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McIntosh, Minnesota



Breelyn Hegre helped gather up volleyballs for her friends during the "Meet the Patriots" night at Win-E-Mac school last Wednesday evening.

MN Unemployment rate drops to 2.9 %; Job vacancies at record high

Minnesota employers reported a record 142,282 job vacancies in the second quarter, up 15.7 percent from the same period one year earlier, according to DEED figures.

DEED's biannual Job Vacancy Survey found that the state had 0.6 unemployed people for every job vacancy.

The job vacancy rate was 5.2 percent, meaning there were 5.2 openings for every 100 jobs in the state.

Overall employment fell a tiny bit in August in Minnesota, but nobody gave construction companies the memo.

The construction industry gained 1,700 seasonally adjusted jobs during the month, the most of any industry tracked

by DEED.

The summer has been busy for the construction industry, which leads the state with 5.1 percent year-over-year job growth. Every sector of construction has grown in the past 12 months, said DEED's Steve Hine.

Minnesota's seasonally adjusted unemployment rate fell to 2.9 percent in August, according to figures released by DEED last week.

The last time Minnesota's unemployment rate was below 3 percent was December 1999. State employers eliminated 200 jobs in August after three consecutive months of strong job growth.



The Patriot girls played a great defense during the game against Fertile-Beltrami last Thursday evening.



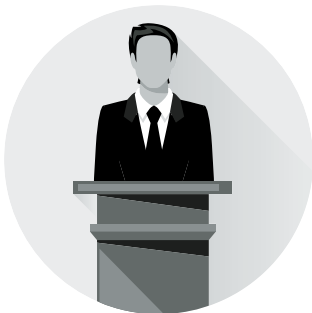
The Win-E-Mac cheerleaders helped Emma Kaupang make a cheer stick last Wednesday evening at Win-E-Mac school.

Mac Times to host "Meet the Candidates" forum this Wed, Oct. 3rd

If you have questions for our Polk County Candidates, or you are unsure of who to vote for, The McIntosh Times will host a "Meet the Candidates" forum on Wednesday, October 3, 2018 at 7:00 pm in the McIntosh Community Center.

All members of the surrounding communities who vote in the Polk County elections are welcome to attend.

The candidates that have been invited to appear are



Sheriff candidates, Randy Sundrol and Jim Tadman along

with Polk County Commissioner candidates, Dennis Boucher and Joan Lee.

There will be brief statements by the candidates on some of the pressing issues of our communities in East Polk County and afterwards, there will be a question and answer period for the audience to ask relevant questions to the candidates.

Everyone is welcome to attend the forum.

Man with local connection to appear on Jeopardy

Ryan Vesledahl is the son of Tom Vesledahl, formerly of McIntosh, and his wife Laurie of Moorhead. Ryan is a 2010 graduate of Moorhead High School. He graduated with degrees in economics and Spanish from Concordia College in 2014, and received a master's degree in economics from the University of Nebraska in 2016. Ryan currently is employed by Willis Towers Watson in Minneapolis as a Catastrophe Model Risk Analyst.

Each year 80,000 people take an online test in hopes of getting on the show. In March of this year, Ryan flew to Atlanta, GA, to be one of the approximately 4,000 people to audition in various cities. Following the audition, he as selected to appear on Jeopardy, with a mid-



Host of Jeopardy, Alec Trebeck with Ryan Vesledahl.

August taping in Los Angeles, CA. Just 300 people get this opportunity in any given year. The show in which Ryan is a contestant will air Friday, October 12th at 5:00 pm on CBS.



Conferences to be held at WEM School

Parent-Teacher Conferences will be held at the Win-E-Mac School on Thursday, October 11, 2018 from 1:00 p.m.-7:30 p.m. Parents of students in grades K-6 should have made appointments to see their respective teachers. Parents of 7th-12th grade students, conferences will be self-led by the students, with their homeroom teachers. Signup sheets will be sent home with students to schedule a time. Students will be dismissed at 12:30 with buses running shortly after dismissal.



Overtones quartet to present program at Trinity Harvest Festival

Join us on Sunday October 7, 2018 at 2:00 pm at Trinity Lutheran Church north of McIntosh, MN for a music program by the Overtones Quartet at our Annual Harvest Festival.

The afternoon offering will go to the Woman's Pregnancy Center in Grand Forks.

Pie and Coffee will be served after the program. Everyone is welcome.



Patriot Nathan Fortman runs the ball with great protection from his teammates during the Win-E-Mac homecoming victory over the LaPorte Wildcats last Friday night.



Dawson Gunafson plays some volleyball with his mom, Kelsey during the "Meet the Patriots" night at Win-E-Mac School.



Community Calendar

Wed. Oct. 3: McIntosh Library 12pm to 5pm; Children's Story Time at McIntosh Library 3:30pm; 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; Meet the Candidate Forum @ McIntosh Community Center 7:00pm

Thurs. Oct. 4: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;

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

Mon. Oct. 8: McIntosh Library 10am to 3pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;

Tues. Oct. 9: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Wed. Oct. 10: McIntosh Library 12pm to 5pm; Children's Story Time at McIntosh Library 3:30pm; 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. 11: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; WEM School dismissed at 12:30pm; McIntosh City Council @ Community Center 5:30pm

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

Mon. Oct. 15: McIntosh Library 10am to 3pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;

Tues. Oct. 16: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm



The Win-E-Mac football team and volleyball team, along with the Win-E-Mac cheerleaders hosted a "Meet the Patriots" event for the elementary kids on Wednesday, September 26th. The kids could run and play with the teams and the cheerleaders helped them make a pom-pom stick to cheer the teams on with.

Pestle & Vessel

by Alison Opdahl

Distilled

"Fear distilled is trust," she said casually, rounding the breakfast table to sit while I finished making her scrambled eggs. Bam! Cue the desert landscape and the eerie stillness then the sonic boom followed by a soaring, billowing mushroom cloud. Those four words dropped on my spirit like an atom bomb. All I could do was applaud her insight and observe my mind veering away from it—hard, in the opposite direction—in guess what? Yep—fear.

For a week I've been getting to know a young woman named Dorcas. She's eighteen, capable, kind and on a journey. So I—in my advanced wisdom and experience—have been confidently imparting said wisdom and experience. Yes, this is said with a touch of sarcasm because evidently, I've been a little too comfortable about having "arrived" instead of continuing my journey.

If I call my journey "Life" the subtitle would be "Navigating Relationship." You see,

I was created to be in relationship, first with my Elohim (The Creator) and then with the rest of humanity.

It is not possible for me to not be in relationship because anywhere I might be, one will present itself. But I believe the one relationship I have not wanted to delve into is the one I am in with myself. And I didn't even know that until I wrote it just now.

I have self-preservation instincts that do not want to be delved into, thank you very much. I want to just say that's the way I am and move on. But if I do then all the potential I have will never be released. If I can't dive down on the reasons why I feel the need to protect myself then fear will rule me. And fear will keep me from being who the Father made me to be. I won't see opportunities, I will see disasters. I won't see possibilities I will see obstacles.

So what is left when fear is distilled? Maybe it would help to define distilled. According to Mirriam-Webster distill-

ing is to purify or transform... So if I can let the Father distill my fear what I will be left with is an opportunity to trust. The choice is mine. Paul says it well in Romans 12:2 "Do not be conformed to this world, but be transformed by the renewing of your mind so that you may discern what is the will of God—what is good and acceptable and perfect." TLV

Trust is not bought on a shelf. It is not tossed out like parade candy to be scooped up. It is an attitude earned by striving with fleshly instincts, allowing the transformation of the spirit to be embarked upon with our Elohim. Let's not practice veering from fear but instead practice just trusting. And as we enter this training ground let us remember the measure of success is simply trying. Perfection is not required. And the only herald of our success may simply be a more steadfast relationship with Rapha (The Lord Who heals) but what a profound place to arrive!

-a.m.opdahl

McIntosh Friends of Veterans will meet Oct. 8

The next meeting of the McIntosh Friends of Veterans will be held on Monday, October 8, at 7 p.m. at the Community Center. All members will receive a membership card that day even if you paid in May.

Items to be discussed will be Veterans Day Program at McIntosh Senior Living, a speaker for the event, etc.

The Friends of our Troops has contacted me again about sending Christmas Cards to the veterans all over the world. The cards have to be sent to Friends of Our Troops in Madrid, MO by November 21, 2018 in order for the Veterans to get the cards before

Natural ways to fight fall allergies

As the days become shorter and the weather cools down, a new crop of allergy symptoms can arise, turning the autumn season into one marked by sneezing, scratchy throats and itchy eyes. Medications can alleviate such symptoms, but allergy sufferers may want to investigate some natural ways to beat allergies.

According to the American College of Allergy, Asthma & Immunology, ragweed is one of the more common triggers of autumnal allergies. Ragweed contributes to "hay fever," which is a term to describe allergic rhinitis that occurs as a symptom of ragweed pollen in the air. Ragweed releases pollen in mid-August, and it can continue to be problematic until a deep freeze arrives.

Other sources of fall allergies include leaf mold and pollen that is present on fallen leaves. Classroom pets and chalk dust in schools (although chalkboards are largely a thing of the past) are other autumn allergens.

The good news is that many natural remedies work just as effectively as over-the-counter medications in regard to combatting ragweed and pollen problems. Here's how to beat the fall allergy blues.

• **Stay away from pollen.** Stay away from pollen and prevent it from being tracked indoors. Remove shoes when walking through the door. Take off clothes worn outside and launder them promptly, showering to wash pollen off of the body. Use an air conditioner or keep windows closed when the pollen count is high.

• **Increase omega-3 fatty acids.** It is well documented that fatty acids are good for brain health and cardiovascular well-being. But these acids also may help with allergies. A German study linked foods high in omega-3 fatty acids with the ability to fight inflammation, which is a hallmark of allergy suffering. Foods that are high in fatty acids include walnuts, flax, eggs, and cold-water fatty fish.

• **Rinse off pollen.** Use a mild cleanser to rinse the eyelids and eyelashes of pollen, as this is where it tends to congre-

Christmas. Anybody can prepare Christmas Cards for this project.

The rules are 1: Sign each card, write something about yourself, include your e-mail address. 2: Do not affix postage stamps to the individual cards. 3: Do not use "glitter" of anything that will rub off or flake off. 4. Do not address the individual cards.

It would be good if some of these cards could be completed prior to October 8 or before Veterans Day in November so that they could be sent to Madrid, MO in time. This was a project of the VFW Auxiliary.

gate after being outdoors. Use saline spray to clear nasal passages of excess pollen as well.

• **Take natural supplements.** A study published in the journal Clinical and Experimental Allergy found participants who used tablets of the herb butterbar showed significant allergy relief after only one week. Select herbs from reputable manufacturers who certify them.

• **Use eucalyptus oil.** This oil is great to have in the house to help clear up sinuses and provide nasal congestion relief. Mix a small amount with coconut oil and rub onto the chest. There also is some evidence that adding a few drops of eucalyptus oil to cleansing products can help kill dust mites around the house.

• **Wear a mask.** When doing housework or yard work, wear a mask to reduce the inhalation of specific allergens.

Avoid seasonal allergies by exploring natural ways to find prevention or relief of symptoms.



Drawing winners for the McIntosh Community Club Summer Raffle!

They were as follows:

Fire Globe: Pine to Prairie Painting (Adam Kinunen)

\$50: Karlie Schow

\$50: Wes Eskeli

Congratulations!



Thurs. Oct. 4: Jared Olson, Scot Carlson
Fri. Oct. 5: *Josh & Nicole Vetteson
Sat. Oct. 6: Matthew Voxland, Russell Sultvedt, *Adam & Sarah Lundquist
Sun. Oct. 7: Samantha Rasmussen, Rob Roed, *Rob & Lori Roed
Mon. Oct. 8: *Daren & Holly Kringlen
Tues. Oct. 9: Jason Carlson, Heidi Lemer

McINTOSH Times

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"Serving the Win-E-Mac area"

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ST. MARY'S CHURCH
Fosston
Fr. John Suvaaken, Pastor
 Sun. Oct. 7: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
 Sun. Oct. 14: 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. Oct. 7: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
 Sun. Oct. 14: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Supply Pastor
Gordon Syverson
 Sun. Oct. 7: 11:15am Worship Service.
 Sun. Oct. 14: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church
 Wed. Oct. 3: 7:00pm Bible Study at Don and Sharon Ramberg's
 Sun. Oct. 7: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service

Tues. Oct. 9: 10:00am Sunday worship service telecast on Garden Valley Cable TV-Channel 2; 1:30pm Bible Study at The Country Place
 Wed. Oct. 10: 7:00pm Bible Study at Don and 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
 Wed. Oct. 3: 7:30pm Bible Study at Mt. Carmel
 Thurs. Oct. 4: 7:00am Men's Breakfast at Mt. Carmel
 Sun. Oct. 7: 9:30am Worship at Trinity; 9:45am Sunday School for all ages at Mt. Carmel; 10:45am Sunday School for all ages at Trinity; 11:00am Worship at Mt. Carmel

Wed. Oct. 10: 7:30pm Bible Study at Mt. Carmel
 Thurs. Oct. 11: 7:00am Men's Breakfast at Mt. Carmel
 Sun. Oct. 14: 9:30am Worship at Trinity; 9:45am Sunday School for all ages at Mt. Carmel; 10:45am Sunday School for all ages at Trinity; 11:00am Worship at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Jill Torgerson
 Sun. Oct. 7: 9am Worship
 Sun. Oct. 14: 9am Worship

DOVRE
FREE LUTHERAN
Pastor Don Edlunds
 Wed. Oct. 3: 7:00pm Bible Study on Romans
 Sun. Oct. 7: 10:00am Worship Service; Adult and Children's Sunday School following worship service
 Wed. Oct. 10: 7:00pm Bible Study on Romans
 Sun. Oct. 14: 10:00am Worship Service; Adult and Children's Sunday School following worship service

IMMANUEL LUTHERAN CHURCH
McIntosh
Rev. Bruce Blocker, Pastor
 Sun. Oct. 7: 9:00am Divine Worship Service with Holy Communion; 10:00 Fellowship Hour
 Sun. Oct. 14: 9:00am Divine Worship Service; 10:00 Fellowship Hour
 Holy Communion 1st Sunday of the Month

Passport Photos available call
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Knute E. Messelt

Life began for Knute Messelt on December 16, 1836 in Norway. Knute, a farmer by trade, married Miss Gertrude Halvordstad Envenstand on November 25, 1860. He and his bride remained in their native land until 1869, when the couple and their two children came to the United States.

The family of four first settled in Goodhue County, Minnesota, where they lived

and farmed for approximately fifteen years. In November of 1883 Knute moved his family to Polk County, homesteading in Winger Township. On his new tract of land he lived and labored, cultivating and improving his farm and erecting good and solid buildings. In the fall of 1914 he retired from active work and moved into the town of Winger. It is written that Knute, "through a long career of useful and productive labor, Knute E. Messelt of Winger, has rendered good service to two of the progressive countries of the world and has lived in each according to the requirements of upright and manly citizenship."

Knute and his wife had three children: Herman K., In-

gmar K. and Carl G. Ingmar died in Mentor, November 26, 1902. Carl G. Messelt was married in Winger on December 18, 1912, to Miss Ellen Stai. Ellen was a native of Winger and the daughter of Engelbret Stai. The couple had one child; Conrad E. Carl held school and other offices in Winger Township. He "won the esteem of the people with his sturdy and sterling citizenship and devotion to the welfare of his locality. He and his wife were zealous and consistent members of the Synod Lutheran Church."

Source: Compendium of History and Biography of Polk County 1916.

Minneapolis-based acoustic duo to perform at McIntosh Public Library

The McIntosh Public Library will welcome Minnesota-based acoustic duo The Lacewings to the library for a performance in early October. The musical group draws inspiration from the deep roots of women's folk music from Europe and European immigrants to North America.

The community is invited to experience their folk songs and stories, which were originally shared by some of Minnesota's immigrant ancestors and now brought to local communities by The Lacewings.

This event is brought to the community free of charge thanks to funding from the Minnesota Arts and Cultural Heritage Fund.

The Lacewings are scheduled to perform McIntosh Public Library on Oct. 5 at 10:30 a.m., as well as Oct. 5 at 6:30 p.m. at the Fosston Public Library, and at the Bagley Public Library on Oct. 4 at 6 p.m.

About Lake Agassiz Regional Library (LARL)

Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK Sites serving the residents of seven counties in northwest Minnesota. More information is available at www.larl.org.

About the Lacewings

The Lacewings are an acoustic duo in Minneapolis, MN. The Lacewings draw from

deep roots of women's folk music from Europe and European immigrants to North America. Katherine speaks Norwegian and Sarah speaks Serbo-Croatian, but neither are from those countries.

Instead, the pair have engaged in years of deep study of folk music, learning from master-singers from Europe and the U.S.

The Lacewings present folk music interwoven with stories of women working, learning together, and making a life through art.



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First National Bank of McIntosh will be CLOSED on Monday, October 8th in observance of Columbus Day.

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Winger News

by Linda Pulskamp

Hello again from Winger and the Union Lake areas where we have had a definite change in the weather. Has been cold, windy and rainy with the promise of frost and snow flurries by the weekend. Guess we have to have a taste of this kind of weather, but hopefully we will have some much nicer weather yet.

I don't think most of us are ready for winter yet, for instance, there are many, many acres of beans yet to be harvested, after that the ground needs to be worked up and prepared for next spring. The corn is still waiting for the harvest, but that can be combined after it snows.

Not only do the farmers have a lot to do but so do some of us with gardens, especially tonight (Thursday) with a frost or freeze advisory, and probably snow flurries tomorrow. Guess each year we face it and each year we get through it.

Milton Carlson's Corner

Wednesday the 19th Donna Rae Carlson was a morning visitor and coffee guest with Milton at his home. Later that day Milton accompanied his daughter Judy Gieseke to Bejou to the Immanuel Church for supper. His Granddaughter Kari Keller was one of the servers.

Thursday morning the 20th brought Paul Carlson stopping at Milton's for a brief visit and a cup of coffee for the road as he went on to work. Later that morning Lonnie Gieseke stopped in for a visit with Milton and a cup or two of coffee. (I think Milton's coffee pot is always on stand by.)

Friday morning brought Milton's neighbor Floyd Olson stopping in for a visit and some more of Milton's coffee.

On Saturday the 22nd, Sheila, Vincent, Jasmine and Carson Benesh, Dusty Wayne and Evelyn Carlson along with Donna and Paul Carlson stopping in at Milton's for a visit. Sheila brought homemade cookies with her for a treat for all. Later that afternoon Paul Carlson came back to Milton's to help Milton do some repairs on his lawn mower. To close out the day Milton went on to Paul and Donna's for a visit and enjoyed fresh cinnamon rolls over a cup of coffee and a visit.

Sunday the 23rd Milton went on to Bejou to the Mike, Kari, Terry and Oliviyah Keller home for dinner. Other guests for dinner were Lisa, Roy and Ryan Schaumburg and Lonnie and Judy Gieseke. The occasion was to help Oliviyah celebrate her birthday.

Tuesday the 25th Dick and Wanda Donovan of St. Francis arrived at Milton's home for an overnight stay, the Donovan's were there to visit with Lynda Loiland and help her celebrate a belated birthday.

Last Friday afternoon Gary and Maxine Walters visited with Helmer and Verlys Homme at the Pioneer Home at Erskine.

Wednesday afternoon the 26th, Bev Leier of Erskine, Myrna Parsley of Oklee and Linda Pulskamp were guests at the Jerry and Shannon Miller home near Fosston, they were there to visit with Lynda Loiland and help her celebrate a belated birthday.

This past weekend Tyler, Amanda and Cannon Schow were visitors with Helmer Homme at the Homme farm.

On Tuesday of this week little Kylie Casavan entertained her Great Aunt Linda Pulskamp while Auntie babysat her for the afternoon. Later on the day Grandpa Kelly stopped by and took the little peanut home.

HAPPY BIRTHDAY WILMA! Helping Wilma Wang celebrate her 98th birthday at her home at Cornerstone in Fosston on Wednesday the 26th were Lucy Brtek, Betty Myhrum, Michelle Gagner of Mentor, Shirley Sonstolie of Fosston, Elmyrna Kaupang, Joyce Balstad, and Arlene Nesvold and Orvis Lewis of Fertile, and Sheldon Lee also joined the guests that were served cake and ice cream. Was a very wonderful afternoon for all.

Once again this is another week from our little neck of the woods. Please contribute to keep our "Winger" area alive.

Until next week, may your be filled with good friends, good days and sunshine.

From Bun Manor:

Chris Wang from Gillette WY recently went out to Billings, Montana to attend a surprise 80th birthday for his Uncle Lindsey.

His daughters Beth and Kathy were the hosts. They did a wonderful job and Lindsey was surprised.

The other day Bun was doing his lunch thing at Ness café when this lady came up to him and said "Hi." It took him a moment to recognize who it was. It was Corrine Dargus. Corrine used to be his Physician in Fosston before she retired a few years ago. She is now residing in Canada with her husband and she sure is looking good.

Dick and Karen Hagen came up for a couple of days to attend the funeral for Gordon Benson from Thief River Falls. They stayed with Dale. He doesn't like to put his furnace on until the First of October but he broke down and got it going. I guess there is a little Balstad and Hegland blood in him.

Some of the gang got together and had a 98th birthday party for Wilma Wang at the Cornerstone in Fosston last Tuesday. Those present were Shirley Sonstlie, Joyce Balstad, Lucy Brtek, Betty Lou Myhrum, Arlene Messelt, Orvis Lewis, Elmyrna Kaupang and Michele Gagner.

Wilma was happy to see everyone and everybody enjoyed the cake.

Thursday at noon Lucy Brtek from Winger, Joyce Balstad and Judy Kirby from the McIntosh area got together for a mini class reunion. They were wondering why they were the only ones there. They found out later they were supposed to meet on Friday.

Friday afternoon Lucy's daughter Amy, her husband Dana Dullum and Cricket their dog from Minnestrista, Minnesota came up to visit for a couple of days. They went over to the Dairy Queen in Mentor in the afternoon and checked out the fall colors on the trees.

That evening Michelle and Greg Gagner from Mentor and Samantha and Gideon Obriene from Bemidji came over to her place for taco supper. Following supper they enjoyed playing cards and visiting.

The Winger Lions start their new season on Weds. October 3rd at Morans in Winger. Come and check it out if you are interested in what they our all about

If you get a chance check out the tree colors around the lakes this week. They are in full color.

Remember to check out Ladies Aid in Winger next Tuesday. They start serving at three.

IPAWS National Test will be on Oct. 3

The Federal Emergency Management Agency (FEMA), in coordination with the Federal Communications Commission (FCC), will conduct a nationwide test of the Wireless Emergency Alerts (WEA) and Emergency Alert System (EAS). The WEA portion of the test commences on Wednesday October 3rd at 1:18 p.m. Central Daylight Time, and the EAS portion follows at 1:20 p.m. Central Daylight Time. The test will assess the operational readiness of the infrastructure for distribution of a national message and determine whether improvements are needed.

The WEA test message will be sent to cell phones that are connected to wireless providers participating in WEA.

Cell towers will broadcast the WEA test for approximately 30 minutes beginning at 2:18 p.m. EDT. During this time, WEA compatible cell phones that are switched on, within range of an active cell tower, and whose wireless provider participates in WEA should be capable of receiving the test message. Some cell phones will not receive the test message, and cell phones should only receive the message once. The WEA test message will have a header that reads "Presidential Alert" and text that says: "THIS IS A TEST of the

Apply for Beginning Farmer Tax Credit by Nov. 1

Credit available on first come, first served basis.

The Minnesota Department of Agriculture's Rural Finance Authority reminds beginning farmers to apply by November 1, 2018 for the tax credit for the sale or lease of land, equipment, machinery, and livestock.

To qualify, the applicant must be a Minnesota resident with the desire to start farming or began farming within the past ten years, provide projected earnings statements, have a net worth less than \$816,800, and enroll in an approved financial management program. The farmer cannot be directly related to the person from which he or she is buying or renting assets. The tax credit for the sale or lease of assets can then be applied to the Minnesota income taxes of the owner of the farm land or agricultural assets.

Wonderful winter squash

By Teresa Farrell, Registered and Licensed Dietician at Essentia Health.

With fall upon us, now is a great time to add sweet rich flavored winter squash to your meals and snacks. There are many different varieties of winter squash, some of the more common ones in our area include acorn, butternut and hubbard. Winter squash is different than summer squash as it is more mature, has a thick skin and is often orange in color, unlike zucchini and yellow summer squash. The orange color is an outward sign of its nutrient content. In fact, winter squash provides numerous health benefits that may help reduce the risk of heart and respiratory disease, cancer, diabetes and arthritis.

These nutritional components include:

- high levels of beta-carotene, which converts to Vitamin A
- good source of Vitamin C
- good source of fiber
- antioxidant and anti-inflammatory compounds
- polysaccharides that help regulate blood sugar

Tips for choosing a good squash:

- heavy for its size
- thick, hard skin
- no cracks or soft spots

Winter squash are easy to store and prepare.

Storage tips:

- uncut winter squash will generally keep for 3-6 months when stored in a cool, dry place
- after winter squash is cut it will last about a week in the refrigerator

Microwaved, baked and roasted are some common preparation methods. Be sure to rinse the squash under running water before it is peeled or cut.

- microwave: take half of a squash (skin may be left on), wrap it in plastic wrap and microwave for about 5 minutes or until tender. This will create steam so be very careful when removing the plastic wrap. The seeds and skin can easily be removed after it is cooked and cooled

- bake: place squash halves or pieces on a baking sheet without peeling, place in a 400-degree oven for 40-50 minutes or until tender

- roast: place halves or pieces on a baking sheet with

Three levels of credits are available:

- 5% of the lesser of the sale price or fair market value of the agricultural asset up to a maximum of \$32,000;
- 10% of the gross rental income of each of the first, second and third years of a rental agreement, up to a maximum of \$7,000 per year;
- 15% of the cash equivalent of the gross rental income in each of the first, second or third year of a share rent agreement, up to a maximum of \$10,000 per year.

The Beginning Farmer Tax Credit is available on a first-come, first-served basis. www.mda.state.mn.us/bftc

Interested farmers should note that they can also apply for a separate tax credit to offset the cost of a financial management program up to a maximum of \$1,500 per year – for up to three years.



50 years ago...1968: Sandy Bjella, daughter of Mr. and Mrs. Kalmer Bjella was crowned homecoming queen of the McIntosh High School at coronation last Thursday evening. Pictured with Co-Captain Jim Peterson.



40 years ago...1978: One of these Homecoming queen candidates, chosen by the student body in Mac-Winger School will be crowned Homecoming Queen at the Coronation on Thursday. (L-R) Brenda Johnson, Diane Versdahl, Nancy Burslie, Shelley Rolf, Lori Charlton, and (not pictured) Shelley Hanson.



30 years ago...1988: McIntosh Men's Action Club vice president Gary Schomer and Mac's president Craig Burslie present the 1/2 scale model of a 1910 Ford - The Old Tin Lizzie - to the president of the McIntosh Centennial Committee, Garnet Aanenson.



20 years ago...1998: (L-R) Howard Schimanski, Roy Schleicher and Peter Bovee are a familiar group at the Win-E-Mac Golf Course, where at least 3 times per week they hone their skills. On Friday, Roy shot his first ever 38! Practice makes perfect.



10 years ago...2008: Smiling for a picture by his Farmall H is Lessor Township resident Robert Hegland.

**Ad deadline:
Noon Friday**



The 2018 Senior class Powderpuff teams. On Wednesday, September 26th, the Senior Boys took on the Junior Boys in a game of volleyball and the Senior Girls took on the Junior Girls in football.



The Junior class Powderpuff teams.



Left: The Senior girls lined up on the sideline to cheer on the Senior boys as they played volleyball against the Juniors.



Charlie Subbert had fun throwing the ball backwards to Roxanne Stordahl during the "Meet the Patriots" event at Win-E-Mac School last Wednesday evening.



The Mac-Winger class of 1961 celebrated their 75th birthday this July at the farm of Don and Sharon Ostenson. Back row: Bob Higdem, Don Ostenson, Gerri Simonson, Carol Hanson, Gerald Eggers, Grant Oppegard, Ben Ramse, Morris (JR.) Ferden, Paul Molstre, David Grundyson, David Benish. Middle Row: Bonnie Carlson, Bonnie Enerson, Mary Nell Halverson, Lois Carlson, JoAnn Oak. Front Row: Carol Anne Reese, Darlene Hegernes, Amy Bartz, Karen Irish, Janet Aasen.



WEM School Announcements

Parent teacher conferences will be held on Thursday, October 11, 2018 from 1:00-7:30 p.m. School will be dismissed at 12:30 that day and busses will run shortly after that.

Drivers Education classroom will be offered beginning October 22nd, 2018 from 3:15-6:15 p.m. Classes will be October 22-26, 29-31 and November 1 and 2. November 5th will be the makeup day. Students must be 15 years old by June 1. This class needs to be completed and the written driving exam passed prior to Behind the Wheel. The oldest will be given first chance. There will be a parental course on October 16th. Cost of the class is \$50. Please pick up forms in the office. Forms are due by October 16th, 2018.

WEM ECFE

Make way for the Teddy Bear Band coming on Monday, October 22nd!

Here are the Win-E-Mac ECFE events for the month of October.

October 1 - Fall Craft
October 8 - Stop, Drop and Roll

October 15 - Who Hibernates

October 22 - Teddy Bear Band!!!!

October 29 - Pumpkin Party



More Win-E-Mac Homecoming happenings in next week's edition of the McIntosh Times.