

McINTOSH

Hub of the Thirteen Townships

Since 1888

McIntosh, Minnesota

\$1.00

Times



Lefse Fest was held in Fosston last Friday evening and participant Kristin Erickson was busy rolling out lefse while her daughter was keeping a close eye on the griddle. Kristin was the 2016 lefse making champ during last year's Lefse Fest.

Lefse: A Nordic tradition of the season

Whether you are a traditionalist, eating your lefse plain, or like it with sugar and butter or even with sandwich fixings, one thing is for sure, you can find lefse at just about every family celebration during the holiday season.

While here in NW Minnesota we generally always make lefse with potatoes, this is not necessarily the case in Norway. When one uses the term "lefse" in the United States, it more than often refers to what Norwegians call potato lefse. Norwegians, however, also make Hardanger lefse with egg yolks and buttermilk. The tradition of making lefse was brought over by Norwegian Americans, and potato lefse itself was made when their potato crop was successful. Due to this, it became more prevalently made than other types in the United States. When lefse was able to be made, it was stored in small storage buildings called bryggehaus. When Norwegian immigrants first arrived in America, they did not have the usual foods they were used to back home, including milk and porridge, dried meat, and lefse.

During World War I, Americans were encouraged to eat potatoes to be patriotic, as the front lines needed the wheat grown at home. Lefse, a staple for Norwegian Americans, was eaten with gusto during this time.

Variations
There are significant regional variations in Norway in the way lefse is made and eaten, but it generally resembles a flatbread, although in many parts of Norway, especially Valdres, it is far thinner.

Tynnlefse (thin lefse) is a variation made in central Norway. Tynnlefse is rolled up with butter, sugar and cinnamon (or with butter and brown sugar).

Tjukklefse or tykklefse is thicker and often served with coffee as a cake.

Potetlefse (potato lefse) is similar to and used as tynn-

lefse, but made with potatoes.

Potetkake or Lompe being the "smaller-cousin" of the potato lefse, is often used in place of a hotdog bun and can be used to roll up sausages. This is also known as polse med lompe in Norway.

Mosbrømllefse is a variation common to Salten district in Nordland in North Norway. Mosbrømmen consists of half water and half the cheese smoothed with flour or corn flour to a half thick sauce that greased the cooled lefse. Lefse is ready when mosbrømmen is warm and the butter is melted.

Nordlandslefse is a chunky small lefse, made of butter, syrup, sugar, eggs and flour. Originally created in western Norway as a treat to fishermen who were on the Lofoten Fishery.

Anislefse is made on the coast of Hordaland. It resembles thin lefse but is slightly thicker, and it is stained by large amounts of whole aniseed.

Another variety, **the Hardangerlefse (from Hardanger in Norway)**, is made from yeast-risen Graham flour or a fine ground whole wheat flour (krotekake). Additionally, it is often made with egg yolks and buttermilk instead of potatoes. The dough is rolled with a conventional rolling pin (and much more flour) until it is thin and does not stick to the surface. It is then cut with a grooved rolling pin in perpendicular directions, cutting a grid into the dough which prevents it from creating air pockets as it cooks. The grid cut can also aid in thinner rolling of the lefse, as the ridges help preserve structural integrity. The lefse is cooked at high temperature (400 °F or 205 °C) until browned, and then left to dry. It can also be freeze dried by repeatedly freezing and thawing.

Dried Hardangerlefse can be stored without refrigeration for six months or more, so long as it is kept dry. It is custom-

arily thought that the bread (along with solefisk) was a staple on the seagoing voyages as far back as Viking times.

The wet lefse is dipped in water, and then placed within a towel which has also been dipped in water and wrung out. Many people maintain that dipping in salted or seawater enhances the flavor. The dry lefse regains its bread-like texture in about 60 minutes. Often that time is used to prepare such ingredients as eggs or herring which are wrapped in the lefse once it has softened.

Win-E-Mac Giving Tree

Win-E-Mac School will once again be having their annual Giving Tree.

We will anonymously display "ornaments" for children in the Win-E-Mac School District that may have a need this holiday season for clothes, toys, or other items.

Their wish list will be printed on the "ornament." The Giving Tree will be in the Win-E-Mac Commons from the end of November through December, if you would like to donate gifts.

Please choose an "ornament" and write your name on the one you choose. All gifts will need to be delivered, unwrapped, to the school no later than December 15th so they can be distributed to the families.

If you need some assistance or you know of a child or family that may be in need this holiday season, please contact Amy Bartz, Cassie Subbert, or Alyssa Hickman at the school, 563-2900 or 687-2236. The Giving Tree also accepts monetary donations. The donations go toward food gift certificates for families to use over the holidays. If you are interested or have questions about donating, please contact one of the people stated above.

Happy Thanksgiving

The McIntosh Times

563-3585



The McIntosh Library and ECFE held a fall event where kids listened to a story and then made fun fall placemats for their Thanksgiving table. Here, Henry Swanson is adding some colorful leaves to his mat.



Charlie Subbert gets some help from his mom, Cassie while making a Thanksgiving placemat during the McIntosh Library/ECFE event held last Monday at the Community Center.

Community Calendar

Wed. Nov. 22: 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. Nov. 23: Happy Thanksgiving!

Fri. Nov. 24: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Nov. 27: 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. Nov. 28: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm

Wed. Nov. 29: 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. Nov. 30: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

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

Mon. Dec. 4: 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. Dec. 5: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm



The Winger Lions held a pancake brunch benefit for Shannon Burcham at the Winger community center last Sunday. The weather was very cooperative so there was a nice turnout for the benefit. The Winger Lions and the family of Shannon would like to thank all those who attended. Pictured left to right: Karl Erickson, Floyd Balstad, Brian Massmann, Mike Thompson, Joe Miller, Jim Tadman, Carsten Zahl, Steve Massmann, Gary Sonstlie, Bob Vesledahl, Scott Revier, Scott Van Den Einde, Gerri Balstad, Elmyrna Kaupang, Terry Cook and Tim (Bun) Anderson. Not Pictured: Aaron Iverson, Jamie Morvig, Ole Olson and Kyle Sonstlie.

State health officials announce Antibiotic Stewardship Honor Roll

Efforts to fight antibiotic resistance through antibiotic stewardship

Antibiotic resistance is one of the biggest public health threats of the 21st century—in Minnesota and across the globe. Every year, approximately 2 million Americans develop an antibiotic-resistant bacterial infection and at least 23,000 of them die. Public health leaders are calling attention to antibiotic resistance and how to stop it during U.S. Antibiotics Awareness Week, Nov. 13-19.

Antibiotic resistance occurs when bacteria are able to resist drugs designed to kill them. Due to a variety of factors—including overuse of those antibiotic drugs—more kinds of bacteria have become more resistant to more classes of antibiotics in recent decades.

The Minnesota Department of Health (MDH) can see the consequences through its tracking of key antibiotic-resistant infections. In 2016, MDH recorded 380 cases of Enterobacteriaceae infections resistant to a type of antibiotic called carbapenem. In the five counties where MDH tracks for Clostridium difficile (also known as C.diff), there were 1,152 cases of infection in 2016. C. difficile can cause symptoms ranging from diarrhea to colitis and can be fatal in serious cases. Most cases of C. diff occur in patients taking antibiotics. Good use of antibiotics can help prevent the spread of C. diff.

As a way to fight antibiotic resistance, health officials emphasize the importance of antibiotic stewardship—the practice of using an antibiotic only when needed and using the right antibiotic at the right

dose for the right length of time.

“Antibiotics are a critical public health tool. We count on them to treat bacterial infections,” said Dr. Ruth Lynfield, state epidemiologist and medical director at MDH. “We have to use them carefully now, in order for them to remain effective tools in the future.”

Both health care providers and patients have a role to play. Each year in the U.S., millions of unnecessary antibiotic prescriptions are written in doctors’ offices, emergency rooms, and hospitals. The widespread use of antibiotics has made infections with antibiotic-resistant bacteria more common in health care settings and in the community. This results in higher health care costs, poorer health outcomes and a need for treatment with more toxic drugs.

During cold and flu season, it can be tempting to insist on an antibiotic from your health care provider to help you feel better, but antibiotics will not work against these and other viral illnesses. Taking antibiotics when they are not needed can do more harm than good by increasing your risk of a bad reaction to a drug or getting an antibiotic-resistant infection later.

“It will take a team effort to stop antibiotic resistance,” Lynfield said. “We need collaboration among health care providers and the public here in Minnesota and across the globe to slow antibiotic resistance.”

Some things you can do to help fight antibiotic resistance:

Wash your hands, cover your cough and get vaccinated to help avoid infections and decrease the need for antibiotics.

Do not ask for antibiotics if your health care provider, dentist or veterinarian thinks they are unnecessary.

Take antibiotics exactly as directed and for the full period of time when they are prescribed.

Do not share antibiotics—only take antibiotics prescribed for you. Antibiotics treat specific infections. Taking the wrong medicine might make things worse.

Do not save antibiotics for your next illness. Properly dispose of any leftover medication once the prescribed course of treatment is completed. Information on proper disposal of medication can be found on the Minnesota Pollution Control Agency website.

This week, for the first time, MDH is recognizing honorees of the Minnesota Antibiotic Stewardship Honor Roll for Hospitals. Twenty-six hospitals have shown their commitment, action, and collaboration for antibiotic stewardship in their applications to this statewide recognition program. Names of the honor roll hospitals can be found on the Minnesota Antibiotic Stewardship Honor Roll webpage.

To underscore the importance of fighting antibiotic resistance, Governor Mark Dayton has proclaimed Nov. 13-19, “U.S. Antibiotic Awareness Week” in Minnesota. The proclamation can be viewed at Governor Dayton Proclamations.

The week coincides with the Centers for Disease Control and Prevention (CDC) observance of U.S. Antibiotic Awareness Week, which is an annual one-week observance to raise awareness of antimicrobial resistance and the importance



The family of Orvin Grundyson wants to thank everyone for the support shown to our family during the past few weeks. To Essentia FirstCare Nursing Home, Carlin's Funeral Home for the service arrangements, to everyone who brought food to the house. Thank you also to Pastor Gordon Syverson, Jared's and Our Saviors Church, the pall bearers, all the memorials, cards and flowers and to Lois, Kye, and Melissa for taking part in the Service with your kind words about Orvin. It was all very much appreciated. God Bless You all.

From Orvin's Family,
Melford Grundyson
Melanie (Grundyson) Olinger and family
Perry Grundyson

M35C

of appropriate antibiotic prescribing and use. The attention is global as the week coincides with similar observances across the world.

MDH conducts antibiotic stewardship activities throughout the year and offers toolkits, education and resources for health care professionals. MDH

Funding available from USDA to buy or repair homes

USDA Announces Funding Availability to Help Low-Income Individuals and Families Buy or Repair Homes

USDA Rural Development has funding available for very low- and low-income individuals and families seeking to purchase or repair a home in a rural area. Income limits have recently increased.

We will work one-on-one to ensure quality customer service for all applicants. We want to help buyers prepare for this exciting step. USDA requires applicants to take a homeownership education course that will inform them of the buying process and help safeguard their important investment.”

USDA's Direct Home Loan Program offers financing to qualified very-low and low-income applicants that are unable to qualify for traditional financing.

No down payment is required, and the interest rate could be as low as one percent

with a subsidy. Applicants must meet income and credit guidelines and demonstrate repayment ability. The program is available in rural communities of 20,000 people or less.

The maximum loan amount for the repair program is \$20,000 at a one percent interest rate, repayable for up to 20 years. Grants of up to \$7,500 are available to homeowners 62 and older and must be used to remove health or safety hazards, such as fixing a leaking roof, installing indoor plumbing, or replacing a furnace.

Contact USDA Rural Development today in your area to see if you qualify.

For more information in the following counties: Kittson, Marshall, Pennington, Polk, Red Lake, and Roseau Counties; please contact USDA Rural Development at 201 Sherwood Ave S., Thief River Falls, MN 56701 or 218-681-2843 x 4. You can also visit USDA's website at www.rd.usda.gov/mn.



ST. MARY'S CHURCH
Fosston
Fr. John Suvakeen, Pastor
Wed. Nov. 22: 11:30am Mass at St. Mary's, Fosston
Thurs. Nov. 23: 8:30am Mass t St. Mary's, Fosston
Fri. Nov. 24: 8:30am Mass t St. Mary's, Fosston
Sun. Nov. 26: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Nov. 29: 11:30am Mass at St. Mary's, Fosston
Sun. Dec. 3: 8:00am Confession; 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. Nov. 26: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Dec. 3: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh Supply Pastor
Gordon Syverson
Sun. Nov. 26: 11:15am Worship Service.
Sun. Dec. 3: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church
Wed. Nov. 22: 7:00pm Bible Study at Don & Sharon Ramberg's

Sun. Nov. 26: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service; 7:00pm Luther League (see article elsewhere in paper)
Tues. Nov. 28: 10:00 a.m. Sunday worship service telecast on Garden Valley Cable TV--Channel 2; 1:30pm Bible Study at The Country Place

Wed. Nov. 29: 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. Nov. 23: 7:00am Men's Breakfast at Mt. Carmel
Sun. Nov. 26: 9:30am Worship at Mt. Carmel; 11:00am Worship at Trinity,
Thurs. Nov. 30: 7:00am Men's Breakfast at Mt. Carmel
Sun. Dec. 3 : 9:30am Worship at Mt. Carmel 11:00am Worship at Trinity
Thurs. Dec. 7: 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Jill Torgerson
Sun. Nov. 26: 9am Worship
Sun. Dec. 3: 9am Worship

DOVRE
FREE LUTHERAN
Pastor Don Edlund
Wed. Nov. 22: 7:00pm Bible Study
Sun. Nov. 26: 10:00am Worship Service; Sunday School following
Wed. Nov. 29: 7:00pm Bible Study
Sun. Dec. 3: 10:00am Worship Service; Sunday School following
Wed. Dec. 6: 7:00pm Bible Study

IMMANUEL LUTHERAN CHURCH
McIntosh
Rev. Bruce Blocker, Pastor
Sun. Nov. 26: 9:00am Divine Worship Service
Sun. Dec. 3: 9:00am Divine Worship with Holy Communion
Holy Communion 1st and 3rd Sundays

A Time To Give Thanks

"O give thanks unto the Lord; for he is good."
—PSALM 106:1

Thanksgiving, what a wonderful time of year.

It's a time to give thanks for our many blessings, and a time to celebrate with family and friends.

We hope you and your family have a wonderful Thanksgiving.

First National Bank of McIntosh will be **CLOSED** on Thursday, November 23rd in observance of Thanksgiving Day.

260 Cleveland Ave. SW
PO Box 129
McIntosh, MN 56556
www.fnbmcintosh.com

Phone
(218) 563-2865

Heritage Recipe #15

From the archives of the heritage center we find a hand written recipe from Doris Edwards. The history of the recipe is unknown, but its name gives cause to share.

Heritage Muffins
Sift together:
4½ C. flour
2 C. sugar
4 tsp. soda
4 tsp. cinnamon
1 tsp. salt
Beat well:
6 eggs
2 C. oil
4 tsp vanilla

Add gently to flour mixture.
Add 1 C. raisins, nuts, coconut, 4 C. grated carrots, 2 apples-grated. Grate carrots very fine.
Spoon into well-oiled muffin tin. Bake 20 to 25 minutes or less, until done.
Batter can be refrigerated and baked when you desire-as long as a month. Can make half of recipe. If you don't have apples, the muffins are good without them.)

MEMORIAL DESIGN & SALES

A permanent memorial to last generations

TIM AND RHONDA CARLIN
218-435-1144
TIM@CARLINFUNERAL.COM
WWW.CARLINFUNERAL.COM

Is There A Wedding In Your Future?

We have the latest designs for wedding accessories - or, if you choose, we can assist with a design of your own.

LET US HELP MAKE YOUR WEDDING DAY MEMORABLE.

487-5225 **Gonvick, MN**
Richards Publishing Co.

BUSINESS & PROFESSIONAL GUIDE

This space for rent at \$127.40 for 6 months.

CALL 218-563-3585

"Caring service for three generations"

(218) 435-1144

Funeral Home ~ Cremation Service ~ Granite Memorials

719 N. Main
Mahnomen, MN

644 Main St.
Winger, MN

**Paige Ennen *Kelly Woltjer*
**Tim & Denise Anderson*
*Licensed Funeral Director

218-935-9000
Toll free: **866-935-9009**

Is There A Wedding In Your Future?

We have the latest designs for wedding accessories - or, if you choose, we can assist with a design of your own.

LET US HELP MAKE YOUR WEDDING DAY MEMORABLE.

487-5225 **Gonvick, MN**
Richards Publishing Co.

McINTOSH Times

PUBLISHED WEEKLY IN THE HUB OF THE THIRTEEN TOWNSHIPS BY RICHARDS PUBLISHING CO., INC.

RICHARD D. RICHARDS, PUBLISHER
KIM HEDLUND, EDITOR

McIntosh • (218) 563-3585

"McIntosh Times" (USPS 336-020) is published weekly for \$25.00 per year (in county) and \$30.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.
POSTMASTER: Send address changes to:
McIntosh Times, PO Box 9, McIntosh, MN 56556.
mcintoshtimes@gmail.com

"Serving the Win-E-Mac area"

PUBLISHER'S LIABILITY FOR ERROR: The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.



Winger News Linda Pulskamp

Here we are again in Winger and the Union Lake areas after another week of cold weather, probably colder than usual with the wind blowing as it does so often. Looking ahead the weather sounds like we may have a warm up but that will be not so often any more. Hopefully all have their outdoor chores and clean up done and if not it will wait until spring.

The deer hunting season is again over and so thankful that all are safe and if it was a successful hunt or not what matter most is that all are safe and can now sit in deer camp and reminisce.

The last couple of days of warmer temp have done a number on the snow, it is mostly gone except on ditch banks and wooded areas. Hope it stays that way for another month or so. Probably that is wishful thinking.

Last Wednesday the 8th, Paul Carlson was a morning visitor at the Milton Carlson home, not only did he come visiting but he brought dinner with him. That same day Lonnie Gieseke was a visitor and a coffee guest with Milton at his home but before he left he cleaned off the deck for Milton.

Visiting back and forth this past week at the Pioneer Home at Erskine have been Roy and Judy Raben and Helmer and Verlys Homme. The four enjoyed not only visiting but playing Rook. Roy has been admitted to the home again for some rehabilitation and hopefully will be on his way home again before to long.

Last weekend house guests at the Pulskamp home were Steve Johnson of Coon Rapids, Craig Helgaas of Glenwood and Brent, Jessie, Sidnie, Skylie and Bylie Pulskamp of Wahpeton. Brent and family left for their home in Wahpeton on Sunday. Steve Johnson left for his home in Coon Rapids after spending the last ten days at deer camp. Craig left for his home on Tuesday after spending since last Thursday.

Last Friday the 10th James Iverson was an afternoon visitor with Milton Carlson at Milton's home.

Last Tuesday night Richard Brtek of Fosston was a visitor with his Mother Lucy Brtek at Lucy's home and enjoyed supper with his Mom.

Visiting last weekend at the Pulskamp home besides those in deer camp were Dean Johnson and Kelly Johnson.

Lucy Brtek visited on Tuesday the 15th with Wilma Wang at her home in Cornerstone in Fosston. Wilma was a bit lazy but the two ladies had a good visit.

Paul Carlson along with Brent and Jennifer Carlson of Erskine were last Saturday visitors at the Milton Carlson home.

In may travels to Fosston on Wednesday afternoon the 15th, who should I meet up with but

Lucy Brtek and her daughter Michelle Gagner having lunch at the Dairy Queen in Fosston.

Last Tuesday afternoon Sheldon and Rita Trandem were visitors with Helmer and Verlys Homme at the Pioneer Home at Erskine. After their visit at the Pioneer Home the Homme's were invited to the Trandem home for supper.

Last Saturday visitors with Grandma Lucy at Lucy's home were Grandson's Spencer Hoialmen and Alex Brtek. No one enjoyed it more than Grandma Lucy.

Monday the 13th Judy Gieseke was a visitor and enjoyed having dinner together with Milton Carlson at Milton's home.

Celebrating Tyler Schow's birthday together this past week at DiMaggio's in Erskine were the Paradis and Schow families.

Last Tuesday Lucy Brtek went on to Bejou where she met up with Mary Iverson at the Café there for Potato Dumplings. Others there enjoying the dumplings were Arlene Nesvold and Orvis Lewis.

This brings and end to the news again for this week, each week I say maybe next week, but I am beginning to believe there will be no next week, it is your choice, we need the news!

Thanksgiving Blessings to you all!

From Bun Manor:

Tuesday afternoon Bun headed over to the Pioneer Memorial Center to visit Tim Lecy and his friend Larry. He ran into Verlys and Helmer in the hallway. Bun asked them how they were doing and Verlys told him she was as ornery as ever. Bun said to her "So things are normal then." Both her and Helmer smiled and agreed.

Calvin Burslie was spotted having supper at Moran's last Weds. with his mother Carol, brother Carey and Carey's wife Elaine.

Calvin had been up visiting family for a few days. He returned back home to Henderson Nevada.

Last Saturday evening, Elmyrna, Vance and Terri Kaupang and Scott and Anita Revier attended the Win-E-Mac high school play How the West was Dun directed by Bruce McWilliam. Winger students in the play were Grace Kaupang and Tom and Joe Revier.

Friday afternoon, Dick and Karen Hagen along with Joyce and Judy Hagen were visitors at the Lois Ostenna residence. They enjoyed a nice visit.

Saturday, Joyce, Dick and Karen went to Bagley Legion to check out some wreaths and flags that this lady makes. Joyce told Bun they were nicely done and reasonably priced. From there they went out to Sharon and Bob Hegland's for coffee and chatting.

Tim's niece Megan and her one year old boy Mason Timothy came from Cloquet to visit him over the weekend. They

went to the Benefit for Shannon on Sunday so Tim could show his namesake off. They left for home from there and Tim went over to Calvary church to have apple crisp. The Sunday school put on a Thanksgiving dinner for the public after church. All the donations they got they gave to Shannon.

The end of an era came to McIntosh last Saturday night as the Club closed its doors for the final time. There were a lot of memories for people that lived in Mac and the surrounding area over the years. The talk is that it will now become a daycare center. Times are a changing.

Grandma Pam, her son Peter, his wife Kalie and their son Gradon would like to announce the birth of Daxon Edward who was born on Nov. 14th. Congratulations to the Wang family.

Happy Thanksgiving to everyone. God be with you and your families where ever they may be.

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



30 years ago...1977: Vernoon Ackerland and Bill Fritz are shoveling out the Land O'Lakes truck on Interstate Number 2 through McIntosh Thursday morning November 10, following the fall blizzard which caught most of the residents unaware.



20 years ago...1987: Flag Cadets Meredith Hegg, Tiffany Evenson, Jessica Brevik and Theresa Benbo present the worn out flags to Legion members Sidney Anderson, Julian Helgaas, Helmer Homme and Clarence Harvey for inspection before burning.



10 years ago...1997: Members of the McIntosh American Legion Auxilliary who presented a program and helped serve lunch to residents of the McIntosh Manor in honor of Veterans Day were (back) Pat Tranby, Ila Pederson, Lylah Hanson, LaVerne Benson, Lorene Tranby, Karen Rolf, (front) Carol Burslie, Gyda Stardig, Jane Hedman, Alice Warford (lifetime member), Ragna Berg, Harriette Hanson, Bernice Smith (lifetime member and president).

Regional Ag News

Ed Gindele, Extension Educator

Should I reduce the Bt trait acreage in the 2018 corn crop to cut production costs?

Bruce Potter, Extension IPM and Ken Ostlie, Extension entomologist

The economics of 2017 corn production have challenged many farmers with minimizing losses per acre. One area that some farmers have targeted for reducing costs is hybrid selection. Planting corn hybrids without Bt protection for European corn borer (ECB), corn rootworm or both will greatly reduce seed costs. However, if not careful, farmers could inadvertently reduce crop revenues if they select hybrids without considering yield potential or insect populations in their fields.

Yield potential is the first thing to consider when selecting a corn hybrid. Bt traits only protect the yield potential of a hybrid; yield benefits only occur when targeted insects are above economic levels. When insect pressure is low, any potential yield gains from with newer, trait-protected hybrids have to be balanced against their higher costs. Switching to less-expensive seed only makes sense when yields are comparable or when seed cost

savings exceed any reduced yield potential plus prospective insect losses that may occur. Complicating the decision is one important consideration - the limited availability of high-yielding non-Bt or single Bt trait corn hybrids for much of Minnesota.

In many 2017 fields, planting corn without a Bt trait in 2017 will work out just fine but take stock of your insect risk!

European corn borer

Compared to pre-Bt levels, European corn borer (ECB) populations are generally very low in Minnesota (Figures 2 & 3) and much of the Midwest. They have been effectively suppressed for nearly 20 years. However, the risk of ECB infestations may be locally higher in areas where significant acreages of corn without Bt corn borer trait(s) were planted in 2016 and preceding years. Reports of damage in 2016 non-Bt corn demonstrate ECBs are still around and may be increasing in some areas. A temporary increase in non-Bt corn acreage should not dramatically increase the risk of damage and planting corn without Bt

corn borer protection should be relatively low risk. The risk of economic damage likely increases as the proportion of local fields planted to non-Bt increase, particularly when the reduction in Bt has occurred for several years. Risk of yield loss from ECB can be reduced if you scout fields and apply a labeled insecticide where needed. Early and late-planted fields will most attractive to egg-laying 1st and 2nd generation moths, respectively. These fields should be receiving scouting emphasis when planted to a hybrid without an above ground Bt trait. Where the univoltine strain of ECB occurs, scouting should focus on fields nearest pollination when the flight is underway, typically mid-July to early August.

Notes on European corn borer, scouting and aerial insecticides:

Larvae are susceptible to insecticides for 10-14 days during each generation. This limited window means you scouting efforts must be timed well.

As corn grows, successive generations appear lower in

the corn canopy; insecticide effectiveness declines with greater canopy interception by leaves above the larvae. Percent control for well-timed applications declines from 85% (1st generation) to 70% (univoltine) to 50% (2nd generation). Expect control to be noticeably lower than Bt traits (>99.5%).

Bt corn should also receive some scouting attention late season. While ECB resistance to Bt -lepidoptera traits has not been detected yet, the effectiveness of several above ground traits has declined in some corn earworm, western bean cutworm and fall armyworm populations. Look for excessive leaf feeding from first-generation corn borers in earlier planted fields, stalk and ear tunneling in later silking fields from univoltine and second-generation corn borers, ear feeding from corn earworm and western bean cutworm, and late-whorl and ear feeding from fall armyworm.

Corn rootworm

Corn rootworm populations in MN have declined because of overwintering mortality (2013-

2014), and heavier spring rainfall that locally reduced larval survival in 2014-2016. Overall, in non-rotated 2016 corn, lodging damage from corn rootworms remained lower than during the most recent peak years of 2009-2013. In rootworm research areas, western corn rootworm populations have been building since the cold winter and wet spring of 2013-14. Resistance to several Bt proteins has been documented in Minnesota western corn rootworm populations and resistance the Cry 3Bb1 protein appears to be widespread. In both research and commercial non-rotated corn fields, single Bt trait and non Bt-RW hybrids are most likely to show high (> 1 beetle/plant) western corn rootworm beetles (Figure 4) populations. Even those Bt fields with pyramided traits might experience rootworm damage when populations are very high. Northern corn rootworm beetles (Figure 5), including the extended diapause biotype, appear to be increasing in some areas and scattered reports of extended diapause problems have re-surfaced after a 10-year absence.

Do not assume that you do not have a potential 2017 rootworm problem simply because your corn did not lodge in 2015 or 16. Weather in 2016 was very forgiving, allowing ample opportunity for root re-growth, and root feeding was relatively early in corn development, allowing opportunity for brace

root growth in absence of corn rootworm pressure. Corn rootworm population survival was excellent where spring rainfall was reduced and the mild, long, lingering fall was ideal for egg laying.

Despite these cautionary notes, there is minimal risk for economic damage from western corn rootworms in 2017 rotated corn in Minnesota. Bt-RW resistance has not yet been documented in northern corn rootworm and with the widespread adoption of Bt-RW hybrids, extended diapause issues have been suppressed. Some reports of economic damage in rotated non-Bt RW corn this year and the more numerous observations of northern corn rootworms this fall should be a warning not to ignore the northers. Rotated corn may still be at risk from extended diapause northern corn rootworm.

Unless fields were scouted for corn rootworms in 2016 (corn after corn) or 2015 (rotated corn), some situations should be carefully pondered. Fields with hybrids maturing late for the area, fields with portions replanted or where crop development was delayed by flooded soils this spring, corn fields with late-season weed populations or adjacent to weedy soybeans, or soybean fields with heavy volunteer corn persisting late in the

Ag news...

Continued on page 4

Random Things and Stuff



Random Thankfulness: Uniqueness

By: Emily Lynne

Thanksgiving week is finally here, which means this is going to be the last article on the series of "Random Thankfulness".

For this article, I would like to focus on how I am thankful for everybody's uniqueness.

Everyone is special in their own ways and have their own unique talents and gifts. I think that it is so great that every person has a unique personality.

It would be pretty boring if we all were the same. I think that sometimes we forget that being unique is a gift.

Ag news...

Continued from page 3

season face elevated risk from corn rootworms in 2017.

Non Bt-RW hybrids will do well in fields where you have monitored western corn rootworm beetle populations and know that they were below threshold (0.75 -1.0 beetles/plant or 4 beetles/trap/day) in 2016 and/or northern corn rootworm populations were also low in 2015 corn. Fields where you know or suspect economic beetle populations exist may benefit from an at-plant insecticide, a hybrid with a Bt-RW pyramid (two different Bt RW proteins), and in the worst case scenario both. However, University studies typically do not reveal economic payback for insecticides layered over working Bt traits, especially with pyramided rootworm traits.

Notes on rootworm insecticide performance and application:

- Soil insecticides do not perform as well as Bt traits in root protection (expect 60% control or less compared to >98% for working Bt pyramids).
- In Bt resistance situations, soil insecticides do not make up for failing traits.
- Performance of insecticides, whether seed treatments, liquids or granules declines with pressure. As

Along with being thankful for our individual uniqueness, I would also like to say that I am really thankful to have the opportunity to share my thoughts in writing with each of you. I have been very fortunate to have this opportunity for so many years.

I am thankful that you enjoy my articles, and I am very thankful that I can continue to share this opportunity with all of you. It is something that I am very proud of.

Writing these is one way I can continue to contribute to our community.

What makes you unique? Are you a good singer? Are you good at math? Do you have a skill for writing? Be thankful for these unique gifts. Don't let the world change you.

I hope that each of you have a great Thanksgiving and continue to look at everything in your life with a thankful, grateful heart.

pressure increases, seed treatments fail at lower pressure than soil insecticides. Liquids generally protect roots less than granules.

- There are no effective rescue options for larvae when it comes to rootworm damage detected post-emergence.
- If applying soil insecticides, make sure your planter is calibrated and delivering the rate you expect.
- If applying granules, apply in-furrow (IF) or replace banders every 3-4 years.
- If applying liquids, make sure liquids are placed IF. Follow label directions if mixing with or injecting into a liquid fertilizer. Do not use a 2 X 2 placement.

When moving away from Bt traits to reduce costs, keep in mind three important considerations:

1. Bt traits are a form of insurance. Moving away from Bt traits means that you are assuming the risk of insect attack and its management.
2. Risk is generally low right now for European corn borer and corn rootworms but risk is not gone.
3. You can either choose to ignore that risk (and your fields) or minimize that risk through active management (scouting + insecticides).

WEM School Announcements

The Win-E-Mac Yearbook staff is taking pre-orders for this year's book. Cost is \$35.00 now and until December 20th and will cost \$40.00 after December 20th. Yearbooks can be purchased during students' noon hours or from Mrs. Winter before or after school. Order forms are available in the office. Be sure to make your order so you are guaranteed a yearbook!

The 2018 After Prom Party will be hosting a Community Bingo Fundraiser on Sunday, January 28th, from 1:00-5:00 p.m. in the Commons.

There will be \$2000 in prizes including last game blackout for \$500, plus there will be silent auction and baked goods for sale. Tickets are \$20 - if you are interested in purchasing a ticket - please contact one of the juniors.



Win-E-Mac 6th graders, Courtney Lecy and Sydney Svalen had some fun picking Bingo numbers during Turkey Bingo held last Friday evening at the school. The 6th grade class is raising money to go on the traditional class trip to the Twin Cities. The kids visit many places including the Capitol, Fort Snelling and the Science Museum as well as taking in a Twins game.



Waiting for a winner is Ella Strom and Erich Gensburger last Friday as the Win-E-Mac 6th graders hosted Turkey Bingo.



Barb and Chuck Schulstad are favorite vendors during Lefse Fest in Fosston.

Control moisture in your home to be more energy efficient

According to the U.S. Department of Energy, controlling moisture in a home can make the home more energy-efficient.

Controlling moisture improves the effectiveness of air sealing and insulation, decreasing heating and cooling costs and helping to conserve energy as a result.

The DOE notes that moisture problems can exist anywhere building components are below grade. This can include basements, crawlspaces and slab-on-grade foundations. Basements are notorious for moisture issues, but such problems can be prevented.

Basement water leakage is most often the byproduct of water flowing through holes or cracks in the basement walls.

Water also may wick into the cracks and pores of building materials such as masonry blocks, concrete or wood.

Homeowners who suspect they have moisture problems in their basements should consult with a professional contractor, as the correct approach to fixing the issue may depend on a host of factors, including local climate, the style of construction and the existing insulation.



Last Friday night at Win-E-Mac School mother and daughter duo, Dorothy Sandberg and Stacy Tadman were hoping to win a turkey from the 6th grade fundraiser.

Turkey: healthy any time of year

Aside from the occasional sandwich, many people think turkey is solely for the Thanksgiving dinner table. However, turkey is much more than a holiday centerpiece. Anyone concerned about healthy eating would be wise to learn more about the health benefits of turkey and find ways to include it in their diets throughout the year.

Turkey is low in fat and high in protein, making it an important source of nutrition. One piece of turkey breast without the skin measures up at 160 calories, four grams of fat and a whopping 30 grams of protein, according to the USDA Nutrient Data Laboratory. Dark meat and turkey legs are higher in calories but boast similar amounts of protein.

The average portion of turkey is 100 grams, or 3.5 ounces of meat. This is about the size and thickness of a deck of cards. A single serving of turkey can provide around 65 percent of the recommended daily intake of protein.

But turkey is more than just a lowfat source of protein. The meat is rich in niacin (B3), which may help increase HDL cholesterol, widely known as the "good" form of cholesterol. Niacin, in addition to helping balance cholesterol levels, can lower a person's risk for cardiovascular disease by reducing atherosclerosis, which is a hardening of the arteries. The resource Healthline also says niacin may help reduce

inflammation and symptoms of arthritis.

Turkey also is rich in vitamins B6 and B12. B6 helps keep red blood cells healthy and reduce fatigue, while B12 can decrease levels of homocysteine that can contribute to cognitive decline.

Turkey is also a good source of selenium, which helps to keep hair and nails healthy while serving as an immune system booster that protects against damage to cells and tissues. Around 20 percent of the recommended daily amount of selenium can be obtained from a single serving of turkey.

Turkey is lower in calories and fat and higher in protein than chicken. Those who routinely consume chicken as part of a healthy diet can substitute it for turkey for even greater nutritional benefits. Turkey is particularly low in saturated fat, which may contribute to increased levels of the LDL, or "bad," cholesterol.

Turkey also is versatile, as it can be baked, boiled, stir-fried, grilled, ground, chopped for salads, and sliced for sandwiches. Turkey can be served for breakfast, lunch or dinner. Home chefs often find they can substitute turkey for any meat in a recipe with good results because turkey's mild taste takes on the flavor of other ingredients.

Turkey is much more than a Thanksgiving staple and can be enjoyed in various ways throughout the year.



Gens Stordahl gets some help from his mom to put together a great placemat for Thanksgiving at the McIntosh Library/ECFE event last Monday evening.



Kids (and parents too) listened to a great story about a bear who has a Thanksgiving picnic with his friends during the McIntosh Library/ECFE event last Monday evening at the Community Center.