



McINTOSH

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Times

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McIntosh, Minnesota

WEM Homecoming Week is Oct. 7th - 11th

Win-E-Mac Homecoming is fast approaching. This year's theme will be "Battle of the Grades" and will take place the week of October 7 to October 11, 2019.

The dress up days are as follows: Monday, October 7th – Mathlete vs Athlete – Meet the Patriots night – 5:00-6:30 p.m.; Tuesday, October 8th – Country vs Country Club; Wednesday, October 9th – Bikers vs Surfers; Thursday – October 10th – Class color day; Seniors – Black; Juniors – Blue; Sophomore – Orange; Freshmen – Pink; 8th grade – green and 7th grade – red. Elementary: 6th grade – black; 5th grade – blue; 4th grade – orange; 3rd grade – green; 2nd grade – yellow; 1st grade – red and Kindergarten – pink; Friday, October 11th – Super spirit day – wear all the red, white and blue you can find.

On Monday night there will be a Meet the Patriots Homecoming Event in the main gym



of the school from 5:00 pm to 7:00 pm.

Tuesday is Volleyball at Win-E-Mac with the Patriot's taking on the Bagley Flyers The C team game starts at 5:00 pm, followed by the Junior Varsity game at 6:15 pm and the Varsity Lady Patriots game will begin at 7:30 pm.

Volleyball will continue on Thursday evening when Win-E-Mac will host Clima Shelly for C team, Junior Varsity and Varsity.

Friday football will have the Patriot's at home battling Norman County East/Ulen Hitterdahl starting at 7:00 pm with tailgating before hand. The area fire departments will be hosting the tailgating event and offering some pre-game grub.

Student Council is hosting the Homecoming Dance on Friday, October 11 from 9:30-midnight or directly following the football game. The cost of the dance is \$10. Guests attending the dance from other schools must be signed up by Tuesday, October 8th.



Community Calendar

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

Thurs. Oct. 3: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri Oct. 4: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Oct. 7: 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 Oct. 8: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh Community Club Meeting @ Community Center 7:00pm

Wed. Oct. 9: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Oct. 10: Library 4pm to 7pm; 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

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

Mon. Oct. 14: 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. Oct. 15: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



The kids pie eating contest winners for this year's Harvest Festival contest were (l-r) Iris Howard, Brekke Gunderson, and Jens Stordahl. Congratulations to all the kids who participated.



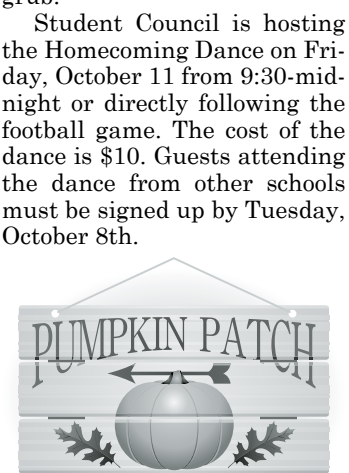
Congratulations to April Horgeshimer for a second year win in the Harvest Festival Baking Contest. This years contest was a pumpkin dessert and the prize was this fun apron and a fall scented candle from Howard Soap Company.



The winner of the adult pie eating contest was Brad Sander. Pictured here is Harvest Festival coordinator, Katie Roed. Congratulations Brad!



Dawson Olson was one of the competitors in the Pie Eating contest during Harvest Festival.



WEM ECFE Pumpkin party

Win-E-Mac ECFE will be having a Pumpkin Party on Monday, Oct. 14th, down on the farm! Join us for fun and games.

At the end of the event each ECFE age child will bring home a small pumpkin.

You will need to pre-register for this event by calling the school at 218-563-2900 or message us at WEM Early Childhood Family Education on Facebook.

Deadline to sign up for this event is Thursday, Oct. 10th. We will meet at the school at 5:30 p.m. to load the bus. Buses will be leaving at 5:45 p.m. so don't be late!

ECFE is for parents/guardians and their children ages birth-preschool



Reminder:

School will be dismissed at 12:30 pm on Thursday, October 10th due to Parent-Teacher conferences. The conferences will be held from 1:00 pm to 7:30 pm.

Buses will run shortly after dismissal.

Below: Remar Voxland helps Brooklyn Hedlund find her perfect pumpkin during Harvest Festival in McIntosh.



Enjoying a beautiful fall day out and about at McIntosh Harvest Festival on Saturday, September 21st were (l-r) Clarissa Neste, Autumn Plante, Breelyn and Heather Hegre and Karen Rolf.



LARL, including Mac library will be closed Monday, Oct. 14th

All Lake Agassiz Regional Library (LARL) branches and LINK sites will be closed on Monday, October 14 for staff training.

Regular hours of operation will resume Tuesday, October 15.

LARL's branch libraries are located in Ada, Bagley, Barnesville, Breckenridge, Climax, Crookston, Detroit Lakes, Fertile, Fosston, Hawley, Mahnomen, McIntosh and Moor-

head. LARL's LINK sites are found in Cormorant, Frazee, Gonvick, Halstad, Hendrum, Lake Park, Rothsay, Twin Valley and Ulen.

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.

More information is available at www.larl.org.



Mother and son duo, Phil and Sue Lee provided musical entertainment for the crowd at Harvest Festival in McIntosh on Saturday, September 21st.

Wild rice grows across the nation but the abundance is in MN

Regionalism of Wild Rice
To say that wild rice only comes from Minnesota is a false statement.

Wild rice is native to the United States and grows in fresh water and in brackish swamps from New England to Texas to North Dakota. But, its greatest abundance has always been in the State of Minnesota.

In brief, it grows in nearly every state east of the Rocky Mountains and has some 60 local names, with many of them associated with Indian names of the area in which it grows. For example:

Connecticut: "Blackbird Oats"; Louisiana and Wisconsin: "Fool Oats"; Delaware and Pennsylvania: "Indian Oats"; Texas: "Indian Rice"; North Carolina: "Wild Oats".

Although wild rice is one of America's native foods (along with cranberries, pumpkins etc.) , it isn't grown just in the US. Wild Rice is native across the North American continent from Canada to Mexico. Today it's now planted and grown worldwide, especially in China and Japan, where it also bears 11 Chinese and Japanese names.

Wild Rice reaches its greatest size, however, in the southern United States, where it may grow as high as twelve feet, with a stalk over 2 inches in diameter. Where it may grow no higher and 3 or 4 feet in the Northern Regions. It loves deep, rich soil.

Wild rice is cooked and used just like brown or white rice and is often combined with them.

Ten helpful tips about wild rice

1. Wild Rice should be stored in a cool dry place and in a tightly covered container.
2. How Much to Cook? 1 lbs. = 20-25 average servings.
In other words, it puffs up a lot!
3. One Cup Raw = 3 or 4 Cups Cooked.
4. You can freeze cooked wild rice if you make too much.
5. When blending with white or brown rice, use a 50-50 ratio.
6. Just like with white rice, when cooking replace water with chicken broth for a greater flavor.
7. Microwaving isn't recommended when cooking wild rice. (Note: See Cooking Method Below)
8. Lumberjacks used to eat wild rice for breakfast with honey and milk (along the lines of oatmeal).
9. If the wild taste of the rice bothers you, it can be toned down by changing the water while cooking a few times.
10. To reheat wild rice (already cooked) at 2 Tablespoons

of butter to an open skillet heated.

Hint: Why does some wild rice taste a bit different than others?

First of all, wild rice should be a little chewy with a nutty-like flavor when cooked in it's basic form. But, the main factor in determining how good your rice will be really is not up to you. It all depends on WHEN it was harvested (how mature it is) and how it was handled during the processing. I, personally, look for a long grain that's rather dark. I do not like the so-called "microwaveable" wild rice at all. I cook mine the long way...approximately 45 minutes for 1 cup.

History & folklore of wild rice
The Ojibwa and Sioux Indians of Minnesota call it "Mahnomen"

The early French explorers in Minnesota and Canada called it Folles Avoines (wild oats). Ironically, wild rice isn't really a rice at all. It is an aquatic cereal grain with a biological technical name of Zizania Aquatica.

Manominikegississ is their August Moon, aka rice-harvesting time.

How is it harvested? Wild Rice harvesting is one process that modern technology still hasn't touched.

The rice is still harvested the same way today as it was years before. It is usually done in a canoe or low-sided wooden boat.

One person "poles the boat" through the rice bed while another person in the boat knocks the rice kernels off the stocks and into the boat.

How? It's done with two long sticks and with one hand you bend the plants over into the boat and while holding it down, you beat the kernels off into the boat.

Needless to say, this person has to be coordinated, and also skilled as to not tip the boat over or your entire harvest is all gone.

The rice is then taken to the location where it is processed, namely the hulls are removed, cleaned of debris, dried and ready for bagging and selling

Last heard, only a native American in Minnesota is allowed to harvest wild rice; and so it is usually sold by the Chippewa Indians in the Northern Minnesota area.

Basic cooking method
Wash the rice thoroughly by running it under cold water in a strainer.

Add 1 cup of raw wild rice to 3 cups of boiling water in a heavy saucepan or pot.

Reduce heat and simmer

You Are Invited 75th Birthday Party

for Al Bauer
October 5th ~ 5:00 pm
The Deuce Erskine



Mary Goodwin volunteered to sell pie and coffee during Harvest Festival held in McIntosh. Here, Betty Tangen is picking up a piece of pie to enjoy while she listens to music.

covered for 35 to 50 minutes. (I like 45 minutes myself.)

Or, just until those kernels puff open. Then, uncover, fluff with a fork and simmer 5 more minutes.

Drain any excess fluid. If you like chewier rice, cook for fewer minutes.

Makes Approximately: 3 or 4 Cups of Cooked Rice. (It all depends on how long the kernels are.)

You can microwave wild rice. Here is a recommendation: If you have a later model microwave unit with lots of power settings, you can microwave wild rice. Here is how to cook the rice. 5 min. on level 7 (Level 10, or highest, tends to boil over). Then 40 or so minutes on power level '2'. The conventional cooking method is great, but if you like to be able to forget about it while it's cooking try out the microwave.

Note: A generous serving of wild rice contains less than 50 calories!

The following data is from the U.S. Agriculture Handbook #8.

3 1/2 oz. of wild rice showed the following:
14.10 grams Protein
339.0 Milligrams Phosphorus
.79 Grams Fat
4.20 Milligrams Iron
45 Milligrams Thiamine
.63 Milligrams Riboflavin
75.00 Grams Carbohydrates
7.00 Milligrams Sodium
6.20 Milligrams Niacin
19.00 Milligrams of Calcium
220.00 Milligrams of Potassium

Here are some unique ways to enjoy wild rice in your diet.

Wild Rice Quiche
3 beaten Eggs
1 1/2 Cups of Half & Half
3/4 Cup Grated Swiss Cheese
3/4 Cup Grated Monterey Jack Cheese
3 Green Onions (chopped)
1 Tablespoon (chopped) Parsley
5 Slices of crumbled, fried bacon.
2 Cups Cooked Wild Rice
1 Unbaked Pie Shell
Combine all these ingredients. Pour into the unbaked pie shell.
Bake at 450F for 10 minutes.
Reduce heat to 350F and continue baking for 30 more minutes.

Glorified Wild Rice
1 Cup Cooked Wild Rice
1 Cup Cooked White Rice
2 Cups Drained Crushed Pineapple
1 Cup Miniature Marshmallows
1/4 Cup Maraschino Cher-

ries

Mix all this together and chill for at least 2 hours. Before serving, fold in 1 Cup of Whipped Cream, the real stuff with 1/4 cup sugar and 1 tsp vanilla. (Some people use Cool Whip.) Fold the rice mixture with the cream and serve.

Makes Approximately 10 Servings.

Wild Rice 3-Grain Bread

1 Package Active Dry Yeast
1/3 Cup Warm Water (105F to 115F)
2 Cups of Milk, scalded and cooled to 105F or so.
2 Tablespoons butter (melted)
2 Teaspoons Salt
1/2 Cup Honey
1/2 Cup (Uncooked) Rolled Oats
1/2 Cup Rye Flour
2 Cups Whole Wheat Flour
4 to 4 1/2 Cups of Unbleached All-Purpose Flour or Bread Flour
1 Cup Cooked Wild Rice
1 Egg (beaten with 1 tablespoon of water)
1/2 Cup hulled sunflower seeds (optional)

In a very large bowl, dissolve the yeast in water. Add the milk, butter, salt and honey.

Stir in oats, rye flour, whole wheat flour and 2 cups of the bread flour to make a soft dough.

Add wild rice. Cover and let rest for 15 minutes. Now stir in just enough additional bread flour to make a stiffer dough. Turn this onto a bread board and kneed happily for about 10 minutes.

Add more flour as necessary to keep dough from sticking. Turn dough into a lightly greased bowl, turn over and cover and let it rise until it has doubled in its size (about 2 hours).

Punch it down. Kneed some more briefly on lightly oiled board.

Shape it into a big lump. Then divide this lump into 3 sections and shape each section into a long strands and then braid.

Place bread braid onto a greased baking sheet to make a wreath or divide as you wish into smaller breads such as 10x6 inch greased bread pans. Let this rise until the bread has doubled it's size again.

This will be about 45 minutes.

Brush the tops of the loaves with the egg mixture. Slash loaves if desired for a design.

Bake at 375F for 45 minutes or until loaves sound hollow when tapped.

Makes one big wreath or 2 pans.

Paul Harvey's
Wild Rice Soup

Quilts of Valor

There will be an upcoming East Polk Quilts of Valor meeting on Tuesday, October 8th at 7:00 at the McIntosh Community Center. This will be an organizational meeting, for the area Veteran's Day Programs, and to set up a sewing day. Anybody is invited to join, you do not need sewing experience!

Winger Calvary Lutheran Bazaar

The Calvary Fall Bazaar will be held October 9, 2019 at 7:00 pm. Baked goods, quilts, handmade articles all for sale.

Come and enjoy the action. Hosted by the Calvary WELCA.

HARVEST FESTIVAL

At Trinity Church
Sunday, Oct. 6th 2019
2:00pm

Join us for our annual Harvest Festival at Trinity Lutheran Church of McIntosh

Speaker:
Pastor Luke Bernston
from Hope & Bethesda Churches of Northome and Mizpah.

Pie and coffee will be served. An Offering will be taken to assist the Tim & Laura Johnson family due to their daughter Christine's on-going leukemia treatment.

EVERYONE IS WELCOME!

CHURCH DIRECTORY

ST. MARY'S CHURCH
Fosston
Fr. John Suvakeen, Pastor
Sun. Oct. 6: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. Oct. 13: 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. Oct. 6: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Oct. 13: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Supply Pastor
Gordon Syverson
Sun. Oct. 6: 11:15am Worship Service.
Sun. Oct. 13: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church
Sun. Oct. 6: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service
Tues. Oct. 8 : 10:00 a.m. Sunday worship service telecast on GVT7V--30; 1:30 p.m. Bible Study at Pioneer Memorial Care Center
Wed. Oct. 9: 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. Oct. 2: 7:30pm Bible Study at Mt. Carmel
Thurs. Oct. 3: 7:00am Men's Breakfast at Mt. Carmel
Sun. Oct. 6: 9:30 Mt. Carmel Worship; 9:45 Trinity Sunday School for all ages; 10:45 Mt Carmel Sunday School for all ages; 11:00 Trinity Worship

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Jill Torgerson
Sun. Oct. 6: 9am Worship; fellowship coffee following worship
Sun. Oct. 13: 9am Worship; fellowship coffee following worship

DOVRE FREE LUTHERAN
Pastor Don Edlunds
Wed. Oct. 2: 7:00pm Bible Study on Ezra and Nehemiah Everyone Welcome
Sun. Oct. 6: 10:00am Worship Service and Children's Sunday School
Wed. Oct. 9: 7:00pm Bible Study on R Ezra and Nehemiah. Everyone Welcome
Sun. Oct. 13: 10:00am Worship Service, Adult and Children's Sunday School

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,
Sun. Oct. 6: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School
Sun. Oct. 13: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

GRACE LUTHERAN CHURCH NALC
Erskine, Minnesota
Pr. Scott Baker, interim
Sun. Oct. 6: 9:00am Adult Bible Study; 9:15am Sunday School; 10:30am Worship
Sun. Oct. 13: 9:00am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

RODNES LUTHERAN CHURCH
Erskine
Pastor Joel Smeby
Wed. Oct. 2: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes
Sat. Oct. 5: 8:00am Men's Prayer Group
Sun. Oct. 6: 10:00am Worship
Wed. Oct. 9: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes
Sat. Oct. 12: 8:00am Men's Prayer Group
Sun. Oct. 13: 10:00am Worship

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McINTOSH Times

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"Serving the Win-E-Mac area"

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Winger News by Linda Pulskamp

Greetings again from the Winger community and by this time next week we will have seen September go out and we will be into October, time certainly does not stand still.

We have had our first day of fall, so officially we are into the fall season, it is a beautiful time of the year with the colored leaves and the produce that we have put aside for use next winter, and I like fall but dread what comes next and from reading reports of the Farmers Almanac it looks like we are in for a snowy and cold winter.

I'd much prefer snow to come by Christmas and leave again after the New Year but we know that isn't feasible.

Last Wednesday, Butch and Linda Pulskamp and Craig and Bev Helgaas left on a road trip that took them to the Black Hills and the South Dakota Badlands, while in Rapid City we visited with Butch's nephew Doug Helland who lives there, from there we went on to Mount Rushmore and did some sight seeing, then we went on to Deadwood and finally to Sturgis before heading back home, in Mitchell we toured the Corn Palace which was interesting to see. As we returned home we went by St. Olaf Cemetery near Odin, Minnesota to the graves of the late Mick and Sonya Oberle.

Watch for the date of the Calvary Fall Sale which is right around the corner, also there are many other fall sales and dinners going on that one might want to take in.



The fruit of Oriental bittersweet is round and change in color from green to bright red with a yellow capsule as it matures.

Invasive plants escape from cemeteries

Monika Chandler, Minnesota Department of Agriculture

The fruit of Oriental bittersweet is round and change in color from green to bright red with a yellow capsule as they mature.

What died in a cemetery but its offspring escaped alive? You guessed it - invasive plant seeds that escaped from floral arrangements. People have been using invasive plants in funeral arrangements for over a century in North America.

People used common tansy (Tanacetum vulgare) in coffins to repel insects and worms, including in the coffin of Harvard University's first president. After becoming a mainstay at New England funerals, people began to loath tansy due to its association with death.

Seed from tansy arrangements could germinate in place or be moved by wind or water to germinate in new locations.

Two species historically used in funeral arrangements are oriental bittersweet (Celastrus orbiculatus) and teasels (Dipsacus spp.).

With fruiting vines at peak color in the fall and early winter, Oriental bittersweet vines were made into bouquets and wreaths. Dried teasel seed heads were components of many attractive arrangements.

Birds and other wildlife found these arrangements attractive and would eat the seeds and move them to new areas.

A survey of historic cemeteries in Red Wing, Minnesota, found Oriental bittersweet in or adjacent to most cemeteries.

Sometimes, we move invasive plants inadvertently. Lucas Majure, then a Mississippi State University graduate student, and Charles Bryson, a USDA botanist, cracked the case of the blue sedge, Carex breviculmis, a species native to Asia and Australia.

Last Wednesday Verlys Homme was taken to the Essentia Hospital in Fargo where she underwent surgery, but glad to report that she is back to the Pioneer Home again and is recuperating there. Visiting with her at the Hospital were Helmer, along with Gary and Maxine Walters, Jessie Thompson stayed with Verlys a couple nights while she was there. Also visiting with her were other family members. Wishing you a speedy recovery Verlys.

If you haven't been to McIntosh lately, you will find some changes on Main Street, the B B Café Building is being renovated and will house a café, a beauty room and The Red Poppy. The building certainly looks different and is very attractive.

Visiting at the Pulskamp home last Monday evening were Jamie Mattison of Plummer, Reha Sanstead of Erskine, Dennis Friedley of Powell, Wyoming and his friend Lindsey of Colorado Springs, CO.

I am sorry to say but this is the news for the week, I will be down to doing it every two weeks to see how that works and if there is no more input than I have been having I find no other option than to quit it all together.

May you all have a good week and hopefully we will have some more sunshine than we have had lately.

In closing, always help someone, you may be the only one that does

MN Council of non-profits to host lunch

Minnesota Council of Nonprofits will host a lunch and learn entitled "The Importance of the 2020 Census" at Tri-Valley Opportunity Council, Inc. in Crookston (102 N. Broadway) on Thursday, October 10 from 12:00 – 1:00 pm.

The objectives of the lunch and learn are to understand the role of the Decennial Census in the geographic distribution of funds, to discuss the development of internal strategies within your organization that can develop a culture of civic participation, to learn about the census timeline, to learn about census updates, and to brainstorm census outreach efforts.

There will also be a discussion and information shared about MCN census grants of up to \$5,000 to support mobilization and education efforts.

Session Background: The census is part of democracy that matters to all Minnesotans. 15 billion dollars that are currently allocated to Minnesota by the U.S. are at stake.

This critical funding supports programs like Medicaid, highway planning, and programs that aid low-income households, rural communities, and communities of color.

Every person we count matters and contributes to our beautiful and vibrant community.

Speaker Bio: Michelle Chang is the policy and equity coordinator at MCN.

Grants available for updates to livestock operations

Applications accepted through December 18, 2019.

Minnesota livestock farmers and ranchers seeking to improve their livestock operations are encouraged to apply for the Agricultural Growth, Research and Innovation (AGRI) Livestock Investment Grant program.

The Minnesota Department of Agriculture (MDA) anticipates awarding up to \$768,000 using a competitive review process.

The AGRI Program's Livestock Investment Grants encourage long-term industry development in Minnesota's \$7 billion livestock industry through investment in facilities, infrastructure, and equipment.

The program encourages new farmers and generational transitions in order to sustain the livestock industry in the state. Funding for the grants was established through the AGRI

Her primary focus is building power around Census 2020 in partnership with MCN's many nonprofit members. She also works internally to ensure that policies and procedures center around ending disparities in power, money, access, and more.

If you have any questions about the lunch and learn, please contact Ashley Charwood, Northwest Minnesota regional coordinator, at achaarwood@minnesotanonprofits.org or 218-407-5202.

The Minnesota Council of Nonprofits (MCN) was founded in 1987 to meet the increasing information needs of nonprofits and to convene nonprofits to address issues facing the sector.

It is the largest state association of nonprofits in the U.S. Through MCN, nonprofits join together across interest areas to work on issues of common concern to all.

Tri-Valley Opportunity Council, Inc. is a non-profit community action agency headquartered in Crookston, Minn.

In existence since 1965, Tri-Valley provides services in 84 counties in Minnesota and Northeast North Dakota.

For more information on services offered and job opportunities at Tri-Valley visit the website at www.tvoc.org, follow us on Facebook at www.facebook.com/TVOCInc or on Twitter at @TriValley_TVOC.



50 years ago...1969: Fire Prevention Week. The values of fire prevention were emphasized this past week in the McIntosh school with fire drills and a demonstration of fire fighting equipment for school children by the McIntosh firemen. This picture, which seems to imply much action and water spray is actually a double exposure. The unique shot was made quite by accident by Superintendent R.L. Edwards.



40 years ago...1979: Annie Lien and Nadine Johnson entertained the public at the Hee Haw Variety Show in McIntosh. Annie acted as magician and Nadine backed her up with her durable snow boots beneath her long dress, while the public applauded the act.



30 years ago...1989: Janna Kiecker, bank candidate for Miss McIntosh, and Bob Hulst, executive vice president and director at First National Bank of McIntosh, show their plaque for parade winner on Sunday in the animal category.



20 years ago...1999: Good things come in pairs! Calie and Courtney Maruska are ready to go to the first day of school. Their school clothes are new, their hair looks great and they are both missing several front teeth. The twin girls are in Group 1 in the Win-E-Mac Kindergarten class taught by Mrs. Evenson.

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



The young kids who attended Harvest Festival in McIntosh had a lot of fun searching through the hay for some coins.



Cheering on his dad, Bryce, was Jens Stordahl during the Adult Pie Eating Contest during Harvest Festival in McIntosh.



Dawson Gunufson waiting to have a bubble around him. Part of the fun activities provided for kids during the Harvest Festival on Saturday, September 20th in McIntosh.



Maci Lee looking for money in a stack of hay during Harvest Festival.



Last years pie eating contest champion, Aaron Cook gave it his best during the pie eating contest at this years Harvest Festival. He and several other local gentlemen were beat this year by now champion Brad Sander.

Bucket list marathon leads to RiverView Recovery Center donation

Today's Kerry Leno could literally run circles around her old self. The person she was five years ago couldn't walk up a flight of stairs without help, she shared. Alcohol nearly killed her.

Fast forward to Sept. 7th, 2019, and there she was crossing the finish line of her first half marathon – the Dick Beardsley Half Marathon in Detroit Lakes. Not only has Leno turned her life around in recovery, but she is also helping others struggling with addiction.

Through a Facebook fundraiser, Leno raised \$1,310 by running the half marathon to donate to the RiverView Recovery Center (RRC). She kept her followers abreast of her five-week training program through Facebook posts and even livestreamed during the half marathon.

Her goal was to run the marathon under 3 hours, but she finished in 2 hours 28 minutes. She credits friends, family and even a few strangers for helping her achieve her goal of reaching \$100 per marathon mile.

"This would not have been possible without all of your giving hearts," she said of those who donated. "I am blessed and grateful to know every single one of you...This isn't just a win for me, this is a win for us all."

Telemedicine Startup

Leno donated the funds through the RiverView Foundation, which will double those funds through the Glenmore Recovery Donor Match Grant. Foundation Director Kent Bruun reported that the donation will be used to purchase equipment to start RRC's telemedicine program.

Coincidentally, Leno started in August as the telemedicine



assessor and intake processor at RRC East Grand Forks.

RRC Director Curtis Hamre describes the telemedicine service as "the delivery of a substance use disorder treatment service while the client is at an originating site and the licensed health care provider is at a distant site." The services include chemical health assessments, care coordination and peer recovery support.

When stored in an airtight container, honey can last indefinitely. The substance is naturally acidic and low in moisture, which means it is an inhospitable environ-

ment for bacteria. There are small amounts of hydrogen peroxide in honey as well, inhibiting the growth of microorganisms. (Source: Tin Roof Teas)

Honey has antibacterial properties, so it has been relied on as a health food and topical treatment. Burns, cuts, infections, stomach ailments, and more have been treated with honey. (Source: National Center for Biotechnology Information)

Honey is the only food source produced by an insect that humans eat. (Source: Peace Bee Farmer)

Mead is a fermented beverage that is made from

here and I can do it."

There's a lot Leno can do and has done. She's challenged herself in her recovery to do something on her bucket list each year.

Along with the half marathon, she's biked around the State of Wisconsin – even though she didn't have a bicycle of her own at the time, she's gotten her motorcycle license so she doesn't always have to depend on her husband for rides, she's traveled to Alaska to scatter her father's ashes, and she's gone skydiving.

"I am a grateful woman living a happy life in long-term recovery," she concluded. "I have dedicated my life to helping others challenged by addiction."

"It's a beautiful day to be in recovery."

For more information on RiverView Recovery Center programs, call 218-281-9511. For information on RiverView Foundation projects, contact Bruun at kbruun@riverviewhealth.org or 218-281-9249.

honey. It has a storied history as a beverage of choice in many different cultures. (Source: Hidden Legend Winery)

Honey is the only food that includes all the substances necessary to sustain life. This includes enzymes, vitamins and minerals. It also contains pinocembrin, a unique antioxidant associated with improved brain function. (Source: Sirhowy Valley Honey)

Honey will take on the flavor of the nectar from which it was made. This nectar also will affect the color and the consistency of the honey. (Source: National Honey Board)

Remember how much you loved the **Scholastic Book Fair**? Make new memories with your child at the book fair in the coming weeks at Win-E-Mac School! Mark your calendars... **The WEM Book Fair week starts Oct. 7th and goes until Oct. 14th.**

The bookfair will be open before and after each school day, and during conferences (Oct.10th) from 1:00-7:30pm. All purchases benefit our school. Stop by and pick up new books to build your home library!

SEE YOU THERE!

M28-29C

WEM School Announcements

Drivers Education Classroom instruction will begin on October 21, 2019 from 3:15-6:15 p.m. Instruction will be held on the following dates: October 21, 22, 23, 24, 25, 28, 29, 30, 31, November 1 and November 4th as a makeup day.

Students are expected to complete 30 hours of required instruction. The cost per student for this class is \$60 and should be sent in with this registration from by Wednesday, October 16th.

Students who enroll in Drivers Education Classroom need to be 15 years old by June 1. This class and the written driving exam need to be completed before Behind the Wheel Instruction can take place.

The class size will be limited to 20 students. The oldest will be giving the first chance and the remaining openings will be filled on a first come first serve basis.

There will be a supplemental parental course for the primary driving supervisor. The course will be 90 minutes and cover GDL information, safety risks for teen drivers, potential adult influence on teen driving behavior and additional resources.

The parent class will be Tuesday, October 15th from 6-7:30 p.m. in Mr. Hanson's classroom. Please pick up forms in the office.

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.

Student Council will host their first blood drive on Wednesday, October 30th. Please sign up using the following link-

<https://www.bloodhero.com/index.cfm?group=op&step=2&opid=857192&opidh=79AD461C42941BA57D2825AE41F74704&id=43727.5006481> or see a Student Council member to sign up.