



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Gene and Mavis Haugom were a part of the annual McIntosh Tractor Day parade held on August 27th. Nearly 60 antique tractors paraded through town on Main Street and some visited the nursing home and assisted living.

McIntosh Harvest Festival is this Saturday

The Annual McIntosh Harvest Festival, sponsored by the McIntosh Community Club will take place this Saturday, September 17th in downtown McIntosh. There will be vendors set up starting at 9:00 am and continuing through 3:00 pm in the Fire Hall with many unique and fun finds.

Pie and coffee will be served at the Community Center this year starting at 9:00 am and will continue through 3:00 pm.

Also inside the Community Center will be a quilt show hosted by the Win-E-Mac Quilt Guild. There will be many quilts and sewing projects on display. There will also be a drawing for a quilt held sometime in the afternoon.

The annual McIntosh Library Book Sale will take place in the Community Center again this year from 10:00 am to 1:00 pm.

Voxland Pumpkins will be available in town during harvest Day near the Minnesota Rust store.

Calling all bakers! It's time to grab your recipe box and whip up your best dessert for the McIntosh Harvest Festival Fall Dessert Bake-Off. Desserts must be dropped off between 9:00 am and 11:00 am at the McIntosh Commu-



nity Center kitchen. with your name and phone number secured to the bottom. The dessert must be in a disposable dish and must be homemade and include a fall fruit or vegetable. All desserts are judged on taste, appearance, and creativity. Two winners, one for best taste and one for best use of creativity, will be announced at the mini pie eating contest on Main Street at 1:00 pm.

The annual Scavenger Hunt will take place from 9:00 am to noon and the list will be available for pick up and drop off upon completion at Minnesota Rust.

Craving some pie? There

will be a mini pie eating contest for kids and adults on Main Street at 1:00 pm.

Following the pie eating contest, there will be a softball hitting contest at 2:00 pm taking place on the old football field behind the Bjella Building. There will be prizes for the longest hit.

New this year, Lulu's Little Bites will be offering bakery sweets and savory foods. The Oofda Taco truck will be in town as well as hot dogs at Neil's Quality Meats & More. Triple C concessions will also be set up and offering a variety of food and drinks.

Kids games will take place from 10:00 am to 11:00 am on the old football field with the paper plate drop at 11:15 am.

There will be hay rides at the football field from 11:00 am to 1:00 pm.

The stores along Main Street will be open for shopping. There will be specials and a lot of fun fall finds.

Join with your friends and family and come out and enjoy a fun-filled day in downtown McIntosh.

If you are interested in a spot for the craft and vendor show, you can email cheryl.a.jore@gmail.com to check for availability.



Sawyer Cook with his mom, Nicole and his little sister, Gemma were part of the crew from The Clubhouse Childcare Center during the McIntosh Tractor Day parade.



Don Ostenson came for a visit and to be part of the McIntosh Tractor Day parade held on Saturday, August 27th.



When school bells were ringing Tuesday, September 6th, these ladies, WEM retirees, were all relaxing and enjoying the less rushed morning! They met at Ness Cafe for lunch and enjoyed catching up with everyone. Row 1: Donna Skeie, Ann Vesledahl, Suzanne Weik, Marilyn Graff, Linda Stuhau; Row 2: Sharon Hegland, Nancy Andree, Joann Sannes, Arlene Dorr, Karen Olson; Row 3: Ginny Frisk, Gerri Jensen, Sharon Tuenge, Dianne Roed, Sandy Jore, Julie Clementson, Connie Strom; Row 4: Susan Lee, Candace Haaven, Jan Hanson, Sally Bradley, Robin Saltee, and Mary Ann Olson.

M State selected as new host of regional Small Business Development Center

Minnesota State Community and Technical College has been chosen as the new host of the West Central Minnesota Small Business Development Center for a three-year period beginning January 1, 2023.

M State was selected for its proven commitment to business development, existing resources, large geographic and demographic footprint, and established partnerships with regional businesses and industry.

"I am absolutely confident that Minnesota State Community and Technical College will do an excellent job of providing the residents and small business clients in the region the very best consulting, training and business assistance available," wrote Bruce Strong, state director of the Minnesota Small Business Development Center Network, in his congratulatory letter to M State.

The center will be headquartered at M State's Moorhead campus, in an accessible office and meeting area that will be open full-time during normal college hours, 8 a.m. – 4:30 p.m. Monday through Friday. M State will also host part-time satellite locations as needed throughout the region.

The West Central Minnesota Small Business Development Center (SBDC) serves Clay, Becker, Otter Tail, Wilkin, Grant, Douglas, Traverse, Pope and Stevens counties and is one of nine regional SBDC offices in the state. Created in 1980 to help small businesses start, grow and succeed, the SBDC offers free one-on-one professional business consulting services and helps secure investment capital for

business ventures.

"Hosting the regional SBDC office at M State will bring exciting opportunities to our students, our community partners, and anyone in the region with an interest in starting or growing a business," said M State President Carrie Brimhall. "M State is uniquely suited to this task, with our long history of

educating and serving students in the region as well as our proven success at building relationships with communities and working together with area businesses."

SBDC clients include business owners, students, entrepreneurs and others who receive realistic advice from hand-selected consultants on everything from business plan development to selling a business. M State will enlist current faculty, contract consultants, and trainers with the college's Workforce Development Solutions to provide these consultations.

Dr. Marsha Weber, Dean of the School of Business and Information Technology at M State, credits Workforce Development Solutions as "one of the reasons we had such a strong case to locate the SBDC office here." Weber and M State Grants Coordinator Cindy Bailey wrote and submitted the proposal for M State to host the center.

"We can really leverage Workforce Development Solutions, our customized training division, to help with the SBDC – the two will be a great complement to one another," Weber said. "I think in the communities we serve, and the region we serve, the entrepre-

neurial environment is ripe for new entrants. Both the SBDC and Workforce Development Solutions can identify with and be responsive to the needs of upcoming entrepreneurs and small business owners."

Many supporting stakeholders are on board to assist M State in the identification and referral of SBDC clients, training development, outreach, materials distribution and collaborative projects. These partners include the City of Moorhead, Downtown Moorhead Inc., West Central Initiative and Greater Fargo Moorhead Economic Development Corporation, to name a few.

A full-time regional director will be employed to manage the SBDC center at M State, and a program coordinator will handle supportive responsibilities like client scheduling and bookkeeping.

Concordia College in Moorhead, which has been the regional SBDC host since 2011, will continue to host through the end of the year.

The SBDC is supported by the U.S. Small Business Administration, the Minnesota Department of Employment and Economic Development and other local partners.

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.



Connie Strom is making quite a business out of creating custom t-shirts for any occasion and she has premade seasonal and fun options for all ages. She sells in the former B-B Cafe spot during events. Stop in and see her fun creations.



The Win-E-Mac Quilt Guild will be offering chances to win this incredible quilt during McIntosh Harvest Festival. The Guild will be having a quilt show in the Community Center. Stop in for a chance to win and to see the many beautiful creations from this creative group.

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.

M25-28C



Bruce Grundyson and his grand kids during the McIntosh Tractor Day parade on Saturday, August 27th.



Curt Bartz is a regular participant in the Annual McIntosh Tractor Day parade. It was good to see him this year!

Community Birthday and Anniversary Calendar

Wed. Sept. 14: Mary Pulford, Amy Bartz, *Tom & Heather Hegre

Thurs. Sept. 15: Josh Vetteson, Elaine Burslie, Dan Jore, Michael Gensburger, *Matthew & Rachell Finseth

Fri. Sept. 16: John Wertish, Rudy Finseth, Josiah Erickson, Laura Perkerwicz

Sat. Sept. 17: *Mark & Karen Thompson

Sun. Sept. 18: Melissa Finseth

Mon. Sept. 19: Orlett Hedlund, Zachary Simonson

Tues. Sept. 20: Hudson Vetteson, Annie Lian, *Bud & Clellie Kiecker, *Jeff & Heidi Haaven

Did you know?

The most valuable rare stamp in the world is the British Guiana 1c Magenta. The stamp was auctioned in 2014 and sold for \$9.48 million, though that price tag dipped considerably when it was auctioned again for a price of roughly \$8.3 million in 2021. According to Invaluable.com, the stamp was included in an 1856 emergency run that was produced after the initial shipment of 1c magenta stamps went missing.

That emergency run included a small boat on the stamp, which can be seen in the lone remaining stamp from that run that is now so valuable.

That lone stamp was discovered by a young boy in 1873. Nearly 150 years later, the world's most valuable stamp can be purchased via fractional ownership, a method through which unrelated parties can share in the ownership of a high-value tangible asset

McINTOSH Times

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"Serving the Win-E-Mac area"

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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. 19: Polish Sausage - Mashed Potatoes - Sauerkraut - Wheat Rolls - Apple Cinnamon Muffins - Milk

Tues. Sept. 20: *Bingo* Ham - Boiled Potatoes - Cabbage & Carrots - Wheat Rolls - Rhubarb Dessert - Milk

Wed. Sept. 21: Beef Macaroni Hotdish - Corn - Peaches - Garlic Texas Toast - Banana Muffins - Milk

Thur. Sept. 22: *Bingo* Turkey Gravy over Potatoes - Mixed Vegetables - Lettuce Salad - Wheat Bread - Butterscotch Pudding - Milk

Fri. Sept. 23: Chicken Fried Beef Steak - Mashed Potatoes & Gravy - Italian Bread - Wheat Rolls - Rice Krispie Bars - Milk

Fall Meatball Dinner

Our Savior's Lutheran Church of McIntosh will hold it's Meatball Dinner with mashed potatoes and gravy, corn, dinner roll and pie on Sunday, September 18, 2022 from 11:30 am to 1:00 pm at the church basement.

The country store will also be open with lots of goodies! Everybody welcome!

CHURCH DIRECTORY

ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor
Wed. Sept. 14: 11:30am Mass at St. Mary's, Fosston
Fri. Sept. 16: 8:30am 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
Wed. Sept. 21: 11:30am Mass at St. Mary's, Fosston
Fri. Sept. 23: 8:30am Mass at St. Mary's, Fosston
Sun. Sept. 25: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Fri. Sept. 30: 8:30am Mass at St. Mary's, Fosston

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh
Interim Pastor Keith Zeh
Synodical Authorized Minister Katie DeMarais
Sun. Sept. 18: 10:00am Coffee Hour; 10:30am Worship Services; 11:30am Meatball Dinner
Sun. Sept. 25: 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. 18: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues. Sept. 20: 10:00am Sunday worship service telecast on GVTN-30

Wed. Sept. 21: 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
PastorLee Laaveg
Sun. Sept. 18: 9:00am Worship
Sun. Sept. 25: 9:00am Worship

IMMANUEL LUTHERAN CHURCH McIntosh
Pastor Bruce Blocker
Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

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M3-28C

USDA announces its Local Food Purchase Assistance Cooperative Agreement with MN

The U.S. Department of Agriculture's (USDA) Agricultural Marketing Service (AMS) today announced it has signed a cooperative agreement with Minnesota under the Local Food Purchase Assistance Cooperative Agreement Program (LFPA).

Through LFPA, the Minnesota Department of Agriculture seeks to purchase and distribute locally grown, produced, and processed food from underserved producers.

"USDA is excited to partner with Minnesota to promote economic opportunities for farmers and producers and to increase access to locally sourced, fresh, healthy, and nutritious food in underserved communities," said USDA Under Secretary for Marketing and Regulatory Programs Jenny Lester Moffitt.

"The Local Food Purchase Cooperative Agreement Program will improve food and agricultural supply-chain resiliency and increase local food consumption around the country."

With \$3.82 million in LFPA funds, the Minnesota Department of Agriculture will establish a program that will allow communities to determine



how local food can be procured and distributed among underserved communities.

"The Local Food Purchase Assistance Cooperative Agreement is an exciting opportunity to increase the amount of local food purchased from socially disadvantaged and emerging farmers and to distribute that

Did you know?

Gardening enthusiasts recognize that fall is not a time to rest on their laurels. In fact, fall is a great season to spend time in the yard.

The Center for Agriculture, Food and the Environment at the University of Massachusetts Amherst indicates fall is the ideal time to improve the soil for next season. Amending the soil in the fall allows it to react accordingly over time and reap the benefits in spring.

UMass suggests getting an accurate soil test to see what is needed in the garden. Samples should be taken from various areas.

Avoid doing so when the soil is very wet. At-home kits can test for nitrogen, potassium and phosphorous and deter-

mine the soil's pH. Gardeners should till the soil and add compost or manure, which will counteract many nutritional deficiencies.

Worm castings also are good to add, particularly for summer vegetable gardens. The gardening company Park Seed says that worm castings are high in minerals and effective at holding water - so much so that they even can be used alone in place of potting soil.

Crushed egg shells, coffee grounds and banana peels also can be added in the fall, even if they are not part of a compost pile.

The nutrients will break down throughout the fall and winter, and be available just in time for summer plantings.



Aubrey Gunufson participated during the McIntosh Tractor Day Kiddie Pull sponsored by the Polar Beach Snowmobile Club. The kiddie pull took place after the parade at the Fire Hall.



Rhett Roed took place in the Polar Beach Snowmobile Club sponsored Kiddie Tractor Pull during McIntosh Tractor Day.



The first puller during the Kiddie Pull was Ben Shultz during McIntosh Tractor Day held on Saturday, August 27th.



Emberly Strom during the Kiddie Pull at McIntosh Tractor Day.



After the Antique Tractor Parade, the Kiddie Pull took place. Here Jens Stordahl gave his best during Tractor Day in Downtown McIntosh.



Not quite old enough to participate in the Tractor Day parade in McIntosh, Rylan Hartel gets in some time on Grandpa Roger Hartels' tractor.

Is fair skin more susceptible to skin cancer?

The skin is the largest organ on the body. As with other areas of the body, skin is susceptible to cancer.

The National Cancer Institute says there are many different types of skin cancer and that it can appear differently depending on the type and the person. Any changes in skin should be brought to the attention of a doctor immediately. The sooner treatment begins, the better the prognosis typically is.

Individuals also should be aware of what constitutes having a heightened risk for skin cancer. In most cases, that can include the type of skin one has. The Skin Cancer Foundation indicates that skin type is a major factor in risk for skin

cancer, including the deadly melanoma. While people with any shade of skin can get skin cancer, those who have fair skin tones are even more at risk for sunburn, sun damage and skin cancer.

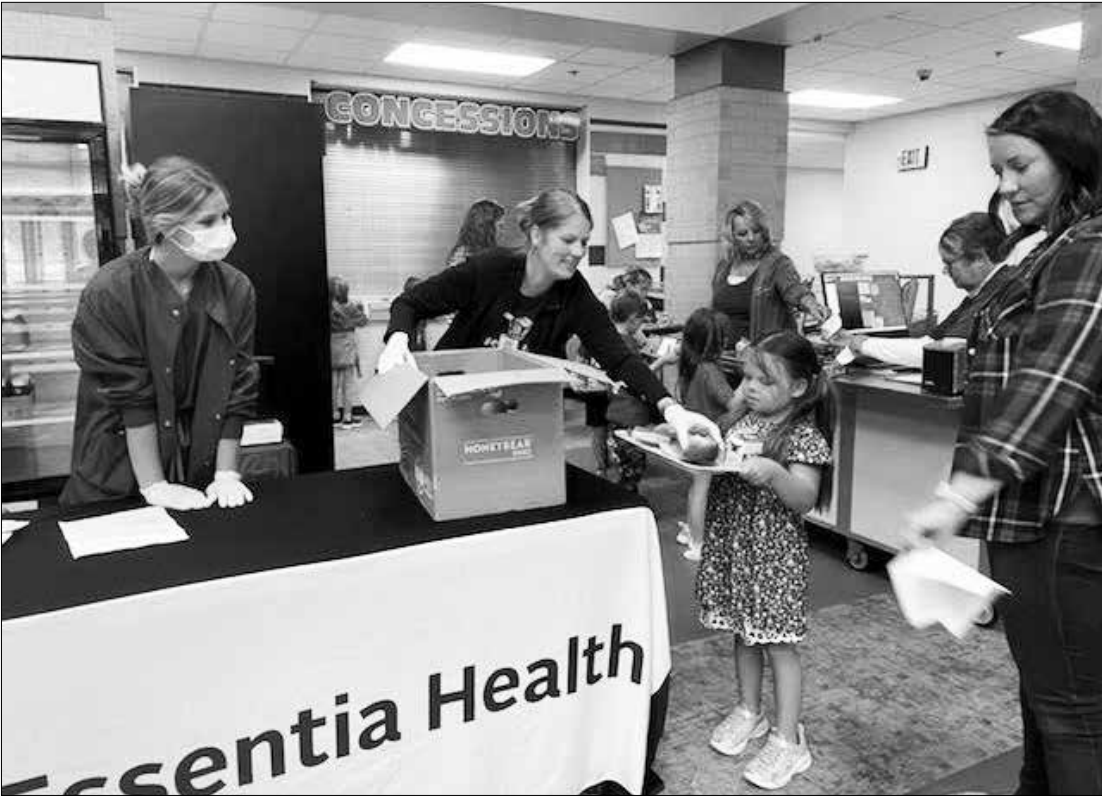
In 1975, Harvard Medical School physician Thomas Fitzpatrick created a scientific classification system for skin type, identifying six types of skin. The Fitzpatrick Skin Type chart goes from very light to very dark. Skin types I and II face the highest risk of developing skin cancer, while types V and VI are at the lowest risk. That's because fair skin doesn't have as much pigmentation and natural melanin protection from the sun.

In addition to pigmentation,

skin type also is calculated by how skin reacts to sun exposure. This means whether one easily burns or easily tans. Fair skin tends to burn easily and tan lightly or not at all.

Even though fair-skinned individuals are at greater for skin cancer, anyone can get the disease. Everyone should use a broad-spectrum daily sunscreen of SPF 30 or higher to protect against harmful rays. In addition, wearing sun-protective clothing and avoiding exposure between the peak hours of 10 a.m. and 4 p.m. is essential.

Individuals concerned about skin cancer risk or unusual changes to their skin should speak with their dermatologists.



Essentia Health staff stopped by for lunch on Friday, September 9th to give apples to all elementary students and staff as a Welcome Back to School. Here, Melissa Strom shares an apple with Hazel Burthwick.



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

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 you are parents/caregivers in providing the best learning environments for your child's learning and development.

From Athletic Director, Brady Langemo: I need help getting in contact with the following ladies to invite them to be part of our celebration at Win-E-Mac on 9/29.

The following people I either have no contact information

from, or in some cases have an address that is no longer accurate.

Mary Beth Nornes Espeseth, Amy Jo Vesledahl Wierschke, Patty Strom Hahn, Linda Berger Fleury, Patty Johnson Prezel, Kay Elzea, D. Elzea, Sue Lin, Nancy Mattison, Debbie Nelson, Jo Horan, Terri Wilson, Linda Plante, Opal Toensfeldt, Josephine Johnson Carver, Kay Christianson, and Becky Thompson.

I appreciate any help. Feel free to tag anyone who you think might be able to assist. Also, you can email blangemo@win-e-mac.k12.mn.us for more information about this as well.



The 2022 - 2023 Win-E-Mac Junior Varsity Team front row: Sydney Svalen, Paige Breitbach, Shelby Mandt, Dani Winter and Evie Ryan. Middle row: Hana Thompson, Alyssa Morberg, Brooklyn Gunderson, Abby Sauer, Isabelle Morinville and Kiersten Anderson. Back row: Josie Forman, Destiny Molstad, Lauren Kaupang, Neveah Simpson and Kailee Lauren.



The 2022 - 2023 Win-E-Mac C Team: Dani Winter, Courtney Lecy, Josie Johnson, Evie Ryan, Liveah Kiecker, Shelby Long, Alexa Morberg, Brooklyn Gunderson, Presley Haugen, Joy Neubert, Josie Fortman, Abby Sauer, and Erika Kramer.