



McINTOSH

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McIntosh, Minnesota



All because two people fell in love...Family and friends from near and far gathered at the McIntosh Community Center August 26th for the Berg Family Reunion. Pictured here at their home church, Trinity Lutheran Church, north of McIntosh, are five of Carl and Cora Berg's eight children. June (Berg) Parsley from Milwaukee, WI, Ray Berg from Cudahy, WI, Donavin Berg from Cocoa, FL, Gladys (Berg) Nornes from Cooperstown, ND, and Ruth (Berg) Reichart from Clearbrook, MN. No longer with us are Myron Berg from Reno, NV, Curtis Berg from McIntosh, MN and Mavis (Berg) Olson from Fosston, MN.

New municipal building in Mac to be called the Ohnstad Building

Taking the win by only 2 votes, the new municipal building in McIntosh, formally Variety Village will be offically named the Ohnstad Building.

The building is named after Dr. Jens L Ohnstad, a physician in McIntosh from 1903 to 1943.

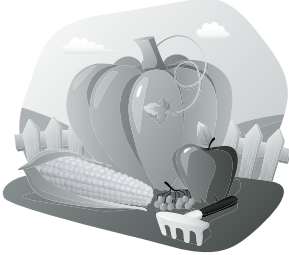
One biographer commented: "Dr. Ohnstad has gained a wide reputation for his skill and professional achievements and his able services have been distinguished by notable victories over serious epidemics of malignant diseases, he is that type who, by their broad, progressive and unselfish service, furnishes the substantial support of the welfare of any community and has made a most honorable record as a physician and as a citizen."

Dr. Ohnstad built the first hospital in town in 1918 on North State Street. The second floor was entirely a hospital. The first floor was divided into living quarters in the south half, Dr. Ohnstad's office, waiting room and treatment room in the north.

The character of this man is summarized by this comment from his obituary: "Through long years, as a professional man and as a member of the community he has always striven to do his best. Quietly and without ostentation, he has been the embodiment of the belief, 'That it is better to give than to receive!'"



After renovations have been completed in the Ohnstad building, the new offices of Head Start and McIntosh Heritage and Arts Center will occupy the new space. Pictured are members of the Head Start team that will have an office in the building.



Community Calendar

- 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; ECFE Pumpkin Patch 6:00pm
- 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
- Wed. Sept. 27:** 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. 28:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Sept. 29:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Oct. 2:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tues. Oct. 3:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm



Fall Leaf Tour to Itasca State Park

Friday, September 29th

Call 1-800-201-3432 for more information and take a tour around Itasca's beautiful trails.

ECFE Volleyball Buddies Night

Thursday, Sept. 28th

6:00 pm

WEM School





The Class of 1977 held there 40th Class Reunion on September 9th. A total of 26 graduated with the class of 1977. There are 24 living classmates and 20 attended the reunion. Front (l-r): Tami (Youmans) Ose, Mary (Strom) Schmidt, Carey Burslie, Patty (Strom) Hahn, Tim (Bun) Anderson, Renae (Zahl) Rohl, and Dan Defrang. Back (l-r): Terry Lucken, Curtis Bartz, Paul, Schow, Steven Moen, Gail (Helgaas) Finkle, Stephanie (Sorvig) Daley, Pam (Fullmer) Hopperstad, RaeAnn (Edwards) Osland, Cindy (Stordahl) Horvath, Mary Ann (Stenmoen) Senn, and Jack Randall. Also present but not in the photo were Mike Dietrich and Bob Finkle.



Members of the Highway 2 Cruisers Club joined together for their Annual Car Show in Fosston, held despite the rainy start to the day on Saturday, August 26th.



A Special Thank you to Remar Voxland for the beautiful fall decorations in front of the McIntosh Community Center.

Fabian and Johnson express disappointment in Dept. of Commerce recommendation

Representative Dan Fabian, R-Roseau, and Senator Mark Johnson, R-East Grand Forks, expressed disappointment in the Dayton administration's recommendation this week that the Enbridge Line 3 Pipeline should be shut down and not replaced. The aging pipeline was ordered replaced by the federal government during the Obama administration, and has been subject to unprecedented public review and comment. This latest recommendation by the Department of Commerce to the Public Utilities Commission is yet another roadblock to this critical project.

"The Department of Commerce and Dayton Administration have put up another barrier to the Enbridge Line 3 Replacement Pipeline, once again siding with environmental extremism instead of common sense," said Rep. Fabian.

"Shutting down this pipeline will have a substantial impact on rural Minnesota. Our local counties, school districts and townships will lose critical property tax revenue, and what's more, jobs will be affected and there will be fewer workers patronizing local businesses like our grocery stores and motels. Plain and simple, bureaucrats in Saint Paul are advancing policies that hurt Greater Minnesota."

Enbridge, which is hoping to replace the entire Line 3 pipeline, plans to spend a total of \$8.2 billion on the project, with approximately \$3 billion of that in Minnesota. The project has already started in both Canada and Wisconsin.

"Canada and Wisconsin are moving forward with this project, so why is Minnesota once again the outlier that can't see common sense?" asked Sen. Johnson. "Talking with our

locally elected officials and residents in Northwest Minnesota, it's clear that this project is not only necessary but widely supported in our area. I am frustrated the Dayton administration and Department of Commerce are once again dragging their feet on this project and throwing roadblock after roadblock in the way of this critical pipeline replacement. It seems they are more interested in working for special interests instead of supporting citizens, industry and good-paying jobs."

The Public Utilities Commission is taking public commentary on the Line 3 Replacement Project through November 22, 2017, and Rep. Fabian and Sen. Johnson are encouraging Minnesotans to share their input. You can visit <https://mn.gov/puc/line3/> to learn more and submit commentary.

North Country Food Bank asks NW MN to take action to end hunger

Feeding America® Network Food Banks across the Country promote Hunger Action Month.

This September North Country Food Bank, Inc., together with the Feeding America nationwide network of food banks, will mobilize across all 50 states in an effort to bring an end to hunger. Hunger Action Month is designed to inspire people to take action and raise awareness of the fact that 42 million Americans, including 13 million children, are food insecure, according to the USDA.

In the 21 county area served by North Country Food Bank more than 37,000 people struggle each month with hunger, and they may not know where they'll find their next meal. That number includes one in five kids who may not have enough to eat.

The Hunger Action Month 2017 campaign asks people to consider how it must feel to live with an empty stomach,

which puts a healthy life and a promising future at risk.

"I've spent many days on the road this past year, visiting food banks, food pantries, and meal programs and meeting people who are facing hunger," said Diana Aviv, CEO of Feeding America. "I've seen firsthand the anguish that food insecurity and hunger can cause. It is always heartbreaking to meet a mother or father who fears that they will not be able to feed their children. They know that their children cannot reach their full potential if they don't have enough to eat."

"I have always been so proud of the people in our communities, and their commitment to help us tackle the issue of hunger," says Susie Novak, the executive director of North Country Food Bank. "They understand that they have to get involved in order to make sure none of our neighbors has to wonder how

they will find their next meal." One of the questions people often ask is how they can help at North Country. There are many different ways to get involved in the fight against hunger: volunteering your time, financial donations, and organizing a fundraiser.

"It is so important that the people we serve have access to enough healthy food to reach their full potential; especially our children, who cannot grow, succeed or learn on an empty stomach. Focusing on this in September is a way we can show how much our community cares," said Novak.

Hunger Action Day®, the second Thursday in September, is a day where efforts across the country are focused for greater impact.

This year, in September North Country asks supporters to share what they couldn't do without adequate nutrition by writing on an empty plate, "On an empty stomach I can't

_____," and filling in the blank with something they couldn't achieve without the nutrition we need to thrive. Take a photo with your empty plate. These photos can be posted to social media with #HungerActionMonth, @NCFB_INC and @FeedingAmerica to join the conversation.

There is no need to register. Just show up and let us know you are here to volunteer. Make sure you or your group wears closed toe shoes and the color orange in support of Hunger Action Month.

To learn more about North Country Food Bank and other ways you can get involved for Hunger Action Month in northwest and west central Minnesota, please visit www.north-countryfoodbank.org

About North Country Food Bank

North Country Food Bank, Inc. is a 501(c)3 nonprofit organization that was incorporated in 1983, and is located in Crookston, MN.

The concept was simple – capture surplus food from the USDA, food manufacturers, grocery retail outlets and farmers to feed hungry people.

Today, North Country distributes food to over 220 charitable organizations on an annual basis.

North Country's service area covers 21 counties in northwest and west central Minnesota and part of Grand Forks, North Dakota.

North Country is a member of Feeding America, and helps make up a sophisticated nonprofit food distribution network of 201 food banks focused on domestic hunger.

Last year, North Country operated programs that distributed over 7.4 million pounds of food to people in need.

Most local charitable organizations in North Country's service area, including food shelves, soup kitchens, homeless shelters, senior community centers, after school programs, and other non-profits that serve those in need, receive at least 50% of the food they distribute from North Country.

There are many agencies that receive 70%+ of their food from North Country, and some that receive 90%+ of their food from North Country.

About Feeding America®
Feeding America® is the largest hunger-relief organization in the United States. Through a network of 200 food banks and 60,000 food pantries and meal programs, we provide meals to more than 46 million people each year.

Feeding America also supports programs that prevent food waste and improve food security among the people we serve; educates the public about the problem of hunger; and advocates for legislation that protects people from going hungry.

Donate. Volunteer. Advocate. Educate. Together we can solve hunger.

Visit www.feedingamerica.org, find us on Facebook or follow us on Twitter.

**Ad deadline:
Noon Friday**

Farewell Party
Come say Good-bye & Good Luck to **KELLY EVANS**
Sunday, September 24th
Noon - 4:00 pm
Coop Bar & Grill, McIntosh
Kelly is moving to Superior at the end of the month

NOTICE
Polk County Social Services – Fosston Branch Office will be moving from our current address of 104 Kaiser Avenue, Fosston, MN 56542. Our office will be closed Monday, September 25, 2017. The office will re-open at our new location on Monday, October 9, 2017 at Bjella Building located at 250 SW Cleveland, McIntosh, MN 56556. During our move, you may call 1-877-281-3127 for assistance. M26-27C

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Community Birthday and Anniversary Calendar

Wed. September 20: Julie Christianson, Mikkel Ostenson, Annie Lian, *Bud & Clellie Kiecker, *Jeff & Heidi Haaven

Thurs. September 21: Sig Vigoren, *Bob & Shelley Quinlan

Fri. September 22: Milan Wirth, Delores Syverson, Mark Strom, *Curt & Judy Bartz

Sat. September 23: Michael Lindseth, Angel Hedlund, Kolten Barch, Garnet Aanenson

Sun. September 24: Shawn Burslie, Caitlyn Espeseth, Nathan Frisk, *Tyler & Amanda Schow, *Reggie & Jan Galland

Mon. September 25: Wendel Webster, Chrissy Roue

Tues. September 26: Marvin Rolf, Sheree Breckel, Elliot Carlson, *Mark * Cody Huschle

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Announcements • Photos • Community Updates

McINTOSH Times
THE THIRTEEN TOWNSHIPS
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CHURCH DIRECTORY
ST. MARY'S CHURCH
Fosston
Fr. John Suvakeen, Pastor

Wed. Sept. 20: 11:30am Mass at St. Mary's, Fosston
Sun. Sept. 24: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley; St. Mary's Annual Fall Bazaar 11:00am to 1:30pm with Turkey Dinner, Bake Walk, Fish Pond and Country/Candy Store
Wed. Sept. 27: 11:30am Mass at St. Mary's Hansille Cemetery
If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH
Winger/Bejou
Supply Pastor
Gordon Syverson
Sun. Sept. 24: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Oct. 1: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Supply Pastor
Gordon Syverson
Sun. Sept. 24: 11:15am Worship Service.
Sun. Oct. 1: 11:15am Worship Service.

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

Wed. Sept. 20: 1:30pm Bible Study at The Country Place; 7:00pm Bible Study at Don & Sharon Ramberg's

Sun. Sept. 24: 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. 26: 10:00 a.m. Sunday worship service telecast on Garden Valley Cable TV--Channel 2

Wed. Sept. 27: 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. 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
Sun. Oct. 1: 9:30am Worship at Mt. Carmel 11:00am Worship at Trinity
Thurs. Oct. 5: 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Jill Torgerson
Sun. Sept. 24: 9am Worship
Sun. Oct. 1: 9am Worship

DOVRE
FREE LUTHERAN
Pastor Don Edlund
Wed. Sept. 20: 7:00pm Bible Study
Sun. Sept. 24: 10:00am Worship Service
Wed. Sept. 27: 7:00pm Bible Study
Sun. Oct. 1: 10:00am Worship Service
Wed. Oct. 4: 7:00pm Bible Study

IMMANUEL LUTHERAN CHURCH
McIntosh
Rev. John Anderson, Pastor
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
Thurs. Sept. 28: Bible Study - Poplar Lake
Holy Communion 1st and 3rd Sundays



This is a picture of 6 grain elevators, and the McIntosh train depot, yet we are not sure of the year the picture was taken.

The picture is looking to the east, and to some, there are several distinguishing traits.

If you have any more information on this picture please let the McIntosh Heritage Center know at McIntoshheritageandartscenter@gmail.com



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Winger News

Linda Pulskamp

Greetings again from Winger and the Union Lake areas where we have had a couple of hot and windy days, and today (Thursday) a shower of rain but nothing too significant. Maybe more to come tomorrow. We certainly need it but are so thankful that we are here and not in the devastation of the southern states after the hurricanes. It is hard to imagine what that must be like.

There is definitely a hint of fall in the air even with the hot days, the nights get cool. Trees are turning color but some of that could be because of the dry conditions. The wasps are still plentiful and pesty as well as the Asian Beetles that are starting to show up. Gardens are being cleaned out and the bean harvest is underway. I am still hoping that we will have a nice long fall with a lot of Indian summer.

The Bruce Bratager's of Rochester and Brian Bratager's of Greenleafton were house guests last weekend at the Boyd and Sylvia Bratager home.

Last Wednesday the 6th, Judy Gieseke was a visitor and brought dinner to the Milton Carlson home that the two enjoyed together.

After hearing all about Wayne Benbo's gardens Butch and I took a drive out last Thursday afternoon to visit with Wayne and we were given a grand tour of his gardens and all the produce he has in them. He had recently planted beets, and swiss chard that is young and fresh, his raspberries were ripening and were delicious, took home some of his apples and they were also delicious and his plum tree was loaded with plums. Along with all the other produce he has a pumpkin patch with huge pumpkins that will be ready for Halloween. It was truly a fun visit and also visiting and gathering some produce were Lucy Brtek and David Sall. Yes, Wayne took time from making ice saws to visit and entertain us all.

Congratulations to Helmer and Verlys Homme on their 51st wedding anniversary that they observed last weekend, Helmer and Verlys along with Gary and Maxine Walters enjoyed supper together at Moran's for their anniversary.

Thursday the 7th Jade Benesh stopped by the Milton Carlson home after work and had a nice visit with her Grandpa.

Last Friday evening Ryan Olson and his brother Robbie Olson of Fergus Falls were visitors at the Butch and Linda Pulskamp home.

Friday the 8th Judy Gieseke was a visitor at the Milton Carlson home. While there Judy gave Milton a crash course on his cell phone.

Lucy Brtek along with Sara Lucken and Elly Gilbertson took in the car show at the Blast to Brooks celebration

that was going on last Saturday afternoon.

Paul and Donna Carlson and Chris and Vincent Benesh were last Sunday visitors with Milton Carlson at the Carlson home. They all enjoyed fresh blue berry pie that Donna brought as a treat.

Helping Reha Sanstead celebrate her birthday last Sunday at the Sanstead home in Erskine were, Marv Engesether of Plummer, Butch and Linda Pulskamp, Julie Dulka of Red Lake Falls, Tom, Terrill and Bailey Bradford of Mentor, Jerry and Jamie Mattison of Plummer and Spencer and Rachel Anderson of Erskine. Dean and Mary Salvesson of Erskine were also guests at the Sanstead home last Sunday night to help celebrate Reha's birthday.

David and Janet Grundyson of Reedsport, OR spent 2 weeks in MN seeing friends and family and spending a few days with Camilla Aasen Pearsall. Janet is Camilla's sister. They had a great time with family at Camilla's home.

Tuesday Paul Carlson was a visitor at the Milton Carlson and planted a tree for Milton that Dick and Wanda Donovan had brought him. The tree was to replace one that they had to take down.

Betty Myhrum visited with Kjersten and Dakota Poissant and Susan Eischens last Saturday afternoon at their homes in Newfolden.

So much for the bits and pieces for this week, am always open for more.

In closing, kindness is free, sprinkle the stuff everywhere.

From Bun Manor:

Tim is beginning to think that he is losing his real name identity. The other day when he was at Ladies Aid in the back room by himself waiting for some more men to join him, ninety-four year old Doris Krogstad walked by and said "I see your eating by yourself Bun". Not too long ago she didn't even know who Bun was. Even the Jehovah witness's are calling him Bunny. The other day one came by the manor and Scrappy answered the door and Bun heard him ask Scrap if Bunny was home. Bun was not able to visit with him at that time.

Tim's nephew Tory Hegrenes(Odney and Linda's son)had to vacate his home in Key West during the hurricane and head to Orlando for a few days. Tim called Linda on Sunday to get an update on his status. Her and Odney are in California visiting aunt Shirley. She told Tim that Tory is now stationed in Miami and hopes to get back to his home in a couple of weeks. He was one of the lucky ones whose home avoided major damage.

Bun was doing his lunch thing at Ness cafe when he ran into his friend Laura(Wang) Grant and her daughter Lesa.

They were having a girl's day out and were heading to Grand Forks to do some shopping. He also saw Jeff Wang and Cindy Horvath. Bun asked Jeff what he owed him for the shop hrs. Bob used to fix his van door. Jeff told him that he would let that one slide so Bun bought him and Cindy lunch. Bun definitely got the better deal.

Wayne Olson(formally from Winger)and now residing in Barstow, Ca. along with his wife Sue came to spend a few days visiting his mother Doris and brother Mike(Ole) at their residence at Poplar Meadows in McIntosh. They went and visited uncle Norman Versdahl and friends while they were here. They returned home last Thursday.

Joyce Balstad enjoyed watching her grandson Everett play eighth grade football against Fosston in Fertile last Fri. afternoon.

Fertile enjoyed a victory. Everett is the son of David and Shawnn Balstad.

More than fifty guys took part in the annual Dan Ness Memorial golf scramble that took place in Walker on Thursday and Friday. The group played 36 holes at Tianna and played 18 more at Blueberry Pines near Menahga.

Elizabeth Massmann's folks, Monte and JoAnn Troске, spent the weekend at Elizabeth and Brian's place near Fertile. They enjoyed supper at Moran's and JoAnn helped Elizabeth do some painting, including the new baby room. The baby is due next spring. Congratulations and good luck with the pregnancy.

Carsten and Joanne Zahl were at their cabin on Thursday when they got a call from Joanne's cousin George Reis and wife Clareen. They were coming to the area, and would like to meet at the Casino. They would be staying there. Later they called. The Casino was full, some convention, where were they to go? Carsten told them that the Fosston Motel had recently upgraded. Later they called and they had a very nice room in Fosston and wanted to meet for supper. So, Carsten said if they would come back to Moran's they would come in from the lake and buy dinner. They met there for a top-notch dinner, and about a 2 1/2 hour visit. George spent some of his younger days just southeast of Winger. They, the Reir family, lived on the farm that Shirley Mork has. They now live in Shakopee, Minnesota in the summer and Tempe, Arizona in the winter.

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



40 years ago...1977: Pam Aanenson (21) and Gladys Finseth (off the floor) with Beth Strom, Ruth Thompson and Donna Knudson "setting up a return serve".



30 years ago...1987: Ryan and Shane Voxland exhibited their garden produce on Market Day in McIntosh, Saturday, September 19th (in the rain). The Halloween look attracted much attention. The little farmers raised the produce and are sons of Herman and ReMar Voxland of rural McIntosh.



20 years ago...1997: The team representing the McIntosh Bakery in the Relay for Life event won third place contributing \$1320 in donations. Team members included: (back l-r) Lois Ostenaar, Evonne Berhow, Lois Schimanski, Corky Syverson and Darlene Roue. (front l-r): Susanne Dr. Frang, Kayla Schimanski, Ann Nephew, Michelle Johnson and Michelle Solsten. The team participated on the relay track in Fosston from 7:00 pm to midnight.

Your Legal Rights: What to do in response to the Equifax data breach

From the Office of Minnesota Attorney General Lori Swanson

Equifax, a major national credit bureau, recently announced a massive data breach affecting 143 million consumers nationwide. Hackers stole highly sensitive information, including Social Security numbers, birth dates, addresses, and driver's license numbers.

The company indicates that data on over 2 million Minnesota residents was compromised.

People can take the following additional steps to protect against identity theft as a result of Equifax's data breach:

Steps To Take to Protect Yourself

- **Monitor your credit reports and financial accounts for unauthorized activity.** You can obtain a free copy of your credit report each year by any of the following methods: (1) Log on to: www.AnnualCreditReport.com; (2) Call: (877) 322-8228; or (3) Write: Annual Credit Report Request Service at P.O. Box 105281, Atlanta, GA 30348-5281. If you spot suspicious activity, immediately alert your financial institution and local law enforcement.

- **Consider placing a fraud alert on your credit reports,** which requires creditors to contact you before opening any new accounts or increasing your credit limit. To do so, call any one of the three major credit bureaus at the

following numbers: (1) Experian: (888) 397-3742; (2) TransUnion: (800) 680-7289; or (3) Equifax: (800) 525-6285.

- **Consider placing a security "freeze" on your credit reports.** This is supposed to prevent the release of any information from your credit report without your written authorization, which makes it more difficult for identity thieves to open new accounts. For more information on how to place a credit freeze, you may download our brochure, entitled Protect Yourself from Identity Theft, available at www.ag.state.mn.us/Office/Publications.asp.

- **If you suspect someone is misusing your Social Security number,** report the fraud to the Social Security Administration at (800) 772-1213, and the Internal Revenue Service's Identity Protection Specialized Unit at (800) 908-4490.

Additional Information Through Equifax

Equifax has established a website, www.equifaxsecurity2017.com, that you may check to determine if your personal information was exposed as part of the data breach. Equifax is also offering one year of free credit file monitoring and identity theft protection services. People have until November 21, 2017, to enroll by completing the enrollment process at its website.

Additional Resources

For more information, the Minnesota Attorney General's

website at www.ag.state.mn.us has publications entitled: (1) What to Do When Your Personal Information is Breached; (2) Protect Yourself from Identity Theft; and (3) Guarding Your Privacy. They are downloadable from the site at www.ag.state.mn.us/Office/Publications.asp.

Did you know?

Skimming, sometimes referred to as "card skimming," is a type of financial fraud in which information is illegally copied from the magnetic strip of a debit or credit card. Once a card has been skimmed, the criminals perpetrating the fraud can then clone the card and use it to make false purchases and/or steal the card holder's identity. Account holders may be surprised to learn that their cards can be skimmed at their own banks, where criminals may place skimming devices over card slots at ATM machines. Unsuspecting customers will then swipe their cards and won't notice anything out of the ordinary while completing their transactions. Persons concerned about skimming should avoid outdoor ATMs that are not under bank supervision and surveillance, as well as those machines that well off the beaten path where a criminal won't attract attention while attaching a skimming device. Concerned account holders also can closely examine their bank accounts online.

Regional Ag News

Ed Gindele, Extension Educator

Are you seeing white mold?

Fundamentals:

White mold (also named Sclerotinia stem rot) is a common and destructive disease that tends to be sporadic across the northern U.S. and Canada. Although it can be a serious problem in many areas, certain areas are more prone to this disease than others. For example, in the central Midwest white mold is especially common in SE Minnesota, NE Iowa, and NW Illinois. White mold is favored by prolonged wet and cool weather when the plants are flowering in July. This disease is difficult to manage and resistant varieties are a partial solution to this perennial problem.

Symptoms:

Lesions usually develop first at stem nodes during or after flowering. The lesions expand and the tops of the plants become grayish-green and then wilt and die. Infected stems often become soft and watery, and become covered with white moldy growth in moist conditions. Dry, dead stems can develop a bleached, white appearance. Hard, black sclerotia that look similar to rodent droppings develop on or

inside infected stems and pods. Scattered dead plants can often be seen standing upright in affected fields, or plants can be killed in patches.

Conditions and Timing that Favor Disease:

The occurrence of white mold varies widely from year to year and from location to location depending in a large part on weather conditions. Wet and cool weather during flowering is required for this disease to develop, and plants are usually killed after closure of the plant canopy. Other factors that may favor development of white mold include high plant populations, high fertility, narrow rows, protected fields and parts of fields where plants dry slowly, lack of air circulation under soybean canopy, and possibly early planting. Tillage has not been shown to be consistently associated with this disease.

Causal Pathogen:

White mold is caused by the fungus Sclerotinia sclerotiorum. This fungus survives from year-to-year in soil or stems in the form of hard black masses of mycelium (sclerotia). The sclerotia germinate near the soil surface to form small tan-to-gray mushroom-shaped

structures called apothecia, which produce ascospores that spread via air currents to infect dead soybean flowers. The infection then spreads into the stems. Seed lots can be contaminated with sclerotia, and seeds can be infected with the pathogen. The host range of this pathogen includes many broadleaf crops and other plants, but not corn or small grains.

Disease Management:

Selection of soybean varieties with some level of resistance to white mold can be helpful in managing this disease. Low plant populations or wide rows may help to reduce white mold severity, but these tactics do not always make a difference. Where irrigation is used, reduce irrigation frequency during flowering. Seed should be free of Sclerotinia contamination and infection. Long-term rotation with corn or small grains may reduce white mold. Foliar fungicides may be helpful, but have generally performed inconsistently and may not be economically beneficial for managing this disease.

Source: UMN Extension Crop Diseases

Random Things and Stuff



Hurricane Help

By: Emily Lynne

It is pretty intense what has been happening with the hurricanes lately in the United States. High powered winds, lots of rain, flooding, and damage being done. It is a scary thought about what these huge storms can do.

Up here in Minnesota, we generally just have to worry about tornados once in awhile and blizzards. As a nation, we should come together to help those affected by these storms that were out of our control.

If you would like to help those affected by the hurricanes, the easiest way to do so is check out the Red Cross' website: <http://www.redcross.org/about-us/our-work/disaster-relief/hurricane-relief>

It is sometimes difficult when you donate blankets, clothes, or toys to a disaster area.

The storing and sorting donating goods can sometimes divert the resources away from more pressing work.

A better idea is to check out GlobalGiving and donate through this organization. GlobalGiving, over the long term, often steers the money toward larger entities like Save the

WEM Artist in Residence

Win-E-Mac Community Education and the Art Department are sponsoring an Artist in Residence all week next week. They would like to involve the area adults to join in the fun. Jerry DeCaire, a former Marvel Comic artist will be putting on a workshop for adults on Wednesday, September 20th from 6:00 pm to 7:30 pm in the high school art room. He will amaze you with his drawing skills and teach you some interesting things about how to draw and what went into drawing Marvel characters. If interested, you must register in advance by calling the school at 563-2900.

Children or the International Medical Corps during the early disaster response.

Another idea would be to give to the Direct Impact Fund on their GoFundMe site. This is a nonprofit that distributes money to smaller campaigns within the United States and its territories. As always, GoFundMe strives to verify that all funds go to the intended recipients, but cannot always guarantee that. Be smart when sending monetary donations.

If you are looking for help to go directly to children, Unicef would be a good place to donate. They specialize in helping school-age children.

If you are an animal lover, you can also donate to the American Society for the Prevention of Cruelty to Animals and the Best Friends Animal Society.

According to the New York Times, there are a few things you should watch out for when donating. These include:

“To make sure you are giving to a legitimate and effective charity, check whether it has been rated or accredited by an organization like Charity Navigator, Charity Watch or the Better Business Bureau. These might not cover smaller, community-based charitable organizations. But you can read useful tips about choosing a charity from the Federal Trade Commission.

Among its recommendations: Do your research; don't wire money or send cash; find out a charity's address and phone number; call them if necessary; and be wary of charities that appear to be new.”

“It is a kingly act to assist the fallen.”-----Mother Teresa

RiverView rehab therapists certified

Be LOUD and think BIG! That's the advice RiverView Rehab Service therapists Erin Jore, MS, CCC-SLP, Lori Hefta, MPT, and Madeline Graff, MOTR/L, are giving some of their patients these days. All three therapists are now certified in the LSVT (Lee Silverman Voice Treatment) LOUD and LSVT BIG programs designed to help individuals with Parkinson Disease (PD) and other neurological conditions.

LSVT LOUD

As a speech-pathologist, Jore works with the LSVT LOUD program to help patients improve vocal loudness by stimulating the muscles of the voice box (larynx) and speech mechanism through a variety of exercises. Focused on a single goal “speak LOUD!” – the treatment improves respiratory, laryngeal and articulatory function to maximize speech intelligibility.

Jore reports that the patients she has worked with have not only increased their vocal loudness, but have also increased their intonation and expressiveness.

“A person's voice is a part of their identity. It is amazing to give that back to them,” she shared. “This program helps restore confidence and a desire to interact with others that they thought was lost.”

LSVT LOUD, named for Mrs. Lee Silverman, was developed in 1987 and has been scientifically studied for nearly 20 years with funding support from the National Institute

for Deafness and other Communication Disorders of the National Institutes of Health. Published research documents improvements maintained up to two years after treatment. Recent research studies have also documented the effectiveness of this therapy in improving the common problems of disordered articulation, diminished facial expression and impaired swallowing. Additionally, two brain imaging studies have documented evidence of positive changes in the brain following administration of the therapy.

LSVT BIG

Physical Therapist Lori Hefta and Occupational Therapist Madeline Graff are certified in the LSVT BIG® treatment approach. LSVT BIG training is driven by exercises of high intensity, amplitude and calibration.

The goal of LSVT BIG is to increase the amplitude of limb and body movement in people with PD and other conditions; therefore, decreasing the amount of tremors and shuffling and improving trunk rotation and gait. The program has also been generalized to improve speed, balance, and quality of life. In addition, people are able to maintain these improvements when challenged with a dual task. LSVT BIG is credited with bringing better movement into everyday life. There has been documentation of both long term and short term improvements when utilizing the LSVT BIG approach.

LSVT LOUD® and LSVT

BIG are often completed as a program by the Rehab Team to provide the patient with a more holistic approach.

“It really is an amazing program,” Jore reported. “The earlier an individual is seen for treatment the better.”

Jore shared that referrals often come from family members because individuals may not realize their voice or gait has changed. If you or someone you know would benefit from LSVT, contact Rehab Services at 218-281-9463.

Did you know?

Selenium is a trace mineral that can be very potent in cancer prevention. According to Susan G. Komen, selenium helps antioxidants work more effectively and may reduce cancer incidence as a result. Selenium also may kill cancer cells and help normal cells repair their DNA. According to a Harvard study of more than 1,000 men with prostate cancer, those with the highest levels of selenium in their blood were 40 percent less likely to develop advanced disease over the next 10-plus years than men with the lowest levels in their blood. In addition, data from a five-year study from researchers at Cornell University discovered 200 micrograms of selenium per day resulted in 63 percent fewer prostate tumors and a 39 percent overall decrease in cancer deaths, among other benefits. Selenium is found in Brazil nuts, halibut, and many other foods



Bill and Valerie Fritz enjoyed an afternoon with Bill Jamerson, who sang songs and told stories about Michigan's Upper Peninsula, which reminds some of the experiences of miners in Minnesota's Iron Range. Due to its isolation, many of the area's cultural traditions have been preserved, and Jamerson's stories about the people who grew up there in the 1930's were fun and interesting to hear.

The health benefits of grandparent-grandchild relationships

In the not-so-distant past, extended families were the norm, with multiple generations residing on the same street if not in the same house.

Today the family unit is largely an amalgam of different situations. The rise of two-income families has pressured parents into finding childcare situations. Quite often grandparents once again step in to offer guidance and support for youngsters. This can be a good thing for both the grandparents and the grandchildren.

Although a bevy of psychological research focuses on parent-child relationships, new evidence points to the benefits of the grandchild-grandparent relationship as well. Close relationships between these different demographics is often a sign of strong familial ties.

A study from researchers at Boston College discovered that emotionally close ties between grandparents and adult grandchildren reduced depressive symptoms in both groups. Research at the University of Oxford among English children between the ages 11 and 16 found that close grandparent-grandchild relationships were associated with benefits including fewer emotional and behavioral problems and fewer

difficulties with peers.

Adult and grandchildren alike benefit from relationships with their elders. Grandparents can provide a connection and exposure to different ideas while providing a link to family history and knowledge regarding traditions and customs not readily available elsewhere.

Nurturing grandparent-grandchild experiences may be easy for families where grandparents live in the same house or close by. For others, it may take some effort. The following are some ways to facilitate time spent together.

· **Schedule regular family reunions or get-togethers.** Host or plan multi-generation events that bring the family together and expose children to various members of their family.

· **Promote one-on-one time.** Have grandchildren spend time with grandparents in intimate settings. Alone time can be good for both and offers each undivided attention. A meal at a restaurant or time spent doing a puzzle or craft can be interesting to both generations involved.

· **Video chat when possible.** If distance makes frequent visits challenging, use technology to bridge that gap. Send

Want healthier kids? Get a pet

If youngsters have been eyeing fuzzy kittens or boisterous puppies at nearby shelters or pet stores, parents may want to give in to those cries for a family pet. Pets are added responsibilities, but the health benefits associated with pet ownership may be well worth the investment of time and effort.

Caring for a pet is sometimes viewed as a childhood rite of passage, but there's much more to the experience than just learning responsibility. Experts say a child's emotional, cognitive, physical, and social development can be enhanced through interaction with a family pet. Studies continue, but the effects of family pets on children was heavily researched by developmental psychologist Gail F. Melson in 2003. Melson looked at literature on child-animal relationships and found that children who had pets were better able to understand biology and children who could turn to pets for unconditional emotional support were less anxious and withdrawn than their peers without family pets to turn to.

Data from a small study conducted by researchers at the Cummings School of Veterinary Medicine at Tufts

University reported that adolescents who had animal experience were more likely to see themselves as important contributors to communities and more likely to take on leadership roles.

Pets also can help children develop into well-rounded individuals. Playing with a pet requires children to engage in physical activity and can help stimulate motor skills. An English study conducted in 2010 and published in the American Journal of Public Health found that children from dog-owning families spent more time in light or moderate to vigorous physical activity and recorded higher levels of activity counts per minute than kids whose families did not own a dog.

Pets also may foster social interactions, which can benefit children who are shy. Inviting others over to meet pets can help children make friends and find others with similar interests. Children may also confide in pets and develop their self-esteem.

Studies have indicated that the type of pet a family has, whether it's horses, dogs, snakes, etc., does not matter, as all companion animals have the potential to benefit children.

photos, letters and electronic communications. Tech-savvy grandparents can use Skype or Facetime to stay in touch and speak one-on-one with their grandchildren.

· **Share skills with each other.** Either generation can play teacher to the other. Grandparents may have certain skills, such as baking, sewing or wood crafts, they can impart that may not be readily taught today. Children can help grandparents navigate computers, video games or sports activities.

Grandchildren can help grandparents feel younger, and grandchildren can learn new experiences from their grandparents.

WEM School Announcements

Drivers Ed Classroom will be held October 23, 24, 30, 31, November 1, 8, 13, 14, 15 and 16. Instructor will be Russ Bly. Classes will be held from 4:00-7:00 p.m. (note time change), in Mr. Hendrickson's room 45. Cost of the class will be \$50. If you need forms, please pick them up in the office. Deadline to register, with fee, will be October 13, 2017.

Homecoming is right around the corner – October 2-6, 2017 – please see the individual days and dress up days – Monday (Oz the Great & Powerful) – Decades Day – dress up in apparel from your favorite decade; Tuesday (Which Witch is Which Day) -Twin, Dynamic Duo, Squad day (dress up with friends either as twins, like your favorite duo, or in a big group to match your favorite group), Wednesday – (Twister Day) – Wacky Day – (dress in many random, miscellaneous, silly, random objects, colors, or clothing), Thursday – (There's a storm coming: a color storm) – Class Color War Day – (each class is assigned a color to wear and be all decked out in! The more of your color you wear, the better it will be for the games later in the day!) – 7th grade – red; 8th grade – green; 9th grade – pink; 10th grade – orange; 11th grade – blue and 12th grade – black; Friday (There's NO place like HOME) – School spirit day (patriot pride day, get DECKED OUT in school colors, apparel and patriot wear to show how much we love our school! Daily dress up winners will get in FREE to the Dance!!!



Left to right: Lori Hefta, Madeline Graff and Erin Jore are new therapists at Riverview.



Pictured here is all the family and friends of the Carl and Cora Berg family that gathered in McIntosh Saturday, August 26 for the Berg family reunion.