

\$1.00

McINTOSH

Since 1888

Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Judi Lindseth and Debbie Harriman spent the summer at the Thrift Store at the Shop in McIntosh helping customers and keeping the shelves stocked up.

Avoid deer-vehicle crashes this fall

Most deer-vehicle crashes statewide occur from September through January, according to the Minnesota Department of Natural Resources.

The combination of fewer daylight hours with the increased movement of deer due to mating season and hunting season increases the risk of collisions between deer and vehicles.

Though most people would expect these crashes to be more likely in rural areas, motorists in urban areas also need to watch out for these dangerous — and sometimes deadly — accidents involving deer. Use these driving tips to help avoid collisions with deer:

See the signs: Deer-crossing signs are posted in high-risk areas. Drive with caution, especially in the posted areas.

Deer often run together: If one deer is near or crossing the road, expect that others may

follow.

Danger from dusk to dawn: Watch for deer especially at dawn and after sunset. About 20 percent of these crashes occur in early morning, while more than half occur between 5 p.m. and midnight.

Safety begins behind the wheel: Always wear safety belts and drive at safe, sensible speeds for road conditions.

Never swerve to avoid a deer in the road. Swerving can confuse the deer on where to run. Swerving also can cause a head-on collision with oncoming vehicles, take the vehicle off the roadway into a tree or a ditch and increase the chances of serious injuries.

If a vehicle strikes a deer, motorists should report the crash by calling local law enforcement, the sheriff's department, the Minnesota State Patrol or the Department of Natural Resources.



Pink Ribbon Tea to be held in Brooks

October is breast cancer awareness month and the volunteer board of the Red Lake County American Cancer Society will be hosting the 3rd annual Pink Ribbon Tea on Sunday, October 25th at 2:00 pm at the Brooks Community Hall. The tea will feature a guest speaker, prizes and a lovely dessert and tea and coffee luncheon. The tea is open to everyone at no cost in an effort to raise awareness of breast cancer early detection and treatment.

Breast cancer facts from the American Cancer Society indicate:

* Breast cancer is the most common cause of cancer among US women (not including skin cancers).

* Men are generally at low risk for breast cancer, but can be diagnosed with it. More than 2,000 men will be diagnosed with breast cancer in 2015.

* Breast cancer incidence generally increases with age. 79% of new cases of breast cancer occurred in women 50 years and older.

* Risk factors may include genetics, obesity, diet and excessive alcohol consumption.

* American Cancer Society

recommends annual mammograms beginning at age 40 and annual clinical breast exams for women 40 or older.

* Average risk women should begin self breast exams in their 20-30's.

Help and information are available 24 hours a day, seven days a week online at cancer.org or by calling the ACS at 1-800-227-2345.

Please save the date, Pink Ribbon Tea, Sunday, October 25th at 2:00 pm at the Brooks Community Hall.

Win-E-Mac Kiddie Halloween Party

The Win-E-Mac Annual Kiddie Halloween Party will be held at the Win-E-Mac School on Saturday, October 31 From 2:00 pm - 5:00 pm.

Bring 1 bag of candy per child for entry with a max of 3 per family.

Ages 0 - 10 with a parent or guardian.

Lots of Games and Fun!

Pumpkin Carving Contest
Bring a pumpkin already carved by 4:00, voting by anyone wearing a costume. Winner will be decided by 4:30.

Sponsored by the Win-E-Mac Student Council.

MHAC is having a successful year

Thrift Shop Update

The McIntosh Heritage and Arts Center opened two thrift shops in McIntosh this spring and raised over \$4000 after operating expenses for the roof fund for the old McIntosh School, the future home of MHAC. The support from the community was great, and MHAC took in over 50 donations this year. The Thrift Store at The Shop on Cleveland Avenue was open Thursday through Saturday from June 15, 2015 to October 3, 2015. The store will not be open during the winter due to heating concerns. The second store, The Second Floor at the Country Store, where MHAC sells clothing and shoes will remain open throughout the winter from 9:00 am to Noon each Saturday.

The shops were staffed with only two employees Debbie

Harriman and Judi Lindseth and the remainder of the time was given by over 10 volunteers.

If you would like to make donations to MHAC for the Thrift Shop, there is a list of numbers on the door of the store that can be called to make an appointment for dropping off items. You can also contact McIntosh Heritage and Arts Center on Facebook.

Next year, the plans are to open the Thrift Shop earlier in the year, and to add days and hours.

Annual Voters Meeting

The next event the is the MHAC all Member Voters Meeting on Tuesday October 27th at 6:00PM at the McIntosh Community Center.

There will be a short business meeting and then Tamara Edevold the Director of the Clearwater County Museum is

going to speak about their Museum History. Tamara will begin speaking around 6:30 pm.

There will be voting for all MHAC Board Members. Ballots were sent to all members and members are encouraged to return them. Members will also have time to talk and answer questions anyone may have about MHAC.

A short update of all the MHAC events and projects will be given. In 2015 McIntosh Heritage and Arts Center has hosted Swing into Spring, the Garden Tour in conjunction with East Polk County Heritage Center in Fosston, Heritage Homestead Picnic at the Gerald and Joyce White farm and most recently the Harvest Hayride and Picnic at Roholt Park in McIntosh.

Please consider attending this meeting!!!



The Thrift Store at The Shop in McIntosh was opened this spring by MHAC and was a success in raising funds for their projects.

Enjoy a roadtrip to see the fall colors

Road trips are a staple of autumn for many motorists. Fall foliage and moderate temperatures make the months of September and October ideal months to hit the open road for weekend getaways.

Fall road trips rarely take drivers too far away from home, but traveling can still be costly. Fortunately, there are many ways to make road trips more affordable without sacrificing fun.

Explore alternatives to more traditional lodging. If your road trip includes an overnight stay, consider alternatives to traditional lodging. Hotels might stretch your budget, but depending on where you plan to go, you might have some less traditional alternatives. Airbnb.com allows homeowners and even some apartment dwellers to rent their homes and apartments to travelers, and these listings may pale in comparison to rates offered by nearby hotels. If weather permits, look for local campsites and spend your nights sleeping outdoors under the autumn stars. If you prefer hotels, look for deals on sites like Priceline.com or Hotwire.com, which may offer heavy discounts on rooms.

Take steps to conserve fuel. Lodging might prove your biggest expense on a fall road trip, but fuel likely won't be too far behind. Drivers can cut fuel costs in several ways. Before beginning your trip, take your car in for a tuneup so any issues that might affect fuel efficiency are addressed before you hit the open road. Poorly inflated tires force the engine to work harder and burn more fuel, so make sure tire pressure matches the levels recommended in your owner's manual before embarking on your trip and even along the way if you feel your car is not running as smoothly as it could be. Another way to conserve fuel is to remove excess items from the trunk. If you don't plan to hit the links on your trip, leave your golf clubs at home.

Plot your route. Spontaneity may make fall road trips more fun, but drivers looking to save money should plot their routes in advance so they can avoid potentially costly problems like detours or road work that can waste fuel and

lead to hours sitting in traffic. Use a GPS device during your trip so you can be alerted to any unexpected developments that might cost you time and money. Plotting your route in advance also allows you to find affordable dining and lodging options and choose roads that don't require drivers to pay tolls.

Invite some friends and family along. Inviting friends and family on a weekend getaway can make the trip more fun and more affordable. If you have room in the car, inviting friends along allows you to split fuel costs, and you may even save on lodging if you find a hotel that won't charge for extra guests in the room. Friends and family also can help split the cost of supplies.

Bring your own food. Food is another big expense road trippers must account for. But you can save money on food by bringing your own meals along on the trip. Prepare some sandwiches the morning that you leave and keep them fresh in a cooler so you don't have to pay for lunch. In addition, pack some snacks so you and your passengers can quickly and affordably quell any hunger pangs that arise while you're on the road. If you plan to stay in a place with its own kitchen, cook your own dinners so you don't have to spend money dining out.

Road trips are a staple of autumn, when drivers can still enjoy the open road without breaking the bank.

How does autumn color happen?

For years, scientists have worked to understand the changes that happen to trees and shrubs in the autumn. Although we don't know all the details, we do know enough to explain the basics and help you to enjoy more fully Nature's multicolored autumn farewell. Three factors influence autumn leaf color-leaf pigments, length of night, and weather, but not quite in the way we think.

The timing of color change and leaf fall are primarily regulated by the calendar, that is, the increasing length of night. None of the other environmental influences-temperature, rainfall, food supply, and so

on-are as unvarying as the steadily increasing length of night during autumn. As days grow shorter, and nights grow longer and cooler, biochemical processes in the leaf begin to paint the landscape with Nature's autumn palette.

Where do autumn colors come from?

A color palette needs pigments, and there are three types that are involved in autumn color.

Chlorophyll, which gives leaves their basic green color. It is necessary for photosynthesis, the chemical reaction that enables plants to use sunlight to manufacture sugars for their food. Trees in the temperate zones store these sugars for their winter dormant period.

Carotenoids, which produce yellow, orange, and brown colors in such things as corn, carrots, and daffodils, as well as rutabagas, buttercups, and bananas.

Anthocyanins, which give color to such familiar things as cranberries, red apples, concord grapes, blueberries, cherries, strawberries, and plums. They are water soluble and appear in the watery liquid of leaf cells.

MN Cold Weather Rule is now in effect

Bills can pile up just like snow. But the Minnesota Cold Weather Rule is designed to protect people who may have trouble paying their utility bills in winter. The Minnesota Cold Weather Rule applies from Oct. 15 to April 15. The rule, established by the Minnesota Public Utilities Commission, means that your utility cannot disconnect your residential electric service during the winter if the customer meets the following requirement:

(1) utility disconnection would affect the customer's primary heat source;

(2) the customer has declared inability to pay on forms provided by the utility (Note: Customers receiving "any form of public assistance," including energy assistance, are deemed to have qualified for inability to pay status);

(3) the household income of the customer is less than 50 percent of the state median income level, as documented by the customer to the utility; and
(4) the customer enters into

Community Calendar

Wed. Oct. 21: 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. 22: Win-E-Mac early dismissal 12:30pm; Win-E-Mac Book Fair Open House 1:00pm to 7:00pm; 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. 23: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Sun. Oct. 25: Espeseth Benefit at St. Lawrence Church, Mentor @ 11:30am to 2:30pm

Mon. Oct. 26: 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. 27: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Lego Night at McIntosh Library @ 6:00pm

Wed. Oct. 28: 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. 29: 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. 30: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Sat. Oct. 31: Happy Halloween! Win-E-Mac Halloween Party 2:00pm to 5:00pm

Mon. Nov. 2: 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. 3: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

and makes reasonably timely payments under a payment agreement that considers the financial resources of the household.

If you have trouble paying your utility bill, local agencies may be able to provide payment assistance.

The State Department of Human Services recommends you call the county in which you live.

If you know you're going to have trouble paying your utility bills, please contact City Clerk at 218.563.3043 to try and work out a payment schedule. We'll try to help.





4 generations in the Hansen family from McIntosh. Pictured: (l-r) Dad: Casey Hansen, Baby: Ethan Michael Hansen, Great Grandpa: Kenny Hansen and Grandpa: Mike Hansen.

No Social Security adjustment for 2016

With consumer prices down over the past year, monthly Social Security and Supplemental Security Income (SSI) benefits for nearly 65 million Americans will not automatically increase in 2016.

The Social Security Act provides for an automatic increase in Social Security and SSI benefits if there is an increase in inflation as measured by the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W). The period of consideration includes the third quarter of the last year a cost-of-living adjustment (COLA) was made to the third quarter of the current year. As determined by the Bureau of Labor Statistics, there was no increase in the CPI-W from the third quarter of 2014 to the third quarter of 2015. Therefore, under existing law, there can be no COLA in 2016.

Other adjustments that would normally take effect based on changes in the national average wage index also will not take effect in January 2016. Since there is no COLA, the statute also prohibits a change in the maximum amount of earnings subject to the Social Security tax, as well as the retirement earnings test exempt amounts. These amounts will remain unchanged in 2016. The attached fact sheet provides more information on 2016 Social Security and SSI changes.

The Department of Health and Human Services has not yet announced Medicare premium changes for 2016. Should there be an increase in the Medicare Part B premium, the law contains a "hold harmless" provision that protects approximately 70 percent of Social Security beneficiaries from paying a higher Part B premium, in order to avoid reducing their net Social Security benefit. Those not protected include higher income beneficiaries subject to an income-adjusted Part B premium and beneficiaries newly entitled to Part B in 2016. In addition, beneficiaries who have their Medicare Part B premiums paid by state medical assistance programs will see no change in their Social Security benefit. The state will be required to pay any Medicare Part B premium increase.

Information about Medicare changes for 2016, when available, will be found at www.medicare.gov.

For additional information, please go to www.socialsecurity.gov/cola.



Kenny Hansen with his Great Granson Ethan.

The legend of jack-o'-lanterns

The tradition of jack-o'-lanterns began in Ireland and Scotland, and pumpkins were not the first gourd of choice to use as lanterns. Turnips and rutabagas were often used because of their availability. When Irish immigrants migrated to America, they brought their jack-o'-lantern traditions with them. Turnips were not as prevalent on this side of the Atlantic, so carvers turned to pumpkins, which were larger and easier to carve. Jack-o'-lanterns get their name from Irish folklore, particularly a character named Jack. Jack liked to drink and couldn't pay his pub tab, making a deal with the Devil for his soul to cover the pub fee. Jack agreed, but he tricked the Devil to get away with his soul and captured the Devil. Jack agrees to free the Devil if he makes a new deal that the Devil can't ever have his soul. Years pass and Jack eventually dies. Because of his poor lifestyle, he is not material for heaven, and Jack is once again reunited with the Devil. Because the Devil re-

members he cannot have Jack's soul, Jack is forced to roam the twilight world forever as a lost soul. The Devil gives Jack a few embers to burn to light the way, which Jack stores in a hollowed-out turnip. Eventually these lanterns, used to keep scary spirits at bay, were called jack-o'-lanterns

Find the
hero
in you.

Give blood 3 times a year!
United Blood Services
www.UnitedBloodServices.org

There will be a blood drive in Winger next week on Thursday, October 29th from 1:00pm to 5:30pm.

The United Blood Services bloodmobile will be there.

If you are interested in donating please contact Lori Lucken at 218-280-0475 or go online to bloodhero.com and sign up.

Gosen Luther League

The Gosen Luther League meets on Sunday evening, October 25th, at 7 o'clock.

The Fraser Family will present a Gospel Bluegrass concert. Kent and Kim along with their five children are involved in full-time Christian ministry and enjoy serving the Lord together as a family.

They bring with them their fiddles, guitars, banjo, mandolin, harmonicas, and more as they sing with their heart because they sing what they believe and enjoy sharing the message of hope with others. 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



The family of Chester Benson wishes to express our sincere thank you to all who showed kindness and love during the time of our loss.

Special thanks to the staff at McIntosh Senior Living for Chet's excellent care; to Pastor Lundeen for his comforting words; to all who participated in the funeral service; to the Grace Lutheran Ladies for the delicious lunch; to all who attended the service and to all who send cards, flowers or brought food to our homes.

Chet will be greatly missed by all who knew him and we will long remember all your caring deeds.

Love from
Chester's Family M30C

Quilter's News

Qtiad will meet this Sat. Oct 24th at the McIntosh Community Center at 9am to sew. This is a bring your own projects day. Everyone is welcome. We will have potluck for dinner at noon. Please bring a dish to share. Bring your own equipment for sewing that day. Cost is 5.00 per person. Any questions call Lois Boehrnson 563-4977.

Sewing classes offered in Mac

During the school year, each month there is a monthly sewing class offered at the McIntosh Community Center.

The class is called Friday Night Sew-and-Sew. Here is what is coming up.

Friday, November 13 at 6:30pm: All you need bag: This little bag is approximately 3" x 5" in size. If you have your I.D., some money, and keys... what else do you need?

Friday, December 11 at 6:30 pm: Fun on the run: Does someone on your gift list love to travel? Adorn their bags with custom luggage tags that can do double duty as gift card holders of gift tags.

Friday, January 8, 2016 at 6:30pm: Happy Chicks Pin-cushion: Whether you are the gler or receiver, a cute pin-cushion is always a great gift! They can be collected, used and appreciated no matter how many you already have.

Call Dianne Christopher for a supply list. 563-3377

Adult

Volleyball League

Starting on Wednesday, November 4, 2015, there will be an adult volleyball league at the Win-E-Mac gym. If you have any questions call or text Danette Schommer at 218-431-0394.

Espeseth Benefit at St. Lawrence Church in Mentor

A free will offering Baked Potato Bar (with all the fixings) and a Bake Sale and Silent Auction will take place on Sunday, October 25, 2015 from 11:30 am to 2:00 pm at St. Lawrence Catholic Church in Mentor.

All proceeds will go to help with the ongoing medical expenses of the Espeseth Family.

Garrett who is 21 years old has been diagnosed with a brain aneurysm in January of 2015. Alayna who is 16 years old has been diagnosed with thyroid cancer in June of 2015.

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

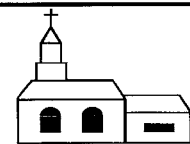
Wednesday 9:00 am to Noon
Friday 9:00 am to 11:00 am

Call or fax: (218) 563-3585

Ad deadline is Noon on Friday prior to publication



Church News



ST. MARY'S CHURCH

Fosston
Fr. John Suvaeken,
Pastor

Wed. Oct. 21: 11:30am Mass at St. Mary's, Fosston

Fri. Oct. 23: 11:30am Mass at St. Mary's, Fosston

Sun. Oct. 25: 8:00am Confession; 8:15am Rosary; 8:30am Holy Mass at St. Mary's, Fosston; 10:30am Holy Mass at St. Joseph's, Bagley

Wed. Oct. 28: 6:30pm Mass at St. Mary's Fosston

Fri. Oct. 30: 11:30am Mass at St. Mary's Fosston

Sun. Nov. 1: 8:00am Confession; 8:15am Rosary; 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

Wed. Oct. 21: 4:30pm - 6:00pm WELCA Supper at Immanuel; 6:00pm - 8:00pm Conformation at Calvary; 8:00pm Immanuel Council

Fri. Oct. 23: Newsletter Deadline

Sun. Oct. 25: 8:30am Worship Service at Immanuel; 9:45am Worship Service at Calvary

Wed. Oct. 28: Calvary WEL-CA Fall Sale

Sun. Nov. 1: 8:30am Worship Service at Immanuel; 9:45am Worship Service at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh
Supply Pastor
Gordon Syverson

Sun. Oct. 25: 11:15am Worship Service

Sun. Nov. 1: 11:15am Worship Service

GOSEN LUTHERAN CHURCH

Independent

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

Sat. Oct. 24: 8:00pm Prayer Meeting

Sun. Oct. 25: 9:30am Sunday School and Adult Bible Study; 10:45am Worship Service; 7:00pm Luther League (See article elsewhere in paper)

Tues. Oct. 27: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. Oct. 28: 1:30pm Bible Study at The Country Place;

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

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Paul Magelson
Sun. Oct. 25: 8am Worship
Sun. Nov. 1: 8am Worship

IMMANUEL LUTHERAN CHURCH

McIntosh

Rev. Mark Peske, Pastor
Sat. Oct. 24: 9:00am LWML Fall Rally

Sun. Oct. 25: 9:30 am Worship Service; 11:00am Sunday School & Confirmation

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

DOVRE

FREE LUTHERAN

Pastor Don Edlund

Sun. Oct. 25: 9:30am Worship Service; 10:45am Sunday School

Wed. Nov. 28: 7:00pm Bible Study on Revelation

Sun. Nov. 1: 9:30am Worship Service; 10:45am Sunday School

MCINTOSH AFLC

McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson
Trinity:

Wed. Oct. 21: 7:30pm Bible Study

Sun. Oct. 25: 11:00am Worship Service; Special meeting with Pastor Lyle Aadahl :God's Mighty Hand" 7:30pm

Mon. Oct. 26: 7:30pm "God's Mighty Hand"

Tues. Oct. 27: 7:30pm "God's Mighty Hand"

Wed. Oct. 28: 7:30pm "God's Mighty Hand"

Mt. Carmel:

Thurs. Oct. 22: 7:00am Men's Breakfast

Sun. Oct. 25: 9:30am Worship Service; 10:45am Sunday School; 12:30pm Confirmation

Spiritually Speaking

Hold your tongue

A wise friend of my father had a rule about speaking, which was always ask before saying something if it was true, if it was kind, and if it was necessary. He was a man of few words, but very highly thought of by family and friends. Most of our daily conversation would fail his test, especially on the grounds of kindness and necessity. The test of necessity is perhaps the hardest to pass: will the words I am about to utter be helpful or edifying. Think about how much of our conversation is about our own ego, trying to make ourselves seem clever while knocking down those around us. Once spoken, words can't be taken back, and even if we do retract them they are like the bell that can't be UN-rung. Our words often come back to haunt us. People will remember things we may have said in an offhand manner years before, and like a sharp-edged boomerang, our words have come back to take our heads off. So, we should think twice before speaking, and consider whether what we are about to say is true, kind and necessary.

-Christopher Simon

B-B Cafe Menu

Wed. Oct. 21: Crispy Chicken Salad, Breadstick, and Dessert

Thurs. Oct. 22: Country Fried Steak, Mashed Potatoes & Gravy, Green Beans, Roll, and Dessert

Fri. Oct. 23: Hot Hamburger, and Dessert

Mon. Oct. 26: Turkey Dinner, Mashed Potatoes & Gravy, Stuffing, Corn, Roll, and Dessert

Tues. Oct. 27: Pork Chops, Mashed Potatoes & Gravy, Carrots, Roll, and Dessert

Wed. Oct. 28 Roast Beef Dinner, Mashed Potatoes & Gravy, Corn, Roll, and Dessert

Thurs. Oct. 29: Chicken Cordon Bleu, Scalloped Potatoes, Green Beans, Roll, and Dessert

Fri. Oct. 30: Cheeseburger, Bowl of Chili and Dessert

Community Birthday and Anniversary Calendar

Wed. Oct. 21: Kobe Hamre, Wanda Stordahl, *David & Sandy Salvhus

Thurs. Oct. 22: Chris Bartz

Sat. Oct. 24 Ella Subbert, *Chris & Amy Bartz, *Todd & Lorene Tranby

Sun. Oct. 25: Lukas Gensburger

Mon. Oct. 26: Mary Schow, *Dianne & Kilm-er Christopherson

Tues. Oct. 27: Mark Sylstad, Jeremy Kasprzak

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THE WINGER ENTERPRISE

3

Wednesday, October 21, 2015

Winger News

by Linda Pulskamp

Hello again from Winger and the Union Lake areas, seems like there is more exciting things going on out in the Union Lake area than in our village, but that is a good thing and thanks Bun for sharing.

What a week end we had as far as the weather goes, Saturday and Sunday were beautiful, with temps hitting 90 on Sunday. Along with those temps we were blessed with bugs, namely the Asian beetles that were everywhere. Was trying to wash windows, did succeed, but by the end of the day on Monday wondered why after the wind we had that blew dirt, leaves and whatever else around. Good thing we didn't have any snow coming down or things would have been at a stand still. Now it feels like fall, and with a hard freeze coming in Friday and Saturday nights, who knows maybe we will have some Indian summer yet, can only hope so.

Farmers are wrapping up harvest, beet campaign is over, corn and sunflowers are now being combined with not a whole lot left to be done. Gardens have been cleaned up and tilled in preparation for next spring. Is a vicious circle but that is the way life goes.

Halloween is right around the corner with deer hunting the next "holiday", and from there we move on to Thanksgiving, then all the hustle and bustle of Christmas gets into full swing and then the New Year will be upon us.

Gathering at the Fern and Milton Carlson home on Saturday the 10th were Paul and Donna Carlson, Monte, Kristen, Emma, Tory, Mia and Hadley Erickson and Fern and Milton's neice Darla Figoli. All were helping Paul Carlson celebrate his birthday.

Last Tuesday Myles Henney of St. Hilaire visited with his Mother Martha Henney in McIntosh and they went for a drive to Mahnomen.

Last Sunday evening Delmar and Corneil Espeseth along with Don and Irene Espeseth of California were visitors at the Boyd and Sylvia Bratager home.

Lucy Brtek visited with Wilma Wang at Wilma's home in Fosston last Sunday. The ladies had a very enjoyable visit.

On Sunday October 11th Becky Stordahl, Deb Matson, Carol Stordahl, Joyce Sannes, Diane Christianson and friend helped Tanner Christianson and his mother Sue Christianson celebrate their birthday's at the Dave and Sue Christianson home. They were all treated to tacos and chocolate cake along with a ice cream cake that Deb brought.

Laura Grant is a faithful visitor with her Grandma Martha Henney, this week she brought her a fresh bouquet of flowers.

Fern and Milton Carlson were among a large group of the Carlson family that gathered at the Paul and Donna Carlson home for lunch to celebrate Paul's birthday.

Darlene Johnson of Dilworth and Denise Enervold of Moorhead picked up Sylvia Bratager last Saturday morning and traveled to Thief River where they visited their aunt and great aunt Irene Lovely in her home. Irene had recently moved from Goodridge to Thief River.

Tuesday the 13th Chad Carlson was an afternoon visitor with Fern and Milton Carlson at the Carlson home.

Best wishes to Joyce Balsstad for a speedy recuperation.

The Calvary Fall Auction Sale is getting closer, October the 28th at 7:30 PM. Will be something for everyone, along with pie and coffee being served after the auction.

This is the bits and pieces of happenings for this week, and until next week may yours be a good one.

From Bun Manor:

Maureen Ohman from Texas called Bun the other night and asked him about the memorial park in Erskine. She was thinking about getting a plaque in memory of her father Ole Carlson. She told him that she enjoys reading the Winger Enterprise to catch up on the happenings in the area.

Dr. Dougie came to see his uncle Bun on Friday afternoon. He brought his girlfriend Angela along to meet Bun. He took a liking to her right away. She is the most normal woman that he has brought to see Bun. They stopped in Winger and met the mayor. Following that excitement Bun took her on the seven minute historty tour of Winger before heading out to the Winger cemetery to visit David (Bull) Schulz's grave. He left us nine years ago on Oct. 23rd.

Judy and Lloyd Schulz are celebrating their 50th wedding anniversary this Sat. at The Trinity Lutheran church in Moorhead. There will be an open house at the church from 2:00 P.M. - 4:00 P.M. Come and help them celebrate if you are in the area.

Last Saturday was a beautiful day for a wedding so Bun headed to the Grace Lutheran church in Erskine to witness Aaron Lucken and Ashley Morberg exchange vows. Everyone who caught it laughed when pastor Tim inadvertently presented Aaron and Ashley as Morberg instead of Lucken.

They had a nice reception and dance at the community center following the wedding. Congratulations to the newlyweds!

Steve and his son Brian attended the Mahnomen Sportsman club banquet at the Legion on Saturday evening. Bun was supposed to go but he forgot about the wedding. Brian took his place. Bun won Smelly a tool kit and Massmann won a nice shot gun. Go figure!

Bun is happy to report that his god daughter niece Megan and her husband Adam are expecting a child this coming spring.

Steve and Lorri are also pleased to report that their son Evan and his wife Nikki are expecting a child next spring. Grand puppie Pepper will soon be taking a back seat soon. God's blessings to both the couples.

Improve indoor air quality in winter

Homes tend to be stuffier in autumn and winter. As temperatures outside dip, windows are closed and air quality inside homes can suffer.

Poor indoor air quality can not only be uncomfortable, causing residents to experience headaches, dry eyes and nasal congestion, but also can be unhealthy. According to the American Lung Association, poor indoor air quality can cause or contribute to the development of infections, lung cancer and chronic lung diseases, such as asthma.

Though it's not feasible or healthy to open windows when temperatures outside dip to near or below freezing, there are steps everyone can take to improve the indoor air quality in their homes.

Add to your decor with plants. Plants provide both aesthetic and practical appeal to a home's interior. Houseplants can clean and purify the air in a home, helping to remove formaldehyde, benzene and other toxins that can make indoor air unhealthy to breathe. Benzene is an irritant that can cause dizziness, headache, nausea, and blurred vision, among other side effects. Formaldehyde, which is often found in homes thanks to its widespread use in a range of products, can cause watery eyes, nausea and wheezing.

Watch what you are lighting up. Many homeowners know that smoking indoors drastically reduces indoor air quality, putting even non-smokers at heightened risk of developing various respiratory ailments. Homeowners concerned about the indoor air quality in their homes should ban smoking inside, no matter how low temperatures dip outside. In addition, homeowners with wood-burning stoves and fireplaces should be especially diligent maintaining

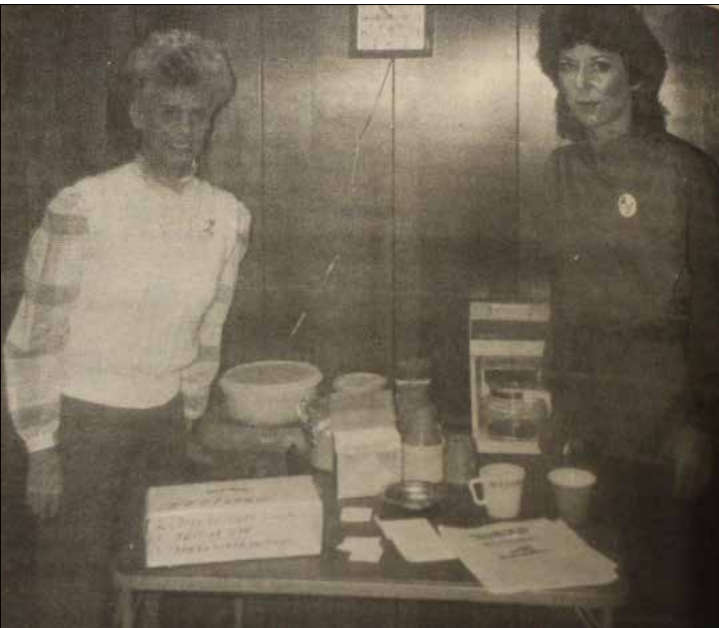
these features, as they can release harmful soot and smoke if they are not taken care of. Some people may also be allergic to incense and scented candles, so keep a watchful eye on residents and guests whenever you light candles or sticks of incense. If any symptoms of allergies appear, avoid lighting any more candles or incense, waiting until you can open the windows if you want to light any again.

Purchase an air purifier. Air purifiers are beneficial year-round, helping to remove allergens and particles from a home. High-efficiency particulate air filters, known as HEPA filters, are extremely effective at removing airborne particulates from the air inside your home.

Pay attention to pets. Like their owners, pets tend to spend more time indoors during the winter. That means more fur and pet dander, the skin flakes in an animal's fur or hair that can trigger allergic reactions, is likely in your home during the

Air Quality...

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30 years ago...1985: Maureen Sebenaler and Sarah Lucken beside the table displaying free coffee & cookies and the items to be given away during their Grand Opening: a curling iron, comb & brush set and 2 free sessions on the sun bed.



20 years ago...1995: Win-E-Mac students from Mrs. Olson's First Grade Class visited the McIntosh Fire Department during Fire Prevention Week to hear about fire safety and to see the fire fighting equipment and trucks. (Back L-R) Michael Wolfe, Elizabeth Corbett, Dillion Sherer, Nic Omang and Kyle Kaupang. (Front L-R) Rebecca Lee, Rainee Haaven, Dustin Stuhaug, Kelsey Thompson, Logan Bauer and Ashley Morem.



10 years ago...2005: As students emerge from the fire truck, McIntosh Fire Fighter, Gary Schommer, shows them the infrared camera and explains its significance in searching out sources of heat. The students here saw how the camera works as it picks up the heat from the tires of the fire truck after its drive from McIntosh to Erskine.

Recipe Corner

With the fall season turning to winter, there is nothing better then being able to come home to a hot cooked, hearty meal that is ready to serve to your family. Here are two slow cooker recipes to try out when the weather turns colder and the days get shorter. Enjoy!

Slow Cooker Beef Tips and Rice

2 pounds beef stew meat
1 (10.75-ounce) can cream of mushroom soup
1 (1.61-ounce) packet brown gravy mix (see note)
1 beef bullion cube
1 cup water
1 small onion, chopped
Combine the ingredients in the bowl of a 4-quart slow cooker and mix to combine. Cook covered on low for 7 to 8 hours. Serve over hot white rice.

Notes: If you can't find

the larger packet of brown gravy mix (one that makes 2 cups of gravy) then you can use two smaller packets.

Slow Cooker Chicken and Dumplings

4 boneless, skinless chicken breasts
2 cans cream of chicken soup (Use the 98% fat free to lighten it up a bit)
1 can chicken broth (14.5 oz)
1 small onion, chopped
2 tablespoons of butter
½ cup self rising flour
5 tablespoons of ice cold water

Turn the slow cooker on low and add the butter, 2 cans of cream of chicken soup, chicken broth plus one can of water, chopped onion, and chicken breasts. Make sure the breasts are covered with liquid.

Cook on low for 6 to 8 hours. About an hour before serving, crank the slow cooker up to high and break up your chicken. (I used a potato masher and just mashed it up. It should be very tender and easy

to piece up.)

Combine ½ cup self rising flour with 5 tablespoons of ice cold water. You may have to add a little more water or a little more flour to get to the right consistency to roll out.

Turn the dough out onto a floured surface and roll thin (about ¼"). Cut into 1" squares with a pizza cutter or knife.

Drop the dumplings around the side of the slow cooker where it is the hottest and stir.

Cover and cook for at least 45 minutes.



Regional Ag News

Jim Stordahl,
Extension Educator

Protect Trees for Winter

It's time for an annual reminder to protect young trees for winter. Minnesota winters are often as stressful on trees and shrubs as they are on humans. Plants may suffer from root or stem damage, frost cracks, winter browning, die back, bud death and even plant death.

Each spring, we get scores of calls on damage to newly planted trees. In many cases, the trees were near the point of bearing fruit and such a loss is frustrating and discouraging.

Young trees are vulnerable to two preventable problems each winter, sunscald and critter damage. Luckily, both types of damage are easy to prevent with a little work and inexpensive materials.

Sunscald

Sunscald and bark cracks occur mostly on the south and southwest sides of smooth barked trees and shrubs. Young maple, apple, aspen, linden and mountain ash are the most vulnerable.

Sunscald can occur when the sun is at a low-angle and it warms the south and southwest sides of the trunk which causes cells to think spring has arrived. As the sun sets and the temperature plummets below freezing, the bark cells are damaged. The following spring, a vertical crack develops along those damaged cells.

Sunscald is very common

and does not always kill the tree. If you look at a number of trees, especially apple, maple and mountain ash, you will likely find trees with previous sunscald damage. If they survive, trees with this damage are prone to further problems years later, so it's a good practice to protect the tree when it's young. As the tree matures, the bark is less prone to damage.

Stem protection, such as wrapping it in the fall, will help protect the young tree. Start at ground level and work up to the first branches; remove the wrap in spring if using the disposable wraps. Light-colored, loose stem protectants are most effective. My preference is to use plastic tubes or spirals available at your hometown hardware store or garden center.

Mulching

Mulching around the tree's base reduces soil moisture loss, improves water and air penetration, and keeps soil temperatures more stable. These conditions are helpful for root growth and therefore improve tree vigor. Wood chips, shredded bark, dried grass clippings or pine needles all can be used for mulch. Cover the area with mulch about 3 to 4 inches deep. Avoid mounding mulch on the tree trunk.

Critter Damage

Protection from rodents and rabbits must be in place before damage occurs. Little can be done after they have girdled your prize apple tree!

Tree trunks can be protected from the damage of voles, mice and rabbits in two ways. One, place a cylinder of 1/4 inch-mesh hardware cloth or plastic drainpipe around the trunk. It should extend two to three inches below the ground line for mice control and 18 to 24 inches above the anticipated snow line for rabbit control. This protective ring should be removed each spring, or at least evaluated, to ensure that it does not end up girdling the trunk as the tree grows.

The second method is to use materials commonly used to prevent sunscald. If your purpose is to prevent sunscald and critter damage, the plastic wraps may be more effective. These wraps are not as fool-proof as the wire, but it's less laborious; so if this is all you'll get done, something is better than nothing.

You can protect shrub beds from rabbit feeding by fencing the beds with chicken wire. Check fenced areas frequently to ensure a rabbit has not gained entrance and is trapped inside.

Trees add tremendous value to a homeowner in a variety of ways. A small amount of effort this fall can prevent disappointment and unnecessary work next spring with a few simple measures taken this fall.

For more information, contact me at 800-450-2465 or stordahl@umn.edu. Source: UM Forestry.



Last week at Win-E-Mac School teachers Ian Hanson, Bill Sholheim, Jason Svalen and Ross Roragen got together to serve lunch to honor the lunch heroes who serve the students and staff at the school every weekday.

WEM
ECFE

Friday Playdates Ages
0-5yrs 10-11:30am
10/23 Creepy Crawlers Play-
date!

Fun Family
Special Events:
10/27 Special Event @ McIn-
tosh Library! Lego Night! 6pm
Ages 0-12yrs old

WEM Early Childhood Fam-
ily Education classes are for
children 0-5yrs old unless not-
ed. Pre-registration is not re-
quired. Events are FREE. Con-
tact Shannon Svalen, ECFE
Coordinator at ssvalen@win-e-
mac.k12.mn.us, 218-687-2236
or Like us on Facebook: WEM
Early Childhood Family Educa-
tion

WEM School
Menu

Wed. Oct. 21: Breakfast:
Assorted Cereal, Omelet, Eng-
lish Muffin w/PB&J, Fruit
Choice, Apple, Grape or Or-
ange Juice, Skim or 1% Milk
Lunch: Meatloaf, Mashed
Potatoes & Gravy, Creamed
Corn, Fosted Cake, , Fruit
Choice, Milk Choice

Thur. Oct 22: Breakfast:
Assorted Cereal, Breakfast
Pizza, Fruit Choice, Apple,
Grape or Orange Juice, Skim
or 1% Milk Lunch: Corn Dog,
French Fries, Baked Beans,
Fresh Veggies, Fruit Choice,
Milk Choice

Fri. Oct. 23: Breakfast:
Assorted Cereal, Muffins, Yo-
gurt Cup, Fruit Choice, Ap-
ple, Grape or Orange Juice,
Skim or 1% Milk Lunch: Sub
Sandwich, Baked Chips, Broc-
coli/Cauliflower, Cookie, Fruit
Choice, Milk Choice

Mon. Oct. 26: Breakfast:
Assorted Cereal, Breakfast
Burrito, Fruit Choice, Apple,
Grape or Orange Juice, Skim
or 1% Milk Lunch: Soft or Hard
Shell Tacos (lettuce, tomato,
sour cream, cheese, salsa,
black olives), Fresh Vegeta-
bles, Fruit Choice, Milk Choice

Tues. Oct. 27: Breakfast:
Assorted Cereal, Breakfast
Sandwich, Fruit Choice, Apple,
Grape or Orange Juice, Skim
or 1% Milk Lunch: Salisbury
Steak, Mashed Potatoes &
Gravy, Green Beans, Fresh
Vegetables, Fruit Choice, Milk
Choice

Wed. Oct. 28: Breakfast:
Assorted Cereal, Breakfast Piz-
za, Fruit Choice, Apple, Grape
or Orange Juice, Skim or 1%
Milk Lunch: Chili, Corn Chips,
Fresh Carrots, Corn Bread,
Fruit Choice, Milk Choice

Thur. Oct 29: Breakfast:
Assorted Cereal, Sausage Gra-
vy over Biscuit, Fruit Choice,
Apple, Grape or Orange Juice,
Skim or 1% Milk Lunch: Chick-
en Strips, Rice Pilaf, Peas,
Fruit Choice, Milk Choice

Fri. Oct. 30: Breakfast: As-
sorted Cereal, Yogurt Parfait,
Fruit Choice, Apple, Grape
or Orange Juice, Skim or 1%
Milk Lunch: Pizza, Corn, Cu-
cumbers & Celery, Rice Krisp-
ie Treat, Fruit Choice, Milk
Choice

Air Quality...

Continued from page 3...

winter than in the summer. To
combat this, bathe your pets
regularly in the winter, mak-
ing sure to wash the animal's
bedding in hot water on a
weekly basis as well.

· Open the windows when
possible. Winter does not typi-
cally provide many opportuni-
ties to open the windows, but
you might get a few chances to
let some fresh air in through
the windows during winter.
Make the most of these op-
portunities, and when possi-
ble crack the windows when
you're cleaning so dust and
other particles that kick up
have a path outside of your
home.

Clean interior air should
be a year-round priority, but
homeowners may have to go
the extra mile to keep their
homes' interior air clean when
winter arrives



WEM School
Announcements

FYI -
Mid-Term report cards are
now available on line on Syn-
ergy

Veteran's Day Program
Wednesday, November 11,
2015 at 9:00 A.M. In the new
Win-E-Mac School Arts and
Events Center

The Win-E-Mac School in
conjunction with area Veter-
an's organizations will be hold-
ing a Veteran's Day program
at the Win-E-Mac Arts and
Events Center on Wednesday,
November 11 at 9:00 a.m. We
are inviting all veterans and
community members to at-
tend this very special program.
Veteran's Day gives all of us
a chance to honor and thank
those who have served and sac-
rificed in order to preserve our
freedom.

School Lunch Hero Week

Celebrated October 12th-14th



Cindy Nelson

Between preparing healthy
meals for America's students,
adhering to strict nutrition
standards, navigating student
food allergies and offering ser-
vice with a smile, school nutri-
tion professionals are true her-
oes!



Katrina Holmes

School Lunch Hero Week is
the perfect opportunity to re-
cognize the hardworking pro-
fessionals in school cafeterias.
School nutrition employees are
superheroes that deserve some
recognition.

The week aims to showcase



Jill Jaeger

the ways in which school nu-
trition professionals make a
difference for every child who
comes through the cafeteria.

Thank you Jill Jaeger, Cin-
dy Nelson and Katrina Holmes
for all of your hard work!



Jesse Hickman and John Nelson from the Erskine Fire Department, were able to come visit our Kindergartners, 3rd graders, and 6th Graders at WEM School. They taught us fire safety tips, about smoke alarms, how to stop-drop-and roll, and showed us how they dressed when they go into a fire. Thank you Erskine Fire Department!