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McINTOSH

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McIntosh, Minnesota

Times



Cheryl Jore, DeeDee Narum, and Peggy Hartel learn about different Essential Oils during a recent class held at the McIntosh Country Store, presented by Bonnie Stewart.

Essential Oils for the Holidays

The holiday season is a great time of year to use Essential Oils in a variety of manners. During this time of year, Essential Oils can be used to scent the home or office, prevent the spread of germs, health and well-being and even in cooking.

Traditional religious oriented Essential Oils used at the holidays are Frankincense and Myrrh. These are often used in church ceremonies this time of year with significance due to these oils being mentioned as gifts to the baby Jesus.

If you have a diffuser, this is a great time of year to diffuse your favorite scents, to bring back memories and create new ones, as well as helping to fight

air borne bacteria and viruses. Some favorite oils to blend this time of year include clove, ginger, cinnamon, cassia, orange, juniper, peppermint and cardamom. You can experiment with different holiday blends or just use a single essential oil.

A great gift idea from Young Living for using your favorite Essential Oils is Whipped Body Butter:

Whipped Body Butter
1 cup organic coconut oil
1 cup organic solid cocoa butter (do not use lotion)
15 drops of your favorite aromatic Essential Oil (such as lavender)
Warm a medium sized saucepan over medium heat, then add coconut oil and cocoa

butter. Melt until completely liquefied, about 4 to 5 minutes. Pour into a glass mixing bowl and place in refrigerator for 30 – 45 minutes to cool and just set but not harden. Stir in Essential Oils. Using an electric hand mixer, whip until firm peaks form, about 10 minutes. Gently transfer to a sealable jar or container. Store at room temperature to avoid melting or solidifying. Massage into dry skin.

When cooking with Essential Oils, be sure to make certain that they first edible oils and of food grade quality, along with being 100 percent pure. Essential Oils for cooking can add a lot of flavor with only a drop or two of the oil and flavors range from black pepper to rosemary to lemon to tangerine. Check out the wide variety of flavors you can add to your food year round.

Here are a few recipes for using Essential Oils in your cooking that can add a huge boost of flavor to your supper table.

Roasted Butternut Squash Soup
6 cups butternut squash, peeled and cubed
2 tablespoons olive oil, divided
½ teaspoon salt
3 garlic cloves, minced
3 carrots, diced
1 onion, diced
2 apples, diced
3 tablespoons water
1 cup vegetable broth
1 cup light coconut milk
1 drop Black Pepper Vitality™ Essential Oil
1 drop Cinnamon Bark Vitality™ Essential Oil
2 teaspoons garlic powder
2 teaspoons onion powder
Additional salt to taste



Celebrating 97 years on Saturday at Poplar Meadows was Eileen Ostenaar! Happy Birthday! Pictured here is her family: Gwen Rue, Diane Grundyson, Charlie Rue, Carla Grundyson, front row Max Rue, and Eileen Ostenaar.

Holiday Music Concerts at WEM School

Please join Win-E-Mac students as they celebrate the upcoming holidays by presenting music and entertainment during the season. Everyone is welcome to attend these fun and relaxing events at the Win-E-Mac Arts & Event Center.

Junior High Band & Choir Fall/Winter Concert
The Win-E-Mac Music Department is pleased to announce the Jr. High Band & Choir in concert on Monday, December 5, 2016. The concert will begin at 7:30 and will take place in the new Win-E-Mac School Arts & Events Center! The concert will feature the Jr. High Band & Choir performing several selections, including some holiday music! Please come out and enjoy an evening of music!

Win-E-Mac Elementary Holiday Program
Win-E-Mac students in grades Kindergarten through Sixth Grade will be presenting their annual holiday program on Thursday, December 8, 2016. The program will take place in the Win-E-Mac School Arts & Events Center and will begin at 7:00 P.M. The program will begin with students in Grades Kindergarten – Third Grade, under the direction of Amanda Shultz, performing many holiday songs for your enjoyment. This will be followed by all students in Grades 4-6 performing the musical review “A Pirate Christmas” which will feature many acting, singing, and speaking solos. What a great way to kick off the holiday season! Hope to see you there!

Senior High Band & Choir Fall/Winter Concert
The Win-E-Mac Music Department is pleased to announce the Sr. High Band and Choir will be presenting their annual Fall/Winter concert on Monday, December 12, 2016 beginning at 7:30 P.M. The concert will take place in the Win-E-Mac School Arts & Events Center. This concert will feature the Sr. High Band and Sr. High Choir performing a wide variety of music for your listening enjoyment!

Our Men's and Women's groups have also been working up some special holiday numbers to perform for you! As traditional, the concert will conclude with the singing of “Peace, Peace” by candlelight. Come and enjoy an evening of musical entertainment!



Santa Claus Day and Shopping for kids in Mac

Santa Claus will visit McIntosh on Saturday, December 10th at 10:00 am at the McIntosh Community Center. There will be time for all kids to have their picture taken and visit with Santa.

Bring the kids (up through 6th grade) to the Bjella Building in McIntosh on Saturday, December 10th, to Christmas shop for family & friends. Doors are open from 9AM 'till noon. All items sell for 25 cents each. This is the 4th year the McIntosh Bone Builders Group has sponsored A Mall for Kids. All proceeds go to the Poplar Meadows Senior Living Center.

There will be local community members on hand to help kids do their Christmas shopping. The treasures will also be gift wrapped. Parents are asked to wait in the hallway while children shop.

This is a fun day for everyone.



O Christmas Tree Class offered Dec. 7th

Are you short on space or have a loved one that doesn't want to mess with putting up a big tree? Here is the answer to your problems!!

Valerie Brekke will be teaching a class on Wednesday, December 7 at 7:00 pm at the McIntosh Community Center. Class will be less than 2 hours and the cost is \$5.00!

Supplies needed are 6 wire hangers that are the same size, 30 feet of garland (your choice of color) and a string of 100 miniature lights along with gorrilla tape or duct tape! Class is hosted by Win-E-Mac Community Ed!

Please call Win-E-Mac School to register!



Community Calendar

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

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

Mon. Dec. 5: 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. Dec. 6: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; 7:00pm McIntosh Community Club @ Community Center

Wed. Dec. 7: 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. Dec. 8: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Dec. 9: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Sat. Dec. 10: Santa Claus Day @ Community Center 10:00am; Kids Mall @ Bjella Building 10:00am

Mon. Dec. 12: 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. Dec. 13: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



MN Home Front in WWII at Mac Library

McIntosh Public Library Announces Upcoming Program, “Minnesota Home Front in World War II”

The McIntosh is invited to the McIntosh Public Library for a presentation from Minnesota author and historian Steve Hoffbeck. Hoffbeck will share what life looked like on the home front during World War II and the attack on Pearl Harbor.

This Legacy event will take place Tuesday, December 6 at 6:30 p.m. at the McIntosh Public Library (115 Broadway NW).

This series is sponsored in part by the Minnesota Arts & Cultural Heritage Fund.

The McIntosh branch of LARL library can be reached by calling 218-563-4555.

More information is available at www.larl.org.



The Win-E-Mac quilters held a Quilt-in-a-day class on Saturday, November 19th, where these ladies got together to sew the top for the quilt pictured.

PCPH receives state recognition

The Minnesota Department of Health (MDH) has named Polk County Public Health as a Breastfeeding Friendly Workplace for its contributions to the health of mothers and their babies.

MDH recognizes workplaces and county health departments that have demonstrated their commitment to supporting breastfeeding mothers by creating a workplace lactation support program. Polk County Public Health was recognized by MDH at the Minnesota Breastfeeding Coalition Meeting on Oct. 28 in Maplewood.

Breastfeeding is a foundational way to ensure that babies receive optimal nutri-

tion during the first formative years of life. Studies show that infants who are breastfed have better health outcomes as they grow. MDH recognized organizations that have taken a leadership role to improve breastfeeding rates and meet Healthy 2020 goals.

“Breastfeeding friendly workplaces are a win-win for both the organization and mother. Research tells us that workplaces that support breastfeeding see savings from reduced employee absenteeism and increased longevity in the workplace. Also, breastmilk provides optimal nutrition for babies”. ~Tammy Conn, International Board Certified Lac-

tation Consultant, Facilitator of the Polk County Breastfeeding Coalition.

The designation acknowledges Polk County Public Health’s commitment to acting as a model for the community by supporting healthy families and receiving the business benefits of supporting nursing mothers.

The designation is achieved by adopting a written policy and educating staff about it; ensuring adequate break time for breastfeeding employees; providing a clean, private place to pump breast milk; and demonstrating a strong commitment to supporting breastfeeding in the workplace.

Oils...
Continued from page 1....

Green onions, chopped (for garnish)

Preheat oven to 350°F. Toss squash in olive oil and salt and bake on a cookie sheet for 30–35 minutes. While squash is cooking, heat olive oil in a large sauté pan. Add garlic and cook for 30 seconds. Add carrots and 3 tablespoons water or vegetable broth to pan. Cover and cook for 10 minutes. Add onion and apples. Cook 15–20 minutes or until all veggies/fruit are soft. Add veggies/fruit to the blender and blend until well combined. Transfer to a large pot. Stir in vegetable broth and coconut milk, reserving 2 tablespoons of the milk. Stir in Cinnamon Bark Vitality™, Black Pepper Vitality™, garlic powder, and onion powder. Add salt and pepper to taste. Stir thoroughly. Reheat gently, serve in bowls, and garnish with reserved coconut milk and green onions. Best paired with a cozy blanket and your favorite book.

Guilt-free Peppermint Brownies

1 15-ounce can low-sodium black beans
1/3 cup coconut oil
1/4 cup unsweetened cocoa powder
1/8 teaspoon salt
2 teaspoons vanilla extract
1/2 cup honey
3 eggs
2 drops Peppermint Vitality essential oil

Preheat oven to 350°F. Rinse and drain black beans. Melt coconut oil on stove until clear. Blend all ingredients except eggs in food processor until smooth. In a separate bowl, lightly whisk eggs until well beaten. Fold into chocolate mixture. Pour mixture into a greased 8x8 pan and bake 25–30 minutes. Let cool 15 minutes then cut. Let cool another 15 minutes and serve.

However you choose to use Essential Oils around your home, you will have added benefits from fragrance to flavor.

*remember that some Essential Oils are dangerous for some people, always check the label before using.

Ways to stay healthy this holiday season

With the holiday season upon us, many people’s schedules are hectic once again. There are social events and family gatherings to attend, shopping ventures to make, and decorating to be done. While fun, the holiday season can be a time of added pressure, which leads to stress and other unhealthy situations.

At a time when you want to be at your best, stress can affect your physical well-being. The American Psychological Association says the hustle and bustle of the holidays has psychological consequences for some people. More people are inclined to feel that their stress increases, rather than decreases, around the holidays. The National Institute of Mental Health says chronic stress can lower immunity and cause excretory, digestive and reproductive systems to stop working properly. Stress also may cause you to eat unhealthy snacks to cope, and that can lead to unwanted weight gain.

Stress is not the only potential health hazard that can arise around the holidays. A greater number of parties expose you to an abundance of foods and drinks you may not consume on a regular basis, and that can lead to a lot of mindless eating. Weight gained during this time of year can be difficult to shed come January, when colder temperatures challenge many people’s motivation to exercise.

Also, social settings put you in close contact with a greater number of people, potentially increasing your exposure to germs.

You can still feel your best during the holidays. Follow these tips for maintaining a healthy mind and body.

• **Get the flu vaccine.** The flu vaccine can protect you against various strains of the flu. Get a flu shot before the holidays so you are ready for cold and flu season.

• **Carry disinfecting wipes.** Germs can linger on surfaces long after an infected person has come and gone. Studies from researchers at the University of Arizona in Tucson have found the flu virus - and even the antibiotic-resistant bacteria MRSA - on airline tray tables. Buses, trains and doors all may be harboring germs. Wipe down surfaces with disinfecting wipes and allow them to air-dry before touching them. This can help you avoid coming into contact with germs.

• **Balance your activities.** It can be tempting to overbook your schedule with a ton of activities, but this may ultimately prove stressful. Leave days open to relax and do things you want to do, such as viewing Christmas light displays or even just unwinding at home with a good book. Try delegating some tasks to others in the household so you don’t take on too much responsibility.

• **Keep up an exercise routine.** Don’t stray too far from your exercise schedule. You may have to move workout times to free up other time later in the day for shopping or parties. Early morning is a good time to exercise because it gets you moving first thing in the morning and might even encourage you to hit the sack a little earlier each night, ensuring you get all the sleep you need. Exercise also can improve energy levels and relieve stress.

• **Don’t focus on food.** Focus more on enjoyable activities that keep you moving rather than always being seated around the table for a big meal. Save indulgences for one or two treats on the holidays and eat sensibly otherwise.

• **Talk to someone.** If the holidays have you feeling blue, talk to a friend or family member. If you need more professional support, find a social worker or psychologist that can help you work through stress and other feelings.



Article from the McIntosh Times, Thursday, September 20, 1934

News Review of Current Events the World Over

Quarterly financial reports from the national committees show that between June 1 and September 1 the Republican receipts were \$105,078 and the Democrats collected \$121,088. Republican expenditures aggregated \$149,920 and Democratic outlays were \$106,337. The Republican deficit was fixed at \$81,435, against Democratic unpaid obligations of \$497,959.

Among the generous contributors the Democratic fund were Col. Jacob Ruppert, George F. Trommer and William Piel of

New York and Fred Pabst of Milwaukee, all identified with the brewing industry. Irene and Lamot Du Pont and their associates gave largely to the Republican fund.

Nation Wide distribution has been started on a poster pledging the public to support Blue Eagle business establishments Four inches square, it is gummed for pasting in windows Cod authorities and local NRA committees are counted upon to aid its distribution..

This agitation is to accompany the temporary internal reorganization of the recovery administration, as decided upon by President Roosevelt and Hugh S. Johnson, the NRA administrator.

Authority is to be split three ways instead of the present one-man control. General Johnson is expected to continue in an important post. Separate agencies will be in charge of policy-framing, administration, and deciding controversies.

Source: The McIntosh Times, September 20, 1934

Ad deadline: Noon Friday

Did you know?

Christmas songs provide the soundtrack for holiday magic. Such songs evoke strong feelings in people, and various songs have become staples at holiday celebrations.

Some interesting facts and history surround many popular Christmas songs. “White Christmas,” for example, is the best-selling Christmas song of all time.

However, “Silent Night” is the most recorded Christmas song in history, says TIME. “Santa Claus Is Coming to Town” is considered a jolly song, but songwriter James Gillespie was unemployed and had just lost his brother prior to writing the song.

Still, he was able to look past his grief to pen the classic. Many are unaware that “Jingle Bells” originally was supposed to be a Thanksgiving song. While many beloved Christmas songs have been around for decades, one artist managed to tap into the success of classic Christmas music. Mariah Carey’s “All I Want for Christmas Is You” is a popular modern-day Christmas song

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Garden Club News

The McIntosh/Erskine garden club will meet Monday, December 5th at 6:00 pm in the McIntosh Community Center.

This will be our Christmas Party with a potluck meal. We will have a program and games to follow.

Tuba Christmas Concert

Over 100 tuba players will perform a Christmas concert on December 4, 2016 at 4:00pm at the Central Presbyterian Church, 500 Cedar Street, St. Paul, MN. Admission is free and parking is available in the nearby ramp. Everyone is invited. Submitted by Marlin Kiecker.

Handel’s Messiah Announced

Handel’s Messiah is a well-known and beloved holiday classic.

A local performance of this masterpiece is scheduled for Sunday, December 18 at the United Methodist Church in Thief River Falls, and all area singers are cordially invited to take part. Vanessa Martell, Barb Geer and Jane Anderson are coordinating this effort, with Reid Froiland accompanying on piano and organ.

The performance will include a rehearsed choir, soloists, and anyone in the audience who would like to sing along with the choruses—especially the beloved “Hallelujah Chorus.”

Rehearsals will take place on the following dates from 7 – 9 p.m. each evening: Tuesday, December 6; Thursday, December 8; Tuesday, December 13; and Thursday, December 15. There will also be a dress rehearsal on Sunday, December 18 before the concert. All activities will take place at the United Methodist Church located at 116 North Horace in Thief River Falls.

It is not necessary for those wishing to sing to be at every rehearsal, especially if you have sung this piece previously.

Choruses selected to be performed are: “Glory to God,” “Unto Us a Child is Born,” “Good Tidings to Zion,” “And the Glory of the Lord,” and “The Hallelujah Chorus.”

In addition to the above rehearsals times, there are videos on Youtube singers can look up to assist with individual part practice, and singers are encouraged to take advantage of those—especially if you are new to this great work.

The goal of this concert is to make beautiful music, celebrate the holidays, and give back to our communities. A freewill offering will be taken, with proceeds directed to support children’s summer theater programs and Trails to Treatment.

Score are available to borrow and can be picked up at the first rehearsal.

Questions? Call Jane Anderson at 681-3810 or email mjander@mncable.net

2nd Annual Christmas bird count

Please come join the staff of Rydell and Glacial Ridge National Wildlife Refuges (NWR) for their 2nd Annual Christmas Bird Count on Thursday, December 15th, 2016. We’ll meet at the Rydell NWR Visitor Center at 8:00 am. People new to birding will be teamed up with experienced birders to search areas by vehicle and/or on foot. The 15-mile wide count circle includes portions of both Rydell and Glacial Ridge NWRs, as well as the towns of Mentor and Erskine. If you do not have your own binoculars and/or bird guides, we can loan them to you for the count. A midday potluck lunch will be provided, courtesy of the Refuge staff. We’ll plan to meet back at the Visitor Center around noon to “fuel up” and to tally the morning sightings. If you’d like to participate, PLEASE SIGN UP by Tuesday, Dec. 14th by emailing Lisa Wiersma at lisa_wiersma@fws.gov. You can also call Rydell NWR at 218-687-2229 x10. For more information about the Audubon Christmas Bird Count, it’s 117-year history, and how the count helps birds, visit <http://birds.audubon.org/about-christmas-bird-count>.



Win-E-Mac Giving Tree

Win-E-Mac School will once again be having their annual Giving Tree. We will anonymously display “ornaments” for children in the Win-E-Mac School District that may have a need this holiday season for clothes, toys, or other items. Their wish list will be printed on the “ornament”. Beginning the last week of November and continuing throughout the month of December, Win-E-Mac School will have the tree available to those who would like to donate gifts. The Giving Tree will be placed in the commons area of School. Please choose an “ornament” and write your name on the one you choose to provide for.

At this time we are looking for names of children and/or families that may be in need this year. If you need some assistance or you know of a child or family that may be in need this holiday season, please contact Amy Bartz at the school, 563-2900 or 687-2236. The Giving Tree also accepts monetary donations. The donations go toward food gift certificates for families to use over the holidays. If you are interested or have questions about donating, please contact Amy Bartz.

Community Birthday and Anniversary Calendar

Wed. Nov. 30: Harriet Rolf, Adeline Frisk, Dan Salvhus

Thurs. Dec. 1: Linda Jorgenson

Fri. Dec. 2: Jessica Marshall, Judy Bemis

Sat. Dec. 3: Carol Burslie, Wesley Brekke

Sun. Dec. 4: Kaysee Mandt

Mon. Dec. 5: Cody Bartz, Tyler Roed, Elizabeth Burslie

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Announcements • Photos • Community Updates

McINTOSH Times

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

Wed. Nov. 30: 11:30am Mass at St. Mary’s, Fosston
Fri. Dec. 2: 5:30pm First Friday Mass & Adoration at St. Joseph’s, Bagley
Sun. Dec. 4: 8:00am Confession; 8:30am Mass at St. Mary’s, Fosston; 10:30am Mass at St. Joseph’s, Bagley
Wed. Dec. 7: 3:30pm Mass at First Care Nursing Home, Fosston
Thurs. Dec. 8: 11:30am Mass at St. Joseph’s, Bagley; 7:00pm Mass at St. Mary’s, Fosston
Fri. Dec. 9: 8:30am Mass at St. Mary’s, Fosston
If you have any questions about the schedule please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH Winger/Bejou Supply Pastor Gordon Syverson

Sun. Dec. 4: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Dec. 11: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR’S LUTHERAN CHURCH (ELCA) McIntosh Supply Pastor Gordon Syverson

Sun. Dec. 4: 11:15am Worship Service
Sun. Dec. 11: 11:15am Worship Service

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

Wed. Nov.30: 1:30pm Bible Study at The Country Place.
Sat . Dec. 3: 8:00pm Prayer Meeting
Sun. Dec. 4: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service;
Tues. Dec. 6: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2
Wed. Dec. 7: 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. Nov. 30 7:30pm Bible Study

Sun. Dec. 4: 9:45am Sunday School; 11:00am Sunday Worship Service
Wed.Dec. 7: 7:30pm Bible Study
Thurs. Dec. 8: 7:00am Men’s Breakfast
Sun. Dec 11 9:45am Sunday School; 11:00am Sunday Worship Service
Trinity:
Sun. Dec. 4: 9:30am Worship Service; 10:45am Sunday School
Sun. Dec 11: 9:30am Worship Service; 10:45am Sunday School

VERNES LUTHERAN CHURCH (LCMC) McIntosh Pastor Jill Torgerson

Sun. Dec. 4: 9am Worship
Sun. Dec 11: 9am Worship

DOVRE FREE LUTHERAN Pastor Don Edlund

Wed Nov.30 : 7:15pm Bible Study: Old Testament Tabernacles
Sun. Dec. 4: 10:00am Worship Service
Wed. Dec. 7: 7:00pm Bible Study: Old Testament Tabernacles
Sun. Dec 11: 10:00am Worship Service

IMMANUEL LUTHERAN CHURCH McIntosh Rev. John Anderson, Pastor

Wed. Nov. 30: 6:00pm Confirmation
Sun. Dec 4: 8:45am Divine Worship with Holy Communion; 9:45am Sunday School
Wed. Dec 7: 3:30pm Confirmation; 7:00pm Advent Service @ Poplar Lake Church
Sun. Dec. 11: 8:45am Worship Service; 9:45am Sunday School, Council Meeting
Wed. Dec 14: 3:30pm Confirmation; 7:00pm Advent Service @ Poplar Lake Church
Holy Communion 1st and 3rd Sundays

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THE WINGER ENTERPRISE

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Wednesday, November 30, 2016

Winger News

Linda Pulskamp

Greetings once again from Winger and the Union Lake areas. Another week is behind us along with the Thanksgiving holiday and Black Friday, are many enthusiastic Black Friday shoppers out and about but that is the last day I want to be shopping, but if you want to find the sales I guess that is the day to do it.

After our nice weather we have been having, we have seen a wintry mix but then again some areas to the south of us had much more snow to deal with than we did in our immediate area. Temperatures continue to be fairly mild which helps the cost of heating.

With Thanksgiving behind us and the month of December only a week away, the Christmas season and all the activities that go with it will make for a busy time, but while we are so busy with all the hustle and bustle of Christmas let's not forget the reason for the season.

Wednesday the 16th Judy and Lonnie Gieseke were visitors at the Milton Carlson home and while there Lonnie put steps on the deck for Milton. After work that evening Kari Keller stopped in and visited with Milton.

Butch and Linda Pulskamp were house guests at the Donnie Johnson home in Maple Lake, MN from Thursday until Sunday of last week.

Friday the 18th Lonnie Gieseke was a coffee guest of Milton Carlson at the Carlson home and did some finish up work on the steps he had put on Milton's deck.

Last Thursday evening

Butch and Linda Pulskamp, Donnie Johnson of Maple Lake and Nola Abele of Fosston visited with Ralph Ordorf at his home in Buffalo.

Last Saturday Paul Carlson was a visitor and dinner guest with Milton Carlson at the Carlson home.

Last Friday Linda and Butch Pulskamp, Donnie Johnson of Maple Lake, MN, and Nola Abele of Fosston met Sharon Johnson of Spring Lake Park, Eddie and Bette Martin of New Brighton and Linda Stafford of Minneapolis and had noon lunch together.

Last Sunday the 20th Paul and Donna Carlson picked up Milton Carlson and they all attended the potato klub dinner that was held at the Calvary Church in Winger.

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

Monday the 21st Judy Gieseke visited with Milton Carlson at the Carlson home bringing sub sandwiches that they enjoyed for dinner. That evening Paul and Donna Carlson picked up Milton and they traveled to Fosston where they were all supper guests of Chad and Michelle Carlson. A delicious supper of bar-b-que ribs was enjoyed by all.

Last Saturday afternoon Donnie Johnson and Nola Abele hosted an early Thanksgiving supper at the Johnson home in Maple Lake for the following guests, Tim Yager and Wendy Lockemeier of Howard Lake, Butch and Linda Pulskamp, Mark, Judy and Jordan Boeckers of Buffalo and

Jim, Austin and Abbi Johnson of Montrose. The guests were served turkey and all the trimmings.

While in Moorhead on business one day last week, Boyd and Sylvia Bratager met Truman and Darlene Johnson of Dilworth for a visit and lunch together.

Last Sunday afternoon Butch and Linda Pulskamp along with Tom, Terrill and Bailey Bradford of Mentor were visitors with Reha Sanstead and her house guest Leonard Taylor at the Sanstead home in Erskine.

The news was very scant again this week and with the end of the year coming it may also be the end of the "Winger News" if there isn't more input from out there!

Until next week, may yours be a good one.

From Bun Manor:

Monday afternoon Dale met Bun and Scrappy in Fosston at the dentists office. Bun needed him to help transport him into the dentist chair. He is such a nice guy to take time out of his day to help him out.

Ole headed over to his sister Julie and her husband Paul Schow for Thanksgiving dinner. They were joined by his nephew Kain and his wife Hunter. Ole always seems to find a place to eat for free.

Dale had Thanksgiving at his place this year. He was joined by his mother Joyce, brother Paul and his other brother David and his wife Shawna and children Everett and Grant. The ate well with plenty of leftovers to be enjoyed later.

Bun didn't make it to brother Andy's with the family for Thanksgiving so he held it at his place. Guests were Jay Bobs parents Donnie and Sylvia

Dale, brother Jim and his two kids Logan and Levi. Ma Dale brought homemade lefse, Scalloped corn and apple crisp. Bob made the turkey and the rest of the trimmings.

Friday evening Moran's held its Thanksgiving social. There was a really good turnout this year. Almost everybody who is anybody from Winger was there to celebrate. It reminded Bun when back in the day when kids came home to visit the folks they would go to social.

Mark your calendar for Sat. Dec. 10th. The Winger Lion's are having Breakfast with Santa at the community center starting at nine followed by Santa handing out bags of goodies. Everyone is welcome.

Bun noticed that he made pictures from the past on the Winger page. Wasn't he a young stud? Now look at him.

Steve and Lorri M had a house pet for several days when grand puppy Ruby stayed over during Thanksgiving. Brian and Elizabeth went to her uncles place in Orono, MN to spend Thanksgiving with her family. Very active little dog but always fun to play with. Since Matthew had to work the holiday Steve and Lorri stopped off at Matthew's house in Detroit Lakes for coffee enroute to Evansville to spend Thanksgiving with Steve's family. Everyone was there and food was great as usual. They only spent the day because had to get back to Ruby.

Brian and Elizabeth got back Friday evening so Brian could help put the Christmas lights up in Winger on Sat. morning which the Lions Club does every year. He then spent Saturday afternoon and Sunday deer hunting with the muzzle loader trying to find the one that got away during the regular deer season but so far is still looking. He has got some time yet.

Evan and Nikki Massmann sent a video of Harrison's first crawl across the floor. Growing up so fast. Lucky for modern technology because when grandson is 1200 miles away at least he seems closer

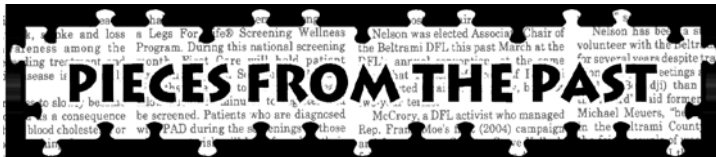
Happy 21st. birthday to Jordy Ose. My how fast time goes by.

Kiel named chair aging and long-term care sub-committee

On Tuesday, November 22, 2016, House Republicans unveiled new committee chairs for the 2017-2018 legislative sessions. Representative Deb Kiel (R-Crookston) was named Chair of the Subcommittee on Aging and Long-Term Care, a committee that will focus on issues related to nursing homes, our state's aging population and long-term care.

"It's an honor to have been named a chair, and I am excited to get to work tackling critical issues related to our state's aging population and long-term care," said Rep. Kiel. "Last biennium, we did a lot of great work including providing vital funding increases for our nursing homes. I plan to build on those successes and keep our state moving in a positive direction, passing common-sense policies that work for Minnesotans."

Kiel, who was first elected in 2010, serves District 1B in Northwest Minnesota.



50 years ago...1966: Arthur Knutson, McIntosh, claims the honor of the first one to use the facilities of the McIntosh King Koin Laundry which opened its doors recently. A formal open house will be held Saturday this week, Mr. and Mrs. Orville Solberg are the owners and Mrs. Solberg opened a beauty shop in connection with the laundry.



40 years ago...1976: Diane Boucher and daughter, Carea, were present at the McIntosh Senior Meals 4th year operation Open House this week, when Diane accompanied Alfred Hegland on the violin.



30 years ago...1986: Students receive district star ratings. Front row: Annette Finseth, Marge Rivera, Karen Rensland. Back row: Matthew Hulst, Kristen Tangen.



20 years ago...1996: Win-E-Mac had 18 band soloists entered in the recent Sub-Section Solo Contest in Twin Valley. Pictured are (back) Sam Trandum, Jon Ingman, David Jensen, Casey Bartz, Al Ingman and Ross Branstner (Middle) Cameo Boucher, Ann Jensen, Heidi Vesledahl, Laura Quam, Kathleen Hegg, Amy Halvorson, (front) Kylie Vesledahl, Heather Hoffmann, Amanda Langemo, Julie Pearce and Kara Evenson. (Not present was Gwen Grundyson).

Regional Ag News

Ray Bisek,
Extension Educator

Review of 2016 Minnesota Corn Disease Problems

Below is a review of 2016 corn disease issues in Minnesota by U of M Plant Pathologist Dean Malvick. As winter weather begins and we accept a slower pace, take time to educate one-self on possible 2017 growing season crop health issues and management strategies. As you select seed for the 2017 growing season, it would be wise to ask your seed agronomist about the disease package available in hybrids being considered.

Goss's leaf blight and wilt was seen at significant levels in multiple fields, especially in fields damaged by hail in July in southwest and central MN. Significant yield losses were reported from a few fields. Thus, Goss's wilt continues to be a disease to watch for given its potential to reduce yields. In fields with confirmed risk of Goss's wilt, especially where it was confirmed previously, highly resistant hybrids should be considered in future years when corn is planted. Given its prevalence last year in southern MN and IA, northern corn leaf blight (NCLB) was perhaps the most anticipated and watched-for corn disease.

Fortunately, it did not become a significant problem in most areas in Minnesota. Initial reports of this disease in southern MN in July raised the level of concern, but then the full set of favorable factors needed to get this disease really 'going' never came together. Unfavorable combinations of rainfall and temperature in July to mid-August when the crop is most susceptible to yield loss likely limited disease development.

Later in the season it was not difficult to find NCLB lesions in many fields, a reminder that there is a fresh crop of inoculum of the NCLB fungal pathogen in many areas that could incite problems in 2017 if conditions favor for disease development.

Other corn diseases reported include seedling diseases, stalk and ear rots from many fields in southern and central Minnesota, and Physoderma leaf spot. Of these, stalk rots late in the season appeared to be the biggest problem in many fields.

New corn diseases found recently in the Midwest. A new disease of corn called bacterial leaf streak, caused by the bacterial pathogen Xanthomonas

vasicola pv. vasculorum, was confirmed in the U. S. and Minnesota for the first time in 2016. Following confirmation in Nebraska, surveys were initiated in a number of states and the disease has been confirmed in at least nine states, including, Minnesota, Iowa, South Dakota, Illinois, Kansas, Colorado, Texas, Oklahoma and Nebraska. In Minnesota it was confirmed two counties, one in the southeast and one in the southwest. Corn leaves with this disease have narrow tan to brown streaks that are up to several inches long, and the symptoms are similar to gray leaf spot.

The potential for this disease to cause significant yield loss is unknown, but is thought to be low. More information on bacterial leaf streak can be found in these reports from the University of Nebraska, Iowa State University, and Kansas State University (cropwatch.unl.edu/bacterial-leaf-streak, crops.extension.iastate.edu/cropnews/BLS, and www.kstre.k-state.edu/news/news-stories/2016-news-releases/september/corn-leaf-streak.html).

Tar spot was found for the first time in the U.S. in 2015 in corn fields in Indiana and Illinois, and in 2016 was reported in Iowa for the first time. This disease has not been confirmed in Minnesota. There appears to be low potential for this disease as it is known in the U.S. to cause significant yield loss.

This summary is based on samples sent to the U of MN, discussions with experts walking lots of fields, and my own observations. If you saw other significant disease problems, please let me know.

Additional information and photographs of the symptoms for most of the diseases noted in this article can be found on the Minnesota Crop Diseases web site (<http://www.extension.umn.edu/agriculture/crop-diseases/>).

Bacterial Leaf Streak in Corn

Pathogen: Bacterial leaf streak, caused by Xanthomonas vasicola pv. vasculorum (synonym X. campestris pv. zeae), was confirmed for the first time in the United States in Nebraska in 2016 and has now been confirmed in Colorado, Illinois, Iowa, and Kansas. The disease had only been reported on corn previously in South Africa, although the pathogen has caused gumming disease, a serious disease

on sugarcane in several other countries. The disease has been confirmed in corn across many Nebraska counties.

Symptoms: Symptoms on infected plants may look similar to other common diseases, sometimes causing confusion and misdiagnoses. Narrow stripes between leaf veins may initially look like the common fungal disease, gray leaf spot. Lesions can be brown, orange, and/or yellow and are often yellow when backlit. Lesions usually have slightly wavy edges in contrast to the smooth, linear lesion margins of gray leaf spot.

Epidemiology: Bacterial leaf streak has been observed on field (dent) corn, seed corn, popcorn, and sweet corn in Nebraska. The pathogen biology and disease epidemiology have not been studied enough to be well understood. Its potential impact on yield is not known in commercially available hybrids. The pathogen survives in infected corn debris from previous seasons and is thought to infect the plant through natural openings in the leaves. Irrigation and wind-driven rain, as well as warm temperatures, are thought to exacerbate the disease.

Management: Foliar fungicides used to manage gray leaf spot and other fungal diseases are not expected to effectively control this bacterial pathogen. Until more research has been conducted to determine the most effective management strategies for this disease, corn producers are advised to use standard management practices for bacterial diseases.

Cultural Practices: Sanitation practices such as cleaning debris from combines and other equipment between fields can help slow its spread to unaffected fields. In some cropping systems use of crop rotation or tillage may help degrade infected corn debris and reduce the surviving bacteria. However, neither practice will eradicate the bacterium and eliminate the risk of disease.

Calendar:

Dec. 5th – Land Rent meetings: 10:00am at McIntosh Comm. Center, and 2:00pm at D & R Café in Bagley

Dec. 6-8th – Crop Pest Management Short Course, Minneapolis

Dec. 7-8th – Prairie Grains Conference, Alerus Center, Grand Forks

Dec. 13-14th – Conservation Tillage Conference, Hilton Garden Inn, Fargo

Random Things and Stuff



Top 10 Christmas Songs

By: Emily L. Ferden-Melott
Now that Thanksgiving is over, I find it very acceptable to

start talking about Christmas-related things! Christmas is one of my favorite holidays, so because of this, each week until Christmas I am going to have different articles related to the theme of Christmas. This week it just happens to be Christmas songs! The day after Thanksgiving is when I broke out all of my Christmas music. Here is a list of Top 10 Christmas songs of all time:

1. "The Christmas Song"-Nate King Cole
2. "Silent Night"-The Temperaments
3. "White Christmas"-The Drifters
4. "Let it Snow!"-Frank Sinatra
5. "Feliz Navidad"-Jose Feliciano
6. "I Saw Mommy Kissing Santa Claus"-The Jackson 5
7. "It's the Most Wonderful Time of the Year"-Andy Williams
8. "Baby it's Cold Outside"-Dean Martin
9. "Jingle Bell Rock"-Bobby Healm
10. "Must be Santa"-Mitch Miller

Found on <https://mic.com/articles/21342/the-10-greatest-christmas-songs-of-all-time#.QQ4BFFQxr>

WEM School Announcements

The WEM Yearbook Staff is starting our pre-sale for the 2016-2017 yearbook to be called "To Infinite & Beyond!" The yearbook this year will contain 80 pages.

It will feature an out of this world space adventure pictorial. Yearbooks are currently on sale. The cost is \$35.00 now and until December 21st and will cost \$40.00 after December 21st. Yearbooks can be purchased during students' noon hours or from Mrs. Winter (room 51).

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

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.

2016-2017 Annual Snowmobile Safety Class – offered to students 11 years and older – Saturday, December 10th – 8:00 a.m.-5:00 p.m. classroom and Saturday, December 17th – 10:30 a.m. – until finished with driving test. Sign up in the office.



Head Football Coach Wanted

The Win-E-Mac School District is currently seeking a Head Football Coach. Please send letter of application or contact Aaron Cook:

Aaron Cook, Activities Director
Win-E-Mac School
District #2609
23130 345th St SE
Erskine, MN 56535
218-563-2900
acook@win-e-mac.k12.mn.us

M35-36C

HEAD VOLLEYBALL COACH WANTED

The Win-E-Mac School District is currently seeking a Head Volleyball Coach. Please send letter of application or contact Aaron Cook:

Aaron Cook, Activities Director
Win-E-Mac School
District #2609
23130 345th St SE
Erskine, MN 56535
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M35-36C



The play *The Beatles Slept Here* was presented at Win-E-Mac on Saturday, November 19th. Here cast members Andrew Hanson, Maci Hamre, Katelyn Sanden, Aries Qualey, McKenzie Fuller, Tyra Wilson, Kylie Stuhag and Alaina Juve question what happened to their Beatles relics.



Questions, questions, questions, that is what Detective Johnny B. Goode had for Clarabell Little. (Olivia Simonson and Joe Revier)

Arts & Cultural Heritage SERIES

Minnesota Home Front in World War II

Stories From Home

Minnesota author and historian Steven Hoffbeck will share what life looked like on the home front in Minnesota during the attack on Pearl Harbor and World War II.

Gonvick LINK Site
Thursday, December 1 at 6:00 p.m.
218-487-6220 | 170 Main St.

LAKE AGASSIZ REGIONAL LIBRARY

CLEAN WATER LAND & LEGACY AMENDMENT

Programming is supported in part or in whole with money from the MN Arts & Cultural Heritage Fund.

Films contribute to cherished holiday traditions and gifts

The tradition of watching holiday films together as a family is one custom that has endured for generations. Grandparents may have their favorite films, while moms and dads no doubt have their own must-see holiday movies as well. And no holiday film session is complete without including at least one movie that celebrates the magical impact that this time of year can have on youngsters. This year, holiday shoppers can even draw some gift-giving inspiration from some classic holiday films that appeal to family members of all ages.

"The Polar Express" (2004)

Children love this tale of a young boy who lives out many kids' holiday fantasies by embarking on a magical, unpredictable journey to the North Pole. Along the way, the boy becomes a true believer in the spirit of Christmas when he picks up a loose sleigh bell that falls off of Santa's sleigh. Santa ultimately entrusts the bell to the boy, referring to the bell as "the first gift of Christmas."

Parents who want to make the tradition of watching holiday films together with their children even more special for kids can give the First Gift of Christmas Sleigh Bell Gift Set (<https://www.etsy.com/shop/LilyDeal>), providing their youngsters with the same sense of magic and wonderment the

boy feels when Santa gives him the sleigh bell in the film. The set includes a large sleigh bell, a red- and snow white-striped gift box, forest green ribbon, and large bow. A leather strap connected to each bell allows kids to hang the bell to include as part of their home holiday decor, or kids can carry the bell with them during the holiday season and show it off to friends and family alike. Each bell comes in a velvet gift bag, making the set an ideal memento for shoppers who want to give kids something they can unwrap and enjoy each Christmas for years to come. In addition, each bell comes with a Certificate of Authenticity that is signed by Santa and lists the name of the elf who inspected the bell, the reindeer name and the location of the bell on the reindeer's harness.

Shoppers looking for stocking stuffers for young fans of the film can opt for the Polar Express Round Trip Train Ticket. At 8" by 3", the ticket fits easily into standard Christmas stockings and can be customized to say "BELIEVE" or any word up to eight letters.

"National Lampoon's Christmas Vacation" (1989)

A holiday favorite among a slightly older crowd, "National Lampoon's Christmas Vacation" continues the tale of lovable family man Clark Griswold (Chevy Chase). Clark is determined to provide a tradi-

tional family Christmas for his wife, children and their large extended family, only to have his dream holiday derailed by a stingy boss. When shopping for gifts for fans of this holiday classic, shoppers can scour an array of homemade items on Etsy.com, from coffee mugs to T-shirts to home furnishings and more, celebrating Clark Griswold and all the mayhem his family hilariously endures en route to enjoying a merry Christmas together.

"It's a Wonderful Life" (1946)

Grandparents are no doubt very familiar with this beloved holiday classic, which tells the tale of frustrated businessman George Bailey (Jimmy Stewart). Contemplating suicide on Christmas Eve, George is saved when his guardian angel, Clarence (Henry Travers), intervenes and shows him what life would have been like for George's loved ones had he never been born. Holiday shoppers looking for something special for a parent or grandparent who loves the story of George Bailey can peruse Etsy.com to find a host of items and replicas that recall some of the film's most memorable scenes.

This year, shoppers can make the tradition of watching holiday films together as a family even more special by incorporating some beloved holiday movies into their gift-giving.



Everyone wanted to get into the act to keep Sgt. Paprika out of trouble that was being caused by his sister Clarabell. Here he is with the help of Eleanor Digby and Jude. (Hunter Chaput, Chris Kuznetsov, Breanna Carroll, Bryce DuChamp and Olivia Simonson)



What? The Beatles even show up?