

\$1.00

McINTOSH

Times

Hub of the Thirteen Townships



McIntosh, Minnesota



Stephanie, Ava and Addie Frisk were enjoying some fresh sweet corn during the McIntosh Community Club Corn for Kids event last Thursday, when out of nowhere, they were photo-bombed!



Roholt Park was a busy place last Thursday as many community members came out to enjoy some fresh sweet corn and help support the McIntosh Community Club's kids events that are held throughout the year. Pictured: Bud Kiecker, Calvin Schow and Milford Grundyson.



Enjoying some great sweet corn and good company were Harald and Adella Thompson during the Community Club's Corn for Kids event held in McIntosh last Thursday evening.



Gene Stordahl having some fun on the new basketball court last Thursday at Roholt Park.



Karli Schow and Kalli Roy have fun playing at Roholt Park during the McIntosh Community Club's 2nd Annual Corn for Kids. Community member's were able to enjoy some of the first sweet corn of the season and help support Community activities for kids.

2017 - 2018 Win-E-Mac Open House & iPad Night

On Wednesday, August 30th, the Win-E-Mac School will host the 2017-2018 School Year Open House from 5:00 pm to 7:00 pm.

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

This school year begins on Tuesday, September 5th.

Win-E-Mac School invites all students, parents and community members to the Open House on Wednesday, August 30, 2017.

Win-E-Mac

iPad/Chromebook Night
When: Wednesday, August 30

Location: Win-E-Mac Gym
Time: 5:00 p.m. for grades 7-11 (iPads); 6:00 p.m. for grade 12 (Chromebooks)

Who should attend? 7th –

12th Graders and one of their parents.

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

To best utilize the iPads and Chromebooks, the Win-E-Mac School believes it is important to have it in the hands of the students before school starts in order for students to get acquainted with the device and to explore the many options and capabilities it has to enhance the overall learning experience throughout the school year.

To accomplish this task, we will be hosting an iPad/Chromebook Night in which we will give a brief overview of the devices, go over the rules and conditions of having an iPad or Chromebook, have parents and students sign the required forms along with a payment of \$40. \$20 will be a non-refundable technology fee.

The other \$20 will be a deposit that will be returned at the end of the school year as long as the iPad and case is returned in good condition. Parents may apply for a reduced fee by obtaining a scholarship waiver and will then only have to place a \$20 deposit.

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

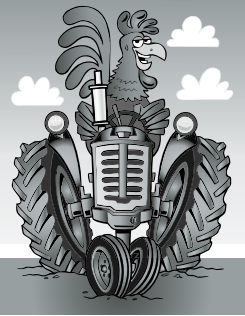
In order to get your iPad or Chromebook, the student and one of your parents must attend this meeting.

McIntosh Tractor Day

Calling all Antique Tractor Owners

On Saturday, August 26th there will be an Antique Tractor Parade starting at 11:00 am in McIntosh. The parade line up will be at Erickson Park. There will be bleachers set up for spectators, but it is always a good idea to bring your own chair.

There will be food, water and pop for sale at the old football field where the Antique Tractor Pull will start at 2:00 p.m.



The Kiddie Pedal Pull, sponsored by the Polar Beach Snowmobile Club will take place after the tractor parade in front of the Fire Hall. All kids are welcome to come and try it out.

Come out for a great day of fun events in McIntosh this Saturday starting at 11:00am.

Mac Library presents songs and stories from the '30s

This fall, Lake Agassiz Regional Library is bringing a series of authors, musicians and entertainers to libraries across northwest Minnesota, as part of its Arts and Cultural Heritage Series.

The McIntosh Public Library is pleased to present fan favorite performer Bill Jamerson. Audiences will love Bill Jamerson's songs and stories, which remind us of the experiences of the miners of Minnesota's Iron Range. Jamerson's stories about the people who grew up in the 1930s are sure to delight audiences of all ages.

This program is brought to the community through funding from the Minnesota Legacy Arts and Cultural Heritage Fund. This event will take place on Wednesday, September 6 at 1:00 p.m. at the McIntosh Public Library.

Later this fall, the McIntosh Public Library will present an additional event as part of the Arts and Cultural Heritage Series.

On Wednesday, September 27 at 2:00 p.m., the Finnish culture of northern MN will come to life as renowned cookbook author Beatrice Ojankangas shares recipes, anecdotes, and humor from her book, *Homemade: Finnish Rye, Feed Sack Fashion, and Other Simple Ingredients from My Life in Food*.

The Arts and Cultural Heritage Series is sponsored by Lake Agassiz Regional Library and is made possible by funding from the Minnesota Arts & Cultural Heritage Fund. Admission is free.

In September, the McIntosh Public Library will host representatives from Head Start and ECFE as they lead kids in back-to-school activities. All are welcome to celebrate the beginning of the school year on Tuesday, September 12 at 6:00 p.m.

The next week, discover amazing bargains at the library during the Book Sale! All proceeds will support programming at the library.

The Book Sale will be held on Saturday, September 16 from 10:00 a.m. – 1:00 p.m., and from September 18-23 during regular library hours.

The McIntosh Public Library is a location of Lake Agassiz Regional Library, which is a consolidated LINK Site system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in northwest Minnesota. More information is available at www.larl.org, and the library's app, LARL Mobile, is available in the iTunes and Google Play stores for free download.



Community Calendar

Wed. Aug. 23: 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. 24: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Aug. 25: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Sat. Aug. 26: Antique Tractor Parade and Pull

Mon. Aug. 28: 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. 29: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm

Wed. Aug. 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; Win-E-Mac Back to School Open House @ Win-E-Mac School 5:00pm to 7:00pm

Thurs. Aug. 31: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

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

Mon. Sept 4: Labor Day

Tues. Sept. 5: First Day of School at Win-E-Mac; McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm



WEM Football Buddies

Calling all football fans!!

This year's football team will meet their youngest fans on the football field on Monday, August 28th for the Win-E-Mac ECFE Football Buddies event.

The event will take place on the Win-E-Mac School football field at 6:00pm on Monday, August 28th.

Come out and stretch, run, kick, catch and throw with the Win-E-Mac Football Team!

Common causes of cancer that people can control

A cancer diagnosis can be shocking. After receiving such news, many people are filled with questions such as, "How did I get this disease?" That question often has no definitive answer, though physicians may be able to work with patients to determine the various factors that contributed to their cancer diagnosis.

Cancer does not discriminate. People from all walks of life are diagnosed with cancer every day. Certain contributors, such as family history of cancer, may be beyond a person's control. But the American Cancer Society notes that people can avoid some potential cancer contributors by making healthy choices.

Tobacco
Anti-smoking campaigns have done much to impact the number of people who smoke, but tobacco remains one of the leading causes of cancer across the globe. The ACS notes that while cigarettes, cigars and pipe tobacco are made from dried tobacco leaves, in order to make smoking more flavorful and pleasant, tobacco companies add various substances. As the resulting products burn, the smoke they produce is made up of thousands of chemicals, at least 70 of which are carcinogens.

Some smokers may not give the smoke coming from their cigarettes much thought, but that smoke contains chemicals such as formaldehyde, lead, arsenic, and carbon monoxide. Recognizing that the smoke from their cigarettes is sending formaldehyde into their air may lead some smokers to quit for good.

Alcohol
Alcohol consumption can

raise a person's risk of getting cancer. Alcohol has been linked to cancers of the mouth, throat, esophagus, liver, and breast, among others. The ACS notes that regular, heavy alcohol use can damage the liver and cause inflammation and scarring that might increase a person's risk of developing liver cancer. Women who consume a few alcoholic beverages may be increasing their risk of developing breast cancer, which the ACS believes might be a byproduct of alcohol's affect on estrogen levels in the body.

Evidence suggests that the ethanol found in alcohol is what increases a person's risk of developing cancer. All alcohol beverages contain ethanol, so drinkers should not assume that one type of alcohol is safer than another.

Diet and sedentary lifestyle

According to the ACS, research has shown that poor diet coupled with a sedentary lifestyle can increase a person's risk of getting cancer. In fact, the World Cancer Research Fund estimates that roughly 20 percent of all cancer diagnoses in the United States are related to body fatness, physical inactivity, excessive alcohol consumption, and/or poor nutrition. Men and women who can control their weight and maintain a healthy weight throughout their lives can reduce their risk of getting cancer as well as other conditions, including heart disease and diabetes.

Anyone can be diagnosed with cancer. But men and women who make healthy choices can greatly reduce their risk of getting this deadly disease

Foods that may help fight cancer

People concerned about their cancer risk may find that switching their diets can do a world of good. Certain foods may reduce cancer risk, according to various cancer experts, including the MD Anderson Cancer Center. In addition, some foods might increase a person's risk of developing cancer. Knowing what to put on the table come breakfast, lunch and dinner can go a long way toward reducing one's cancer risk.

Some foods show cancer-fighting properties, although it is impossible to currently say one food or another can actually stop cancer from developing. Studies have shown that diets filled with colorful fruits and vegetables can reduce the risk of developing cancer, heart disease and diabetes. Cancer Research UK points out that some foods, such as red meat and salt-preserved foods, can increase a person's risk of developing some cancers, while vegetables, fruits and foods high in fiber have the opposite effect.

A comprehensive review of thousands of studies on physical activity, diet and weight conducted for the World Cancer Research Fund and the American Institute for Cancer Research found that plant-based foods are the best at fighting cancer. Broccoli, berries and garlic showed some of the strongest tendencies to prevent cancer. According to research associates at Johns Hopkins University School of Medicine, a variety of chemicals from plants known as phytochemicals protect cells from harmful compounds in food and in the environment. Phytochemicals prevent cell damage and mutations.

When making their grocery lists, people who want to eat healthy and lower their cancer risk can include as many of these foods as possible.

Garlic: Studies suggest that garlic can reduce the incidence of stomach cancer by attacking bacteria associated

Food..
Continued on page 4 ...

**Sandberg/
Tadman Family
Rummage Sale**

Saturday, August 26th
8:00am - 5:00 pm at
**JOE SANDBERG'S, 2 miles
So. of Erskine on County 34 and
1/2 mile W. on County Rd. 41.**

Mens, women's, girl's and
teen girl's clothing, toys, books,
Christmas, table, cabin décor,
desk, 2 burgundy chairs, 4 bar
stools, knick-knacks, and many
misc. items too. M22P

Septic System Fix-up Program

Polk County Environmental Services has a cost share grant/loan program that is available to property owners in Polk County that have noncompliant septic systems.

Funds are made possible through a grant received from the Minnesota Clean Water Legacy Act.

There is still funding available for 2017. The County will provide a cost share grant/loan contributing 25% of installation cost up to a maximum of \$2,500.

The remaining loan will have a .0001% interest rate and will be paid back over a 10 year term. To Qualify Maximum adjusted annual household income cannot exceed:

Household Income:	Size/Maximum
1/\$41,350,	2/\$47,300,
3/\$53,200,	4/\$59,100,
5/\$63,850,	6/\$68,550,
7/\$73,300,	8/78,000

Applicants will be required to pay 10% down if approved. If you are interested in learning more about this great program please call Polk County Planning and Zoning at (218) 281-5700 or you can reach us by email at environmental.svs@co.polk.mn.us.

For the remainder of 2017 funding will be available on a first come first serve basis.

Also remember that Polk County Planning and Zoning requires building/land use permits for all construction projects throughout the County.

If you are planning any building/land use projects please contact planning and zoning prior to construction to see what setbacks and ordinance requirements may apply.

More information on building/land use regulations can be found on the Polk County Website at www.co.polk.mn.us under the Environmental Services and Planning and Zoning Department pages.



Fiddler Shawn Mousseau of Lake Manitoba First Nations provides music for the Asham Stompers. He takes off his shoes and chords with his toes while playing the fiddle. The Stompers, a jig and square dance group from Manitoba, will perform Aug. 26 and 27 at the Chautauqua and French-Canadian/Metis Festival at Old Croustauqua and Treaty Park.

Letter to the Editor

Letter to the Editor
As some of you are aware, the McIntosh VFW Post #6891 has decided to disband their organization. That means that there will be no VFW Auxiliary 6891. All Post and Auxiliary members will have to join another Post or Auxiliary to continue to be active members.

My concern is who will take care of the Blood Drive, Memorial Day Program, Veterans Day Program at MSL, furnishing gifts to all Veterans at MSL, Pioneer, or Riverside Board and Care at Christmas time, and participate in other organizations? This will leave a big void in our community.

The Auxiliary has about 109 members and the Post only has 40 plus members. The Auxiliary supports the Fargo VA Hospital, Fergus Falls Veterans Home, Cancer Aid and Research, Health and Happiness fund, Essay and coloring contest at the Win-E-Mac School, National Home (3 separate donations), \$500 for each Auxiliary member that has cancer, local persons that need assistance in the form of clothing, bedding, and cash donations, State Scholarship funds, Christmas cards for Veterans in hospitals, etc.

There are no more Membership dinners or Christmas parties sponsored by both the Post and Auxiliary.

I feel that the there are several members of the Post who have decided to use their funds for their own good. The Post has neglected to get more members or retain the membership that they use to have because they have not been active in making sure the members paid their dues. I remember at the last Christmas Party that was held years ago, a Post member came to me and wanted to know where he could pay his dues. I told him the person to contact and the person told him he had to send it in himself. I also know that a couple of men wanted to join the Post and were told "why would they want to join when they would be "done" in less than 2 years".

Several years ago the National VFW Post decided that all members had to send in their dues rather than collect them locally. Would there have been some initiative by the Post members to collect the dues locally and then send them to the State and National by the Post representative? The Post can go on-line and find out who has paid their dues and who has not. They can also get a current roster of their members. The last listing of Post members that I received was dated

2010. The Auxiliary wanted to see if any of their wives, sisters, brothers, sons or daughters, would be able to join the Auxiliary. We now know of at least 6 people that would have joined the Auxiliary since the membership to the Auxiliary includes sons and brothers.

The Auxiliary held their August meeting on Monday, August 14, with 21 members present. Many items were discussed regarding the disbanding of the Post. Most members were very unhappy with this decision and felt like they wouldn't join another Auxiliary. The Lengby VFW Auxiliary President had contacted me to invite our members to their Auxiliary. So the Auxiliary members have a choice of driving 18 to 50 miles in order to be active members of an Auxiliary. Many of our local members are older and cannot attend our local meetings or be able to join an auxiliary as an active member.

With the McIntosh VFW Auxiliary #6891 being so strong and active, this makes me feel that the Post Directors really didn't care about the entire situation. This makes me very angry that the Post is so eager and willing to disband an organization that does so much for all Veterans. I would assume that all Post members are Veterans. Isn't it time that we make sure our returning Veterans receive some assurances from our local Posts and Auxiliaries that they will be taken care of in their time of need? Remember that these returning Veterans have sacrificed themselves to keep our country and you and I free. We are indebted to these Veterans by being active Posts and Auxiliaries.

The Auxiliary is open to any suggestions or ideas as to what can be done.

Garnet Aanenson
President, VFW Auxiliary #6891



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. M6-25C

Community Birthday and Anniversary Calendar

Wed. August 23: Robin Shimpa, *David & Wanda Stordahl
Thurs. August 24: Lilyana Thorsrud
Fri. August 25: Jason Breckel, Mike Breckel
Sat. August 26: Shirley Delage, *Jarrid & Alicia Graff, *Mark & Hannah Sylstad, *Jason & Holly Breckel
Sun. August 27: *John & Tara Burthwick
Mon. August 28: Sue Ostenson
Tues. August 29: Cameron Burslie, Bill Fritz, Jr, Conner Drewry, Gerald Borud

McINTOSH Times
PUBLISHED WEEKLY IN THE HUB OF THE THIRTEEN TOWNSHIPS BY RICHARDS PUBLISHING CO., INC.

RICHARD D. RICHARDS, PUBLISHER
KIM HEDLUND, EDITOR

McIntosh • (218) 563-3585
"McIntosh Times" (USPS 336-020) is published weekly for \$25.00 per year (in county) and \$30.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.
POSTMASTER: Send address changes to:
McIntosh Times, PO Box 9, McIntosh, MN 56556.
mcintoshtimes@gmail.com

"Serving the Win-E-Mac area"

PUBLISHER'S LIABILITY FOR ERROR: The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.



ST. MARY'S CHURCH Fosston

Fr. John Suvaakeen, Pastor
Sun. Aug. 27: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Aug. 30: 11:30am Mass at St. Mary's, Fosston
Sun. Sept. 3: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. Sept. 10: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH Winger/Bejou

Supply Pastor Gordon Syverson
Sun. Aug. 27: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Sept. 3: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh Supply Pastor Gordon Syverson
Sun. Aug. 27: 11:15am Worship Service.
Sun. Sept. 3: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church
Wed. Aug. 23: 1:30pm Bible Study at The Country Place; 7:00pm Bible Study at Don & Sharon Ramberg's
Sun. Aug. 27: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service; 7:00pm Luther League
Tues. Aug. 29: 10:00 a.m. Sunday worship service telecast on Garden Valley Cable TV--Channel 2
Wed. August 30: 1:30pm Bible Study at The Country Place; 7:00pm Bible Study at Don & Sharon Ramberg's

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
Thurs. Aug. 24: 7:00am Men's Breakfast at Mt. Carmel
Sun. Aug. 27: 9:30am Worship at Mt. Carmel; 11:00am Worship at Trinity
Thurs. August 31: 7:00am Men's Breakfast at Mt. Carmel
Sun. September 3: 9:30am Worship at Mt. Carmel 11:00am Worship at Trinity

VERNES LUTHERAN CHURCH (LCMC)

McIntosh Pastor Jill Torgerson
Sun. Aug. 27: 9am Worship
Sun. Sept. 3: 9am Worship

DOVRE FREE LUTHERAN Pastor Don Edlund

Wed. Aug. 23: 7:00pm Bible Study
Sun. Aug. 27: 10:00am Worship Service
Wed. August 30: 7:00pm Bible Study
Sun. Sept. 3: 10:00am Worship Service
Wed. Sept. 6: 7:00pm Bible Study

IMMANUEL LUTHERAN CHURCH McIntosh

Rev. John Anderson, Pastor
Sun. Aug. 27: 9:45am Fellowship/Coffee Hour; 10:45am Divine Worship
Sun. Sept. 3: 9:45am Fellowship/Coffee Hour; 10:45am Divine Worship with Holy Communion
Holy Communion 1st and 3rd Sundays



BUSINESS & PROFESSIONAL GUIDE

This space for rent at \$127.40 for 6 months.

CALL 218-563-3585

Carlin
FAMILY FUNERAL SERVICE
"Caring service for three generations"
(218) 435-1144
Funeral Home ~ Cremation Service ~ Granite Memorials

ANDERSON FAMILY
FUNERAL HOME & CREMATION SERVICE
719 N. Main 644 Main St.
Mahnomen, MN Winger, MN
*Paige Ennen *Kelly Wolfjer
*Tim & Denise Anderson
*Licensed Funeral Director
218-935-9000
Toll free: 866-935-9009

Is There A Wedding In Your Future?
We have the latest designs for wedding accessories - or, if you choose, we can assist with a design of your own.
LET US HELP MAKE YOUR WEDDING DAY MEMORABLE.
487-5225 Gonvick, MN
Richards Publishing Co.

Winger News

Linda Pulskamp

Greetings again from Winger and the Union Lake areas where the weather seems to have settled into somewhat of a cooler pattern with rain showers all around us. Nights are cool making it feel a little bit like fall is in the air and I guess it isn't to far off at that. Where has summer gone? Did get some rain yesterday (Wednesday) which was much appreciated. Still have not had the rain some areas had but thankful for what we got.

Days are getting shorter as can be seen in the morning as it is darker later and darker earlier in the evenings.

Next week brings students in most colleges back to class and of course there are those who are starting their first year, and schools in ND resume classes next week also.

Last Tuesday Sheldon and Rita Trandem were visitors with Helmer and Verlys Homme at the Pioneer Home and enjoyed playing rook as they visited.

Craig Helgaas spent Friday and Saturday at the Pulskamp home where once again the guys worked on some more projects that needed doing. Bev visited briefly on Friday before heading to Gully to spend the week end with Sister, Cindy Johnson. Other visitors on Friday at the Pulskamp home were Kelly Johnson, Marv Engeseth of Plummer and Reha Ninstead of Erskine.

Wednesday the 9th Judy Gieseke was a visitor with Milton Carlson at Milton's home and helped him set up a new cell phone he had recently gotten.

Tony Brtek of Bagley spent a coupe days last week with Grandma Lucy Brtek at Lucy's home. Grandma gave him the royal treatment taking him out to breakfast while he was there and on Sunday afternoon they visited at the Danny Brtek home. Was a great time they had together.

Last Saturday afternoon the 12th, Wayne Benbo was in Fosston shopping for groceries and decided to stop in at the John and Sandy Balstad's in their new home to them in Fosston. They sat in a screened in room on the south side of the house visiting for awhile when John's brother Mark also stopped in. They all enjoyed a good visit together. Sandy stated that they aren't completely moved in yet being they are figuring out where things should go. Sterling Balstad and his family are moving into John and Sandy's previous home in the country. Sandy mentioned that they have had a lot of company since moving in, more than they usually had at the farm. Wayne kiddingly said maybe it is because now people don't have to drive on

gravel.

Last Sunday Butch and Linda Pulskamp, along with Bev and Craig Helgaas, neighbors Larry Anderson, Milo Johnson, Doug Robbins and Cindy Kolling were all visitors at the Cindy Johnson home at Gully. Craig and Butch spent most of the day doing some chores around the yard that Cindy needed help with and they spent the afternoon riding side by sides in the country side on back roads taking in some pretty scenery and checking on the wildlife. In spite of it being cool, a fun afternoon was had. Bev and I had it made we rode in comfort in Larry Anderson's vehicle with a cab on it and the heat on while Cindy was brave and road in the open air with Butch and Craig.

This week visiting Helmer Homme at the Homme farm home were Fred Berhow of Fertile and Ricky Carlson.

Wayne Benbo will start shipping his ice saws out next month to some bigger companies. That tells us winter is in the way, but I hope it takes it's time.

Last Saturday Lucy Brtek attended a birthday party for her Great Grandson Gideon's 1st birthday at the Kyle and Samantha O'Bierne home in Bemidji.

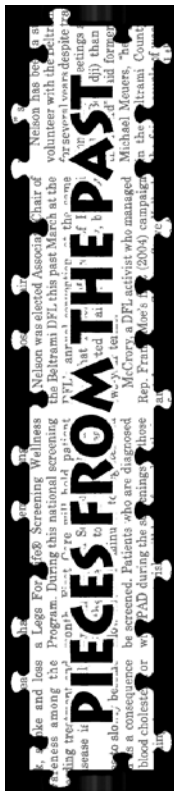
Paul Carlson stopped in at the Milton Carlson home on his way to work Tuesday for a brief visit and a cup of coffee to go.

HAPPY BIRTHDAY Carol Stordahl! The Community Center in Winger was buzzing last Sunday as Carol's birthday was being observed.

The gardens are looking good Wayne Benbo is commenting on his, and if you've been by his place and glanced up there it is evident, he says it is producing lots of vegetables except cucumbers, lack of rain or what but our cucumbers are pokey this year too. He has picked many dozens of ears of corn, with later plantings being soon ready. There are a lot of tomatoes on his tomato plants and slowly turning, Has had lots of beets and peas, and the carrots, turnips, and rutabagas are coming along nicely. His one apple tree has so many apples on it that the branches are touching the ground, and the ornamental miniature pumpkins and gourds will be plentiful.

Saturday afternoon Kelly Johnson and Dean Johnson stopped in at the Pulskamp home to check on Butch and Craig's project they were working on.

IT'S THAT TIME AGAIN, the McIntosh Tractor Day is right around the corner, mark your calendar on August 27 the antique tractors will once again be on the streets in McIntosh starting at 11:00 AM. Bring



10 years ago...2007: The McIntosh-Winger Class of 1982 gathered for its 25th reunion. Nineteen of 38 classmates returned for the reunion. Front row: Tammi (Knutson) Zupfer, Nettie (Vaa) Fuentes, Kim (Bjerken) Lalley; Second row: Blake Burslie, Brad Woods, Diane (Verdahl) Kaster, Tal Lucken, Deb (Froirak) Icenogle, Juanita (Gustafson) Hepburn; Third row: Mike Carver, David Balstad, Russell Bly, Tim Finseth, Randy Kaupang, Susan (Oseth) Green, and Steve Aanenson.

your friends and neighbors and enjoy the day in McIntosh. In the afternoon beginning at 2:00 the antique tractor pull will be held, so it will be a full day, bring your lawn chairs and spend the day.

Until next week may yours be a good one and hope to see you in McIntosh for Tractor Day!

From Bun Manor:

The McIntosh High School class of 1957 recently met at the Ness café for lunch. Guests present were Orrie Flermoen and his wife Sue, Harlan and Patsy Rustad, Olive Ferden, Kay (Benson)Strand, Joyce Balstad. Class members were June (Benson) Paulson, De-lore (Miliander) Rice, Ardis (Locken) Qualley, Janet (Johnson) Hamre, Carol (Moen) Fluguear, Gerald Matson and Karen (Hegland) Hagen. Everyone enjoyed lunch and reminiscing.

The manor was busy this week with the Poplar Meadows crew coming out on Mon. to enjoy a pontoon ride. Bun was happy to have them. He was exceptionally happy to see his friend Mike (Ole) Olson formally of Winger.

Tuesday afternoon, His sister Judy and husband Lloyd

along with two couple from Moorhead came to visit and they also enjoyed a cruise on the lake.

Wednesday was a little dreary and not a good lake day so Bun headed into Winger to have lunch with Joyce. Joyce surprised Bun by buying his lunch. That was very nice of her. Bun's friend Dale joined them later and he was nice enough to pick some sweet corn from his field and bring it into town for Bun to take home. He is such a good boy!

Thursday afternoon the Fair Meadow home from Fertile came out to the manor for a grill out on the deck followed by a pontoon ride around the lake. People tell Bun that letting the residents come out is sure nice of him. It is no problem for him. Scrappy is the one who does all the grilling and helping get people on the boat. Bun just has the facilities.

Bun ended up going over to Farmers Union Park on Sat. to visit with Steve and Lorri Massmann. They have a camper there that they use during the summer. Ole, Brian and Elizabeth Massmann joined them latter and Steve treated everybody to T-bones and fresh corn on the cob.



20 years ago...1997: Alica Hanson, Gertrude Johnson and Lucille Senn took the early shift for the Immanuel Lutheran Bake Sale. The ladies also served pie/ice cream as well as barbeque on a bun and hot dogs later in the day. They reported a "very good day."



30 years ago...1987: Win-E-Mac volleyball varsity coach, Mike Roysland and assistants Doug Johnson, Eileen Hegg and Daryl Haverson were pleased with the volleyball season start as the Patriots swept the Fosston Greyhounds winning the 7th, 8th, C-team B-team and Varsity games!



40 years ago...1977: Mac Mills Champion Golf Team received their trophy at the Golf Banquet last Thursday evening at the Ness Cafe in Erskine. Winning the trophy were Mic Evenson, Lloyd Carlson, Russ Horacek and Ken Sabourin.

Funding available for sustainable ag projects

AGRI Grants Help Farmers Test New Ideas to Drive Sustainability

The Minnesota Department of Agriculture (MDA) is now accepting applications for Agriculture Growth, Research and Innovation (AGRI) Sustainable Agriculture and Demonstration Grants. Approximately \$250,000 is available to fund projects that explore new ways of conserving natural resources, enhancing farm profitability, increasing energy efficiency, and improving life in rural communities.

"No one cares more about Minnesota's rural landscape than farmers and their families," said Lt. Governor Tina Smith. "The Minnesota Department of Agriculture's Sustainable Agriculture and Demonstration Grant program is available to help farmers improve the sustainability and profitability of their operations. I encourage all farmers interested in making changes

to their operations to apply for a grant worth up to \$25,000."

Farmer David Abazs hopes his grant funds will help demonstrate a cost-effective way to increase soil health on the Wolf Ridge Environmental Learning Center School's organic farm. Abazs is testing a variety of materials, including lime, wood ash, and biochar for their ability to affect soil chemistry and increase pH levels of the acidic soils in Lake County.

"These fields have never been farmed before and are providing a great template to help us and other farmers," said Abazs. "We're trying to find soil amendments that will help simultaneously meet pH goals and enhance soil health."

Previous grant rounds have funded projects exploring farm diversification, cover crops and crop rotation, conservation tillage, input reduction strategies,

Ag funding...

Continued on page 4 ...

Regional Ag News

Ed Gindele,
Extension Educator

Wheat Stem Sawfly Causing Problems in Polk County Wheat Fields

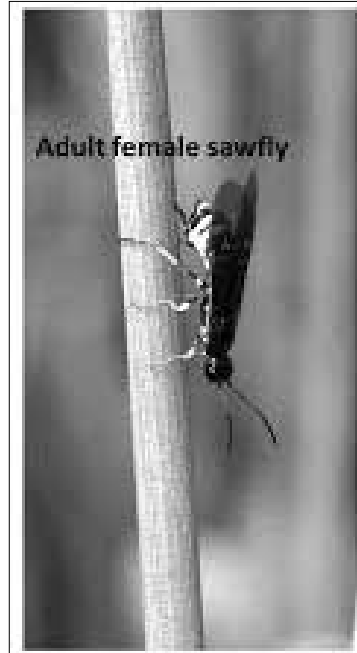
Prepared by Phillip Glogozza, Jochum Wiersma and Ian McRae

As wheat harvest moves northward, we are detecting infestations of Wheat Stem Sawfly in fields in Polk County. Recent storms and strong winds have helped bring these problems to front and center.

Farmers have noticed lodged stems, particularly on field margins, where in some cases plants are 100% lodged for 50+ feet from the edge inward. In those cases, the cut stems could be grabbed and picked up in a bundle and the stubble below was all cut. As we inspected the interior of these fields, the percent lodging, declined, but there was still evidence of Wheat Stem Sawfly damage.

Infestations have been found in the areas around Crookston and westward toward East Grand Forks.

We urge farmers to pay attention to lodged areas of fields to determine if sawfly is a contributing cause of the problem. While driving the combine, lodged stems should be visible from the cab. Infested stems are plugged on the end by the larva for protection from the environment while overwintering. Cut stems, if sliced open, reveal the feeding damage and

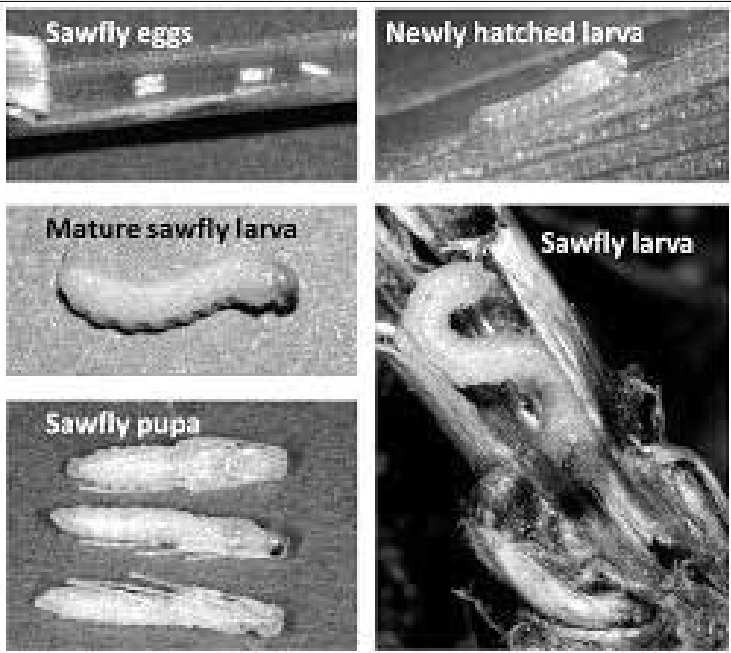


Above: Identification of different stages of Wheat Stem Sawfly.

Right: Wheat stem sawfly cut stems were so extensive, the cut stems could be picked up as a bundle on the edge of this wheat field west of Crookston, MN.

frass left behind by the sawfly larva.

These field and infestation locations need to be noted so rotation and tillage can be performed to try and break the infestation cycle.



Random Things and Stuff



Stranded

By: Emily Lynne

You are stranded on an island all by yourself. What would you do first? Would you sit and sulk? Would you start building yourself a shelter? Would you give up on someone rescuing you and start your new life on this island? You would have to face the constant fear of wild animals, severe weather, starvation, dehydration, and loneliness. Do you think you would be able to live to tell the tale?

There are 6 famous castaways that conquered all of the horrors of being alone on an island and lived to tell the tale. Each one of these castaways have their own tale, and I will pick 3 of the 6 to touch on. If you would like to learn more about any of these six, check out their stories on History.com.

1.Alexander Selkirk was a Scottish mariner who in 1704 arrived at an island off the coast of Chile with a group of British privateers. Alexander and the captain got into an argument over the boats, and he decided to stay back on the island with only a small supply of weapons, food, tobacco, and rum. He believed that he wouldn't be on the island very long, and that a passing ship would pick him up in a few weeks. To pass the time while on the island, Alexander decided to keep track of time by notching the days and months on a tree, reading his Bible, and chasing goats. Finally on February 1709, Alexander was rescued by Captain Woodes Rogers. He went on to be a minor celebrity in the 18th century England, and was likely the inspiration for the character in Daniel Defoe's 1719 novel "Robinson Crusoe".

2. There is not a lot known about **Marguerite de la Rocque**, a 16th century French noblewoman who spent nearly two years stranded on an island off the coast of Quebec. According to most accounts, this began in 1542 when she and a relative went on an expedition to establish a colony in Canada. While crossing the Atlantic, Marguerite started a relationship with a fellow passenger. Herself, the lover, and her servant were banished to the remote Isle of Demons near the Gulf of Saint Lawrence. The three built a small hut to protect themselves. Marguerite soon found out she was pregnant, and amazingly, survived the birth of the baby. After sixteen months on the island, her lover, servant, and child perished. Marguerite survived alone until late 1544, when she was rescued by a group of fishermen and ferried back to Europe.

3.Juana Maria, also known as the famous "Lone Woman of San Nicholas", a Native American who spent nearly two decades stranded on an island off the coast of California. Most of her tribe had been slaughtered in the early 1800s, and missionaries evacuated the few remaining survivors in 1835. However, Juana Maria was left behind when she went back to the island to look for her missing infant. She never found the child, and ended up being left to survive on San Nicholas in complete isolation. Juana Maria spent 18 years taking shelter in a cave and fishing with hooks made from seashells. In 1853, Captain George Nidever discovered her on the island. He then took her to Santa Barbara a few weeks later. Sadly, she was unable to adjust to the diet of the mainland, and died of dysentery only two months after leaving her island. Her story was later fictionalized in the popular children's novel "Island of the Blue Dolphins".

(Information found on <http://www.history.com/news/history-lists/6-famous-castaways>)

Food..

Continued from page 2 ...

with some ulcers and belly cancers. Sulfur compounds in the food may stimulate the immune system's natural defenses against cancer and could reduce inflammation and tumor growth.

- **Broccoli:** Broccoli and other cruciferous vegetables like cauliflower, cabbage and kale contain glucosinolates. These are phytochemicals that produce protective enzymes that activate in the intestines. One particular compound, sulforaphane, is strongest and found in broccoli. Protective properties are highest in raw or steamed broccoli.

- **Blueberries:** Blueberries are loaded with antioxidants. Antioxidants neutralize the unstable compounds, called free radicals, that can damage cells and lead to cancer.

- **Tomatoes:** The red, rich coloring of tomatoes comes from lycopene. In laboratory tests, lycopene has stopped cancer cells, including breast, lung, and endometrial cancers, from growing. Researchers speculate that lycopene protects cells from damage that could lead to cancer by boosting the immune system.

Do you have a story to share?

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

WEM School Announcements

Elementary and Jr. High football

Friday, August 18th Pick-up Gear and Schedules at the football shed

9:00 am 7th and 8th grade

9:30 am 5th and 6th grade

Monday, August 21st ELEMENTARY AND JR HIGH PRACTICE 6:00pm -8:00pm

Tuesday, August 22nd ELEMENTARY AND JR HIGH PRACTICE 9:00am-11:00am

Wednesday, August 23rd ELEMENTARY AND JR HIGH PRACTICE 9:00am-11:00am

Thursday, August 24th ELEMENTARY AND JR HIGH PRACTICE 6:00pm - 8:00 p

Friday, August 25th ELEMENTARY AND JR HIGH PRACTICE 9:00am-11:00am

Monday, August 28th Team and individual pictures 3:00pm ELEMENTARY AND JR HIGH PRACTICE to follow pictures, practice done at 5:30 pm

Tuesday, August 29th ELEMENTARY AND JR HIGH PRACTICE 6:00pm -8:00pm

Wednesday, August 30th ELEMENTARY AND JR HIGH PRACTICE 9:00am-11:00am

Thursday, August 31st Jr. High game vs. Stephen-Argyle Central @ Stephen 5pm

Tuesday, September 5th Jr high game vs. Newfolden @ Newfolden 4:30 pm

Practice will resume Wednesday, Sept. 6th after school from 3:30pm -5:00pm for both Elementary and Jr. High. Elementary has their first game Sept. 8th at home. Will need parent volunteers to help in the concession stands.



Upcoming ECFE Fall Events!

Monday 8/30 Football Buddies Night! 6-7pm WEM Football Field Come out to stretch, kick, run and throw with the Win-E-Mac Football Team! Ages 3-12 years old invited to attend.

Tuesday, 9/12 Back to School Night at The McIntosh Library! 6-7pm Meet us at library for fun back to school stories, songs and a snack! Check out a library book! Ages 3-12 years old invited to attend.

Thursday 9/21 Annual Pumpkin Patch Field Trip! Join us as we go "Over the River and Through The Woods" to Voxland's Pumpkin Patch! Buses will leave the school at 6pm. Ages 0-5 years old and siblings.

-Pre-registration IS required.

-Cost \$4.50 per child attending field trip. Each child attending will get to take a pumpkin home!

-All parent/guardians and children MUST ride the bus to the event. Pumpkin Patch has requested no exceptions to this.

-Children should wear long pants and tennis shoes.

-Payment can be made before boarding the bus.

-Buses leave school at 6pm.

-Pre-register by Friday, Sept 15th. Contact Shannon Svalen: ssvalen@win-e-mac.k12.mn.us or call 218-688-2170.

Ag funding...

Continued from page 3 ...

and alternative energies like wind, methane, and biomass.

AGRI Sustainable Agriculture and Demonstration grantees must share their findings. These are published annually in the MDA's Greenbook, which provides a summary of each project along with results, management tips, and other resources.

Applications from farmers receive priority, but the program also funds Minnesota nonprofit and educational organizations as long as Minnesota farmers are meaningfully involved in the project. Projects may last two to three years.

AGRI Sustainable Agriculture and Demonstration Grant applications are due by 4:00 p.m. on Wednesday, December 13, 2017. For more information and to apply, visit www.mda.state.mn.us/grants/grants/demogrant.aspx.



Win-E-Mac football coach Aaron Cook enjoying some corn last week during the Corn for Kids event at Roholt Park in McIntosh and gearing up for the season.

7 ways to make mornings less hectic

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

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

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

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

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

Reduce kids' risk of getting colds at school

School-aged kids who catch colds or the flu from their classmates can quickly spread those colds to their family members, who then might spread the colds further when they go to work.

Preventing the spread of colds and flu at school is a team effort that requires the assistance of not just parents, but also teachers and students. Still, parents might be the first line of defense when it comes to preventing the spread of cold and flu at school.

According to the U.S. Centers for Disease Control and Prevention, more than 38 million school days are lost to the flu each year.

Those lost days can affect students who miss lesson plans, but also affect parents, who often must take days off from work to tend to their sick children.

While there's no way for parents to guarantee their children won't catch a cold or the flu this school year, they can take various preventive measures to increase kids' chances of staying healthy and achieving perfect attendance.

- Make sure kids are immunized and that their immunizations are current. Vaccinations bolster kids immune

Gosen Luther League

The Gosen Luther League meets on Sunday evening, August 27th, at 7 o'clock. The Ottosons will be in concert. Dan and Merilee Ottoson are accomplished Gospel singers, songwriters, and recording artists. Since 1979 they have traveled throughout the United States and Canada and also to the Philippines and Mexico.

The Ottosons' concert will include southern Gospel songs, hymns, and audience sing-alongs. Their program will also include a saxophone solo and an appearance by the Ottosons' puppet pals.

Join us for an enjoyable and inspirational evening in honor of our Lord Jesus Christ.

Refreshments will be served following the program.

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206.

For information call 268-4242 or 687-3461.

WIN-E-MAC IPAD/CHROMEBOOK NIGHT

When: Wednesday, August 30

Location: Win-E-Mac Gym

Time: 5:00 p.m. for grades 7-11 (Ipad)

6:00 p.m. for grade 12 (Chromebooks)

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

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

To best utilize the iPads and Chromebooks, the Win-E-Mac School believes it is important to have it in the hands of the students before school starts in order for students to get acquainted with the device and to explore the many options and capabilities it has to enhance the overall learning experience throughout the school year. To accomplish this task, we will be hosting an iPad/Chromebook Night in which we will give a brief overview of the devices, go over the rules and conditions of having an iPad or Chromebook, have parents and students sign the required forms along with a payment of \$40. \$20 will be a non-refundable technology fee. The other \$20 will be a deposit that will be returned at the end of the school year as long as the iPad and case is returned in good condition. Parents may apply for a reduced fee by obtaining a scholarship waiver and will then only have to place a \$20 deposit.

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

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

M22C



Karli Schow, Andrea and Adler Stordahl were at the Community Club Corn for Kids event last Thursday at Roholt Park in McIntosh to enjoy some fresh sweet corn on the cob and the company of friends and neighbors.

are sick. Parents don't want their children to miss school, but kids who are suffering from colds or flu should be kept home. This prevents the spread of colds and flu to classmates and teachers, and time to rest at home may help youngsters recover more quickly.

- Teach kids to avoid common germ spots. Germs can be lurking anywhere, but some spots seem to make more welcome homes for germs than others.

Studies have shown that kids were most likely to encounter germs in schools on water fountain spigots and on plastic cafeteria trays. Teach kids to never put their mouths on fountains and to avoid eating any food that might fall onto their trays in the cafeteria.

School-aged children are susceptible to colds and flu when spending time in the classroom. But parents can reduce their youngsters' cold and flu risk in various ways.

Avoid the cold comfort of a drafty house

For those who live in older homes, the transition to colder weather can be extra disheartening, as the vision of expensive heating bills, chilly rooms and drafty windows dance in their heads.

However, it's easy to change the outlook from cold to cozy with a few simple DIY solutions.

The most effective way to improve the comfort level in your home is to properly insulate.

Insulation can be inadequate in older homes. Over time, it can settle and compact, creating gaps. Topping up attic insulation will help keep the warm air in, reducing heating bills and preventing stress on your furnace.

For easy installation, homeowners and professionals alike recommend a stone wool batt insulation product called Roxul Comfortbatt. For attics, aim for an R-value of R-50 or a depth of 16 inches.

A little preparation can go a long way to keep the cold at bay. Seal out drafts by replacing worn weatherstripping and caulking along windows, doors, baseboards, and trim.

For other ways to beat the cold, consider inexpensive window insulation kits along with thicker drapes, and don't forget to reverse ceiling fans to push warm air back down.

Legal Notice

NOTICE FOR WRITTEN BIDS

Polk County, Minnesota. Farmland (Knut Township)

Sealed written bids will be received at the Wambach & Hanson Law Office, PO Box 340, Mahanomen, MN 56557, for the purchase of the following real estate:

The Northeast Quarter (NE1/4), EXCEPT the following described tract: Commencing at a point on the East line of said Northeast Quarter 24 chains South of the Northeast corner of said Northeast Quarter, thence South along said quarter section line 6.1 chains, thence West and parallel with the South line of said Northeast Quarter 10.2 chains, thence Northeasterly to a point that is 9.1 chains West of the East line of said Northeast Quarter and 24 chains South of the North line of said Northeast Quarter, thence East to the point of beginning, all in Section Thirty-three (33), Township One Hundred Forty-eight (148) North of Range Forty-two (42) West of the 5th P.M. Parcel No. 45.00255.01. (Knut Township, Polk County).

The premises to be sold contain approximately 154.12 acres, with approximately 105 acres tillable; 43 acres non-tillable/wood/pasture; 3 acres wetland; and 3.2 acres roads.

Sealed written bids must be received at the Wambach & Hanson Law Office no later than 11:00 a.m. on August 31, 2017, together with an earnest money check of \$10,000.00 made payable to the Wambach & Hanson Law Office Trust Account. If you are not one of the highest five (5) bidders, your earnest money check will be returned. If you are one of the highest five (5) bidders, your earnest money check will be deposited and held pending the oral bidding. The earnest money of the high bidder at the oral bid raising will be kept pending closing and the earnest money of the unsuccessful bidders refunded.

All bids must state total bid price and not price per acre. The five (5) top bidders will be promptly notified of a date, time and place when they will be permitted to orally raise their bids. The successful bidder shall execute a purchase agreement at the conclusion of the oral bid raising. Closing date shall be within 45 days of the acceptance of the bid and purchase agreement by the owners.

Sellers reserve the right to reject any and all bids and/or to waive any irregularities in the bidding process. Sellers will furnish buyer's attorney up-to-date abstract evidencing good and marketable title with conveyance to be made by standard Minnesota warranty deed. Send bids to Wambach & Hanson Law Office, P.O. Box 340, Mahanomen, MN 56557, in an envelope marked "Danks - Polk County Bid."

WAMBACH & HANSON LAW OFFICE, P.C.
P.O. Box 340
Mahanomen, MN 56557
(218) 935-2266 Phone
(218) 935-2267 FAX
Email: ehanson@arvig.net

Keith Danks, Sr. and Kathleen Danks, Owners

M20-22C