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McINTOSH

Since 1888

Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Nick Schow was able to see his teacher, Mrs. Gunafson for the new school year during the Corn Feed at Roholt Park last Thursday evening.



During the 1st Annual Corn Feed at Roholt Park last Thursday evening, Henry Swanson gets a hot dog before heading over for some fresh sweet corn.



Clifford Barts serves up a smile while he is served fresh sweet corn and a brat last Thursday at Roholt Park.



While enjoying some fresh sweet corn Kalli Roy and Karli Schow have some fun playing cards with friends.



It was a great evening to be out at Roholt Park enjoying fresh sweetcorn and seeing good friends. Here Mary and Virgil Lerfald enjoy a nice picnic supper.



Community members received corn and brats and a smile from Community Club members, Anne Schow, Phil Lee, and Bob and Lauri Bursheim during the 1st Annual Corn for Kids held last Thursday at Roholt Park.

2016 - 2017 Win-E-Mac Open House & iPad Night

On Wednesday, August 31st, the Win-E-Mac School will host the 2016-2017 School Year Open House from 5:00 p.m. to 7:00 p.m.

During the Open House parents and students will have the opportunity to do a number of tasks that are needed for the start of the school year. These tasks include, new student enrollment, meeting your childrens teachers and visiting their classrooms, Paying fees, such as lunch and activity fees, picking up your students class schedule and bus schedule, signing up to internet access to the Synergy student site, Picking up a school calendar, filling out this year's emergency contact sheet as well as getting information about student activity groups, safety, family services, library services and other information to make this a successful school year for both your students and the parents.

This school year begins on Tuesday, September 6th.

Win-E-Mac School invites

all students, parents and community members to the Open House on Wednesday, August 31, 2016.

Win-E-Mac iPad Night
When: Wednesday, August 31

Location: Win-E-Mac Gym
Time: 5:30 p.m. for grades 10-12; 6:30 p.m. for grade 7-9

Who should attend? 7th – 12th Graders and one of their parents

iPads for all students in grades 7-12 for the upcoming school year!

To best utilize the iPad, the Win-E-Mac School believes it is important to have it in the hands of the students before school starts in order for students to get acquainted with the device and to explore the many options and capabilities it has to enhance the overall learning experience throughout the school year. To accomplish this task, we will be hosting an iPad Night in which we will give a brief overview of the iPad, go over the rules and conditions of having an iPad,



have parents and students sign the required forms along with a payment of \$40. \$20 will be a non-refundable technology fee. The other \$20 will be a deposit that will be returned at the end of the school year as long as the iPad and case is returned in good condition. Parents may apply for a reduced fee by obtaining a scholarship waiver and will then only have to place a \$20 deposit.

This meeting will require 1 parent and the student in order to sign the necessary forms and pay the deposit to get the iPad that evening.

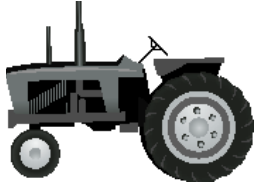
In order to get your iPad, the student and one of your parents must attend this meeting.

Tractor Day is Saturday in Mac

Enjoy a great day of fun this Saturday, August 27th. The day starts with the Antique Tractor Parade at 11:00am through town, with the Quilt Show at the Community Center from 11:00 am until 2:00 pm.

Immediately following the Parade is the Kiddie Pedal Pull in front of the McIntosh Fire Hall.

At 2:00 pm the Antique



Tractor Pull will begin at the old football field. There will be lots to do and to see on Saturday in McIntosh. Hope to see you there!

Mac Council may consider mail ballots in the future

The regular meeting of the McIntosh Council was Thursday, August 11th at 5:30 p.m. at the Community Center.

All members of the Council were present and the meeting proceeded with agenda additions and approval of the July Council minutes.

Melissa, the City Clerk informed the Council that there was a new trimmer for the City Maintenance Department, though it was faulty and was sent back to the manufacturer and a replacement was sent.

Mayor Strom informed the Council that the City purchased 3 fire rings from Adam Hanson for use at Roholt Park and City Maintenance will install the rings around the Park.

The Council approved a yard hydrant for the Southside park to be installed.

The Council has set their 2017 preliminary budget meeting for August 25, 2016.

The Mayor informed the Council about a phone call he received from a resident who is upset about a new grain bin being built on the south side of town. A zoning map of McIntosh does show that the bin was constructed in the agricultural zone of the City. The grain bin is in compliance with the City and County ordinances.

Mayor Strom also stated he has heard many complaints about the stray cat problem that seems to be happening in McIntosh.

City Clerk, Melissa Finseth informed the Council of the RV overcrowding issue at Roholt Park. She found that the Northwest Minnesota Foundation has a matching fund grant available and will gather more information to present to the Council. Mayor Strom also informed her of another possible grant program that is available.

The next McIntosh City Council meeting will take place on Thursday, September 8, 2016 at 5:30 p.m. at the McIntosh Community Center.



Library Fun for Kids

Make a Tooth Fairy-craft at the McIntosh Library on Wednesday, August 24th at 3:30 pm. Part of the summer reading program for kids. Everyone is welcome to come and have some fun!



School Supplies lists

The Win-E-Mac School list of supplies needed for each grade can be found on the website www.win-e-mac.k12.mn.us and can be picked up in the school office as well.



Community Calendar

Wed. August 24: McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's

Thurs. August 25: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;

Fri. August 26: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Sat. August 27: McIntosh Tractor Day

Mon. August 29: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tues. August 30: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Wed. August 31: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Open House at Win-E-Mac School 5:00 pm to 7:00pm

Thurs. September 1 McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. September 2: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. September 5: Labor Day

Tues. September 6: First Day of School at Win-E-Mac; McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh Community Club 7:00pm @ Community Center



This week's City of McIntosh Yard of the Week belongs to Todd and Lorene Tranby. Congratulations!



Early Hill River Township

Hill River Township, 149 North, Range 40 West of the 5th Principal Meridian: One of the Original 13 Towns.

According to The Centennial History of the Thirteen Towns, in the early days of the settlers of Hill River Township, it was not only the settlers that foraged and

survived off of the land.

"The Chippewa Indians made their annual movement between Red Lake and White Earth. They were a friendly and trustworthy people.

They often made their camp for one of their midway stops on the top of the hill along Hill River in sections 8 and 17. This gave the women a chance to hunt for wild strawberries, snake root, and other herbs on the hillsides and river bottoms. It also provided them the opportunity to fish for northerns, which were very plentiful.

Their trail followed Hill River from the south and went to the northeast following Morain

Ridge, and then through the northeast swamp area. Even today (1983-the year of printing of the centennial book) the remains of their trail can be seen in a few spots in some pasture land.

The Indians would commonly walk to the neighboring settler homes to get sour milk, other farm products and commodities.

As time went on, the Indians came through less and less frequently until this, too, became part of history past."

Source: The Saga of the Thirteen Towns; The Centennial History of the Thirteen Towns.



The first annual Corn for Kids fundraiser hosted by the McIntosh Community Club was a huge success. Lots of community members showed up to have some fresh sweet corn along with a brat and visit with their friends and neighbors. Here, Mary Pulsford, Connie Strom and Donna Skeie visit while enjoying their supper.



Adella and Harold Thompson stopped at Roholt Park on Thursday, August 18th for the 1st Annual Corn Feed sponsored by the McIntosh Community Club to help raise funds for the childrens events the Club hosts each year including Santa Claus Day and the Easter Egg Hunt.



Judi Lindseth visits with friends during the Corn Feed in McIntosh on Thursday, August 18th.



90th Birthday

Virginia Parsley Oman is turning 90 years young on August 28th.

Please call
218-728-6639
and wish her a...



Below: The Community Club served many ears of corn last Thursday and Connie Strom shows us the secret to cooking lots of corn on the cob all at once.



RUMMAGE SALE

SVALEN FAMILY
140 Cottage Ave NE
McIntosh

Saturday, August 27th
from 8am-noon



The McIntosh Community Club would like to extend a big thank you to everyone who came out to support "Corn for Kids" at Roholt Park. Your donations will assist in continuing to fund activities throughout the year to support the youth of our community. Without your support, it would not be possible. In addition, we would like to thank volunteers who assisted us in preparing corn and all the details that helped make it a success.

The McIntosh Times Office Hours

Wednesday 9:00 am to Noon
Friday 9:00 am to 11:00 am

Call or fax: (218) 563-3585

Ad deadline is Noon on Friday prior to publication

Ovarian Cancer topic of Health Luncheon

To kick off the recognition of September as National Ovarian Cancer Awareness Month, RiverView Health will offer the free, informative Health Luncheon "Ovarian Cancer: Risk Factors, Stages and Treatment", Wednesday, Aug. 31st with RiverView Gynecologist Dr. Kari Wessman presenting.

Ovarian cancer is one of the most deadly of women's cancers. It ranks fifth in cancer deaths among women.

The World Health Organization estimates that there are over 238,000 new cases diagnosed annually and nearly 152,000 deaths worldwide.

This cancer typically occurs in women in their fifties and sixties with the median age being 63. Many women who are diagnosed with ovarian cancer have a genetic history of ovarian cancer.

Unfortunately many women don't seek help until the disease has begun to spread, but if detected at its earliest stage, the five-year survival rate is more than 93%.

The symptoms of ovarian cancer are often subtle and easily confused with other ailments.

Symptoms may include: bloating, pelvis or abdominal pain, difficulty eating or feeling full quickly, urinary urgency or frequency, nausea, indigestion, gas constipation or diarrhea, extreme fatigue, shortness of breath, bachelles, weight gain.

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.

The luncheon series is in its 18th year of sponsorship by RiverView Health.

All men and women interested in improving their health are invited to attend. Each luncheon starts a few minutes past noon and luncheons are kept under one hour so those needing to return to work can 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.

Members needed for Regional Arts Council

Support the arts in your county by becoming an Arts Council board member!

The Northwest Minnesota Arts Council has openings for representatives from three counties, Marshall, Norman, and Red Lake.

We are also looking for two at-large members who can be from any of our seven counties of Kittson, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau. Board members will serve for a three-year term to start September 1, 2016.

As part of the Council you will become familiar with arts groups and individuals who are making the arts happen throughout our seven county service area in Northwest Minnesota.

You will also have the satisfaction of knowing that you have contributed to the vitality of the arts in our part of Minnesota.

The Council meets five times a year usually in Warren, MN.

The Council reviews and approves arts grants and arts policy and arts services for seven counties in Minnesota.

You must be confident on a computer and have Internet access to be a board member since communication happens between meetings by email and websites.

For more information and to receive a nomination form for yourself or a friend, con-

tact Mara Hanel, NWMAC, at 218-745-9111; or email her at mara@nwrhc.org General information on the Northwest Minnesota Arts Council including the nomination form can be viewed at www.NorthwestMinnesotaArtsCouncil.org in the About Us section.

Bible Study at Dovre Lutheran Church

A study of: The Old Testament Tabernacle. Written by Beth Moore. Led by Debbie Gunderson

Men and Women from all denominations are invited to attend.

Location: Dovre Free Lutheran Church, Winger, MN
Beginning September 7th at 7:15 P.M.

For More Details, call Debbie at 218-945-6288

Gosen Luther League

The Gosen Luther League meets on Sunday evening, August 28th, at 7 o'clock. Bended Knee will be in concert.

Kent and Shantel Dudley will share their testimony in word and song of God's redeeming power, healing grace, and enduring love.

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

B-B Cafe Menu

Wed. August 24: Spaghetti Dinner, Breadstick, and Dessert

Thurs. August 25: Turkey Dinner, Mashed Potatoes & Gravy, Stuffing, Carrots, Roll, and Dessert

Fri. August 26: Hot Hamburger, and Dessert

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. M52-27C

Community Birthday and Anniversary Calendar

Thurs. August 25: Mike Breckel, Jason Breckel

Fri. August 26: Shirley Delage *Jarrod & Alicia Graff, *Jason & Holly Breckel, *Mark & Hannah Sylstad

Sun. August 28: Susan Ostenson, Kaitlyn Detschman

Mon. August 29: Bill ritz, Jr., Gerald Borud, Conner Drewry

Tues. August 30: Carol Bartz, Arlene Edlund, Megan Syverson, Wnda Marshall, Michael Voxland, Perry Grundyson, *Patrick & Betsy Roed

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Announcements • Photos • Community Updates

McINTOSH Times

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ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

Wed. August 24: 11:30am Mass at St. Mary's, Fosston
Fri. August 26: 8:30am Mass at St. Mary's, Fosston
Sun. August 28: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. Sept. 4: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
If you have any questions about the schedule please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH Winger/Bejou

Supply Pastor Gordon Syverson

Sun. August 28: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Sept. 4: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh

Supply Pastor Gordon Syverson

Sun. August 28: 11:15am Worship Service
Sun. Sept. 4: 11:15am Worship Service

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church

Wed. August 24: 1:30pm Bible Study at The Country Place.

Sat. August 27: 8:00pm Prayer Meeting

Sun. August 28: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service; 7:00pm Luther League (see article elsewhere in the paper)

Tues. August 30: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. August 31: 1:30pm Bible Study at The Country Place

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

Trinity:

Wed. August 24: 7:30pm Bible Study and Prayer

Sun. August 28: 9:30am Worship Service

Wed. August 31 7:30pm Bible Study and Prayer

Sun. Sept. 4: 9:30am Worship Service

Wed. Sept. 7: 7:30pm Bible Study and Prayer

Mt. Carmel:

Thurs. August 25: 7:00am Men's Breakfast

Sun. August 28: 11:00am Worship Service

Thurs. Sept. 1: 7:00am Men's Breakfast

Sun. Sept. 4: 11:00am Worship Service

Thurs. Sept. 8: 7:00am Men's Breakfast

VERNES LUTHERAN CHURCH (LCMC) McIntosh

Pastor Jill Torgerson

Sun. August 28: 9am Worship
Sun. Sept. 4: 9am Worship

DOVRE

FREE LUTHERAN Pastor Don Edlund

Wed. August 24: 7:15pm Bible Study: Breaking the Apocalypse Code

Sun. August 28: 10:00am Worship Service

Wed. August 31: 7:00pm Bible Study: Breaking the Apocalypse Code

Sun. Sept. 4: 10:00am Worship Service

IMMANUEL LUTHERAN CHURCH McIntosh

Rev. John Anderson, Pastor

Sun. August 28: 10:45am Divine Worship Service with Holy Communion

Sun. Sept. 4: 10:45am Worship Service

Service Broadcast, TV Channel 12 Wednesdays at 10am - Holy Communion 1st and 3rd Sundays

Ad deadline: Noon Friday

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Winger News

by Linda Pulskamp

Greetings again from Winger and the Union Lake areas where we have been having some rather pleasant weather for the past several days.

Harvest is well under way and we are beginning to see some black fields again, which means we will soon move into another season and fall is a very beautiful to me of year but we know what comes next. Hopefully we will have a nice long fall and not have to worry about winter for a while yet.

Next week will bring a big change to many of our young people as they go off to college as classes get underway, and for students returning to classes I hear many of them say they are ready. Where did summer go?

Candace Stordahl of Cantonment, Florida spent two weeks in the area visiting with her Mother Carol Stordahl and other family members. She left Tuesday, August 16th.

In visiting with Martha Henney this week she is so happy to receive the many cards and letters she gets along with the phone calls too that help her to keep with with family and friends.

Sylvia and Boyd Bratager spent a few days recently in southern Minnesota where they visited with Brian and Marilyn Bratager and also with Bruce and Jody Bratager. While down there they all did some sightseeing.

Congratulations to Great Grandma Lucy Brtek! Last Sunday Lucy and Grandma Michelle Gagner visited at the hospital in Bemidji and met Gideon James O'Bierne who

had been born on August 12th. She also visited with other great grandchildren Chris, Lexie and Sean Gagner and all went out to eat.

Eddie and Bette Martin of New Brighton, Sharon Johnson of Spring Lake Park, Donnie Johnson of Maple Lake, Linda Pulskamp and Truman and Darlene Johnson of Dilworth all attended the funeral of their cousin, Richard (Dick) Vavrichek in Brooklyn Park on Wednesday, August the 17th.

Maygen Beauchane of Gilbert, AZ spent from Monday until Saturday visiting her Mother Deb Matson and also Grandma Carol Stordahl and others.

Sunday evening Sam and Beverly Miller decked out in their Amish hats and traveling in their buggy stopped in at the Lucy Brtek home to refresh their horses and then headed down the road again to the Rindal/Fertile sing along.

Shirley Salvesson of Moorhead and her daughter Karen visited with Boyd and Sylvia Bratager this past week and all enjoyed lunch together at Moran's.

Saturday, August 13th the family of Grandma Carol Stordahl gathered together at the Winger Community Center for a potluck dinner. It was a celebration for Carol's 93rd birthday. There were over 40 in attendance with lots of little kids and lots of noise to go with it. Belated Happy Birthday Carol!

Last Sunday Stacy Myhrum of Rock Rapids, IA surprised Betty Lou Myhrum and stopped in for a brief visit.

Last week on their way to

Mentor, Phyllis Rensland and her daughter Gail of Minneapolis stopped in at the Boyd and Sylvia Bratager for a visit.

Wednesday evening Betty Lou Myhrum was a visitor with Lucy at the Brtek home.

Once again this the news for the week, can always use more, call or email myself or Bunny.

From Bun Manor:

Bob and Ann Vesledahl were busy watching grandchildren while their daughter Kari and her husband Arnie went to Vegas to celebrate her 40th birthday. Her sisters Kylie and Heidi and their husbands Ryan and Jeff along with some friends joined them. It is hard to believe that Annie is old enough to have a child 40 years old.

Floyd Balstad recently went on a motorcycle cruise out to Sturgis S.D. and the surrounding area. He was nice enough to think of Bun and brought him back a souvenir coolie bottle wrap.

Pam and Jerry Wang along with Buns buddy Bert came out to the manor for a pontoon ride around the lake. One couldn't get a better day for a cruise. You know it!

The boat didn't start. Bun is beyond disappointment. They did however enjoy sitting under the oaks on the deck. Pammy didn't wear her bathing suit for you wondering readers.

Joyce Balstad went for breakfast in Bejou last week with her three sons David, Paul, Dale and grandsons Dalton, Everett and Grant. The occasion was giving Dalton a send off to tech school in Hibbing to be an electrician. Joyce bought this time for everybody. Good job Joyce!

This is it for news this week. Please remember to submit your news items. We need your input.

Reap garden rewards even in fall

Gardening is a rewarding hobby that can help people relax and produce an enviable landscape. Many gardeners even find their meals are more fresh and flavorful when using items they grew themselves. While many gardeners do the bulk of their gardening in the spring and summer, certain plants thrive in cooler temperatures. That group includes autumn vegetables that are ripe for the picking when leaves begin falling.

Fall gardens provide a reason to enjoy the off-enjoyable autumn air. So many different vegetables come to life in the autumn, and they can make wonderful additions to the dinner table. Broccoli, kale, collards, spinach, squashes, artichokes, and beets are just some of the many autumn planting options you can try. Celery also is best in the fall, and its harvest continues through winter in temperate climates. By replacing crops that have been harvested through the spring and summer with fall-friendly alternatives, you can keep your garden productive for most of the year.

Begin the process by counting back 12 to 14 weeks from the expected first frost date for where you live. Begin seeds for your autumn plantings indoors, because summer heat and dryness are not the best conditions to nurture young seedlings.

Enrich the soil with compost so that you can replenish the nutrients lost from the last crop harvested.

Gradually introduce seedlings to more sunlight and outdoor temperatures before they go in the ground, as they need time to adjust to the unfiltered sun.

Be sure to thoroughly water the garden. Newly planted beds should be kept moist to germinate and so established plants can take root. In addition, consider a shade covering so that the soil doesn't dry out or get baked in the sun. Mulch also can help retain moisture and keep the conditions ideal for your autumn vegetables to grow.

Remember that moisture and cooler temperatures can attract garden pests, so you may need to employ some strategies to keep them under control.

Fall vegetable gardens can be worthy endeavors, yielding plenty of crops and providing the fun and fulfillment of gardening into the fall.



60 years ago...1956: Local sports spectators are in for a special thrill this Saturday night when men from McIntosh's North and South sides take their chances and play in a donkey ball game. Those who remember last year's performance of fellows trying to match wits with the donkeys will not want to miss this year's game. If the success of the game is measured by the enjoyment of the crowd, Saturday nights game promises to be a "howling success". One of last year's "Star Players" is pictured here aboard his charger. That's the able Kenny Sabourin in case there's a question.



50 years ago...1966: Lester Brekke, together with his wife, a registered nurse, are the administrators of the McIntosh Nursing Home. This picture was taken at the lower floor nurses station.



40 years ago...1976: Carig Carver, son of Allen Carver, south of McIntosh, holds his trophy which he and his Shetland Pony, "Danny Boy" won at the Championship Horse Show in Oklee recently, where they became 1976 Champions of the poles.



30 years ago...1986: Patriots' second line, Larry Finseth, Tom Wood, Tim Olson, Matt Theis, Derek Weiby, Mark Sannes and Kelly Osland.



20 years ago...1996: Senior members providing leadership for the Win-E-Mac Patriots in their 1996 season. (L-R) Kevin Mandt, Casey Haden, Ryan Benbo, Mike DiMaggio and Jeff Haaven.

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Regional Ag News

Ray Bisek, Extension Educator

With the July and August rains came new weed flushes and difficult opportunities to harvest the wheat crop. There still fields, especially in the northwest portion of Polk County that are still too wet to try and harvest. Producers that used glyphosate as a harvest aid, may still have a problem with weed regrowth, especially due to weed resistance concerns. Below is an article from NDSU & U of M Extension Sugarbeet Agronomist, Tom Peters

Control Weeds Follow Harvest Small Grains Harvest

Threshed small grains fields have a clean and tidy look, especially from the highway. However, closer examination reveals a great number of weeds, especially waterhemp, emerging through the stubble.

Controlling weeds post-harvest is an essential component of the weed management strategy, since the goal is zero tolerance for weed escapes and new weed seeds entering the seed bank.

Like always, begin by scouting fields and observing weed spectrum and size. Some weeds may have been cut by harvest equipment and are stems with insufficient leaf surface to intercept herbicide application. Allowing time for regrowth to occur will ensure their control. Several strategies you may consider include the following:

Tillage control. Tillage is an effective means for controlling small weeds. However, first answer the question, "Were there weeds that may have gone to seed in harvested fields?" Some weeds, such as pigweed species, can produce viable seed in as few as 10 to 14 days after flowering. Consider delaying tillage to allow field mice, insects, and birds to eat seeds. If weeds have produced seed. Seeds are a source of energy for insects, birds, and rodents. An internet search indicates predators of weed seeds can reduce total number of seeds on the

soil surface by 5% per day and over-time, consume 20 to 90% of seed on the soil surface. In contrast, tillage after harvest will greatly reduce predation if seeds are buried.

Chemical control. There are non-selective and residual herbicide options for controlling weeds post-harvest. Depending on the percentage of glyphosate resistant weeds already present in a field, timely foliar applications (6 inches or less in height) of glyphosate at 0.75 to 1.5 pounds acid equivalent or Liberty at 0.4 to 0.53 pounds per acre plus 2,4-D ester at 0.75 to 2 pounds per acre (higher rate for perennial weeds) can reduce the level of broadleaf infestation in the stubble field. Gramoxone (Paraquat) at 0.38 to 1 pounds in 15 to 20 gallons of water per acre also provided good control in a Kansas experiment, but only for control of small weeds, since it is a contact action herbicide. Be mindful of rotational restrictions to 2017 crops or restrictions for planting a 2016 late summer/fall cover crop.

Mechanical control. While mowing can be effective for broadleaf weeds that are tall enough to be cut off below the height of the weed seed head, keep in mind that more broadleaf weeds may emerge in late summer due to changing soil moisture conditions, timing of small grain harvest, and delayed germination. Thus, the initial mowing may need to be followed with additional mowing, in case of late weed emergence or continued growth of the broadleaf weeds from axillary buds located lower on the weeds which are below the initial mowing height.

Sap beetles in gardens

Below is an article from U of M Extension Entomologist, Jeffrey Hahn on picnic / sap beetles. For whatever reason there seems to be higher numbers this year in my garden. They were most notable in the raspberries and not on the cracked small tomatoes. The increase in numbers does correspond

to my accepting the part-time Extension Educator position starting in July. The time the position takes leaves me less time to harvest and also untimely harvests which sometimes means the fruits are over mature by picking time. Go to the U of M garden web site to view pictures of this pest and for further information.

Some home gardeners have been finding sap beetles in some of their fruits and vegetables.

These beetles are generally small, between 1/8 - 1/4 inch long, oval, and dark colored. Some sap beetles have orange spots on their wing covers. Sap beetles are attracted to fermenting smells and will attack fruits and vegetables, such as tomatoes, sweet corn, raspberries, strawberries, and muskmelons, that are damaged, overripened, or rotting. They often are just a nuisance, although it is possible for them to move to and damage ripening fruit.

The best management for sap beetles is to pick fruits and vegetables regularly as they ripen and remove any damaged or overripe produce in your garden and dispose of by burying or bagging them. This helps eliminate smells that could attract them to your garden. However, once sap beetle find your garden, they can be challenging to eliminate.

Insecticides, such as carbaryl or permethrin, can kill sap beetles and reduce their numbers.

However, the challenge is that there is an interval of time between when a product is applied and when the fruits or vegetables can be safely harvested. You can find this information by looking for the Days to Wait to Harvest number on the pesticide label.

Depending on the product, this can take days or even weeks. By then the sap beetles have likely returned. If that is the case, try to use a product with as short of a time interval as possible.



The Hegre's walked up to Roholt Park for the Corn Feed last Thursday evening. Crossing the bridge are Tom and Heather, and running ahead is their daughter, Breelyn.



Having some corn with friends and family is Hudson Smeby during the Corn Feed at Roholt Park last Thursday evening.



Left: Ruth Carlson enjoys corn and brats with friends last Thursday evening in Roholt Park.

Right: Breelyn Hegre enjoys the great weather during the Corn Feed and plays on the swing



Attorney General asks to beware of “Spear Phishing”

From the Office of Minnesota Attorney General Lori Swanson

“Spear phishing” is a carefully targeted scam in which thieves dupe people to provide personal information, which is then used to commit identity theft. This column explains how spear phishing works and how people can avoid falling victim to it.

In the “Land of 10,000 Lakes,” everybody knows what “fishing” is, and many people are also familiar with “phishing” scams. “Phishing” occurs when a criminal sends an e-mail impersonating a financial institution, government agency, or reputable company and asks the recipient to verify their personal or financial information. Today’s scam artists have now turned to a more sophisticated, targeted, and profitable version of the scam, known as “spear phishing.”

History of “Spear Phishing”

Phishing scams have existed in one form or another since the late 1980s. Decades after the scam first appeared, people are more suspicious of questionable e-mails from unknown senders. Spam filters often help prevent these e-mails from ever reaching the intended recipient’s inbox. As a result, scammers are increasingly targeting people and businesses with spear phishing scams. While “phishing” e-mails may be sent to thousands of people, “spear phishing” e-mails are much more selective.

It happens like this:

“Chris” received an e-mail that appeared to come from his company’s human resources department. The representative asked Chris to send information from his W2 form to her for tax purposes. Chris noticed that the tone of the e-mail was different from other e-mails he had received from the human resources department, and thought it was strange that the representative did not already

have his W2 information. He called the representative directly to ask about the e-mail. When she told him she did not send the e-mail, Chris looked more closely at the sender’s e-mail address and realized that it differed slightly from his company’s e-mail format. Chris reported the e-mail to the company’s computer specialist and the criminal authorities.

How It Works

Spear phishing occurs when a scammer poses as a company representative, often an executive or human resources representative. The scammer sends an e-mail to an employee at the company, often from a hacked or “spoofed” e-mail address or an address that closely resembles the company’s e-mail format. For example, if a company’s e-mail format is user@321company.com, a scammer might use user@321company.co, or user@321compny.com.

Sometimes the scam artist asks employees to provide personal information, such as Social Security numbers or tax documents. Other times, the scam artist asks the employee to send a wire transfer to another person or deposit a certain amount of money into an outside bank account. The scammer often creates a sense of urgency so that the employee will send the requested information or money before he or she has time to verify the legitimacy of the request.

Spear phishing is often more profitable than a basic phishing scam. First, scammers research a company to convincingly impersonate the target’s boss or co-worker. People are more likely to be victimized because the e-mail appears to come from a trusted source. Second, spear phishers may use the information they obtain to steal the identities of every employee at a business and file thousands of fake tax returns. By filing fake tax

returns or selling private information to other criminals, spear phishers can make a lot of money very quickly, even if only one person falls for the scam.

Protect Yourself From Spear Phishing Attacks

By some estimates, the number of spear phishing campaigns has nearly doubled in the last four years. There are several steps you can take to help protect yourself—and your co-workers—from spear phishing attacks, including:

- *Verify the e-mail with the sender.* Call the sender directly and ask about the e-mail. Scammers prey on people’s desire to respond quickly to requests from their boss or supervisor. Taking the time to verify the e-mail could save you and others much more time and money down the road.
- *Read suspicious e-mails carefully.* People often recognize that an e-mail is a scam when words are spelled incorrectly or there are grammar mistakes. Sometimes a scam e-mail is written in a tone that is different from the one the sender usually uses, or the sender might use a different version of your name—for example, an e-mail is addressed to “Thomas,” but everyone calls you “Tom.” If something seems off, verify that the e-mail is legitimate before responding.
- *Check the “from” e-mail address.* Make sure that the “from” e-mail address matches your company’s e-mail address format. Many e-mail programs automatically display only the name of the person sending the e-mail, rather than their full e-mail address. Before you send sensitive information in an e-mail, make sure you are not sending the information to an outside e-mail account where it is no longer secure. If the address matches your company’s e-mail format—or even the sender’s real e-mail address—you should still verify suspicious e-mails directly

7 ways to make mornings less hectic

Make school and work mornings less harried with some easy tips to add to routines.

Many families find the rush is on to make it to school and work on time each morning. Feeling rushed in the morning is a recipe for added stress. Rushing through things is a poor way to begin a day, and those feelings of uneasiness can put a damper on the rest of the day ahead.

Making mornings less hectic involves a few different strategies that parents and kids can easily incorporate into their daily routines.

- **Wake up slightly earlier.** Getting up earlier than normal, even if it’s just 15 to 20 minutes before you’re accustomed to getting out of bed, can help reduce morning stress. Resist the temptation to hit the snooze button over and over again. A few extra minutes each morning can make you feel more relaxed and make for

a smooth, stress-free start to the day.

- **Get some work done the night before.** Prepare lunches the night before and have them ready in the refrigerator. In addition, lay your clothes for the following day out each night. This saves time and takes a couple more things off your morning-to-do list.

- **Ease back into a routine.** As a new school year dawns or a long vacation comes to an end, begin going to bed earlier and start waking up earlier as well. This can make the transition from carefree mornings to busy mornings go more smoothly.

- **Prep backpacks in the evening.** Look through folders, sign paperwork, check assignments, and do whatever is you need to do the night before to save your family from having to scramble in the morning. This ensures those permission slips get signed and items make it back into school bags.

- **Opt for school lunch a few times.** Look ahead on the school lunch menu and speak with children about which meals they enjoy. Let kids purchase school lunch on those days to give yourself a day off from lunch detail.

- **Have quick breakfast foods available.** Smoothies, cereal bars, oatmeal, and whole-grain cereals are fast and nutritious ways to start the day.

- **Carpool whenever possible.** Busy families can save themselves extra work by proposing a neighborhood carpool. Sharing school dropoff detail frees time up for parents once or twice a week, and kids may enjoy traveling to school with their friends.

Mornings can be tricky when family members are getting ready for school and work at the same time. By practicing a few daily rituals, it’s possible to curb the rush and start the day happier and more relaxed.

How to make school lunch healthier

The benefits of a healthy diet are clear and well documented. In addition to providing the nutrients a growing body needs, consuming a balanced diet helps children maintain a healthy weight. Obesity continues to be a growing problem among school-aged children and can contribute to the onset of type 2 diabetes, heart disease, high cholesterol, and many other adverse medical conditions.

Children attending school will eat at least one meal away from home each day. A healthy lunch provides sound nutrition to give students energy to do well in school and for the rest of the day. Children who do not eat well at lunch may have difficulty concentrating, while others may feel sluggish or tired.

As part of the 2010 Healthy, Hunger-Free Kids Act, the United States National School Lunch Program was revised to guarantee healthy, nutritionally sound choices, as established by the U.S. Department of Agriculture, for lunch. America’s school menus were altered to be healthier than ever, including more fruits and vegetables while limiting calories. Despite some controversy through the years, including some students saying the smaller portions and food choices aren’t always satisfying, states suffering from high child obesity rates have seen marked improvements.

It’s estimated that only 10 to 15 percent of Canadian children have access to school meals. These meals are not provided by a well-funded national program, but by a patch-

work of individual volunteer efforts, some provincial government funding and corporate donations.

Whether students purchase lunch from school or bring lunch from home, there are ways to guarantee a more diverse offering and better nutrition. Here are some guidelines to follow.

- ***Offer nutrient-dense foods.** Foods should contribute to the daily recommended amounts of protein, iron, calcium, vitamin A, and vitamin C. Provide a selection of foods, such as lean protein, whole grains, fruits, and vegetables, that will give children the nutrients they need. Nutrient-dense foods also help kids feel fuller, longer.

- ***Limit fat intake.** Avoid foods that do not get their fat from polyunsaturated and monounsaturated fats. Saturated fats can lead to obesity and clogged arteries. The American Heart Association recommends kids get no more than 25 to 35 percent of their calories from fat. Fish, nuts and olives are healthy fat sources.

- ***Let kids choose some of their food.** Allow kids to pick some of the healthy foods they will be eating. Giving kids a say in their diets will make

them more likely to enjoy their lunches and cut back on snack foods. Eating meals regularly will keep energy levels up during school and make kids less likely to reach for unhealthy snacks to fill hunger gaps.

- ***Make small changes that add up.** Switching from white bread to whole grain breads, and opting for low-fat dairy products instead of full-fat dairy products can make a world of difference. Kids may not notice a change in texture or flavor, and many of kids’ favorite foods, such as chicken nuggets, pizza and macaroni and cheese, can be made with healthier ingredients.

- ***Remember, beverages count, too.** Giving children a healthy lunch and then packing a sugar-filled, high-calorie drink negates your efforts. Calories from beverages can quickly add up. Water is always the best option for a healthy drink. Low-fat milk and real fruit juice consumed in moderation also make healthy alternatives to sugary beverages.

Offering healthy school lunches is an important step to raising healthy kids. New guidelines and offerings make it easier for kids to get the nutrition they need for their growing bodies.

WEM School Announcements

Elementary and Junior High football practice schedule

Aug. 24 elementary and junior high practice from 9-11am

Aug. 25 elementary and junior high practice from 9-11am

Aug. 26 elementary and junior high practice from 4-6pm

Aug. 29, 30 and 31 elementary and junior high practice from 4-6pm

Sept. 1 and 2 no practice

Sept. 5th 7-8 grade only practice from 4-6pm

Sept. 6th 7-8 grade game away

When school starts elementary will practice only on Wednesdays from 3:30 to 5:30. The first elementary game is September 10 in Clearbrook. There is no bus for elementary games parents are responsible to bring their kids to and from the games.

Attention All Fitness Center Membership Holders:

If you had a membership to

the fitness center for this past school year, the fee you paid is only good until August 31, 2016. A \$20 fee for this year is due before that date or your card will be deactivated until payment has been received.

If you did not purchase a membership last year and would like to this year, you will need to come into the office to fill out a membership form and pay the fee. At that point you will be issued an access card as well.

If anyone has any questions please feel free to contact Aaron Cook at 218 563 2900 or 218 687 2236. acook@win-e-mac.k12.mn.us.

ECFE Football Buddies Night!

When: Wed, Sept 7th 6-7pm

Where: WEM Football Field

Who: Children ages 2-8 yrs old

Come out to stretch, run, kick, and throw with your very own Win-E-Mac Football Team.

McINTOSH TRACTOR DAY

Calling all Antique Tractor Owners...

“ANTIQUE TRACTOR PARADE”

AUGUST 27, 2016

11:00 am ... TRACTOR PARADE

PARADE LINEUP will be at the Erickson Park in McIntosh
Organizers will be there to line up the tractors and leave promptly at 11 am

ANTIQUE TRACTOR PULL

starts at 2:00 pm

Those not pulling can park at Erickson Park or someplace else but **NOT** at the old football field. Those who will be pulling will need to go to the old football field to get registered and to pay their fees.

ONLY THOSE WHO WILL BE INVOLVED WITH PULLING AND SPECTATORS WILL BE ALLOWED IN THE PULLING AREA. THERE IS NOT ENOUGH ROOM FOR VEHICLES.

KIDS PEDAL PULL

Immediately following the parade in FRONT OF THE FIREHALL.

★ AGES 4-12 ★

Registration will be held prior to the event.

CLASSES ARE BASED ON WEIGHT.

Sponsored by the Polar Beach Snowmobile Club

QUILT SHOW

at McIntosh Community Center

11:00 – 2:00 pm

Come see the beautiful quilts done by our local quilters.

Everyone is welcome!

FOOD, WATER AND POP WILL BE AVAILABLE FOR SALE at the OLD FOOTBALL FIELD.

R19,21,22C