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Jovie Jean’s Journey

Late last December, as Lindsie Defrang, a 2015 Win-E-Mac graduate, prepared for the birth of her baby, she was given some concerning news. Her unborn child had a good chance of needing open heart surgery after delivery. Lindsies’ unborn baby had a condition called AV Canal defect with left ventricular dominance.

The doctor told her that surgical pulmonary arterial bands were recommended to help direct the blood flow of the heart. Also the baby had Heterotaxia syndrome which is when parts of the heart develop in the wrong position and affects other organs as well as the heart. Most important, he stated that everything can be fixed, for now.

Lindsie delivered the baby in Minneapolis and Jovie Jean was born on January 28, 2017 at the University of Minnesota Masonic Children’s Hospital and diagnosed with Congenital Heart Defects called AVSD and an interrupted Aortic Arch.

It was also confirmed she had Heterotaxy syndrome.

Jovie’s first heart surgery was at 11 days old. Her chest was left open to allow swelling to subside. It was closed three days later.

After her stay in the Cardiovascular Intensive Care Unit (CVICU), she was moved to neonatal intensive care unit (NICU) with instructions to grow.

She was discharged from the hospital on April 4th and mommy and baby made a temporary home at the Ronald McDonald House. But on April 6th, after a sleepless night of low heart rates, Jovie was readmitted to the hospital.

April was filled with surgeries, recovery and Jovie ended up with parainfluenza and had to return to CVICU for treatment.

In May, Jovie showed signs of improvement against the parainfluenza virus. Small signs. Very small. They began weaning the amount of oxygen pressure, doing a deep suction of her nose every few hours, if needed, and nebulizer treatments every 4 hours to get her to cough out any junk.

May 12: We had lots of snuggles today, read all our books, twice, and fell asleep to some Bon Jovi lullabies.

Jovie’s health was in a constant state of uncertainty and Lindsie did her best to keep everyone up to date with what was going on hundreds of miles away from family and friends as she stayed strong and kept a positive attitude, “scan went well, the narrowing is not as bad as they thought, but it is on both the right and left Pulmonary arteries. A lung scan will be done tomorrow to get more information. And they will address the situation in a



meeting on Friday as to what to do about it.”

May 22: 7.5 hours... Jovie is on her way back to the room and is extubated.

There were some complications. 2 of the 3 arteries were successfully inflated. While attempting the 3rd Jovie went into heart block. Her heart rate dropped to the 40s- 50s and doctors did chest compressions on her for almost 2 minutes.

After she was stable and lab work was completed they decided to retry that final narrowing and had success.

What are Congenital Heart Defects? The word “congenital” means existing at birth. The heart ailment is a defect or abnormality, not a disease. They result when a mishap occurs during heart development usually shortly after conception, often even before a mother knows she is pregnant.

June 2: Jovie is on high flow with 4 liters of oxygen and now 50% flow!

Her gtube site still seeps quite a bit when you change the dressing. According to the gtube nurse this is normal.... To me it is definitely not normal.

Congenital Heart Defects are the number one birth defect in the world. At least nine of every 1,000 infants born each year have a heart defect. In the United States that means about 30,000 children are born with a heart defect every year. Up to 1.3 million Americans alive today have some form of congenital heart defect. There are an estimated 2 million CHD survivors in the U.S. alone.

June brought Jovie back in the ICU for the 3rd time. She

Jovie...

Continued on page 2 ...

Did you know?.....

- A pumpkin is a fruit. Most people think of it as a vegetable.
- The largest pumpkin pie weighed 3,699 pounds, and is 20 feet in diameter
- A pumpkin is not a Jack O'Lantern, until it is carved.
- Pumpkins were once recommended as a cure for freckles.
- They were used as a remedy for snake bites.
- Pumpkin seeds help avoid



Lindsie Defrang and her infant daughter, Jovie have spent all 7 months of Jovie's life in the hospital.

Over the river, and to the Pumpkin Patch!

Thursday, September 21 is the ECFE Annual Pumpkin Patch Field Trip.

Join the ECFE crew and go "Over the River and Through The Woods" to Voxland's Pumpkin Patch.

Buses will leave the school at 6:00 pm. 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 6:00 pm sharp.

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



Leveah Kiecker and Nick Schow enjoyed the movie Trolls last Friday evening when the McIntosh Community Club sponsored a Movie in the Park evening for local families.



Community Calendar

Wed. Sept. 13: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;

Thurs. Sept. 14: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council @ Community Center 5:30pm

Fri. Sept. 15: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Sept 18: 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. 19: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm

Wed. Sept. 20: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm;

Thurs. Sept. 21: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Sept. 22: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Sept. 25: 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. 26: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm



The ECFE kids joined with the Patriot football players to pass, punt and play some football recently at Win-E-Mac school.

Jovie...

Continued from page 1 ...

was on precautions while waiting for a respiratory panel to return. She became "air hungry" and her oxygen saturations dropped into the 40s- 50s. Keeping her oxygen level satisfactory remained a problem.

June 14: I received some news that I wasn't expecting today. Jovie is not a candidate to have the Glenn procedure at this time. And may not be at all. We may have to bypass the Glenn and go straight to the Fontan. The downfall of this is that Jovie is not big enough or strong enough yet to handle this procedure. Currently we have no timeline for surgeries.

These were no small surgeries, and the risk is great in both.

The Glenn procedure is the second of three congenital hear surgeries performed to correct hypoplastic left heart syndrome and other single ventricle heart defects. It is usually performed about six months after birth. During the procedure, congenital heart surgeons finish rerouting the baby's blood flow from the upper bod to the lungs.

The Fontan procedure is the third stage of the repair. It is done when the child is between 18 months and 2 years of age. A heart catheterization is done before the Fontan. The Fontan is done so that almost all the blue blood coming back from the body goes to the lungs. After this stage, most children are much "pinker" because now nearly all of the blood pumped out to the body goes to the lungs first

Jovie just had to wait and grow

June 27: Besides having exploratory surgery Jovie was also going to have a bronchoscopy. The entire mission has been aborted. During the bronch Jovie began to destat and continued to do so very quickly. They rushed to get a breathing tube in place. And debated on another attempt at the bronch. But decided against it.

Jovie was in a Pulmonary hypertensive crisis. Characterized by an acute rise in pulmonary pressures, which causes pressure overload of the right ventricle and decreased cardiac output. Reduced cardiac output through the pulmonary circuit leads to hypoxia, further exacerbating the increased pulmonary vascular resistance.

Because of this, they kept her heavily sedated and somewhat paralyzed to prevent her from discomfort and feeling agitated.

July 1: Jovie is currently in a Pulmonary hypertensive crisis. This is characterized by an acute rise in pulmonary pressures, causing pressure overload of the right ventricle (RV) and decreased cardiac output. Reduced cardiac output through the pulmonary circuit leads to hypoxia, further exacerbating the increased pulmonary vascular resistance.

Because of this, they are keeping her heavily sedated and somewhat paralyzed to prevent her from discomfort and feeling agitated.

July also brought a brief separation of Jovie and her ever attentive mom, as Lindsie fell and was unable to be at the hospital with her infant daughter until her recovery. Returning to the hospital with her dedication and determination, things started to look like they could improve.

July 24: Today I made Jovie's 14th necklace from Beads of Courage. I've been asked what each bead means so here is the list! Originally Beads of Courage was set up for children with cancer but within the last few years began a Cardiac program as well. Today marks 176 days in the hospital, which means she has 176 yellow beads. She will have many choices for necklaces when she wants to play dress up.

August felt better, Jovie was doing amazing and working towards not being on so many machines and medicine meant that leaving the hospital was a big possibility.

August 28: So to celebrate Jovie's 7 month birthday and my 30th birthday today we did some photos with Jim Bovin at the hospital. Best Birthday Ever!

Jovie was given a discharge date of September 5th, 218 days in the hospital. Lindsie, Jovie and the hospital staff worked at making the necessary changes for discharge approval.

Sept 5: Jovie was not discharged today like we had thought she would be. Thersa two days left to wean her methadone so we decided to stay here so it's one less med to give at home.

We also are doing a contrast study tomorrow to see how quickly she moves things through her stomach.

Feeling great, Jovie is ready to get to the next chapter of her new little life with her mom. They are still at the hospital, but looking forward to moving to the Ronald McDonald house,

where Jovie can be "home", happy and healthy.

If you would like to donate to Lindsie and Jovie Defrang, there is an account set up for them at First National Bank in McIntosh. All donations can be sent to First National Bank, PO Box 129, McIntosh, MN 56556 with check made out to Jovie Defrang benefit.

You can follow and read more by searching for Jovie's Journey on Facebook.

REGULAR COUNCIL MEETING
THURS SEPT. 14, 2017
5:30 P.M.
COMMUNITY CENTER

CALL TO ORDER:

PLEDGE OF ALLEGIANCE:

ROLL CALL:

DETERMINATION OF QUORUM:

AGENDA ADDITIONS:

APPROVAL OF MINUTES:
a. AUGUST 15TH
REGULAR COUNCIL MINUTES

PUBLIC CONCERNS:

OLD BUSINESS:
a. MAIL BALLOTS
b.ELEVATOR CONTRACT

NEW BUSINESS:
a. CITY ZONING

APPROVAL OF MONTHLY BILLS:

COUNCIL & STAFF REPORTS:

NOTICES & CORRESPONDENCE

ADJOURNMENT:

BUDGET MEETING/HEARING
THURS, SEPT 14, 2017
6:30 P.M.
COMMUNITY CENTER

CALL TO ORDER:

ROLL CALL:

PURPOSE OF MEETING:

AGENDA ADDITIONS:

a. RESOLUTION FOR DELINQUENT UTILITY BILL TAX ASSESSMENT

ADJOURNMENT:



Corral entryway clutter

The entryway to a home is the first thing guests experience when coming inside. It also can be the first place residents drop their belongings after long days at school or work. As a result, entryways can quickly be consumed by clutter. Taming such messes takes a mixture of ingenuity and planning.

Homeowners hoping to clear their entryways of clutter must first decide what they want to get out of the space. Will it simply be a decorative spot with photos and other home decor on display? Or is functionality the primary goal?

Once that decision has been made, take inventory of which items, such as shoes, keys, umbrellas or coats, need to be in the area, which don't (i.e., old mail). To make things more organized, rearrange the former while removing the latter.

Next it is time to assess storage needs and what's already available. User-friendly storage items may need to be purchased to make the room as functional as possible. The following ideas also can help bring order to the space.

· Create a command center. Create a central location where items are neat, orderly and within reach. Use a bulletin board, dry-erase calendar or something that can house schedules and important notices. Hooks can hold keys, chargers and more.

· Keep it covered. Covered bins can serve as a seating area and also a place to store shoes, hats and scarves.

· Create cabinet space. Store items in cabinets so they are organized but out of sight. This way belongings are not just left on an entryway table.



Did you know?

According to the National Sleep Foundation, using a computer or electronic device before bed can make it hard to fall asleep. Photoreceptors in the retina sense light and dark, helping to align circadian rhythms to the external day-night cycle. The signals these receptors send to the brain help people be alert in the morning and fall asleep at night. But using devices such as smartphones, tablets or laptop computers before bed can miscue the brain and promote wakefulness at a time when the body should be falling asleep. Men and women who like to read before going to bed can increase their chances of getting a good night's sleep by reading print books or print editions of magazines or newspapers rather than e-readers or tablets

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· Create another drop zone. If the entryway is too small to serve its purpose, outfit another room or area that also can do the job. This can be a laundry room or mudroom area. Install shelves, a bench, cabinets and hooks.

· Go vertical. An easy way to keep things neater is to remove items from the floor and embrace vertical storage.

Clutter can accumulate in entryways. But some simple adjustments can quickly revamp the space to make it neater and much more functional.

Gosen Luther League

The Gosen Luther League meets on Sunday evening, September 17th, at 7 o'clock. The Fraser Family will be with us in concert.

Kent and Kimberly and their five children, Sara, Deborah, Abigail, Daniel, and Jonathan will share the Good News of Jesus Christ through gospel bluegrass music accompanying themselves with a variety of instruments. Their desire is to encourage believers in their walk with Him.

Refreshments will be served following the program.

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

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

For information, call 268-4242 or 687-3461.

Harvest Festival

Join Trinity Lutheran Church in McIntosh on Sunday, October 8, 2017 at 2:00 pm for a program of music ad song by Don Fradenlurgh. Pie and coffee will follow the program. All are welcome to join in and celebrate the season.

The Feast of Trumpets

Everyone is invited to join us in the Celebration of God's Appointed Feast; The Feast of Trumpets; which we are instructed by God to observe annually. (Leviticus 23:23-25).

COME & WORSHIP

WHERE: Dovre Free Lutheran Church, Winger, MN
WHEN: Wednesday, September 20, 2017
TIME: 7 P.M.

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.

Community Birthday and Anniversary Calendar

Wed. September 13: Lowell Ostenson
Thurs. September 14: mary Pulford, Amy Bartz, *Tom & HEather Hegre
Fri. September 15: Josh Vetteson, Michael Gensburger, Elaine Burslie, *Matthew & Rachell Finseth
Sat. September 16: John WERTish, Rudy Finseth, Josiah Erickson
Sun. September 17: *Mark & Karen Thompson
Mon. September 18: Melissa Finseth, Eric Ostenson, Mark Langemo
Tues. September 19: Orlett Hedlund

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

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

Wed. Sept. 13: 1:00pm Mass at McIntosh Nursing Home
Fri. Sept. 15: 8:30am Mass at St. Mary's, Fosston
Sun. Sept. 17: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Sept. 20: 11:30am Mass at ST. Mary's, Fosston
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. Sept. 17: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Sept. 24: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

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

Sun. Sept. 17: 11:15am Worship Service.
Sun. Sept. 24: 11:15am Worship Service.

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

Wed. Sept. 13: 1:30pm Bible Study at The Country Place; 7:00pm Bible Study at Don & Sharon Ramberg's

Sun. Sept 17: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service; 7:00 p.m. Luther League (see article elsewhere in the paper)

Tues. Sept. 19: 10:00 a.m. Sunday worship service telecast on Garden Valley Cable TV--Channel 2

Wed. Sept. 20: 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. Sept 14: 7:00am Men's Breakfast at Mt. Carmel
Sun. Sept. 17: 9:30am Worship at Mt. Carmel; 11:00am Worship at Trinity
Thurs. Sept. 21: 7:00am Men's Breakfast at Mt. Carmel
Sun. Sept. 24: 9:30am Worship at Mt. Carmel 11:00am Worship at Trinity
Thurs. Sept. 28: 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Jill Torgerson
Sun. Sept. 17: 9am Worship
Sun. Sept. 24: 9am Worship

DOVRE FREE LUTHERAN
Pastor Don Edlund
Wed. Sept. 13: 7:00pm Bible Study
Sun. Sept. 17: 10:00am Worship Service
Wed. Sept. 20: 7:00pm Bible Study
Sun. Sept. 24: 10:00am Worship Service
Wed. Sept. 27: 7:00pm Bible Study

IMMANUEL LUTHERAN CHURCH
McIntosh
Rev. John Anderson, Pastor

Wed. Sept. 13th: 3:30pm Confirmation
Thurs. Sept. 14: 6:45pm Bible Study - Poplar Lake
Sun. Sept. 17: TIME CHANGE: 8:45am Divine Worship Service; 10:00am Fellowship Hour and Council Meeting
Wed. Sept. 20th: 3:30pm Confirmation
Thurs. Sept. 21: Bible Study - Poplar Lake
Sun. Sept. 24: 8:45am Divine Worship with Holy Communion; 10:00am Fellowship Hour
Wed. Sept 27: 3:30pm Confirmation
Holy Communion 1st and 3rd Sundays

BUSINESS & PROFESSIONAL GUIDE

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Winger News

Linda Pulskamp

Greetings once again from Winger and the Union Lake areas where our weather cooled down from 90 degrees into the 60 degree range in a matter of hours. Has been windy and cool but a warm up for the weekend is coming, hopefully we will have a lot more warm and sunny days. The wasps or yellow jackets whatever they are referred to have been terrible for the last couple of weeks, hope they go away soon.

With Labor Day behind us and all the schools back in session, things should get back to a more normal schedule for everyone. Harvest is progressing very well, next will be the beans and they are ripening very fast.

Garden produce is being frozen and canned and speaking of gardens I have noticed in driving by Wayne Benbo's yard that he has so much produce in his garden but unknown to me he had a third garden that I could not see from the road, in it are raspberries, sweet corn, ornamental corn, carrots, rutabagas, cantaloupe, watermelon, beets, peas, swiss chard, pumpkins, cucumbers, zucchini, squash and yes Wayne admits some weeds too. He also has apple trees loaded with apples, and one that has 5 different varieties of apples grafted on it, all are sweet and juicy. His plum trees are also loaded with plums.

HAPPY BIRTHDAY DORIS! It was a special day at Senior Meals on Wednesday at Moran's when several of the usual diners who meet regularly, also helped Doris to observe her 94th birthday.

Last Saturday Roy and Judy Raben and Helmer and Verlys visited together and played rook as well at the Pioneer Home at Erskine, Roy was discharged from Rehab and returned to his home on Monday.

Wednesday the 30th Judy Gieseke brought brats and blueberry muffins and had lunch with Milton Carlson. Later Kari, Oliviayah and a friend of Oliviayah's visited with Oliviayah bringing cupcakes and Kari bringing fresh apple sauce for a treat. Also that same day Paul and Donna Carlson were visitors bringing with them table placemats and chocolate bars as a treat.

Last Sunday visiting with Betty Myhrum and bringing Grandma belated birthday wishes were Kjerstie and Dakota Poissant of Newfolden.

Butch Pulskamp spent from last Thursday until Wednesday at the Brent and Jessie Pulskamp home in Wahpeton. Linda left Friday and spent until Monday at Brent and Jessie's and Craig Helgaas of Glenwood was a guest from Friday until Sunday at Brent and Jessie's home. They were joined by several of Brent's friends and spent the weekend shingling Brent's house.

With the abundance of vegetables in Wayne Benbo's garden, Milo Ystenes was over and got some fresh produce from Wayne to feed his combining crew. Lonnie Benbo was also out in Wayne's garden getting produce to take home to can. Must say that is remarkable for a man that is 97 years young.

Kristen, Emma, Tory, Mia and Hadley Erickson of Fertile were visitors with Milton Carlson at the Carlson home on the 31st bringing with them fresh lefse that Kristen had made.

Betty Lou Myhrum was a Sunday afternoon visitor with Lucy Brtek at Lucy's home.

Visiting with Helmer and Verlys Homme at the Pioneer Home both Sunday and Monday of Labor Day weekend were Sheldon and Rita Trandem.

Monday, September 4th Sheila, Chris, Jade, Carson, Vincent and Jasmine Benesh were all morning visitors with Milton Carlson at the Carlson home. Also visiting that morning at Milton's were Adam, Jessica, Cosette, Sage, and Oliver along with Jessica's Mother Missy. Paul and Donna Carlson stopped by to visit with the family.

John and Carol (Solie) Fjellstul of Walker, Jerry Engdahl of Florida, Betty Lou Myhrum, Lucy Brtek, Ernie Flermoen of Muskegon, MI, Sue Flermoen and Michelle Gagner of Mentor all had a great visit and dinner together last Saturday at Ness Café in Erskine.

So it is for another week, think positive and positive things will happen!

From Bun Manor:

Floyd and Gerri Balstad had their annual Labor Day Weekend family get together at Union lake with 25 people coming from Atlanta GA, Ocean Side CA, Minneapolis, Chaska, Thief River Falls, Kennedy, Red Lake Falls and Detroit Lakes. It was a beautiful day except for many yellow jacket wasps who decided their picnic lunch looked good. Only two out of the 25 people got stung, one on the arm and one on the big toe.*;) happy

They also enjoyed going out for supper with Carsten and Joanne at the Deuce in Erskine this last weekend. Bun was surprised to hear that Carsten bought. Everyone must have ordered on the inexpensive side.

It was a busy weekend for the Massmann's. On Friday, Steve and Lorri along with Brian and Elizabeth drove to Detroit Lakes where they met up with Haley, Matthew, and Haley's girls. The group was then met by two of Lorri's sisters and brother-in-laws at Matthew's where they enjoyed a shrimp boil. The next morning, the boys headed out to play golf and the girls helped decorate for Lorri's sister's surprise birthday party. Steve came out victorious in the golf match with a miracle chip in from ten yards out to beat Brian by 1. That evening the whole crew headed to the Speak Easy to celebrate Lorri's sister Julie's 50th birthday. She was sure surprised and all of the sisters were able to make it. The next day, it was Lorri's sister's Jodi's birthday so the group met at Zorbaz's for lunch before starting their journeys home. A great weekend was had by all.

Carsten and Joanne Zahl had a busy weekend over Labor day at their lake place on Big Elbow Lake. Their son Danny, his daughter Erica, along with her husband Richard Rodriguez and children Rocco, Rheanin and Roman came down on Thursday night and stayed until Sunday. Carsten borrowed a wood splitter and with a lot of help from Dan and Richard they put up enough fireplace wood for a couple of years. The wood was birch and ash which are top choice wood for a fireplace. They did manage to have some pleasure time fishing and

“The first day of Sunday School at Calvary in Winger”

What: “IT IS OK TO EAT ICE CREAM FOR BREAKFAST!”

When: Sunday, September 17th at 9AM

Where: Calvary Lutheran Church in Winger

Who: Kids from 3 years old through the 6th grade. Older kids are welcome to come and help with the younger ones.

Bring your parents for ice cream too.

YOU DO NOT NEED TO BE A MEMBER OF OUR CHURCH - EVERYONE IS WELCOME!

For more information call 563-2197.

catching some good sized wall-eye and tubing behind Dan's boat that he had brought down from Duluth.

Saturday afternoon Joanne and Erica went to Fargo to see Carsten and Joanne's seventh great grandson, Ethan born to their daughter Denise's daughter Kelsey. Denise is now a grandma for the first time.

Brian wanted Bun to mention that he bought Dale and

him lunch at the Lunch Box. It was a proud moment in his life.

Bun headed down to the casino last Sat. to attend his 40th high school reunion from McIntosh-Winger. Twenty-one of twenty five classmates showed up for the event. Everyone enjoyed getting reacquainted with each other saying we should get together more often. Bun hopes to have a picture of the class next week.

Take your pick of apple history and trivia

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

There are more than 7,500 known cultivars of apples that produce various characteristics for flavor and appearance. Apples are often a topic of discussion in the fall, when many trees produce their largest bounties of fruit. Autumn is a good time of year to take a closer look at apples, and explore some of the most popular varieties for picking and eating.

Apple origins

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

European colonists likely

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

While apples can be produced from seeds, nowadays many apples are propagated by grafting so that they retain the parent tree's characteristics of flavor, hardiness and insect resistance.

Apples and symbolism

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

Apples...

Continued on page 4



40 years ago...1977: Mayor R.L. Edwards gratefully accepted the \$1,000 donation from Kenneth Jore representing First National Bank in their contribution toward the future city tennis court.



30 years ago...1987: FmHA's representative Garnet Aanenson is presenting a loan check for \$375,000 to Mayor Roland Habedank of McIntosh. This loan was for the new street and underground improvements in McIntosh.



20 years ago...1997: Seven seniors will provide leadership for the Patriots during their '97 season. Experienced players include: (L-R) Nathan Tangen, Tim Stordahl, Evan Evenson, Dan Senn, Matt DeFrang, Toby Strom and Jay Mahlon.

Regional Ag News

Ed Gindele,
Extension Educator

New Extension Educator in Red Lake County

Greetings,

From 9-5-2017, I will be on as Red Lake County's new Extension Local Educator. look forward to serving Red Lake County! I have been serving Clearwater and Polk County since mid-January earlier this year. My new schedule: Polk Monday, Red Lake Tuesday, Clearwater Wednesday, Polk Thursday. It will obviously be a challenge to juggle three counties so please call ahead on my cell phone 218-280-1129 to catch me.

In Extension tradition,

I look forward to farm/yard visits to bridge questions from university information and data. Also phone calls of course. I will try my best to answer all questions and find the information for you. My area of focus is within agronomy and horticulture production. I will be the first to tell you that I am not an arborist or livestock producer. With that being said, we will work together to find solutions. Since the Extension Service has a rich variety of experts it will be my pleasure to find the answers.

I will be involved with a few projects here in NW Minnesota. Private Pesticide Ap-

plicator Training (PPAT) will be going on in February. Any Pesticide applicator must recertify every 3 years who uses a restricted use label. Youth Tractor Safety is another project I will be putting on over the summer of 2018. Any 14-15 aged youth can complete an online / in-person training that will certify them to operate equipment off the family farm over 20 horse power. Other programming will also be going on like Dairy Days in McIntosh, Cow-Calf days in Bagley also Crop Improvement meetings to handle MCIA seed allotments. I hope to be around for the county fairs of the three

counties. The last focus I have is to start the Master Gardeners program again here in NW MN. If you are interested, please call me 218-280 -1129.

A brief bit of background for those who do not know me yet. I am a recent graduate of University of Wisconsin River Falls 2015 with a Crop Science Bachelor's Degree. Before coming to NW MN, I was working in Madison, WI to help with field research. I grew up in the town of St. Michael, MN just NW of the twin cities. There, I was involved with 4-H for 10 years showing animals and general projects. A very large garden at our

hobby farm sparked my initial interest in Agronomy/ Horticulture. The rest as they say is history.

Thank you for including me in this community here in the northwest!

Eli Gindele
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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

Random Things and Stuff



Adopt Don't Shop

By: Emily Lynne

According to the ASPCA, approximately 3.2 million shelter animals are adopted each year. Even though this is a high number, there are also approximately 1.5 shelter animals that are euthanized each year. There is a positive to this number, it has decreased from approximately 2.6 million in 2011.

When you think of an animal shelter, what comes to mind? Strays that get dropped off that have bad behaviors? Animals that were abandoned by their owners on the side of a road? Or maybe you think of lots of animals over crowded with little food or little human contact. These are, in fact, not all incorrect. There are a few animals that do end up being surrendered because of bad behaviors, but a majority of the animals are healthy and sweet. They generally are surrendered because of issues with their guardians, such as relocating or a new baby. There are some animals that do get brought into the shelter because they were found on the side of the road or abandoned in the woods. It is in fact false that most shelters are crowded with little food or little human contact. Animals in the shelter are cared for by staff as their own pets. Yes, they are caged, but they are generally put only one per cage. The animals

are fed regularly and walked, groomed, and taken care of by animal specialists.

Let's do the math looking at adopting a dog. Generally, the adoption fees can vary from \$75-\$250, shots are included, microchips may be included or up to \$20, and spay/neuter is included. The total to adopt a rescue dog would be between \$75-\$270. Okay, now let's look at purchasing a dog from a pet store. Generally, purchasing a dog can cost between \$250-\$3000. Their first shots are about \$100, getting a microchip can be between \$20-\$55, and getting the dog spayed/neutered can cost between \$75-\$200. The approximate total of purchasing a dog is \$450-\$3355. That's quite a bit of difference!

Before you think about buying an animal, why not check out the local animal shelters in your area. Most shelters have their own websites where they post updates on the animals in their shelter helping to get them adopted. If you are unable to adopt an animal, it is always beneficial to the shelters to take in donation of dog or cat food, toys, bedding, or monetary gifts towards the shelter as it is non-profit.

Apples...

Continued from page 3 ..

from the tree of knowledge.

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

Apples have also played a role in science, most notably Sir Isaac Newton's study of gravity. While myth surrounds the story of Newton and an apple falling from a nearby tree, it's likely that witnessing an apple fall from a tree did spark something in the famed scientist.

Most popular apple varieties

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

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

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



Polk County 4-H'ers demonstrate their knowledge and skills at the State Fair

Minnesota 4-H'ers from 86 counties and 2 tribal nations brought over 2,600 exhibits, delivered 175 public presentations and participated in dozens of group learning experiences and performances at the 2017 Minnesota State Fair.

Throughout the year, 4-H youth select project areas that reflect personal areas of interest and pursue hands-on learning that is both self-directed and guided by adult volunteers. The results of their learning are exhibited at county fairs across the state. A collection of the best exhibits from each county fair is brought to present in the 4-H Building at the Minnesota State Fair.

Exhibiting project work and

delivering public presentations at the state fair provides youth with an opportunity to showcase their achievements and continue learning through the interactive conference judging and team experiences.

Highlights this year include 155 youth exhibiting their teamwork and problem solving skills in a Rube Goldberg engineering design challenge and a 100% increase in the number of 4-H youth who experienced 4-H at the State Fair for the first time.

The presentations, exhibits and presence of 4-H youth from diverse communities across Minnesota brought fresh perspectives and energy to the 4-H Building.



Karlie Brekken, Northstar 4-H, Crookston, Purple Ribbon in Needle Arts.



Kayla Brekken, Northstar 4-H, Crookston, Purple Ribbon in Needle Arts.



Taking time during the movie to check up on her sister Divinity is Dakota Hedlund.



Catie Erickson, Fertile 4-H, Purple Ribbon with her Registered Breeding Gilt.



"Nana" Danette Strom and her granddaughter Payton Roed came to watch "Trolls" when the McIntosh Community Club sponsored a Movie in the Park night last Friday at Erickson Park.



Watching a movie is always more fun if you bring your Grandma. Here Connie Strom sits with the girls, and shares some popcorn.



There was a great turnout when the McIntosh Community Club sponsored a Movie in the Park evening for local families to gather together and watch the movie "Trolls" last Friday evening at Erickson Park in McIntosh. The cool evening was just perfect for cuddling under a blanket and watching a show.