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McINTOSH

Hub of the Thirteen Townships

Since 1888

Times

McIntosh, Minnesota



Andrea Stordahl was one of many who helped make the benefit for Jim & Roxanne Stordahl such a success. Here she is getting some help from her son, Gens.

Mac community comes together for the Stordahl family benefit

Living in a small community may, to some, have a few disadvantages, there are things that aren't easily available to us. The one thing we proved this past Sunday as that we don't run short on love and support for one another. There is nothing a family needs more to get through difficult times than a community that gathers to help our friends and family through the trials of life. Jim and Roxanne Stordahl have had trials, again they find themselves fighting a battle with cancer. This time the cancer battle is with Jim. Sunday afternoon, the hard work of many became a successful benefit for Jim and Roxanne, as they were unable to attend, due to Jim's hospitalization, they would have been extremely humbled by the outpour of support. Nearly 700 people were served a lunch of taco in a bag, which was prepared by Kim Bjerke of The Club Bar & Grill. There were 350 silent auction items collected by Katie Roed with the help of many. There were mums available for \$20, made possible by The Red Poppy in Fosston, and the flowers are still available, while supplies last at The Country Store in McIntosh. The beautiful autumn decorations were provided by Kenya Paradis. Flyers and planning was taken care of my Allison Opdahl and Andrea Stordahl. There were many, many other volunteers, as everyone was so willing to lend a hand to make this the huge success that it was. You can still purchase raffle tickets for the firepit drawing until October 29th, when there will be a drawing for that and the guns at The Club Bar & Grill in McIntosh. If you were unable to attend, but would still like to donate, you can do so online at www.youcaring.com and searching Jim Stordahl. Jim and Roxanne have given so much to our community and on Sunday, our small community of McIntosh showed that there are many, many advantages to living our small town lives.



Lee Narum visits with Tom and Andrea Stordahl who traveled to attend the benefit for Jim & Roxanne Stordahl that took place on Sunday at the McIntosh Community Center. There were hundreds of folks who showed up to support the family.

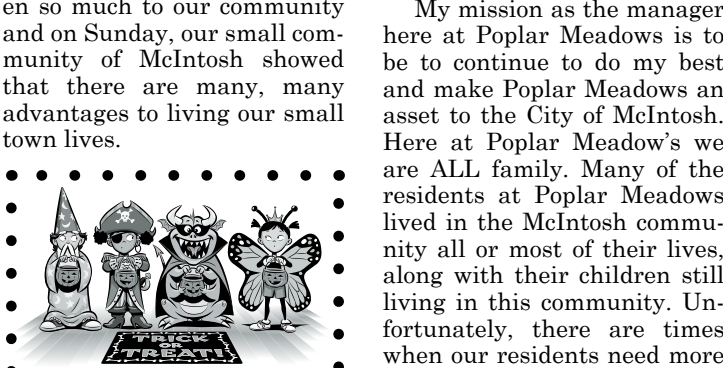


Sunday was also Connie Strom's (l) birthday. Always a great volunteer, Connie sold raffle tickets at the Stordahl Benefit. Here she is with Ron Roed and his granddaughter, Grace.

talization, they would have been extremely humbled by the outpour of support. Nearly 700 people were served a lunch of taco in a bag, which was prepared by Kim Bjerke of The Club Bar & Grill. There were 350 silent auction items collected by Katie Roed with the help of many. There were mums available for \$20, made possible by The Red Poppy in Fosston, and the flowers are still available, while supplies last at The Country Store in McIntosh. The beautiful autumn decorations were provided by Kenya Paradis. Flyers and planning was taken care of my Allison Opdahl and Andrea Stordahl. There were many, many other volunteers, as everyone was so willing to lend a hand to make this the huge success that it was. You can still purchase raffle tickets for the firepit drawing until October 29th, when there will be a drawing for that and the guns at The Club Bar & Grill in McIntosh. If you were unable to attend, but would still like to donate, you can do so online at www.youcaring.com and searching Jim Stordahl. Jim and Roxanne have given so much to our community and on Sunday, our small community of McIntosh showed that there are many, many advantages to living our small town lives.

Poplar Meadows: What it is ~ what it is not

Poplar Meadows is an Assisted Senior Living Center owned by the City of McIntosh. Poplar Meadows consists of a total of 27 apartments. Twenty of the apartments provide assisted living services. Seven apartments are located on our Dementia/Alzheimer's unit where we provide specialized services for those in need. We refer to it as our memory unit. We have a board which is called MEDA, McIntosh Economic Development Authority which consists of 7 community member's, 2 are city council members. In addition to the 7 board members are a recording secretary and myself as the manager of Poplar Meadows. We meet the fourth Wednesday of every month at 5:00 pm at Poplar Meadows in the community room. Currently we are at FULL capacity with a waiting list. However, don't hesitate to call as things could change. Our mission at Poplar Meadows is to keep this as much as a home-like atmosphere as we possibly can. My mission as the manager here at Poplar Meadows is to be to continue to do my best and make Poplar Meadows an asset to the City of McIntosh. Here at Poplar Meadow's we are ALL family. Many of the residents at Poplar Meadows lived in the McIntosh community all or most of their lives, along with their children still living in this community. Unfortunately, there are times when our residents need more cares then we can provide in an assisted living environment, at those times we work closely with McIntosh Senior living to keep them in the community when alternative placement is needed. Everyday at 10am and 3pm we enjoy visiting while having a snack and coffee we would like anyone in the community to join us if you would like. We have community members who come to Poplar Meadows to play pool, Pinochle, Bone



Kid's Halloween Party in McIntosh
Sunday, October 30th
from 4:00 pm to 6:00 pm at the McIntosh Community Center.
There will be a Pumpkin Carving Contest, Costume Contest and Many Games.
Admission is one bag of candy from each family!
See you there!



Jim Stordahl's classmates that attended the Benefit on Sunday afternoon in McIntosh were: (back, l-r) Naomi Thompson, Craig & Bev (Tangen) Helgaas, Mark Hartel, Rudy Finseth; (front, l-r) Annette Carlson and Calvin Schow.



WEM Honor Society Students: The WEM Honor Society Chapter held their induction ceremony Oct. 12th, 2016 to honor outstanding WEM students. Thirteen Juniors met the criteria for induction and will be joining eight senior members. More than just an honor roll, the society serves to honor students who have demonstrated excellence in areas of scholarship, leadership, service and character. Chapter membership not only recognizes students for their accomplishments, but challenges them to develop further active involvement in school activities and community service.

Community Calendar

Wed. Oct. 19:

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

Thurs. Oct. 20:

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

Fri. Oct. 21:

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

Mon. Oct. 24:

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. 25:

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

Wed. Oct.26:

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. Oct.27:

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

Fri. Oct. 28:

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

Mon. Oct. 31:

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. Nov. 1:

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

Jim Votava is turning 90!

Wish him
Happy Birthday

Stop in at
The Club Bar & Grill
in McIntosh, MN

October 22, 2016
11:00 AM - 2:00 PM



M29-30P



A big, heartfelt thanks to all of you who came out for the Anne Gunderson Benefit - Spaghetti Meal, and those who purchased raffle tickets, silent auction items and bucket donations. Your generosity is truly appreciated. Your generous support shows we live in a caring community.

We would also like to extend a special Thank You to Northern Plains Rail Services, Thrivent Financial, The Club and all of you that donated items for the Silent Auction.

Bruce, Brandon & Bryan Gunderson M30C



at **Trinity Lutheran Church**
rural McIntosh

Program by:
North Country Gospel
PIE & COFFEE
SERVED

**Wed.,
October
26th**
at 7:30 pm

All
are
Welcome!

The evening offering
will help Tim & Laura Johnson with
expenses due to the premature birth of
their son, Andrew.

M30-31C

State Reps. encourage Gov. to speak out against activists

Anti-pipeline environmental activists have illegally tampered with two Enbridge Energy lines in Northern Minnesota, attempting to turn off valves to stop oil flow.

State Representatives Dan Fabian (R-Roseau), Deb Kiel (R-Crookston) and Steve Green (R-Fosston), encouraged Governor Mark Dayton and Democrat leaders to speak out against these irresponsible protests and released the following joint statement:

"Extreme environmental activists have illegally tampered with pipelines in North-

ern Minnesota, risking public safety and an environmental incident. These kind of actions are deplorable and dangerous.

"We call on Governor Mark Dayton and Democrat leaders to condemn this illegal and reckless attempt to disrupt oil pipelines that needlessly endangered local citizens, Enbridge employees and first responders."



McIntosh Heritage and Arts Center held a member's meeting on Tuesday, October 11th. Appreciated for their volunteer work for the Center were: (l-r) Toni Epema, Deb Harrington, Donna Larson, Judi Lindseth, Bob and Laurie Bursheim.



Gertrude Hengal Balsstad
The Balstad Family has a lineage of residence in Sletten Township that goes back five generations, settling in the area around 1898-1900. "Family members noted living near a Native American trail that was used frequently," according to David and Shawnn Balstad.

Gertrude Hengal Bals-

tad, also known as Grandma Gertie made an everyday side dish of American Fries that was enjoyed by her family mainly as the family gathered at supper time. It is a simple dish that has been passed on and enjoyed within the Balstad family. Where the recipe originated has been lost through time, but "Grandma Gertie made them crispy and perfect."

This American Fries recipe was provided with the complements of Gertrude's family: Floyd Balstad, David and Shawnn Balstad, and Dale Balstad. The family fondly remembers that Grandma Gertie loved visiting with friends, gardening and playing cards.

American Fries

1-Seasoned cast iron skillet
3-4 medium russet potatoes cut into small cubes
2 Tbsps. oil (more if needed)

Salt/Pepper to taste
Rinse potatoes with cold water. Heat oil in cast iron skillet. Place potatoes in skillet (medium heat) and do not cover. Let them brown about 10 minutes without turning them too often. Just watch them so they don't burn, turning only occasionally to brown on all sides. Can adjust oil/potato amounts to fit size of your skillet.

Takes some practice to brown them up as good as Grandma Gertie did!

Letter to the Editor

New Day for Nursing Homes

In 2015 the Minnesota legislature passed the biggest innovation in nursing home policy in 30 years. It began when the Minnesota House of Representatives established for the first time a committee on aging and long term care policy, which led to the reform. Nursing homes are now receiving \$138 million in additional funding, giving them the long term stability and sustainability they needed to stay open.

Percent rate increases reported by the MN Department of Human Services for 2015:

- Kittson Memorial Hospital up 31.07%
- Karlstad Healthcare Center up 18.54%
- Good Samaritan Society Warren up 31.13%
- Thief River Care Center up 8.27%
- Oakland Park Communities up 19.59%
- Lifecare Greenbush Manor up 41.18%
- Lifecare Medical Center Roseau up 33.19%
- Warroad Care Center up 20.77%
- Fair Meadow Nursing Home up 29.16%
- Riverview Hospital up 38.46%
- Villa St. Vincent up 18.48%
- McIntosh Senior Living up 15.51%
- Pioneer Memorial Erskine up 19.72%
- Essential Health Fosston up 38.18%

This reform came about because the Republican House of Representatives prioritized it. They got serious about solving the problem and generated broad bipartisan support for our nursing homes. They got the Senate and Governor to agree to the reform even though Gov. Dayton initially proposed giving nursing homes only \$25 million instead of the \$138 million needed for long term sustainability.



Locally, Rep. Deb Kiel deserves a mountain of praise. She fought for a seat on the Aging and Long Term Care Policy Committee. She then championed many of the bills that led to the reforms. Her leadership on this issue was invaluable as was Rep. Dan Fabian's support. I hope that voters will support them this election season along with Senate candidate Mark Johnson, another solutions minded candidate.

Kay Steiger, Thief River Falls



TRICK OR TREAT!

McIntosh Senior Living will be open for Trick or Treaters from 5pm-6:30pm on Halloween.

Polk County Public Health

October Footcare Clinics
Polk County Public Health provides monthly foot care clinics at locations throughout the county. Foot soaks and nail trimming are provided. This is not a diagnostic clinic. Referrals are made to medical doctors when necessary. A fee of \$20 is charged per client participating in the clinic. County residents are encouraged to call Polk County Public Health for further information. All clinics are open to the public. Footcare clinics are available in McIntosh on the first and third Tuesday of each month. This month's 2nd clinic will be Thursday, October 20th starting at 9:00am.

To schedule an appointment at the McIntosh Office of Polk County Public Health, please call 218-563-2010. Please remember, foot bare is by appointment only.

If you have any questions about foot care clinics or other services provided by PCPH, please call any of the offices: Crookston 218-281-3385; East Grand Forks 218-773-2431; or McIntosh 218-563-2010.

Notice of Election

November General Election for residents of Winger Township will be held November 8th, 2016 at the Winger Community Center. Polls will be open from 7am until 8 pm.
Nate Johnson, Clerk M30-31C

Community Birthday and Anniversary Calendar

Wed. Oct. 19: Craig Espeseth
Thurs. Oct. 20: Marilyn Graff, David Salvhus, Jerry Weber, Holly Breckel, *Brady & Karol Langemo
Fri. Oct. 21: Kobe Hamre, Wanda Stordahl, *David & Sandy Salvhus
Sat. Oct. 22: Chris Bartz
Mon. Oct. 24: Katelynn Cavalier, *Chris & Amy Bartz, *Todd & Lorene Tranby
Tues. Oct. 25: Lukas Gensburger

NOTICE

STATE GENERAL ELECTION

Notice is hereby given, that the polls shall be open from 10:00 a.m. until 8:00 p.m. at the Hill River Town Hall, on Tuesday the 8th day of November, 2016 for the state and federal general election.

Given under my hand this 14th day of October, 2016.
Raymond O. Sundrud
Clerk/Treasurer of Hill River Township M30-31C



ST. MARY'S CHURCH Fosston

Fr. John Suvaakeen, Pastor
Wed. Oct. 19: 11:30am Mass at St. Mary's, Fosston
Fri. Oct. 21: 8:30am Mass at St. Mary's, Fosston
Sun. Oct. 23: 8:00am Confession; 8:10am Rosary 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Oct. 26: 11:30am Mass at St. Mary's, Fosston
Fri. Oct. 28: 8:45am Mass at St. Mary's, Fosston
Sun. Oct. 30: 8:00am Confession; 8:10am Rosary 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. 23: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Oct. 30: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh Supply Pastor Gordon Syverson
Sun. Oct. 23: 11:15am Worship Service
Sun. Oct. 30: 11:15am Worship Service

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church
Wed. Oct. 19: 1:30pm Bible Study at The Country Place
Sat. Oct. 22: 8:00pm Prayer Meeting
Sun. Oct. 23: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service
Tues. Oct. 25: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. Oct. 26: 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. Oct. 19: 7:30pm Bible Study
Thurs. Oct. 20: 7:00am Men's Breakfast
Sun. Oct. 23: 9:30am Worship Service; 11:00am Sunday School

Trinity:
Sun. Oct. 23: 9:30am Worship Service; 11:00am Sunday School

VERNES LUTHERAN CHURCH (LCMC)

McIntosh Pastor Jill Torgerson
Sun. Oct. 23: 9am Worship
Sun. Oct. 30: 9am Worship

DOVRE

FREE LUTHERAN Pastor Don Edlund
Wed. Oct. 19: 7:15pm Bible Study: Old Testament Tabernacles
Sun. Oct. 23: 10:00am Worship Service
Wed. Oct. 26: 7:00pm Bible Study: Old Testament Tabernacles
Sun. Oct. 30: 10:00am Worship Service

IMMANUEL LUTHERAN CHURCH

Rev. John Anderson, Pastor
Wed. Oct. 19: 6:00pm Confirmation
Sun. Oct. 23: 9:00am Worship Service, 10:00am Quarterly Council Meeting; 10:00am Sunday School
Wed. Oct. 26: 6:00pm Confirmation
Sun. Oct. 30: 9:00am Worship Service (Reformation Sunday); 10:00am Sunday School
Holy Communion 1st and 3rd Sundays

Story to Share?

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

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THE WINGER ENTERPRISE

3

Wednesday, October 19, 2016

Winger News

Linda Pulskamp

Hello again from Winger and the Union Lake areas where we are trying our best to keep our readers up on what is going on in the neighborhood. Help us keep this going.

Our weather has been sunny and frosty but for October what more can we expect. Have had some very pleasant days with more in the forecast.

The farmers are still busy with the harvest, beans are about done, sugar beets in process and soon it will be the corn, and then it is on to winter. Hopefully that is a way off yet.

Another landmark in Winger is gone, "the old Feed Store" on main street has been demolished, and sorry to say I do not have much history on it. Our little town is fading away one building at a time, and after reading the article in the McIntosh this week, reminds us of a lot of businesses and activities that Winger once had.

SYMPATHY to Milton Carlson, Paul and family, Wanda and family and Judy and family! Fern will be missed by all of them and many of us. Such a model family the Carlsons were. Again Sympathy to you all.

Last Saturday night Helmer and Verlys Homme along with Gary and Maxine Walters were supper guests at the Sheldon and Rita Trandem home.

This past week Truman and Darlene Johnson of Dilworth have been guests at the Sylvia and Boyd Bratager home. While there Truman has been helping with bean harvest and the girls have been cooking for the guys and enjoying each others company.

Martha Henney had a very pleasant surprise this week as she received a beautiful card from David and Beth Martin who are now in Texas. In the card was a picture of Beth's Mom, Ann Haaven. Ann and Martha were both employees at the bank in McIntosh for several years.

Lucy Brtek had quite a day on Wednesday when she went to visit first with Wilma Wang at Cornerstone in Foss-ton. While there she visited

with Sandy Schultz who is a resident there, and also came across Sheldon Lee of Independence, MO who is also a resident there.

Mark and Betty Syverson were visitors at the Pioneer Home at Erskine last Sunday with Helmer and Verlys Homme.

Miles Henney of St. Hilaire visited with his Mother, Martha Henney this past Tuesday.

Last Sunday Lucy Brtek, Geraldine (Sollie) Engdahl of Florida, Carol Fjelstul of Walk-er, Darlene Sollie of Lengby and Betty Lou Myhrum all met at the Bagley Shooting Star Casino where they enjoyed a delicious meal together and a wonderful visit.

Once again this is the "happenings" from our little nook and the only way this can keep happening is with your help!

Until next week may yours be a good one.

If you look at a zero you see nothing, but if you look through it you see the world.

From Bun Manor:

Bun saw Marky Broden, his girlfriend Becky and his mother Shelly in Winger. They were headed to the casino to help Mark celebrate his 26th birthday.

Bun remembers back when Shelly was great with child. Those of you that know Mark knows what Bun means when he says ma was great with child.

Thursday afternoon, Odney and Linda Hegrenes came up to visit her brother Tim. They met Darlene and Jim Hulteen from Thief River Falls at the Ness café for lunch. Darlene is Odney's sister. Odney played big shot and bought lunch for everyone. He even left the tip.

Following lunch Tim drove Odney and Linda out to Gary and Gina Frisk out by Foot Lake south of McIntosh. Ginny had saved some back issues of the Winger Enterprise for Linda to read. Linda is too cheap to buy the paper.

Steve Massmann stopped by the manor on Sunday and brought Bun some beef for his freezer. He brings up beef from his brother for friends in the

area who order it from him.

Looking forward next week to hear about Matthew and Lorri's trip to Texas.

Joanne and Carsten Zahl, Eric, and 3 great-grandchildren, Rocco, Rheanon, and Roman, spent Friday until noon on Sunday at the Zahl house. There was lots of noise and activity. Erica is Dan's daughter and they all are from Duluth.

On Wednesday the 12th, Joanne and Carsten went to Bemidji to visit with Joanne's sister Darla. She has the "Twice but Nice" store in downtown Bemidji. Thy had to catch up on news about the relatives.

Don't forget to attend the fall sale at the Winger Calvary WELCA on Weds. Oct. 26th. Andy will be the auctioneer again this year. Everyone is welcome. Should be a good time.

USDA payments for 2015 downturn

The U.S. Department of Agriculture (USDA) announced that beginning today, many of the 1.7 million farms that enrolled in either the Agriculture Risk Coverage (ARC) or Price Loss Coverage (PLC) programs will receive safety-net payments due to market downturns during the 2015 crop year.

"This fall, USDA will be making more than \$7 billion in payments under the ARC-County and PLC programs to assist participating producers, which will account for over 10 percent of USDA's projected 2016 net farm income. These payments will help provide reassurance to America's farm families, who are standing strong against low commodity prices compounded by unfavorable growing conditions in many parts of the country," said Agriculture Secretary Tom Vilsack. "At USDA, we are standing strong behind them, tapping in to every resource that we have to help. So far in 2016, this has included creating a one-time cost share program for cotton ginning, purchasing about \$800 million in excess commodities to be redirected to food banks and those in need, making \$11 million in payments to America's dairy farmers through the Dairy Margin Protection Program, and reprogramming Farm Service Agency funds to expand

credit options for farmers and ranchers in need of extra capital. As always, we continue to watch market conditions and will explore opportunities for further assistance in the coming months. For producers challenged by weather, disease and falling prices, we will continue to ensure the availability of a strong safety net to keep them farming or ranching."

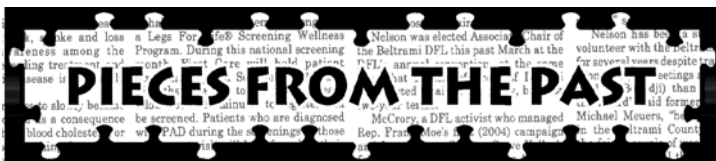
Unlike the old direct payment program, which issued payments during both weak and strong market conditions, the 2014 Farm Bill authorized the ARC-PLC safety net to trigger and provide financial assistance only when decreases in revenues or crop prices, respectively, occur. The ARC and PLC programs primarily allow producers to continue to produce for the market by making payments on a percentage of historical base production, limiting the impact on production decisions.

Nationwide, producers enrolled 96 percent of soybean base acres, 91 percent of corn base acres and 66 percent of wheat base acres in the ARC-County coverage option. Producers enrolled 99 percent of long grain rice and peanut base acres and 94 percent of medium grain rice base acres in the PLC option. Overall, 76 percent of participating farm base acres are enrolled in ARC-County, 23 percent in PLC and one percent in ARC-Individual. For other program information including frequently asked questions, visit www.fsa.usda.gov/arc-plc.

Payments are made to producers who enrolled base acres of barley, corn, grain sorghum, lentils, oats, peanuts, dry peas, soybeans, wheat and canola. In the upcoming months, payments will be announced after marketing year average prices are published by USDA's National Agricultural Statistics Service for the remaining covered commodities. These include long and medium grain rice (except for temperate Japonica rice), which will be announced in November, remaining oilseeds and chickpeas, which will be announced in December, and temperate Japonica rice, which will be announced in early February

USDA...

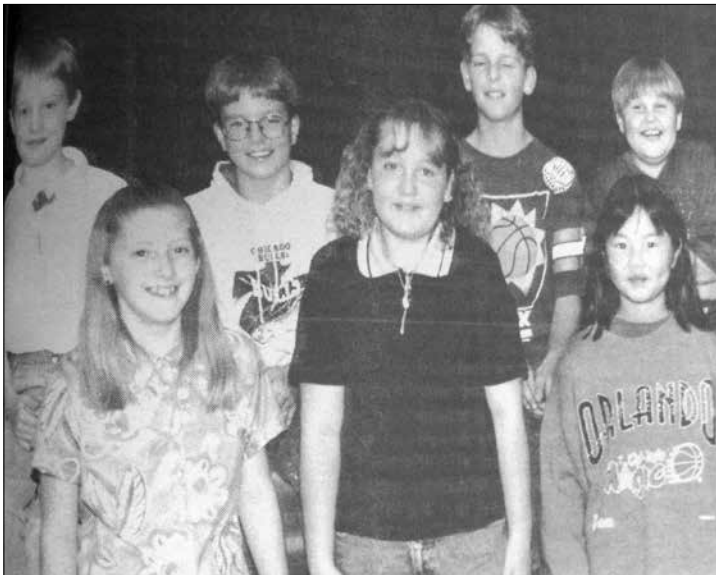
Continued on page 4



50 years ago...1966: Burslie's Chevrolet Service in McIntosh has acquired a new tow truck and equipped it with latest type tow equipment to round out the firm's complete service facilities.



30 years ago...1986: Someone's Mom, Dorothy Sandberg leads fans in the Patriot cheer.



20 years ago...1996: The Win-E-Mac elementary classes in Erskine recently held elections for positions on the newly formed Student Council. This is the first time a student council has been elected by the elementary grades, and they are making plans for fall projects and activities. Members and officers include, (Back L-R) Eric Strand, Jeff Gieseke, Erik Hoffmann, and Tyler Burslie. (Front L-R) Heidi Gall, Jessica Burslie, Sarah Lundquist. Not present for photo: Jesse Anderson.



10 years ago...2006 (worth two photos): (above): Good food and coffee are in abundance as Gerri Hulst, Norma Ness and Ruth Carlson visit on a Thursday morning at the B-B Cafe over breakfast and coffee. (below): Karsten Syverson and David Stordahl do some rather serious talking about matters at the B-B. This group is casually called "The Young and the Restless". Several other groups of men also meet regularly to discuss all sorts of things.



Regional Ag News

Ray Bisek,
Extension Educator

Last week I was visiting with a producer from one of the counties I serve and the topic of suicide came up. He stated he couldn't understand why someone would take their own life, especially if they were in good physical health. We further discussed mental health. For the average lay person, mental health issues are sometimes hard to understand and with any health issue may have various underlying causes. Mental health issues do affect people, across all ages, across all occupations, and across all cultures.

Individuals, especially in rural areas may have a more difficult time seeking professional help due to lack of easy accessibility professional healthcare services in their local community, cultural barriers, difficulty in keeping health issues confidential from neighbors, and or maybe stubbornness. I encourage all when dealing with any kind of health issues to seek out help. Farmers, as owner-operators, need to take care of themselves first in order to operate their farms in an efficient, wise, and safe ways. Below is a story that first appeared in the July-August issue of Soybean Business and was in the Minnesota Soybean Growers newsletter.

Farm safety starts with a farmer's emotional well-being

Imagine this:

It is the middle of October and a severe storm, including wind and hail, comes through your farm. The corn and soybean plants that were dry and fragile are now lying on the ground, making it almost impossible to pick, losing much of your crop to the ground. At the same time, the storm caused extensive damage to the grain dryer and bins, but the elevator in town is full and will not take the grain. What do you do?

In Minnesota, this is not

an unrealistic scenario. On top of a busy season itself, high stress situations like this can be to blame for deteriorating physical and mental health in farmers, especially when not handled properly.

In order to understand how to best handle the stress these busy seasons and situations cause, it is important to be aware of the symptoms and their potential consequences. Michael Rosmann, Ph.D., executive director of AgriWellness, Inc., and clinical psychologist who manages the family farm near Harlan, Iowa, says trouble with relationships is the first sign of stress.

"Relationships with those close to you, like spouses, are the first thing to break down," Rosmann says. "Blaming and disagreements grow and close relationships often worsen."

Rosmann says anxiety, emotional fatigue, depression and loss of sleep are other signs of stress, and can be much more visual during planting and harvest season.

"One thing that I look at is a farmer's sleep debt," Rosmann says. "This means when someone normally sleeps eight hours per night, but during the busy season they start sleeping six, at the end of the week they will have a total of 10 hours of sleep debt. This equates to a 0.08 percent blood alcohol concentration, or being legally drunk. Reaction time, accuracy of motor movements, memory, judgment and mood control are all reduced."

Startling statistics: According to the National Sleep Foundation, an accident involving drowsy driving, or operating a vehicle while tired, can happen due to chronic sleep debt. Those that work more than 60 hours a week also increase the risk of a crash by 40 percent, especially when working alone in the dark. Rosmann adds that as stress increases, farm-related injuries and illnesses also increase. This includes costly

endeavors like viral infections, long-term illnesses and an increase in the number of roll-overs and tips when working with farm equipment. If stress or the symptoms of stress are not dealt with, physical harm can be the unintended result.

According to a 2016 report by the Center for Disease Control and Prevention (CDC), the suicide rate among people engaged in agriculture (farmers, ranchers, farm laborers, fishers and lumber harvesters) was the highest among 30 national Standard Occupational Classification groups, at 84.5 per 100,000 persons in 2012.

This report has been compared to a separate study focusing on suicides by military veterans in 2014. Using the same data source and research methodology, the rate of suicide by all veterans in 2014 was reported at 35.3 per 100,000 persons, well below the rate of 84.5 per 100,000 for those working in agriculture.

"People engaged in agriculture also are more prone than the general population to react strongly to perceived threats," Rosmann says. "For farmers, anything that endangers their economic well-being and capacity to continue farming is usually perceived as a threat. They may begin to feel like there are few options and lose hope."

Food choices matter: University of Minnesota Extension Educator Emily Wilmes says nutrition and making the right food choices during busy seasons is just as important as finding the time to sleep. "Our brain has an absolute need for glucose, which we get from balanced meals," Wilmes says. "It's easy to grab a pop and a candy bar while running to get parts, but those only offer a quick shot of energy and lead to a sugar crash. Foods like sandwiches, beef jerky, nuts, and cheese can still be eaten on the go and offer a lot more nutrition for both your brain

and your body. Along with eating right, drinking water will help your body stay hydrated, which in turn allows you to work harder and think clearer."

Finding additional help: Wilmes adds that farming is not an easy occupation, and it depends heavily on factors that are outside of your control. If the stress is getting to be more than you can handle, or you are starting to feel depressed, there is help available. Minnesota Farm Advocates (1- 800-967-2474) and the Minnesota Farmer Assistance Network (1-877-898-6326) are groups that offer counseling, legal advice, and additional help and assistance.

What you can do?: While farmers may not be able to control the weather or commodity prices, there is some control on how to combat stress. Michael Rossmann, Ph.D., executive director of AgriWellness, Inc., says there are five simple things farmers can do to deal with oncoming stress and reduce the chance of an on-farm accident.

- Keep the sleep debt in check. Make sure to get adequate sleep, even when busy.

- Take short breaks. Allow yourself to leave the stressful environment, even if it is only a 10 minute break.

- Physical contact with loved one produces serotonin. Ask for comforting physical touches, such as massages, backrubs, stroking arms and affection. This also includes petting a dog or cat.

- Physical exercise is important. Be sure to take the time to get out of the tractor or combine, take a walk and refresh your senses. Exercise reduces adrenalin and cortisol and encourages the production of serotonin, norepinephrine, dopamine and oxytocin.

- Talking is key. This allows the issues to leave the body. Don't forget to ask for professional help when needed.

Random Things and Stuff



Halloween Treats

By: Emily L. Ferden-Melott

Halloween is right around the corner! Besides decorating and picking out a costume, I am sure some of you would like to get some Halloween goodies ready. If you are like me, you want to do some sort of creative item, but just cannot figure out one on your own. Well, I have found a list of top 10 Halloween Recipes from Taste of Home. These include:

1. Marshmallow Witches
2. Strawberry Ghosts
3. Eyeball Cookies
4. Pumpkin-Shaped Cheese Ball
5. Quick Ghost Cookies
6. Jack-o'-Lantern Sloppy Joe Pie
7. Bat Cupcakes
8. Fluffy Caramel Apple Dip
9. Sugar Ghost Cupcakes
10. Wormy Orange Punch

Information was found on <http://www.tasteofhome.com/recipes/holiday---celebration-recipes/halloween-recipes/top-10-halloween-recipes>



Senior WEM Honor Society members. Students: Breanna Carroll, Alayna Espeseth, Alec Kiecker, Hunter Chaput, Noah Klinkhammer, Olivia Simonson, Bailee Burcham, Jessica Thompson.

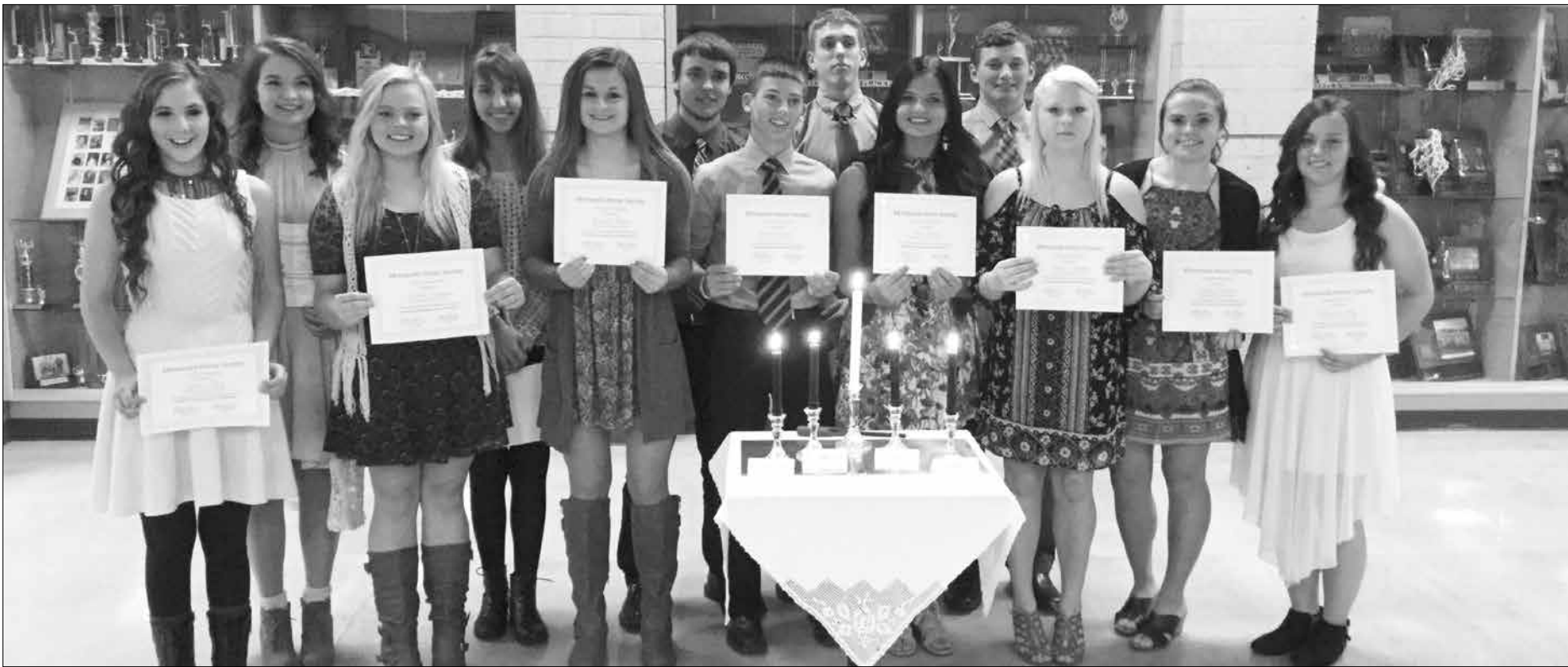
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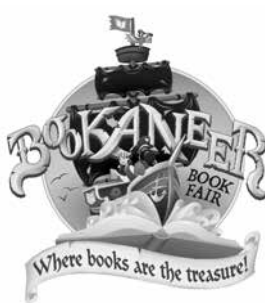
2017. Upland cotton is no longer a covered commodity.

The Budget Control Act of 2011, passed by Congress, requires USDA to reduce 2015 ARC and PLC payments by 6.8 percent. For more information, producers are encouraged to visit their local Farm Service Agency (FSA) office. To find a local FSA office, visit <http://offices.usda.gov>.

USDA works to strengthen and support American agriculture, an industry that supports one in 11 American jobs, provides American consumers with more than 80 percent of the food we consume, ensures that Americans spend less of their paychecks at the grocery store than most people in other countries, and supports markets for homegrown renewable energy and materials. Since 2009, USDA has provided \$5.6 billion in disaster relief to farmers and ranchers; expanded risk management tools with products like Whole Farm Revenue Protection; and helped farm businesses grow with \$36 billion in farm credit. The Department has engaged its resources to support a strong next generation of farmers and ranchers by improving access to land and capital; building new markets and market opportunities; and extending new conservation opportunities. USDA has developed new markets for rural-made products, including more than 2,500 biobased products through USDA's BioPreferred program; and invested \$64 billion in infrastructure and community facilities to help improve the quality of life in rural America. For more information, visit www.usda.gov/results.



The newly Inducted members to the WEM Honor Society: Grace Spry, Maci Hamre, Jessica Thompson, MacKenzie Fuller, Lauren Strom, Jarin Gunderson, Blake Glass, Bryce Neubert, Tyra Wilson, Emelian Kaya, Kylie Stuhau, Sydney Tadman, Patience Reep.



WEM Book Fair

Win-E-Mac will host a Scholastic Book Fair on October 17th – 26th from 8:00 a.m. to 3:00 p.m. Funds raised will help purchase books for literacy events and classroom libraries.

Families, faculty, and the community are invited to at-

tend this fun reading event that helps inspire children to become lifelong readers.

The Book Fair will feature a special open house with crafts and door prizes on Tuesday, October 18th from 1:00 p.m. – 7:00 p.m.

The Book Fair will be open daily from 8:00 a.m. to 3:00 p.m. October 17th to the 26th. There will be extended hours during parent teacher conferences on October 18th in the Win-E-Mac School Media Center.

The Book Fair offers specially priced books and educational products, including popular series, award-winning titles, new releases, adult best-sellers, and other great reads from dozens of publishers.

Patriot's Pen Essay Contest announced

Crookston Veterans of Foreign Wars Post 1902 and Auxiliary are promoting the Patriot's Pen Essay Contest in this area. The annual contest gives sixth, seventh and eighth graders the opportunity to express their opinion on a patriotic theme and improve their writing skills, while they compete for awards.

Students must write a 300-400 word essay on the theme "The America I Believe In."

All essays should be typed

with no color, graphics or poetry. Quotations may be used sparingly if plainly identified wherever used.

Contestants cannot identify themselves, their school, city or state in their essay.

Entries should be judged on the basis of their essay alone and contestants are not required to present their essay orally.

Deadline for entries is October 31.

The winning essay will be sent to district competition. Local winners will receive cash awards.

Essays can be turned in at the Crookston VFW Club or contact Twylla Altepeter, Voice of Democracy Chairman, at The Fertile Journal, 945-6120, or evenings at 281-6582. Call Jamie Cassavant at 218-281-2047 or Pam DeLage at 218-281-5546 for more information.

Voice of Democracy Essay Contest

Sponsored by VFW Post 1902 and Auxiliary

Voice of Democracy Patriotic Audio Essay Contest announced

Crookston Veterans of Foreign Wars Post 1902 and Auxiliary are promoting the Voice of Democracy audio essay contest in this area. The annual

contest is designed to foster patriotism by giving students in grades nine through 12 and home schooled the opportunity to voice their opinion about their personal obligations as an American and address their responsibility to our country.

Contestants write and record an essay on the theme "My Responsibility to America." Recorded scripts must be at least three minutes but no longer than five minutes. Scripts must be recorded on audio cassette tape or CD only.

A typed, double spaced copy of the speech must accompany the essay.

The essays will be judged and the winning tape sent to district competition. Local winners will receive cash awards.

Deadline for entries is October 31.

Last year, Quin Hasler, a Fertile-Beltrami student, won the local, district and state contests. She represented Minnesota in the national VOD contest, where she placed 23rd in the nation.

Along with \$4,500 in scholarships and fantastic educational experiences, she had the opportunity to take part in a national youth leadership conference in Philadelphia, Pa.

Every student who competes in the VOD, whether they place or not, is eligible to

apply for a scholarship from the Crookston VFW Post.

Tapes can be turned in at the Crookston VFW Club or contact Twylla Altepeter, Voice of Democracy Chairman, at The Fertile Journal, 945-6120, or evenings at 281-6582. Call Jamie Cassavant at 218-281-2047 or Pam DeLage at 218-281-5546 for more information.

Spooky effects for Halloween

Halloween is a great time to explore your creative side, especially when it comes to decorating for trick-or-treaters or planning a party.

Many special spooky effects can be used to create the scary, intimidating atmosphere you desire.

- Dry ice: Dry ice is the solid form of carbon dioxide. It is a good coolant because it can reach temperatures below that of ice and it will not leave a puddle or damp residue behind. Dry ice changes from a solid to a gas with no liquid form, through a process of sublimation. Place dry ice in punch bowls or beverage glasses. Or use dry ice in any other liquid to create billowing plumes of vapor that add to the spooky effects. Just be sure to handle dry ice very carefully and make sure it is inaccessible to curious kids.

- Smoke machine: Rent or purchase smoke machines, which can be found at party stores or big box retailers, to add to your eerie atmosphere. Dim the lights and have smoke rolling through the party room or by the front door.

- Lightning and thunder kits: These kits combine strobe lights or lighting effects with sound systems to simulate the sounds and sights of a thunderstorm.

- Faux cobwebs: Purchase spiderweb kits at retailers or make your own with cotton. Pure cotton balls can be pulled apart and stretched over various items in the house to create a spiderweb effect.

- Accent lighting: Drape a nonflammable piece of fabric over a lampshade to cast different hues around a room. This also dims the brightness in the room, creating shadows here and there.

WEM School Announcements

Win-E-Mac Community Ed will offer Drivers Education Classroom instruction beginning October 24, 2016 from 3:15-6:15 P.M. The classes will be held at the Win-E-Mac School in room 45 – Mr. Hendrickson's math room. Instruction will be held on the following dates: October 24, 25, 26, November 1, 2, 3, 7, 8, 9, 10, 11 Please note that November 10 will be test day and November 11 will be a make-up day. This class will complete the 30 required hours of instruction. The cost per student for this class is \$40.00 and should be sent in with this registration form by October 19th, 2016. Troy Reynolds is the instructor for this class. Students who enroll in Drivers Education Classroom need to be 15 years old by June 1, 2017. This class needs to be completed and the written Driving Exam passed prior to the Behind the Wheel Instruction. The class size will be limited to 25. The oldest will be given first chance and the remaining openings will be filled on a first come first serve basis. There will be another class offered in the spring. A bill passed by the 2014 legislature will require all driver education programs to offer a supplemental parental course for the primary driving supervisor. The course must be at least 90 minutes and cover GDL information, safety risks for teen drivers, potential adult influence on teen driving behavior,

and additional resources. If the primary driving supervisor chooses to not complete the parent supplemental course, the primary driving supervisor must verify on the driving log that the teen has driven at least 50 hours, with 15 hours at night. This 90 minute course will be offered Monday, October 17, 2016 from 5:30-7:00 p.m.

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.

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.

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

Save the date – Wednesday, December 7th, 2016, class pictures, yearbook and winter sports picture day!!

Congratulations to Riley Kochmann a 3rd grader at the Win-E-Mac. Riley has been chosen for last week's Weather Kid and helped Hutch Johnson do the weather for KVLV.



A new singing duo? During the WEM Pep Fest fun was had with Hunter Chaput and Koltan Stuhau.



Hudson Smeby and Hunter Westcott watch the fun during the WEM Homecoming Pep Rally.