteran's from McIntosh Senior Living: Gelloyd Bjerke (Army), Robert Hegland (Air Guard), Dale Hickman (Army), Dan Malone (Army), Mike Olson (Army), and Kenneth Sorenson (Army). Veteran that is not pictured from MSL is Luther "Norm" Newton III (Navy).



Another birthday has come and gone for the “Benson” sisters!!! 94 years on August 31st for LaVerne and 102 years on August 28th for Vivian. THANK YOU McIntosh Senior Living for the FUN parties and for the WONDERFUL care you give to all of your residents!!!

Essentia Health offers several convenient options for flu shots

Essentia Health is now offering several options for flu shots ahead of the respiratory season.

Patients can schedule their flu shot by calling (844) 663-1068, online through EssentiaHealth.org/Flu or through the Essentia MyChart patient portal. They also can schedule by calling their local Essentia pharmacy or clinic. Our pharmacies and clinics can provide flu, COVID-19 and other vaccines. Please note that our clinics can provide flu shots to individuals 6 years of age and older by appointment.

Walk-in flu shot events will also be offered at select sites in Minnesota and North Dakota. A complete list can be found at EssentiaHealth.org/Flu. You do not need to be an Essentia Health patient to attend a walk-in flu shot event.



One of the best ways to protect yourself and your loved ones from the flu is to get vaccinated. Flu vaccines are recommended for anyone 6 months of age and older and are covered by Medicare, Medicaid and most private insurance.

Be prepared and take preventive steps today to avoid respiratory illnesses like influenza, COVID-19 and RSV. Together, these three viruses strained health systems across the country last winter, highlighting the importance of vaccination.

To learn more about and better prepare for the upcoming influenza season, visit the Centers for Disease Control and Prevention website.

RuMmAge Sale

Saturday, September 16 from 8:00am-4pm
430 State St. NE
McIntosh MN

Here are the items we are selling:

- Misc. Household and vintage items
- Fabric for quilting
- Poulan Pro 20" Chainsaw
 - Fishing gear
- Brother ML100 Electric Typewriter
- Breadmaker
- Rockwell 4" Precision Jointer
- Entertainment cabinets
- Earthquake Log Splitter Model No. W1200
- DeWalt Circ. Mitre Saw w/ Stablemate Stand
- Small Air Compressor
 - Propane Heater
- Misc Construction Supplies
 - Misc Tools
- Halogen Work Lights
- Queen size air mattress and more!

M26C

Myths and facts about acne

Putting one's best face forward involves being conscious of conditions that can affect the skin, which is the human body's largest organ. The skin's primary purpose is to provide protection against bacteria, chemicals, temperature, and other external factors, according to MedlinePlus. At times, however, the skin can be vulnerable to various conditions, including acne, that can produce a number of different symptoms.

Acne can affect both the face and body.

Learning more about it, which can entail dispelling some notable myths about the condition, can help individuals get the treatment that is right for their particular situation.

Myth: Acne is the same thing as having pimples.

Fact: The terms acne and pimples are not interchangeable. Acne is a disease and pimples are one of its complications, according to Healthline.

Myth: Acne is caused by poor hygiene.

Fact: Acne occurs when hair follicles become plugged with oil and dead skin cells. This causes whiteheads, blackheads and other lesions. Everyone produces sebum, an oil that keeps skin from drying out. Acne is actually an inflammatory disorder that happens when the oil glands that connect to the hair follicles gum up and do not shed properly, states the Mayo Clinic. Lack of cleanliness is not necessarily a cause.

Myth: Acne only occurs in teenagers.

Fact: While for most people acne tends to go away by the time they reach their thirties, some people experience acne into their forties and fifties, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases.

Myth: Men get acne more



often.

Fact: Adolescent males experience acne at higher rates than adolescent females. However, acne cases that persist into adulthood are more common among women, indicates NIAMS.

Myth: Eating chocolate causes acne to form.

Fact: Hormonal changes related to puberty, menstrual periods, stress, or pregnancy; greasy or oily cosmetic products; certain drugs; heavy sweating; and excessively touching or rubbing the skin can cause acne. Research does not indicate that eating chocolate, nuts and greasy foods contributes to acne, although there is some evidence that diets high in refined sugars may be related to acne, advises Penn Medicine.

How to cut back on your big box habit

Big box retailers are ubiquitous. The appeal of such stores' extensive inventory is undeniable, and consumers like the comfort of knowing they can stop into a big box store anywhere on the map and feel a sense of familiarity with their surroundings.

Despite that feeling of familiarity, consumers who shop exclusively at big box retailers are missing out on what small businesses have to offer.

Though it may be impossible to avoid big box retailers entirely, now is a great time to see what small businesses have to offer.

Here's a few ways consumers can reduce their reliance on big box retailers.

Start gradually: A gradual separation from big box re-

Myth: There is only one type of acne.

Fact: According to the Cleveland Clinic, doctors may diagnose fungal acne, cystic acne, hormonal acne, or nodular acne. Cystic and nodular acne can lead to permanent skin damage in the form of scarring, so it's best to seek help from a health provider early on to determine the best treatments.

Myth: Scrubbing one's face clears up acne.

Fact: Aggressive scrubbing or popping pimples can exacerbate acne. Mount Sinai recommends gentle washing twice a day. Doctors may prescribe oral or topical medications to help reduce inflammation and treat the yeast or bacteria that is leading to the acne. Salicylic acid also may be advised as it helps remove the top layer of skin and dissolves dead skin cells to prevent hair follicles from clogging.

Acne can affect anyone, but it is more common in teenagers and young adults.

tailers will likely prove easier than quitting cold turkey. Try replacing one big box trip each week with a visit to a locally owned small business. Brand loyalty to a local business can be built up from there.

Take steps to become a more active community consumer: Serving on a community's commerce commission or a similar agency helps consumers learn about the small businesses that are coming to town or already established. A greater awareness of shopping options could mean a greater propensity for stopping in and shopping these stores rather than the chain alternatives.

Increase in-person shopping: It's tempting to simply shop online and order some-

Lawn... Continued from page 1.....

drought in a row, many lawns have suffered. Consider this a great opportunity to update any bare areas with a new and improved cultivar or species that will be better adapted for future stressful summers. Overseed with more drought-tolerant turfgrasses like fine fescues or turf-type tall fescues.

Now is a great time to re-establish dead areas by overseeding. In some cases, you may want to rake to remove any dead or bare soils to encourage better seed-to-soil contact. But, as we are in an El Niño year, which is typically drier than normal, it may be a good idea to keep some seed for dormant

seeding areas where there is poor germination and emergence this fall.

Control broadleaf weeds
Summer annuals like crabgrass and foxtail will be dying off shortly, so you don't need to try and control them now. But perennial broadleaf weeds like dandelion, creeping Charlie, wild violet, Canada thistle, or yellow woodsorrel are still going to be growing and developing.

Now is the best time to try and control these perennial plants through selective herbicides like 2,4-D, triclopyr or dicamba, which will not harm the turf plants.

The best weed control

McIntosh Heritage & Arts Center News

The McIntosh Heritage & Arts Center will be participating in the McIntosh Harvest Festival on Saturday, September 16 from 9:00am-3pm. Please stop by and see how you can become a member and donor. Your membership and donations are encouraged to help support the mission of our organization.

We will have giveaways, a silent auction, raffle drawings, and more. Darlene Dierkes, our local genealogist and Vice-President of the McIntosh Heritage & Arts Center, will also be available throughout the day to help answer questions you may have on tools and resources to help you navigate and trace your ancestry.

Interested in your own

Our Saviors sale

Our Savior's Lutheran Church has cleaned out the closets, attics and alcoves!

The church committee has determined that many of the items that have been stored in boxes and in the attics and church alcoves, are no longer in use by the church. These items will be on sale Saturday, September 16 at the McIntosh Harvest Festival at the Fire Hall in downtown McIntosh. All proceeds will go back to the general operating budget of Our Savior's Lutheran Church.

Some of the items include adult pleated choral robes in red, black and royal blue with reversible stoles; Christmas pageant costumes and a variety of Christmas ornaments and tree stands in all shapes and sizes. There are antique and vintage musical scores for cantatas, hymnals, bibles and religious children's books. VHS movies for children and books on cassette; vintage cassette players, speakers, room heaters and sound systems. Chaulk boards, toys, candles, metal and wooden chairs, vintage metal cabinets and roller tables, home décor and craft items; vintage enamel coffee pots; lithographs by Warner Sellman along with other religious framed prints. Other interesting items include vintage library cards with envelopes; slide and movie projectors, and an electric adding machine and more!

The sales starts at 9:00am on Saturday, September 16 and goes until 3:00pm. If anyone would like to see some of the items available, please email osaviorschurch@gmail.com and we will send you a link to view the items online that will be available.

thing from one of the national chains that can afford to ship items straight to your home. However, small retailers tend to have more unique offerings and boast pleasant shopping experiences. Plus, in-person shopping allows consumers to get a real feel for a product, which can save them the time and effort it takes to return things that don't fit or aren't quite right. Many small businesses now offer their own e-commerce options, where a shopper can buy an item online and then pick it up in the store or curbside to save time.

Consumers have grown accustomed to shopping at big box retailers. But kicking that habit and patronizing small local business can benefit consumers and communities alike.

roots? Stop by for free research on your family history and tips for helping you do your own searches and interviewing loved ones to document their stories.

Grace Community Food Shelf News

The Grace Community Food Shelf will be open: Thursday, September 14th from 3:00pm to 7:00pm and Thursday, September 21st from 10:00am to 2:00pm.

LSS Meals Menu 687-2262

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

Mon. Sept. 18: Parmesan Chicken - Baked Potato - Green Beans - Bread - Fruit Cocktail - Milk

Tues. Sept. 19: *Bingo* Tator Tot Casserole - Mixed Vegetables - Peaches - Wheat Rolls - Sugar Cookies - Milk

Wed. Sept. 20: Closed - All Staff Meeting

Thur. Sept. 21: *Bingo* **A.S. Bank Day - Program 10:45am Subject: Home Care - Please reserve a meal before noon on 9/20** Sweet - n - Sour Meatballs - Scalloped Potatoes - Carrots - Wheat Bread - Lemon Cake - Milk

Fri. Sept. 22: Turkey Gravy over Mashed Potatoes - Peas & Carrots - Wheat Rolls - Fruit Crisp - Milk



Thurs. Sept. 14: Mary Pulford, Amy Bartz, *Tom & Heather Hegre	Wed. Sept. 15: Josh Vettleson, Elaine Burslie, Dan Jore, Michael Gensburger, *Matthew & Rachel Finseth
Sat. Sept. 16: John Wertish, Rudy Finseth, Josiah Erickson, Laura Perkewicz	Mon. Sept. 18: Melissa Finseth
Tues. Sept. 19: Orlett Hedlund, Zachary Simonson	

McINTOSH Times

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"Serving the Win-E-Mac area"

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method in lawns is a dense and healthy turf that has few places for invasive weeds to encroach.



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

Wed. Sept. 13: 11:30am Mass at St. Mary's, Fosston
Fri. Sept. 15: 8:30am Mass at St. Mary's, Fosston
Sun. Sept. 17: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Sept. 20: 11:30am Mass t St. Mary's Fosston
Fri. Sept. 22: 8:30am Mass at St. Mary's, Fosston
Sun. Sept. 24: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Sept. 27: 11:30am Mass t St. Mary's Fosston
Fri. Sept. 29: 8:30am Mass at St. Mary's, Fosston
Sun. Oct. 1: 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. Sept. 17: 10:00am Coffee Hour; 10:30am Worship Services; Meatball Supper 11:30am - 1:00pm Free will donation - Everyone Welcome
Sun. Sept. 24: 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, Sept. 17: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)

Tues, Sept. 19: 10:00am. Sunday worship service telecast on GVTV--30

Wed, Sept. 20: 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. Sept. 17: 9:00am Worship
Sun,Sept.24: 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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Know where and when to apply fall nitrogen fertilizer

Restrictions apply in some areas of state under Groundwater Protection Rule. The Minnesota Department of Agriculture (MDA) is reminding farmers and commercial applicators that fall nitrogen fertilizer applications are restricted in some areas of the state. Under the MDA's Groundwater Protection Rule, fall nitrogen fertilizer application is prohibited in vulnerable areas of Minnesota due to environmental concerns or risks. Areas with coarse-textured soils or areas above fractured bedrock or karst geology are the most vulnerable to nitrate loss and groundwater contamination. The restrictions begin September 1 each year. Farmers

are encouraged to check the online map prior to fall application to determine if their fields are subject to these restrictions. View a map of the vulnerable regions of the state. For more information on the restrictions outlined in the Groundwater Protection Rule, visit www.mda.state.mn.us/nfr. In other areas of the state where fall nitrogen fertilizer application is allowed, the MDA advises farmers and commercial applicators to check soil temperatures and wait for cooler conditions. Research shows that delaying fall application of anhydrous ammonia and urea fertilizer, as well as manure, until the average soil temperatures reach 50 degrees

F or cooler helps prevent nitrogen loss, protects water quality, and ensures more nitrogen will be available for next season's crop. To assist tracking soil temperature, the MDA provides real-time, 6-inch soil temperatures at 25 locations across the state. In addition, the MDA provides links to soil temperature from the University of Minnesota research stations and the North Dakota Ag Weather Network (NDAWN) weather stations. View the interactive map to find the current 6-inch soil temperature and the past week's history. Although the soil temperature network was established to support application of nitrogen fertilizer, it is equally use-

ful for those applying manure in the fall. University of Minnesota Extension also recommends the same temperature delay (6-inch soil temperature below 50 degrees F) to prevent leaching losses. For more information on Applications open for MN Organic Certification Cost-Share Program Minnesota organic farmers and handlers are encouraged to apply for a rebate of up to 75% of their organic certification costs through the Minnesota Department of Agriculture (MDA). The Minnesota Organic Certification Cost-Share Program is now accepting applications through November 1, 2023. Organic certification is a third-party verification system that assures consumers the organic products they buy are produced in accordance with federal organic regulations.

Operations must follow National Organic Standards and are monitored through review of their records and on-site inspections at least once a year. Operations that received certification (or had ongoing certification) between October 1, 2022, and September 30, 2023, are eligible for reimbursement of up to 75% of certification-related expenses, with a maximum of \$750 per category (crop, livestock, processing/handling, and wild harvest). Funds are available

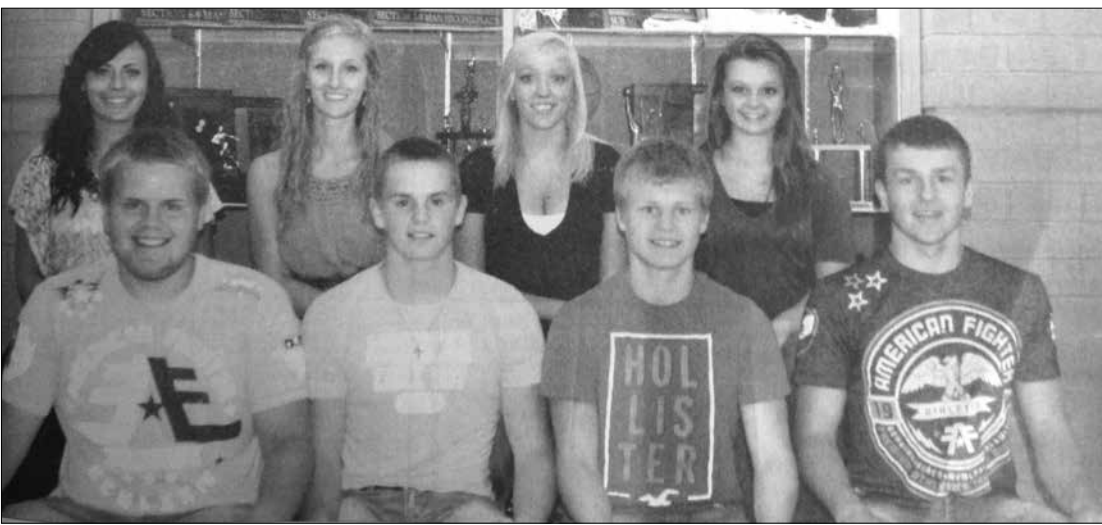
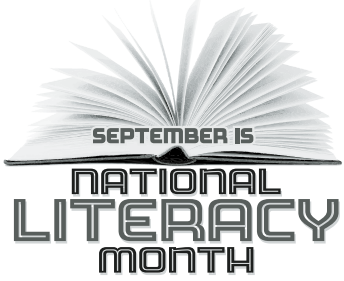
on a first-come, first-served basis and come from a cooperative agreement with the United States Department of Agriculture's (USDA) Farm Service Agency (FSA). Interested farmers or handlers can review full program and application details on the cost-share program web page. Applicants that do not wish to apply through the MDA may apply through their local FSA Office. Questions can be directed to Cassie Dahl at Cassie.Dahl@state.mn.us or 651-201-6134.

Late summer garden checklist

Nights are actually getting cooler even after the heat waves we've experienced. Our gardens are producing, but we can tell the plants are changing. Still, there's lots of gardening yet to do! Harvest your vegetables and fruits Keep pulling in those peppers, tomatoes, kale, herbs, cukes, squash, choke cherries and chokeberries, strawberries, apples, pears and whatever else you have left. Think about how to safely preserve your harvest. We have lots of information on Preserving and preparing food safely.



Ornamental kale like the variety Nagoya Mix can tolerate cooler weather and add great texture and color to late-season gardens and containers. Continue to water plants to help them successfully go into the fall and winter fully hydrated. This is especially important for evergreens as they hold onto their needles through the winter and dehydrated evergreens can experience winter burn resulting in brown needles. Stop pruning and fertilizing trees & shrubs Pruning prompts new growth where you make the cut. Fertilizing also will prompt the plant to put on new growth. This new growth will not harden off before cold weather hits and it will die. Deadhead perennials Removing spent blossoms from plants like yarrow and bee balm can result in a second flush of flowers. Though not as prolific as the initial bloom, it's always great to have that extra bit of color that also feeds late-season pollinators. Replace spent annuals with fall mums Green, purple and white Nagoya kale plants Ornamental kale like the



10 years ago...2013: the 2013 Win-E-Mac Homecoming Court. Candidates for homecoming King and Queen are (l-r) Back row: Hailey Engerbretson, Korbyn Ross, Madison Juhl, and Paige Gieseke. Front Row: Luke Syverson, Davin Faldet, Carson Stuhau, and Jeremy Kasprzak.



20 years ago...2003: Janelle Graff (#2) served the first ball against the Fosston Greyhounds on the opening night of volleyball. Preparing to change defensive positions are Melissa Tradewell (#1) and Kristi Schow (#12).



30 years ago...1993: Captains of the Win-E-Mac Patriots 9-Man football team for the 1993 season are: (back, l-r) Shawn Ostenaar and Mike Brumwell. (front, l-r) Scott Kaupang and Robert Carlson.



40 years ago...1983: The 1983 McIntosh - Winger Scots Football team. Front: Coach Horacek, Tom Reitmeier, Mike Finseth, Scott Gustafson, Dan Beaman, Jason Amundson, Coach Hegg. Second: Peter Aasen, Kyle Mandt, Takeshi Yamada, Mike Pearce, Dan Borud, Wes Leier. Third: Counj Le, John Lucken, Mike Theis, Eric Knight, Paul Balstad, Clay Syverson. Top: Lyle Olson, Gerry Syverson, Bruce Gunderson, Jim Balstad, Jim Merrick, Mike Parent. Not pictured: Kevin Rustad, Brian Versdahl, and Mike Gustafson.

September marks a return to the norm for millions of households. School is back in session, summer vacation season has ended and fall begins.

Routines take shape and life once again becomes more structured in September. As that transition takes place, individuals can consider these fun facts about the month of September.

1. **Though Latin** is no longer widely spoken or taught, plenty of words, including September, trace their origins to the language of ancient Rome and its empire. "Septem" is the Latin word for "seven," and September was originally the seventh month of the Roman calendar.

2. **Though the autumnal equinox**, which marks the official beginning of fall, does not occur until later in the month, the unofficial end to summer occurs in the first weekend of September. Americans celebrate Labor Day and Canadians celebrate Labour Day on the first Monday in September, and millions of people in both countries consider that week-

end the last hurrah for summer relaxation and revelry.

3. **Labor Day is not the only holiday** to be celebrated in September. In fact, Rosh Hashanah, a Jewish holiday that is often referred to as the "Jewish New Year," also is celebrated in September in many years (the holiday occurs 163 days after the first day of Passover, so in certain years it is celebrated in early October).

The Jewish holiday of Yom Kippur also can be celebrated in September or October, and Constitution Day, which commemorates the adoption of the United States constitution in 1787, is celebrated on September 17. Patriot Day also occurs annually on September 11 and is a day to remember the people killed in the terrorist attacks on the United States on September 11, 2001.

4. **Though its name** might suggest otherwise, Oktoberfest actually begins in late September. Modern Oktoberfest celebrations, particularly those outside the Bavaria region of Germany, may have little to do with a marriage, but the

festival traces its origins to the marriage of Kronprinz Ludwig to Princess Therese of Saxe-Hildburghausen on October 12, 1810.

Citizens of Munich were invited to attend the festivities, and more than two centuries later that jovial atmosphere dominates the city, and countless others across the globe, during Oktoberfest.

5. **Football fans** circle the month of September on their calendars, as the month marks the return of the National Football League regular season.

The reigning champion Kansas City Chiefs will host the Detroit Lions in the NFL Kickoff Game on September 7, and the rest of the league will take to the gridiron on September 10th and 11th.

That's a big deal for millions of fans across the country, as the NFL remains wildly popular. In fact, an analysis by the Sports Business Journal found that per-game attendance averaged 69,442 fans in 2022, which marked the second-largest figure in 19 years.

Key ways to keep children safe at home

Expecting parents process a barrage of information as they prepare for the day their child is born.

No matter how many details they gather from doctors, their own research and individuals who have blazed parenting paths before them, there are still plenty of things to learn on the job.

One of the surprises new parents often face is how much trouble their youngsters can get into both inside and outside a home - particularly as they become mobile.

Early lessons pertain to feeding and sleeping schedules, but it is important for parents to be mindful of all of the safety concerns they could face.

Bathing

Water is necessary to keep children clean and healthy, but also poses a significant danger. The Centers for Disease Control and Prevention indicates more children ages one to four die from drowning than from any other cause.

Various precautions should be taken when bathing children. First and foremost, a child should never be left unattended in the bath or around water even for a second. Just a few inches of water can cause drowning. In addition, parents should exercise caution to check the temperature of the

bath water to ensure that the child will not be scalded. There are special thermometers that can be used in the bath to indicate if the water has reached a safe temperature.

Nursery

It can be tempting to accept used baby items from other people in an effort to save money. However, these pieces from well-meaning friends and family may no longer meet current safety guidelines, particularly if they're from an older generation.

The Consumer Product Safety Commission advises that there should be no more than a 23/8-inch gap between crib slats (about the width of a soda can). The crib should be placed away from hazards like drapes or window covering cords.

The crib should only have a firm mattress with a well-fitted sheet. Pillows, bumper pads, comforters, and the like can be hazardous in a crib.

Current safety guidelines recommend that children should be placed on their backs to sleep. After children are able to roll from back to stomach on their own, they may choose their own sleeping positions, as the risk for Sudden Infant Death Syndrome (SIDS) is reduced at this point.

Around the house

Bathrooms, stairs, kitchens, and sharp furniture are all places where curious children can become injured. There are scores of safety products that can limit access to danger. Cushioned pads can be put on furniture edges. Heavy furniture, such as televisions and dressers, can be bolted to the wall to avoid tip-over accidents.

Parents should use gates to block access to staircases or other off-limits spaces. Special door handle products can make it challenging for little fingers to get into rooms. Cabinet and toilet seat locks also can restrict access.

Feeding

While parents may want to dive right into offering solid foods, choking is an inherent danger. Most pediatricians urge avoiding foods that can block airways until a child reaches age four. Such foods include hot dogs, popcorn, whole grapes, and nuts. Safe finger foods include soft items that are easily swallowed, and O-shaped cereals.

Children have a tendency to put everything in their mouths, so small toys, parts and batteries can be risky.

Parents need to keep watchful eyes on their children and keep safety precautions in mind as their children grow up.

Risk factors for thyroid cancer

The International Agency for Research on Cancer reports that roughly 586,000 new cases of thyroid cancer were diagnosed across the globe in 2020. That made thyroid cancer the ninth most commonly diagnosed cancer in the world, with more new diagnoses than melanoma of the skin, cancer of the ovaries and pancreatic cancer. Thankfully, IARC data indicates thyroid cancer deaths across the globe were relatively low compared to the number of new cases in 2020, a fact that underscores how effective awareness of the disease can be in preventing negative health outcomes.

Measures to reduce cancer risk can never guarantee a person will not ultimately be diagnosed with the disease. However, recognition of risk factors may compel people to avoid certain behaviors that can exacerbate existing risks. Such recognition also may encourage individuals to keep a more watchful eye on their bodies, a vigilance that could compel them to report issues earlier than they otherwise might, thus increasing the chances of successful treatment should they receive a cancer diagnosis. With that in mind, individuals can study these risk factors for thyroid cancer, which the Memorial Sloan Kettering Cancer



Center notes differ depending on the type of the disease.

Papillary thyroid cancer

The MSKCC reports that most cases of thyroid cancer are papillary thyroid cancer. Papillary thyroid cancer is characterized by a slow-growing tumor that typically begins in one lobe of the thyroid. Risk factors include:

- **Radiation exposure:** Individuals exposed to radiation as children have a higher chance of developing papillary thyroid cancer.

- **Inherited conditions:** A family history of multiple colon growths is considered a risk factor for papillary thyroid cancer. Similarly, the MSKCC reports that roughly 5 percent of people with papillary thyroid cancer have family members with the disease, though researchers are still working to identify which gene is responsible for this link.

- **Gender:** Papillary cancer occurs roughly three times more often in women than in men. However, the tumor

grows and spreads more rapidly in men than in women.

Follicular thyroid cancer

This is a slow-growing form of thyroid cancer that can often be cured with the correct treatment. Risk factors include:

- **Low-iodine diet:** Follicular carcinoma is more likely to develop in places where iodine is not added to the salt used in food.

- **Familial conditions:** The MSKCC reports that follicular thyroid cancer is part of certain inherited disorders, including Werner's syndrome.

Medullary thyroid cancer

According to the MSKCC, medullary thyroid cancer appears in older adults. Risk factors include:

- **Family history:** Roughly one in four individuals diagnosed with medullary thyroid cancer have inherited a mutation in the RET gene.

The Cancer Treatment Centers of America reports that the five-year survival rate for localized thyroid cancer is roughly 99.9 percent. Individuals who recognize their own risk factors for the disease will put themselves in strong position to overcome it should they ever be diagnosed. More information is available at mskcc.org.

RiverView Health, Talk to Me Technologies offer free AAC education



RiverView Health Speech-Language Pathologist Marissa Eback and a patient work on communication using AAC

RiverView Health Rehab Services, in partnership with Talk to Me Technologies, will offer free education on augmentative and alternative communication (AAC) systems. Whether you use an AAC device, have a family member who does, or work with patients or students who do, this opportunity will teach you the functions of communication, best practices when implementing an AAC device, and provide resources to help you learn more.

AAC encompasses the communication methods used to

supplement or replace speech or writing for those with impairments in the production or comprehension of spoken or written language.

Naomi Evans, a speech-language pathologist and consultant with Talk to Me Technologies, will present My Child/Student has an AAC Device! Now What? at a Lunch & Learn in the RiverView Conference Rooms from 12:30-1:30 pm, September 20th. Evans will share tips and answer questions on how best to use AAC and have a variety of communication devices available

for practice and demonstration. Enjoy a complimentary deli sandwich lunch while you listen.

Evans will also offer 30-minute one-on-one sessions to AAC users, therapists, educators, and parents/guardians by appointment September 20th and 21st. In these sessions, she will share tips, discuss devices, modifications, and make suggestions on best use practices.

To reserve your Lunch & Learn spot or schedule a one-on-one appointment with Evans, call Rehab Services at 281.9463 by September 15th.



Family members, Heather and Tom Hegre and Karen and Pat Rolf enjoyed a meal that included fresh sweet corn at the McIntosh Community Club fundraiser Corn for Kids on Friday, August 25th at Roholt Park.



Enjoying the beautiful weather and the great meal that included freshly picked sweet corn, Arlene Eggers, Judi Lindseth, Donna and Kristi Skeie and Marilyn Graff all spent the evening of Friday, August 25th at Roholt Park at the fundraiser Corn for Kids sponsored by the McIntosh Community Club.



Elaine and Ron Roed, Peggy Hartel, and Mavis and Gene Haugom came out to Roholt Park to enjoy a meal that included fresh sweet corn during the McIntosh Community Club fundraiser Corn for Kids held at Roholt Park on Friday, August 25th.