



McINTOSH

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McIntosh, Minnesota



Join in all the fun and festivities this Saturday in downtown McIntosh.

Strom named Educator of Excellence

Win-E-Mac school has a whole lot of excellent educators on the staff roster, and one teacher, Jessica Strom, was recently recognized by the Minnesota Rural Education Association (MREA) as an Educator of Excellence.

This honor recognizes Jessica and her passion, innovation and collaboration in achieving results for students at Win-E-Mac School. Jessica was chosen for her innovative classroom where she has flipped her high school math classroom to allow her students to become the problem solvers and teach one another. It has been a light-bulb moment for her students and other teachers who have seen it in practice. Win-E-Mac Superintendent Randy Bruer said that Jessica is a dynamic teacher as she is interested in the work her students are doing and how they are doing it. Her students like the fact that she will work with them until they can figure out a problem.

What is the notion behind a flipped classroom? She created videos for students to watch at home to learn new lessons and then engages them in the classroom by applying what they learned through problem solving and group activities. Therefore, the students have their lectures on the subject at home via videos and spend their time in the classroom learning with Jessica and their classmates how to put what they learned into practice.

Jessica is also very active in school outside her classroom, she developed a Math Family Fun Night where each year elementary students and their families get to have fun making art or playing games using math in non-traditional manners. She also has her 9th grade students create a Barbie bungee jump, using math, of course. She is active in her church and the local Community Club. She lives in McIntosh with her husband and two daughters.

Four teachers were chosen from throughout rural Minnesota and will be honored at a banquet later this fall. "These educators are engaging students in new and inventive ways," said Fred Nolan, executive director of MREA.

The award honors educators who demonstrate a positive



Jessica Strom

impact on students and student achievement, leadership in their school and community, innovative and creative instructional practices that have an impact on all members of their classroom and the collaboration with fellow educators, families and their community.

MREA is the only advocate exclusively for Greater Minnesota schools.

Under the leadership of school board members, administrators, teachers and community members, MREA focuses on what puts first the education, growth, and development of learners to bring about our best possible future. MREA's membership represents about 230 school districts in rural Minnesota.

Harvest Festival is this Saturday in Mac

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

Various ways you can put pumpkins to use

Few items signal the fall harvest season more than the bright, orange pumpkins that dot fields and liven up displays outside of homes and businesses. Come fall, many pumpkins are turned into grinning jack-o-lanterns just in time for Halloween. But there are many other uses for pumpkins as well.

Pumpkins are believed to have originated in North America. Early Native Americans relied on pumpkins as a source of food that helped them survive long winters. Pumpkins could be roasted, baked, boiled, and dried, and they

Rock at 218-280-9663.

General comments/questions: Katie Roed 701-361-1368

MSL Harvest Fest 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, Hered'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.

were eaten and used as medicine. Pumpkin blossoms were added to stews. The shells of the pumpkins could be dried and used as eating and storage vessels.

While pumpkins may now be symbolic of Halloween, the following are a handful of additional ways this versatile fruit can be put to use.

Beauty regimen

Pumpkins contain a number of essential vitamins and minerals that can help replenish the skin. Pumpkin purée can be mixed with honey, aloe vera gel, olive oil, and a bit of cornmeal to create an exfoliat-

You can buy your squares at Mac Senior Living.

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

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 homemade 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.

ing mask for the face or body. Pumpkin also can be used to rejuvenate dry or tired skin from cold weather.

Honey, pumpkin and yogurt can be mixed together and used to condition hair. Let the mixture sit for 15 to 20 minutes, and then wash it out and shampoo.

Foods and beverages

Pumpkin purée is the basis for many tasty, pumpkin-infused treats. Purée can be used in pies, cakes, muffins, breads, and many additional

Pumpkins...

Continued on page 4 ...



Community Calendar

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

Sat. Sept. 21: Harvest Festival in downtown McIntosh starting at 9:00 am, Family activities.

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

Wed. Sept. 25: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Sept. 26: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Sept. 27: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

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



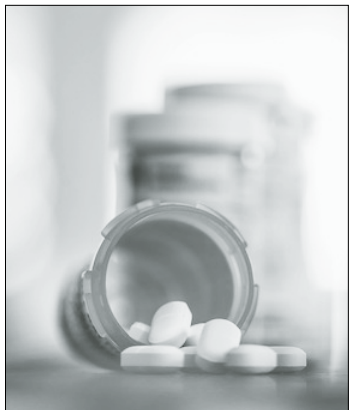
McIntosh Senior Living hosted the second public event in a recent movement to make area communities more dementia friendly. The Dementia Friendly group holds monthly gatherings throughout our area to help educate, support and inform our community on the growing topic of dementia. The event was held at the MSL Training Center with lunch provided to attendees. It was very well attended. Guest speakers included Danica Robson from Leading Age and Julie Praska-Moser from Lutheran Social Services. Many attendees shared that it was very worthwhile and informative.

MSL Training Center expands class offerings

The McIntosh Senior Living Training Center has expanded class offerings to include a new class on trained medication assisting. It is a 48 hour classroom/lab course that meets Minnesota requirements for medication administration. This course is designed to train personnel for working in various settings, such as nursing homes.

The curriculum for this class is from the Minnesota State Community and Technical College- Moorhead campus.

Components of the course include the legal requirements concerning medications and medication administration, general medication information, use of the PDR (a medication reference), overview of the



body systems, drug classifications, and practical medication administration procedures.

Applicants must have completed a 75 hour nursing assistant course (which is another class offered) and they must

be currently on the Minnesota Nursing Assistant Registry.

The first class will be held later this fall, date still to be determined and will meet 8 hours, once a week for a total of 6 weeks.

Upon successful completion of the course, the student will receive a certificate from the Minnesota State Community and Technical College. They can begin working as a TMA as soon as they have their certificate.

The cost of the course is \$400. For more information or to register for a class, they can contact Carissa Affeldt RN, Education Coordinator, Infection Preventionist at (218) 563-2715 or carissa@macseniorliving.com.

At Essentia Health, cancer research receives \$5.65 million grant

A \$5.65 million grant renewal from the National Cancer Institute (NCI) will allow Essentia Health to continue its cutting-edge cancer research and first-rate patient care.

The six-year grant renewal comes from the NCI Community Oncology Research Program (NCORP) and serves as Essentia's primary source of cancer-research support.

The NCI has awarded 53 grants to support clinical trials and cancer-care studies nationwide.

One major benefit: Patients affected by cancer are able to receive the best possible care close

to home. Through the NCORP program, they have access to innovative treatments without having to travel long distances.

"We are extremely pleased to receive funding through NCI as an NCORP program once again," said Dr. Bret Friday, medical director of oncology research at Essentia Health. "It was a competitive renewal and our funding has increased by 30 percent over the prior year."

Essentia has a robust history as a cancer-research participant, which stretches back nearly four decades.

Significant funding has come from the NCORP pro-

gram or its predecessor, the Community Clinical Oncology Program, since 1983.

"The award reflects the amazing work of our research team, the Essentia Institute of Rural Health and the cancer centers across Essentia's three markets, and this work is only possible with the participation of the patients in the communities we serve," Dr. Friday said.

"Our involvement in research demonstrates our continued desire to make a healthy difference in people's lives. Only through research can we improve our care."

3 signs of sun-damaged skin

The summer sun beckons many people outdoors. Soaking up some rays on a warm summer day can be a great way to unwind and get a little color.

It's not always easy to recognize signs of sun damage when spending time outdoors in the summer, especially for people who lay out in the sun hoping to get a tan.

Such damage may be overlooked or more evident in the fall, when people begin spending more time indoors. But sun-damaged skin should not be taken lightly.

In fact, the Skin Cancer Foundation notes that the vast majority of melanomas, the most dangerous form of skin cancer, are caused by the sun. The SCF even notes that one study from researchers in the United Kingdom found that 86 percent of melanomas can be attributed to exposure to the ultraviolet, or UV, radiation from the sun.

Sun-damaged skin will not necessarily lead to skin cancer. However, the American Academy of Dermatology notes that sun damage can lead to skin cancer.

Going outdoors without adequate protection makes skin vulnerable to sun-related damage.

Learning to recognize three of the more common types of sun damage may compel people visit their physicians and take

potentially life-saving steps to prevent future damage.

1. Wrinkles

Wrinkles aren't always a byproduct of aging. While the Mayo Clinic notes that skin becomes less elastic and more fragile as it ages, increasing the likelihood that wrinkles will develop, wrinkles also can indicate sun-damaged skin.

2. Age spots

According to the AAD, age spots, which are flat brown, gray or black spots on the skin, appear on areas of the body that are most often exposed to the sun, including the face and hands. The AAD notes that what looks like an age spot could actually be skin cancer. If any such spots are detected, men and women should see a board-certified dermatologist for a thorough skin exam.

3. Loose skin

Loose skin is sometimes a byproduct of aging, but it also can be indicative of sun damage. Various products claim to treat loose skin, but the AAD notes that facelift-like results likely won't come from any product sold in a jar.

For example, the AAD says results from skin-firming creams will be subtle at best. Products that contain a retinoid like retinol, which can help the body make more collagen, might produce minor results.

Sun-related skin damage

WHO: 1 in 3 cancer is diagnosed as skin cancer

According to the World Health Organization, one in every three cancers diagnosed is a skin cancer.

As troubling as that may seem, it might not give the full picture as to the prevalence of skin cancer.

The American Institute for Cancer Research notes that estimating skin cancer incidence is uniquely challenging because of the sheer volume of sub-types of skin cancer.

The AICR says that non-melanoma skin cancer is often not tracked by cancer registries, and even when it is, many registrations are incomplete because most cases of non-melanoma skin cancer are successfully treated.

So skin cancer might be even more prevalent today than statistics indicate, and the WHO notes it may only become more so in coming decades due to ozone depletion.

As ozone levels are depleted, the atmosphere loses more and more of its protective filter.

That loss means more solar radiation will reach the Earth's surface, leading to a spike in skin cancer rates. In fact, the WHO estimates that a 10 percent decrease in ozone levels could result in 300,000 additional cases of non-melanoma skin cancers and 4,500 more cases of melanoma skin cancers.

The good news is that scientists with NASA recently documented direct proof that the Antarctic ozone is recovering, a recovery that scientists credit to the 1987 landmark agreement known as the Montreal Protocol on Substances

That Deplete the Ozone Layer. That agreement, which was ratified by 197 United Nations member countries, led to the phasing out of substances linked to ozone depletion

City of McIntosh Seeking Property Owners Interested in Renovating Rental Housing Units

The City of McIntosh is looking for property owners who are interested in rehabilitating their residential rental properties. Interested property owners are asked to complete and submit Intent to Participate forms for the properties they are interested in rehabilitating. The City is mailing forms to rental property owners on September 13th, 2019. All Intent to Participate forms are due October 15th. Submitting a form by this date, assures that if the grant is awarded to the city, the property owner will have the first opportunity to apply for grants to make eligible improvements.

If there is sufficient interest in the proposed rental rehab program, the City will submit an application to the Small Cities Development Program. If the application is funded, construction will start late summer/early fall of 2020.

Under the Rental Housing Rehabilitation Program, eligible improvements include health and safety issues, interior and exterior structural improvements, energy improvements and code violation corrections. Tenants must meet income guidelines established by HUD. Upon completion of the renovation, the rental units must be primarily occupied by low and moderate income households at affordable rents.

If you do not receive a form in the mail or need a replacement form, please contact Melissa, McIntosh City Clerk, at (218) 563-3043. "Intent to Participate" forms are to be returned to City Hall by **October 15, 2019**. If you have any questions about the program, please contact Ken Buchanan at ken@nwmnhra.org or (218) 309-0045.



The Lavallie's Gosen Luther League

The Gosen Luther meets on Sunday evening, September 22nd, at 7:00 o'clock.

Pastor/Evangelist Maynard and Joan LaVallie and her Mom from Puposky will present a concert of country Gospel music along with testimony and a message from God's Word.

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.

St Mary's Annual Turkey Dinner & Bazaar

St. Mary's Church of Fosston announces plans for their annual fall dinner and bazaar to be held the last Sunday of September, the 29th, from 11:00 a.m. until 1:30 p.m. in the church social hall at their location of 725 6th St. NE in Fosston.

All are welcome to enjoy turkey, dressing, real mashed potatoes, gravy, corn, coleslaw, cranberries, pickles, dinner rolls and pumpkin pie with cool whip, coffee, milk and water for just \$10 for adults and \$5 for children under 12 years of age. Take-outs will be available.

General raffle tickets are being sold for just \$2 each or 6 for \$10 for a chance to win a 43" Visio Smart TV donated by the First National Bank of Fosston/Bagley, two \$100 cash prizes, five \$50 cash prizes, a \$125 Shooting Star Casino package, three \$100 Palubicki gift cards, gift certificates from Shorty's in Gully, Jered's Grocery, Bistro 300, Burggraf's Ace Hardware, the Blue Door, Cut 'n Creations, Daroo's, TheoRose, and Nord's, as well as Fosston Bucks, oil changes, and numerous other donated items.

Drawings take place after the dinner. All winners of raffled items will be notified and need not be present to win. Winners will be posted on St. Mary's website, stmarysfosston.org.

The Country Store features baked goods, canned items, hand-crafted items, etc. Visitors can play to win a delicious cake or baked item at the Bake Walk or go fishing at the Fish Pond where every cast reels in a prize.

Email stmarysfosston@gmail.com or call 218-435-6484 for more information or to purchase raffle tickets or dinner tickets.

See you September 29th at St. Mary's.

Happy Birthday!

The McIntosh Community Club would like to add you and your family members to the 2020 community calendar if you haven't been included before. Please complete this form and return it to First National Bank, or stop in the bank and pick up a blank form to complete. You can also email your information to mcintoshcommunityclub@gmail.com.

If you and your family were in the 2019 calendar, please advise of any corrections or changes/additions, including removing any family member.

The calendars will be available for sale in early December; all proceeds are used for local projects. While there is no fee to have your name included, we do ask that you purchase a calendar to help support the community.

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.

M11-27C

Community Birthday and Anniversary Calendar

Wed. Sept. 18:
Melissa Finseth, Eric Ostenson, Mark Langemo

Thurs. Sept. 19:
Orlett Hedlund

Fri. Sept. 20:
Julie Christenson, Mikkel Ostenson, Annie Lian, *Bud & Clellie Kiecker, *Jeff & Heidi Haaven

Sat. Sept. 21:
Siri Vigoren, *Bob & Shelley Quinlan

Sun. Sept. 22:
Milan Wirth, Delores Syverson, Mark Strom, *Curt & Judy Bartz, *Bobby *Gretta Strom

Mon. Sept. 23:
Michael Lindseth, Angel Hedlund, Kolten Bartch, Garnet Aanenson

Tues. Sept. 24:
Shawn Burslie, Caitlyn Espeseth, Nathan Frisk, *Tyler & Amanda Schow, *Reggie & Jan Galland



ST. MARY'S CHURCH
Fosston
Fr. John Suvakeen, Pastor
Sun. Sept. 22: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. Sept. 29: 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. Sept. 22: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Sept. 29: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Supply Pastor
Gordon Syverson
Sun. Sept. 22: 11:15am Worship Service.
Sun. Sept. 29: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church
Sun. Sept. 22: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service; 7:00 p.m. Luther League (see article elsewhere in the paper)
Tues. Sept. 24 : 10:00 a.m. Sunday worship service telecast on GVT77--30; 1:30 p.m. Bible Study at Pioneer Memorial Care Center
Wed. Sept. 25: 7:00pm Bible Study at 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. Sept. 18: 7:30pm Bible Study at Mt. Carmel
Thurs. Sept. 19: 7:00am Men's Breakfast at Mt. Carmel
Sun. Sept. 22: 9:30 Mt. Carmel Worship; 9:45 Trinity Sunday School for all ages; 10:45 Mt Carmel Sunday School for all ages; 11:00 Trinity Worship

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Jill Torgerson
Sun. Sept. 22: 9am Worship; fellowship coffee following worship
Sun. Sept. 29: 9am Worship; fellowship coffee following worship
DOVRE
FREE LUTHERAN
Pastor Don Edlunds
Wed. Sept. 18: 7:00pm Bible Study on Ezra and Nehemiah Everyone Welcome
Sun. Sept. 22: 10:00am Worship Service and Children's Sunday School
Wed. Sept. 25: 7:00pm Bible Study on R Ezra and Nehemiah. Everyone Welcome
Sun. Sept. 29: 10:00am Worship Service, Adult and Children's Sunday School

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,
Sun. Sept. 22: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School
Sun. Sept. 29: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

GRACE LUTHERAN CHURCH NALC
Erskine, Minnesota
Pr. Scott Baker, interim
Sun. Sept. 22: 9:00am Adult Bible Study; 9:15am Sunday School; 10:30am Worship
Sun. Sept. 29: 9:00am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

RODNES LUTHERAN CHURCH
Erskine
Pastor Joel Smeby
Wed. Sept. 18: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes
Sat. Sept. 21:: 8:00am Men's Prayer Group
Sun. Sept. 22: 10:00am Worship
Wed. Sept. : 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes
Sat. Sept. 28:: 8:00am Men's Prayer Group

BUSINESS & PROFESSIONAL GUIDE

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McINTOSH Times

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"Serving the Win-E-Mac area"

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Winger News

by Linda Pulskamp

Greetings again from the Winger Community where we have had a rather cool and rainy week. Fortunately we did not get the storm that went through here last Friday morning, but the communities of Erskine, McIntosh and Fosston had some damage to buildings and a lot of trees were blown down. The white barn between Mentor and Erskine that has been a landmark there was demolished.

Fall sales and dinners are being held in many different areas and churches so if you are looking for something different to do check the local papers.

SYMPATHY to the families of Milton Carlson. His children Paul, Wanda and Judith and their families along with their extended families. His funeral was held on Tuesday at Calvary Church.

Blast to Brooks was held last Saturday, with a good turn out and a good parade along with several vendors set up along main street in Brooks, in spite of the cool temps and the wind there were many that came out to support those who had put so much time and work into making the day a success.

Last Monday Linda Pulskamp went into Red Lake Falls and met Sherry Largis, Marie Scott and Sharon Weiss for lunch, all former co-workers

at the court house had a good time visiting and catching up and reminiscing.

Last Sunday morning Kjerstie and Dakota Poissant of Newfolden were visitors with Grandma Betty Myhrum at Betty's home in Winger.

Tuesday visitors at the Reha Sanstead home in Erskine were Tom Bradford of Mentor, Jamie Mattison of Plummer, Marv Engesether of Plummer and Linda Pulskamp. The occasion was to help Reha celebrate her birthday.

Verlys Homme of the Pioneer Home at Erskine has been a patient at the hospital in Fosston since last Monday, those visiting her there were Maxine Walters who visited her on Tuesday, Jessica Thompson who has visited her several times during the week and Lonnie, Kenya and Charley Paradis and of course Helmer who has been there daily with her. Best wishes for a speedy recovery Verlys.

This is it for the news this week, I am saddened to say that without Milton Carlson's Corner, it is going to be hard to keep the Winger News going, so please if it is in your best interest to see that this happens please contribute.

Until next week, may yours be filled with happiness, good visits with friends and sunshine.

Public Notification of Intent to File Application

The City of Winger has filed/intends to file an application for financial assistance with USDA Rural Development. The specific elements of this application are wastewater system improvements including replacement of a majority of the collection system and improvements to the treatment facility.

Any written comments regarding this application should be provided within fifteen (15) days of this publication to USDA Rural Development 809 8th Street SE, Detroit Lakes, MN 56501. Requests to receive a copy of this application may be directed to USDA Rural Development by calling (218) 847-9392. M26C

The Feast/Festival of Trumpets in Winger

In Hebrew: Yom Teruah (day of blowing) This is a Remembering/Memorial of Blowing of Shofars and Trumpets

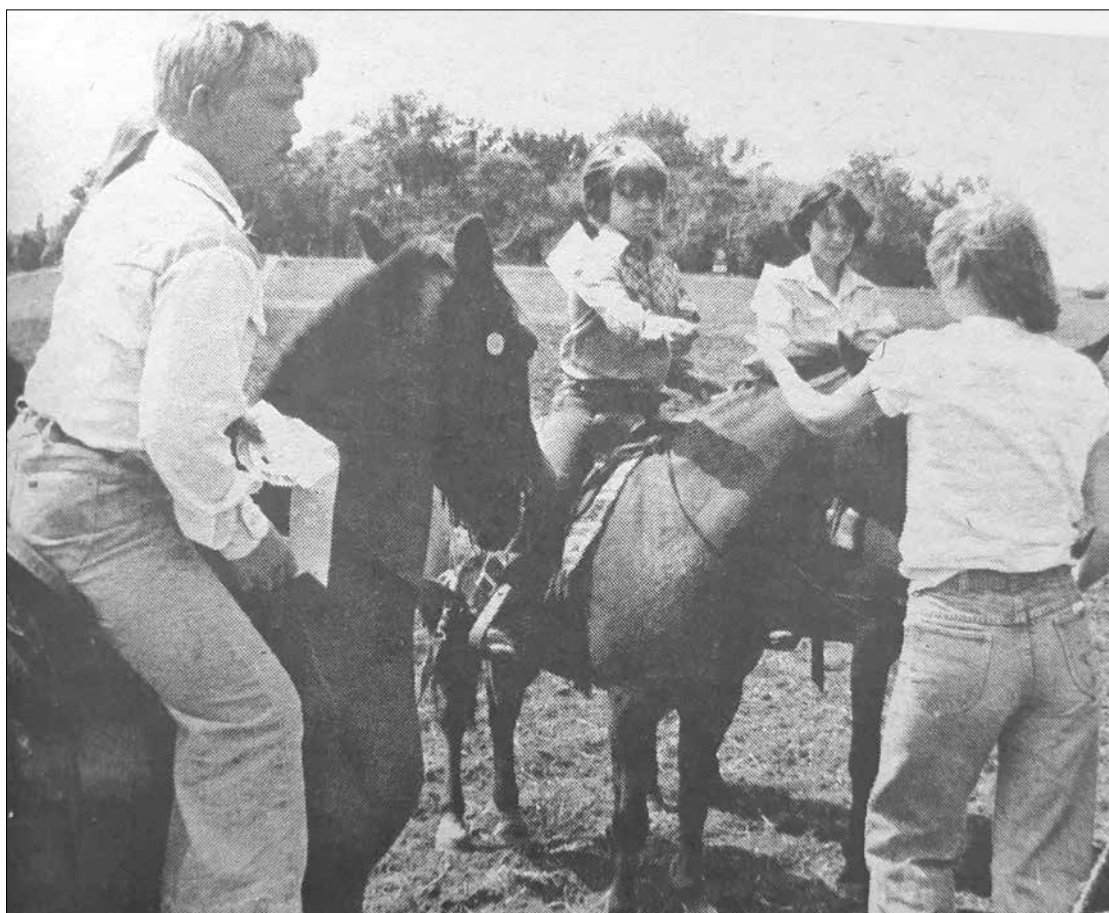
It is a holy convocation/a gathering When: Sunday, September 29, 2019 (On God's calendar: Tishrei 1, 5780)

Where: Winger Community Center Time: 7 P.M.

It is a Feast/Festival of the Lord. Commanded by God in Leviticus 23:23-25.

If you have any questions about this service, please call Debbie Gunderson at Home:218-945-6288 or cell 218-289-0535.

Everyone Welcome!



50 years ago...1969: Mike, Karen, Debbie Bauer and Lynn Ferguson, all placed in the Pony Egg and Spoon and Pony poles at the horse show in McIntosh last Sunday and are at the stand receiving their ribbons.



40 years ago...Market Show Animal: Patty Zahl, daughter of Mr. and Mrs. Marvin Zahl of Winger, was one of the Polk County exhibitors at the 4-H Market Livestock show in St. Paul last week. Patty received a red placing with her hereford steer.



30 years ago...1989: Wertish Oil Queen candidate Lisa Carver, first runner-up in the Miss McIntosh Queen Pageant. Junior Queen is Sara Knutson.

USDA reminds producers of enrollment deadline for Dairy Margin Coverage

Enrollment for 2020 Begins October 7

The U.S. Department of Agriculture's Farm Service Agency (FSA) reminds dairy producers that the deadline to enroll in the Dairy Margin Coverage (DMC) program for 2019 is Sept. 20, 2019.

Authorized by the 2018 Farm Bill, the program offers reasonably priced protection to dairy producers when the difference between the all-milk price and the average feed cost (the margin) falls below a certain dollar amount selected by the producer.

"Over 19,100 operations have signed up for DMC since the new program opened enrollment on June 17," said FSA Administrator Richard Fordyce. "DMC is a great risk management tool that protects against narrowing margins caused by down turns in the market and increased feed costs. I encourage farmers who have not yet enrolled to sign up as soon as possible."

As the 2019 enrollment period draws to a close, FSA estimates over \$257.7 million in payments to producers who are currently registered. Also, nearly half of the producers are taking advantage of the 25 percent premium discount by locking in for five years of margin protection coverage. FSA has launched a new web visualization of the DMC data, which is available here.

Margin payments have triggered for each month from January through July. Dairy producers who elect higher coverage levels could be eligible for payments for all seven months. Under certain levels, the amount paid to dairy farmers will exceed the cost of the premium.

For example, a dairy operation that chooses to enroll for 2019 an established production history of 3 million pounds (30,000 cwt.) and elects the \$9.50 coverage level on 95 percent of production will pay \$4,275 in total premium payments for all of 2019 and receive \$15,437.50 in DMC payments for all margin payments announced to date. Additional payments will be made if calculated margins remain below the \$9.50/cwt level for any remaining months of 2019.

Enrollment for 2020

For 2020, dairy producers can sign up for coverage under DMC beginning Oct. 7 through Dec. 13, 2019. At the time of sign-up, dairy producers can choose between the \$4.00 to \$9.50 coverage levels.

DMC offers catastrophic coverage at no cost to the producer, other than an annual \$100 administrative fee. Producers can opt for greater coverage levels for a premium in addition to the administrative fee. Operations owned by limited resource, beginning, socially disadvantaged or veteran farmers and ranchers may be



eligible for a waiver on administrative fees. Producers have the choice to lock in coverage levels until 2023 and receive a 25-percent discount on their DMC premiums.

Producers who locked in coverage in the 2019 sign-up must certify the operation is producing and commercially marketing milk and pay the annual administrative fee during the 2020 enrollment period.

To assist producers in making coverage elections, USDA partnered with the University of Wisconsin to develop a DMC decision support tool, which can be used to evaluate various scenarios using different coverage levels through DMC.

2019 Retroactive Intergenerational Transfers

Participating dairy operations who had an intergenerational transfer between 2014 and 2019 will have a one-time opportunity to increase their established production history during the 2019 and 2020 annual coverage election periods. Retroactive payments based on the increased production history will apply for 2019 and not prior years.

A dairy operation may add to their approved production history for an intergenerational transfer when a spouse, child or grandchild join a participating dairy operation. Non-lineal relatives, such as siblings, cousins, nieces or nephews, that join the operation will not be eligible for a production history increase.

The increase to the established production history of the participating dairy operation will be determined based on multiplying both the national rolling herd average data for the current year in effect at the time of the intergenerational

transfer and the quantity of cows purchased by the joining family member within 60 days of joining the dairy operation. For an intergenerational transfer to be recognized by FSA, the requesting dairy operation will meet all eligibility requirements including an ownership provision for those entering the business.

Applications for an intergenerational transfer must be submitted by Dec. 6, 2019, for approval by the local FSA county committee, to be eligible for the increased production history effective on January 1, 2019.

For more information, visit farmers.gov DMC webpage or contact your local USDA service center. To locate your local FSA office, visit farmers.gov/service-locator.

MDA grants available for crop improvement research

Research supporting growth and sustainability favored.

The Minnesota Department of Agriculture (MDA) is now accepting grant applications for applied crop research that promotes economic growth and environmentally sustainable practices.

The MDA anticipates awarding up to \$1,050,000 in February 2020 for proposals that will improve agricultural product quality, quantity, or value in Minnesota.

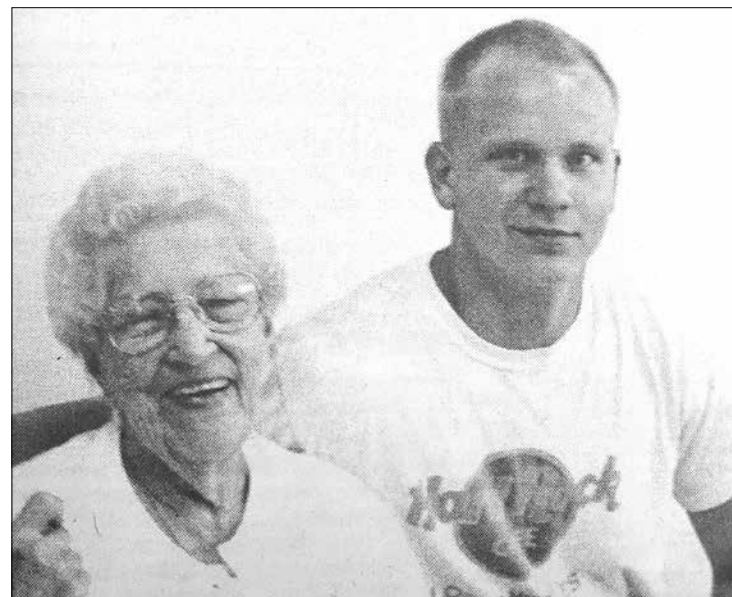
Research projects are preferred that support communities of farmers that have experienced inequities or disparities.

In addition to underserved agricultural producers, preference will also be given to applicants researching crops that have limited access to other research funds and those that

have financial support from participating partners.

Minnesota-based organizations with agricultural research capabilities may apply for funding to improve the state's \$10 billion crop production industry. Grants reimburse the total cost of a project. Applicants can apply for a maximum of \$250,000 per project.

Applications for the Agricultural Growth, Research, and Innovation (AGRI) Program Crop Research Grant will be accepted until 4 p.m. Tuesday, November 26, 2019. The online application is available at the AGRI Crop Research Grant website. Funding for the competitive grants was established through the AGRI Program to advance Minnesota's agricultural and renewable energy industries.



20 years ago...1999: It's a tradition! Helga Tranby celebrated her 98th birthday with her great-grandson, Nic Ostenaar, as he celebrated his 19th birthday. It's a tradition of 19 years standing when Grandma Helga carried little Nicholas to the B-B Cafe for a birthday lunch. Now, Nic can treat Grandma Helga to lunch to celebrate their mutual birthday.

Pumpkins...

Continued from page 1...

foods. Pumpkin purée also may be found in certain beverages, such as smoothies and shakes. A bit of spiced purée may appear as flavoring in teas and coffees.

Roasted pumpkin seeds make a healthy treat. Foodies suggest using the seeds from "sugar pumpkins" or the ones best for making pies. Boil the seeds for a few minutes before draining. Spray a baking sheet with non-stick spray and put the seeds in a single layer. Bake at 400 F for 20 minutes. Allow to cool and serve.

Pumpkin wines and beers

Essentia Health unveils anti-vaping campaign toolkits

As the use of electronic-cigarettes continues to rise, Essentia Health and community partners are aggressively pushing back against the epidemic with a "Don't Blow It" anti-vaping campaign.

Campaign toolkits are hosted online and feature a variety of resources aimed at curbing vaping. Tools include educational materials, posters, fact sheets and infographics, as well as support for users looking to quit. The campaign is the result of repeated requests from area schools seeking help in educating their students about the dangers associated with vaping.

Earlier this month, the Centers for Disease Control and Prevention issued a warning against the use of e-cigarettes, which are battery-operated devices that simulate smoking and contain nicotine and heavy metals like nickel, tin and lead — among other harmful chemicals. The CDC's alert

are popular as well. There are many recipes for developing sweet, fermented beverages, which tend to be especially popular in the fall.

The "guts" of the pumpkin can be simmered along with aromatics and other vegetables to create a vegetable stock perfect for soups and broths.

Decorations

Pumpkins can also add to one's home décor during the fall. Pumpkins can be carved for Halloween displays, hollowed-out to hold tealights or simply left on tables and used as centerpieces. Larger pumpkins may be used as natural flower pots for mums or other

seasonal floral displays. As the Native Americans once did, pumpkins can be hollowed-out and used as bowls to serve favorite soups and dips.

Use a hollowed, small pumpkin as a natural aromatic candle holder. Cut holes in the sides to vent the exhaust. Rub aromatic spices, such as cloves, nutmeg, allspice, cinnamon, and vanilla bean, on the inside of the pumpkin. Insert a beeswax candle in the bottom of the pumpkin and let it send inviting aromas into the air.

Pumpkins are a versatile fruit that can serve many purposes beyond just jack-o-lanterns and pies

came amid its investigation into hundreds of vaping-related sicknesses and at least five deaths. A rash of users have reported possible pulmonary disease. Lung injuries and seizures have become increasingly prevalent.

According to the 2018 National Youth Tobacco Survey, administered by the U.S. Food and Drug Administration, 1.5 million more students used e-cigarettes compared to 2017. There was a 78 percent increase in use among high school students, from 11.7 to 20.8 percent. And there was a 48 percent increase in use among middle school students, from 3.3 to 4.9 percent. Overall, e-cigarette use also has led to a surge in tobacco use.

Locally, the 2017 Youth Risk Behavior Survey shows that 35 percent of students in the Fargo area have tried vaping.

At the heart of the campaign is the "Don't Blow It" film, a

The growing threat of vaping

Cigarette smoking continues to decline among pre-teens and teenagers according to a survey from Monitoring the Future.

But the number of young people who are vaping or smoking e-cigarettes has increased. This underscores the importance of greater education for youngsters and their parents about the potential hazards of vaping.

The popularity of vaping is troubling. A study from researchers at the Department of Psychiatry at Yale University School of Medicine that was published in the journal Pediatrics found the rising frequency of e-cigarette use was a significant risk factor for future conventional cigarette use. In the study, researchers surveyed 1,408 Connecticut high school students three times, in autumn 2013, spring 2014 and autumn 2015, on their use of e-cigarettes and traditional tobacco cigarettes.

Teens who used an e-cigarette within a month of participating in the survey in 2013 had seven times greater odds of smoking tobacco cigarettes in 2014.

A year later, e-cigarette users were more than three times more likely to smoke tobacco cigarettes.

Perceptions that vaping is less harmful than conventional cigarettes may be a contributing factor to their rising popularity.

Also, the widespread availability of these products and their assorted flavors may be appealing to youth.

Vaping ads may be enticing kids, too. Cigarette ads glamorizing smoking have all but vanished.

However, vaping ads are becoming more noticeable. According to a National Youth Tobacco Survey, about seven

in 10 middle and high school students were exposed to e-cigarette advertisements in 2014, when the vaping trend began to explode.

Even though e-cigarettes are marketed to be safer than traditional cigarettes because they purportedly contain fewer chemicals and harmless water vapor, some experts say this isn't the case.

No federal agency oversaw initial development of the e-cigarette industry, so no standards exist - although this may be changing soon.

One Food and Drug Administration review of 18 different e-cigarette cartridges found toxic and carcinogenic chemicals in some but not others. Also, some products that were labeled to be nicotine-free actually did have nicotine.

Many vaping juices contain nicotine, propylene glycol, glycerine, and flavorings. No long-term evidence regarding the safety of these chemicals when inhaled exists.

The American Lung Association says some e-cigarettes use diacetyl, a buttery-flavored chemical once used in food production like popcorn.

When inhaled, diacetyl causes bronchiolitis obliterans - more commonly referred to as "popcorn lung."

This is a scarring of the tiny air sacs in the lungs that results in the thickening and narrowing of the airways.

Some teens also replace the e-juice with marijuana and hash oils.

These vaporized oils produce little smell, which makes them hard to detect.

Vaping may seem like a harmless trend.

But parents and children should be cognizant of the threats that vaping poses to one's overall health.

Below: Head down at running, Bryer Strom (22) during the Patriot win over Park-Christian last Friday evening at Win-E-Mac School.



Superintendents Notes

By Randy Bruer



Social Media and Enrollment

Social Media is a huge problem among young people today using cell phones. We know that students send some illegal texts and pictures among themselves some of which can be considered a crime. We have seen the news media asking PARENTS to speak with your children about the use of their cell phone in and out of school, along with which apps to view and stay away from, and how the phone should be used. Please take the time to speak with your child because we know this is happening among our student population. It can also be considered a form of bullying which is a common and potentially damaging form of violence among students.

Our enrollment will increase this year to over 460 students. Please take time to greet and invite our new students to events you may be hosting.

RipL training and ALICE training

Our staff has gone through 2 days of RipL training (Relational, Impactful, Preventative, Leadership) and our students experienced this the first day of school.

For parents, guardians, and community members who want to be impactful in the lives of today's youth, consultants from National School Safety Consulting (<https://www.nationalschoolsafetyconsulting.org/>) can present on the topics: societal factors leading to violence, suicide awareness, and the POWER of ONE. Students and participants today will be given "tools" from the school to take home to use with their own children or any youth they wish which they work. Tools will be specific in helping to prevent violence and suicide in our homes, communities, and schools. Students were given impactful ideas to carry with them throughout the year.

Staff also went through training related to ALICE (Alert, Lockdown, Inform, Counter, Evacuate). Administration will be arranging 2 meetings during an evening for

a short period to demonstrate and show the Safety training we will be doing with children in the classroom. First, we want the Adults to understand the relevance and what actions of safety will happen in the classroom. Be looking for this information in your child's backpack and social media soon.

Important Notice; F & R application forms

I know you read and hear this announcement time and time again but I cannot stress enough how important these forms are to the school district to access funding for our school. Our school lost \$35,000 in compensatory funding last year and will lose this year again because our eligibility percent has dropped. If you are the parent of a child and think you may meet the eligibility requirements of the program, please fill them out and return them to the school. If you have questions please arrange to meet with the Superintendent.

The forms are confidential and it does not mean you need to take advantage of what the form has to offer, but we still ask you to fill it out. It does affect our compensatory funding for our school, free or reduced meal money for kids, 0% interest on QZAB loans, reduced phone and internet bills for our school, Title 1 funding, Federal funding, computer, technology and equipment grants, and learning materials. At the beginning of the year or anytime during this year, we ask parents or custodial parents to fill out the free and reduced re-

quest forms.

SRO Officer

Our school district is still working to have a shared position, with another school, of an SRO officer in our school at different times of the school day. We believe the time and job description of the position will be valuable to all students in the district. It takes a special person for this job and they will be suited and have all the credentials of a police officer. Administration from all school districts in Polk County have had numerous meetings with the Sheriff's Office and County Commissioners to discuss the need. The position is still in planning stages.

Century 21

After-School Program

Win-E-Mac has been awarded another year of grant dollars for an after school program. Our school along with 3 other districts will be funded for a program of 5 days a week plus summer, for kids attending our school district. If your child would like to be in an after school program from dismissal time school until 5:15, call the school @ 218-563-2900 for more details.

Patriot Pride Boosters

A group of parents and community members who want to help with all aspects of the school has formed the Patriot Pride Boosters.

This organization is open to anyone who is willing to help. There is no fee to join and they meet the 2nd Wednesday of each month @ 5:00 pm at the school. For more information contact patriotpridebooster@gmail.com. The present leadership; President – Maggie Haskett, Secretary – Tiffany Omundson, Treasurer – Amanda Swanson.

Extra

Curricular Activities

Please take the time to visit our school, enjoy our student activities and get to know our staff. The district has many extra-curricular activities and sports taking place after school. Catch the Patriot Spirit and come out and enjoy Football and Volleyball activities this fall at the Win-E-Mac School!



Going for a block of the pass from Payton Spaeth (7) the quarterback for Park Christian was Patriot Connor Johnson.



Drivers Education Classroom instruction will begin on October 21, 2019 from 3:15-6:15 p.m. Instruction will be held on the following dates: October 21, 22, 23, 24, 25, 28, 29, 30, 31, November 1 and November 4th as a makeup day.

Students are expected to complete 30 hours of required instruction. The cost per student for this class is \$60 and should be sent in with this registration from by Wednesday, October 16th.

Students who enroll in Drivers Education Classroom need to be 15 years old by June 1. This class and the written driving exam need to be completed before Behind the Wheel Instruction can take place.

The class size will be limited to 20 students. The oldest will be giving the first chance and the remaining openings will be filled on a first come first serve basis.

There will be a supplement

tal parental course for the primary driving supervisor. The course will be 90 minutes and cover GDL information, safety risks for teen drivers, potential adult influence on teen driving behavior and additional resources.

The parent class will be Tuesday, October 15th from 6-7:30 p.m. in Mr. Hanson's classroom. Please pick up forms in the office.

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.

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

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.