



McINTOSH Times

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Another successful day as 57 tractors join in the McIntosh Tractor Day parade



The 2022 McIntosh Tractor Day brought 57 tractors to town for the parade. The streets were crowded with onlookers as they made their way down the street. After the parade many kids joined in the kiddie pedal tractor pull sponsored by the Polar Beach Snowmobile Club and then down to the tractor pull to end the afternoon. The parade started with the National Anthem with Roy Ostenaar and The Clubhouse kids leading the parade.

More to come....
Stay tuned for more Tractor Day photos next week!



The McIntosh Fire & Rescue Squad started out Tractor Day with a pancake breakfast at the Fire Hall and then ended the afternoon with a beer tent at the Tractor Pull. Pictured: David Erickson, Luke Syverson, Justin Shultz, Toby Strom and Ron LeMer.



Providing us with music and announcing the tractors each year for the Tractor Parade are Savannah Svalen along with Elaine and Carey Burslie.



Special thanks to this guy, Steve Urness, along with Roy Ostenaar (pictured above) for keeping Tractor Day an important part of summer in McIntosh for more than 15 years.



Bride and groom, Madyson and Trayden Carlson along with their families during the 2022 McIntosh Tractor Parade.



Bud Kiecker and his grandchildren make their way through the parade during Tractor Day in McIntosh held on Saturday, August 27th. The day included a parade, a kiddie pedal tractor pull and a tractor pull as well as shopping in the local shops and food vendors along the street.



Philip Lee, along with son Sirus, in the Annual Tractor Day parade held on Saturday, August 27th in McIntosh.



Dean Strom on a "new" tractor this year during the Tractor Day parade. Dean had driven the same tractor for years, but upgraded for 2022.



Joel Strom with his grandson, Gavin during the McIntosh Tractor Day parade.



Josh Bartz, followed by his Uncle Pete Anderson during the Tractor Day parade on Saturday, August 27th in downtown McIntosh.

Free CNA classes this fall

Minnesota State Community and Technical College will again be hosting free Certified Nursing Assistant courses as part of Gov. Tim Walz's Next Generation Nursing Assistant initiative.

M State previously hosted free CNA courses in January, after the initiative was first announced. The initiative offers resources and support to those pursuing a CNA credential, including costs for tuition, fees and materials.

The starting goal of the governor's program was to recruit and train 1,000 new CNAs before the end of the year in order to combat statewide staffing shortages at long-term care facilities and veterans homes. The program was so successful that the goal was met within just three months, in late March.

In a state announcement released at that time, Minnesota Office of Higher Education Commissioner Dennis Olson said, "Training over a thousand Minnesotans in three months is no small feat. I commend the staff and instructors of Minnesota State and private training providers for their selflessness in scaling up operations and outreach. It was truly awe-inspiring to watch this public-private partnership problem solve in real-time, moving mountains to ensure this program was a success."

The Next Generation Nursing Assistant initiative contin-

ues through this year, and the governor's office has proposed additional funding to extend it out further.

Nearly 70 students have already completed their CNA classes at M State as part of the initiative, and the college has been approved by the state to offer four more such classes this fall. The classes are coordinated by M State's Workforce Development Solutions, which specializes in the skills and technology training needed to meet regional workforce demands.

M State's Moorhead and Fergus Falls campuses will host this fall's classes at the college. The Moorhead classes will be held Sept. 6-28 and Oct. 4-26, and the Fergus Falls classes will be Sept. 6 - Oct. 2 and Oct. 4-30.

For more information, visit www.minnesota.edu/health or email BreAnna Tracy at Workforce Development Solutions, at breaanna.tracy@minnesota.edu.

As a member of the Minnesota State system, M State serves more than 7,000 students in credit courses each year in more than 70 career and liberal arts programs online and at its campuses in Detroit Lakes, Fergus Falls, Moorhead and Wadena. By partnering with communities, the college also provides workforce development services and other responsive training programs.

LSS Meals Menu 687-2262

**Call to reserve your meal.
Indoor dining at 11:30 am;
drive-up available at 11:00 am.**

Mon. Sept. 12: *Chef's Choice, Call with Choice - Liver & Onions OR Poor Man's Steak - Potatoes & gravy - Beets - Corn Muffins - Peanut Butter Cookies - Milk

Tues. Sept. 13: *Bingo* Meatballs - Mashed Potatoes & Gravy - Peas & Carrots - Wheat Rolls - Pumpkin Bars - Milk

Wed. Sept. 14: Closed - All Staff Meeting

Thur. Sept. 15: *Bingo* Kielbasa Sausage - Mashed Potatoes - Sauerkraut - Wheat Bread - Pineapple Cake - Milk

Fri. Sept. 16: Sloppy Joe on Bun - Cheesy Hashbrowns - Baked Beans - Apple Cinnamon Muffins - Milk



ST. MARY'S CHURCH Fosston Fr. John Suvakeen, Pastor

Wed. Sept. 7: 11:30am Mass at St. Mary's, Fosston

Fri. Sept. 9: 8:30am Mass at St. Mary's, Fosston

Sun. Sept. 11: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Sept. 14: 11:30am Mass at St. Mary's, Fosston
Sun. Sept. 18: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh

**Interim Pastor Keith Zeh
Synodical Authorized
Minister Katie DeMarais**

Sun. Sept. 11: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Sept. 18: 10:00am Coffee Hour; 10:30am Worship Services

Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit - The Journey. Our Saviors service will be available by 8:30 am each Sunday until further notice.

MCINTOSH AFLC McIntosh Trinity / Mount Carmel: Interim Pastors John Anderson and Phil Rokke

Sunday Services
11:00am Mt Carmel
9:30am Trinity
Sunday School
10:45am Trinity
9:45am Mt. Carmel

GOSEN LUTHERAN CHURCH Independent Gary Johnson, Pastor www.gosen-church.com Face Book: Gosen Church

Sun. Sept. 11: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: [gosenchurch](https://www.facebook.com/gosenchurch) and [gosenchurch.com](https://www.facebook.com/gosenchurch.com))

Tues. Sept. 13: 10:00am Sunday worship service telecast on GVTV-30

Wed. Sept. 14: 6:30pm Bible Study at Sharon Ramberg's home

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.

VERNES LUTHERAN CHURCH (LCMC) McIntosh Pastor Lee Laaveg

Sun. Sept. 11: 9:00am Worship
Sun. Sept. 18: 9:00am Worship

IMMANUEL LUTHERAN CHURCH McIntosh Pastor Bruce Blocker

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School



Look who is turning 50!

Melissa Finseth

(McIntosh City Clerk)

Stop in at the McIntosh Community Center on Friday, Sept. 16th from 9 a.m. to noon and wish Melissa a Happy Birthday! There will be cake and coffee.



This object was found in a box in the Polk County Historical Society's museum in Crookston. It's metal about 3 inches long and 2.5 inches wide. There's a twisted wire attached to one end. If anyone knows what this object may have been used for, they are encouraged to email Historical Society President Anne Muir at imamuir@hotmail.com or contact PCHS Secretary Twylla Altepeter at the Fertile Journal 945-6120 or fertilejournal@hwy-32publishing.com.

**Ad deadline:
Noon Friday**

Community Birthday and Anniversary Calendar

Wed. Sept. 7: Emily Ferden, Wendy Reitmeier, Kiersten Anderson

Thurs. Sept. 8: *Todd & Jessica Goodwin

Fri. Sept. 9: Alexys Perreault, Kendyl Johnson, Chris (Boucher) Springer, *Coby & Gayle Burslie

Sat. Sept. 10: Chad Ekeberg, Ashley Schow, Leah Smeby, *Kevin & Anna Mandt

Sun. Sept. 11: Wendel Webster, Chrissy Roue

Mon. Sept. 12: Karen Plante, Shania Christianson, Zach Grove, Jarrett Haas

McINTOSH Times

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The County Line
By Warren Strandell
Polk County Commissioner, Dist. 2

Thoughts in this column don't have anything to do with Polk County business or issues. Instead, they only report that I have passed the screen test and why the result of that development might have some meaning.

It was a couple of weeks ago now that I was the subject of a short video done by Pioneer PBS. Now in the final stages of development, the video will air on Prairie Public TV and Lakeland PBS as part of an effort by state, county and regional health organizations to get more people vaccinated against COVID.

I don't know much about how this promotional effort will be done, only that COVID vaccination has saved many lives and that I wish that the vaccine(s) would have become available much sooner. Vaccination is especially important now with another resurgence of the disease underway.

Pioneer PBS, based in Granite Falls, Minn., is a non-profit 501 regional public television network that primarily serves the southwest and west-central portions of Minnesota, northwestern Iowa, eastern South Dakota, and southwestern North Dakota and beyond. The video will likely be shared on Facebook as well.

I was not selected for the video because of any thought that I might somehow be screen worthy, but because the disease led to the death of my wife, Annie, and because I had a thought to share.

Annie's fight to live ended on Nov. 3rd, 2020. That was on election day now almost two years ago. The memory of that time is difficult. She is no longer there when I get up in the morning or when I come home each day. Her chair is empty

when I look in that direction when reading or watching TV in the evening. Loneliness prevails in so many ways.

Election day (this year on Nov. 8) will mark my attempt to be elected one last time as a county commissioner. But that's another subject, not to be dealt with here.

In the video message, I stated that I have had both shots, both of the two boosters, and that when the next shot becomes available, I will be standing in line waiting to get that one, too.

I also said in the 30-second video that I can think of absolutely no good reason not to get the shots. That's a strong personal opinion.

Vaccinated people who still get COVID almost always get through the illness without any real problems. Some have said that they didn't even know that they had COVID. Any reaction to getting the shot(s) is rare, if at all. I never really felt the shots — they were less than a mosquito bite — and I had very, very little reaction.

By contrast, unvaccinated people who get the disease... well, that often leads to the sad story that I know so well.

The shots weren't readily available back two years ago when Annie contracted the disease. I tested positive then, too, but had no symptoms. We had talked about the shot development that was underway and were waiting to get the first one.

During a first short hospitalization back then, Annie was told "you're sick but not so sick that you have to be here" and was sent home. She had to be re-admitted a few days later.

This was at the time when no hospital visitors were al-

lowed, not spouses, not parents, not children, no one. Visitation was done by phone. Nothing in person. During her last two days, I would call her and she would answer saying, "I can't breathe. I can't breathe. Just talk to me." She was in great, great discomfort. The strain on her heart finally proved to be too much. She had to be brought back to life three times on that last day before it couldn't be accomplished a fourth time.

Why am I telling you all of this? The reason is simply to urge you to get the shots, to give yourself a chance.

I see your options as either facing the rare chance that there is something dangerous in the vaccine, or that not getting the shots could lead to a very serious illness or worse, the end of your time on this Earth.

I know people who survived a COVID encounter. All of them — some who thought that they were going to die — say they wish now that they would have gotten the shots.

End of story. I hope this is a good end... for you, your family and for all of us, your friends. We love you. Get the shots. Please.

Thoughts for the day:

• I have come to the conclusion that politics is too serious a matter to be left to politicians — Charles de Gaulle, French general and president

• I'd rather argue against a hundred idiots than have one agree with me. — Winston Churchill

Disclaimer: *Thoughts expressed in this column are those of the author and are not necessarily a reflection of the opinions of the other members of the Polk County Board*

September
weed of the month: Multiflora rose

Julia Dellick,
MN Dept. of Agriculture

In 1866, multiflora rose (Rosa multiflora) was brought to the United States from its native range in Japan, Korea, and eastern China to be used as a rootstock for ornamental roses. Starting in the 1930s, multiflora rose was widely planted in the United States for erosion control, wildlife habitat, and ornamental purposes. Because of its ability to establish and thrive in a variety of disturbed and natural habitats, it has become widespread in the northeastern and midwestern United States, with some presence in the southeastern and western parts of the country. In Minnesota, it is found primarily throughout southeastern counties up through the Twin Cities and inhabits forest edges, woodlands, prairies, fields, pastures, and roadsides.

Multiflora rose has flowers with five white to slightly pink petals that are 1-2 inches wide. Each petal has a notch in it, giving it a heart-shaped appearance. The flowers bloom in May and June. The alternate compound leaves of the plant are 4-6 inches long with 5-11 serrated leaflets that come off the leaf stalk. The leaflets are arranged opposite of one another with a final leaflet at the tip of the leaf. There is a "stipule" at the base of each leaf where it meets the stem. It is a small green growth along the base of the leaf stalk. Multiflora rose stipules have fringes extending out along their edges and have visible glands that look like small dots. This can distinguish multiflora roses, as native roses have smooth stipules with no fringe. Multiflora rose also has thick curved thorns along the stems while native roses have thinner, straighter thorns.

Multiflora rose is a perennial shrub that can grow to 13 feet tall and 13 feet wide. It reproduces by seeds which can be spread to new sites. Within a site, an individual plant can also reproduce by "layering." This is when the plant stems touch the ground and send out new roots, thus starting a new plant. Due to its biology, multiflora rose can form dense



thickets and reduce populations of native plants as well as invade pastures and grazing lands. This invasion can significantly decrease forage quality and forage acres and increase the potential for skin and eye irritation in grazing animals.

The plant can be controlled in pastures and open fields using both mechanical and chemical controls. However, it takes a long-term commitment to

successfully manage multiflora rose as three to six mowings or grazings per season for two to three seasons can be necessary for high plant reductions. For these reasons and more, multiflora rose is classified in Minnesota as a Restricted Noxious Weed, meaning that it can't be sold or planted legally.

For more information about multiflora rose, visit the MDA species page.

FSA and MDA to hold
organic programs webinar

The deadline to apply for the USDA Organic Certification Cost Share Program (OCCSP) and Organic and Transitional Education and Certification Program (OTECP) is October 31, 2022. USDA's Farm Service Agency (FSA) in partnership with the Minnesota Department of Agriculture (MDA) is holding a virtual information session on September 13, 2022, from 12:00 to 1:00 p.m. (CST).

Staff from FSA and MDA will provide an overview of both programs and include information on how to apply for these cost share opportunities.

To attend the webinar, register here. Persons with disabilities who require accommodations to participate in this meeting should contact Ellyn Oelfke at 651-602-7732.

About the Programs

OCCSP provides cost share assistance to producers and handlers of agricultural products who are obtaining or renewing their certification under the National Organic



Gary Sonsteli in the 2022 McIntosh Tractor Day parade held on August 27th.



Dr. Darren Swanson took part in the annual Tractor Day parade in downtown McIntosh.



Eric Roed and son, Rhett, a part of the 57 tractors that joined in the McIntosh Tractor Day parade on Saturday, August 27th.



Chris and Carter Bartz made their way along Main Street in McIntosh throwing out candy and saying hello to friends along the way during the McIntosh Tractor Day parade.

Get kids on a healthy track

Childhood obesity is a serious medical issue affecting children around the world, but notably in North America. While the issue has been around for decades, the Centers for Disease Control and Prevention says American children and teenagers have witnessed a significant increase in weight gain since the COVID-19 pandemic began.

Younger school-aged children have been among the hardest hit during the pandemic.

A study published in September 2021 found the percentage of obese children and teens increased to 22 percent compared with 19 percent before the pandemic. The CDC looked at the BMI of study subjects between March 1, 2020 and November 30, 2020. One of

the study's authors, Dr. Alyson Goodman of the CDC's National Center for Chronic Disease Prevention and Health Promotion, described the results as "substantial and alarming."

Being less physically active, overweight and eating the wrong foods can start children on a path toward problems that once were only considered conditions of adulthood, namely hypertension, diabetes and high cholesterol, offers the Mayo Clinic.

To reverse course, parents, guardians and educators can focus on helping children become more physically fit. The following are a few ways to do so.

- **Encourage participation in sports or other physical activities.** Sports practices, games, competitions,

and other activities may keep children moving for an hour or more several days per week. However, the American Academy of Pediatrics states that only 25 percent of children get the recommended 60 minutes of physical activity per day. Emphasize a fun activity with a focus on movement that produces shortness of breath, body warmth and sweat. These are indicators that the heart rate is really pumping.

- **Use exercise as a reward and not a punishment.** Make exercise something kids can look forward to. Reward a job well done on a test with extra time biking with friends or a hiking trip to a scenic national park. Kids will be begin to associate exercise with fun.
- **Offer a variety of foods.** Kids who eat a variety of foods

are more likely to get the nutrients the body needs, according to Kids Health® by Nemours. These healthy foods should include at least five servings of fruits and vegetables a day, with an emphasis on vegetables.

- **Limit screen time.** Children may be inclined to entertain themselves by heading for the television, mobile phone or tablet first, especially after a year-plus of being stuck indoors. But parents can make a concerted effort to limit kids' screen time in favor of more physically challenging pursuits.
- **Teach healthy eating habits.** A Harris Poll survey conducted on behalf of the American Psychological Association found that 61 percent of respondents age 18 and older reported a median weight gain of 15 pounds during the pandemic. Teach children that weight loss is accomplished when more calories are burned

than consumed. Pay attention to portion sizes and explain how beverages like fruit juices can be sneaky sources of extra calories.

Children may need a little extra help getting fit, especially if they gained weight during the pandemic. Teaching healthy habits now can help kids enjoy healthy futures.

WEM School
Announcements

Early Childhood Family Education Starting Tuesdays This Fall: Please join us Tuesday evenings this fall for a night of fun learning activities in a classroom setting at the Win-E-Mac preschool room. Follow us on Facebook at Win-E-mac ECFE for more updates. To register contact DeAnn Boe at dboe@win-e-mac.k12.mn.us or 563-2900. ECFE is for children and their parents/caregivers birth to age 4 (not enrolled in preschool). ECFE is based on the idea that parents are a child's most significant teacher. Our goal is to support parents/caregivers in providing the best learning environments for your child's learning and development.

Do you have a story to share?

If you have a story, a story idea or any photos you want to share, please send to: mcintoshtimes@gmail.com



The 2022 - 2023 Win-E-Mac Patriots Varsity Football team: (front, l-r) Zachary Luckow, Jonas Spry, Kaleb Morberg, Thomas Revier, Caden Shaver; (middle): Coach Ryan Breitbach, Hunter Westcott, Braylon Hamre, Christopher Roragen, Head Coach Aaron Cook, Coach Eric Hamre; (back): Cameron Bergman, Wyatt Davis, Alec Haskett, Ryan Kangas, Hank Earls, Bergen Howard and Peter Kolden,



The 2022 - 2023 Win-E-Mac Patriots varsity Volleyball team. (front, l-r): Kyra Stuhau, Ava Howard, Nadelly Neubert, Kianna Tadman; (middle): Izabelle Ostenaar, Emily Strom, Jaime Stuhr, Destiny Molsstad, Ella Strom; (back): Nevaeh Simpson, Bret DuChamp, Clare Stuhau, and Manager Jamison Nichols. Not Pictured: Kiersten Anderson.