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McINTOSH

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Times

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McIntosh, Minnesota



Having fun at the Win-E-Mac School Halloween party last Saturday, October 31st were (L) Mya Strom and (R) Henry Swanson.



Out harvesting candy was Hunter Westcott during the Win-E-Mac Halloween party last Saturday.



(L-R) Alayna Espeseth and Olivia Simonson volunteered as part of a large group of Win-E-Mac student council members during the Halloween Party last Saturday at the school.

Fabian and Kiel share information about Cold Weather Rule and Heating Assistance

Rep. Dan Fabian (R-Roseau) and Rep. Deb Kiel (R-Crookston) are reminding constituents about the start of Minnesota's Cold Weather Rule which can help families struggling to make energy payments keep their heat on during the winter. The Cold Weather Rule is in effect between October 15, 2015 and April 15, 2015.

Under state law, utilities are required to issue a notice of disconnection and provide payment plan options to stop a disconnection if a person falls behind on payments. Utilities can also connect individuals or families with additional resources including local energy assistance programs and low or no-cost tips for improving energy conservation.

"Folks in Northwestern Minnesota know it can get very cold in the winter, and no one should have their heat cut off because they are struggling to pay bills or run into a sudden financial emergency. Help is available," said Rep. Fabian.

"The Cold Weather Rule offers necessary assistance for many Minnesotans and is a great resource for folks in our community to help keep the heat going when it gets cold," said Rep. Kiel. "Should people have any questions or need assistance, my office can provide you with additional information."

Under the Cold Weather Rule, customers can still have their heat disconnected if a payment plan agreement cannot be reached once the required process, including any appeals, has taken place.

Other resources including Energy Assistance, the Gas Affordability Program, and the Low Income Electric Rate Discount Program are available. Constituents are encouraged to contact their natural gas or electric company for more information on additional discounts.

Full details can be found on the Minnesota Public Utilities Commission Web site at www.mn.gov/puc/consumers/shut-off-protection.jsp

New business in Mac focuses on giving old "junk" a new lease on life

By Allison Opdahl
Andrea Stordahl, a native of Fergus Falls, MN, mother of two and budding entrepreneur, has turned her love for all things "junk" into a thriving business called Minnesota Rust.

It all began when she was hired by Heartland Industries. They gave her an empty business location and tasked her with starting a thrift store. Second Time Around Thrift Store was born.

As the general manager of every aspect of the enterprise, she honed her people and organizing skills; working with over 40 mentally, emotionally and physically challenged individuals who would have been unemployable elsewhere.

Andrea discovered it was important to make every donation count. She understood that often people were dropping off memories which deserved her respect.

Her imagination sparked, she started creating display vignettes from different pieces. Her efforts soon attracted a new kind of customer to Second Time Around.

Customers not just looking for gently used clothing and household items but those keeping an eye out for a piece of the past that had been repurposed and given a new lease on life.



For three years, Andrea worked at Second Time Around.

Then she and her husband, Bryce Stordahl, (originally from McIntosh) welcomed their first child, Jens Bryan, in March of 2014 a little earlier than expected. His premature arrival reinforced their conviction it was time for Andrea to make a job change. Being home with Jens was a priority but she still needed to contribute a secondary income. Minnesota Rust was born.

That summer, she brought her first collection of "junk" to the Shady Hollow Flea Market south of Detroit Lakes, MN with great results. Many successful events and road trips followed to both the Junk Market and Festive Flea in Fargo, ND, Junkfest in Carrington, ND, the Vintage Carnival in Thief River Falls, MN, Junk Bonanza in Minneapolis, MN, and even Junk Stock in Omaha, NE.



Andrea's treasures add up to beautiful vignettes and shows how something discarded can become a piece of art.



Cameron Svalen was "blown away" by how much fun the Win-E-Mac Halloween party was.

Veteran's Day programs on Wed. Nov. 11th

Veteran's Day is Wednesday, November 11, 2015. Veteran's Day gives all of us a chance to honor and thank those who have served and sacrificed in order to preserve our freedom.

There will be programs at both Win-E-Mac School and McIntosh Senior Living.

At 9:00 am in the new Win-E-Mac School Arts and Events Center. The Win-E-Mac School, in conjunction with area Veteran's organizations, will be holding a Veteran's Day program at the Win-E-Mac Arts and Events Center on Wednesday, November 11 at 9:00 a.m. WEM is inviting all veterans and community members to attend this very special program.

McIntosh Senior Living at 2:00 pm. There will be a program to honor our community veteran's. All community members and veterans are invited.

Over the past few years, Andrea has found many of her unique pieces at rummage sales, auctions, estate sales and city-wide curbside clean-up days. She has become a savvy picker; recognizing quickly what type of "junk" her clientele expects to find at Minnesota Rust booths.

The more primitive and industrial they are the better although she is glad to find vintage furniture and décor as well.

She and Bryce have learned how to transform what is discarded into purposeful pieces. What began as a family-car-towing-a-trailer endeavor has evolved into a heavy-duty quad-cab-4x4-hauling-a-27-foot-trailer!

She and her husband have covered many miles retrieving her fabulous finds. He likes it best when she travels with a trailer in tow... it saves him inevitable trips retrieving her discoveries.

Hunting and picking in sheds, outbuildings and barns is one of Andrea's favorite ways of finding items that are chippy, rusty and metal. She loves to add items like workbenches, bolt bins and any unusual metal pieces to her stock.

One such opportunity turned into their most memorable "pick" to date. The buyers dared her to remove a floor-to-ceiling primitive wooden cubby unit from a small, dilapidated shed. If she did, she could have it for \$20. It appeared as though the shed had been built around it, so she and Bryce cut out the door to widen the opening for removal of the cubby. But as they worked, they discovered the freed piece was actually holding up the shed. The walls and roof collapsed, revealing the wonderful "pick."

Andrea's favorite project was refurbishing a vintage 1969 Santa Fe Cub camper. She and Bryce came across it on the way back from a flea market and bought the diamond-in-the rough on a whim. She had a vision.

They gutted it; installed a wood floor, wrapped the interior walls in shiplap and renovated the kitchen. She used soft white paint inside to create an airy feel, wallpapered a feature wall to set the tone and completed the eclectic design by furnishing it with real furniture.

WEM Big Buck Contest

The person with the largest buck shot will receive a trail cam!! \$5 entry fee before November 5th, contest will run until the end of the archery season (December 31).

Mr. Nathan Johnson, the Industrial Arts teacher at school will judge size by a picture and then if necessary measure antlers.

Anyone can participate --- students, staff, parents, etc.



Community Calendar

- Wed. Nov. 4:** 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. Nov. 5:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Bingo at The Club Bar & Grill 6:30pm
- Fri. Nov. 6:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Nov. 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
- Tues. Nov. 10:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Wed. Nov. 11: Veteran's Day;** City of McIntosh Office Closed; 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. Nov. 12:** 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 Meeting @ Community Center 5:30pm; Bingo at The Club Bar & Grill 6:30pm
- Fri. Nov. 13:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Nov. 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
- Tues. Nov. 17:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

WEM to have school November 5th

In error, the McIntosh Times reported early dismissal on Thursday, November 5, 2015 at Win-E-Mac school.

School will be in session the entire school day on November 5th.

We apologize for the error.

McIntosh Community Club selling Calendars

The MCC will be handling the Community Calendars this year and will be putting out some sign up sheets for orders. The Club asks that people pay when they order.

There will be four locations to sign up and purchase the calendars. First National Bank, Neil's Meats, The McIntosh Country Store, and Jered's Grocery.

Distribution will be set up in December at the bank during the Christmas open house.

Any questions can be answered by Anita Roy, Connie Strom, or Judy Lindseth.

The cost is \$6 per calendar with no limit on the amount of names to put on the calendar.

Look for sign up sheets soon!



Halloween fun at Win-E-Mac school on Saturday, October 31st included "the grand-ma's" who were enjoying watching their grandkids have some fun at the games provided by the Win-E-Mac student council. Pictured are (L-R) Connie Strom, Donna Skeie and Janice Svalen.

Winter Hazard Awareness Week 2015

The Polk County Sheriff's Office – Emergency Management Division is participating in the state-wide Winter Hazard Awareness Week campaign, which will take place November 9th – 13th, 2015. Winter Hazard Awareness Week is promoted by the Minnesota Department of Public Safety's Division of Homeland Security Emergency Management. This week allows Minnesotans an opportunity to familiarize themselves with the hazards we face each winter season. These hazards include dangers from winter weather, dangers from heating sources, and ventilation issues, just to name a few.

Each day of the week has a hazard topic. Monday is winter weather overview. Minnesota experiences a vast variety of inclement weather conditions during the winter months. In Polk County we are especially prone to experiencing brutal cold, heavy snowfall, and extreme winds. A number of different watches, warnings, and advisories are issued during the winter season. Winter Weather Advisories are issued when winter weather will cause travel difficulties. Winter Storm Warnings are issued for heavy snowfall, or the combination of dangerous blowing and drifting snow. A combination of blowing or falling snow, cold temperatures, and windy conditions can prompt a blizzard warning. Polk County is covered by the National Weather Service's Grand Forks Office. You can get additional weather information by visiting their website at: www.weather.gov/gfg.

Tuesday's topic addresses outdoor winter safety. Whether you are out enjoying the snow, or forced to work in it, it is important to dress adequately. During brutally cold weather exposure to the elements can lead to hypothermia or frostbite. It is also important to consider the dangers of venturing onto thin ice. Remember that there should be at least four inches of fresh, clear ice before attempting to walk onto a frozen body of water.

Wednesday's topic addresses winter fire safety. During the winter season there is usually an increase of structure fires. Reasons for the increase in structural fires includes holiday lights, holiday displays, and using alternative heating sources. To help prevent fires, keep decorations at least three feet from heating sources, and remember to check your furnace and chimney to ensure they are operating properly.

Thursday's topic addresses indoor winter safety. Some common indoor safety concerns that occur during the winter are monitoring carbon monoxide levels, managing moisture conditions to prevent mold and mildew growth, and

minimizing chemical and environmental exposure. Friday's topic covers winter driving. It is important to ensure that your vehicle has been serviced and is ready to take on the cold weather. A winter survival kit included in your vehicle could be the difference between life and death, in some situations. A winter survival kit should include a bag/container to store food and water, a flashlight, candles, matches, a blanket, and a distress sign to display in the window of your vehicle.

More information on the 2015 Winter Hazard Awareness Week can be found by visiting the Polk County webpage at : www.co.polk.mn.us or by visiting the Minnesota HSEM website at : <http://dps.mn.gov/divisions/hsem/>

How to stay safe on winter roads

With winter now on the horizon once again, many motorists are looking for ways to ensure their daily commutes or holiday trips to visit family and friends are as safe as possible.

When wintry conditions, including snowfall, compromise driving conditions, it's best

for motorists to stay home. But avoiding roadways altogether is not always an option, so motorists who simply must venture out onto the roadways this winter can employ the following strategies to ensure they safely arrive at their destinations.

Consider winter tires. Many drivers are unsure if they need winter tires. All-season tires may suffice for those drivers who live in regions where heavy snowfall is uncommon. But winter tires are designed to perform when the temperatures are especially cold and in driving conditions featuring ice, slush and snow. Drivers who live in regions where snowfall is significant or even expected to be significant may want to install winter tires just to be on the safe side. Some drivers mistakenly believe that vehicle features such as anti-lock braking systems and traction control make their tires more capable of handling wintry roads. But such features do not provide more traction. ABS and traction control only prevent drivers from over-braking or over-

Winter roads...
Continued on page 4...

VFW Auxiliary #6891 News

The McIntosh VFW Auxiliary #6891 will hold their November meeting on Monday, November 9, at 6 p.m. at The Club. This meeting will be an inspection by our 9th District Chairman, Jamie Cassavant. Jamie will meet at 5 p.m. with some officers to go through the Secretary and Treasurer's Books.

All Auxiliary members are encouraged to attend this meeting to hear our 9th District Chairman Jamie speak at our meeting.

All Auxiliary members are reminded that their \$20 dues for 2015-2016 should be paid to Patti Benson or Wanda Olson as soon as possible.

MN Rust...

Continued from page 1
Bryce spent hours buffing the outside until the aluminum gleamed. It turned out to be a one-of-a-kind Glamper and sold at Junk Bonanza in Minneapolis this Fall within an hour of the show opening.

Although the "junk" shows have been successful, it is now time for Andrea to let Minnesota Rust put down roots. Little Adler Elizabeth arrived in August 2015.

In the Spring of 2016 Andrea plans to open a store in McIntosh, MN. She is looking forward to providing a one-stop shop for her loyal clientele and the opportunity to create her "junk" art while staying close to home.

No longer will her one-of-a-kind pieces languish in storage in various and sundry sheds and garages over the winter while awaiting a show, (although she will continue to keep the unavoidable overflow at the building in Our Savior's Cemetery.)

Can't wait until the Minnesota Rust Store is open? Check out Andrea's booth at the Vintage Carnival in Thief River Falls on Saturday, November 14th held at the Armory or browse her Facebook page: www.facebook.com/minnesotarust.

If you're looking for a glimpse of Minnesota Rust more locally, you can find some of Andrea's feature pieces at Marial Harbor Body Wellness Center in the lower level of the Bjella Building in McIntosh, MN.

Also keep in mind she is actively seeking new places to "pick" and can be reached at 701-866-0371.

Welcome to McIntosh, Minnesota Rust!



Open Gym at WEM

Open gym will begin November 1st and be open every Sunday night through Sunday, March 13th. There will be no open gym on Sunday, December 27th or February 7th due to the Super Bowl. The gym is available for basketball, volleyball, jumping rope, hula hoops, etc. Parents are encouraged to come and play with their children.

The Win-E-Mac School is also available Sunday evenings for anyone interested in walking for exercise. You can walk in the gym or use the hallways.

Adult Volleyball League

Starting on Wednesday, November 4, 2015, there will be an adult volleyball league at the Win-E-Mac gym. If you have any questions call or text Danette Schommer at 218-431-0394.

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.

The McIntosh Times Office Hours

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

Call or fax: (218) 563-3585

Ad deadline is Noon on Friday prior to publication



Church News

ST. MARY'S CHURCH

Fosston
Fr. John Suvakeen,
Pastor

Sun. Nov. 8: 8:00am Confession; 8:15am Rosary; 8:30am Holy Mass at St. Mary's, Fosston; 10:30am Holy Mass at St. Joseph's, Bagley

Sun. Nov. 15: 8:00am Confession; 8:15am Rosary; 8:30am Holy Mass at St. Mary's, Fosston; 10:30am Holy Mass at St. Joseph's, Bagley

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

CALVARY-IMMANUEL LUTHERAN PARISH
Winger/Bejou
Supply Pastor
Gordon Syverson

Sun. Nov. 8: 8:30am Worship Service at Immanuel; 9:45am Worship Service at Calvary

Sun. Nov. 15: 8:30am Worship Service at Immanuel; 9:45am Worship Service at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh
Supply Pastor
Gordon Syverson
Sun. Nov. 8: 11:15am Worship Service
Sun. Nov. 15: 11:15am Worship Service

GOSEN LUTHERAN CHURCH
Independent

Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church

Wed. Nov. 4: 1:30pm Bible Study at The Country Place;
Sat. Nov. 7: 8:00pm Prayer Meeting

Sun. Nov. 8: 9:30am Sunday School and Adult Bible Study; 10:45am Worship Service; 7:00pm Luther League (See article elsewhere in paper)

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

Wed. Nov. 11: 1:30pm Bible Study at The Country Place;

For information on free rides to any of the above activities call 218-268-4242 or 218-687-3461 Gosen Church is located 4 miles south of the junctions of HWY 2 & 59 or 4 miles north of Winger; then ½ mile east on County Road 206.

VERNES LUTHERAN CHURCH (LCMC)

McIntosh
Pastor Paul Magelson
Sun. Nov. 8: 8am Worship
Sun. Nov. 15: 8am Worship

IMMANUEL LUTHERAN CHURCH

McIntosh
Rev. Mark Peske, Pastor
Sun. Nov. 8: 9:30 am Worship Service; 11:00am Sunday School & Confirmation

Tues. Nov. 10: 3:30pm Ladies Aid

Sun. Nov. 15: 9:30 am Divine Worship Service; 11:00am Sunday School & Confirmation

Wed. Nov. 25: 7:00pm Thanksgiving Eve Community Service at Our Savior's Lutheran Church

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

Please contact the McIntosh Times if you move or have a change in your address so we can keep the paper coming to your home on time.

McINTOSH Times

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"Serving the Win-E-Mac area"

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DOVRE

FREE LUTHERAN

Pastor Don Edlund

Wed. Nov. 4: 7:00pm Bible Study on Revelation

Sun. Nov. 8: 9:30am Worship Service; 10:45am Sunday School

Wed. Nov. 11: 7:00pm Bible Study on Revelation

Sun. Nov. 15: 9:30am Worship Service; 10:45am Sunday School

Wed. Nov. 18: 7:00pm Bible Study on Revelation

MCINTOSH AFLC

McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Trinity:

Wed. Nov. 4: 7:30pm Bible Study

Sun. Nov. 8: 11:00am Worship Service

Wed. Nov. 11: 7:30pm Bible Study

Sun. Nov. 15: 11:00am Worship Service

Mt. Carmel:

Thurs. Nov. 5: 7:00am Men's Breakfast

Sun. Nov. 8: 9:30am Worship Service; 10:45am Sunday School; 12:30pm Confirmation

Sun. Nov. 15: 9:30am Worship Service; 10:45am Sunday School; 12:30pm Confirmation

Spiritually Speaking

Hold your tongue

A wise friend of my father had a rule about speaking, which was always ask before saying something if it was true, if it was kind, and if it was necessary. He was a man of few words, but very highly thought of by family and friends. Most of our daily conversation would fail his test, especially on the grounds of kindness and necessity. The test of necessity is perhaps the hardest to pass: will the words I am about to utter be helpful or edifying. Think about how much of our conversation is about our own ego, trying to make ourselves seem clever while knocking down those around us. Once spoken, words can't be taken back, and even if we do retract them they are like the bell that can't be UN-rung. Our words often come back to haunt us. People will remember things we may have said in an offhand manner years before, and like a sharp-edged boomerang, our words have come back to take our heads off. So, we should think twice before speaking, and consider whether what we are about to say is true, kind and necessary.

-Christopher Simon

Remember This: Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. - Ephesians 4:29

Bible Study on Christian Heritage

The Bible study "Jewish Roots: The Heritage of the Christian Faith" is a nine session DVD-based study with Mart DeHaan, A DayLight Bible Series. For more information about the study, go to www.dhp.org/daylight.

The study will begin Wednesday, November 18, from 7:00pm to 8:30pm in the basement of Dovre Free Lutheran Church, led by Debbie Gunderson.

Register by Nov. 6 so study guides can be ordered.

For more information or to register call Debbie Gunderson at 218-945-6288.

Community Birthday and Anniversary Calendar

Thurs. Nov. 5: Avery Ostenaar

Fri. Nov. 6: Ben Faldet, Judy Bartz, Davin Swanson, Jessica Goodwin, Carolyn Lundquist

Sun. Nov. 8: Haley Burslie

Mon. Nov. 9: Tyler Schow, Lynette Espeseth, Lori Johnson

Tues. Nov. 10: Lorene Tranby, Jenna Schommer, Travis Planche, Adam Lundquist, Danette Strom

HOMETOWN BANKING
WITH YOUR NEIGHBORS & FRIENDS



First National Bank of McIntosh will be closed on Wednesday, November 11th in observance of Veterans Day.



first national bank of McIntosh



260 Cleveland Ave.
SW
PO Box 129
McIntosh, MN

Phone
(218)
563-2865

In Honor of Our Veterans

In the United States, we often take freedom for granted. Let's remember the sacrifices our veterans have made preserving our freedom.

On November 11, join us

in honoring all who have served in the U.S. Air Force, Army, Navy, Marines and Coast Guard.

BUSINESS & PROFESSIONAL GUIDE

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Winger News

by Linda Pulskamp

Hello again from our Union Lake and Winger areas, where we have been having a prelude of what is to come, yesterday Wednesday was down right nasty with the cold north wind howling and the rain mixed with snow coming down, fortunately we didn't have any accumulation. It does sound like we will have another nice week end coming up again, every day counts now.

With the time change on Saturday night our nights will be dark much earlier but hopefully the mornings will be a bit lighter, sure has been dark the last several mornings.

On Saturday the 24th Fern and Milton Carlson, Lonnie and Judy Gieseke and Mike, Kari, Terry and Oliviyah Keller were guests of Roy, Lisa and Ryan Schaumburg at the Schaumburg home to help celebrate Terry Keller's birthday.

Bob and Vonnice Lofstrand of Fosston visited at the Pioneer Home last Friday with Helmer and Verlys Homme.

Last Friday afternoon Linda Pulskamp, Sidnie and Skylie Pulskamp of Wahpeton visited with Nola Abele and Donnie Johnson of Maple Lake, MN at the Abele home in Fosston.

Paul Carlson stopped by the Fern and Milton Carlson home last Sunday for a brief visit and topped off his coffee cup on his way to work.

Martha Henney visited by phone with her brother Orton Stardig who is wintering in Texas on Tuesday. Orton stated that they had had 6 inches of rain and still raining.

Kelly Johnson and granddaughter Lily visited at the Pulskamp home last weekend.

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

Lucy Brtek visited on Thursday with Wilma Wang who is hospitalized at the hospital in Fosston.

Sunday evening Paul and Donna Carlson picked up Fern and Milton Carlson and traveled to Fosston where they met the Chad Carlson family at Da-Roo's Pizza and helped observe Chad's birthday.

Butch and Linda Pulskamp visited at the Brent and Jessie Pulskamp home in Wahpeton on Sunday afternoon. They brought Sidnie and Skylie home after the girls had spent a few days at the Pulskamp home in Winger.

Sunday afternoon Helmer and Verlys Homme were visitors at the Roy and Judy Raben home at Union Lake.

The news is not much this week, and thanks to Bunny for his help too, and in turn we both need help so we can

continue on with our "Winger" part of the paper.

Until next week, good luck to you deer hunters, I hope you all get your deer, but more important have a safe hunt.

From Bun Manor:

Even though the weather was cold, rainy, windy and dark the ladies of Calvary had a pretty good turnout at their bazar on Wednesday evening.

Andy did a nice job playing the auctioneer and as a bonus he sang a couple of songs. There was a wide variety of things to bid on and nothing went cheap except the free pie and coffee that was served after the auction.

Andy took the van to Crookston for minor repairs. He got together with former McIntosh native Jimmy Hagen for coffee while he waited for the van.

Laura Wang enjoyed lunch in Mac with her auntie Pammy on Friday. They had a nice visit catching up on all the hot action going on in the area.

This was the first year in many that the Bun manor had nobody trick-or-treating. All his friends children are getting to old or to young. Bun drove to Winger on Halloween evening to pick up Ole and head to the casino for the costume party. He noticed on his way out of town that their were only a few houses with lights on. L.J. reported that her and Byron had only five, Norm had three and Mike and Doris had zero. When he was a kid pretty much every house in town had candy and their were more kids around. There was always at least one place who gave you an apple without caramel. If you like to see people dressed up for the occasion the casino is the place to go.

Steve and Lorri returned home Sunday evening after spending the weekend visiting relatives. They stayed overnight at Lorri's sister's place and the next day they had lunch at Mom and dad's place before they went to see their in-laws Bill and Karen. They met their kids Evan and Nikki for brunch on Sun. Nikki and Evan came up from the Houston area to attend the wedding of Jospeth Lee (son of Mark and Joan of Mac) to Kelly of Eden Prairie. Evan was the best man. Congrats to the new-lyweds.

Sympathy goes out to the Chuck Lent family on the passing of Chuck. He was the owner of Lent drug in Erskine for many years. His funeral will take place at Grace Church on Friday in Erskine at two in the afternoon.

Please submit some news for the paper. Linda and Bun need you.

CPR classes offered at RiverView

RiverView Offers CPR Class for Family & Friends
Sponsored by Local American Legion

On Thursday, Oct. 12th RiverView Health in Crookston is offering a free CPR program specifically geared for the general public. This two and one-half hour course contains basic information about what to do in life-threatening situations, and is designed for all ages to participate. The skills that will be taught in the program are those that can be used to save the life of a loved one, a friend or neighbor. The courses are being made available to the public at no charge, thanks to grant funds made available by the Crookston American Legion Post 20.

The classes are a part of RiverView's American Heart Association (AHA) Community Training Center offerings. The class will be held on Thursday from 6:30 to 9 PM in Meeting Room 4 at RiverView. No test or card is issued and participants will receive the Family and Friends CPR book.

RiverView HeartSaver CPR Class Offered
Course for Those Needing Certification

On Thursday, Nov. 12th, RiverView Health in Crookston is hosting a HeartSaver CPR Course as a part of its American Heart Association (AHA) Community Training Center. The course is being held at 6:30 PM in Meeting Room 4 at RiverView. The program is required for day care providers and others needing certification. The course includes the Heartsaver card and book for \$45.

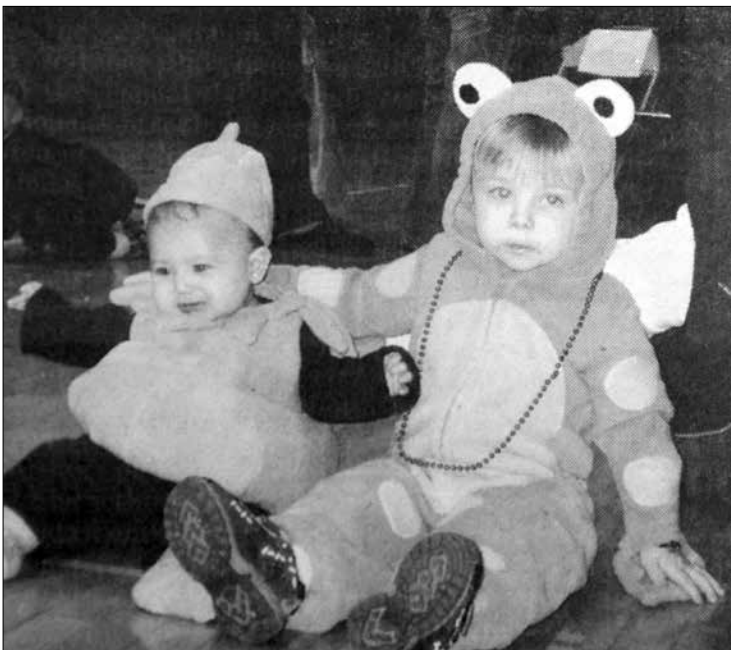
Contracted Community Training Centers (CTCs) and their sites are the only facilities permitted to offer AHA courses to the public and pro-

fessionals through their affiliated instructors and programs. The American Heart Association is not responsible for any fees charged for this course.

For more information or to register for either class or information on other courses offered through the CTC, contact RiverView at 218-281-9405 or 1-800-743-6551 extension 9405. See our web site: www.riverviewhealth.org

Did you know...

Cardiac arrest is the abrupt loss of heart function in a person who may or may not have diagnosed heart disease. Though often mistaken as the same thing as a heart attack, cardiac arrest is not the same. Heart attacks can cause cardiac arrest and even lead to death, but the cause of heart attack and cardiac arrest are different. According to the American Heart Association, heart attacks are caused by a blockage that stops blood from flowing to the heart. Though heart muscle tissue dies because of this lack of blood supply, heart attacks do not always result in death. Cardiac arrest is caused by an electrical malfunction of the heart, which suddenly stops working properly. This can be arrhythmia, a condition that occurs when the heart beats irregularly or abnormally. Once the heart has stopped during cardiac arrest, death can occur within minutes. However, cardiopulmonary resuscitation, or CPR, can reverse cardiac arrest. A defibrillator will be used to shock the heart, which can restore the it to a normal rhythm in just a few minutes. Because cardiac arrest is so sudden and strikes without warning, it's imperative that anyone who is with someone they believe is in cardiac arrest take action immediately.



10 years ago...2005: Cousins Emily Strom, a little pumpkin, and Will Tofstad dressed in his frog costume, pose for a picture with family and friends all around enjoying the holiday through young eyes.



20 years ago...1995: These Halloween party people were enjoying the games and contests during the Spook party hosted by the WACs in McIntosh on October 31st. (L-R) Brandee Scherer as a black cat, Amie Salvhus as Pocahontas, Kristen Hartel dressed as a bride and Hailey Smeby dressed as a pumpkin.



30 years ago...1985: A shot of the annual Halloween Parade in Mac.

Regional Ag News

Jim Stordahl,
Extension Educator

Fruit Flies in the Home

Fruit flies are particularly common in homes during fall. These tiny flies are about 1/8th inch long with a tannish body, and a dark-colored abdomen. An easy way to identify fruit flies is by their bright red eyes. However, their eyes do appear darker after they are dead and may not be as distinctive. Be careful, not every small-sized fly you encounter is automatically a fruit fly.

Moth flies, phorid flies (also called humpbacked flies), and fungus gnats can also be common in homes. It is important to know which fly you are seeing because control will vary depending on which fly is present. If you have any doubts as to which fly is in your home, have an expert identify it for you.

Fruit flies can potentially be carried into homes in fruits and vegetables or they could fly in from the outside.

Once in homes, they are attracted to fermenting and souring smells, e.g. around garbage containers and produce that is starting to become overripe. Fruit flies lay their eggs in a wide variety of sites as long as they are moist, contains fermenting organic matter, and are in reasonably undisturbed places.

You can help prevent fruit flies by eating fruits and vegetables while they are fresh or keep them refrigerated; do not allow produce to sit out and become overripe.

Also, keep the inside of gar-

bage containers clean from food residues. Rinse bottles and cans that you recycle and remove recyclables on a regular basis.

Don't forget to periodically clean recycling containers to prevent a build-up of food residue. Remove garbage in tied plastic bags on a regular basis.

If you find you have a persistent problem with fruit flies, the most effective, permanent control is sanitation, i.e. eliminate their food source. Fruit flies are commonly found infesting overripe fruits and vegetables like bananas, tomatoes, potatoes and onions.

Also look for them around soft drink, wine, and beer bottles and cans that are being saved for recycling as well as in the recycling container itself. Another common site is trash containers especially when they are lined with plastic bags (look between the liner and the container).

Remember that the source of the infestation may not be where the adult flies are found.

Fruit flies, however, will take advantage of a wide variety of different food sources and there are also plenty of unusual sites where you may discover fruit flies.

You may need to be a detective and be imaginative to determine where they are coming from. In one case, fruit flies were infesting a tea maker after tea was brewed but was not cleaned out before it was put away.

In another instance, they

were found in rotting orange (non-edible fruit that are purported to repel insects, spiders, and rodents) that were left out and forgotten. Remember that fruit flies are found in moist, undisturbed places where fermenting organic material is found.

Some people are tempted to spray fruit flies with an insecticide. While that will kill the flies you see, it is not a long term solution and more will return. Just spraying adults doesn't have any impact on the source of the infestation and the larvae that are developing. As long as a food source still exists, adults will continue to be present.

Fruit fly traps (either store bought or homemade) generally do not eliminate fruit flies. While you may capture some individuals, like spraying, it is difficult to catch them fast enough to actually eliminate them.

However, you could use traps to help narrow down where infestations are located. By placing traps in every room, the trap with the most fruit flies usually indicates approximately where the problem can be found.

If you would like plans on simple homemade fruit fly traps – complete with pictures – give me a call.

For more information, contact me at 800-450-2465 or stordahl@umn.edu. Jeffrey Hahn, UM Extension Entomologist provided most of this article.

USDA issues Safety-Net payments to farmers facing market downturn

The U. S. Department of Agriculture (USDA) announced that beginning now, nearly one half of the 1.7 million farms that signed up for either the Agriculture Risk Coverage (ARC) or Price Loss Coverage (PLC) programs will receive safety-net payments for the 2014 crop year.

"Unlike the old direct payments program, which paid farmers in good years and bad, the 2014 Farm Bill authorized a new safety-net that protects producers only when market forces or adverse weather cause unexpected drops in crop prices or revenues," said Agriculture Secretary Tom Vilsack. "For example, the corn price for 2014 is 30 percent below the historical benchmark price used by the ARC-County program, and revenues of the farms participating in the ARC-County program are down by about \$20 billion from the benchmark during the same period. The nearly \$4 billion provided today by the ARC and PLC safety-net programs

will give assistance to producers where revenues dropped below normal."

The ARC/PLC programs primarily allow producers to continue to produce for the market by making payments on a percentage of historical base production, limiting the impact on production decisions.

Nationwide, 96 percent of soybean farms, 91 percent of corn farms, and 66 percent of wheat farms elected the ARC-County coverage option. Ninety-nine percent of long grain rice and peanut farms, and 94 percent of medium grain rice farms elected the PLC option. Overall, 76 percent of participating farm acres are protected by ARC-County, 23 percent by PLC, and 1 percent by ARC-Individual. For data about other crops, as well as state-by-state program election results, final PLC price and payment data, and other program information including frequently asked questions, visit www.fsa.usda.gov/arc-plc.

Crops receiving assistance

include barley, corn, grain sorghum, lentils, oats, peanuts, dry peas, soybeans, and wheat. In the upcoming months, disbursements will be made for other crops after marketing year average prices are published by USDA's National Agricultural Statistics Service. Any disbursements to participants in ARC-County or PLC for long and medium grain rice (except for temperate Japonica rice) will occur in November, for remaining oilseeds and also chickpeas in December, and temperate Japonica rice in early February 2016. ARC-individual payments will begin in November. Upland cotton is no longer a covered commodity.

The Budget Control Act of 2011, passed by Congress, requires USDA to reduce payments by 6.8 percent. For more information, producers are encouraged to visit their local Farm Service Agency office. To find a local Farm Service Agency office, visit <http://offices.usda.gov>.

Recipe Corner

spice!
Pumpkin Spice Latte Mix
1 cup dry vanilla creamer
1 cup instant coffee granules (decaf or regular)
4 1/2 cups instant dry milk
1 1/2 cups white sugar (may cut down for more of a coffee flavor and a less sweet drink)
3 tbsp pumpkin pie spice
1 tsp nutmeg (even though it's already part of pumpkin pie spice, if you like the extra

flavor)
1 tsp cinnamon (Ditto above)
Blend all ingredients in a blender until smooth. It will likely take a couple of batches to get all of the mix blended.
Add several heaping tablespoons of hot water, stir and top with whipped cream.
Try hot milk for a creamier version.
Yield: 24-30 servings

With the season comes everything with a pumpkin spice. Her is a quick recipe for a latte mix that you can keep on hand for when the mood strikes. Enjoy with your family and friends and celebrate the season with a great aroma of pumpkin

Random Things and Stuff



P u m p k i n Spice
By: Emily L. Ferden
It's that time of year again, everywhere you look you can find something that's pumpkin spice

flavored. This year, according to popsugar.com, they found 83 different pumpkin spiced flavored items and tried each one of them putting them into a list of both the best and the worst. Here is the list they came up with for the worst pumpkin spiced items:

1. Sprouts Organic Pumpkin Spice Kale Chips
2. Pinnacle Pumpkin Pie Vodka
3. Nature's Path Pumpkin-N-Spice Chewy Granola Bars
4. Chocolate Chocolate Chocolate Company Pumpkin Pie Truffles
5. Brach's Pumpkin Spice Candy Corn
6. Boulder Canyon Pumpkin Pie Kettle Cooked Potato Chips
7. Angelino's Coffee Pumpkin Spice
8. Chocolate Chocolate Chocolate Company Milk Chocolate Pumpkin Pie Bark
9. Dannon Oikos Pumpkin Pie
10. Kimberley's Bakeshoppe Two-Bite Pumpkin Spice Cupcakes
11. Gold Emblem Pumpkin Spice Candy Corn
12. Trader Joe's Pumpkin Ice Cream
13. Hershey's Kisses Pumpkin Spice
14. Ready Pac Pumpkin Spice Bistro Bowl
15. 365 Organic Pumpkin Spice Low Fat Yogurt
16. Sprouts Toasted Pumpkin Loops
17. Third Street Festivus Chai
18. Lucerne Pumpkin Spice Eggnog
19. Nonni's Pumpkin Spice Biscotti
20. Sprouts Organic Pumpkin Flax Granola
21. The Popcorn Factory Pumpkin Caramel Praline Crunch

Winter roads...
Continued from page 2...
powering the traction of their tires. Only better tires will improve traction.

· Drive slowly. Many drivers mistakenly believe they only need to drive slow when snow is falling. But winter weather can make roadways unsafe even in areas that have not witnessed a single snowflake fall from the sky.

Wet winter roads can quickly turn into icy winter roads, and no ABS system or traction control device can prevent a car that's traveling too fast from skidding out. Poor visibility is another reason to drive slowly in winter.

Peripheral vision is often compromised when driving in winter, as dirt, salt or sand buildup on windshields and side windows and mirrors can make it hard for motorists to fully view their surroundings. Even if your vision is not compromised, a fellow motorist's might be. So ease up on the gas pedal in winter so you have more time to react to potentially adverse conditions.

· Don't drive too closely to other motorists. In addition to driving slowly, motorists also should leave extra room between their vehicles and the vehicles in front of them. In such conditions, for every 10 miles per hour drive a minimum of four car lengths behind the motorist in front of you. So if you are driving 50 miles per hour, be sure to leave 20 car lengths between you and the car ahead of you. This gives you ample time to react and builds in some extra response time should your visibility be compromised.

· Maintain your vehicle. A vehicle should be maintained regardless of the season, but it's especially important that your vehicle perform at its peak in winter. A vehicle's battery and windshield wipers are a winter driver's best friend, but only if they are operating at optimal capacity.

Being stranded on a roadside in winter is more dangerous than in any other time of year. That's because driver visibility is more compromised in winter, and it can be hard for motorists to see or avoid vehicles on the side of the road. Maintain proper fluid levels and make sure your battery is charged and the gas tank is full before making any winter trips.

Drivers who adopt certain habits when driving in winter can greatly reduce their risk of accidents

22. Entenmann's Little Bites Pumpkin Muffins
23. Shock Top Pumpkin Wheat Ale
24. Trader Joe's Pumpkin Joe-Joe's
25. Green Mountain Coffee Pumpkin Spice Coffee
26. Pumpkin Spice Milano Cookies
27. Trader Joe's Pumpkin Waffles
28. Little Debbie Pumpkin Delights
29. Clif Bar Spiced Pumpkin Pie

30. Nature's Bakery Fig Bar Pumpkin Spice

If you would like to read the rest of the list, please check out popsugar.com.

WEM School Announcements

FYI -
Mid-Term report cards are now available on line on Syn-ergy

The following college representatives will be coming to WEM. Sign up on bulletin board in Mrs. Jore's room to visit with representative and be excused from class. Wednesday October 28th, Concordia College Rep 12:15 p.m.; November 4 - SCSU - 12:20 p.m. - November 17th - UND - 12:15 p.m.; December 8 - Bemidji State University - 12:15 p.m.

Juniors and seniors: Wild Rice Electric has partnered with the Rural Electric Youth Tour for a trip to Washington, DC, June 11-16, 2016 with other students from across Minnesota. Complete the application and submit to be the selected candidate to have this amazing opportunity. See Mrs. Jore for more details or contact Wild Rice Electric Cooperative for an application.



Is that Kallie Hand or Harry Potter with the awesome pumpkin for the Pumpkin Carving Contest at the WEM Halloween Party?



Last Saturday, Kalli Roy and Cora Altpeter were having great fun during the Win-E-Mac Halloween Party.



Superheroes indeed, Koltun Stuhag and Jessica Kasprzak enjoy helping out with a game for the kids during the Win-E-Mac Halloween Party last Saturday, October 31st.

WEM takes part in National "Heart Rate Challenge"

Congratulations to the Win-E-Mac 8th Grade Physical Education Class for taking 3rd place in the National Interactive Health Technology "Heart Rate Challenge".

Every day from September 14th - October 23rd the 8th grade PE class wore a heart rate monitor. Each monitor is assigned to an individual student that they would only use. The student's height, weight and age are stored into each monitor. At the end of class the monitor was checked back into the computer scanner and individual and total class statistics were recorded and sent to "IHT". First place went to A. Maceo Smith New Tech High School from Dallas, Tx. with 82.5%. Second place was awarded to Bay View Middle School from Bay View, WI with 82.4%. Win-E-Mac came in third place with 82.3%! Only .3 separated 1st place from third place!

The % means time spent in the yellow(moderate) and red(high) intensity zones. With the 3rd place finish the class won \$1,000 worth of Adidas Gear.

Win-E-Mac also won a "2-Week Sprint" in which the school that had the highest % in the yellow and the red zones won the sprint. Win-E-Mac won the September 28th - October 9th sprint.

Congratulations again 8th grade PE!!!!

Right: Lukas Gensburger enjoys a ghostly game of Angry Bird during the WEM Halloween Party.

Below: Dancing away to the cool tunes provided by Mr. Svalen during the Halloween Party last Saturday at Win-E-Mac School.



Sydney Svalen attempts to toss a ball into a pumpkin during the Win-E-Mac Halloween Party last Saturday.



WEM ECFE

Friday Playdates 10-11:30am
WEM Prek Room Ages 0-5yrs
11/6 Animals Hibernates!
11/13 I am Thankful!
11/20 Turkey Lurkey! Special Events!

Tues 11/10 Bring your dad to school night! Bring out dad, grandpa, brother, uncle or special friend to our classroom for a special snack and games! 6-7pm

Tues 11/24 Special Event at the McIntosh Library! Puzzle Night! 6-7pm Ages 0-12yrs invited!

WEM Early Childhood Family Education classes are for children 0-5yrs old unless noted. Pre-registration is not

required. Events are FREE. Contact Shannon Svalen, ECFE Coordinator at ssvalen@win-e-mac.k12.mn.us, 218-687-2236 or Like us on Facebook: WEM Early Childhood Family Education.

Ad deadline: Noon Friday



Mario, did you call for a doctor? Pictured at the Win-E-Mac Halloween party last Saturday were (L-R) Luke Eggl, Jake Eggl and Mason Spaeth.