



McINTOSH

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McIntosh, Minnesota

Spooktacular
Haunted Trail event

Fun for all is certain at the First Annual “Spooktacular Haunted Trail” at the East Polk Heritage Center (EPHC) in Fosston! Children and adults will be amused with a variety of tricks and treats along the lighted trail around the boo-eautiful historic buildings and grounds at the heritage center.

The event is organized as a fund raising activity for EPHC but more importantly, to give children and parents a fun time. The event will begin at approximately 7:30 PM on Saturday, October 7 – when it gets dark. Registration will take place on the porch of the

Larson House. A lighted trail will give attendees lots of surprises and goodies along the way.

Cost is \$5.00 per person and all proceeds will support EPHC. Plan now to attend this family friendly event and take a walk through the trail, experience twists and turns and be ready for some chills and thrills!

It is recommended that children under age 12 are accompanied by an adult.

For more details check out the event on the East Polk Heritage Center Facebook page or call 218-435-6136 and leave a message.



Preserving winter
squash and pumpkins

By: Carol Ann Burtness,
University of Minnesota Extension

Pumpkins and squash can be preserved for later use by freezing, canning, or drying. They should have a hard rind and stringless mature pulp. Small size pumpkins (sugar or pie varieties) make better products.

Freezing

Freezing is the only safe method for preserving pumpkin purees, butters and preserves.

- Select full-colored mature pumpkin with fine texture.
- Wash, cut into cooking-

size sections and remove seeds.

- Cook until soft in boiling water, in steam, in a pressure cooker, or in an oven.

- When soft, remove pulp from rind and mash.

- To cool, place pan containing pumpkin in cold water and stir occasionally.

- Pack into rigid containers leaving ½ -inch headspace, and freeze.

Freeze these items for up to one year. Frozen pumpkin or squash is great to use in pies, desserts and as a vegetable.

Preserving...

Continued on page 4 ...



Jordan Gunufson and Ben Ystenes are the new owners of Elite Ag Service LLC.

Elite Ag Service partners
bring new tech to the seed business

The new owners of Elite Ag Service LLC. are Ben Ystenes and Jordan Gunufson.

Elite Ag Service LLC is located between Fertile and Winger on Polk County #1. The company was started in the early months of 2015 north of Mentor, MN.

Ben and Jordan both grew up on family farms in the Rindal, MN area. Their mission with the company is to bring Elite Service, knowledge, and dependability to today's ever-changing farmer.

They are an ambitious young company striving to have first class service along with modern technology to better serve you and your neighbor.

Elite Ag specializes in seed sales. “We also have seed treatment options and delivery options,” Gunufson said.

To learn more about Elite Ag Service visit them online at www.Eliteagservice.com.



The life of Christopher Columbus

Christopher Columbus is credited with opening the passageways between Europe and the Americas for colonization. Though his famed voyage in 1492 is widely known, many people know little about the man whose explorations forever changed the course of world history.

Cristoforo Columbo was born on October 31, 1451 in the Republic of Genoa, Italy. His father, Domenico, was a middle-class wool weaver and also dabbled in cheese making. Columbus had

three brothers, Bartolomeo, Giovanni, and Giacomo, and a sister, Bianchinetta.

Much of Columbus' life was spent in the world of sea and travel. He apprenticed as a business agent for important Italian families, allegedly making trips to England, Ireland and possibly Iceland and may even have made several Mediterranean and Aegean sea voyages. When he traveled to modern-day Greece, it was the closest Columbus would

Columbus..
Continued on page 2 ...



The ECCE kids had a lot of fun last Thursday night with the Patriot volleyball team as they learned the fundamentals of volleyball.



The Win-E-Mac Honor Society Chapter consists of Juniors and Seniors and are advised by Mrs. Jore. All twenty Win-E-Mac Minnesota Honor Society members were present for the Induction ceremony of new members. Ceremony was led by President Maci Hamre. The Minnesota Honor Society is based on the pillars of Scholarship, Leadership, Service and Character.



Community
Calendar

Wed. Oct. 4: McIntosh Library 12pm to 5pm; 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. Oct. 5: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; WEM Homecoming Volleyball game vs. NCE/UH @ WEM Gym 7:30pm

Fri. Oct. 6: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; WEM Homecoming Football game vs. Warren/Alvarado/Oslo @ WEM Field 7:00pm

Mon. Oct. 9: 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. Oct. 10: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm

Wed. Oct. 11: McIntosh Library 12pm to 5pm; 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. Oct. 12: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Oct. 13: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Oct. 16: 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. Oct. 17: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm

Columbus..

Continued from page 1 ...

come to reaching Asia.

Columbus' first voyage into the Atlantic Ocean took place in 1476, not in 1492. His commercial fleet was attacked by French privateers off the coast of Portugal, and his ship was burned. Columbus survived by swimming to Lisbon, eventually settling there and meeting his future wife, Filipa. The couple had a son, Diego, but soon after giving birth, Filipa died and Columbus relocated to Spain. Columbus sired another son, Fernando, during a relationship with Beatriz Enriquez de Arana.

Columbus participated in many different expeditions, including some to Africa to gain knowledge of Atlantic Ocean currents. He believed it would be easier to sail westward to reach India and China and avoid Muslim domination of trade routes in the Middle East. Columbus set out to find financial backing for a discov-

ery voyage to determine what was west of Europe and to find uninterrupted water routes.

The voyager was rejected by the Portuguese king and also in Venice and Genoa. Columbus' initial plan was also rejected by Spain.

But in 1492, after Spain ended a war with Muslims, the Spaniards agreed to finance Columbus' expedition, and in August of 1492, he set sail in the Santa Maria, with the Pinta and the Nina as companion ships.

After a five-week voyage across the ocean and a few stops in the Canary Islands for provisions, Columbus and his shipmates spotted land at roughly 2 a.m. on the morning of October 12, 1492. The crew reached land that they named San Salvador (the island now known as the Commonwealth of the Bahamas).

Upon his arrival, Columbus encountered indigenous people who were friendly, but he used them to find gold and other valuables. The voyagers soon

traveled to Cuba and other islands of the what became known as "The New World," before ultimately returning to Spain.

Columbus made subsequent trips westward, but conditions at the Hispaniola settlement established by the explorer during his second voyage were deteriorating and the Spanish arrested Columbus, stripping him of his titles and authority. He eventually recovered some riches and respect, but Columbus' legacy continues to inspire debate even now. While he may have opened up trade routes and furthered colonization around the world while paving the way for future explorers, he also helped destroy the customs of many native people.

Christopher Columbus died in Spain on May 20, 1506. Though his reputation remains a hot topic of debate, each year Americans celebrate Columbus Day on October 12th to commemorate Columbus' life and accomplishments.



Photographer Mitch Hilliard will have his art on display at the Sorenson Gallery in Fosston throughout October.

Hilliard exhibit in the Sorenson Gallery

Mitch Hilliard, of Visions of Nature Photography, will have his stunning nature and wildlife photographs on display in the Sorenson Gallery throughout the month of October. Mitch has been photographing nature and wildlife for over 20 years.

In 1998, he won a photography contest sponsored by

Lever Brothers called, "Your View of America's National Parks", with a photograph of Mount Moran in Grand Teton National Park. Hilliard's work has been published in Trains magazine, Montana magazine and The Billings Gazette.

If you would like more information about this topic, please contact Caese Haroldson at 763-999-1959 or email at caeharoldson@yahoo.com.

The Sorenson Gallery is located in the Fosston Library and Arts Center.

Harvest Festival

Join Trinity Lutheran Church in McIntosh on Sunday, October 8, 2017 at 2:00 pm for a program of music and song by Don Fradenburgh. Pie and coffee will follow the program. All are welcome to join in and celebrate the season.

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See You There!

— MARIAN JENKINS —

Share in

The Essence

Trinity Lutheran Church in rural McIntosh will be holding Special Meetings October 15 through October 18 at 7:30 each evening.

Pastor Steve Papillon from Kindred North Dakota will be sharing on The Essence - Sailing Three Ships Of The Christian Life. Those Three Ships are Worship, Fellowship and Discipleship.

Pastor Papillon will also be sharing at the Sunday Morning services on October 15, 9:30 at Mt. Carmel and 11:00 at Trinity with a Pot-Luck Dinner following the service at Trinity. Everyone is invited.

Community Birthday and Anniversary Calendar

Wed. October 4: Jared Olson, Scot Carlson, Kilmer Christopherson
Thurs. October 5: *Josh & Nicole Vetteson
Fri. October 6: Matthew Voxland, Russell Sultvedt, *Adam & Sarah Lundquist
Sat. October 7: Samantha Rasmussen, Rob Roed, *Rob & Lori Roed
Sun. October 8: *Darren & Holly Kringlen
Mon. October 9: Jason Carlson, Heidi Lemer
Tues. October 10: Jim Ferden, Jonah Salvhus

McINTOSH Times

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"Serving the Win-E-Mac area"

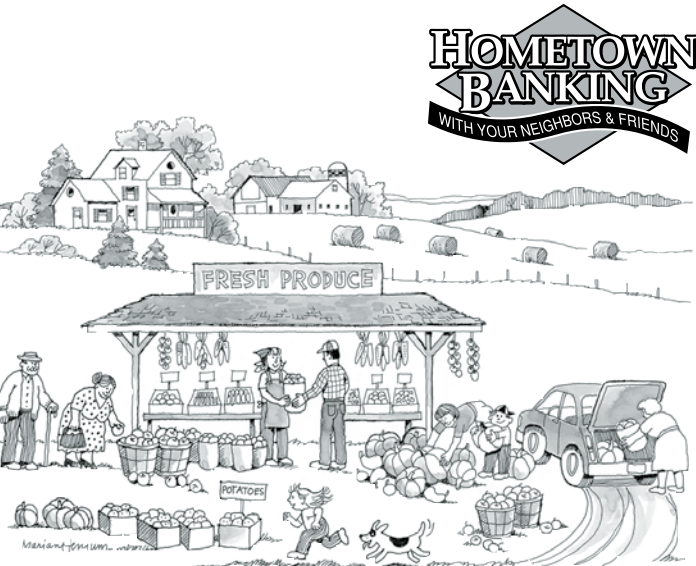
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The Discovery Of America

On August 3, 1492, Christopher Columbus and his men sailed from Spain on three small ships, the Nina, the Pinta, and the Santa Maria.

On October 12, they discovered America. Columbus' voyage to America is one of the major events in our history.

We observe Columbus Day on the second Monday in October.



First National Bank of McIntosh will be CLOSED on Monday, October 9th in observance of Columbus Day.

first national bank of McIntosh

260 Cleveland Ave. SW
PO Box 129
McIntosh, MN 56556
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Phone
(218) 563-2865



Recently, this wedding dress was donated to MHAC by Ron Samuelson, grandson of Martin and Mathilde (Jensen) Tweten.

Martin S Tweten was born in New Richland, Minnesota in 1871. In 1878, he moved, with his parents, to the vicinity of Thompson, North Dakota where they settled on a homestead. His father and his two sisters died that same fall in a smallpox epidemic.

He was a pioneer business man of McIntosh. In 1891, he came here from North Dakota, and entered into the lumber business. After a number of years, he went back to North Dakota, but only stayed for three years. He and his family returned to the vicinity and took a farm near McIntosh.

In 1892, he was married to Othelia Paulson, who died the same year. In 1895, he married Mathilde Jensen. The couple had four sons and a daughter, Sidney, Reuben, Burdette, Myrtle and Kermit.

In 1925, Martin established a home in McIntosh and during this time was in business with the Polk County Oil Company.

The Tweten's moved to the country to spend the winter at their old farm house in the fall of 1940. In October Martin suffered a severe heart attack, from which he never fully recov-



Wedding photo of S. Martin and Mathilda Jensen Tweten, McIntosh, MN.

ered. He passed away in January of 1941. Mathilde passed away in January of 1952.

McIntosh Heritage Center is looking for someone with information about where the Peder Jensen (father of Mathil-

da) home was located in McIntosh or where the Tweten Farm was? Please contact Donna Larson at the new MHAC office in the Ohnstad Building or call 563-2040.

BUSINESS & PROFESSIONAL GUIDE

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ST. MARY'S CHURCH Fosston
Fr. John Suvakeen, Pastor
 Wed. Oct 4: 3:30pm Mass at First Care Nursing Home, Fosston
 Fri Oct 6: Mass at St. Mary's, Fosston (First Friday)
 Sun. Oct. 8: 8:00am Confession; 8:10am Rosary; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
 Wed. Oct. 11: 1:00pm Mass at McIntosh Nursing Home
 Fri. Oct. 13: 8:45am Mass at St. Mary's, Fosston
 Sun. Oct. 15: 8:00am Confession; 8:10am Rosary; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
 If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH Winger/Bejou Supply Pastor Gordon Syverson
 Sun. Oct. 8: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
 Sun. Oct. 15: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh Supply Pastor Gordon Syverson
 Sun. Oct. 8: 11:15am Worship Service.
 Sun. Oct. 15: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH Independent Gary Johnson, Pastor www.gosen-church.com Face Book: Gosen Church
 Wed. Oct. 4: 1:30pm Bible Study at The Country Place; 7:00pm Bible Study at Don & Sharon Ramberg's
 Sun. Oct. 8: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service
 Mon. Oct. 9: 1:30pm Bible Study at The Country Place
 Tues. Oct. 10: 10:00 a.m. Sunday worship service telecast on Garden Valley Cable TV--Channel 2
 Wed. Oct. 11: 7:00pm Bible Study at Don & Sharon Ramberg's

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
 Thurs. Oct. 5: 7:00am Men's Breakfast at Mt. Carmel
 Sun. Oct. 8: 9:30am Worship at Mt. Carmel; 11:00am Worship at Trinity
 Thurs. Oct. 12: 7:00am Men's Breakfast at Mt. Carmel
 Sun. Oct. 15: 9:30am Worship at Mt. Carmel 11:00am Worship at Trinity, potluck Dinner following service
 Oct. 15-18: 7:30pm each evening The Essee, Sailing Three Ships of the Christian Life
 Thurs. Oct. 19: 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC) McIntosh Pastor Jill Torgerson
 Sun. Oct. 8: 9am Worship
 Sun. Oct. 15: 9am Worship

DOVRE FREE LUTHERAN Pastor Don Edlund
 Wed. Oct. 4: 7:00pm Bible Study
 Sun. Oct. 8: 10:00am Worship Service
 Wed. Oct. 11: 7:00pm Bible Study
 Sun. Oct. 15: 10:00am Worship Service
 Wed. Oct. 18: 7:00pm Bible Study

IMMANUEL LUTHERAN CHURCH McIntosh Rev. John Anderson, Pastor

Wed. Oct. 4: 3:30pm Confirmation
 Thurs. Oct. 5: Bible Study - Poplar Lake
 Sun. Oct. 15: 8:45am Worship Service; 10:00am Fellowship Hour
 Wed. Oct. 11: 3:30pm Confirmation
 Thurs. Oct. 12: Bible Study - Poplar Lake
 Sun. Oct. 1: 8:45am Divine Worship with Holy Communion; 10:00am Fellowship Hour
 Holy Communion 1st and 3rd Sundays

Find us on Facebook

www.facebook.com/mcintoshtimes

Winger News

Linda Pulskamp

Greetings once again from Winger and the Union Lake areas where the weather has changed from being almost drought like to almost too much water in such a short time. Hopefully now it will dry up some so the farmers can get back into the fields and finish their harvesting. Many of us with gardens are wanting to get them cleaned out and prepared for another season. There is still a lot of work to be done this fall.

With September coming to a close we will welcome October in a few days, time sure does fly, soon we will be at the close of another year.

Sympathy to the family of Marilyn Malmanger whose funeral will be held on Sunday, October 1st in Fosston. Marilyn taught school for many years and certainly touched the lives of many young people as she did so, and also as she did her missionary work along with the many exchange students her family hosted.

Thursday the 21st Chad Carlson was a morning visitor with Milton Carlson at the Carlson home, later in the day Monte, Kristen, Emma, Tory, Mia and Hadley Erickson were visitors bringing with them pizza and birthday cake to observe Tory's birthday. Paul and Donna Carlson also visited and joined in on the birthday celebration.

Craig Helgaas of Glenwood was a house guest at the Pulskamp home from last Friday until Sunday. Once again Craig and Butch tackled some outdoor projects while Craig was here. Stopping by on Friday afternoon was Wayne Benbo for a short visit and to let us know he had pumpkins ready for us to take to our Granddaughters to carve for Halloween. Later on Friday afternoon Donnie Johnson of Maple Lake, MN and Mark and Judy Boeckers of Buffalo and Kelly Johnson stopped in for a visit.

Friday the 22nd Chad Carlson stopped in at the Milton Carlson home for a visit bringing with him fresh apple pie that Michelle had made from Milton's apples.

Saturday visitors at the Pulskamp home were Marv Engesether of Plummer, Reha Sanstead of Erskine, Kelly Johnson and Dean Johnson, later in the evening Terry Brevik and Josh Brevik stopped in at Pulskamp's to visit with Craig Helgaas.

Lucy Brtek had dinner at Cornerstone in Fosston with Wilma Wang this past week to help Wilma observe her 97th birthday.

Saturday the 23rd brought Donna Carlson to the Milton Carlson home for a visit and bringing Milton fresh grape jelly that she had made.

Sunday visitors at the Pulskamp home were Dean John-

son, Kelly Johnson, Marv Engesether of Plummer, Donnie Johnson of Maple Lake and Nola Abele of Fosston.

Mark and Betty Syverson were visitors on Sunday with Helmer and Verlys Homme at the Pioneer Home at Erskine.

Sunday afternoon Eddie and Bette Martin of New Brighton and Sharon Johnson of Spring Lake Park came to the Shooting Star Casino on a overnight bus trip. Family members going to the Casino to visit with them were Dean Johnson, Kelly Johnson, Butch and Linda Pulskamp, Marv Engesether of Plummer and Reha Sanstead of Erskine. Gloria Thompson of Bejou also was visiting with them. While there I ran into Allan Johnson a former Winger resident.

Sunday the 24th Milton Carlson along with Mike, Kari, Terry and Oliviayah Keller of Bejou and Roy, Ryan and Lisa Schaumburg were all guests at the Lonnie and Judy Gieseke home. The occasion was to help Oliviayah celebrate her birthday.

Kjerstie and Dakota Poissant of New Folden visited briefly with Grandma Betty Myrhum at Betty's home last Saturday.

Dick and Wanda Donovan and "Pepper" of St. Francis arrived at the Milton Carlson to spend a few days visiting with the family.

Thursday morning Linda Pulskamp visited with Lynda Loiland at Cornerstone of Fosston.

Tuesday the 26th Lonnie and Judy Gieseke were guests at the Milton Carlson's home to visit and help celebrate Wanda's birthday. Judy brought pumpkin pie as a treat and Wanda had made apple pie that they all enjoyed after their dinner together. Wanda received many phone calls wishing her birthday wishes.

Until next week may you all have a good one.

From Bun Manor:

Two Sundays ago the St. Mary Catholic church in Fosston held their Turkey fall dinner. Orrie and Sue Flermoen, Bruce and Lavonne McWilliams, Carsten and Joanne Zahl and Elmyrna Kaupang represented Calvary church in Winger. They enjoyed the food and fellowship.

Bun invited Joyce out to dinner at Ness Café and wouldn't you know she was coming on Hwy #2 and when she turned to head for the Café the train came and she had to sit and wait for about fifteen minutes before the train moved. Talk about timing!

Brother Andy came up to visit Tim for a couple of days and do some duck hunting. No luck duck hunting or at the casino.

Joe and Kay Sharp and Charlie the dog from Plummer came out to the manor on Fri-

day for a visit. They would have liked to have gone for a ride around the lake but as luck would have it, Scrapy took it out of the lake for the season on Thursday.

Sympathy goes out to the Carol Stordahl family. Ninety-four year old Carol died unexpectedly last Friday. Carol was the organist at Gosen church and Calvary church in Winger for many years. She will be missed by the community. She always made Bun star cookies at Christmas. God bless her and her family.

The other day Bun left his van doors open while it was in the garage and also his garage doors were open. He loaded up

and took off for Erskine. About half way to town he caught movement on the corner of his eye. There was a chipmunk looking at him from the front passenger chair. This startled Bun, but he kept the van on the road. When he got to Erskine he left his doors open hoping the chippy would leave the vehicle. Bun felt a little sorry for the little guy. Can you imagine living the good life out at the lake and suddenly you find yourself in unfamiliar territory with no friends. Bun guesses it would be better than getting eliminated with the pellet gun.

Remember readers. Linda and Bun can use your stories.



Laurie Fairchild (U.S. Fish and Wildlife Service Liaison to the Friends of Rydell and Glacial Ridge Refuges Association) presents the 2017 Volunteer of The Year Award to Randy Sondrol, Erskine, MN.

Volunteer of The Year for Rydell & Glacial Ridge National Wildlife Refuges

Randy Sondrol of rural Erskine, MN was recently awarded the 2017 Rydell and Glacial Ridge National Wildlife Refuges (NWR) Volunteer of The Year Award by U.S. Fish and Wildlife Service staff. Each year, staff from Rydell and Glacial Ridge NWRs select one individual for this award, based on their volunteer contributions to the refuges. During the past year, Randy volunteered over 100 hours, conducting grounds and facilities maintenance, assisting with public use events, and working as a Board Member for the non-profit Friends of Rydell and Glacial Ridge Refuges Association (FRGRRA), which serves an important support function for refuge operations, including public use, environmental education, and interpretation. In addition to becoming a Board Member with the FRGRRA, Randy completed U.S. Fish and Wildlife Service Heavy Equipment Training that enables him to provide specialized assistance to refuge staff related to habitat management and trail

maintenance. Congratulations to Randy for being recognized for his substantial contributions as a U.S. Fish and Wildlife Service volunteer.

Anyone interested in volunteering at Rydell or Glacial Ridge NWRs or becoming an active member of the FRGRRA can call 218-687-2229 for more information.

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



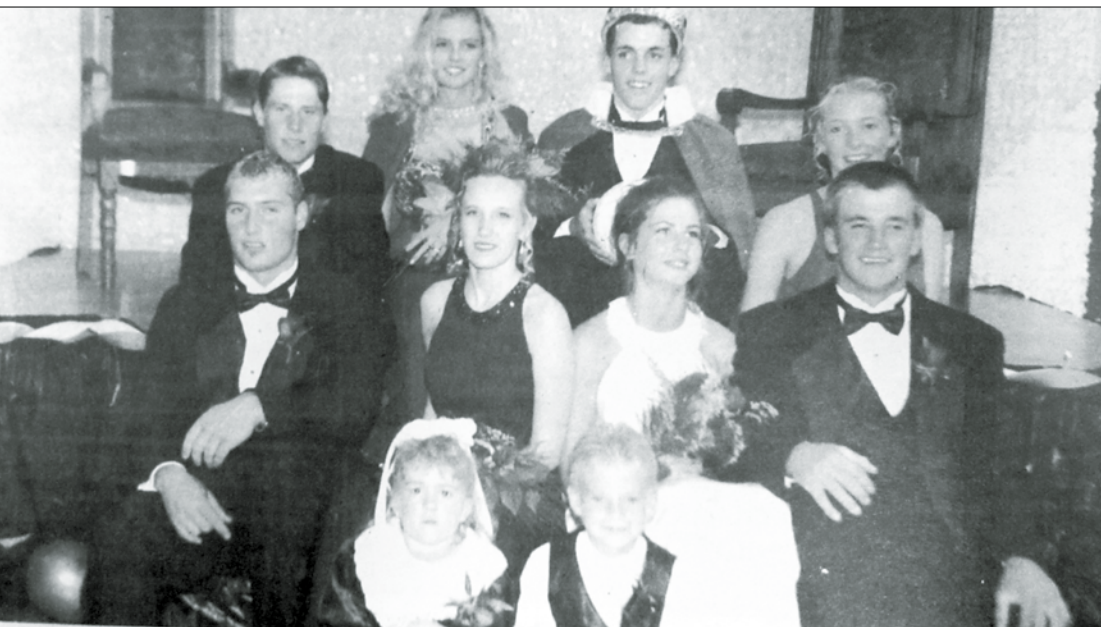
50 years ago...1967: Although it looks like fun the Junior Class of McIntosh is calling this "at work" on their play which will be presented Friday evening. The principals in "I Am a Family Crisis", comedy, review their lines with student directors. On the left is Linda Anderson, student director with Steve Hanson who plays the role of Dr. Morgan. At right student director Sandy Bjella prompts Barbara Rustad who plays the part of Betsy.



40 years ago...1977: Sherry Haugen was crowned Homecoming Queen at the Mac-Winger School exercises last Thursday evening. Escort is Jim Haaven.



30 years ago...1987: The junior high also had a Homecoming. The Queen candidates were: Leah Roed, Christina Leier, Carrie Bartz, Audrey Locken and Jennifer Warmsbecker. The King candidates were Jon Vesledahl, Jason Audette, Arty Mashburn, Curtis Olson and Jon Farrel. At Coronation, Jon Farrel and Leah Roed were chosen as the King and Queen.



20 years ago...Win-E-Mac Homecoming Royalty was named to reign over the week-long festivities leading up to the Homecoming football game and dance. (back l-r) Evan Evenson, Homecoming Queen Amy Nelson, Homecoming King Jay Mahlen and Katie Johnson. (middle l-r) Dan Senn, Cameo Boucher, Kathleen Hegg and Nathan Tangen, (front l-r) Crown bearers Brittany Berg and Jarin Bjerke.

Regional Ag News

Eli Gindele,
Extension Educator

Bales left in the field can be costly for many reasons

Source: Andre Bonneau PAg Forage Management Specialist, Saskatchewan Ministry of Agriculture

In late summer, we see many bales left sitting out in the fields. While hay bales may make the countryside more scenic, we may not realize the cost of leaving the hay on the field longer than necessary.

Once the bales have cooled, the bales can be taken to the feed-yard and stacked. Unless the bales are used for bale grazing, leaving that hay out in the fields until freeze-up can prove expensive.

In many parts of the province, most of the cost of a hay bale is in cutting and baling, not the forage itself. Depending on yield, it can cost up to \$30 to cut and roll a 1,500-pound bale. If the bale is valued at \$55, the forage in the bale is worth \$25. When about half the cost of the bale is spent on cutting and baling, it makes good sense to protect those bales as much as possible.

Damage to the stand

The forage plants smothered by a hay bale will be suppressed until the bale is removed. The longer the bale stays in one spot, the less likely the forage will recover

and the area could become a prime site for weed invasion. Often, dandelion infestations in alfalfa stands come from areas where the alfalfa was stressed and suppressed.

Research from Wisconsin has shown that wheel traffic does less damage to the alfalfa stand early in the regrowth period. In other words, the larger the alfalfa plant, the more damage wheel traffic will do to it.

This can be very important if a second cut is planned for mid-August.

Damage to the bale

Bales left in the field often flatten out and soften. Loading, handling and hauling those bales can be difficult as some of the bales will fall apart and dry matter losses will increase.

A bale left in the field is exposed to the elements in all directions.

If three inches of the outside surface of a 5 x 6 bale is spoiled, it represents about 30 percent of the hay in that bale. In a 1,500-pound or 682-kilogram bale, a 30 percent loss represents 450 pounds (204 kilograms) of hay. Storing bales reduces the number of exposed surfaces and can reduce losses, especially if shelter can be provided.

To minimize losses, re-

search suggests bales should be stored end-to-end with the rows spaced one to two feet apart. The purpose is to minimize the amount of snow that sits on the hay and allow the snow-melt and rain to run off as quickly as possible.

Some producers store bales in the "mushroom" style, where the bottom bale is on end while the top bale lies on its side. This style provides less protection than end-to-end, especially if the rows are tight to each other.

It's been found that the bottom bales tend to act as a wick and draw moisture from the ground. However, it is popular as it can still shed some water, take up less space and the twine doesn't freeze to the ground.

If the bales are stored for short periods, the rows are spaced and the majority of the bales will be used before spring melt, either style is acceptable.

Save money

Hauling bales through the snow, especially if you have to plough your way to the bales adds a lot of expense to the hay. Hay is expensive to put up. Leaving hay out on the hay field can cause deterioration and dry matter losses. Bales can also damage the forage stand and add expense to your forage production costs.

Preserving...

Continued from page 1 ...

Thaw pumpkin and squash in the refrigerator - not on the counter - before using.

Canning

The only safe instructions for canning pumpkin and winter squash are for cubed flesh in a pressure canner.

Caution: do not mash or puree! The density of this product prevents adequate heat transfer to the center of the jar and may allow harmful bacteria to survive.

To can pumpkin or squash,

- Cut the flesh into one-inch cubes.
- Boil the cubes in water for two minutes.
- Fill the jars with cubes and cooking liquid, leaving one-inch of headspace.
- Pumpkin and squash are

low-acid vegetables and must be pressure canned. Process the vegetables at:

- 11 pounds pressure in a dial gauge pressure canner, or
- 15 pounds pressure in a weighted-gauge pressure canner.
- For either method, process pints for 55 minutes and quarts for 90 minutes.
- To use canned pumpkin or squash, drain the jars, mash the cubes and re-heat.
- Drying
 - Wash, peel, and remove fibers and seeds from pumpkin or squash flesh.
 - Cut into small, thin strips, no more than 1 inch wide by 1/8 inch thick
 - Blanch strips over steam for 3 minutes. Drain and pat dry.
 - Dry the strips in a dehydrator until brittle.
 - To reconstitute, use one

cup of dried food to two cups of water.

- Pre-soak for one hour and then boil until tender.

One cup of dried pumpkin or squash is enough for one pie.

Pickling

Use pumpkin or squash in pickled products such as salsas, chutneys and relishes, but treat these products as fresh foods and refrigerate them. They cannot be safely canned by either the boiling water or pressure canning methods.

Butters and preserves

Pumpkin butters and gelled preserves are popular, but they cannot be safely canned for room temperature storage.

Pumpkin and squash are low-acid foods and require special attention to preparation and processing.

Currently, the USDA does not have any tested recipes for safely canning pumpkin preserves (jams, jellies, conserves or pumpkin butter).

Refrigerate or freeze these items to ensure they will be safe to eat.



Patriot volleyball player, Tyra Wilson helps out the preschool kids with learning some of the fun things about volleyball during the ECFE Volleyball Buddies night last Thursday at Win-E-Mac School.



experience,” said Rep. Fabian. “It’s a great opportunity to engage in the political process and learn more about how the Legislature operates.”

“I would strongly encourage high school juniors from Northwest Minnesota to apply for this program. It is a once-in-a-lifetime opportunity that will give you a first-hand look into the workings of Minnesota government and the Legislature. I would love to see students from our area participating during the 2018 legislative session!” said Rep. Kiel.

Applications must be postmarked or emailed by December 1, 2017. Participants are responsible for all personal costs associated with taking part in the page program, but will receive a small stipend to cover a portion of meals and, if applicable, cost of lodging.

You can contact Rep. Fabian or Rep. Kiel’s legislative office or visit the Minnesota House of Representatives website at www.house.mn for more information on the program and how to apply.

Did you know?

Pizza continues to remain a popular comfort food and go-to staple for quick, family-friendly meals. Statistics Brain reports that 93 percent of Americans eat at least one piece of pizza per month. Five billion pizzas are sold worldwide each year, and the United States accounts for three billion of those pizzas. The average person will eat 46 slices of pizza each year. The world can thank Raffaele Esposito for creating the first pizza that resembled the pizza the world knows today. Esposito created the pizza for Italy’s Queen Margherita when she visited Naples in 1889. The crust was garnished with tomatoes, mozzarella and basil to represent the national colors of Italy: red, white and green.



Waiting to set the volleyball during the ECFE Volleyball Buddies night at Win-E-Mac School was Sydney Svalen.

Two simple things to protect yourself and your loved ones

As we head into cold and flu season, Essentia Health is encouraging everyone to do two simple things to greatly improve their health – get a flu shot and practice good hand hygiene.

Hand hygiene with alcohol-based hand sanitizers or soap and water are effective ways to prevent the spread of viral respiratory illnesses. According to the Centers for Disease Control(CDC), handwashing education reduces the number of diarrhea cases by a third, and the number of colds and other respiratory illnesses by 20 percent.

Effective handwashing involves five simple and effective steps:

1. Wet
2. Lather
3. Scrub
4. Rinse
5. Dry

Alcohol-based hand sanitizers are also a quick and easy way to disinfect your hands.

The CDC also recommends getting an annual flu vaccine, stating the more people who get vaccinated, the more people will be protected.

“Getting a flu shot is not only the most effective way to prevent getting a serious case of influenza, but it also protects members of our community, especially the most vulnerable – elderly, young children, and those with significant health conditions that may not respond as well to the flu vaccine,” says Essentia Health Chief Patient Quality and Safety Officer Dr. Rajesh Prabhu, an infectious disease specialist. He says it’s the concept of herd immunity, immunizing young and healthy segments of our communities to help prevent more vulnerable

members from getting sick.

“The flu vaccine is made from the flu virus strains identified to be the most likely to hit the Northern hemisphere, based on what medical experts have seen occur in the southern half of the world,” says Dr. Prabhu. “The vaccine will protect you against what’s believed to be the three or four most common influenza strains currently circulating.”

Essentia Health makes it easy for you protect you and your family. Beginning September 26, walk into any of our locations and request a flu shot.

Dr. Prabhu also suggests always covering your cough, staying home if you are sick, or wearing a mask to help prevent the spread of respiratory illnesses. For more information about the upcoming influenza season, visit <https://www.cdc.gov/flu/index.htm>

Harvest Festival

Join **Trinity Lutheran Church**, North of McIntosh, on **Sunday, October 8, 2017** at 2:00 pm for a program of music and song by Don Fradenburgh.

Pie and coffee will follow the program.

All are welcome to join in and celebrate the season.

WEM School Announcements

Homecoming dance will be held on Friday, October 6th, 2017 – Cost is \$10 – doors open at 9:00 and doors close at 9:45 p.m. The Undertakers will be the DJ – gym doors open 11:30-12:00 a.m. – guest sign up deadline will be Wednesday, October 4th. Come join us for a night of dancing, DOOR PRIZES and games! Free pizza and pop!

Junior Parents - there will be a meeting for After Prom on Sunday, October 8 at 6:00 p.m. in the Media Center. With the class being so small, let's have a great turnout to make this a great after prom party. Please be thinking of some ideas to bring to the table. Also, we will need to set up committees, select a chairperson/co-chair and a treasurer so please think about volunteering for these positions.



Win-E-Mac School will be hosting the Scholastic Book Fair again this fall. Our dates will be from Monday, October 2nd through October 12th with the online dates open through October 18th. By purchasing books at the Wild West Book Fair, you will be contributing to more books for our media center and to use as prizes for various events sponsored by the WEM

Literacy Committee.

Family, faculty and the communities are all invited and encouraged to attend our book fair to encourage reading for all ages! In the mornings, the Book Fair will be open in the Media center until 8:30, so parents or other family members can attend with their child if desired. We will also have extended hours to have the Book Fair open throughout parent-teacher conferences on October 12th.

Hope to see YOU at the Win-E-Mac Wild West Book Fair!!

Applications for High School Page Program

Representatives Dan Fabian, R-Roseau, and Deb Kiel, R-Crookston, are encouraging high school juniors to apply for the Minnesota House of Representatives High School Page Program. The week-long program is open to all Minnesota high school juniors whether they are in public school, private school, charter school or homeschool, and provides a unique opportunity to gain a deeper understanding of state government and the legislative process.

Participants will assist members and staff during House floor sessions, participate in a mock committee hearing, and meet with legislators, constitutional officers, members of the judiciary, lobbyists, and media.

“I hope high school juniors in our area will apply for the High School Page Program, and come down to St. Paul to participate in this week-long



Congratulations to the new inductees of the Win-E-Mac Chapter of the Minnesota Honor Society 2017-2018 school year. New inductees are Mary (Charolette) Catahan, Grace Spry, Brekken Lindberg, Joseph Parenteau, Jordin Gunderson, Aries Qualey, Tapanga Bratager, Lily Breckel. The Induction Ceremony was held at Win-E-Mac High School on September 27th to honor their accomplishments and encourage students in their future involvement in the community and school.