



McINTOSH

Since 1888

\$1.00

Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Maci Lee and her grandpa Jim recently enjoyed a fresh ear of sweet corn and a hot dog at the McIntosh Community Club Corn for Kids event held at Roholt Park in McIntosh



A severe storm that quickly rolled through McIntosh in the early morning hours on Thursday, September 5th turned over gravity box near the railroad tracks on the south end of town prompting the McIntosh Fire Department into action to help remove the box from where it overturned near the tracks and keep motorists safe in their travels.



The storm that came through McIntosh in the early morning hours last Thursday blew down plenty of branches and trees throughout the town, keeping the Otter Tail Power Company busy throughout the day with, in the range of, 25 downed powerlines throughout the City. Residents went without power for several hours and the crews worked to find and repair the lines.



The Clubhouse Childcare Center from McIntosh will be featured in the Center circle at the Mentor's Farmers Market on September 14th for "Christmas in September". The Clubhouse Childcare Center opened in McIntosh 2018. Their mission is to meet the social, emotional, cognitive, and physical needs of all children in a safe, nurturing, stimulating, and positive environment. Nicole Cook and friends will be at the Market providing entertainment for the children. Decorate your Christmas Tree the Clubhouse way!! Alex will be back providing music along with Sue Lee, Rachel and Bridgette Roggenbuck, Christmas Carols for both the young and old. Vendors will be decked out for Christmas, and fresh fall produce is now available. Hot apple cider, a hot bowl of soup with fresh bread will be available for a free will donation. Fall hours are from 9-11.

Make plans for Mac Harvest Festival Sept. 21st

Back again for 2019, make plans to join us on Saturday, September 21st for the McIntosh Harvest Festival. We're adding even more food and fun this year—from live music and a kids vendor show to mouth-watering food options—there's something for everyone. Come celebrate the beautiful Fall season with your family and friends while spending the day in McIntosh.

There is an apple pie eating contest again this year (with some changes) and a pumpkin dessert bake off. More details on those below.

Here's what you need to know: For the latest updates and a full schedule of events, check out the 2019 McIntosh Harvest Festival event page on Facebook or follow www.facebook.com/mcintoshcommunityclub

Those interested in becoming a craft show vendor can call 218-563-2883.



Does your child make something that they'd like to sell? Sign them up for the kids vendor hour (it's free!) Call Andrea Stordahl 701-866-0371. Would you like to become an event sponsor? Call Megan Rock at 218-280-9663. General comments/questions: Katie Roed 701-361-1368.

MSL Harvest Festival activities



On Saturday, September 21st, McIntosh Senior Living will hold several events for McIntosh Harvest Festival.

The first is a run/walk with registration starting at 8:30 am and the run/walk starting at 9:00 am. Registration will be \$25 for adults, \$10 for kids and a \$75 family fee. Forms are available at McIntosh Senior Living, FarmChek, Jered's

Grocery, Ultima Bank (Winger), First National Bank (McIntosh) and Nord's Pharmacy or email: tricia@macseniorliving.com or sharlene@macseniorliving.com.

McIntosh Senior Living will have a booth with silent auction gift baskets available starting at 9:30 am as part of the Harvest Festival.

Cow Pie Bingo is back again this year for the McIntosh Harvest Festival. Located in the Wertish parking lot, you can have the chance to win \$100 for each of the 3 games taking place at 10:00 am, noon, and 2:00 pm. \$5 gets you a square. You can buy your squares at Mac Senior Living.

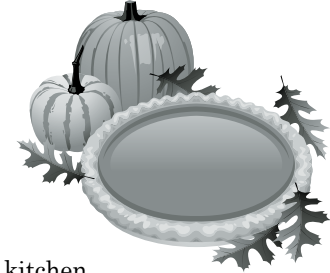
If you need any other information please call MSL at 218-563-2715.

A sweet Pumpkin Dessert Contest

Calling all bakers! It's time to grab your recipe box and whip up your best pumpkin dessert for the 2019 McIntosh Harvest Festival Bake-Off.

****Official Rules****

> Drop off your pumpkin dessert on September 21st between 9AM - 12PM at the McIntosh Community Center



- kitchen.
- > Secure your name and phone number to the bottom.
 - > Dessert MUST be in a disposable dish.
 - > Dessert MUST be home-made and include pumpkin.
- All desserts will be judged on taste, appearance and creativity. Two winners—one for best taste and one for best use of creativity—will be announced at the pie eating contest on Main Street at 2PM. Both winners will receive a custom McIntosh Harvest Festival apron along with a pumpkin candle from Howard Soap Company.



Community Calendar

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

Thurs. Sept. 12: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

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

Mon. Sept. 16: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tue. Sept. 17: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Wed. Sept. 18: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Sept. 19: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Sept. 20: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Sept. 23: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tue. Sept. 24: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



Milton Carlson was able to celebrate his 98th birthday, which was August 30th with his family and close friends. Here he is pictured with his children, Wanda Donovan, Paul Carlson and Judy Gieseke. Milton passed away on September 6th.

Winger News

by Linda Puskamp

Greetings again from the Winger area, we have moved on into September, the school buses were busy again on Tuesday with the start of a new year, I think most everyone is wondering where the summer went.

It has been a cold and rainy few days with a bit of sun here and there, certainly feels like fall is in the air and in driving, can see that there are leaves changing color in some places. Much too early for this yet, am looking forward to having many days of Indian summer yet.

And then again I cannot help but feel for the people that have been devastated by Hurricane Dorian that has left so many homeless and many killed, we are indeed fortunate.

Farmers have been at a stand still for the last few days due to the rain but hopefully it will settle into some more pleasant weather and they will be back to their harvesting again soon.

News is very sparse this week again, but on to with what I got.

Last Sunday Butch and Linda Puskamp spent the day visiting with Brent, Jessie, Sidnie, Skyline and Brylie Puskamp at the Brent Puskamp home in Wahpeton.

Dakota and Kjerstie Poissant of Newfolden visited last Saturday with Grandma Betty Myrhum at her home, bringing with them some bread and butter pickles for her.

Tuesday afternoon Butch and Linda Puskamp were visitors with Reha Stanstead at her home in Erskine.



Milton Carlson's Corner

Milton observed his 98th birthday last Friday, August the 30th, the following were in attendance that went on for many days, Paul and Donna Carlson, Wanda and Dick Donovan of St. Francis, MN,

Judith and Lonnie Gieseke of McIntosh, Chad and Michelle Carlson of Fosston, Taylor, Jessica and Cora Carlson of Fosston, Marissa Carlson of Grand Forks, ND, Treydon Carlson of Thief River Falls, James and Roxanne Peterson of Isanti, MN, Jake Heusman and Jocelyn Peterson of Isanti, Justin Peterson of Isanti, Samantha Peterson of Isanti, Jayden Peterson and friend of Isanti, Jamie Peterson of Isanti, Brent, Jennifer, MacKenzie, Josh and Dominic Carlson of Erskine, Kristin, Monte, Emma, Tory, Mya and Hadlee Erickson of Fertile, Sheila, Chris, Vincent, Jasmine and Carson Benesh and Jade Benesh and her friend Nick Seim, Lisa, Roy and Ryan Schaumburg of Mentor,

KariAnne, Mike and Oliviayah "Lovi" Keller of Bejou and Terry Keller of Thief River Falls, Adam, Jessica, Cosette, Oliver and Sage Carlson of Fosston, Joe, Laura, Mason and Avery Peterson of Hanover, MN, Dustin, Nickie, Dusty Wayne and Evalyn of Fosston, and Darla Figoli of Denver, CO. Milton also received many texts and phone calls including from Sara Kruger of Bloomington, Merlin and Marilyn Carlson of New Ulm, The Erskine Senior Meals where many friends and cousins that were in attendance were facetimeing him, Joanna from Poland called and facetimeed her "Grandpa", as well as Lindy from Ultima Bank and Melissa from DMV.

Tuesday afternoon Linda Puskamp visited at Milton's home with Milton, Judy Gieseke, Dick and Wanda Donovan and Donna Rae Carlson.

This once again is the news for the week, wish there was more but so be it.

In closing, remember today is a day that will never come again, take time to care!

Easy ways to clean up leaves

Autumn is marked by colorful foliage and plummeting temperatures.

Once those leaves reach peak color, they fall from the branches and collect on lawns, necessitating cleanup projects.

For homeowners with big yards, such a project can be tiring and time-consuming. However, there are ways to make leaf cleanup easier.

One of the easiest ways to clean up leaves is to reach for a lawn mower rather than a rake.

The mower will cut leaves down to smaller sizes, creating an effective mulch that can add nutrients back into the lawn. Davey, a lawn and landscape solutions service, says that



Grandchildren of Rolf and Marie Carlson, and family members including great-grandchildren and great-great grandchildren, recently enjoyed a family reunion at Rick and Sharon Carlson's home in Plymouth, MN. Pictured are Tom Carlson, Annette Carlson Swedberg, Rick Carlson, Renee Carlson Hildebrandt, Bill Carlson, and Maureen Carlson Ohman.

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. This gets circulated when people begin to rake or blow fallen leaves. Classroom pets and chalk dust in schools (although chalkboards are largely a thing of the past) are other autumn allergens.

Raking leaves onto a large tarp is another option. Once it's full, the tarp can be taken to the curb where many towns will collect the leaves seasonally.

Otherwise, the tarp can be used as a funnel to put leaves into a gardening bag or another appropriate receptacle.

Leaf blowers remain a fast option for cleaning up yards, but they require electricity or gas and can be noisy. Still, they are a popular choice for large landscapes or when quick work needs to be made of leaf cleanup.

Leaves will fall in autumn, but luckily homeowners have various methods at their disposal to tame the mess.



The good news is that many natural remedies work just as effectively as over-the-counter medications in regard to combating 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 eyes

and eyelashes of pollen, as this is where it tends to congregate 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.

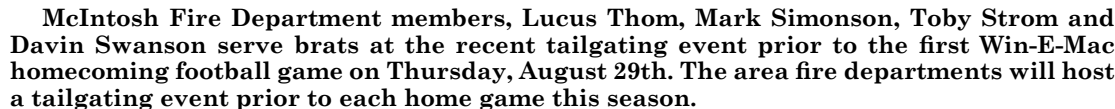
Use eucalyptus oil. This oil is great to have in the house to help clear up sinuses and provide nasal congestion relief. Mix a small amount with coconut oil and rub onto the chest. There also is some evidence that adding a few drops of eucalyptus oil to cleansing products can help kill dust mites around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



August Birthdays were celebrated at the Erskine Community Center. As Milton Carlson was not feeling well, the whole crew "Facetimeed" him to help celebrate his day.



A disease once thought to have been eradicated in developed countries has become a newsmaker once again, with reported cases affecting various areas of North America.

The American Red Cross says the United States is presently experiencing the highest number of measles cases since the disease was considered eliminated in the country back in 2000. Seventy-five new cases were reported in one week in May 2019, bringing the total confirmed cases to 839 across 23 states at that point. Canada reported six confirmed cases at the same time.

In recent months, measles has been reported in Arizona, California, Colorado, Connecticut, Florida, Georgia, Illinois, Indiana, Iowa, Kentucky, Maryland, Massachusetts, Michigan, Missouri, Nevada, New Hampshire, New Jersey, New York, Oregon, Pennsylvania, Tennessee, Texas, and Washington. Even though all

50 states require measles vaccinations prior to children entering school, there are some medical exemptions, and exemptions for religious and philosophical reasons, according to the Red Cross.

The Centers for Disease Control and Prevention says that measles outbreaks are linked to travelers who bring measles back from other countries. Measles outbreaks have been documented in Israel, Ukraine and the Philippines.

In New York, state senators and other politicians have pushed to end non-medical exemptions, including religious waivers from vaccinations. Roughly 530 cases of measles were confirmed in an area of Brooklyn, New York, between October 2018 and May 2019, leading Mayor Bill de Blasio to declare a public health emergency and ordering mandatory vaccinations under the threat of \$1,000 fines.

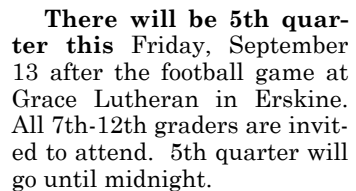
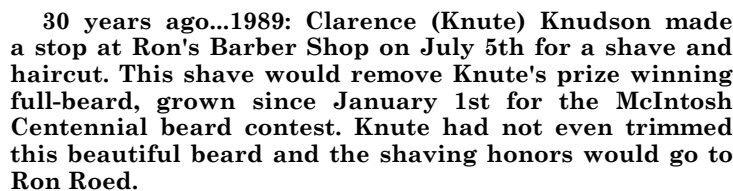
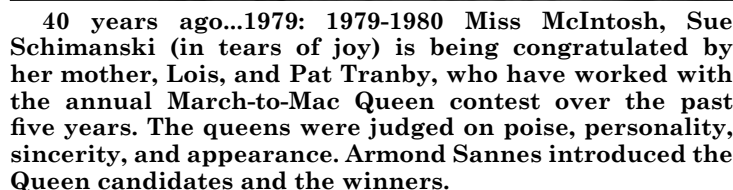
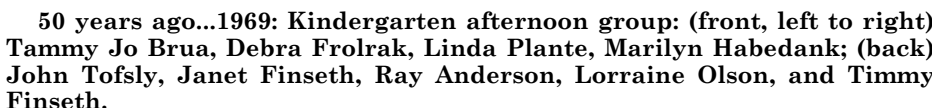
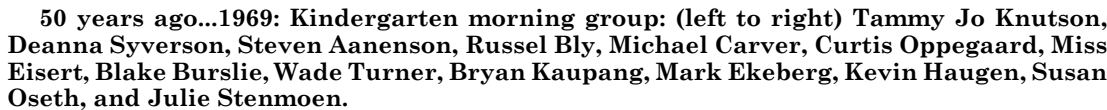
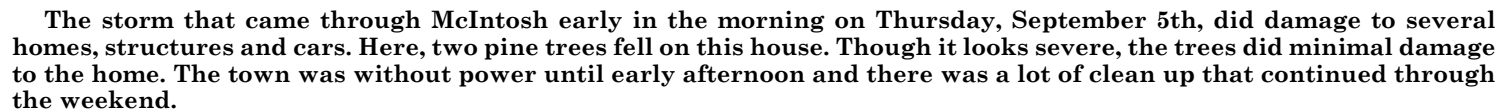
Schools in Lakewood, New

Jersey, were shuttered for many days due to measles cases. Some schools sent the message that children will not be able to attend without proof of vaccination.

Measles is a highly contagious virus that lives in the mucus of infected people. It is spread through coughing and sneezing.

Measles is so contagious that if one person has it, 90 percent of those close to that individual who are not immune will be infected, says the CDC. Early symptoms include a high fever, cough, runny nose, and red, watery eyes. Within two or three days of such symptoms surfacing, small white spots may appear in the mouth before a red measles rash on the face and body develops.

The best protection against measles is a measles-mumps-rubella (MMR) vaccine, which provides long-lasting protection. Children typically receive two doses of MMR - one as an



WEM ECFE
Join for fun, games and learning. WEM Early Childhood Family Education will meet on Mondays at 6:00 pm in the WEM preschool room. Follow WEM ECFE on Facebook for updates and class schedule information. ECFE is for parents and their children birth to preschool age. ECFE will have its first meeting on September 9, 2019.

ECFE is based on the idea that parents provide their child's first and most significant learning environment and parents are children's first and most enduring teachers. ECFE works to support you as a parent/caregiver and to strengthen and empower families.

The goal is to enhance the ability of all parents and other family members to provide the best possible environments for their child's learning and development.

Picture day is coming: Caulfield Studio will be here on Wednesday, September 18th to take school pictures. New for fall 2019!

Parents may preorder their photos online at www.caulfieldstudiodl.orderschoolpix.com. You will choose your school name from the dropdown menu and enter the password: Prepay.

You may preorder and pay online until Picture day. If a student forgets to turn in their envelope on picture day, we are only able to add late orders for two business days after the photos are taken.

**Fitness
Room Renewal**
If you had a membership to the School Fitness Center this past year, the fee you paid is only good until August 31, 2019.

You will need to renew the membership fee by that date or your card will be deactivated until a payment is made. If you did not purchase a membership last year and would like one this year, please come to the District Office to fill out a membership application and fee. An access card will be issued at that time.

Do not access the rest of the school after hours or an alarm will activate.

The school has video cameras at entrances and hallways of the school to show access. Please call 218-563-2900 for any questions.

