



McINTOSH

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Times

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McIntosh, Minnesota

Mac Tractor Day: A day full of tractors for young & old



The Kiddie Tractor Pull, sponsored by the Polar Beach Snowmobile Club, was a big hit on McIntosh Tractor Day with over 70 participants. Here, Annabelle Schultz has some fun giving it a try.



Making her effort count during the Kiddie Pull, part of Tractor Day in McIntosh was Dakota Hedlund.



Sophie and Ella Strom, cousins enjoying Tractor Day in McIntosh.



The oldest driver in the McIntosh Tractor Parade is no stranger to sitting in a seat of a tractor, he has been farming most of his life. 97 year old, Clifford Bartz took to the seat of this Farmall tractor for parade day.

Interesting facts about fall

Weather is often the first indicator that the seasons are changing. For many people across the globe, the hot days of summer will soon be giving way to the more crisp days of fall.

For those who live in regions where summer only subtly gives way to fall or is seemingly gone before the end of August, the 2019 autumnal equinox occurs on September 23.

That marks the official beginning of fall, also known as autumn. In fact, that the season the follows summer seemingly goes by two different names is just one of many interesting facts about fall.

A season by any other name . Fall is the term most often used to reference the season succeeding summer in the United States. But the season is referred to as "autumn" in other parts of the world, including Great Britain. Fall was once even known as "harvest" because of the harvest moon, which appears close to the autumnal equinox.

The colors of fall foliage are actually present year-round. Fall is known for its colorful foliage. But the pigments responsible for those colors are actually present year-round. According to the SUNY College of Environmental Science and Forestry, green, yellow and orange pigments are present year-round. However, during spring and summer, the leaves serve as factories where many foods necessary to help the tree grow are manufactured. That process takes place in the leaf in cells containing chlorophyll, which gives the leaves their green color. This process ceases as hours of daylight decrease and temperatures drop. As a result, chlorophyll breaks down, the green color disappears and the vivid colors of fall foliage begin to appear.

Squirrels have a (sophisticated) plan out there. Squirrels hiding food in autumn for the upcoming winter is a familiar sight, and squirrels are more organized than many people may know. Groundbreaking research released in 1991 found that, even when squirrels bury that stash of nuts closely to one another, they will each return to the precise location of their personal cache. Recent research also has shown that squirrels bury their stash based on certain traits, such as the type of nut being buried.

Babies born in fall are more likely to see the century mark. Researchers at the University of Chicago studied more than 1,500 centenarians born in the United States between 1880 and 1895. They then compared birth and death information with those centenarians' siblings and spouses so they could compare their early environment and genetic background and their adult environment. Their research found that most centenarians were born between September and November.



Hudson Smeby takes his Uncle Chad's tractor for a spin through McIntosh during the Tractor Day parade held on Saturday, August 24th.



Community Calendar

- Wed. Sept. 4:

McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Sept. 5:

Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri Sept. 6:

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

McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tue Sept. 10:

Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Wed. Sept. 11:

McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Sept. 12:

Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Sept. 13:

McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Sept. 16:

McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tue. Sept. 17:

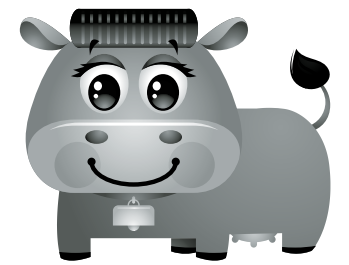
Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



Some of the winners and participants of the Kiddie Tractor Pull during McIntosh Tractor Day. The event was sponsored by the Polar Beach Snowmobile Club.

MSL Harvest Festival activities

On Saturday, September 21st, McIntosh Senior Living will hold several events for McIntosh Harvest Festival. The first is a run/walk with registration starting at 8:30 am and the run/walk starting at 9:00 am. Registration will be \$25 for adults, \$10 for kids and a \$75 family fee. Forms are available at McIntosh Senior Living, FarmChek, Hered's Grocery, Ultima Bank (Winger), First National Bank (McIntosh) and Nord's Pharmacy or email: tricia@macseniorliving.com or sharlene@macseniorliving.com. McIntosh Senior Living will have a booth with silent auction gift baskets available starting at 9:30 am as part of the Harvest Festival.



Cow Pie Bingo is back again this year for the McIntosh Harvest Festival. Located in the Wertish parking lot, you can have the chance to win \$100 for each of the 3 games taking place at 10:00 am, noon, and 2:00 pm. \$5 gets you a square. You can buy your squares at Mac Senior Living. If you need any other information please call MSL at 218-563-2715.



Elvis entertained the crowd after McIntosh Tractor Day festivitess outside of the Coop Bar & Grill.

What is targeted therapy?

Just like there are many types of cancer, there are many ways to treat cancer. The types of treatment cancer patients will receive depends on which type of cancer they have, and patients often receive a combination of treatments. Targeted therapy is one type of treatment that doctors may suggest when speaking with their patients. Understanding targeted therapy can help patients feel more in control as they begin treatment. What is targeted therapy? According to the National Cancer Institute, targeted therapy targets the changes in cancer cells that help them grow, divide and spread. Preventing cancer from metastasizing, or spreading to other parts of the body, is a goal of treatment, as doing so dramatically improves survival rates. Are there different types of targeted therapy? Targeted therapies often employ one of two types of drugs. Small-molecule drugs are so tiny that they can easily enter cells. These types of drugs are used to treat cancers in which the targets are located inside the cancer cells. Monoclonal antibodies are another type of drug used in targeted therapies. Unlike small-molecule drugs, monoclonal antibodies cannot easily enter cells but can attach to targets on the outer surface of cancer cells. Am I a candidate for targeted therapy? The NCI notes that most of the time tumors will need be tested to see if they contain targets of drugs used during target therapies. Such testing may require a biopsy, which involves the removal of a piece of the tumor so it can be examined for targets. Risks associated with biopsies depend on the size and location of the tumor, and doctors will explain these risks prior to

conducting a biopsy. How does targeted therapy work? The NCI says most targeted therapies aim to interfere with specific proteins that help tumors grow and spread to other areas of the body. The following are just some of the ways that targeted therapies treat cancer. Assist the immune system in destroying cancer cells: Cancer cells are adept at hiding from the immune system, but some targeted therapies mark cancer cells, making it easier for the immune system to find and destroy them. Other targeted therapies may just bolster the immune system as it fights the cancer. Prevent cancer cell growth: Some targeted therapies interfere with the proteins that tell cancer cells to divide. This slows the uncontrolled growth of cancer that can increase the likelihood of the cancer metastasizing. Stop signals that help form blood vessels: In order to grow beyond a certain size, tumors need to form new blood vessels. Targeted therapies known as angiogenesis inhibitors interfere with these signals, ultimately keeping tumors small by denying the blood supply necessary for them to grow. Angiogenesis inhibitors can even cause blood vessels to die in tumors that already have the blood supply necessary to grow. Deliver cell-killing substances to cancer cells: In certain instances, monoclonal antibodies might be combined with toxins, chemotherapy drugs and radiation. In these instances, the antibodies attach to the surface of the cancer cells, which then take up the cancer-killing substances, causing cell death. Are there drawbacks to targeted therapy? Cancer cells can become resistant to targeted therapies. In such instances,

LAKE AGASSIZ REGIONAL LIBRARY PRESENTS

# PolkaSol

Featuring accordian and violin COMPAS Teaching Artists

Join us for a lively performance featuring the music of two accordions and a violin. The musicians of PolkaSol will bring a variety of musical offerings to our community, including polkas, waltzes and old time songs, as well as music from Scandinavia, Ireland, France and more.

**McIntosh Senior Living**  
**Wednesday, September 4 at 10 AM**

LAKE AGASSIZ REGIONAL LIBRARY  
www.larl.org/legacy

This event is brought to the community free of charge with funding from the Minnesota Arts and Cultural Heritage Fund.

50<sup>th</sup> Anniversary Party

Please join us for an open house in celebration of

**Bud & Ellie Kiecker's**  
50<sup>th</sup> Wedding Anniversary

Sunday, September 15<sup>th</sup>  
2-5 pm

McIntosh Community Center  
All are welcome!  
No gifts, please  
M24-25C

**Happy Birthday!**  
The McIntosh Community Club would like to add you and your family members to the 2020 community calendar if you haven't been included before. Please complete this form and return it to First National Bank, or stop in the bank and pick up a blank form to complete. You can also email your information to mcintoshcommunityclub@gmail.com. If you and your family were in the 2019 calendar, please advise of any corrections or changes/additions, including removing any family member. The calendars will be available for sale in early December; all proceeds are used for local projects. While there is no fee to have your name included, we do ask that you purchase a calendar to help support the community.

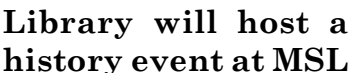
targeted therapies are most effective when combined with other targeted therapies or treatments such as chemotherapy and radiation. In addition, the structure and/or function of targets on cancer cells sometimes makes it difficult to design effective drugs necessary for targeted therapies to succeed. Targeted therapies are a potential treatment option for cancer patients. Learn more at www.cancer.gov.

USDA offers more rural residents home ownership opportunities

USDA implements new income limits, lower interest rate and Increased area loan limits to increase homeownership opportunities for rural individuals and families. The United States Department of Agriculture has announced new Banded income limits for Rural Development's Single-Family Housing Direct Home Loan program (also known as Section 502). The new Banded income limits (1-4 person, and 5-8 person limits) may make more households eligible to obtain 100 percent financing through USDA's homeownership programs. The new 2019 income limits went into effective August 1, 2019 and are based on the county and the size of household. View the full list of income limits by county and household size to determine preliminary eligibility. USDA Rural Development loan programs offer affordable fixed rates with no down payment. Effective August 1, 2019, the interest rate for the Direct Home Loan program decreased from 3.50% to 3.125%. Depending on household incomes, mortgage payments may be further subsidized to as low as one percent interest rate. Effective August 5, 2019, the Mortgage limits through the Direct Home Loan program increased to \$251,862 for all counties except Carver, Chisago, Dakota, Isanti, Le Sueur, Mille Lacs, Scott, Sherburne, Sibley and Wright Counties. The mortgage limits in these 10 counties will increase to \$293,480. Properties eligible for Rural Development financing must be in rural communities. To determine if the area you are looking to purchase a home is eligible for the Single-Family Direct Home Loan program, visit https://eligibility.sc.egov.usda.gov/eligibility/welcomeAction.do. USDA Rural Development loan programs are available to assist low- and moderate-income households to become homeowners when conventional financing is not available. Barriers to obtaining affordable housing may include lack of cash reserves for down payment and the availability of suitable financing. Applicants must have acceptable credit history and repayment ability. Credit scores of 640 or greater are typically considered as acceptable, however, credit scores below 640 may also be considered with additional credit analysis. To learn more about Rural Development's Single-Family Direct Home Loan program, or any other Housing programs, visit www.rd.usda.gov/mn or contact your local Area Office at: USDA Rural Development, 201 Sherwood Ave. S, Thief River Falls, MN 56701, (218) 681-2843.

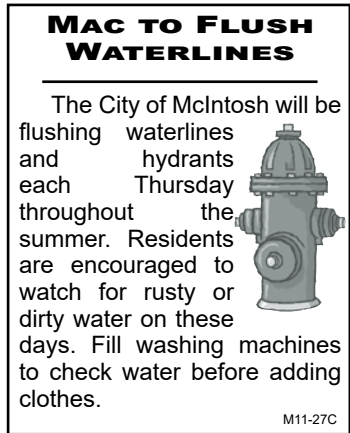
BBQ Fundraiser

McIntosh Senior Living will host a BBQ fundraiser on Tuesday, September 17th from 11:00 am to 1:00 pm in the front lobby of MSL. Come and enjoy and awesome meal of BBQ, beans, chips, pickles, a cookie and a drink for only \$5. To-go containers will be available. All proceeds go to quality improvement projects benefiting the residents.



**Library will host a history event at MSL**  
Your local library is celebrating the 100 year anniversary of Minnesota passing the 19th Amendment which gave women the right to vote with several presentations on the topic. Join your local library to learn about Women's Suffrage in Minnesota, including how women won the vote in Minnesota and in the Nation, how Minnesota came to ratify the amendment, the role of Scandinavians in gaining suffrage in Minnesota and North Dakota and more. This event is made possible thanks to funding from the Minnesota Arts and Cultural Heritage Fund. The event will be on Friday, September 13 at 10:00 am at the McIntosh Senior Living, 600 NE Riverside Ave. About Lake Agassiz Regional Library Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in northwest Minnesota. For more information on this and other LARL events and services, contact the Lake Agassiz Regional Library office at 218-233-3757 or online at www.larl.org.

**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. Sept. 4:** Jane Olson, \*Mark & Karen Krossen  
**Thurs. Sept. 5:** Christy Burslie, Ben Tofstad, Hunter Schow, \*Dan & Darlene Dierkes  
**Fri. Sept. 6:** Bob Theis, Leo Herem, \*Mike & Sheree Breckel  
**Sat. Sept. 7:** Emily Ferden, Wendy Reitmeier, Kiersten Anderson, \*Jerry & Robin Shimp  
**Sun. Sept. 8:** \*Todd & Jessica Goodwin  
**Mon. Sept. 9:** Alexys Perreault, Kendyl Johnson, Chris (Boucher) Springer, \*Coby & Gayle Burslie  
**Tues. Sept. 10:** Chad Ekeberg, Ashley Schow, Leah Smeby, \*Kevin & Anna Mandt

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**McINTOSH Times**

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**ST. MARY'S CHURCH Fosston**  
**Fr. John Suvakeen, Pastor**  
Sun. Sept. 8: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley  
Sun. Sept. 15: 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. 8: 8:30am Worship at Immanuel; 9:45am Worship at Calvary  
Sun. Sept. 15: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

**OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh Supply Pastor Gordon Syverson**  
Sun. Sept. 8: 11:15am Worship Service.  
Sun. Sept. 15: 11:15am Worship Service.

**GOSEN LUTHERAN CHURCH Independent Gary Johnson, Pastor www.gosen-church.com Face Book: Gosen Church**  
Sun. Sept 8: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service; Luther League 7:00pm  
Tues. Sept 10 : 10:00 a.m. Sunday worship service telecast on GVT7V--30; 1:30 p.m. Bible Study at Pioneer Memorial Care Center  
Wed. Sept 11: 7:00pm Bible Study at 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**  
Wed. Sept. 4: 7:30pm Bible Study at Mt. Carmel  
Thurs. Sept. 5: 7:00am Men's Breakfast at Mt. Carmel  
Sun. Sept. 8: 9:30am Worship at Mt. Carmel; 11:00am Worship at Trinity  
Wed. Sept. 11: 7:30pm Bible Study at Mt. Carmel  
Thurs. Sept. 12: 7:00am Men's Breakfast at Mt. Carmel

**VERNES LUTHERAN CHURCH (LCMC) McIntosh Pastor Jill Torgerson**  
Sun. Sept. 8: 9am Worship; fellowship coffee following worship  
Sun. Sept. 15: 9am Worship; fellowship coffee following worship

**DOVRE FREE LUTHERAN Pastor Don Edlunds**  
Wed. Sept. 4: 7:00pm Bible Study on Ezra and Nehemiah Everyone Welcome  
Sun. Sept. 8: 10:00am Worship Service and Children's Sunday School  
Wed. Sept. 11: 7:00pm Bible Study on R Ezra and Nehemiah. Everyone Welcome  
Sun. Sept. 15: 10:00am Worship Service, Adult and Children's Sunday School

**IMMANUEL LUTHERAN CHURCH McIntosh Pastor Bruce Blocker,**  
Sun. Sept. 8: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School  
Sun. Sept. 15: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

**GRACE LUTHERAN CHURCH NALC Erskine, Minnesota Pr. Scott Baker, interim**  
Sun. Sept. 8: 9:00am Adult Bible Study; 9:15am Sunday School; 10:30am Worship  
Sun. Sept. 15: 9:00am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

**RODNES LUTHERAN CHURCH Erskine Pastor Joel Smeby**  
Wed. Sept. 4: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes  
Sat. Sept. 7: 8:00am Men's Prayer Group  
Sun. Sept. 8: 10:00am Worship  
Wed. Sept. 11: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes  
Sat. Sept. 14: 8:00am Men's Prayer Group

BUSINESS & PROFESSIONAL GUIDE

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## Winger News

by Linda Pulskamp

Hello once again from the Winger area where we have had some much needed rain and along with that some cool and windy weather.

Hopefully we will get some reprieve from rain for awhile so the farmers can get back to their harvesting.

We are seeing another month on it's way out and a new month is right around the corner, already in September, and schools will start next Tuesday for all the area schools.

A whole new world for the preschoolers coming to school for the first time and a time of transition for the seniors as they plan to move on to college or whatever else their future will hold after high school.

Please remember when you see the school buses on the highway to be observant and stop for the flashing red lights.

Once again the Tractor Parade held in McIntosh last Saturday was a good one with good attendance, I didn't stick around for any of the other activities but reports are it was a good day. Thank You to all who worked so hard to make it possible, and look forward to another one next year.

## USDA renewable energy system and energy efficiency loan guarantees

Rural Development State Director for Minnesota Brad Finstad encouraged farmers, rural small businesses and agricultural producers to apply for financing in a key U.S. Department of Agriculture (USDA) program that provides loan guarantees to help rural small businesses lower their energy costs.

"Renewable energy and energy efficiency help rural small businesses and agricultural producers continue to increase prosperity by decreasing costs on electricity and putting those funds towards their bottom line," Finstad said.

"USDA's Rural Energy for America Program (REAP) is just one of numerous programs available to help strengthen and grow the rural economy. I urge those interested to contact their local Area Office to learn about this great opportunity."

Finstad's announcement is in coordination with the recent announcement made by former Acting Assistant to the Secretary for Rural Development Joel Baxley that USDA accepts applications for REAP funding year-round. Potential applicants in Minnesota should contact their local Area Office for additional information.

REAP funding can be used for renewable energy systems such as anaerobic digesters, biomass, geothermal, hydro-power, wind and solar.

It also can be used to make energy efficiency improvements to heating, ventilation and cooling systems; insulation; and lighting and refrigeration. Below are some examples of USDA's REAP investments.

•USS Norelius Solar, LLC, a newly created entity for the purposes of generating electricity in North Branch, Minn., received a \$1,980,000 loan guarantee to install a 1.4256 Megawatt (MW) photovoltaic array system. The system will generate approxi-

Tuesday Helmer Homme visited the Hospital in Fosston to meet little Peyton Schow who had been born that morning to parents Tyler and Amanda Schow. CONGRATULATIONS ON YOUR NEW BABY GIRL!

Eddy Vavrichek of Rogers was a Saturday afternoon visitor at the Pulskamp home.

BELATED HAPPY BIRTHDAY BETTY! Last Friday morning Susan Eischens of Newfolden along with Chelsey Haugen, Dakota and Kjerstie Poissant and Betty Myhrum left for Rock Rapids, Iowa where they met and picked up Stacey Myhrum with them to Sioux Falls, SD. Saturday afternoon they all went to the Great Plains Zoo in Sioux Falls where they checked out all the animals and were able to feed the giraffes. Saturday evening they had a birthday celebration in honor of Betty's birthday at the Texas Roadhouse. Following that they all went to Falls Park to see all the beautiful waterfalls along the Sioux River.

Tuesday visitors during the day and evening at the Pulskamp home were Reha Sanstead of Erskine, David Lhotka of Mahanomen, Kelly

Johnson, Ardi Netzger and Matt Balstad.

Wednesday morning Amanda Schow and newborn baby girl Peyton were discharged from the Fosston Hospital and on their way home Tyler, Amanda and baby Peyton stopped in at the Pioneer Home to introduce Peyton to Verlys Homme.

Sunday morning Betty Myhrum, Susan Eischens of Newfolden, Chelsey Haugen and Dakota and Kjerstie Poissant left Sioux Falls, SD driving through Rock Rapids, Iowa where they dropped off Stacey Myhrum and they all returned to their homes after helping Betty Myhrum celebrate her birthday. Betty remarked it was the best birthday she has had.

Jennifer Timchuk and her daughter of Reedsport, Oregon spent a few days in Winger visiting her brother Jon and other friends in the area.

I am sorry to say that I do not have news to report from Milton Carlson as he recently spent a few days in the hospital and is now at home again. Best wishes to you Milton.

So once again this is it from the Winger area, hope you all have a wonderful Labor Day week end and have safe travels in traveling.

## Wildlife Forever leads the MN Don't Move Firewood Campaign

Wildlife Forever has partnered with the Minnesota Department of Agriculture (MDA) to launch the 2019 Don't Move Firewood Outreach Campaign. This campaign is focused on stopping the spread of invasive species that can travel in or on untreated firewood.

Emerald ash borer, a destructive insect brought over from Asia, has killed millions of ash trees throughout the Eastern US and Canada. On July 31st of 2019, the MDA confirmed a new infestation of emerald ash borer in Nobles County, adding it to the 18 counties already under quarantine due to this invasive insect. Emerald ash borer larvae can survive in firewood for up to two years. Best practices to stop the spread include buying firewood where you burn it and only moving firewood that has been certified by the MDA or US Department of Agriculture.

Gypsy moths are another invasive insect to be on the lookout for in Minnesota. They are voracious eaters and impact over 300 species of trees and shrubs. Gypsy moths lay egg masses hidden on both living and nonliving objects. Be sure to check firewood and any other outdoor objects before moving them from an area infested with gypsy moths. While they are still rare in Minnesota, their lack of natural predators will allow this pest to thrive if its spread is not stopped.

Dane Huinker, Conservation Program Manager of Wildlife Forever said, "Wildlife Forever and the Minnesota Department of Agriculture know the importance of getting this information to the public will be vital to stop the spread of emerald ash borer and gypsy moth. This year, the Don't Move Firewood reminders will be present on highway billboards, gas stations, on TV and radio as well as in popular



Bev Anderson in the McIntosh Tractor Parade held on Saturday, August 24th.

Find us on Facebook  
www.facebook.com/mcintoshtimes  
Announcements • Photos • Community Updates



Brynlee Bedard during the Kiddie Pull which was a part of Tractor Day in McIntosh.



Collin Wescott during the Tractor Day Kiddie Pull sponsored by Polar Beach Snowmobile Club.



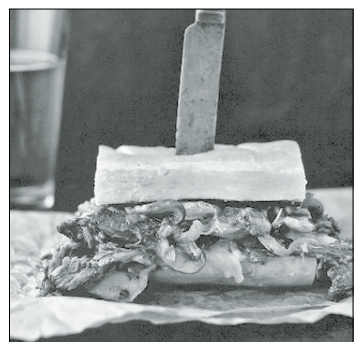
Mary Kroening and Judi Lindseth were two of many spectators during the McIntosh Tractor Day kiddie pull where 70 kids competed for first place.

## Savory sandwiches for tailgate fun

Fall marks the start of football season. Game day experiences are made even more enjoyable by hosting or attending a tailgate in the parking lot of the stadium.

Tailgate supplies must be brought to the tailgate the day of the game. That includes food, which is often prepared at home and then cooked on-site. This recipe for "Ultimate Steak & Mushroom Sandwiches" from Laurie McNamara's "Simply Scratch" (Avery) can be prepared at home and then put together at the stadium lot. These delicious sandwiches can be easily cut into small pieces and served as slider-type appetizers.

**Ultimate Steak & Mushroom Sandwiches**  
Makes 4 6-inch sandwiches  
1 1/4 to 1 1/2 pounds rib-eye steak  
1 cup Balsamic Herb Dressinade (see below)  
1 tablespoon unsalted butter  
1 tablespoon olive oil



1 large sweet onion, halved and thinly sliced  
1 pint cremini mushrooms, cleaned and sliced  
Kosher salt and freshly ground black pepper (optional)  
1/2 cup crumbled blue cheese  
1 1/2 cups grated provolone cheese  
4 6-inch hoagie buns, split  
Mayonnaise  
Balsamic Herb Dressinade  
2 cloves garlic, minced  
1 tablespoon chopped fresh basil or 1 teaspoon dried  
2 teaspoons chopped fresh rosemary, or 1 teaspoon dried

1 teaspoon chopped fresh thyme, or 1/2 teaspoon dried  
3/4 teaspoon kosher salt  
1/4 teaspoon coarsely ground black pepper  
2 teaspoons Dijon mustard  
6 tablespoons balsamic vinegar  
2 tablespoons red wine vinegar  
1 cup grape-seed or olive oil  
In a 1-pint glass jar, combine all the ingredients. Secure the lid and shake until combined. Let stand for 30 minutes before using. Refrigerate any unused dressing.

Place the steak on a small rimmed baking sheet and freeze for 20 minutes so it's firm and partially frozen. Holding a sharp knife on a slight angle, going against the grain of the meat, slice into very thin strips.

In a large resealable bag or a medium bowl, marinate the steak in the dressinade for 30 minutes.

On a griddle or in a 12-inch cast-iron skillet, melt the

butter with the olive oil over medium-high heat. Add the onion, toss and spread out in an even layer. Once the onion starts to soften, add the mushrooms. Cook until soft and slightly caramelized.

Using tongs, remove the steak from the marinade (allow excess to drip back into the bag or bowl) and place on the griddle, toss with the onions and mushrooms, then spread in an even layer. Allow the steak to sear, forming a crust, for 4 to 6 minutes, then flip and cook for 4 to 6 minutes more.

Season with a pinch of salt and pepper, if desired, and sprinkle with the blue cheese and provolone. Turn off the heat on the griddle or remove the skillet from the heat and cover with a domed lid or tented foil to allow the cheese to melt quickly.

Toss one last time so the cheese is mixed throughout. Divide the steak mixture among the crusty hoagie buns. Serve immediately

LAKE AGASSIZ REGIONAL LIBRARY PRESENTS  
*Women's Suffrage in Minnesota*

McIntosh Senior Living  
600 NE Riverside Ave  
September 13 at 10 am

We're celebrating the 100 year anniversary of Minnesota passing the 19th Amendment which gave women the right to vote. Join us for presentations on Women's Suffrage in Minnesota, featuring topics such as how women won the vote in Minnesota and in the nation and how Minnesota came to ratify the amendment.

LAKE AGASSIZ REGIONAL LIBRARY CLEAN WATER LAND & LEGACY

This event is brought to the community free of charge with funding from the Minnesota Arts and Cultural Heritage Fund.



Amelia Herberg



Jeremiah Hagen



Ashton Anderson



Roman Schultz



Henry Swanson



Ella Langemo



Peyton Roed



Rosie Subbert



Elsie Kiecker



Hudson Swanson



**Tori Sannes Memorial Scholarship awarded**

Joseph Revier of Winger, MN, a 2019 graduate of Win-E-Mac has been awarded a \$500 scholarship from the Tori Sannes Memorial Scholarship Fund.

Joe will be doing missionary work this upcoming year. Other recipients of this scholarship in 2019 include Brekken Lindberg, attending NDSU for engineering.

**Did you know?**

Children with special needs often benefit from gifts with specialized purposes. While general gifts certainly can be fitting, customizing the gifts to the recipient's particular emotional or behavioral needs can be a great way to ensure kids get the most use out of their toys.

To get help with making selections, gift-givers may want to visit Miniland Educational USA ([www.minilandeducationalusa.com/able-play/](http://www.minilandeducationalusa.com/able-play/)), which offers a variety of ideas, comprehensive information on toys/products and its own rating system, known as AblePlay®, for special needs individuals.

In addition, the company offers solutions for smart growth, care, fun activities, and learning opportunities for all children.



Henry Herberg



Makenna Peterson with her ribbon from the Kiddie Pull at Mac Tractor Day.



**WEM School Announcements**

**WEM ECFE**

Join for fun, games and learning. WEM Early Childhood Family Education will meet on Mondays at 6:00 pm in the WEM preschool room. Follow WEM ECFE on Facebook for updates and class schedule information. ECFE is for parents and their children birth to preschool age. ECFE will have its first meeting on September 9, 2019.

ECFE is based on the idea that parents provide their child's first and most significant learning environment and parents are children's first and most enduring teachers. ECFE works to support you as a parent/caregiver and to strengthen and empower families.

The goal is to enhance the ability of all parents and other family members to provide the best possible environments for their child's learning and development.

**WEM Elementary Volleyball**

WEM Patriot Elementary Volleyball girls grades 4 -6 3:00pm to 5:00pm  
Sundays, September 8th, 15th, 22nd, 29th and October 6th, 13th.

**Fitness Room Renewal**

If you had a membership to the School Fitness Center this past year, the fee you paid was only good until August 31, 2019.

You will need to renew the membership fee by that date or your card will be deactivated until a payment is made. If you did not purchase a membership last year and would like one this year, please come to the District Office to fill out a membership application and fee. An access card will be issued at that time.

Do not access the rest of the school after hours or an alarm will activate.

The school has video cameras at entrances and hallways of the school to show access. Please call 218-563-2900 for any questions.



Brelynn Hegre



Jens Stordahl



Divinity, Angel and Alex Hedlund on the Clubhouse Childcare Float in the McIntosh Tractor Parade.



Hunter Wescott



Raeann Svalen



Robert Hegland



Joey Svalen



Curt Bartz



Gene Haugom



Bryce Stordahl



Steve Urness

# McIntosh Tractor Day parade



Earl Roed



Melissa Olson



Steve Carlson



Tractor Parade announcer, Carey Burslie and his lovely assistant (and wife) Elaine.



Nick Ostenaar



Cousins, Kelsey Hedlund and Easton Peterson.



Gary Hartel with his wife.



Chris Bartz



Joe Shimpa



Dave Senn