

\$1.00

McINTOSH

Hub of the Thirteen Townships

Since 1888

McIntosh, Minnesota

Times



Before any child can attend school in Minnesota, they must first have a screening with a qualified teacher. Here, Shannon Svalen is measuring the skills of Stella Davis during preschool testing last Friday at Win-E-Mac School.

Before heading off to preschool

Parents frequently asked questions

By: Krystal Haugen

Now that school is around the corner I wanted to interview Shannan Svalen and Heather Earls, preschool teachers at Win-E-Mac School about the program and what parents and their kids should expect. This is what they had to say:

Is going to school better than home schooling? Each family decides what best depending on their family situation and their child. However, early exposure to a quality preschool program can give a child not only academic skills, but also how to take turns, working independently, and problem solving. Our classroom covers not only developmental areas such as literacy, science, math and arts...but social and emotional needs of children at that age so when they do enter Kindergarten, they have a strong foundation.

What is a basic schedule for everyday? Our program has a very consistent schedule that uses visual reminders. Breakfast, circle time, centers,

large motor, lunch, rest, and small group times are incorporated every day.

How do you know if your child is ready for preschool? Win-E-Mac has an Early Childhood Screening every spring for children ages 3 and 4. This is a quick, FREE developmental and health screening that rules out any concerns and also offers information for parents on what our program can offer their child.

What made you go into being a preschool teacher? As a student at Bemidji State University, I had to take a class in early development. When I learned that children's first years of life offer "windows of opportunity" for brain development that affect children the rest their lives, I wanted to learn more. Children's early learning experiences with stimulation, the environment, and nutrition has affects that last their lifetimes.

How often do children have trouble missing their parents and how do you deal with it? All of our staff

are also parents....we understand it is very common for the transition into preschool to be an emotional one. Teachers work with families to make morning routines consistent, and our classroom is always positive and safe. We strive to make our classroom a place where students are comfortable and excited to be at school.

What is the difference between head start and ECCE? The Win-E-Mac preschool program is a wonderful combination of several quality programs! Each program works together to provide support of health, family education and academic readiness. School Readiness offers families 2 full days a week and tuition is based on a sliding-fee based on income. We also have been awarded a Pathways II Scholarship for the 2nd year in a row, which offers tuition assistance to qualifying families. In addition, we also work with Headstart which can pro-

Preschool...
Continued on page 4...

Win-E-Mac to host open house

Tour the new Arts and Event Center

During the last year, driving past the school or dropping off your students, Win-E-Mac school residents have noticed the construction going on to the new addition of the school. Nearing completion this summer, the new facility will be ready to use for the 2015-2016 school year and for years to come.

On Wednesday, September 2 Win-E-Mac school will host an Open House from 5:00 pm to 7:00 pm for students, parents and community members to come in and see the new addition to the school. Everyone is invited to come and tour the new Arts and Event Center that has been a work in progress over the last school year and throughout the summer. Finally completed, the facility holds a new stage and theater set-up with a convertible seating area, so that the room may be used as a gymnasium as well, locker rooms and a fitness facility. There has also been improvements and an addition made to the industrial arts area of the school and modifications to the FAC's and band/choir rooms.

There will be a lunch of sandwich, chips, brownie and a drink to all who attend the open house and will be served from 5:00 pm to 6:30 pm. The lunch will be sponsored by: 1st National Bank of McIntosh; American State Bank, Erskine & Grygla; ICS Consulting; Ultima Bank Minnesota, Winger & Fosston; Unity Bank North, Mentor & Red Lake Falls; and Garden Valley Telephone Company.

During the open house parents and students will have the opportunity to do a number of "housekeeping" tasks to start off the new school year including new student enrollment, stopping into the classrooms to meet your teachers, paying fees such as lunch account and activity payments.

There will also be an opportunity for parents to sign up for synergy, the school's database program to check on student progress, as well as instant alerts to closing and any other information that a parent would need to know.

Bus routes and schedules will be available for parents and students alike.

Informational booths will be set up in the commons area for the school to provide information about such things as student activity groups and other pertinent topics.



Wednesday, August 12th, McIntosh was hit by quite a storm late in the night. There was much reports of damage, mostly by the large hail that fell in the area. This picture was taken by a McIntosh resident of a piece of hail collected during the storm, and in comparison to a quarter.



Nearly complete, the new Win-E-Mac Arts & Event Center will be ready for tours on Wednesday, September 2, 2015 during the open house from 5:00 pm to 7:00 pm.

For Sale: City lists Poplar Meadows

The City Council and the McIntosh Economic and Development Board each voted unanimously to list Poplar Meadows Assisted Living facility with the firm Marcus & Millichap for the sale of the property and business which is currently owned and operated by the City.

Each of the boards passed a resolution to list the property and the sale committee made up of 2 members of the City Council and 2 members of the MEDA board will meet with the Broker and finalize the details of the listing agreement.

The listing agreement can involve certain criteria for a potential buyer as well as criteria concerning the employees and residents of Poplar Meadows.

On Monday, August 10, 2015, Ray Giannini from Marcus & Millichap visited the City and met, in a public meeting, with members of the City Council and the MEDA Board, at the McIntosh Community Center, to talk about the listing agreement and to answer any questions that either Council, Board or Community members had.

There were a few community members present, all but one council member and also a MEDA board member was missing.

Ray explained that there is currently a market for such properties, as their industry is looking at a senior housing demand increase as the baby boomers reach the age of no longer being self-dependent.

The property will be listed for \$2.8 million, approximate-

ly \$100,000 per housing unit available at Poplar Meadows. The listing will be for a period of 6 months and during that time, Marcus & Millichap will market the property and act as the broker between the City of McIntosh and any potential buyers.

Currently the City owes slightly over \$2.3 million for Poplar Meadows and the purchase price, minus the fees involved in the sale, such as legal fees, transfer tax and broker commission, would allow for the sale without any remaining liability for the residents of McIntosh.

Ray also stated that he would believe that there would be no immediate changes made at the facility should there be a new owner.

A new owner may expand services and possibly make changes in licensing after a period of time.

Marcus & Millichap is a real estate investment business with corporate headquarters in Encino, California.

The company has been matching each property they broker with qualified buyers since 1971.

Ray Giannini, who is a vice president with the company, is located in Brookfield, Wisconsin and has sold many senior housing facilities all over the Midwest.

For more information on the company, you can visit www.MarcusMillichap.com.



During the 1st Annual Heritage Garden Tour that took place on Saturday, August 8th, Eileen Ostenaa and her niece, Kay Roth, visited the many yards on the tour. One of the yards, belonging to Kilmer and Dianne Christopherson, just south of McIntosh was the homestead farm of Eileen's husband Oliver.

August 29th is Tractor Day in Mac

Saturday, August 29th is the day all antique tractor owners are invited to bring your "vintage beauties" and show them off in the tractor parade in McIntosh from 10:00 am to noon.

The tractor line up will take place at Erickson Park on the east side of town and parade through town. The parade is free for anyone who wishes to bring their tractor to town and show it off in the parade. The route map will be handed out during the lineup time.

After the parade, there will be a vintage tractor pull at 1:00 pm at the football field on the west side of town. For those who wish to participate, there will be a pulling fee. Only tractors that are pulling should be at the football field, as there is only enough room for those participating in the pull. Any other tractors can be displayed at Erickson Park or anywhere around town.

Spectators will have a few bleachers to sit upon, but it is recommended that you bring a chair, just in case the bleachers fill up fast, or you are looking for shade.

Food, water and pop will be available, for sale, on the football field during the pull from



Lana and Kerri from LB's Office.

There will be many other activities around town during the day as well. Many businesses will have specials, there will be a quilt show at the Community Center, and a car show during the afternoon at Erickson Park. There will be a beer garden at The Club Bar & Grill and hamburgers and brats outside at the beer garden, and Wise Guys will be on stage that evening starting at 9:30 pm. The Club will have games including horseshoes and volleyball outside during the festivities as well.

The day will be in remembrance and tribute to Rueben Brekke. A longtime owner and lover of all tractors.

Mark your calendars for August 29th, and don't miss the day of fun in McIntosh.

If you have any questions, you can contact Steve Urness at 218-280-0399 or Roy Ostenaa at 218-563-4675.

Community Calendar

- Wed. Aug. 19:** McIntosh City Clerk's Office Closed; 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. Aug. 20:** MHAC Thrift Store Open 10:00am -4:00pm; McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Bingo at The Club Bar & Grill 6:30pm
- Fri. Aug. 21:** MHAC Thrift Store Open 10:00am -4:00pm; McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Sat. Aug. 22:** MHAC Thrift Store Open 9:00am - Noon
- Mon. Aug. 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. Aug. 25:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Serenity Seekers Al-Anon 7:00pm @ Kingo Church Library, Fosston
- Wed. Aug. 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. Aug. 27:** MHAC Thrift Store Open 10:00am -4:00pm; McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Bingo at The Club Bar & Grill 6:30pm
- Fri. Aug. 28:** MHAC Thrift Store Open 10:00am - 4:00pm; McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Sat. Aug. 29:** MHAC Thrift Store Open 9:00am - Noon
- Mon. Aug. 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. Sept. 1:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

WEM Football Buddies night August 27th

Kids can come and kick off fall and back-to-school time on Thursday, August 27th at the Win-E-Mac school football field.

The annual Win-E-Mac football buddies night will take place where kids can come out to stretch, kick, catch, and run some football-like plays with our very own Win-E-Mac football team.

Kids ages 0 to 12 years old are invited to attend! Don't forget to wear your best Patriot colors! See you there!

Contact Shannon Svalen, ECCE Coordinator at 218-687-2236, email: ssvalen@win-emac.k12.mn.us, or "Like" us on Facebook: WEM Early Childhood Family Education.

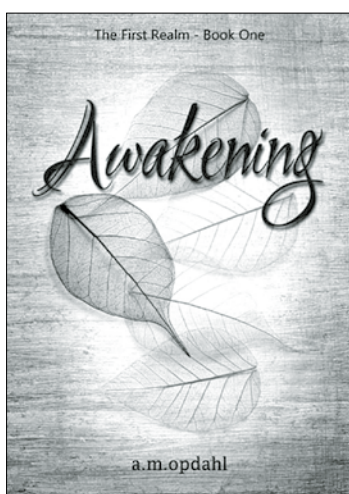




DeeDee Narum stands in front of her studio out in her many gardens on her farm just east of McIntosh on Saturday, August 8, 2015. The Narum farm was a stop on the 1st Annual Heritage Garden Tour, a fundraiser sponsored by the McIntosh Heritage & Arts Center and East Polk County Heritage Center.

Local writer releases debut novel, first in series

A local writer, Alison Mellgren Opdahl, has taken the plunge into self-publishing this month. Her debut novel, *Awakening*, is the first installment in the First Realm Trilogy. *Awakening* is currently available through the Kindle Store on Amazon.com. She is in the process of releasing *Awakening* in paperback as well. Alison, a partner and professional massage therapist at Marial Harbor Body Wellness Center, lives in Northern Minnesota with her husband, daughter, three cats and a dog. Writing is her escape and her sanity. She contributes to a local weekly newspaper column, *Pestle & Vessel* (which can also be found on Facebook). You will find the cross casting its shadow in much of her writing.



Allison Mellgren Opdahl recently released her new novel that is now available through Amazon.com.

down a path which points her to Turrenah, the Place of Beginning. Her heritage begins to assert itself and a Healer is awakened, one with an unusual ability.

Raised as the next heir to Anuera, Dara bides her time. Ultimately, she abandons her people to search for her father. Lord Alaren Haight rode out to find his wife and daughter, never to return. Yet the prophecy will engulf her as well and deal her a ruthless blow. A Warrior is awakened, one who battles herself most of all.

Their heritage is the key to the prophecy. Different paths will lead to the same truths; the identity of the Shadow Lord and the One who can challenge him. The margin between Shadow and Light is called choice. Which will they choose?

Story to Share?

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



Congratulations go to Becky Boehrnsen for being this week's "Yard of the Week". Becky and family have spent many hours planning and working towards their backyard oasis pictured on the right. A great place for relaxing and fun!

Pestle & Vessel

By Alison Opdahl

Grace

"And God is able to make all grace abound to you..." II Cor. 9:8

The word grace is often misapplied in our culture. The meaning diluted by more casual uses, but there is a reason harder to admit; one which forces our consideration inward.

According to Scripture, our understanding of God and His works is darkened. We are fallen men. We live in the shadow of sin; from the outside world and from within. At times, our failure to grasp the truth of grace can discourage us. We often feel the struggle to understand it is one we should be able to conquer. This misguided desire only serves to emphasize our darkened understanding.

The prophet, Isaiah, says our good works are like filthy rags. The first part of Isaiah 64:6 reads, "All of us have become like one who is unclean, and all our righteous acts are like filthy rags." It is a simple statement yet it forces within us an uncomfortable realization. There is nothing we can do to earn our salvation because we are fallen men.

So many times, we find ourselves pleased with our 'good works', whether it is success at work or taking the lead in a ministry of the church. Many of these 'good works' are outwardly commendable. Yet if there is any good in them—according to the Bible—it is the result of the Holy Spirit working within us. Then why is it so easy for us to take pride in these 'good works'?

Darkened man acknowledges no Lord. Apart from Christ our 'good works' are as filthy rags, the kind which have been used for such grease and grime that the more we try to clean

ourselves with them, the filthier we become. This is how sin abounds. The more we struggle with sin on our own, the filthier we become.

The Christian walk is a struggle not so much against the world but against our very natures. Believer, if we must struggle—then by the grace of God—let us struggle to foot of the cross. Let us not restlessly seek what we cannot earn. Instead, let us rest at the feet of the One who not only longs for us to be with Him, but to simply be. "And God is able to make all grace abound to you, that always having all sufficiency in everything, you may have an abundance for every good deed." II Corinthians 9:8.

The simple act of being a child of God is a testimony to the One who dwells within us. As we put our relationship with our Lord first, every action becomes His good work in us. Good work does not mean our every word or response is 'good', after all, we are sinful but it does mean the work He is doing within us is good. It will bear fruit. Maybe fruit we will never see.

Grace. God's Riches At Christ's Expense. This apostolic clearly explains the concept we struggle with so often. We cannot pay for the blessings He showers on us. We cannot persuade Him to save us because of our 'good works' and thereby earn our salvation. We cannot pull ourselves from the dark shadow of sin into the light. Yet by simply being His child and living in a state of repentance, He pays our penalty for sin. In exchange for our sin we receive grace because He has accomplished the doing. In return He only asks that we be His children. Thank God! Believer, let grace abound.



Way up in the air, Jeremy Finseth takes down a very large, old pine tree at Mary Jane Goss' home on the east side of McIntosh.



Mary Jane Goss sits on the stump, surrounded by the remains of what once was quite a large pine tree in her yard.

The McIntosh Times Office Hours

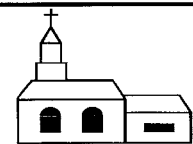
Wednesday 9:00 am to Noon
Friday 9:00 am to 11:00 am

Call or fax: (218) 563-3585

Ad deadline is Noon on Friday prior to publication



Church News



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

Wed, Aug. 19: Holy Mass at Cornerstone, Bagley

Fri. Aug. 21: 11:30am Holy Mass at St. Mary's, Fosston

Sun. Aug. 23: 8:00am Confession; 8:30am Holy Mass at St. Mary's, Fosston; 10:30am Holy Mass at St. Joseph's, Bagley

Wed. Aug. 26: 11:30am Holy Mass at St. Mary's, Fosston

Fri. Aug. 28: 11:30am Holy Mass at St. Mary's, Fosston

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

If you have any questions about the schedule please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH Winger/Bejou Interim Pastor

Melody Kirkpatrick
Wed. Aug. 19: 4:30pm-6:00pm WELCA Supper at Immanuel; 8:00pm Immanuel Council

Sun. Aug. 23: 9:00am Worship at Immanuel, Bejou

Sun. Aug. 30: 10:00am Tri-Church Worship at Our Savior's, followed by a potluck dinner

No worship service during the month of August at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh Interim Pastor

Melody Kirkpatrick
Sun. Aug. 23: 10:30am Worship Service

Sun. Aug. 30: 10:00am Tri-Church Worship at Our Savior's, followed by a potluck dinner

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

Wed. Aug. 19: 1:30pm Bible Study at The Country Place

Sat. Aug. 22: 8:00pm Prayer Meeting

Sun. Aug. 23: 9:30am Sunday School and Adult Bible Study; 10:45am Worship Service

Tues. Aug. 25: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. Aug. 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.

Ad deadline:
Noon Friday

MAC TO FLUSH WATERLINES

The City of McIntosh will be flushing waterlines and hydrants each Thursday throughout the summer.

Residents are encouraged to watch for rusty or dirty water on these days. Fill washing machines to check water before adding clothes.

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McINTOSH Times

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"Serving the Win-E-Mac area"

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VERNES LUTHERAN CHURCH (LCMC) McIntosh

Pastor Paul Magelson

Sun. Aug. 23: 8am Worship

Sun. Aug. 30: 8am Worship

IMMANUEL LUTHERAN CHURCH McIntosh

Rev. Mark Peske, Pastor

Sun. Aug. 23: 9:30am Worship Service

Sun. Aug. 30: 9:30am Worship Service

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

DOVRE

FREE LUTHERAN

Pastor Don Edlund

Wed. Aug. 19: 7:00pm Inter-Denominational Bible Study on Beth Moore's Revelation Study. Everyone Welcome!

Sun. Aug. 23: 9:30am Worship Service

Wed. Aug. 26: 7:00pm Inter-Denominational Bible Study on Beth Moore's Revelation Study. Everyone Welcome!

Sun. Aug. 30: 9:30am Worship Service.

MCINTOSH AFLC

McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson
Trinity:

Wed. Aug. 19: 7:30pm Bible Study

Sun. Aug. 23: 11:00am Worship Service

Wed. Aug. 26: 7:30pm Bible Study

Sun. Aug. 30: 11:00am Worship Service

Mt. Carmel:

Sun. Aug. 23: 9:30am Worship Service

Sun. Aug. 30: 9:30am Worship Service.

Wit & Wisdom

Lena was getting tired of drying clothes, after scrubbing them in the river, by holding them in the wind. One day she told Ole she had enough and to go to Fargo and buy her a dryer. So Ole put down his beer and went to town. Not knowing which type of dryer to buy he stopped at the Moose Club to ask his buddies. After a lot of discussion and a few more beers he left and went to the hardware store. When he got home Lena was mad as he was gone all day and shouted "Vel, Ole did you git me da dryer?" Ole said "I sure did and it was not easy to pick out because there were so many different ones? Lena then asked where it was. Ole handed her a paper bag and said "Here it is, nylon and 50 feet of it".

B-B Cafe Menu

Wed. Aug. 19: Country Fried Steak, Mashed Potatoes & Gravy, Corn, Roll, and Dessert

Thurs. Aug. 20: Baked Chicken, Mashed Potatoes & Mushroom Gravy, Carrots, Roll, and Dessert

Fri. Aug. 21: BBQ Meatloaf, Baked Potato, Green Beans, Roll, and Dessert

Mon. Aug. 24: Taco Salad, Garlic Toast, and Dessert

Tues. Aug. 25: BBQ Ribs, Baked Potato, Mixed Vegetables, Roll, and Dessert

Wed. Aug. 26: Grilled Ham & Cheese, Cream of Tomato Soup, and Dessert

Thurs. Aug. 27: Turkey Dinner, Mashed Potatoes & Gravy, Stuffing, Carrots, Roll, and Dessert

Fri. Aug. 28: Hot Hamburger, and Dessert

Community Birthday and Anniversary Calendar

Wed. Aug. 19: Lester Olson, Micah Ferden, *Wayne & Renee Brekke

Thurs. Aug. 20: Matthew Finseth, Diane Grundysson, Adam Shaver, *Joe & Jessica Shimpa

Fri. Aug. 21: Lacey Roed

Sat. Aug. 22: Cody Krossen

Sun. Aug. 23: Robin Shimpa, *David & Wanda Stordahl

Tues. Aug. 25: Mike Breckel, Jason Breckel

BUSINESS & PROFESSIONAL GUIDE

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Richards Publishing Co.

Winger News

by Linda Pulskamp

Hello again from Winger and the Union Lake areas! Has been some very beautiful summer days as of late, but not only that the days are getting shorter as is noticed in the morning and again in the evenings. Uff da, is to early for this.

Harvest is fully underway, combining is in full swing, straw is being baled, but have yet to see the ground turned over so it is black again.

Gardens are so plentiful, canning and freezing for next winter is also under way. And so the seasons go, faster every year.

College kids are packing up and heading back to their schools, as I mentioned before for some it is a first year experience and for the parents too, for others they are ready to head back and have a schedule of some sort, if there is such a thing anymore.

Area schools are having their open houses and registration for new students, and preschoolers are being screened and readied for a new experience also.

Judy Gieseke was a visitor on Friday the 7th at the Fern and Milton Carlson home, she arrived bearing fresh beets from her garden that were so appreciated and so tasty for Fern and Milton.

Martha Henney recently enjoyed a visit by phone from Jayne Dahlgren of Fullerton, CA. Jayne's father confirmed Martha and not only that he later married Martha and Myren. Adding to this, Jayne's sister Margaret was the flower girl at Myren and Martha's wedding. Such a memory Martha has.

Helmer and Verlys Homme were visitors with Roy and Judy Raben at Raben's lake home last Sunday.

Last Saturday evening Lucy Brtek, sister Barbara Bridges and their cousin Betty Myhrum met Greg and Michelle Gagner at Rhombus Pizza in Mentor for an enjoyable evening of pizza and visiting.

Milton and Fern Carlson were visitors last Saturday afternoon at the Judy and Lonnie Gieseke home.

Sheldon and Rita Trandem visited with Helmer and Verlys Homme last Saturday afternoon at the Pioneer Home.

Michelle Gagner of Mentor was a visitor last Sunday with her Mom, Lucy Brtek and her Aunt, Barbara Bridges at the Brtek home.

This past week Bill and Marlene Henney of Fosston and their house guests Donna(Bjerke) and Wally Behnke of Brooklyn, Wisconsin visited with Martha Henney at her home in McIntosh. The Behnke's are relatives of the Henney's.

Donna Carlson was a Sun-

day evening visitor at the Fern and Milton Carlson bringing them fresh vegetables from her garden.

Jeanine Perreault and Betty Myhrum were among the visitors at the Lucy Brtek home during the time Barbara Bridges visited at Lucy's. Lucy and Barbara Bridges visited at the Sue Eichens home in Winger during the time Barbara was visiting here.

Classmates, Sharon {Knutson} Messelt, Gerri (Sollie) Engdahl, Carol (Sollie) Fjelstul, Alice (Fjelstul) Rostad and Camilla (Aasen) Pearsall met at IKEA in Bloomington Thursday the 6th. They had a delicious lunch and a good visit. Was so good they could be together again.

Last Saturday Kelly Johnson, Dean Johnson , Ardi Nefzger and Donnie Johnson of Maple Lake, Mn and Nola Abele of Fosston were visitors at the Pulskamp home. They all helped Butch celebrate his birthday. That evening Donnie, Nola and Butch and Linda enjoyed a birthday supper together at the Club in McIntosh.

Last Sunday Lucy Brtek, Barbara Bridges, Orrie and Sue Flermoen and Pam Wang all met at the Depot Café for noon lunch.

Helmer and Verlys Homme were among family and friends last Saturday to help Sheldon Trandem celebrate his birthday at an open house held at Grace Lutheran Church in Erskine.

Truman and Darlene Johnson of Dilworth are spending a few days at the Boyd and Sylvia Bratager home. Truman is helping with the harvest and I am sure that Darlene and Sylvia are doing the cooking.

Paul Carlson stopped in at the Fern and Milton Carlson home last Monday morning for a jump start of coffee on his way to work. Later that day Judy Gieseke came bearing treats and stayed for a visit.

During the time Barbara Bridges was here visiting with her Sister, Lucy Brtek, they did some road tripping that took out by the Maple Lake Pavilion, the Union Lake and Sarah Lake areas and by the Wooded Park School House, much reminiscing was done along with picture taking.

It is unfortunate but the Winger American Legion Auxiliary will be disbanding. For those who are now members and would like to do so you can transfer your membership to another active unit.

Another reminder, McIntosh Tractor Day is right around the corner. Saturday August 29th is the day, with a tractor parade in the morning at 10:00 AM and the tractor pull that afternoon at 1:00 PM. Look forward to seeing you there.

From the Manor:

Ashley Hand came out to the manor on Monday evening and picked up Chewie the puppy, and took him home for Marky to puppy sit. Jay Bob and Bun are already missing the little tike.

Bun did his his hair affair with Faye in McIntosh on Tuesday and afterwards visited with Carey Burslie at Mac Motors. Carey told Bun that he is feeling better after his incident earlier this year. He also told him that he quit smoking. Keep it up Carey!

Congratulations to Kjersti Haugen (daughter of Susan Eichen and grandma Betty Lou Myrum) on her marriage to Dakota Poissant (son of Steve and Michelle Nevenhoven). They were married Saturday August 15th at New Hope church in Fertile. God's blessings to the both of you.

Bun came home on Saturday night and was outside on his deck listening to Will Fest across the lake at Zeke's. He almost thought he was right at the party because of the echo off the lake. Happy 21st birthday Will!

Dick and Karen Hagen of Minnetonka came up on Thursday to spend a few days visiting friends and relatives while residing at nephew Dale's. They got together Sunday with a few of Dick's relatives for lunch at Cozy in Brooks. They enjoyed breakfast with sister Joyce at the Winger Depot before returning home Monday.

Sympathy goes out to Mark and Pat Polley of Winger on the passing of his father John. God rest his soul.

One final note: Bun offered to buy Bruce Solberg pie the other day but Bruce declined stating that he didn't want his name in the paper as getting in on a freebie. Your loss Bruce!

Pitch the Commissioner event

Pitch the Commissioner event set for Wednesday, August 26, from 9 a.m. to 12 p.m.

Minnesota Health Commissioner Ed Ehlinger will visit Crookston on the morning of Wednesday, August 26, for the latest in his series of popular "Pitch the Commissioner" events, where he talks about public health with community members over a friendly game of horseshoes.

Polk County Public Health and Norman-Mahnomen Public Health are hosting the event which will start with a tour of the Castle Park Natural Play Space, which is located off Castle Street in Crookston, and a tour of the Community Gardens on Riverside.

Following the tours the Commissioner will be pitching horseshoes at the Highland Complex, which is located off of Barrette Street.

Participants will be able to pitch their ideas to Commissioner Ehlinger about improving the public health in their community and how the state can help them accomplish their

goals, while pitching horseshoes.

The games of horseshoes will be followed by a presentation at the Town Square Pavilion by Commissioner Ehlinger, who will engage local officials and community members in a discussion on "What Does Minnesota Need to be Healthy?" The pavilion is located on the corner of East Third Street and North Ash Street.

A focus of this year's "Pitch the Commissioner" series will be what the state can do to strengthen communities' capacity to create their own healthy future. Commissioner Ehlinger says the goal of "Pitch the Commissioner" is to create a conversation between local officials, community members and state government officials, about how to advance public health around the state by starting in communities.

"Pitching horseshoes is a fun and easy way for people to be physically active and engage in conversation at the same time." Commissioner Ehlinger said, "I want to hear what Minnesotans have to say about what their communities need to be healthy and I want to highlight the achievements of local public health."

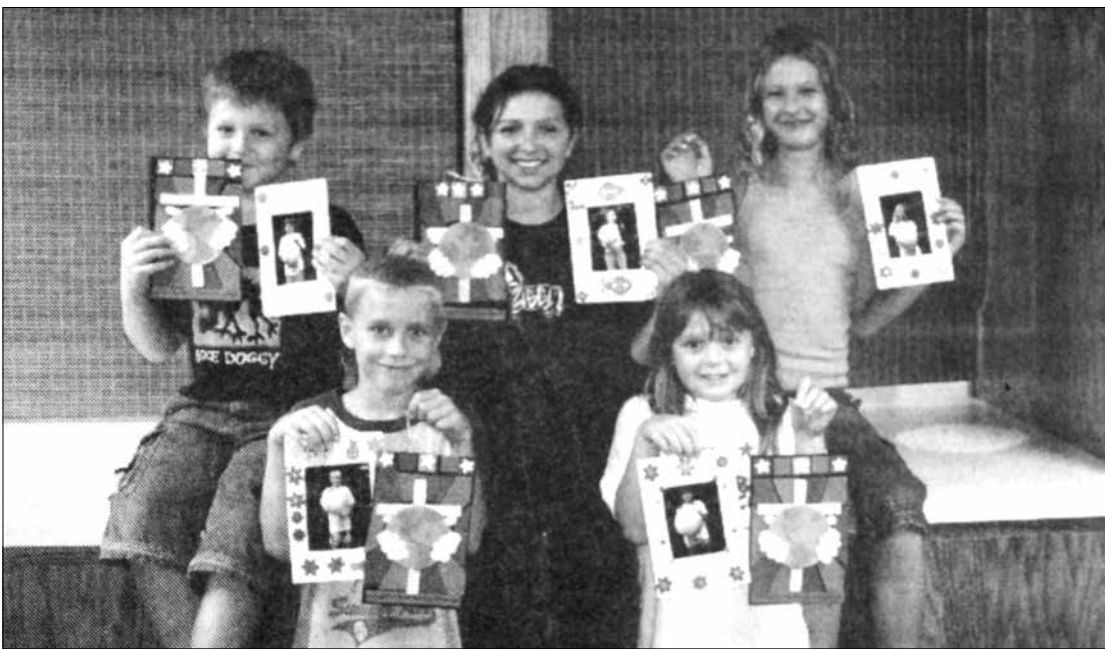
This is the fourth year of the Pitch the Commissioner series. Previous summers have featured visits across the state as well.



30 years ago...1985: The Winger 4-H lends a hand during Winger Days, dressed as clowns at Helling Hartz.



20 years ago...1995: Many years of caring experience were gathered together in the gazebo on the McIntosh Manor lawn as former employees assembled during the anniversary celebration of the nursing facility. (L-R Back) Leona Myers, Olive Bergh, Alette Peterson, Mae Roed and Esther Swanson. (L-R Front) Lillian Jorstad, Irene Domier, Helen Haugen and Alice Haaven.



10 years ago...2005: Five Students attending VBS at Immanuel show off their craft projects of a frame containing their picture and a wall hanging saying, "He's got the whole world in His hands." Pictured L to R (Back Row) Jeremy Kasprzak, Anne Ulrich and Kynndyl Ross; (Front Row) Matt Thompson and Paige Gieseke.

Recipe Corner

Enjoy the fresh corn harvest and try these recipes to bring that summertime fresh taste back during the winter months.

Homemade Sweet Corn Relish

10 fresh ears of sweet yellow corn, husks and silk removed, slice kernels off the cob with a sharp knife
2 large red bell peppers, washed and cored, finely chopped
2 large green bell peppers, washed and cored, finely chopped
8 stalks celery
1 large yellow or sweet onion
4 cups apple cider vinegar
2 cups sugar
1 tablespoon whole yellow mustard seeds or ¾ teaspoon ground dry mustard
3 teaspoons salt
4 whole allspice berries
Combine all the ingredients in a pot and bring to a

boil, stirring until the sugar is dissolved. Reduce the heat to medium and simmer uncovered for about 20 minutes until the vegetables are tender.

Ladle the relish into hot sterilized jars and seal with lids. Process the jars in a water bath for 10 minutes.

Keep stored in a dark, cool place. Will keep at least one year.

Once opened, store in the fridge for up to two months.

Black Bean and Corn Salsa

1 pound dried black beans
8 cups corn
1/2 cup lime juice
1/3 cup olive oil
1/4 cup red wine vinegar
4 teaspoons salt
2 teaspoons black pepper
5 pounds tomatoes, chopped
9 jalapenos, chopped (optional)
2 red onion, chopped (you can use white)
1 cup cilantro, chopped
These are just "suggestions" feel free to use more or less of any of these ingredients to fit your tastes.
Soak the beans overnight.

The next day, drain the water and rinse. Put the beans in a pot of fresh water and bring to a boil. Turn down heat and simmer for 30 minutes.

While the beans are simmering, mix all the above ingredients in a large bowl. Also, put on another pot (or tea kettle) of water to boil.

Sterilize jars (either by boiling or by using your dishwasher). Drain the beans and add them to your salsa mixture.

Put mixture in hot jars leaving a one inch headspace. Do NOT pack the mixture down. Add boiling water to the jars until it just covers the mixture.

Put sterile lids and bands on and process according to the directions that came with your pressure canner for beans. For me it was for 1 hr and 15 minutes at 10 pounds of pressure.



Regional Ag News

Jim Stordahl,
Extension Educator

Sap Beetles

The most frequent call this week has been related to bugs eating fruit. The most common pest is a small black beetle eating raspberries that are ripe and ready to eat. Ripe raspberries are a special summer treat, but I guess we're not the only ones that enjoy them.

Sap beetles, also referred to as picnic beetles, often become a nuisance in gardens during late summer. They feed on damaged, overripe or decomposing fruits and vegetables. There are over 180 species of sap beetles, yet the best known species in Minnesota are the strawberry sap beetle, picnic beetle and the dusky sap beetle.

Most adult sap beetles are small, between 1/8 and 1/4 inch long, oval in shape and are black with four orange-rust spots on the wing covers.

Sap beetles overwinter as adults. They emerge in spring and lay eggs near fermenting and decaying plant material. Larvae feed for about three weeks and then pupate, emerging as adults in late June or early July. Sap beetles take about 30-35 days to develop from egg to adult. There is one generation each year.

Sap beetles can directly injure fruits and vegetables, however they are more often found on fruit/vegetables that have been damaged by another insect, or infected with a disease.

For example, in strawberries sap beetles may often be seen on berries that also infected with a disease. They commonly infest corn, tomatoes, raspberries, strawberries and muskmelons that are wounded or overripe -- all of which may be ready to harvest now.

If they are attracted to a garden by fermenting, overripe produce, they may also infest undamaged, developing fruits and vegetables, particularly berries or corn. In sweet corn, for example, an ear damaged by corn earworm will attract sap beetles, whose larvae then feed on the undamaged kernels.

Management of these hungry beetles is never easy, but there are a few things you can do.

First, keeping your garden free of overripe fruit and vegetables is extremely important. Remove any damaged, diseased, and overripe fruits and vegetables from the area at regular intervals. Collect apples, peaches, melons, tomatoes, and other decomposing fruits and vegetables and compost them or remove from the garden to eliminate beetle food sources.

Trapping is another option. The theory of trapping sap beetles is to place traps outside the garden on the assumption that the trap will be more attractive than the fruit. Any container of fermenting plant juices will attract sap



Sap beetle

beetles. Common baits include stale beer, molasses-water-yeast mixture, vinegar, or any overripe fruit. Traps should be placed a few feet outside of your garden. Discard trap contents frequently, every three or four days, and rebait traps.

Insecticides are an option, but not a good one since sap beetles do not appear until fruit is ripe so insecticide use on the crop is discouraged. Insecticides may kill existing beetles, but as long as fruit/vegetables are present, they cannot prevent additional sap beetles from moving into gardens. Moreover, insecticides typically kill on the non-target, beneficial insects as well. However, if you spray, it is very important to observe the interval between insecticide applications and when you can harvest fruits and vegetables (this information is found on the pesticide label).

For more information, contact me at 800-450-2465 stordahl@umn.edu. This information was provided by Jeff Hahn, UM Entomologist.

Random Things and Stuff



Back to School On a Budget

By: Emily L. Ferden

School is right around the corner, and along with school there's the annual school shopping trip. The time of year you go out and get all of the note-books, folders, pencils, and pens you will need to last you the whole year. Then there's the new sneakers, jeans, and tees to define your look this year. When it all boils down, it is a pretty penny you spend to get all of these items!

Whether you are in preschool or college student these money saving tips will help you not to break the bank this year on school supplies (found on financesonline.com):

1. Before rushing out into the crowded and narrow aisles at your local convenience store, take a look at the back-to-school list distributed by the school and look for items that you already have. Cross these items off. Is there still enough ink in your child's markers to last another year? Do one of your older children have an old smock that they can pass down to a younger sibling? Look around the house before heading out to the stores because chances are you can cross a lot off your list without dropping a dime.

2. The Internet has changed the way we shop for school supplies. One recommendation when it comes to using the internet to your advantage is to go to the stores first, write down prices, and compare the in-store prices to what you can find on the internet. An additional advantage to buying school supplies online is that your kids won't be distracted by all of the shiny potential purchases in the store. It's an easy way to stick to the budget and the list without having to fight with a crying child! These days you can buy everything, from crayons to clothing, cheaper on Amazon. Check out supplies on Amazon before you fork over too much cash at the store. Remember that if the shipping costs are too high it

might make internet shopping more expensive. Be sure to use the internet for the most expensive of school supplies. Calculators for high school or books for college are great things to buy online on eBay or Amazon instead of in the store because you can get them used, which ultimately can save you hundreds of dollars.

3. Once you've milked your house supply of back-to-school goods and hit up the internet for the best deals, it's finally time to hit the stores. Before you go though, be sure to check your neighborhood fliers and internet deals for coupons. If you don't already get a newspaper full of fliers delivered to your house, stores like Walmart and Target usually have their own fliers full of deals right at the door of the store. We recommend looking for some deals online ahead of time, too. Check out RetailMeNot and Money Saving Mom. Monitor the stores in your area for weekly sales that you should be aware of. You might have to do some running around to get the best deals, but as long as you plan ahead and don't spend more than what the savings are worth on gas you can save a lot of money by seeking out the best deals. Some stores do price matching for the same products, so if you can find something for cheaper in one place see if the store where you can get most of the shopping out of the way will match the price! Just so you know: Back-to-school shopping season is when you can find some of the best deals on supplies throughout the whole year. It might be worth buying more than you think you need on 10 cent notebooks now than later in the school year when you run out and each notebook will cost you \$1! Plus, if you have leftover supplies at the end of the year you can just cross them off your list for the next.

4. Everyone knows that it's really easy to spend too much money on your kids school supplies—it's hard to buy a 132-pack of crayons out of the hands of a crying child; even if she really only needs an 8-pack. It's also important not to spend too little though. Sure, it's always a good idea to be on the lookout for a good deal and while sometimes those deals may come in the

form of low prices, sometimes the best deals come in the form of the most quality products. Look for things like trapper keepers or folders that are of high quality and maybe a bit more expensive. Compare the more expensive products with the cheaper ones. Is it worth spending more money on quality folders that will last your child through the year, versus having them break after only a few months? Depending on the difference in cost, maybe! Looking for quality is especially important when it comes to backpacks. If you don't want to be buying a new backpack every year or two, look for a more high quality product that your child loves especially if it has a lifetime warranty! Obviously the benefit of having a lifetime warranty will cost you more money upfront, but over the course of your child's education it'll definitely pay off.

5. Your child's teacher will give out a list of necessary school supplies and you definitely need to stick to this list! As you roam the back-to-school shopping aisles it's easy to go overboard and purchase unnecessary gel pens or paints. It's easy, after all, to spend so much money when everything looks so useful and fun. Kids love picking out and shopping for their own supplies, and it would be a shame to leave them at home and deny them of the best part of the new school year. In preparation for a surprise list of supplies that your child claims to need make financial deals with them ahead of time. For example, you could give them the set budget of supplies, or only allow them to get one or two things that are not on the list in order to avoid coming off as an evil parent once you get to the cash register. Plus, this could be a great opportunity for your child to learn about budgeting and finances! The only thing considerably more exciting than shopping for school supplies is shopping for stylish new clothes that will last through the school year. This is a particularly expensive task that can cost you hundreds and hundreds of dollars if you're not careful. The key is to plan ahead about your budget and where to spend it because school clothes shopping should be fun, not depressing!



Team Alayna celebrating their 1st place finish out of 10 teams at the RiverView Health Dodgeball Tournament!! Great job boys! Hope you kick thyroid cancers butt Alayna!

Preschool...

Continued from page 1

vide funding for preschool for children 4yrs old and home-based services for children 0-3. School Early Childhood Family Education is an additional program at our school that offers FREE family education classes and activities. We meet twice a week in the evening and Friday mornings.

What is your favorite thing to teach in preschool? I have also worked as an elementary teacher...however preschoolers are special. They have an honesty and innocence about them that is unique. Preschoolers have so many milestones in the 9

months that we get to spend with them...I know our staff would agree that it is truly amazing to watch them grow. I believe that it takes a special person to work with young children.

What is the hardest thing about being a preschool teacher? A 4yr old is nonstop roller coaster of activity and emotion. When you think about all of the things that they are expected to learn and do independently in just one day...and take that times 20 and you have a typical preschool classroom. Being an early childhood teacher is not easy, but the rewards are priceless.

What are some things parents can do to help get

there child ready for preschool? Parents are the #1 teacher in a child's life. Honestly, with as busy as parents are in our world....the most important thing is to take the time to be present, in the moment with them. Read to them, listening to their questions, tell stories, take the time to be active and play, and even if it means a mess...let them help you make supper or water the flowers. Expose them to activities in their community and environment and enjoy them. A strong foundation will give them what they need to be successful not only in school but throughout their lives.

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OPEN HOUSE



The public is invited to attend an Open House event for the new

Arts & Event Center / Shop Facility at the Win-E-Mac School

Wednesday, September 2 • 5:00 - 7:00 pm

~ light lunch served 5:00 - 6:30 pm ~

Tour the Community Fitness Center, Theatre / Stage, New Shop Facility modifications to FAC's & Band / Choir Room

Great opportunity to stop out for a tour and celebrate the completion of the new facility!

The lunch will be sponsored by:

- 1st National Bank of McIntosh
- American State Bank, Erskine & Grygla
- ICS Consulting
- Ultima Bank Minnesota, Winger & Fosston
- Unity Bank North, Mentor & Red Lake Falls
- Garden Valley Telephone Company



Pictured above: The grand entrance to the new theater area in the school addition. There will be an open house on September 2nd from 5:00 pm to 7:00 pm to check it out.

Pictured right: The new fitness facility in the Win-E-Mac school new addition. The fitness room will not only be available for students and staff, but for community members as well on a fee basis.

