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Logan Johnson (left) and Mya Strom (right) learned new Win-E-Mac cheers with Patriot cheerleader Katleyn Sanden last Thursday during ECFE Spirit Night at school.

Harvest Hayride this Saturday in Mac

The Annual Heritage Hayride sponsored by the McIntosh Heritage and Arts Center will take place this Saturday, October 1st from 2:00 pm to 4:00 pm at Roholt Park in McIntosh.

Come and enjoy a fun afternoon with family and friends with an old-fashioned hayride, play some games and enjoy a cup of coffee or hot chocolate along with a cookie.

A free will donations will be accepted and all proceeds from the event will go into the MHAC General Fund for the Heritage Center and events.

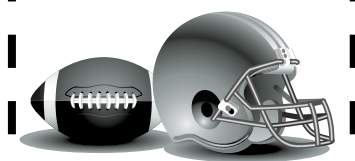
In case of bad weather, the hayride will be held on Sunday, October 2nd from 2:00 pm to 4:00 pm.

Don't forget your warm clothes and blankets for the hayride. See you there!



Annual ECFE Pumpkin Patch Field Trip!
Bus leaves Win-E-Mac school at 6pm. Cost \$4.50 per child participating. Pre-registration IS required.

Are you ready for some Win-E-Mac football?
Join us for a tailgating party!
On Friday ,October 7th before the Homecoming game when the Win-E-Mac Patriots take on Norman County West.
Starts at 5:30 p.m. and goes until food is gone!
Win-E-Mac School parking lot/football field area
We will be serving BBQ, chips, bar, and lemonade \$8.00 - add an extra BBQ for an additional \$2.00
Sponsored by the Junior class parents. Proceeds go towards the After Prom Party.



ECFE Football Buddies!
Join the Patriot football team on Wednesday, September 28th from 6-7pm and meet the football players, stretch, run, kick and throw! Ages 2-8yrs old are welcome to attend.
Meet at the Win-E-Mac football field.



Alayna's family getting ready to send her off to Bali on her Make-a-Wish adventure. Pictured (l-r): Megan, Dan, Karen, Garret, Alayna & Lindsey Espeseth.

Make-A-Wish grants trip of a lifetime to Win-E-Mac teen

By: Alayna Espeseth
Everyone at some point in their life has made a wish. Maybe you wished upon a star or maybe they were birthday wishes. Some may have been realistic while others not so much. Grown-ups, as well as children, can come up with some crazy ideas. Physical objects, to traveling, health or something special for the family. Recently, I was with a five year old girl that wanted to make a wish before she went to bed. She wished for her family to get back together. This surprises me! Such a big wish for such a little girl. People do not understand how much their actions affect their children and the people around them. This reason was the deciding factor for why I chose to travel, while making a difference in the lives others.

I was diagnosed on June 4, 2015 with Papillary Thyroid Carcinoma at the age of 15. In the next few weeks I had my thyroid removed along with 27 other lymph nodes, followed by a radioactive iodine treatment

(radiation) in August of 2015. And a follow-up radiation treatment this past August after finding new cancer spot in the thyroid bed and cancer in my lungs. (Psalm 27:3 Though a mighty army surrounds me, my heart will not be afraid. Even if I am attacked, I will remain confident.)

The way I see myself, is if I'm going to be involved in something I going to give it my all. Having cancer, surgery and radiation while being involved in sports was and is tough. I don't want to be treated differently than any other player, which also means I don't want to be given an easy way out. Sometimes we may feel as if our wings are broken but knowing you have friends and family that care and will always be there for you, makes a world of difference. I can't thank my team enough for supporting me by wearing neatly designed Team Alayna warm ups. I am incredibly thankful for my community and school for putting on benefits and selling the Team

Alayna t-shirts and bracelets. It makes my day when I see someone wearing my shirt especially people from other schools or people I personally don't even know. The amount of support has been truly overwhelming.

I was and still am, incredibly grateful to have had Make A Wish grant me this amazing opportunity, "to travel the world while trying to make a difference." I chose to travel through a program called Global Leadership Adventures (GLA). GLA uses a mythology called 'service-learning' which combines community service with different kinds of hands-on learning; learning about Social and Global issues and personal leadership. Community service is a way to gain better understanding of a country but it also gives us the ability to see our place in the world and our ability to change it. GLA was founded to prepare participants for principled and ethical

Alayna..
Continued on page 4 ...

Fun fall gardens
Container gardens aren't just for summer. Fall is a great time to update container gardens or start a new one with bright grasses and colorful leaves bring seasonal splash to your porch or patio.

Some great ideas to get started:

- Start with the plants, then pick your containers that will extend the color theme.
- Cluster containers of different shapes and sizes in threes or plant a single pot with three kinds of plants, for the best-looking displays
- Emphasize the bounty of autumn by packing your fall container garden with a variety of plants. They don't need much elbowroom for end-of-the-season growing.
- Ornamental grasses bring hansom height to a container.
- Too many species in a container can look contrived and busy. When in doubt, go with simple.
- Small containers can be overwhelmed by the amazing colors of the season. Two ways to prevent that: raise the container up and create a stage.
- Two mainstays of autumn come together in a whimsical design sure to raise a smile. Cored pumpkins make a fetching, if fleeting, receptacle for these colorful mums. Place the mums, plastic pot and all,

Fall...
Continued on page 2 ...



Theresa Helgespm got some assistance making great container gardens during the U of M Extension Fall Program Showcase last Wednesday at the McIntosh Community Center.

Community Calendar

Wed. Sept. 28:

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

Thurs. Sept. 29:

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

Fri. Sept. 30:

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

Sat. Oct. 1:

MHAC Heritage Hayride @ Roholt Park 2:00pm - 4:00pm

Mon. Oct. 3:

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. Oct. 4:

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

Wed. Oct. 5:

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

Thurs. Oct. 6:

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

Fri. Oct. 7:

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

Mon. Oct. 10:

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. Oct. 11:

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



The Win-E-Mac Cheerleaders hosted ECFE Spirit Night last Thursday evening. The kids got to make their own pom-poms and learn cheers with the Patriot Cheerleaders.



Neil's Quality Meats is now offering farm fresh produce from Annie's Garden. Fresh produce changes daily, so stop in and pick up some today. Pictured: Annie Schow and Bob Bursheim.

Fall...Continued from page 1

inside the pumpkins. And be sure to poke a drainage hole in the pumpkin

- Choose containers you love and pack them to the brim for autumn.

Plants that can be used in the cooler weather to add color to your container gardens are:

- Mums. Potted mums are a traditional way to decorate for fall. Make them look a bit more at home by pairing with ornamental grasses

- Burgundy-leaf Kale. The contrasting color and shape of the kale really delivers a needed focal point. The contrasting

color and shape of the kale really delivers a needed focal.

- Variegated Sedge. The variegated sedge injects some light into this grouping, but it's the plant's cascading shape that really makes this design. It softens the edges of the container

- Asters. They're particularly captivating against the pleasing gray-green hues of Helichrysum 'Icicle'

- Add autumn spice to your landscape with any of these bright and beautiful container garden ideas.

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, pumpkin 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



Theresa Helgeson from the University of Minnesota Ag Department explains the benefits of grasses in a fall container garden.



An amazing and fun finish to the container gardening demonstration during the Fall Showcase last Wednesday in McIntosh.

ily refer to this time of year as "fall," while the British use "autumn." Both terms date back to around the 16th century. Prior to this period, autumn was known as "harvest."

6. Much of the United States bids farewell to monarch butterflies in the fall. Each autumn, monarch butterflies migrate from the United States to Mexico and some parts of Southern California. They fly at speeds ranging between 12 and 25 miles per hour.

7. A study of U.S. centenarians born between 1880 to 1895 published in the Journal of Aging Research, found that babies born during autumn months are more likely to live to age 100 than those born during the rest of the year. Thirty percent of the centenarians followed were born during the fall.

8. Squash, pumpkins and other gourds are prominent in the fall. The largest squash grown on record belonged to Joel Jarvis of Ontario, and his huge winner weighed in at 1,486.6 pounds in 2011.

9. The many-colored leaves are not the only display one

might see during the fall. The autumn equinox signals the aurora borealis, also called the Northern Lights. Besides the lengthening of nights and cool evening weather, which are great for stargazers, autumn is "aurora season," according to NASA. That's because, during the fall, geomagnetic storms are about twice as frequent as the annual average.

10. Full moons are named for the month or season in which they rise. The Harvest Moon is the full moon closest to the autumnal equinox

Garden Club News

The McIntosh/Erskine Garden Club will meet on Monday, October 3rd at 2:00 pm at Richards Publishing and at 3:00 pm at Clearwater Life Center both are located in Gonvick.

There will be a tour of both establishments. Then we will meet and eat at Clearwater Life Center.

We will carpool and leave McIntosh at 1:15 pm. For a ride call Judi at 563-2205.

Rydell & Glacial Ridge NWR's say Thanks

These are the folks you see at Glacial Ridge National Wildlife Refuge (NWR) clearing cat-tails from the accessible duck blinds and helping to place prairie chicken blinds. They round up bird seed and keep the feeders at Rydell NWR Visitor Center stocked all year. The Friends of Rydell and Glacial Ridge Refuges Association (FRGRR) provides habitat and outreach funding throughout the year – the biggest of which has been the intern you see in the Rydell NWR Visitor Center and Nature Store each summer.

They began 2016 with the Christmas tree/tree removal event on Glacial Ridge NWR in early December. They just recently sponsored the "Reveal the Ridge" effort, which moved mulched trees from the old Lee Nursery site at Glacial Ridge NWR to begin to reveal an amazing prairie landscape. They mow trails and maintain the welcoming look of the Visitor Center and Headquarters, as well as the Discovery Area at Rydell NWR.

These amazing volunteers also spread the word about wildlife and the refuges to our surrounding communities.

You can become a member of this fun, active group by contacting Kristi Thorfinnson, at (218) 289-3339.

Currently, you can experience fall colors at Rydell NWR via golf cart, thanks to Friends group volunteers. Just call Laurie at 218-687-2229 x18 and we'll fix you up with a driver who knows the refuge well.

The staff of Rydell and Glacial Ridge NWR's are deeply grateful for all the hours these folks volunteer to make the visitor experience one worth repeating.

Thank you!! We look forward to another great year!

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

Wed. Sept. 28: Siri Vigoren, Kenneth Rolf, Lynda Loiland, *Bob & Shelly Quinlan

Thurs. Sept. 29: Mark Strom, Milan Wirth, Delores Syverson, *Curt & Judy Bartz

Fri. Sept. 30: Kolten Barch, Angel Hedlund, Garnet Aanenson, Michael Lindseth

Sat. Oct. 1: Nathan Frisk, Shawn Burslie, Caitlyn Espeseth, *Reggie & Jan Galland

Sun. Oct. 2: Paulette Kringlen, *Dan & Mary Schow, *Orlett & Larry Hedlund

Mon. Oct. 3: Marvin Rolf, Elliot Carlson, Sherree Breckel, *Jan & Mark Langemo

Tues. Oct. 4: Dominic Kringlen, Emma Ekeberg, Makenzie Roed, *Joel & Connie Strom, *Wesley & Valerie Brekke, *Cody & Jackie Huschle

McIntosh Heritage & Arts Center Update

McIntosh Heritage & Arts Center will have their members meeting Tuesday October 11th at 7:00 PM in the 2nd floor meeting room of the Bjella Building, all members are welcome to attend.

McINTOSH Times

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ST. MARY'S CHURCH FOSSTON

Fr. John Suvakeen, Pastor

Wed. Sept. 28: 11:30am Mass at Hansville Cemetery, Fosston

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

Sun. Oct. 2: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Oct. 9: 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. Oct. 2: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. Oct. 9: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh

Supply Pastor

Gordon Syverson

Sun. Oct. 2: 11:15am Worship Service

Sun. Oct. 9: 11:15am Worship Service

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church

Wed. Sept 28: 1:30pm Bible Study at The Country Place.

Fri. Sept. 30: 10:00 a.m. Telecast of the Luther League program on Garden Valley, Cable TV - Channel 2

Sat. Oct. 1: 8:00pm Prayer Meeting

Sun. Oct. 2: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service

Tues. Oct. 4: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. Oct. 5: 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

Mt. Carmel:

Wed. Sept. 28: 7:30pm Bible Study

Thurs. Sept. 29: 7:00am Men's Breakfast

Sun. Oct. 2: 9:30am Worship Service; 11:00am Sunday School

Trinity:

Sun. Oct. 2: 9:30am Worship Service; 11:00am Sunday School

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. Oct. 2: 9am Worship

Sun. Oct. 9: 9am Worship

DOVRE FREE LUTHERAN

Pastor Don Edlund

Wed. Sept. 28: 7:15pm Bible Study: Old Testament Tabernacles

Sun. Oct. 2: 10:00am Worship Service

Wed. Oct. 5: 7:00pm Bible Study: Old Testament Tabernacles

Sun. Oct. 9: 10:00am Worship Service

IMMANUEL LUTHERAN CHURCH

McIntosh

Rev. John Anderson, Pastor

Wed. Sept. 28: 6:00pm Confirmation

Sun. Oct. 2: 9:00am Divine Worship w/ Holy Communion; 10:00am Sunday School

Wed. Oct. 5: 6:00pm Confirmation

Sun. Oct. 9: 9:00am Worship Service (Pastor Peske); 10:00am Council Meeting; 10:00am Sunday School

Tues. Oct. 11: 7:00pm Ladies Aid/WML

Wed. Oct. 12: 6:00pm Confirmation

Sun. Oct. 16: 9:00am Divine Worship w/ Holy Communion; 10:00am Sunday School

Holy Communion 1st and 3rd Sundays

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Winger News

Linda Pulskamp

Hello once again from the Winger and the Union Lake areas. Today brings in the first official day of fall and the evenings and mornings are certainly feeling like it, but it warms up pretty well during the day.

We still have a battle with the mosquitoes, they are over whelming even during the day. Guess we need that killing frost to take care of them along with the flies and yellow jackets. So far no Asian beetles and hopefully it stays that way, usually they surface when the beans are being harvested.

The bean harvest is well under way in spite of some rather wet and sticky fields. Sugar beet harvest is underway also. Soon it will just be the corn standing and that too will be harvested.

On to the news and is very short again this week which is probably due to the fact that I am doing it a bit early and have missed some of you.

Last week end visitors at the Pioneer Home in Erskine with Helmer and Verlys Homme were Mark and Betty Syverson.

Gail Johnson of Karlstad visited at the Pioneer Home in Erskine with her Mother Martha Henney this past Monday.

Lucy Brtek along with many other family members attended a baby shower last week end at the Greg and Michelle Gagner home near Mentor for baby Gideon O'Bierne the son of Kyle and Samantha O'Bierne of Bemidji. Grandparents are Michelle and Greg Gagner and Great Grandmother is Lucy Brtek.

Monday afternoon visitors at the Pulskamp home were Craig and Bev Helgaas of Glenwood, Cindy Johnson of Gully and Ray and Marilyn Tangen of Wyoming. Ray and Marilyn are in the area spending time with Ray's sisters and also visiting with other family and friends.

Gary and Maxine Walters were visitors last Friday at the Pioneer Home with Helmer and Verlys Homme.

Myles Henney of St. Hilaire visited recently with his Mother Martha Henney at the Pioneer Home.

Dana and Amy Dullum and "Cricket" of Minnetristka spent from last Friday until Sunday at the Lucy Brtek home. Fri-

day evening they all enjoyed supper at DaRoo's in Fosston. The Dullum's also took in the baby shower at the Greg and Michelle Gagner home near Mentor for Gideon O'Bierne.

Sure do hope the Bun Man has something to contribute this week as this is all I was able to gather up.

We need help in order to keep this going!

From Bun Manor:

Susan Anderson was on a 10 day bus trip with the Golden Link from Crookston to New Orleans.

Here's what she said about her trip, "Museums we saw on the way there and back included the Pony Express in St. Joseph MO, the National Ornamental Metal Museum in Memphis TN, the National WWII museum in New Orleans LA, the national Agricultural Aviation museum in Jackson MO, the Smithsonian Institute's Memphis Rock and Roll museum in Memphis TN, the national WWI museum in Kansas City MO, and the Historic Destrehan Plantation in Destrehan LA, one of the oldest and did a little side trip to the aquarium. We spent four days in New Orleans touring the city and the French Quarter. We had a guided tour through one the cemeteries which are all crypts above ground and had a little history lesson. We did a river tour on the SS Natchez Steamboat which is the only steamboat still run just by the paddle wheels. We shopped and toured in the French Quarter on Bourbon street and the Historic French Market several times. The bus tour provided several meals for us but we also were able to sample the local cuisine.

"On the way back when we were in Memphis, we spent time on Beale Street and made a brief stop in front of Grace-land. The temp in New Orleans was 94 degrees and very humid but we all had a good time anyway. We had a few mishaps with a couple people needing ER visits and the bus having mechanical trouble and a very disturbing event where one of our group went to the hospital and unfortunately died. When we left New Orleans there was a beautiful full rainbow with us for several miles and we all took comfort in saying the it was Gladys escorting out of the

city.

"There is much more I could say but I will just say that it was a fun and a great time."

Steve, Matthew and Brian Massmann along with around 40 guys left bright and early on the bus to Walker where they participated in the Dan Ness Memorial Golf Tournament. The day and a half tournament proved to be a great time for all in attendance.

This year was also special to Matthew as he was able to spend his birthday on the golf course Friday. After the golf tournament, Matthew and the rest of his family headed to Moran's for an abbreviated birthday celebration with Bun, Ole, and Dale. Bun was told by Matthew earlier in the week not to make any plans to go to the casino on Fri. because he wanted him to be at his party. Bun obliged only to have Matthew bow out early and go home. Too much fun on the golf course earlier in the day.

The next morning, Matthew and Lorri headed to Alexandra to meet Lorri's sister and broth-

er in law to check out the grape stomp at Carlos Creek Winery. Many souls in attendance at the event and a good time was had by all. Steve had to work so he could not make the trip. His heart wasn't broken.

Steve and Lorri celebrated their 36th wedding anniversary last week with supper at Moran's in Winger. Congrats to the both of you.

Sunday after church Norman Versdahl, Elmyrna Kaupang, Carsten and Joann and Dave and Marilyn Natwick head over to Fosston to attend the fall dinner that was put on by St. Michaels Catholic church. Every year they put on a turkey dinner with all the trimmings. Steve brought out a couple of dinners for Bun and Jay Bob on his way back from the dinner. His job at the dinner is to collect ticket money for the dinner.

Visitors at Carsten Zahl's on Monday afternoon were, Ray and Marilyn Tangen or Rock springs, Wyoming; Craig and Bev Helgaas of Glenwood, Minnesota and Cindy Johnson of Gully, Minnesota. Lots of memories of the past our neighbors and friends were discussed. It was a wonderful afternoon with lots of laughs.

Reminder: No whole deer carcasses allowed to enter MN

Hunters who harvest deer outside the state are reminded that whole deer carcasses are no longer allowed to be brought into Minnesota from anywhere in North America.

This new restriction that includes all members of the deer family (deer, elk, moose and caribou) is an effort by the Minnesota Department of Natural Resources to respond to the increasing prevalence and geographic spread of chronic wasting disease (CWD).

"Minnesota is fortunate to have a healthy deer population and the cooperation of sportsmen and women in protecting the health of the deer population is vital and appreciated," said Adam Murkowski, DNR big game program leader.

Hunters may bring only the following parts into Minnesota, regardless of where in North America the animal was harvested:

- Meat that is boned out or that is cut and wrapped (either commercially or privately).
- Quarters or other portions of meat with no part of the spinal column or head attached.
- Hides and teeth.

- Antlers or clean skull plates (no brain tissue attached) with antlers attached.
- Finished taxidermy mounts.
- Nonresidents transporting whole or partial carcasses on a direct route through Minnesota are exempt from this restriction; however, similar restrictions exist in all surrounding states.

The 2016 Minnesota Hunting and Trapping Regulations Handbook states that this rule is likely to be in place (pages 2 and 62). This rule has been finalized and is in place for the fall of 2016.

Pictured right: 30 years ago...1986: Shane and Ryan Voxland introduced "Sam" to the McIntosh shoppers as they sold garden produce on Market Day.

Pictured below: 20 years ago...1996: Royal Court for Win-E-Mac's Homecoming include: (back) Kylie Kolstad, Mike DiMaggio, Queen Amy Halverson, King Jeff Haaeven, Kylie Vesledahl, Casey Haden; (middle) Cathy Votava, Ryan Benbo, Ann Johnson; (front) Nicole Gieseke and Spencer Anderson.



50 years ago...1966: Last year's McIntosh High School carnival queen, Sylvia Broske, places the crown on the head of LeRae Lanman as she passed on the title. Crowned king was Ronnie Roed.



40 years ago...1976: Congratulating McIntosh-Winger Homecoming Queen, Stephanie sorvig, from Winger, is Arnold Espeseth and another "Special" friend, "Jim Bob" Burslie, who joining her after the crowning ceremony.



Regional Ag News

Ray Bisek,
Extension Educator

University of MN Looking for more soybean samples

With parts of Minnesota already in full swing when it comes to harvest, the University of Minnesota (UMN) is encouraging farmers to take some time and send soybean samples from fields as they are harvested.

"Sending these samples in will help allow the Minnesota Soybean Research and Promotion Council (MSR&PC), UMN, as well as the U.S. Soybean Export Council (USSEC) to measure and showcase the full value of the oil, protein and amino acids within your soybean bushels," says Minnesota Soybean Director of Market Development Kim Nill. "This information is valuable when marketing our beans abroad."

When looking at the national map, more samples are needed especially from Polk, Pennington, Red Lake, Marshall, Norman, and Roseau counties in northern Minnesota

UMN will measure the beans and send back the confidential results along with a ground breaking new look at why U.S. soybeans pay. These results will aid in encouraging overseas soy buyers to buy northern U.S., soybeans, due to higher Essential Amino Acid (EAA) content and its importance compared to just looking at the simple crude protein level.

If you did not receive a pre-paid postage envelope/ sample kit, or want one for another farm, you can request a postage-paid sample kit at <http://www.hyqtoday.com/usftw/>

The soybean sample are to be mailed to: University of Minnesota, 411 Borlaug Hall, 1991 Upper Buford

Circle St. Paul, MN 55108-6024 and need to be mailed by October, 24th.

Source: MN Soybean Manure Important in Crop Budgets

Recently I helped a beef producer calibrate his manure spreader. The process for the producer involved field soil fertility and manure sampling, weighing and averaging loaded spreader manure weights, measuring field spreader coverage per load and estimating first year availability of nutrients. Below is an article by U of M Extension Educator Dan Martens on the subject, with a focus on economics. The other benefit of calibrated applications of manure nutrients is, the stewardship of our resources and the positive public relations image it portrays to those not directly involved in agriculture.

Farm budgets are very difficult on most farms this year. Many, probably most farms can't pay all of the production costs, make loan payments, and pay for normal family living needs with \$3 corn and \$9 soybeans. Most current commodity prices don't work very well for covering farm and family living expenses right now. Things do vary some from farm to farm.

As the crop is harvested, land is available for manure application and manure application is a significant part of the fall work on livestock farms. Fall manure applications are a significant first step toward the next crop year. Applying manure in a way that provides the best opportunity for using nutrients for next year's crop can be a significant part of managing next year's crop production budget.

If you're not sure you're making the best use of manure nutrients for your crops, there are several sources of informa-

tion and assistance. University of Minnesota Extension has done a lot of field trials and research with manure applications related to meeting crop needs. A lot of information can be found by doing a website search for "Minnesota Extension Manure Management." This includes a spreadsheet for calculating the value of manure based on how and when it is applied, crop nutrient needs, application costs, and other factors. Some Extension staff are available to consult with farmers about manure application strategies and practices. You're welcome to call the County Extension Office with for assistance in getting information and working on this task.

Most County Soil and Water Conservation Districts have someone on staff who works with manure application planning. Some Watershed Districts do this work too. There might be cost share resources available to help with cost of doing manure and soil testing as a basis for better use of manure nutrients. Independent crop consultants and farm store agronomy advisors do work on managing manure nutrients effectively.

It is important to remember that manure nutrients are not free. The cost of hauling and applying manure can sometimes be greater than the value of the nutrients that crops are able to make use of. For the livestock farmer, the task it sometimes to maximize the amount handling and application costs that can be recovered in the value of nutrients that the crop can use.

This is also a time of year when neighbors can talk to each other about events and activities that could be helpful to know about as manure application work is done.



10 years ago...2006: The Pie and Ice Cream Social was a popular place and these ladies are some of the crew that made the event possible. (l-r) Marvie Johnson, Adella Thompson, Lila Hanson and Carol Anne Reese.



Alyana with students from the school where the GLA team taught English on her recent trip to Bali.

Alayna...
Continued from page 1....

leadership. I chose to travel through GLA on a 21 day program to Bali, Indonesia. Making my decision on the fact that Indonesian culture is so different from my own. There are many cultural practices that are strongly influenced by a variety of religions. Hinduism, Buddhism and Islam being the top three. It was neat to travel to famous temples such as the Tanah Lot Temple. Tanah Lot means land in the sea; during high tide you have to walk through waist high water to get to the Temple.

We volunteered at an elementary school for 10 days. The children were very well behaved and grateful to learn from “foreigners”. They were so amazed by my curly hair! It was hard to say goodbye to people who are so overjoyed to have you as company. These children taught us more life lessons in the short amount of time we had there, then we

could ever have taught them.

It was amazing to have the opportunity to be adventurous. Trying new foods and activities such as scuba diving in the Bali Sea, whitewater rafting, surfing, hiking to beautiful waterfalls, riding elephants, snorkeling, and just enjoying the scenery.

During the trip our directors brought us to a children's home/orphanage. Narayan Seva is located in Singuraja, Northern Bali. The home is run by 2 incredible women (both named Didi). They put all of their time and effort toward making sure the kids (85 children) are happy and receive what's needed. Education, clothing, food, housing and most importantly love. A few hobbies the children are involved in are acroyoga, meditation, sports, singing and playing games just like normal kids. They put on an amazing show for us to see. I had never been in an orphanage before so I didn't know what to expect. But all of the children were so

filled with love and they truly shined bright with energy. They were happy to show us around their home, their bedrooms, playrooms and took us to see their Temple. It was a large area which impressed me that it was ran by only two women. The children were very polite and kind hearted, calling you sister to get your attention. This made me feel welcome, as well as warm and fuzzy inside, they have taken a place in my heart. These children all have dreams of what they would like to do with their lives, just like you and me. But because of where they were born they have to work a lot harder for their dreams to become reality.

The Home runs partially on solar energy, the children are on a vegetarian diet and they grow their own food but even with these money-saving strategy, the home is underfunded. It takes \$45 a month to cover the basic needs for one child but the government only gives them \$2 per child. This is not bearable to live on, so the home

runs mainly on donations.

The love these children share for each other has inspired me and many of my GLA travelers to try to give them a ‘helping hand’. My personal goal is to raise enough money for one child's needs for one year. This is roughly \$600. All donations help and are appreciated by the home as well as my group from GLA. All donations go directly to supporting the children's needs.

I chose GLA as my Make-A-Wish so I could help the less fortunate and be thankful for what I have. It is very important to me to keep helping even though I am back from this trip. Children like those from Narayan Seva are truly what made my wish life-changing and unforgettable. Terima Kasih! (Thank you!)

If you would like to help support these wonderful children please contact me on my cell phone (218)280-4639 or you could donate directly online at www.gofundme.com/2gpzang.



On her recent trip to Bali, Alyana dressed in local clothing with GLA team members



Children doing chalk art with GLA team in Bali, when Alyana made her recent trip.



Take your pick of apple history and trivia

Apples are a popular sight come the fall. These delicious fruits have long been enjoyed and studied.

Though apples are enjoyed across the globe, many people associate apples with the United States of America. That's in spite of the fact that the first apples were cultivated on the opposite side of the world from North America in Asia.

There are more than 7,500 known cultivars of apples that produce various characteristics for flavor and appearance. Apples are often a topic of discussion in the fall, when many trees produce their largest bounties of fruit. Autumn is a

good time of year to take a closer look at apples, and explore some of the most popular varieties for picking and eating.

Apple origins

Malus domestica, or the common apple tree, is a descendent of apple trees that originated in Central Asia in what is now southern Kazakhstan. Apples have been grown for thousands of years in Asia and Europe. The original apple tree was the wild apple, or Malus sieversii. DNA analysis has confirmed that the wild apple is the progenitor of the cultivated apple enjoyed today.

European colonists likely brought apple seeds and trees with them when they emigrated to North America, introducing that part of the world to the apple tree. Records from the Massachusetts Bay Company indicate that apples were being grown in New England as early as 1630. Americans also enjoy the popular story of Johnny Appleseed, who was believed to have distributed apple seeds and trees to settlers across the United States.

While apples can be pro-

duced from seeds, nowadays many apples are propagated by grafting so that they retain the parent tree's characteristics of flavor, hardness and insect resistance.

Apples and symbolism

Apples have become the main symbols of many different stories and tales throughout history. Apples are linked to the Biblical tale of Adam and Eve and their ultimate expulsion from the Garden of Eden. However, the apple is never named in any of the religious texts as the fruit Eve picked from the tree of knowledge.

Apples have appeared in fairy tales and folklore. The Brothers Grimm had the character “Snow White” fall ill after eating a poisoned apple. In Norse mythology, the goddess Iounn was the appointed keeper of golden apples that kept the Aesir young forever.

Apples have also played a role in science, most notably Sir Isaac Newton's study of gravity.

While myth surrounds the story of Newton and an apple falling from a nearby tree, it's

likely that witnessing an apple fall from a tree did spark something in the famed scientist.

Most popular apple varieties

Many varieties of apple stand out as perennial favorites. In the United States, the Red Delicious is the country's most popular grown apple. It was called the hawkeye when discovered in 1872. The Golden Delicious is the second most popular grown apple in America. The Delicious apples tend to have mild, but grainy flesh that can fall apart when cooked, so they're best used for snacking. Cortland, Empire, Fuji, Gala, McIntosh, and Macoun are some of the other most popular varieties.

Those interested in baking with apples can select among Granny Smith, Jonagold and McIntosh. These apples tend to be crisp and tart and hold up better in recipes.

Apples have been enjoyed for thousands of years. While apples are a staple of autumn, they can be enjoyed all year long thanks to their widespread availability.



Patriot Cheerleader cheers with Josie Johnson and Lauren Kaupang during ECFE Spirit Night last Thutsday evening.

Pictured right: Cora Earls and Kalli Roy practice cheers with the Win-E-Mac Cheerleaders during Spirit Night, one of the many ECFE events throughout the year.

Pictured below: The Patriot Cheerleaders hosted Spirit Night for the younger cheerleaders at Win-E-Mac. Here, Tapanga Bratanger cheers with the kids as they use their newly made pom-poms.



WEM School Announcements

Attention: Sophomores and seniors – Josten's will be here Monday, October 24th to discuss class rings and senior information – sophomores will meet from 2:20-2:40 and senior will meet from 2:40-3:07. Room to be determined. Jostens will be back on October 27th to take orders during lunch hour.

Ping Pong pictures will be Wednesday, October 19, 2016 starting at 8:30 a.m. (PLEASE NOTE CHANGE OF DATE!)

WEM Patriot Decals (\$5) are being sold by the Student Council. You can put them on your car, coffee mug, water bottle, folder, notebook and more. See a student council member, Mrs. Strom, or buy them at a game.