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McINTOSH

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Times

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McIntosh, Minnesota



Enjoying the sunshine and the pumpkins was Henry Swanson during Craft & Market day in McIntosh last Saturday.



Richard Moen last year at Hostfest in Minot, ND, where he sold knives, old and new, from many different heritages., mostly of Scandanavian countries.

Local knife collector sells at Minot’s Annual Hostfest

Norsk Hostfest is an annual festival held each year in Minot, North Dakota. It is North America’s largest Scandinavian festival. The event is so big, they hold it at the North Dakota State Fairgrounds. There are literally tens of thousands of people in attendance each year, and the number just continues to grow. The proud heritage of Scandinavia is alive and for sale at Hostfest. You can purchase unique and facinating items,

some that you may not find anywhere else. The Marketplace offers everything from jewelry to furniture. You can even buy a Viking helmet! So why is it so special to local knife collector and dealer Richard Moen and his wife Rita from the McIntosh/Winger area? Last year, was the first year they were at the event as vendors. This is not an easy task, and there is a lot that goes on before you can be a vendor at

Hostfest. But the knives that Richard and Rita collect and sell are as unique as most of the items for sale. They have a huge connection with the people who attend Norsk Hostfest, as they collect Scandanavian knives of all kinds. This year they are also carrying Icelandic knives as well. They also carry a modern line

Hostfest... Continued on page 2

McIntosh Craft & Market Day

The weather was perfect for Craft and Market Day last Saturday in McIntosh. People from all around showed up to shop the vendors, have some pie and visit with friends. There was something for everyone for sale that day. From lotions and spices to knives and fresh produce. Even strawberries were for sale! The local businesses had specials and events going on as well. The McIntosh Heritage and Arts center kept open both of their thrift shops for extended

hours and Neil’s Quality Meats offered the shoppers an on-the-go lunch of hot dogs on the sidewalk in front of the store. There were signs of fall as pumpkins, goards and corn stalks were for sale for autumn decorating. The fire hall was the place to get a piece of pie or a bar and a cup of coffee, sit and visit. There were many different choices and the tables were always full of people. Another sucessful day for the McIntosh Community Club.

Check out Win-E-Mac Homecoming Events on page 4 of the Mac Times.



The Club Bar & Grill had a fun weekend with a visit from Tommy Kramer who was in town to promote the Tri-City North Stars. Pictured (l-r): JJ Kern, Robin Goodwin, Kim Bjerke and Tommy Kramer.

MN Vikings Kramer makes a stop in Mac

This past Saturday, former Minnesota Vikings Quarterback Tommy Kramer was at The Club Bar & Grill in McIntosh helping to promote the semi-pro football team, Tri City North Stars (E. Grand Forks, Grand Forks, and Crookston). Kramer, who played for the Vikings from 1977 to 1989, was hired by the franchise owner of the Tri City North Stars, Jj Kern, to help him to promote the team, who played a game in Fosston on Saturday afternoon. The semi-pro team plays a summer schedule and is a family-friendly form of entertain-

ment in NW Minnesota and Northern North Dakota. The team is the Midwest Premier Football League Champions for 2015. Tommy Kramer is retired and living well in Texas. He returns to Minnesota about 5 times a year for personal appearances. He provided a great day for

fans of all ages. He was signing autographs on everything from posters to footballs and sat and visited with those who came to see him. “A very down-to-earth kind of guy,” was a comment throughout the bar. To learn more about the Tri City North Stars, visit their website at gonorthstars.com.



Former Vikings Quarterback, Tommy Kramer (l) was in McIntosh over the weekend. Here he is visiting with Dave Stordahl (r) at The Club Bar & Grill.

Community Calendar

- Wed. Sept 23: 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. Sept. 24: MHAC Thrift Store Open 10:00am -4:00pm; McIntosh Library 12pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Bingo at The Club Bar & Grill 6:30pm
- Fri. Sept. 25: MHAC Thrift Store Open 10:00am - 4:00pm; McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Sat. Sept. 26: MHAC Thrift Store Open 9:00am - Noon
- Mon. Sept. 28: 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. Sept. 29: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Wed. Sept. 30: 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. 1: MHAC Thrift Store Open 10:00am -4:00pm; McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Bingo at The Club Bar & Grill 6:30pm
- Fri. Oct. 2: MHAC Thrift Store Open 10:00am -4:00pm; McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Oct. 5: 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. 6: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



The 2015 Win-E-Mac Homecoming Candidates will participate in Coronation on Monday, September 29th, to kick off Homecoming week at school. Pictured (l-r): front: Aaryk Neubert, Jordan Olson, Kyle Walters, and Andrey Erofeeff; back: Kinlee Faldet, Rachel Morberg, Kelsey Knutson, and Jessica Kasprzak.



Alayna Espeseth Team Alayna benefit at WEM School

The Win-E-Mac Varsity Volleyball parents will host a Team Alayna Benefit at Win-E-Mac school on Thursday, September 24, 2015 from 5:00 pm to 7:00 pm. There will be a free-will donation supper of spaghetti, salad, dessert and a beverage. The benefit is to raise money for the Espeseth family to aid in covering medical and travel expenses for Alayna's treatments. Alayna Espeseth is a Win-E-Mac student and a Patriot athlete. She is the daughter of Dan and Karen Espeseth. Following the benefit supper, there will be a varsity volleyball game versus Bagley.



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Saturday, Sept. 26th
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The Erskine Community Center

Mens, Womens, Teens and Childrens Clothing; Toys, Books, Household items, Knick-knacks galore. Something for everyone!



We would like to extend a big thank you to anyone who assisted in making Craft and Market Day a success! A special thank you to DeeDee Narum, Judi Lindseth, the McIntosh Fire Department, and all those who brought pies and helped serve. It was a hit!"

McIntosh Community Club



A great day to sit out and sell fall decorations during McIntosh Craft & Market Day last Saturday, September 19th were Perry Grundyson and Renee Sonnenberg.



The Club Bar & Grill hosted a meet & greet with Tommy Kramer last Saturday, September 19th. Here is bar owner, Kim Bjerke (c) with her granddaughter Shea and Tommy Kramer.

Harvest Festival

At Trinity Lutheran Church, north of McIntosh on Wednesday, October 7, 2015 at 7:30 pm.

Music by Lois and Lois from Middle River. Pie and coffee served after the music.

Everyone is welcome!

Pictured left: A knife that Richard Moen made himself. He is a knife collector and vendor who sells at Norsk Hostfest in Minot, ND.

Pictured below: Knives from Richard Moen's collection. A Swedish Lapland knife with a reindeer stag and leather handle and sheath, and a pre-1960 Swedish knife with a wooden sheath.



Rep. Deb Kiel on Sandpiper Pipeline Project

The Minnesota Court of Appeals recently reversed a decision by state regulators to grant a certificate of need to the Sandpiper Oil Pipeline that would run through Northern Minnesota. Tied in with the unprecedented delays pushed for by the Dayton administration last year, the Sandpiper Pipeline project continues to experience unnecessary road-blocks.

As called for in state law, the Public Utilities Commission (PUC) considers the certificate of need and the proposed route (and its environmental impacts) concurrently. After pressure from the Dayton administration, specifically the Department of Natural Resources (DNR) and Minnesota Pollution Control Agency (MPCA), and activist organizations, the process was split in two with the certificate of need completed prior to completion of the environmental review. Deviation from the traditional process opened the project up to a lawsuit by the same activist groups who advocated for the change, culminating in the reversal of the certificate of need decision earlier this week.

The following is a statement from Representative Deb Kiel (R-Crookston) regarding the latest news on the Sandpiper Pipeline Project:

"These continued and unnecessary delays to the Sandpiper Pipeline are costing Northern Minnesotans vital, good-paying jobs and millions in property tax revenues for local communities, not to mention the pipeline will dramatically improve the safety of oil transport and free up rail congestion in our part of the state."

"This is an important project for folks in our community, but politicians and special interest groups continue to politicize and drag out the approval of this project when the reality is the pipeline can be built and run in a way that is environmentally safe. I will continue to advocate for approval of the Sandpiper Pipeline, because I believe now is the time to get this common sense project completed for the good of our state and for the good of citizens in Greater Minnesota."

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of knives from Norway called Helle knives that start around \$65 upwards to \$220. These knives are best known because the television show Survivorman carries a Helle knife.

To learn more about Richard and Rita Moen's knives, you can email them at dyrkehaug@yahoo.com. To learn more about Norsk Hostfest in Minot taking place this year from September 29th to October 3rd, you can visit hostfest.com.

Hostfest... Continued from page 1

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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.

The McIntosh Times Office Hours

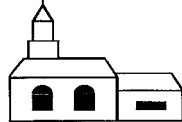
Wednesday 9:00 am to Noon
Friday 9:00 am to 11:00 am

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Ad deadline is Noon on Friday prior to publication



Church News



ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

Wed. Sept. 23: 11:30am Holy Mass at St. Mary's, Fosston

Fri. Sept. 25: 11:30am Holy Mass at St. Mary's, Fosston

Sat. Sept. 26: 5:00pm Holy Mass at St. Mary's, Fosston

Sun. Sept. 27: 8:00am Confession; 8:30am Holy Mass at St. Mary's, Fosston; 10:30am Holy Mass at St. Joseph's, Bagley

Wed. Sept. 30: 11:30 am Holy Mass at St. Mary's, Fosston

Sun. Oct 4: 8:00am Confession; 8:30am Holy Mass at St. Mary's, Fosston; 10:30am Holy Mass at St. Joseph's, Bagley

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

CALVARY-IMMANUEL LUTHERAN PARISH Winger/Bejou

Supply Pastor Gordon Syverson

Sun. Sept. 27: 8:30am Worship Service at Immanuel; 9:45am Worship Service at Calvary

Sun. Oct. 4: 8:30am Worship Service at Immanuel; 9:45am Worship Service at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh

Supply Pastor Gordon Syverson

Sun. Sept. 27: 11:15am Worship Service

Sun. Oct. 4: 11:15am Worship Service

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church

Wed. Sept. 23: 1:30pm Bible Study at The Country Place

Sat. Sept. 26: 8:00pm Prayer Meeting

Sun. Sept. 27: 9:30am Sunday School and Adult Bible Study; 10:45am Worship Service; 7:00pm Luther League (see article elsewhere in paper)

Tues. Sept. 29: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. Sept 30: 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 1/2 mile east on County Road 206.

For information, call 268-4242 or 687-3461.

VERNES LUTHERAN CHURCH (LCMC) McIntosh

Pastor Paul Magelson

Sun. Sept 27: 8am Worship

Sun. Oct. 4: 8am Worship

IMMANUEL LUTHERAN CHURCH McIntosh

Rev. Mark Peske, Pastor

Sun. Sept. 27: 9:30am Worship Service; 11:30am Sunday School & Confirmation Classes

Sun. Oct. 4: 9:30am Divine Worship with Holy Communion; 11:00am Sunday School & Confirmation Classes

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

Please contact the McIntosh Times if you move or have a change in your address so we can keep the paper coming to your home on time.

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"

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DOVRE FREE LUTHERAN Pastor Don Edlund

Wed. Sept. 23: 7:00pm InterDenominational Bible Study on Beth Moore's Revelation Study. Everyone Welcome!

Sun. Sept. 27: 9:30am Worship Service

Wed. Sept. 30: 7:00pm Inter-Denominational Bible Study on Beth Moore's Revelation Study. Everyone Welcome!

Sun. Oct. 4: 9:30am Worship Service.

MCINTOSH AFLC McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson Trinity:

Wed. Sept. 23: 7:30pm Bible Study

Sun. Sept. 27: 11:00am Worship Service

Wed. Sept. 30: 7:30pm Bible Study

Sun. Oct. 4: 11:00am Worship Service

Mt. Carmel:

Sun. Sept. 27: 9:30am Worship Service

Sun. Oct. 4: 9:30am Worship Service.

Gosen Luther League

The Gosen Luther League meets on Sunday evening, September 27th, at 7 o'clock. Rev. Timothy and Cathy Pomp from Bemidji will present the program.

Tim is presently the chaplain at Goldpine Living Center in Bemidji.

He has been a conference speaker at Strawberry Lake Christian Retreat near Ogema. He was an evangelist in SD, ND, IA, MN, and WI and internationally to Mexico, Canada, Africa, India, and Jamaica. Tim has also been a pastor in various churches. In addition, he is the published author of a book entitled "The Greatest Measure".

Tim and his wife Cathy will share the Gospel in word and song.

Refreshments will be served following the program.

Join us for an inspirational evening in honor of our Lord Jesus Christ.

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206.

For information, call 268-4242 or 687-3461.

B-B Cafe Menu

Wed. Sept. 23: Baked Chicken, Mashed Potatoes with Mushroom Gravy, Carrots, Roll, and Dessert

Thurs. Sept. 24: Taco Salad, Garlic Toast, and Dessert

Fri. Sept. 25: Roast Beef Dinner, Mashed Potatoes & Gravy, Mixed Vegetables, Roll, and Dessert

Mon. Sept 28: Club Hoagie, Soup or Potato Salad, and Dessert

Tues. Sept. 29: BBQ Ribs, Baked Potato, Green Beans, Roll, and Dessert

Wed. Sept. 30 Chicken Burger, Cup or Soup or Salad, and Dessert

Community Birthday and Anniversary Calendar

Wed. Sept. 23: Kolten Barth, Angel Hedlund, Garnet Aanenson, Michael Lindseth

Thurs. Sept. 24: Shawn Burslie, Caitlyn Espeseth, *Reggie & Jan Galland

Fri. Sept 25: Paulette Kringlen, *Dan & Mary Schow, *Orlett & Larry Hedlund

Sat. Sept. 26: Marvin Rolf, Sheree Breckel, *Jan & Mark Langemo

Sun. Sept. 27: Dominic Kringlen, Emme Ekeberg, Makenzie Ohma, *Joel & Connie Strom, *Wesley & Valerie Brekke, *Cody & Jackie Huschle

Mon. Sept. 28: Jeff Jacobson

Tues. Sept. 29: Elaine Roed, Lindsey Haaven, Mavis Landsverk, *Shawn & Angel Hedlund

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THE WINGER ENTERPRISE

3

Wednesday, September 23, 2015

Winger News

by Linda Pulskamp

Greetings again from Winger and the Union Lake areas where we have another week behind us and are already half way through the month of September.

We had a beautiful last weekend and most of the week was very seasonable, today (Thursday) though has cooled off and is almost chilly which is to be the case for Friday too, but the weekend is looking to be very nice again and as most of next week, we'll take it, every day now counts.

Trees are starting to turn color, although for the middle of September there is still a lot of green out there.

Farmers are busy combining their beans, many fields have been harvested but still lots to go along with the corn. Sugar beet harvest is not far off and some potatoes have been dug also and so the seasons go.

Talking of seasons, I am starting to see Halloween decorations up here and there, and have been hearing on the radio that even some retail stores are starting the Christmas season. Uff Da as Joyce would say.

Friday visitors at the Milton and Fern Carlson home were Lonnie and Judy Gieseke. They brought along some fresh garden produce to share with Fern and Milton also.

Truman and Darlene Johnson of Dilworth have been spending some time at the Boyd and Sylvia Bratager home, Truman has been helping with the harvest. Tuesday Tabitha and Tapanza Bratager were visiting with Grandma Sylvia and Darlene.

Verlys and Helmer were visitors with Roy and Judy Raben at the Raben home at Union Lake.

David and Janet Grundy-son of Reedsport, OR, formerly of Park Rapids visited with Camilla Aasen Pearsall in Minnetonka for a week from Sept the 2nd until September the 8th. The family had a good time being with them and while there David spent time at the State Fair with his daughter Jodi of Minneapolis. It was great being together again. Janet Grundy-son and Camilla Pearsall are sisters.

Paul and Donna Carlson and Granddaughter Cosette were visitors on Saturday at the Fern and Milton Carlson home and all enjoyed fresh rolls.

Last Sunday evening Jerry Wang and Deb Lunde of Mahnommen and Laura Grant of McIntosh were all visitors with Martha Henney at Martha's home in McIntosh.

Last Sunday dinner guests at the Mike, Kari, Terry and Oliviayah Keller home at Bejou were Fern and Milton Carlson, Judy and Lonnie Gieseke and Roy, Lisa and Ryan Scha-

umburg. The occasion was to observe Kari and Oliviayah's birthdays.

Last week end while out touring the countryside on their wheeler, Danny, Angie and Teegan Brtek stopped in for a visit with Lucy Brtek at Lucy's home.

Chad Carlson was a visitor at the Fern and Milton Carlson home last Monday.

Gary and Maxine Walters were visitors last Thursday with Verlys and Helmer Home at the Pioneer Home in Erskine.

Bruce McWilliam visited with Martha Henney at Martha's home in McIntosh. They had a very enjoyable time reminiscing of days past when they were neighbors.

EVERYONE WELCOME: Next Saturday September 26th help Wilma Wang celebrate her 95th birthday at the Cornerstone in Fosston. Festivities begin at 2:00 PM and cake and ice cream will be served. HAPPY BIRTHDAY WILMA.

This is the bits and pieces of happenings in our little corner of the county so until next week, have a great one.

From Bun Manor:

Dinner guests at Floyd & Gerri Balstad's cabin on Union Lake the other Sunday were their friends, children and grandchildren Tony Van Den Einde & son Nolan, Sheila & Allen Gatlin, Connie Weaver & sons Brady, Kyle & Jackson, Jess Laurey & son Zander, Judy & Roger Dziengel, Jerry & Markie Schindler, Dorothy & LeRoy Nelson, Alan Schindler, Brenda Schindler & son Clay, David & Shawnn Balstad & sons Grant & Everett, Dale Balstad, Wendy & Brent Hatlewick & children Derek, Bailey & Samatha, Mary Osenga, Nick & Katherine Schindler & girls Alice & Emily, Jeff & Jana Nelson & children Kade, Bella and friend Haley Roed, Dean & Carol Nelson & sons Alex & Logan. Gerri really put out some kind of spread and everyone ate to their content.

Steve and Lorri Massman celebrated their 35th wedding anniversary at Thumper Pond in Ottertail. Steve enjoyed a round of golf while Lorri provided her caddyng expertise. They also enjoyed a tour of lakes country on their way to Detroit Lakes, where they were dinner guests at Matthew's home on Sunday. Matthew prepared a meal of Pancetta and Havarti stuffed pork Roulade along with a homemade apple crisp and ice cream before they enjoyed watching the Vikings. Happy Anniversary Steve and Lorri!

Last Wednesday, Bun headed to Erskine to have lunch with Stue. He had some goodies from Morey's for Bun that Hollie and him had picked up

on their way back from visiting their family in the Cities. Bun had a marker made in the sidewalk of the Legion Memorial Park in memory of his dad, Sid that him and Stue checked out after they were done having lunch. If anyone is interested in getting a marker for a loved one, you can contact Joe Sandberg at Erskine Agency and he will be more than happy to help you out.

Bun headed over to Pioneer Memorial Care Center to check out the activity department. He was lucky enough to catch them outside having lunch. Nola had just made fresh apple crisp and had ice cream to go with it. Bun was bummed that they were not out this summer for their annual picnic and ride around the lake.

They are going to try to come out this week and enjoy the colors and have lunch on the deck, weather permitting.

Wednesday evening Bun headed into Winger to help Matthew celebrate his 33rd birthday. Steve, Lorri, Brian and Joyce also joined them. Dale and Ole came later after they were done chopping corn. The best part of the evening was Steve bought everyone supper and Ole was the only one who didn't eat. Ha! Ha! Ole.

Thanks to Gerri and Matthew for the news. Bun and Linda can use all the help they can get.

Letter to the Editor

To the editor:

Why Great Neighbors are needed again now!

In our 150th year, we've been asking: What makes a Great Neighbor?

The most heartening answer: Someone who is watching out for you, sees your need before you do and then takes the initiative to lend a hand, offer financial help, bring a meal, shovel your driveway or check on your well-being.

We are celebrating our 150th Anniversary by holding up the work of 150 Great Neighbors.

In 1865, a pastor and his congregation in Southeastern Minnesota took in four orphaned children and fitted out the basement of their one-room church, starting the Vasa Children's Home that, 98 years later, became Lutheran Social Service of Minnesota.

It's been my conviction that since World War II, Baby Boomers have become affluent enough to buy services for their neighbors. People with disabilities have moved to group homes, older adults have moved to nursing homes and youth who become homeless have been served in shelters.

As we care for that aging Baby Boom generation, we will be hard-pressed to buy services for all of them, not

to mention everyone else who needs support. And so we believe we will see neighbors who need support staying in their families longer and the growth of home, community-based and outpatient services. We will also see a greater call than ever for foster and adoptive families and host homes for short and intermediate-term care.

This will place new burdens on family members caring for their loved ones, and they will need great neighbors.

10,000 Baby Boomers are retiring every day and will need more support as they age. We'll need to invent new living alternatives that cost less for people with mild disabilities and save more taxpayer dollars for people who have greater health needs. Today, we have kids who are unable to go home and need a safe place to stay for a night, a weekend, or a year.

As we look ahead, we're redesigning our services to imagine how all of our neighbors — young, old, vulnerable and alone — can thrive and live well in community in productive, meaningful lives.

We'll need more people to look in on elder neighbors or to have youth hang out at their house until they can mend relations at home.

Today through Lutheran Social Service of MN, we have families who are opening their homes as host homes to people with disabilities, often to provide a stepping stone for someone who wants to try living more independently before they take the step to apartment life. We'll be using this host home model more and more for youth to avoid having them spend even one night without a safe place.

For older adults, we've designed what we call Abundant Aging to ensure our aging neighbors have choices and opportunities to contribute in our community. We will see more Baby Boomers themselves leave full-time work and seek meaningful ways to spend their free time by helping their neighbors run errands or get to appointments. We even have one energetic 94-year-old volunteer who is still driving and delivering meals to her neighbors through our home-delivered meals service!

At our 150th Anniversary Celebration for Changing Lives on September 26, we'll be lifting up 150 Great Neighbors — inspiring examples of caring people in our community who have joined hands with us to carry out our mission to inspire hope, change lives and build community.

They include foster grandparents, senior companions, active volunteers, foster parents, host homes, safe neighborhood champions and adoptive parents.

The good news is that being a Great Neighbor has always been part of the "DNA" of Minnesotans. That is why we are honored and privileged to have served by your side for the past 150 years.

Thank you, Minnesota! And here's to the next 150! Jodi Harpstead, CEO Lutheran Social Service of Minnesota

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

Recipe Corner

This recipe has a lot of flavor and you don't even miss the regular filling and noodles that accompany traditional lasagna.

Zucchini Lasagna

1 lb Ground Beef or ground turkey
1 cup Green Bell Peppers, chopped
1 cup Onion, chopped
1 Zucchini, sliced thinly
• box of mushrooms, sliced (more or less to your liking)
1 (24 oz) jar of marinara



30 years ago...1985: McIntosh-Winger Homecoming candidates are Laura Wang, Kim Carver and Karen Syverson.



20 years ago...1995: Cheerleaders for the Varsity Patriot football team were on hand to keep the spirit at the second home game of the 1995 season. (back: L-R) Alyssa Gaalswyk, Cathy Votava, Bobbie Benson. Front: Jessica Derosier and Tina Lagerstrom.



10 years ago...2005: Janelle Graff and Kelland Bjerke the 2004 Homecoming Queen and King, with the newly crowned Queen and King for 2005, Leah Tranby and Casey Hansen.

Fall Alfalfa

Harvest Considerations

There are several things alfalfa growers might consider this fall — fall cutting, stand assessments and stand termination timing and practices related to nitrogen credits for the next crop. As usual, factors that drive how we think about these things vary from farm to farm and field to field.

If you did not cut your alfalfa in September, another option is to take a final harvest in October. It's typically safest to wait until after October 15 so the regrowth will not further reduce root reserves. With fall cutting, leave an uncut strip every 20 feet or so, depending on your cutting width.

Typically, it takes four nights of 24 degrees to shift alfalfa into dormancy. If we get those temperatures before the theoretical deadline of the 15th, cut the alfalfa soon after the hard frost to capture the leaves before they drop. Several days after a hard frost, the leaves drop rapidly leaving you with alfalfa plants that resemble a Charlie Brown Christmas tree.

Harvesting alfalfa in the fall does increase the risk of winterkill. Several factors contribute to that risk. The first is the age of your stand; younger stands tend to be more tolerant of winter injury. Most alfalfa stands tend to decline after three years of production,

regardless of cutting regime. Variety is another factor, but most of the modern, winter-hardy, varieties with multi-disease resistance are less susceptible to winter injury. Soil fertility, especially low soil potassium (K) levels will increase the likelihood of winter injury. Finally, poor soil drainage will increase the likelihood of root disease and, consequently, stand loss due to winter injury.

Research at NDSU shows winterkill from fall harvest occurred one time in ten years. Now, is should be noted that these were under near perfect research plot situations, and they were not worried about field-drying the hay. They harvest the forage plots "wet" and calculate yields based on artificially dried samples. So in the real world, the final hurdle tends to be related to weather; you need favorable weather to dry the hay unless you are making silage or baleage. That said, October tends to have freezing nights and low humidity so the hay tends to dry very quickly.

Many fields in our region did suffer some level of winter injury last years. Some of these fields looked better with each cutting thanks to favorable rains throughout the summer. Some of these fields might be old enough so farmers already made new seeding decisions in the spring with plans to terminate questionable fields in the

fall. A few factors can help your decision.

Stems counts might be useful, but also might be affected by soil moisture conditions following the last cutting. Next, digging a few plants to examine the internal condition of roots might be most useful, along with plant and stem counts. You can expect some to find some brown decay inside the root of plants that have been harvested for a year or two. A good reference can be found by doing a web-site search for "Wisconsin Extension Alfalfa Stand Assessment." It has color pictures of root cores related to a 1 to 5 score for root health and potential for loss.

Alfalfa terminated in the fall can provide adequate nitrogen for a corn crop next year. Alfalfa stand density, timing and practices can affect those nitrogen credits, but generally it will provide most, if not all of the nitrogen needs of corn. More detailed information can be found by doing a web search for "Minnesota Extension Managing the Rotation from Alfalfa to Corn." Of course, these are available at all of the finer Extension offices in your county.

For more information, contact me at 800-450-2465 or stordahl@umn.edu. Dan Martens, Stearns County Extension provided a portion of this information.

sauce
1/2 c. fresh shredded Parmesan cheese (optional)
• 1 c. lowfat mozzarella cheese (optional) - can add more to have a cheesier recipe!
3 cloves Garlic, minced
Salt and Pepper, to taste
Preheat oven to 325 degrees.
Brown the ground beef or ground turkey in a large pot over medium heat, stirring frequently.
Add in garlic, onion and green pepper, and continue to sauté for 5 minutes.
Stir in marinara sauce.
Bring sauce to a light boil, then remove from heat.
Add 1/4 c. Parmesan cheese

and stir. Set the rest aside.
Place a thin layer of the sauce in the baking dish.
Layer zucchini and mushrooms over sauce, then mozzarella cheese.
Repeat, alternating layering of sauce, then zucchini and mushrooms.
Finish with layer of mozzarella cheese on top and sprinkle with remaining Parmesan cheese.
Bake lasagna at 325°F for 15 minutes, covered with foil.
After 15 minutes, remove foil, increase temperature to 350°F, and bake for an additional 15 minutes.

Random Things and Stuff



Raising Children: A Paying Job

By: Emily L. Ferden

In the United States, approximately 5.2 million mothers are stay-at-home moms in a married couple as of 2014. That is a crazy number, right? Now, let's just for the sake of this article say that these 5.2 million mothers don't have any other job besides being a mother. These women would then have to be dependent on their spouses to provide the income for the family.

Now, think to yourself everything a stay-at-home mother would do during her day. First off, she would be getting the children up and dressed. Then making, feeding, and cleaning up breakfast. Afterwards, she probably does cleaning around the house that may include vacuuming, dusting, laundry, and washing toilets, showers, and windows. Throughout all this she has to be keeping an eye on the children. Then she would be making, feeding, and cleaning up lunch. Afterwards, she may be able to put the children down for a nap, and have a little down time to catch her breath. When the children wake up from their nap, she may play games with them and give them a snack to tide them over until supper. She then may finish whatever cleaning she hasn't done yet, or budgeting her expenses and making a list for her next grocery shopping trip. Before long, she is making, feeding, and cleaning up supper. Then it is time to bathe, dress, and get the children ready for bed. By the end of the day, this mom may have done over 12 hours of work.

For all of the hard work, time, and effort a stay-at-home mom does, do you think she would be paid? In my opinion, I believe she should be. I think there should be some sort of compensation for women or men who decide to stay home and take care of their children. In a country that says they value family, shouldn't we instill

incentives to raise families? In today's society, it is very difficult for parents to stay at home with their children because of the cost of living being so high. I think there should be some way to help those that stay at home to take care of and raise their children at least until they are school age.

In some countries, they put families in high standards. Here are just a few places that they decided to do a little more for moms (found on learnvest.com):

Finland: In addition to paid maternity leave and a free health clinic, the Finns also send expectant mothers a care package to their home before the baby arrives. The package includes a bib, clothes, hats, socks, mittens and other apparel for the baby, nursing pads for mom and an infant grooming kit. The box itself can be folded up and used as a crib.

France: France offers moms-to-be \$1,300, paid during the seventh month of pregnancy, as incentive for having kids. Additionally, mothers are guaranteed 16 weeks of maternity leave at 100% of their salary (up to a ceiling, so particularly high-paid mothers might not receive their full pay), and mothers of three can take 26 weeks off at full pay. There is also free universal preschool in France, and families are given tax breaks for public transportation costs, government subsidies for in-home care and vouchers for vacations. Almost done: France also covers women for 20 sessions of physical therapy to firm up their pelvic floor.

Sweden: Both mom and dad are allowed 18 months of paid leave in Sweden. There is also subsidized child care.

Norway: The government of Norway actually pays people to have kids. The child benefit is a benefit in Norway paid to all parents from the month after the child is born until the month before the child's 18th birthday (the amount differs based on variables like residency, or whether the parent is a single parent, but starts at approximately \$160) for the purpose of helping to cover the cost of child care. After that, the 46 weeks of leave at full pay is icing on the stork-shaped cake.

Iceland: In addition to the free prenatal care and free hospital stay, Iceland also gives parents income-dependent "child benefits" until the child reaches the age of 18, plus a fixed-rate benefit until the child is 7 years old.

Germany: Unlike many of its European counterparts, Germany does not offer a cash payout for having a child. But after delivery, moms are allowed to stay in the hospital for anywhere between seven to 14 days, depending on the circumstances of the birth, and yes, that stay is compliments of the government. During that time, German moms can enjoy free exercise classes, massage, sunlamps or sitting baths.

Italy: While it may be hard to find good daycare in Italy (they're experiencing a shortage right now), they do offer a \$1,000 (equivalent to approximately \$1,200) one-time payment for having a child.

Spain: Spain's birth rates are declining at an alarming rate, and daycare is notoriously expensive and often difficult to find. So, in an effort to fix this problem, Spain is attempting to encourage companies to offer on-site child care, and is doling out almost \$4,000 per child to families. In the past, Spain has offered \$700 for families who had a third child.

ECFE pumpkin patch trip

Join the Win-E-Mac ECFE as they go "over the river and through the woods" to the pumpkin patch!

Children from 0 to 6 years old with their parents, are invited to attend the annual trip to the Voxland pumpkin patch on Tuesday, September 29, 2015 with the bus leaving Win-E-Mac School at 6:00 pm.

New to the program this year is preregistration and payment is required by all participants. Everyone participating in the trip MUST ride the bus from the school. The ECFE is requesting that no cars follow or meet the group at the pumpkin patch to ensure safety for all the participants.

The cost is \$4.50 per child which covers transportation to the event, all the activities and each child will get to pick a free pumpkin.

Registration forms can be picked up at the school office, emailed or mailed and returned with payment to the school by Thursday, September 24th.



Checking out the great deals at The Shop last Saturday, September 19th during McIntosh Craft & Market Day were Mae Mero, Joe Blais and Lukas Gensburger.

Team Alayna Benefit

to aid in covering medical and travel expenses for Win-E-Mac Patriot student and athlete

Alayna Espeseth



Daughter of Dan & Karen Espeseth

Thursday, Sept. 24
5:00 pm - 7:00 pm

Win-E-Mac vs. Bagley
Volleyball Game

Win-E-Mac School Commons

Menu: Spaghetti, salad, dessert and beverage

~ Free Will Donation ~

TEAM ALAYNA T-shirts will be available for purchase. All proceeds from the T-shirt sales and benefit will be donated to the Espeseth family.

SPONSORED BY THE WEM VARSITY VOLLEYBALL PARENTS.

WEM Homecoming is next week

The Win-E-Mac School will celebrate Homecoming Week from September 28th to October 2nd.

The week will start will Coronation on Monday evening at 7:00 pm.

The Candidates for this year's Homecoming King & Queen are: Andrey Erofeeff, Aaryk Neubert, Jordan Olson, Kyle Walters, Kinlee Faldet, Jessica Kasprzak, Kelsey Knutson and Rachel Morberg.

Junior Attendants will be Nick Olson and Alayna Espeseth; Sophomore Attendants are Connor Drewry and Tyra Wilson; Freshman Attendants are

Joseph Rivier and Savannah Stennes. Dawson Olson and Karlie Schow will be the 2nd grade attendants.

The week will continue with the traditional Powder Puff and Peach Fuzz games on Wednesday; Thursday, volleyball will be home against Clmax/Fisher.

Friday there will be a football game against Cass Lake-Bena at 7:00 pm and the Homecoming Dance will follow starting at 9:00 pm.

Check out the Win-E-Mac school website for more information at www.win-e-mac.k12.mn.us.



Pictured above: Bob & Laurie Bursheim of Neil's Quality Meats provide a satisfying lunch for hungry shoppers on the go during McIntosh Craft & Market Day last Saturday.

Pictured below: McIntosh Bakery's Quinn Olson talks Elmyrna Kaupang into some tasty treats last Saturday during Craft & Market Day in McIntosh.



More Craft & Market Day fun!



Heather Earls shopped the many vendors that were set up at the Community Center during McIntosh Craft & Market Day last Saturday.



Somewhere hiding in all those beautiful flowers is Judy Newton, who was selling her arrangements at McIntosh Craft & Market Day.



It's a bird, it's a plane, no, it's Les Goodwin perusing the books at the McIntosh Library book sale last Saturday during Craft & Market Day.

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