



McINTOSH

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McIntosh, Minnesota



Friday afternoon brought a surprise to Main Street in McIntosh as a new sign went up onto the north building of the recently separated former B-B Cafe buildings. The Red Poppy (complete with a red door) has made a new home in McIntosh with a second location! The Red Poppy is currently located in Fosston and this new location will be a pop-up location where owner, Meghan Palubicki says will bring them back to their "junk roots" with the rustic remodel recently completed by Stordahl Construction. Close to the Poppy's Shop Hop friends Howard Soap Company and Minnesota Rust, the store will open for one day in October on Saturday the 26th for an event with said friends. New and old decor and gifts will be available as well as seasonal plants and more. Welcome to the Neighborhood Red Poppy!



Below left: Henry and Hudson Swanson enjoyed a fun day at McIntosh Harvest Festival with face painting, and a quick picture in the Voxland Pumpkin Patch.



Despite the threat of rain, the kids who were at this past weekend's Harvest Festival in McIntosh were still able to enjoy the ping-pong ball drop right on Main Street with the help of a boom truck from Paul Bunyan Tree Service. Kids were given money for the balls they were able to retrieve.



The fourth grade class of Win-E-Mac Elementary began to harvest some knowledge this year by visiting a corn field planted by Vesledahl Farms. Steve and Bob Vesledahl planted a few acres of corn around the area this spring specifically for the Win-E-Mac School District. The fourth graders were given a quick lesson in which cobs would be the best for picking and then were set loose collecting the best cobs they could harvest. Students picked and shucked the corn and delivered it back to the school. The corn was served the same day along with pizza. The fresh corn was fantastic and enjoyed by everyone at the school. A huge thank you goes out to Vesledahl Farms for their time and effort in feeding our students!

MSL recognized for efforts to protect patients from influenza

100 percent of facility's employees received influenza vaccination in 2018-19.

McIntosh Senior Living was among 69 hospitals and nursing homes from around the state recognized today by the Minnesota Department of Health (MDH) for achieving high influenza vaccination rates among facility employees during the 2018-19 flu season.

For the 2018-19 season, 88 of McIntosh Senior Living employees, representing 100% of staff, received influenza vaccinations. In addition to aiming for 90% or higher influenza vaccination rates among employees, participating FluSafe facilities also worked to address a barrier to vaccination during the past season.

The FluSafe program aims to get all health care personnel at hospitals and nursing homes in Minnesota, except those with medical exemptions, vaccinated against influenza each season. According to state health officials, unvaccinated health care workers can potentially pass highly contagious influenza to their patients, many of whom are at high risk for complications from influenza.

"Our residents' health is our top priority," said Carissa Afeldt RN, Infection Preventionist of McIntosh Senior Living. "Participating in the FluSafe program helps us increase employee influenza vaccination rates and prevent flu from spreading to our residents. We also want all of our employees to be as healthy as possible during flu season."

Of the 109 facilities that participated in FluSafe this year, 69 were recognized by MDH for achieving flu vaccination rates of 90% or higher among staff and reporting on a barrier to vaccination.

"We continue to be grateful for - and impressed by - the important steps participating facilities are taking to prevent flu through health care worker vaccination," said Kristen Ehresmann, director of Infectious Disease Epidemiology, Prevention and Control at MDH.

Health care facilities participating in the FluSafe program receive guidance and access to tools and promotional materials from MDH and the Centers for Disease Control and Prevention (CDC) to help them increase their influenza vaccination rates. The facilities record and document their vaccination rates through the state's immunization information system, the Minnesota Immunization Information Connection (MIIC).

More information on the FluSafe program, including a list of the 2018-19 facilities can be found on FluSafe Facilities (www.health.state.mn.us/diseases/flu/hcp/vaccine/fluSAFE-fac.html).

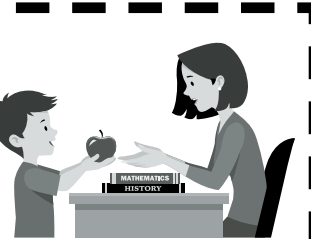


Community Calendar

- 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
- Wed. Oct. 2:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Oct. 3:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri Oct. 4:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Oct. 7:** 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. 8:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



Lots more pictures of Harvest Festival next week in The McIntosh Times



Reminder: School will be dismissed at 12:30 pm on Thursday, October 10th due to Parent-Teacher conferences. The conferences will be held from 1:00 pm to 7:30 pm. Buses will run shortly after dismissal.

Back Pain Topic of RiverView's Sept. 30th Health Luncheon

Back pain is one of the most common reasons people go to the doctor or miss work, and it is a leading cause of disability worldwide. Statistics show that eight out of 10 people will suffer from back pain in their lives. Are you one of them? If so, RiverView Health can help.

Monica Wells, FNP-C with RiverView's Orthopaedics Team, will share information that may help ease your pain in her Monday, Sept. 30th health luncheon, "Back Pain: Causes, Diagnosis, Treatment, and Prevention".

Fortunately, you can take measures to prevent or relieve most back pain episodes. If prevention fails, simple home treatment and proper body mechanics often will heal your back within a few weeks and keep it functional. In rare cases, back pain can signal a serious medical problem. Wells will address ways to avoid back pain/injury and share how to maintain good spine health.

Wells joined RiverView as an advanced practice provider specializing in spine care in 2018. She works directly with Drs. Abbasi and Kim on clinic visits, assists in the OR, and provides after care for patients, allowing RiverView to



have full spine coverage on campus.

Luncheon Details
The luncheon will be held in Meeting Room #1 of RiverView Health, 323 S. Minnesota Street, beginning at noon. Meeting Room #1 is located

near the RiverView Clinic entrance on the north side of the building and across from the elevators on first floor. Due to building construction, all RiverView patients and guests are asked to park in the North parking lot and use the entrance near the North Clinic.

The luncheon series is in its 21th year of sponsorship by RiverView Health. All men and women interested in improving their health are invited to attend.

Pre-registration is required. A boxed lunch can be purchased for \$3, but must be ordered while pre-registering for the event. Call Holly Anderson at 218-281-9745 for additional information and to pre-register.

You Are Invited
75th
Birthday Party

for Al Bauer
October 5th ~ 5:00 pm
The Deuce
Erskine

M27C

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 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 exfoliating 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 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.

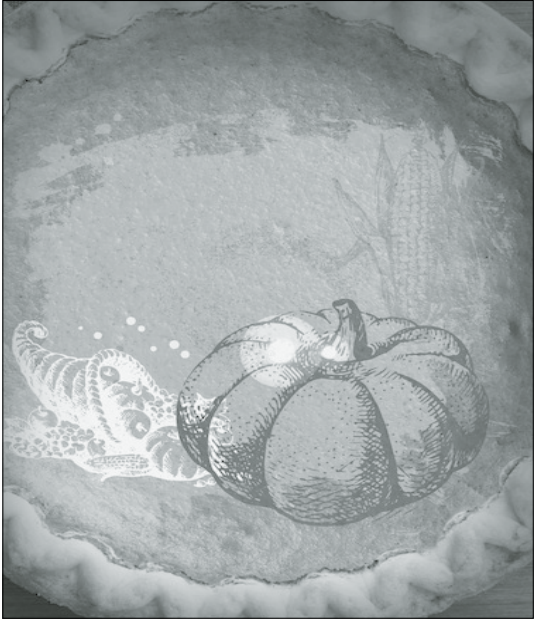
Roasted pumpkin seeds make a healthy treat. Foodies suggest using the seeds from "sugar pumpkins" or the ones best for making pies. Boil the seeds for a few minutes before draining. Spray a baking sheet with non-stick spray and put the seeds in a single layer. Bake at 400 F for 20 minutes. Allow to cool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

Pumpkin wines and beers 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, hol-



lowed-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.

A spiced cake to enjoy for Harvest parties and more

Party hosts may want to have a variety of treats on hand to satisfy the assortment of sweet tooth in attendance.

Cakes and cookies can make for delicious treats during the harvest season.

Borrowing from the flavors of the season, including pumpkin, cinnamon and nutmeg, "Spiced Pumpkin Cake" from "Real Simple: Easy, Delicious Home Cooking (Time Home Entertainment)" from the editors of Real Simple can be a welcome addition to any Halloween spread.

Spice Pumpkin Cake
Serves 12

1 cup (2 sticks) unsalted butter, at room temperature, plus more for the pan

3 cups all-purpose flour, spooned and leveled, plus more for the pan

5 teaspoons pumpkin pie spice

11/2 teaspoons baking powder

3/4 teaspoon baking soda

1/2 teaspoon kosher salt

11/2 cups granulated sugar

3 large eggs

1 15-ounce can pumpkin purée

1/2 cup whole milk

1/4 cup molasses

11/4 cups confectioners' sugar

2 tablespoons fresh lemon juice

Heat oven to 350 F. Butter and flour a 12-cup bundt pan. In a large bowl, whisk together the flour, pumpkin pie spice, baking powder, baking soda, and salt.

Using an electric mixer, beat the butter and granulated sugar on medium-high heat

until fluffy, 2 to 3 minutes. One at a time, beat in the eggs. Beat in the pumpkin purée, milk, and molasses (the mixture may appear curdled). Reduce the mixer speed to low; gradually add the flour mixture and mix until just combined (do not overmix).

Pour the batter into the prepared pan and bake until a toothpick inserted in the center comes out clean, 55 to 65 minutes. Let cool in the pan for 30 minutes, then invert onto a wire rack to cool completely.

In a small bowl, whisk together the confectioners' sugar and lemon juice until smooth. Drizzle over the cake. Let set before serving.

Tip: This cake can be baked and glazed up to one day in advance. Store, covered at room temperature.

Did you know?

Come autumn, many foods seem to take on a unique flavor exclusive to the season. That's thanks to the ubiquitous "pumpkin spice," which each fall is a specially featured ingredient in everything from cream cheese to marshmallows. Naturally, pumpkin spice is also a key ingredient when preparing pumpkin pie. But just what does pumpkin spice contain? Pumpkin spice is a combination of several different ground spices. It typically includes cinnamon, cloves, ginger, and nutmeg. It also may include allspice. Pumpkin spice is the name given to the blend in the United States. In the United Kingdom, pump-

Writer's Group meets in Fosston

Writer's Group meets the 4th Tuesday of each month at 7:30 at the Fosston Library. Works in progress include poems/short stories/memoirs/children's books. Bring along a sample of your work or just come to enjoy what others have written. Next meeting Sept 24.

Adult & Teen Challenge Choir to sing at Our Savior's

Come see the Central MN Adult & Teen Challenge choir sing songs of hope and tell their stories of redemption and healing!

For more than 25 years, Minnesota Adult & Teen Challenge has been restoring hope to teens and adults struggling with drug and alcohol addiction. We offer both a long-term faith based recovery program and a short-term treatment program called Life Renewal allowing us to effectively serve individuals with a broad spectrum of addiction issues; from those seeking treatment for the first time to those who have been struggling with addiction for many years.

Hosting the event will be Our Savior's Church on Sunday, September 29th, 2019 at 10:00 am.



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.

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

kin spice is known as "mixed spice," which is a similar but not exact blend as that used to create pumpkin spice. Both feature cinnamon as the dominant flavor.

In loving memory of Richard Benson September 2009

Your life gave us memories too beautiful to forget

You were the light of our family with your laughter, silliness and always wanting the best for everyone.

We love and miss you your loving family

M27C

Quilts of Valor

There will be an upcoming East Polk Quilts of Valor meeting on Tuesday, October 8th at 7:00 at the McIntosh Community Center. This will be an organizational meeting, for the area Veteran's Day Programs, and to set up a sewing day. Anybody is invited to join, you do not need sewing experience!

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.

Community Birthday and Anniversary Calendar

Wed. Sept. 25:
Paulette Kringlein,
*Dan & Mary Schow,
*Larry & Orlett Hedlund

Thurs. Sept. 26:
Marvin Rolf, Sheree Breckel, Elliot Carlson, *Mark & Jan Langemo

Fri. Sept. 27:
Dominic Kringlein, Emma Ekeberg, Tish Burslie, *Joel & Connie Strom, *Wesley & Valerie Brekke, *Jackie & Cody Huschle

Sat. Sept. 28: Jeff Jacobson, *Houman & Kelsi Ghajari

Sun. Sept. 29:
Lindsay Haaven, Brileigh Nordskog, Elaine Roed, Emily Carlson, *Shawn & Angel Hedlund

Mon. Sept. 30:
Taylor Burslie, Lonnie Schmit, Matt Schow, Heidee Smeby

Tues. Oct. 1:
Andy Marshall, Isak Sylstad, Leslie Hagen, *Calvin & Nancy Burslie

McINTOSH Times

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"Serving the Win-E-Mac area"

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CHURCH DIRECTORY

ST. MARY'S CHURCH
Fosston
Fr. John Suvakeen, Pastor
Sun. Sept. 29: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. Oct. 6: 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. 29: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Oct. 6: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Supply Pastor
Gordon Syverson
Sun. Sept. 29: 11:15am Worship Service.
Sun. Oct. 6: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Facebook: Gosen Church
Fri., Sept. 27: 10:00 a.m. Telecast of the Luther League program on GVTV--30
Sun. Sept. 29: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service
Tues. Oct. 1 : 10:00 a.m. Sunday worship service telecast on GVTV--30; 1:30 p.m. Bible Study at Pioneer Memorial Care Center
Wed. Oct. 2: 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. 25: 7:30pm Bible Study at Mt. Carmel
Thurs. Sept. 26: 7:00am Men's Breakfast at Mt. Carmel
Sun. Sept. 29: 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. 29: 9am Worship; fellowship coffee following worship
Sun. Oct. 6: 9am Worship; fellowship coffee following worship

DOVRE
FREE LUTHERAN
Pastor Don Edlunds
Wed. Sept. 25: 7:00pm Bible Study on Ezra and Nehemiah Everyone Welcome
Sun. Sept. 29: 10:00am Worship Service and Children's Sunday School
Wed. Oct. 2: 7:00pm Bible Study on Ezra and Nehemiah. Everyone Welcome
Sun. Oct. 6: 10:00am Worship Service, Adult and Children's Sunday School

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker
Sun. Sept. 29: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School
Sun. Oct. 6: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

GRACE LUTHERAN CHURCH NALC
Erskine, Minnesota
Pr. Scott Baker, interim
Sun. Sept. 29: 9:00am Adult Bible Study; 9:15am Sunday School; 10:30am Worship
Sun. Oct. 6: 9:00am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

RODNES LUTHERAN CHURCH
Erskine
Pastor Joel Smeby
Wed. Sept. 25: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes
Sat. Sept. 28: 8:00am Men's Prayer Group
Sun. Sept. 29: 10:00am Worship
Wed. Oct. 2: 10:00am Bible Study at Cr25ossroads; 7:00pm Bible Study at Rodnes

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Winger News

by Linda Pulskamp

Hello again from the Winger area where we have finally had a few nice days after many cool and rainy days. In spite of all the rain we had the farmers were back in the fields again combining, so hopefully they can get done with the small grain harvest before any more rain comes through here.

Driving through the countryside it is obvious that fall is right around the corner with the changing of the color of the leaves. It is very pretty and will get prettier when the colors peak.

The Winger community and the surrounding area were saddened to learn of the passing of Jacob (Jake) Hertwig, SYMPATHY to Dan and Joanne and sister Megan and her family. Funeral services will be held on Thursday the 19th in Fosston.

From the family of the late Milton Carlson, Wanda Donovan's son Mark and Melinda Peterson of Nowthen, MN and their daughter and her husband Anthony and Brandy Stringer of Isanti were among the many family that were at Milton's to help him as he celebrated his 98th birthday.

Linda and Butch Pulskamp were weekend guests at the Craig Johnson home in Otsego, while there they attended a baby shower for Craig's daughter Shelby that was held on Sunday. Steve Johnson was a Saturday afternoon visitor at the Craig Johnson home.

Glad to hear that Verlys Homme was released from the hospital last Friday and is back at the Pioneer Home. Visiting with Verlys and Helmer during the past week end were

Helmer's Neice, Kristie Metler of Spring Valley along with her daughters Sue and Clair and also her daughter Andrea of St. Mary's, Bismarck.

Sunday evening visitors at the Reha Sanstead home in Erskine were Tom and Terrill Bradford of Mentor, Linda Pulskamp and her Grandson Dennis Sanstead and his friend Lindsey of Powell, WY.

Saturday afternoon Dakota and Kjerstie Poissant of New Folds were visitors with Grandma Betty Myhrum at her home in Winger.

Monday visitors at the Pulskamp home were Shannon Miller and Lynda Loiland of Fosston.

Again this is the news from the community for this week, and until next week may yours be filled with good visits, sunshine and happiness

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!

USDA offers disaster assistance for MN farmers hurt by 2018, 2019 disasters

Agricultural producers affected by natural disasters in 2018 and 2019, can apply through the Wildfire and Hurricane Indemnity Program Plus (WHIP+) program. Sign-up for this U.S. Department of Agriculture (USDA) program began Sept. 11.

"There is no doubt that extreme weather has greatly impacted Minnesota's agricultural producers over the last several years, and 2019 is no exception," said Joe Martin, Executive Director for Farm Service Agency (FSA) in MN. "With record amounts of crops prevented from planting nationwide and other devastation, more than \$3 billion nationwide is available through this disaster relief package passed by Congress and signed by President Trump in early June."

WHIP+ Eligibility

WHIP+ will be available for eligible producers who have suffered eligible losses of certain crops, trees, bushes or vines in counties with a Presidential Emergency Disaster Declaration or a Secretarial Disaster Designation (primary counties only). Disaster losses must have been a result of, floods, tornadoes, , , or snowstorms that occurred in 2018 or 2019. Also, producers in counties that did not receive a disaster declaration or designation may still apply for WHIP+ but must provide supporting documentation to establish that the crops were directly affected by a qualifying disaster loss.

A list of counties that received qualifying disaster declarations and designations is available at farmers.gov/recover/whip-plus. Because grazing and livestock losses, other than milk losses, are covered by other disaster recovery programs offered through FSA, those losses are not eligible for WHIP+.

Eligible crops include those for which federal crop insurance or Noninsured Crop Disaster Assistance Program (NAP) coverage is available, excluding crops intended for grazing. A list of crops covered by crop insurance is available through USDA's Risk Management Agency (RMA) Actuarial Information Browser at webapp.rma.usda.gov/apps/actuarialinformationbrowser.

The WHIP+ payment factor ranges from 75 percent to 95 percent, depending on the level of crop insurance coverage or NAP coverage that a producer obtained for the crop. Producers who did not insure their crops in 2018 or 2019 will receive 70 percent of the expected value of the crop. Insured crops (either crop insurance or NAP coverage) will receive between 75 percent and 95 percent of expected value; those who purchased the highest levels of coverage will receive 95-percent of the expected value.

At the time of sign-up, producers will be asked to provide verifiable and reliable production records. If a producer is unable to provide production records, WHIP+ payments will be determined based on the lower of either the actual loss certified by the producer and determined acceptable by FSA or the county expected yield and county disaster yield. The county disaster yield is the production that a producer would have been expected to make based on the eligible disaster conditions in the county.

WHIP+ payments for 2018 disasters will be eligible for 100 percent of their calculated value. WHIP+ payments for 2019 disasters will be limited to an initial 50 percent of their calculated value, with an opportunity to receive up to the remaining 50 percent after January 1, 2020, if sufficient funding remains.

Both insured and uninsured producers are eligible to apply for WHIP+. But all producers receiving WHIP+ payments will be required to purchase crop insurance or NAP, at the 60 percent coverage level or higher, for the next two available, consecutive crop years after the crop year for which WHIP+ payments were paid. Producers who fail to purchase crop insurance for the next two applicable, consecutive years will be required to pay back the WHIP+ payment.

Additional information about WHIP+ program eligibility and payment limitations can be found at farmers.gov/recover or by contacting your local USDA Service Center.

Additional Loss Coverage The Milk Loss Program will provide payments to eligible dairy operations for milk that was dumped or removed without compensation from the commercial milk market

because of a qualifying 2018 and 2019 natural disaster. Producers who suffered losses of harvested commodities, including hay, stored in on-farm structures in 2018 and 2019 will receive assistance through the On-Farm Storage Loss Program.

Additionally, producers with trees, bushes or vines can receive both cost-share assistance through FSA's Tree USDA...

Continued on page 4...

PUBLIC NOTICE Important Information About Your Drinking Water Tests show levels of Arsenic above drinking water standards

Winger public water supply routinely monitors for the presence of drinking water contaminants. Recent testing results show that the average level of arsenic was 13.3 parts per billion (ppb). This is above the standard, or maximum contaminant level (MCL) of 10.4 ppb.

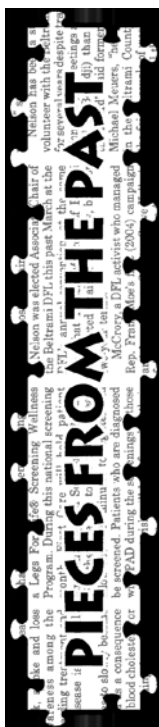
Arsenic occurs naturally through erosion of natural deposits; runoff from orchards, runoff from glass and electronics production wastes. Some people who drink water containing arsenic in excess of the MCL over many years could experience skin damage or problems with their circulatory system, and may have an increased risk of getting cancer.

This is not an emergency. You do not need an alternative source of water, such as bottled water. However, if you have specific health concerns, consult your doctor. Home treatment units are available to reduce arsenic, which include water softening, reverse osmosis, and distillation. It is recommended that these home water treatment units be certified to ensure arsenic removal. The use of carbon filters is not recommended for removal of arsenic, as arsenic may accumulate in the filter over time.

Winger is exploring methods to reduce the level of arsenic, which may include an alternative water source or water treatment. You will be informed when the public water supply has reduced the level of arsenic and meets the standard.

Please share this information with all other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools, prisons, clinics, hospitals and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail.

This notice is being sent to you by the city of Winger
PWSID 1600013
Phone or mailing address: 10 E. Minnesota Ave. 218-938-4150
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Barley Day Queen candidate finalists were Christin Jensen, Karen Irish, and Joan Kriewald. Barley Day Queen of 1959 was Karen Irish who named the other two girls as her attendants.

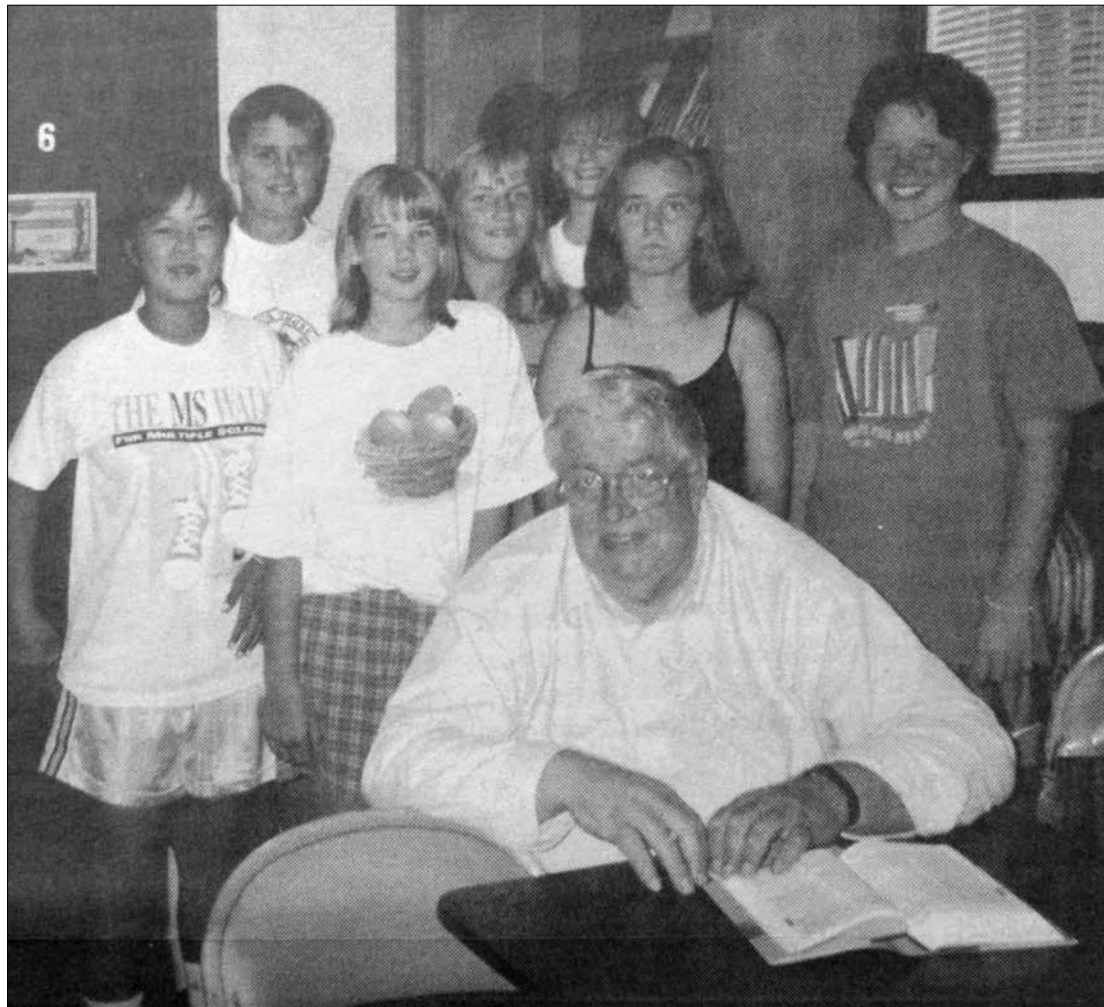


40 years ago...1979: McIntosh Queen Candidates for the annual "Miss McIntosh" contest included the following: (back) Renee Carlson, Sue Schimanski, Donna Johnson, Shelly Rolf. (sitting) Connie Turner, Karen Shurson, Carolyn Johnson and Brenda Johnson.

Left: 50 years ago...1969: To compliment street identification, numbers are being sold in McIntosh to identify houses. Lions Club committeemen here show the uniform type of reflectorized numbers being sold. Harvey Gustafson and Bernt Nornes are chairmen of the project.



30 years ago...1989: The McIntosh Stitches show their latest project, a beautiful blue and white quilt that was presented to Shirley and Frank Cyr of Oklee for their 25th Anniversary gift. The Cyr's long-time friend, Carmen Stencil of Edgar, WI, brought the quilt to McIntosh to have the ladies stitch it and upon completion, it was given to the Cyr's as a silver wedding anniversary gift. Stitches present were (standing L-R) Elaine Bergman, Lucille Senn, Esther Swanson, Agnes Theis, Bernice Voxland, Dolly Lee, and Helga Tranby; (Sitting L-R) Stella Johnson, Irene Bartz, Alma Eggers, Clara Grundyson, (not present for photo Alice Forsberg and Myrtle Langemo), and Shirley Cyr.



20 years ago...1999: Harold Weiby (front) was a faithful helper at Our Savior's Vacation Bible School, as well as many other area churches this summer. Pictured with him are (back) Tyler Burslie, Jannell Graff, Kristi Schow, (middle) Sara Lundquist, Casie Schow, Cassandra Boucher, Brittney Kerrsen.

Books to explore: Deaf Awareness Month

September is Deaf Awareness Month – a time to celebrate the accomplishments of people who are deaf, Deaf-Blind, and hard of hearing, and to learn more about deaf culture. Here's a sampling of some of the books produced through SSB's Communication Center, or by the National Library Service that highlight the rich history and culture of the deaf and DeafBlind communities. To order any of these titles, give us a call at 1-800-722-0550. "Available on BARD" means that the title can be downloaded from the Braille and Audio Reading Download service.

A Laugh a Day Keeps the Blues Away: Humorous Stories From People with Low Vision, Blindness, and Deaf Blindness.

By Rita Thomas Kersh.
"This book relates stories from real, normal people who happen to have either a vision loss or a hearing -vision loss. These are their personal stories. The stories show how they each were able to laugh at themselves and the situation or experience. They may have found the situation humorous after the fact, but they were able to put the embarrassing and/or funny experience behind them by using a bit of humor." Available on BARD. DBC11031

A place of their own: creating the deaf community in America.

By John Van Cleve and Barry Crouch.

"The authors look at the cultural developments taking place in the nineteenth century, such as residential schools, from which the true "deaf communities" began to emerge. They also look at the development of American Sign Language, and the repudiation of Alexander Graham Bell's theory that marriage between deaf people would result in deaf offspring." Braille and Audio. Available on BARD. BR08161, DB30853.

Deaf-blind reality: living the life.

By Scott Stoffel.
"Exploration of the everyday challenges faced by those who are deaf and blind. Discusses interactions with family members at special events, grocery shopping, classroom and meeting environments, and other typical happenings. Uses the personal experiences of twelve people from around the world for illustration." Braille. Available on BARD. BR26660.

I'm deaf, and it's okay.

By Lorraine Aseltine and Nancy Tait.
A young boy shares his feelings about deafness. He expresses his fear of the silent night, his jealousy of his sister who can hear, and his enjoyment of story hour with the school librarian. When a deaf teenager befriends him, he comes to understand that being deaf is quite okay." For preschool-grade 2. Audio. Available on BARD. DB26083.

Inside Deaf Culture.

By Carol Padden and Tom Humphries.
"Carol Padden and Tom Humphries show how the nineteenth-century schools for the deaf, with their denigration of sign language and their insistence on oralist teaching, shaped the lives of Deaf people for generations to come. They describe how Deaf culture and art thrived in mid-twentieth century Deaf clubs and Deaf theatre, and profile controversial contemporary technologies." Audio. Produced by the Communication Center.

Living with deaf-blindness: nine profiles.

By Carol Yoken.
"The purpose of this book is to introduce students and professional workers to issues in the lives of deaf-blind

individuals. Information was gained through interviewing a varied group of people and was modified to suit the needs and preferences of each deaf-blind person." Audio. Available on BARD. DB16065.

Sign Language.

By Dan Rainford.
"American Sign Language has an important place in our history. Learn about the early years of this language and about a town where everyone spoke sign language." For Grade 5 and older. Produced by the Communication Center.

Through the tunnel: becoming deafblind.

By Angie Orlando.
Using a mix of poetry and prose, the author describes her experiences with multiple disabilities that became gradually apparent over time. Recounts her childhood, how her interactions with others shifted over time, her abusive marriage, and her brother's suicide." Audio. Available on BARD. DB95438.

The unheard: a memoir of deafness and Africa.

By Josh Swiller
"Swiller, who lost his hearing during childhood, describes joining the Peace Corps at age twenty-three "to find a place," he says, "past deafness." Recounts his two-year stint and his attempts to improve conditions in a remote Zambian village plagued by poverty, disease, and violence." Audio. Available on BARD. DB67060.

Walk in my shoes: an anthology on Usher Syndrome.

By Charlotte DeWitt.
"Collection of twenty-seven personal accounts by people who became deafblind as a result of Usher syndrome--a rare genetic condition that leads to hearing loss combined with the eye disorder retinitis pigmentosa. From a broad range of backgrounds and occupations, the writers all meet the challenges of Usher syndrome with courage, persistence, and humor." Braille. Available on BARD. BR21946.

As Minnesota's Accessible Reading Source, our Communication Center provides books, newspapers, magazines and other printed materials in braille, e-text, or human narrated audio formats for people who are blind, losing vision, DeafBlind or who have other disabilities that make it difficult to read print.

Learn more by visiting mnssb.org, or by calling 1-800-722-0550.

Contest for students: Review audio description

"The American Council of the Blind's Audio Description Project (ACB-ADP) and the Described and Captioned Media Program (DCMP) are continuing their co-sponsorship of an exciting opportunity for blind and visually impaired young people: the Benefits of Audio Description in Education (BADIE) contest."

"Kids love movies! Movies, videos, and other forms of multimedia are, these days, integral to public, private, and special education curriculum. If you're a young person who can't see or can't see well, audio description provides access to all the visual images of the movies that young people who are sighted enjoy."

"The Benefits of Audio Description In Education (BADIE) contest wants you to experience media with audio description and then tell us about what you've experienced!"

You have a chance to win prizes for yourself and your teacher AND recognition for your school. And-a chance to hold the awesome title: A BADIE award winner!"

Find all the rules and information on how to enter at listeningislearning.org/badie.



WEM School has received two large school supply donations this school year. Pictured above is the donations from the VFW Auxiliary 2759 of Lengby. It is so appreciated and community members love to see the giving efforts and the appreciation the school has when such donations are received. Thank you!!

USDA...

Continued from page 3

Assistance Program (TAP) for the cost of replanting and rehabilitating eligible trees and WHIP+ will provide payments based on the loss value of the tree, bush or vine itself. Therefore, eligible producers may receive both a TAP and a 2017 WHIP or WHIP+ payment for the same acreage.

Prevented Planting
Agricultural producers faced significant challenges planting crops in 2018 and 2019 in Minnesota. Producers who reported prevented plant acres in 2018 due to an eligible loss condition are eligible for WHIP+ and can now apply for assistance at their local FSA office.

All producers with flooding or excess moisture-related prevented planting insurance claims in calendar year 2019 will receive a prevented planting supplemental disaster ("bo-

nus") payment equal to 10 percent of their prevented planting indemnity, plus an additional 5 percent will be provided to those who purchased harvest price option coverage. Details on delivery of this assistance is still forthcoming.

As under 2017 WHIP, WHIP+ will provide prevented planting assistance to uninsured producers, NAP producers and producers who may have been prevented from planting an insured crop in the 2018 crop year and those 2019 crops that had a final planting date prior to January 1, 2019.

For more information on FSA disaster assistance programs, please contact your local USDA service center or visit farmers.gov/recover.

For all available USDA disaster assistance programs, go to USDA's disaster resources website.



Win-E-Mac school recently received school supply donations from Grace Lutheran Vacation Bible School of Erskine



Running the ball for the Patriots last Friday evening was Nathan Fortmann when Win-E-Mac defeated Fertile-Beltrami 16-8 in Fertile.

WEM School Announcements

Student Council will host their first blood drive on Wednesday, October 30th. Please sign up using the following link-

<https://www.bloodhero.com/index.cfm?group=op&step=2&opid=857192&opidh=79AD461C42941BA57D2825AE41F74704&idt=43727.5006481> or see a Student Council member to sign up.

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 supplemental 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.



Patriot Quarterback Gavin Walker readies a pass while receiving ample blocking from Falcon Defensive End Gabe Horgishimer.



Win-E-Mac Quarterback Gavin Walker threw the ball with good coverage by Zach Simonson during the Patriot win over the Fertile-Beltrami Falcons in Fertile last Saturday night.