

\$1.00

McINTOSH

Since 1888

Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Josie Johnson had a great time last Friday, June 29th during the East Polk County Relay for Life event in Foss-ton. See the Canary section for the full story.

State Fair Announces New Foods for 2016

The Minnesota State Fair is pleased to announce the addition of 32 new foods to the expansive menu offered at the Great Minnesota Get-Together. This year's list of new menu items includes small plates, savory entrees, frozen confections, gluten free options, a handful of foods on-a-stick and several unique blends of flavor and spice. In total, nearly 500 foods are available at 300 different concession locations throughout the fairgrounds.

NEW FOODS:

Candied Bacon Donut Sliders – Sliced glazed donut holes with thick candied bacon and a chocolate red wine ganache. At Minnesota Wine Country, located on the west side of Underwood Street between Carnes and Judson avenues

SPAM® Sushi – Grilled SPAM®, sushi rice, fried egg and wasabi rolled in nori (dried seaweed). At Sushi Rolls, located in the Warner Coliseum, north side

Minnesota Corn Dog – Custom ground sausage on-a-stick made with blueberries, apples, wild rice, maple syrup and cayenne dipped in a homemade corn dog batter and deep-fried. At Gass Station Grill, located on the west side of Cooper Street between Dan Patch and Judson avenues on the outside southeast corner of the Food Building

Carpe Diem – A Taiyaki (fish-shaped) buttermilk miso waffle cone filled with balsamic-roasted strawberry compote and topped with vanilla ice cream, graham cracker crumble and a fresh strawberry. At The Rabbit Hole, located at the Midtown Global Market booth at the International Bazaar, east wall (Available Aug. 25-30 only)

Rustic Beef Pastry – Moroccan-spiced, grass-fed beef

and baby spinach topped with creamy goat cheese and nestled in a flakey butter crust. At French Meadow Bakery & Café, located on the north side of Carnes Avenue between Nelson and Underwood streets

Macaroni & Cheese Curds – Rich macaroni & cheese blended with fresh cheese curds. At Oodles of Noodles, located in the Food Building, east wall

Cheesy French Onion Monkey Bread – Savory, pull-apart artisan bread loaf filled with caramelized onions, cheese and beef broth, then baked in a wood-fired oven. At Blue Moon Dine-In Theater, located on the northeast corner of Carnes Avenue and Chambers Street

Gumbo Frites – A bed of crispy french fries topped with Ragin's traditional New Orleans gumbo made with andouille sausage, chicken, bell peppers, onions, celery and a rich roux-based sauce, then finished off with cheese and green onions. At Ragin Cajun, located in The Garden, west wall

Iron Range Meat & Potatoes – A hearty portion of seasoned beef with a layer of cheddar cheese, topped with mashed potatoes, baked, and drizzled with a wild rice gravy. At Giggles' Campfire Grill, located on the southeast corner of Lee Avenue and Cooper Street at The North Woods

Italian Taco – A flour tortilla baked with butter and shredded parmesan, filled with Italian sausage and mozzarella, topped with roasted bruschetta, romaine lettuce, Caesar dressing, pesto, pizza sauce and parmesan cheese, and then drizzled with a balsamic glaze. At Green Mill, located on the east side of Cooper Street, be-

Fair Food...
Continued on page 2 ...

Hwy 2 Cruisers donate to Quilts of Valor

By Jen Howard
Quilts of Valor Foundation began in 2003 with a dream, literally a dream. Founder Catherine Roberts' son Nate was deployed in Iraq. According to Catherine "The dream was as vivid as real life. I saw a young man sitting on the side of his bed in the middle of the night, hunched over. The permeating feeling was one of utter despair."

"I could see his war demons clustered around, dragging him down into an emotional gutter. Then, as if viewing a movie, I saw him in the next scene wrapped in a quilt. His whole demeanor changed from one of despair to one of hope and wellbeing. The quilt had made this dramatic change. The message of my dream was: Quilts=Healing."

The model appeared simple: have a volunteer team who would donate their time and materials to make a quilt. One person would piece the top and the other would quilt it. I saw the name for this special quilt. It was Quilt of Valor, a QOV."

The first QOV was awarded in November 2003 at Walter Reed Army Medical Center to a young soldier from Minnesota who had lost his leg in Iraq. In 2005, QOV became a national non-profit organization. The mission of the Quilts of Valor Foundation is to cover T service members and veterans touched by war with comforting and healing Quilts of Valor. Today Quilts of Valor is totally a volunteer organization



Ilene Reiersen accepts a check on behalf of Quilts of Valor from Highway 2 Cruisers Club member, Jen Howard.

from the top executive to all quilters and everyone in between. Many volunteers also donate material besides their time. "Full size quilts today cost around \$100 just in materials" stated Ilene Reiersen, Quilts of Valor volunteer quilter.

"Many of us donate the material for the tops ourselves and try to get material on sale."

"Highway 2 Cruisers Car Club has always recognized service members at board meetings, cruises and especial-

ly at their car show in August. When the suggestion was made to make a donation, the board felt strongly this was a great place to donate to." Said Rich Johnson, Chair of Car Club. "We just want others to know about this great organization and what they do for our service men."

Anybody else wanting to know about donating to the Quilts of Valor or have a name of a veteran touched by conflict please contact Ilene Reiersen at 218-791-5739.

Polk County Fair is July 6 - 10

The 116th Polk County Fair will take place at the fairgrounds in Fertile from Wednesday, July 6th through Sunday, July 10th.

Some of the highlights of this years fair include the Midway which opens at 5:00 pm on Wednesday, 4:00pm on Thursday, 1:00 pm Friday and Noon on both Saturday and Sunday.

Wednesday, July 6th brings you a rodeo at 7:00 pm. The Triple B Rodeo will have bare-back bronc bridging, calf rop-

ing, breakaway roping, steer wrestling, team roping, saddle bronc riding, and bull riding. Local entries are welcome. Karaoke for all ages from 9:00 pm to midnight.

Thursday, July 7th the first kids bike drawing will be at 4:00 pm and you must be there to win a new bike! The rodeo will take center stage at 7:00 pm again on Thursday nights

Polk County Fair...
Continued on page 2 ...



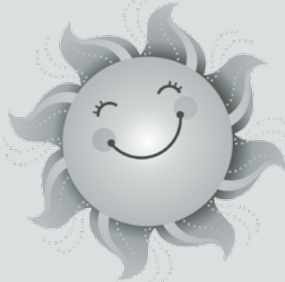
Using ethanol, Don Carey who presented Weird Chemistry at the McIntosh Library last Wednes day explained combustion to the kids there by blowing stuff up! William Klawitter watched the cloud of smoke drifting upwards from the bottle as his brother, Zane, watched closely to what Don was up to.



Scott Van Den Einde, Joel Miller, Mike Thompson, Jamie Morvig were busy cooking fish for the Winger Lions Fish Fry on Saturday, June 25th. There was a great turnout that kept these guys busy.



Serving up a great meal on Friday, June 25th at the Winger Community Center where the Winger Lions. Hosting their annual fish fry were Gary Schommer, Karl Erickson, Susie Rasmussen, Gloria Steinke.



Community Calendar

Wed. July 6: Polk County Fair begins in Fertile; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's

Thurs. July 7: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;

Fri. July 8: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. July 11: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tues. July 12: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh Community Club meeting @ Community Center 7:00pm

Wed. July 13: McIntosh Library 12pm to 5pm; Library event Weird Chemistry with Don Carey 10:30am;

McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. July 14: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council @ Community Center 5:30pm

Fri. July 15: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. July 18: Happy Independence Day!! McIntosh City Offices Closed; McIntosh Times Office Closed; McIntosh Library Closed

Tues. July 19: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



Polk County Fair...

Continued from page 1 ...

and at 7:00 pm come and watch the areas great talent on the Free Stage. There will be a pre-teen, Teen and Adult division.

Friday, July 8th is Senior Citizens Day at the Fair. Senior Citizens can win prizes, play bingo, and get treated to lunch. Everyone 55 years old and older is invited. There will be another kids bike drawing on Friday at 4:00 pm as well. Again, you must be there to win. There will be a kids pedal pull at 4:15pm and Baja Racing will start at 6:30pm. Friday night racing will feature 4 cylinders and Pickup and Vans. There is Champion jackets for the winners and there is no entry fee to race. Registration starts at 4:30pm.

Saturday, July 9th a 5K Walk/Run will start at 9:00am with registration beginning at 8:00 am near the Hanson Memorial Free Stage. Proceeds go towards the Polk County Fair Building Improvement Fund. There will be a prize for the first male and first female finishers. Bingo begins at 2:00 pm. The Century Farms presentation will take place at 3:45 pm on the Hanson Memorial Free Stage and again, the kids bike drawing will take place at 4:00 pm.

At 6:30 pm there will be another action packed night of Baja racing to enjoy. Saturday racing action includes 6 cylinders and 8 cylinders. Again, there is no entry fee and registration begins at 4:30 pm.

Sunday, July 10th will mark the last day of the 116th year of the Polk County Fair and will start with a church service at 10:00 am. The Fair parade starts at 2:00 pm.

This years theme is red, white and blue. There will be cash prizes for the best floats, and again, the kid's bike drawing will be at 4:00 pm. The Woodpicks will be on the Hanson Memorial Free Stage from 6:00 pm to 10:00 pm. At 6:30 pm there will be a Super Demo Derby, now with four classes: Modified, Stock, Compact and Pickups, and the night will end

Indexing the Newspaper

Do you want to help the McIntosh Heritage & Arts Center but don't know how? You are invited to help us index the McIntosh Times newspaper over the life of its publication beginning in the late 1890's.

Why? Because there is no easy way to access the multitude of information available from over 125 years of newspapers just for McIntosh alone.

Who? Anyone with 2 -4 hours a week can volunteer. No special skills are needed, just ring your enthusiasm for making this project a reality.

When? Can be accomplished at the MHAC office, located in the Bjella Building from 10:00 am to 2:00 pm Tuesday, Wednesday and Thursday.

with Fireworks as 10:30 pm.

There will be five days of fun and excitement at the 2016 Polk County Fair. See you there!

Fair Food...

Continued from page 1 ...

tween Randall and Wright avenues, at Family Fair at Baldwin Park

Deep Fried Nachos Supreme – Pepper jack cheese cubes coated with a mixture of crushed seasoned tortilla chips and nacho cheese, then deep-fried, covered with taco meat, guacamole, more nacho cheese and sour cream, and served with jalapeños on the side. Also available traditional-style without the supreme toppings. At Texas Steak Out, located on the west side of Underwood Street between Lee and Randall avenues

Barbecued Shrimp Taco – Sweet, smoky, slightly spicy barbecued shrimp and cool, fresh jicama slaw in a warm flour tortilla. At Tejas Express, located in The Garden, north wall

Candied Bacon BLT – Crispy, thick candied bacon, rancher's slaw and green tomato spread on a sweet egg bun. At The Blue Barn, located at West End Market, south of the History & Heritage Center

Cajun Peel-N-Eat Shrimp – A half-pound of shrimp seasoned in a blend of Caribbean spices and served cold with a side of cocktail sauce. At Café Caribe, located on the south side of Carnes Avenue between Liggett and Nelson streets

Reuben Pickle Dog – A dill pickle spear with sauerkraut and Thousand Island dressing wrapped in a slice of corned beef. At Pickle Dog, located on the south side of Carnes Avenue between Liggett and Chambers streets

Burnt Butt Ends – Premium cuts of pork, seasoned with a BBQ rub, then smoked over oak and served with onions and jalapeños. At RC's BBQ, located on the north side of West Dan Patch Avenue between Liggett and Chambers streets (former site of Famous Dave's)

SPAM® Curds – Cheese-flavored SPAM® that has been cubed, battered and deep-fried, served with a side of ranch dressing. At SPAM®, located east of Chambers Street, just south of the Grandstand

NEW FROZEN TREATS:
La La Palooza Sundae – Bridgeman's giant retro sundae is back! Eight scoops of ice cream (two each of vanilla, chocolate, strawberry and butter brittle) covered with caramel, pineapple and strawberry toppings, plus nuts, cherries, sliced banana and whipped cream, all served in Bridgeman's signature souvenir goblet. At Bridgeman's Ice Cream, located on the northeast corner of Judson Avenue and Liggett Street

CRACKER JACK® Cara-

mel Sundae – Soft vanilla ice cream topped with caramel, coated chocolate candies, whipped cream and a drizzle of hot fudge, served atop CRACKER JACK® popcorn in an original CRACKER JACK® box. At Goertze's Dairy Kone, located on the east side of Cooper Street next to the Merchandise Mart

Call It Breakfast – A vanilla malt or sundae topped with chunks of bakery-fresh donuts, drizzled with chocolate and latte-flavored syrups, and finished with sprinkles. At Dairy Goodness Bar – Midwest Dairy Association, located in the Dairy Building, east wall

Chocolate Agate Crunch – Izzy's® smooth chocolate Caramelia ice cream with chocolate cookie crumbles and edible chocolate rocks inspired by our state gemstone – the Lake Superior Agate, all folded with a salted caramel swirl. At Hamline Church Dining Hall, located on the north side of Dan Patch Avenue between Underwood and Cooper streets

The Elvis – Homemade banana ice cream infused with creamy peanut butter served in a cup or waffle cone. At R&R Ice Cream, located on the southeast corner of Randall Avenue and Underwood Street

Minnesnowii Shave Ice – New Topping and New Exclusive Flavor – 100% sweetened condensed milk drizzled over your choice of flavored shave ice for a creamy, sweet twist. Exclusive flavor also available at the State Fair: Maple bacon shave ice topped with bacon bits and a maple syrup drizzle. At Minnesnowii Shave Ice, located at West End Market, south section

For more information on new foods, visit mnstatefair.org. The Minnesota State Fair is one of the largest and best-attended expositions in the world, attracting 1.8 million visitors annually.

Showcasing Minnesota's finest agriculture, art and industry, the Great Minnesota Get-Together is always 12 Days of Fun Ending Labor Day.

Visit mnstatefair.org for more information. The 2016 Minnesota State Fair runs Aug. 25 - Labor Day, Sept. 5.

Favorite fair foods

If it can be served on a stick or deep fried, chances are you can find it at a fair. Everything from chocolate-dipped bacon to deep-fried butter may turn up on fair stand menus. The following are some of the more coveted foods revelers can expect to find at their local fairs and carnivals.

Funnel cake: Funnel cake and it's close cousin, zeppole, have long been fair favorites. Topped with powdered sugar, funnel cakes can be pulled apart and shared with others.

Corn dogs: Corn dogs are essentially hot dogs on a stick that have been covered in cornmeal and fried. Like funnel

JOIN US at a
Bridal Shower
in honor of
Janellz Graff
(Bride to be of Chad Haas).
Saturday, July 9th
at 1:00 pm at **Our Saviors Church, McIntosh**
Registered at Target and Bed, Bath and Beyond
M14-15P

1961 Class Reunion

The McIntosh Class of 1961 will be holding their 55th reunion at the Ostenson Farm on July 16 and 17.

Graduates of the class a couple of years before and after 1961 are invited to stop by for a visit from noon to 5:00 p.m.

VFW Auxiliary #6891 News

The McIntosh VFW Auxiliary July meeting will be held on Monday, July 11, at 5 p.m. at The Club. Members are urged to attend.



cakes, corn dogs have become so synonymous with fairs and carnivals that few people have ever enjoyed them anywhere outside of their local fairs-grounds.

French fries: French fries are a favorite at fairs, and carnival-goers can choose from savory shoestrings to hearty steak-cut potato chunks.

Cotton candy: What fair would be complete without a cotton candy vendor? Cotton candy is made by heating up granulated sugar until it is liquified enough to be blown into thin threads. Those threads are collected and wound into a sweet treat that is loved by kids and adults alike.

Pie: Fair-goers are likely to happen upon a pie-eating contest or pie-tasting tent. Many prefer to indulge in a piece of pie while at the fair, preferring such treats to sweeter, heavier desserts

Corn on the cob: Corn on the cob is proof that carnivals and fairs provide some healthy fare for customers in addition to the many decadent treats on display. Corn on the cob is most popular in corn-producing areas and can be the ideal complement to burgers and other fair foods.

Anything on a stick: Each year fair vendors experiment with culinary oddities that can be served on a stick. One day it may be skewered pork chops and the next a sleeve of cookies. Those who want the full fair experience should consider trying something served on a stick.

Correction:

In this weeks times the picture of Zach Plante pitching is written Zach Tradewell. Also Kale and Taytum Smeby are listed as Tradewell.

Polk County Public Health

Polk County Health provides montly foot care clinics at locations throughout the county. Foot soaks and nail trimming are provided.

This is not a diagnostic clinic. Referrals are made to medical doctors when necessary. A fee of \$20 is charged per client participating in the clinic. County residents are encouraged to call Polk County Public Health for further information. All clinics are open to the public.

Please register for an appointment at the location of your choice.

The foot care clinic will take place in McIntosh at the McIntosh Office of Polk County Public Health in the lower level of the Bjella Building on Thursday, July 21 2016 starting at 9:00 am. You can call 218-563-2010 for an appointment.

Foot care is by appointment only, you must call the office if you wish to visit a schedule.

If you have any questions about foot care clinics or other services provided by PCPH, please call offices at: Crookston 281-3385; East Grand Forks 773-2431; or McIntosh 563-2010.

B-B Cafe Menu

Wed. July 6: Potato Klub or Ham Dinner, Baked Potato, Carrots, Roll and Dessert

Thurs. July 7: Baked Chicken Dinner, Mashed Potatoes & Gravy, Corn, Roll and Dessert

Fri. July 8: Fish Burger, Soup or Mac Salad and Dessert
Mon. July 11: French Dip on Hoagie with AuJus, Potato Salad

Tues. July 12: Roast Pork, Mashed Potatoes & gravy, Broccoli, Roll and Dessert

Wed. July 13: Chicken Cordon Bleu, Scalloped Potatoes, Carrots, Roll and Dessert

Thurs. July 14: Hot Hamburger and Dessert

Fri. July 15: Turkey Dinner, Mashed Potatoes & Stuffing, Canberries, Roll and Dessert

MAC TO FLUSH WATERLINES

The City of McIntosh will be flushing waterlines and hydrants each Thursday throughout the summer.

Residents are encouraged to watch for rusty or dirty water on these days. Fill washing machines to check water before adding clothes. MS2-27C

Community Birthday and Anniversary Calendar

Wed. July 6: Ella Strom, Timothy Perreault

Thurs. July 7: Karol Langemo, Macy Carlson

Fri. July 8: Macey Lee, Terry Erholtz, Devra Carlson, Colleen Borud

Sat. July 9: Virgil Lerrfald, *Jim & Roxanne Stordahl

Sun. July 10: Kyle Jore, Amelia Rocha

Mon. July 11: Preston Lecy, Amelia Vigoren

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Announcements • Photos • Community Updates

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ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

Wed. July 6: 3:30pm Mass at First Care Nursing Home, Fosston

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

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

Wed. July 13: 1:00pm Mass at McIntosh Nursing Home

Fri. July 15: 8:30am Mass at St. Mary's, Fosston

If you have any questions about the schedule please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH

Winger/Bejou Supply Pastor

Gordon Syverson

Sun. July 10: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. July 17: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh

Supply Pastor

Gordon Syverson

Sun. July 10: 11:15am Worship Service

Sun. July 17: 11:15am Worship Service

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church

Wed. July 6: 1:30pm Bible Study at The Country Place

Sat. July 9: 8:00pm Prayer Meeting

Sun. July 10: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service

Tues. July 12: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. July 13: 1:30pm Bible Study at The Country Place

For information on free rides to any of the above activities call 218-268-4242 or 218-687-3461 Gosen Church is located 4 miles south of the junctions of Hwy. 2 & 59 or 4 miles north of Winger; then ½ mile east on County Road 206.

MCINTOSH AFLC

McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Trinity:

Wed. July 6 7:30pm Bible Study and Prayer

Sun. July 10: 9:30am Worship Service

Wed. July 13: 7:30pm Bible Study and Prayer

Sun. July 17: 9:30am Worship Service

Mt. Carmel:

Thurs. July 7: 7:00am Men's Breakfast

Sun. July 10: 11:00am Worship Service

Thurs. July 14: 7:00am Men's Breakfast

Sun. July 17: 11:00am Worship Service

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. July 10: 9am Worship

Sun. July 17: 9am Worship

DOVRE

FREE LUTHERAN

Pastor Don Edlund

Wed. July 6: 7:00pm Bible Study: Breaking the Apocalypse Code

Sun. July 10: 10:00am Worship Service

Wed. July 13: 7:00pm Bible Study: Breaking the Apocalypse Code

Sun. July 17: 10:00am Worship Service

Wed. July 20: 7:00pm Bible Study: Breaking the Apocalypse Code

IMMANUEL LUTHERAN CHURCH

McIntosh

Rev. Lindon Wendzel, Pastor

Sun. July 10: 10:00am Council Meeting; 10:45am Worship Service

Tues. July 12: 6:00pm Ladies Aid, Picnic at Erickson Park

Sun. July 17: 10:45am Divine Worship Service with Holy Communion

Thurs. July 21st: 10:00am Devotions at Pioneer Care Center

Service Broadcast, TV Channel 12 Wednesdays at 10am - Holy Communion 1st and 3rd Sundays

Ad deadline:

Noon Friday



This pretty yard of the week belongs to Robin Goodwin. Congratulations Robin!

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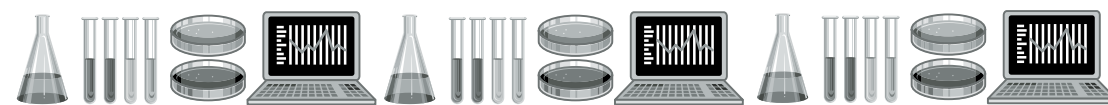
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3

by Linda Pulskamp

Jim Stordahl,
Extension Educator

10 years ago...2006: The youngest group of baseball players participating in the Win-E-Mac Summer Rec program are the Mites, boys ages 7 and 8. They include: (back row) Jonah Salvhus, Hunter Parenteau, Travis Balstad, Ian Nichols, and Michael Revier. Kneeling: Jo-Jo Parenteau, Mason Pearce, Andrew Hollingsworth, Nathan Brekke, Noah Klinkhammer and Coach John Morrison.



Random Things and Stuff



Making the most out of the grill

By: Emily Melott

Summer is the time the people in our area use our grills the most out of the year. The weather is nice, and you want to spend as much time outdoors as possible. This means not only cooking outside, but using that patio furniture to enjoy the nice evening by dining outside. So, what types of things can help you make the most out of your grill? What are some of the best things to grill? Well here are some ideas from Mr. Food:

Grilled Chicken: Beer

College News

Local students named to Dean's List at BSU

Adam Shaver and Magdalene Spry from McIntosh, MN earned Dean's List honors from Bemidji State University in Bemidji, Minn., at the conclusion of the Spring 2016 semester.

To be eligible for the Dean's List, BSU students must be enrolled for at least 12 credits and earn a 3.5 GPA during the semester. A total of 1,055 students earned Spring 2016 Dean's List honors from the university.

Bemidji State University, located in northern Minnesota's lake district, occupies a wooded campus along the shore of Lake Bemidji. Enrolling more than 5,000 students, Bemidji State offers more than 50 undergraduate majors and nine graduate programs encompassing arts, sciences and select professional programs. BSU is a member of the Minnesota State Colleges and Universities system and has a faculty and staff of more than 550. University signature themes include environmental stewardship, civic engagement and global and multi-cultural understanding.

Local students named to Dean's List at NWTC

Jeremy Kasprzak and Luke Syverson from McIntosh, MN earned Dean's List honors from Northwest Technical College in Bemidji, Minn., at the conclusion of the Spring 2016 semester.

To be eligible for the Dean's List, NTC students must be enrolled for at least 12 credits and earn a 3.5 GPA during the semester. A total of 114 students earned Spring 2016 Dean's List honors from the college.

Northwest Technical College, located in northern Minnesota's Lake District, is an open, inviting technological learning organization. For more than 40 years, the college has valued life-long learning and the worth and dignity of all people. The college serves 900 students with a high-quality education, an open-enrollment policy and affordable tuition. NTC offers nearly 60 degree, diploma and certificate programs in areas such as business, health, human and protective services and environmental and industrial technology. Classes are offered on the Bemidji campus, online, or as a combination of both. NTC is a member of the Minnesota State Colleges and Universities system.

WEM School Announcements

Take It To The Rim Basketball Camp

Location: Win-E-Mac School
Dates: July 25-28 (Monday-Thursday) ½ day sessions For Grades 4-11 (School year 2016-17) Boys and Girls 8:30-12:30

About the Camp: Crosby-Ironton Coach Dave Galovich, a 2007 member of the Minnesota Basketball Coaches Hall of Fame, will be camp director.

Coach Galovich brings 40 years of coaching experience. He was named the 2008 Class AA Coach of the Year, had several teams appear in the state tournament, included 2 runner up finishes, and with over 600 wins, is currently in the top ten in the history of boys' basketball with career wins.

Win-E-Mac Coach Vern Johnson a 2013 Member of the MN Basketball Coaches' Hall of Fame, will assist Coach Galovich. Coach Johnson received 5 Section 8A Coach of the Year honors, with teams finishing 4 times as section runner up.

The camp will include many different individual and team drills for offense and defense. Individual skills will include ball handling, shooting, passing and full court drills. The

Can Chicken; Lemon Dill Chicken; Caesar Grilled Chicken; Grilled Deviled Chicken; Mojito Chicken; and Garlic Lime Chicken.

Grilled Beef: Churrasco Steak; Glazed Flank Steak; Garlicky Steak; Garden Herb Steak; Grilled London Broil; and Round'em Up Burgers.

Grilled Seafood: Clams on the Racks; Cedar Plank Salmon; Grilled Fish Sticks; Grilled Red Snapper; Brown Sugar-Glazed Salmon; and Grilled Catfish Po'Boys.

Grilled Pork: Tropical Ribs; Margarita Grilled Pork Tenderloin; Jerk Pork Tenderloin; Cajun Spiced Pork Chops; Grilled Lemon-Honey Pork Chops; and Honey Garlic Pork Tenderloin.

Each one of these recipes can be found on: <http://www.mrfood.com/Misc-Meat-Recipes/Mr-Foods-15-Best-Grilling-Recipes>.



Grandchild of Mac residents nominated for the Congress of Future Medical Leaders

Lisette LaFontant, the granddaughter of Neil and Carol Bursheim of McIntosh was nominated as a Delegate to the Congress of Future Medical Leaders in Lowell, MA. On June 25 to June 27, 2016.

The Congress is an honors-only program for high school students who want to become physicians of go into medical research fields. The purpose of this event is to honor, inspire, motivate and direct the top students in the country who aspire to be physicians or medical scientists. To stay true to their dream and, after the event, to provide a path, plan and resources to help them reach their goal.

Lisette LaFontant was nominated by Dr. Robert Darling, the Medical Director Scientists to represent Maryland based on her academic achievement, leadership potential and determination to serve humanity in the field of medicine.

During the three-day Congress, Lisette LaFontant joined students from across the country and heard Nobel Laureates and National Medal of Science Winners talk about leading medical research; was given advice from Ivy league and top medical school deans on what to expect in medical school; witnessed stories told by patients who are living medical miracles; was inspired by fellow teen medical science prodigies; and learned about cutting-edge advances and the future in medicine and medical technology.

"This is a crucial time in America when we need more doctors and medical scientists who are even better prepared for a future that is changing exponentially," said Richard Rossi, Executive Director, national Academy of Future Physicians and Medical Scientists. "Focused, bright and determined students like Lisette LaFontant are our future and she deserves all the mentoring and guidance we can give her."

The Academy offers free services and programs to students who want to be physicians or go into medical science. Some of the services and programs the Academy offers are online social networks through which future doctors and medical scientists can communicate; opportunities for students to be guided and mentored by phy-

camp will also include games and contests.

FUN-damental Volleyball Camp

Where: Win-E-Mac High School

Dates: August 7-9

Grades 3-6 \$30

August 7 2-3:30 pm

August 8 8-9:30 am

August 9 8-9:30 am

Grades 7-12 \$70

August 7 2-5 pm

August 8 8-noon

August 9 8-noon

For registration information contact Woody at 218-779-8894 or lrwoody2@yahoo.com

Do you have a story to share?

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

Weird science at Mac Library

Curious about chemistry?

Don Carey, a professor from NDSU stopped by the McIntosh Library last Wednesday, June 29th, and showed a crowd of kids the fun things that you can do with dry ice and liquid nitrogen. He used these really cold items to explain the different stages of matter. He made floating bubbles, froze marshmallows to -340 degrees (then fed them to the kids) and he even blew things up!

He amazed parents and kids alike when he dumped a whole pail of liquid nitrogen on the floor to demonstrate how chemical changes happen in the blink of an eye, changing the substance from a liquid to a gas. The liquid nitrogen is so cold that as soon as it hits the

floor it turns into a vapor.

As well as a chemist, Don is "The Bug Man". He is an entomologist with the University and travels throughout the Red River Valley making about 110 presentations a year.

When kids get excited about chemistry, everyone wins!

Make sure to mark your calendars for the next LARL event at the McIntosh Library on Monday, July 11th at 10:30 am, Susan and Philip Lee will be getting your feet tapping and your hands clapping with fun music.

The Schow Brothers Motorsports team will also make a visit to the McIntosh Library on Monday, July 18th at 10:30 am.

Make sure you are at the library to meet these motorsports champions!

Did you know?

Women and STEM

Despite the widely held notion that men exceed the number of women in Science, Technology, Engineering and Math fields, data indicates that there isn't actually much disparity among the sexes.

According to the National Science Foundation, women equal men in terms of bachelor's degrees awarded in most of the fields of STEM, including biosciences, social sciences, mathematics, and physical sciences.

The only STEM fields in which men still outnumber women are computer science and engineering.

Women are just as capable as men to meet the demands of STEM careers. Raw IQ tests from the British Psychological Society have indicated that women and men frequently score equally well, with some studies suggesting women have the edge.

In terms of mathematics prowess, girls score a mere 3 percent lower than their male counterparts on the math portion of the Scholastic Aptitude Test, according to the College Board.



Don Carey, a professor from NDSU recently visited the McIntosh Library. Here he is making lots of steam as he drops dry ice into a beaker of water.



Waiting for the show to start were Grace Kaupang with Josie and Logan Johnson last Wednesday at the McIntosh Library.



Lauren Kaupang, Camron Svalen and Sydney Svalen watched closely as Don Carey made some fun things happen with Chemistry at the McIntosh Library last Wednesday, June 29th.



The kids watched in amazement as Don Carey made the oxygen in a balloon turn to liquid using liquid nitrogen.



Don Carey had a great audience for his presentation about the different stages of matter at the McIntosh Library event last Wednesday. The event was part of the Library's summer reading program.