



McINTOSH

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McIntosh, Minnesota

East Polk QOV honors 4 local Veteran's for Veteran's Day, Wednesday, November 11, 2020



Bill Malwitz



Bruce McWilliam



Rodney Emerson



Walter Pederson

The East Polk County Quilts of Valor group recently presented quilts to the following Veterans: Rodney Emerson, Bill Malwitz, Bruce McWilliam, and Walter Pederson. Because of the pandemic the group had to present them privately instead of at the Veteran's Day program as is usually done

The month of November is a special time for the nation's veterans.

While Memorial Day honors fallen soldiers and service people, Veteran's Day, which takes place each November, is an opportunity to commemorate the efforts of all who have been in the armed forces, with a special emphasis on living veterans.

While people are encouraged to thank veterans throughout the year, Veteran's Day is a particularly poignant time to show your appreciation for the men and women of the military.

Veteran's Day takes place on November 11th and marks an important moment in history.

On November 11, 1918, World War I, known at the time as "The Great War," unofficially ended when an armistice, or temporary cessation of hostilities, took place between Germany and the Allied nations on the eleventh hour of the eleventh day of the eleventh month. World War I ended on paper when the Treaty of Versailles was signed on June 28, 1919.

In November 1919, President Woodrow Wilson proclaimed November 11 as the first commemoration of Armistice Day, according to the U.S. Department of Veterans Affairs.

Armistice Day became a federal holiday in the United States in 1938. However, after subsequent wars, including World War II and the Korean War, veterans' service organizations lobbied for Armistice Day to be revised so it would be more inclusive of all veterans. On June 1, 1954, President Dwight D. Eisenhower signed legislation to strike the word "Armistice" from the holiday's name in favor of "Veterans." Since then, November 11 has been known as "Veterans Day" and has honored veterans of all wars.

Veterans Day was moved to the fourth Monday in October for roughly seven years under the Uniform Monday Holiday Act, which sought to ensure three-day weekends for federal employees by celebrating certain national holidays on Mondays. B

But since November 11 bore such significance, many states disapproved and continued to observe the holiday on November 11. In 1975, President Gerald Ford signed legislation to return the observation of Veterans Day to November 11 beginning in 1978.

Should the day fall on a Saturday or Sunday, the federal government observes the holiday on the previous Friday or following Monday, respectively, according to History.com.

The United States isn't the only country to celebrate its veterans. Canada, Great Britain, Australia, and France also commemorate the veterans of World War I and II on or near November 11 as Remembrance

Day or Remembrance Sunday.

Below are the stories of the Veteran's honored by the East Polk County Quilts of Valor group for 2020 Veteran's Day.



Bill Malwitz

Bill Malwitz was on the top of the Draft Call for Red Lake County, so he volunteered for the Army and was enlisted on May 15, 1954.

Bill attended basic training at Fort Leonard Wood, Missouri, which was easy compared to life on the farm. His greatest honor during his two years in the service was probably when he was selected as the Outstanding Trainee for the company of 250 trainees.

Following basic training, Bill attended tractor/scrapper school at Fort Leonard Wood and then left immediately for Korea, where he operated heavy equipment until he was asked if he would like to attend crane and shovel school in Japan for eight weeks. Bill agreed to go, although he could have stayed at the school as an instructor, but his company in Korea had other ideas. He spent the rest of his one-year tour as a crane operator, namely a large dragline. He was in the Army, but was attached to Air Force in SCARE WAF (Special Category Army Reassigned with Air Force). The basic purpose was to maintain the air base at Pusan, Korea.

Bill always said he spent time in the navy also, since he was on a ship for 34 long days going to and from Korea. While on leave after his duty in Korea, he met his wonderful wife, Phyllis. They have been happily married for 62 years.

Bill's last six months of the service were spent at Fort Wood, Texas. He earned the rank of Specialist 3rd Class. He enjoyed serving in the US Army and was honorably discharged on May 16, 1956.

Bill has been a member of the American Legion for 65 years and currently serves as Adjutant and Membership Chairman for Post 114.



Bruce McWilliam

After two years of teaching, Bruce McWilliam entered the Army in July of 1969. He took his basic training at Fort Lewis, Washington. He flew across the country for his AIT at Fort Lee, Virginia. He was trained as a Supply/Armorer. Bruce was then sent to Vietnam shortly before Christmas of 1969. He was stationed with the 47th Transportation Company that delivered fuel to outlying companies. While there, he was given a Bronze medal and was chosen soldier of the month. For that honor, he was awarded a trip to South China Beach, but in order to take that trip, his stay in Vietnam would have been extended. Instead, he lobbied for someone else in the company to get the trip, which was granted. He took his R & R to Australia. While there, he visited a carousel dairy (he likes cows) operation and spent the rest of his time at a ranch in the outback. He never saw so many sheep in one place! Also, it was the first and only time he ate lamb.

After Bruce's leave in Minnesota in 1970, he was sent to Ansbach, Germany right before Christmas. He began his time there as a Public Information Office. He was able to do interviews, write articles, and take pictures. He had to often walk across town to the PX area to develop pictures at night. One of his walks was an inspiration for a poem he wrote titled, "Children of the City." The months he spent in the Army were a prolific time for reading and writing. After a trained PIO came to the company, he was transferred to the security office to complete his service. Bruce was able to travel to many European countries and spend time with relatives in England and Portsoy, Scotland, the village his great grandparents emigrated from when they immigrated to Canada. The army offered him that opportunity.

Bruce returned to Minnesota

in February of 1972. Shortly after, he was offered the job to finish directing a play due to the illness of the director. He returned to Erskine High School in the fall of 1972. The students he left as freshman were now seniors. He also continued milking cows and enjoyed showing them at fairs. He continued being the advisor for yearbooks and directing plays even after he quit teaching.

Bruce says he probably directed over 100 plays and hopes to do a few more. He was a 4-H leader for over thirty years including the years his daughters, Marissa McWilliam-Donner and MarJenna Koehler were 4-H members.

Bruce married LaVonne Moteberg in 1989. Both of their girls were born in the early 90's. In December 2019 their delightful granddaughter, Emmie Lou Donner, was born.

For the past 25 years, Bruce has been a paraprofessional at Fosston High School, so he has had the opportunity to work with many enjoyable young people.

On page 2 is the poem written by Bruce McWilliam while he was serving in the army and stationed in Germany.



Rodney Emerson

Rodney Emerson was born on June 4th, 1946. He grew up on a farm southwest of Gully, MN. He attended Fosston High School and graduated with the class of 1964.

Rodney enlisted in the United States Army on November 12th, 1965. He had basic combat training at Fort Leonard Wood, Missouri and then advanced armor training at Fort Knox, Kentucky.

Then he was off to Germany with the 1st Battalion, 37th Brigade, 4th Armor Division 7th US Army. He was in Germany 16 months then volunteered for Vietnam on August 15th, 1967. He was assigned to the 11th Armored Cavalry Regiment F Troop. After three months, he was transferred to the 199th Light Infantry Brigade D Troop, 17th Armored Cavalry Regiment. While in Vietnam, he served on an M-113 "Armored Cavalry Assault Vehicle." It had a 50 caliber M2 Browning machine gun and two M-60 7.62 x 51 caliber machine guns.

On May 6th, 1968, Rodney

was wounded in action by a R.P.C. rocket propelled grenade. It hit the top of the track and went through the APC and into the ground. For his wounds he was awarded the Purple Heart and the Combat Infantry Man's Badge.

Rodney left Vietnam on August 6th, 1968, and left the United States Army at Oakland Army Terminal, California.

"It was my honor to serve in the United States Army and to serve my country during the Viet Nam war," Rodney states. "God Bless America."



Walter Pederson

Walter Pederson was an Airman 2nd Class in the North Dakota Air National Guard for 6 years, from 1958-1964. He was a radar technician. He worked on airplane components for the F-89. He was active during the Cuban Missile Crisis, but was never deployed.

One of the best things that came out of Walter's service to his country was that he met his wife, Leona. Walter and Leona have been married for 56 years. They have three daughters and 9 grandchildren.

McIntosh Veteran's Day 2020

The McIntosh Veterans Day 2020 will not be held this year at the McIntosh Senior Living due to the Covid-19 pandemic. The Friends of McIntosh Veterans are the usual sponsors of this event but Veterans Day program will not be given this year. We hope that everyone that has a living Veteran's relative or friend to remember their sacrifice that they gave by being a part of the USA's Military Forces.

The McIntosh Friends of McIntosh will begin to collect Christmas cards for the Veterans. This will be held as in previous years. Anyone is eligible to get these cards prepared and given to Garnet Aanenson by November 15.

The rules are that you need to sign your card with your



name, and name and address on the back of each card. This is done so that a Veteran that receives your card may feel like writing to the individual. The other major rule is to put your address label on the

regular return address on the front of each envelope. Do not put an address or stamp on the front and the flap of the envelope should be put in the envelope but not pasted shut. Most people write a short letter or note inside the card or enclose a small sheet of paper sending news to the Veterans. Do not ask where they are or put negative information in the letter.

These cards are to remember all of our Veterans in hospitals, Veterans serving overseas, and Veterans serving in the United States.

Last year we had a total of 760 cards sent and hopefully this year we can surpass that amount.

Any questions, contact Garnet Aanenson at gaanen@gv-tel.com or 218-563-2753.



It has been a short but successful season for the Win-E-Mac Patriots football team. Win-E-Mac Senior Football players: Reed Neubert, Bryer Strom, Alex Jacobson, Gavin Haskett, Noah Ostenaar, Avtonom Martushev, Gavin Walker, Remy Goodwin, Bryce DuChamp, Kobe Hamre and Dylan Roy. The Patriots played Fertile Beltrami on Friday night for their Homecoming Week game. The Patriots beat the Falcon's 50 - 12.

Children in the City

By Bruce McWilliam

Storefront signs and flickering street lamps light the cobblestone streets,

Passing windows filled with flowers, mirrored liquors, and sweets;

One old couple slowly strolling for a little night air,

Further on two lovers the quiet night share;

Then one matronly "fraulein" walking her dog, And I am alone in this city of fog.

In the distance the hum of a car up ahead, From the window above a story's being read;

Someone is laughing in the place 'cross the street,

And there's the cobblestone click echoing from my feet

This is the time to let the time pass,

To gaze thru the windows with nose 'gainst the glass;



To talk to the parrot as he sleeps in his cage,

To make faces at "fishes" and forget my old age;

The time to perfect some past playful plan,

To let out the child that's still in the man.

Time to sit on a bridge with my feet hanging down,

To gaze at the stream in her silvery gown;

To spend a few pensive moments on a vibrating track,

To wait for the wail of the

whistle 'bove the clickety-clack;

To howl at the moon with some family's dog,

All can be done in a city of fog.

Time to jawwalk, when the lights are all red,

To whistle at girls, I imagine ahead;

To swing from a gate as I used to when young,

To count the wee hours, the tower's clock rung;

To play tag with my shadow, catch myself if I can,

To let out the child that's still in the man.

Isn't it strange how a place filled with people,

Graced by the spires of many a steeple;

Is really oblivious to my strange travelogue,

Or do other men let out the child in the city of fog?

November at Grace Food Shelf

It's hard to believe that we are heading into the Holiday Season already! For the Grace Community Food Shelf this is brought home by the planning and distribution of Thanksgiving Food Baskets.

We will be distributing, by invitation only, Thanksgiving Food Baskets on Monday, November 23rd from 11:00 AM to 1:00 PM.

If you have made use of the services of the Food Shelf for past few months you will receive an invitation letter in the mail.

For those receiving the invitation we ask that you RSVP (let us know either you or your designated person will pickup the food basket. You can do this by e-mail at foodshelf@gracechurcherskine.org , or by phone at 218-687-2250 and leave a message, or let us know when you shop the Food Shelf in November.

The Food Shelf will be open for both shopping and for NAPS (Nutrition Assistance Program for Seniors) box pickup on Thursday, November 12th from 10:00 AM to 2:00 PM. We will be open again on Thursday, November 19th from 10:00 AM to 2:00 PM for shopping and NAPS box pickup.

Thank you to the many Food Shelf volunteers that helped to make October a success. We brought in 8,100 pounds of food from the North Country Food

Bank. 3,650 pounds of food was distributed in the Farmers to Families event that was held at the Win-E-Mac School parking lot.

The COVID grants that have carried us from March will be coming to an end in November. These grants have made it possible for our Food Shelf to provide much more food than what our normal budget would have allowed. But when these grants end we will be looking to the people in our area for support. While collecting food for donation

LARL announce virtual presentation: Breaking Barriers

Lake Agassiz Regional Library will host a virtual event featuring a local oral history project. In November 2017, the Red River Rainbow Seniors began an oral history project, "Breaking Barriers:

Harvesting LGBTQ Stories from the Northern Plains," focusing on older LGBTQ people and their allies. The original digital files and the transcriptions will be in the North Dakota State University Archives. Join us to hear from Dr. Mark Chekola, Emeritus Professor of Philosophy from MSUM and member of the Oral History Committee as he shares about this project, including the stories collected as part of the project.

This event is free-of-charge

tion has been the best way in past COVID has changed this. If your family or organization would like to help out the Food Shelf the best way is with a monetary contribution.

When we purchase food through the North Country Food Bank it has a cost of \$.35 per pound.

When we purchase through regular retail channels the cost is \$1.72 per pound. January could be a very interesting time for the Food Shelf without your help!

and will be held live on the Lake Agassiz Regional Library Facebook Page on Thursday, November 29, 2020 at 7 PM. The virtual event can be viewed at www.facebook.com/larlmn and is co-hosted by the Historical and Cultural Society of Clay County.

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.

LITTLE BOBBY'S
BAR AND GRILL
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Deer Hunter Specials
 At "Little Bobby's" 4PM to 9PM
Thurs. (11/5) - Scalloped Potatoes & Ham, soup
Fri. (11/6) - Chili and soup
Sat. (11/7) - Barbeques, chips and soup
Each week
 Taco Tuesdays, Wine & Beer tasting each Saturday at 2PM
Live Music
 Thursday, Friday and Saturday
*** Please remember to practice social distancing.*

Attention Deer Hunters!
Breakfast Buffet Is Back
Both Weekends!
 Saturday's & Sunday's starting at 7:30 am
Or Order Off The Menu!
We serve breakfast all day, everyday!

Open 6:30am
Sat. & Sun., Nov. 7th & 8th
Nov. 14th & 15th

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PUBLIC NOTICE
 The Polk County Board of Commissioners shall meet in session on December 1, 2020. At this meeting, the County Board shall make two appointments to the Board of Managers of the Sand Hill Watershed District. The term of these appointments will commence on January 1, 2021 and terminate on January 1, 2024. Persons interested in being appointed to serve on the Board of Managers of the Sand Hill Watershed District may submit their name to the Polk County Board of Commissioners for consideration by 4:30 p.m., November 23, 2020. The mailing address is: Polk County Board of Commissioners, Polk County Government Center, 612 N. Broadway, Room 211, Crookston, Minnesota 56716. (218) 281-5408. M33-34C

PUBLIC NOTICE
 The Polk County Board of Commissioners shall meet in session on December 1, 2020. At this meeting, the County Board shall make one appointment to the Board of Managers of the Middle-Snake-Tamarac River Watershed District. The term of this appointment will commence on January 1, 2021 and terminate on January 1, 2024. Persons interested in being appointed to serve on the Board of Managers to the Middle-Snake-Tamarac River Watershed District may submit their name to the Polk County Board of Commissioners for consideration by 4:30 p.m., November 23, 2020. The mailing address is: Polk County Board of Commissioners, Polk County Government Center, 612 North Broadway, Room 211, Crookston, MN 56716. (218-281-5408) M33-34C

Essentia Health enrolling older adults for clinical study

Enrollment is now open at Essentia Health for a new clinical trial called PREVENTABLE.

The study will investigate whether taking atorvastatin, a drug commonly used to lower cholesterol also called Lipitor®, can help adults aged 75 and older maintain their health by preventing dementia, disability and heart disease.

The study, which aims to be one of the largest ever conducted among older adults, will include more than 20,000 participants and 100 sites across the United States.

It will randomize participants without heart disease or dementia to receive either atorvastatin or placebo.

Researchers will follow participants for up to five years and test their memory, thinking and physical abilities, and monitor them for events such as heart attacks or strokes.

The study is designed to make research participation easy and efficient.

Researchers will follow participants using electronic health records, Medicare data and with phone visits.

"PREVENTABLE is a remarkable study for a number of reasons," said Dr. Katie Benziger, a cardiologist at the Es-

sentia Health St. Mary's-Heart & Vascular Center. "Few studies have focused exclusively on individuals aged 75 or older. While statins have been shown to reduce the risk of cardiovascular events for some patients, PREVENTABLE will help us learn whether they are helpful for older adults without heart disease."

Statins are a common name for a group of medications that help lower cholesterol and reduce the risk of heart disease and stroke.

About one in three people in the U.S. over the age of 75 without heart disease are taking statins.

So, in addition to learning whether statins can prolong health in older adults, the PREVENTABLE study will help clarify which older adults should not be taking statins.

"Patients often ask me what they can do to stay healthy and prevent dementia," said Karen Alexander, MD, a geriatric cardiologist at Duke University Medical Center and the principal investigator for PREVENTABLE. "This study will help to clarify the benefit of statins for this population. This is important to do before adding one more medication to the list of medicines older adults are of-

ten already taking."

For more information, including who can take part in the study, please contact Ryan Thiel, research and evaluation specialist at Essentia Health, at (218) 786-8856 or Ryan.Thiel@EssentiaHealth.org.

LSS
Meals Menu
687-2262

Tues, Nov. 10th - Pork Loin - Mashed Potatoes & Gravy - Wheat Bread - Brownies - Milk

Wed, Nov. 11th - Tomato Soup/Crackers - Egg Salad on Wheat Roll - Pear/Apple Crisp - Milk



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

Sun. Nov. 8: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

Sun. Nov. 15: 8:30 a.m. Mass at St. Mary's, Fosston; 10:30 a.m. Mass at St. Joseph's, Bagley

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

Our Savior's Church of McIntosh will resume church services stating on October 4th. The plan moving forward will be to alternate with Calvary every other week. Our Savior's will host on the 1st and 3rd Sunday's and Calvary the 2nd and 4th Sunday's of each month. The new time will be 10:30 am every Sunday at both locations.

The following guidelines will be in place. Masks must be worn at all times, social distancing from non-family members or anyone else you aren't currently spending time with, no singing as all the hymnals will be removed from the pews and the hymns will be in your bulletin to follow along with, communion will be held in the pews on the 1st and 2nd Sunday's of the month with the communion kits we are currently using, offering trays will be placed on a table to put your offering in when you come in, no sharing of the peace.

If you don't have a mask we'll have some available but please take with you afterwards and dispose of at home. Hand sanitizer will also be available to use before sitting down in your pew. Please only sit it the pews that aren't taped off.

We will still continue to have services on Garden Valley and YouTube so if you aren't comfortable in coming please stay home and enjoy on tv.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson
 Mt Carmel and Trinity Free Lutheran Churches in McIntosh have resumed holding Sunday Services.

9:30 Trinity
 11:00 Mt Carmel
 Social distancing practices will be encouraged.

Video Services will continue on GVTV Channel 30 at 10am Sunday, 7pm Sunday and 6pm Wednesday.

They will also be posted on the McIntosh AFLC Parish YouTube channel

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

Sun., Nov. 8: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com);

Tues, Nov. 10: 10:00 a.m. Sunday worship service telecast on GVTV--30

Wed, Nov. 11: 6:30 p.m. Bible Study at Sharon Ramberg's home.

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

Calvary Lutheran Church, Winger, Immanuel Lutheran Church, Bejou, and Our Saviors Lutheran Church, McIntosh will run church services on channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit Calvary. Our Saviors service will be available by 8:30 am each Sunday until further notice.

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

Community Birthday and Anniversary Calendar

Wed. Nov. 4: Greata Strom, Cameron Svalen
Thurs. Nov. 5: Avery Ostenaar
Fri. Nov. 6: Judy Bartz, Carolyn Lundquist, Jessica Goodwin, Davin Swanson, Kathy Nornes
Sat. Nov. 7: Philip Carlson, Sandy (Brekke) Enger, *Wade & Tina Farrell
Mon. Nov. 9: Tyler Schow, Lynette Espeseth
Tues. Nov. 10: Travis Plante, Jenna Schommer, Lorene Tranby, Danette Strom

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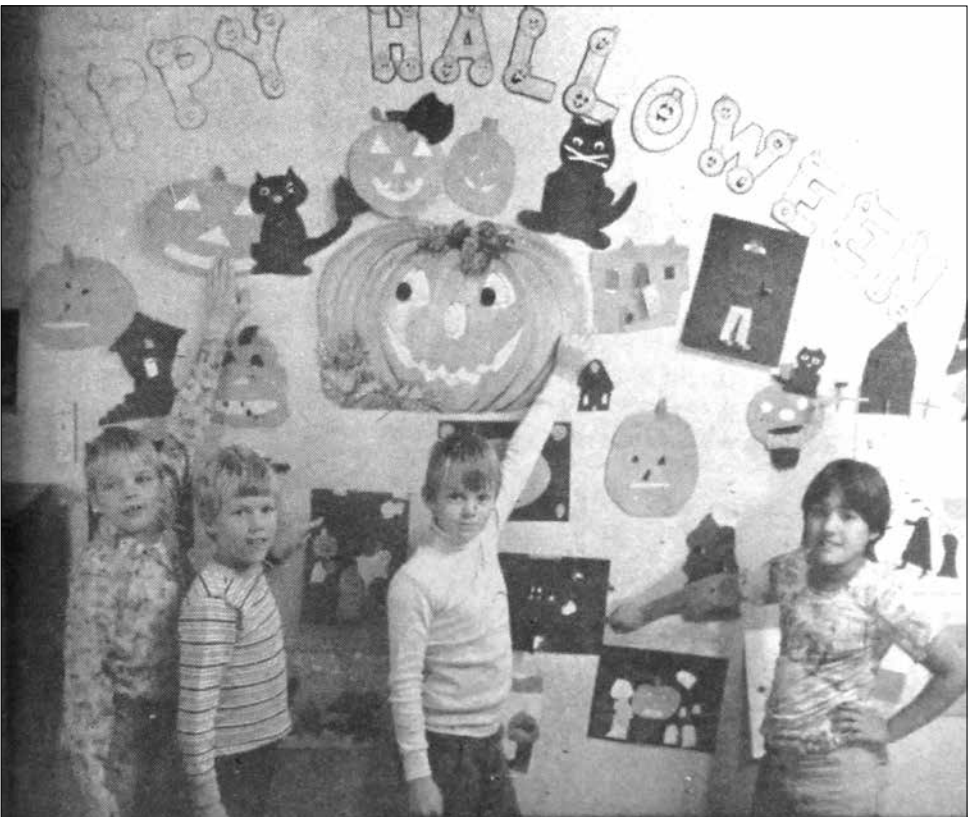
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50 years ago...1970: The McIntosh Fourth Grade decided there was something they could do about conservation and pollution. Here the class poses with bags of litter they picked up around town. The sign: "Look what You've done...Look what We've done" seems appropriate. Mrs. Ardella Thompson is the teacher.

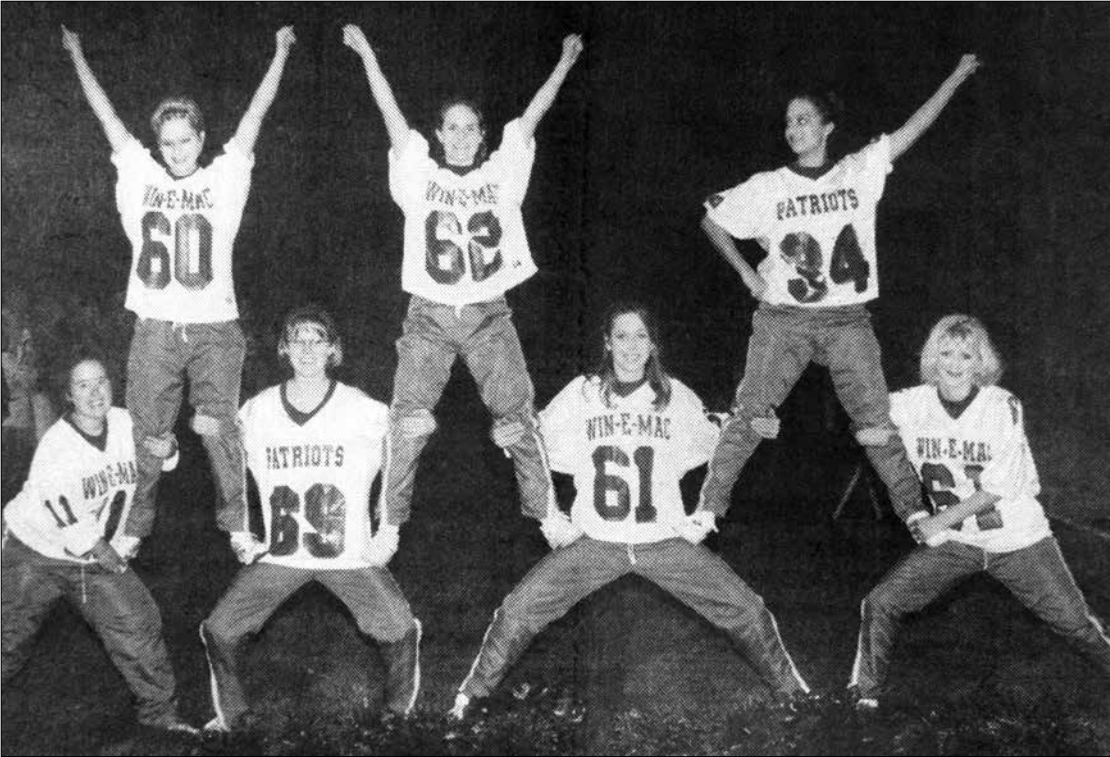
PIECES FROM THE PAST



40 years ago...1980: Happy Halloween! This is a 4th grade display of art work. Pointing to their work are students Kenny Brustad, Jon Dittmer, Larry Finseth and Bernie Rivera.



30 years ago...1990: The royal court at Win-E-Mac's 1990 Homecoming Coronation was crowned to reign over a week of Homecoming activities. (Top) Queen Carrie Hegg and King, Jason Smeby, and Senior Candidates Curt Olson and Leah Roed; (bottom) Jason Audette, Krissy Hoeft, Bobbie Jo Norberg and Jon Vesledahl.



20 years ago...2000: The Patriot Varsity Cheerleaders, Carrie Oian, Jody Trandem, Fallon Keeler, Candace Doyle, Heather Faldet, Jessica Juve and Kayla Schimanski share the spirit of the Win-E-Mac Homecoming game.



10 years ago...2010: Classmates of the Class of 1940 and also several spouses of other classmates that have passed away attend a get-together at B-B Cafe. Pictured (back, l-r) Armond Sannes, Lloyd Schleicher, Merliene Vennes, Delores Syverson, Orton Stardig, Roy Quam and Roy Schleicher. (Front) Irene Sannes, Lucille Senn and Beatrice Balstad.

MN Deer opener information

Minnesota's firearms deer season begins half an hour before sunrise on Saturday, Nov. 7, and the Minnesota Department of Natural Resources expects nearly half a million hunters to participate.

Firearms deer season is one of several seasons for deer hunters. Archery deer season opened Sept. 19 and lasts through Thursday, Dec. 31. Muzzleloader deer season is from Saturday, Nov. 28, through Sunday, Dec. 13.

Hunters are advised to plan ahead this year — not only to buy their licenses, but also to figure out where to hunt, whether they will be providing a sample for chronic wasting disease testing, and how they will process their deer.

Hunters who are traveling should do the following to help minimize the spread of COVID-19:

- Travel as directly to your destination as possible, and minimize stops along the way.
- Attempt to bring all needed supplies with you.
- If you do need to stop for gas or supplies, wear a cloth face covering.
- Wash your hands or use hand sanitizer after touching common surfaces (gas pumps,

door handles, shared bathrooms, etc.).

- Do not travel if sick.

The DNR's outdoor recreation guidelines are available on the COVID-19 webpage.

Harvest opportunities

This season, hunters in general will have more opportunities to harvest deer because deer populations have increased in much of the state. Opportunities in southeastern Minnesota have also been increased as part of the DNR's response to chronic wasting disease.

Hunters in north-central, northwestern and south-metro areas of Minnesota should double-check deer permit area boundaries. Some boundaries have changed due to public input during the deer population goal-setting process or in response to chronic wasting disease spread.

Safety the first priority

Hunters should follow the three tenets of safe firearms handling: Treat every firearm as if it is loaded by keeping your finger off the trigger; always control the muzzle of the firearm; and be sure of the target and what is beyond it. Tree stand accidents are the leading cause of injury to hunters, so

it's always important to wear a safety harness and follow other safety guidelines when using a stand.

CWD management continues

The DNR continues its aggressive management of CWD

by reducing deer densities, implementing feeding and attractant bans to reduce contact between deer, and restricting carcass movement.

Deer opener...

Continued on page 4...

Second round of livestock processing mini-grants open

Up to \$5,000 available to offset increased capacity costs.

The Minnesota Department of Agriculture (MDA) is opening up a second round of grants aimed at increasing the capacity for livestock processing plants and producers to increase capacity for slaughter, processing, and storage in the wake of supply chain disruptions caused by the COVID-19 pandemic.

"Many processors made investments to increase their capacity in order to respond to the industry wide slow-downs during the COVID-19 outbreak, and we want to help them recover some of those costs," Minnesota Agriculture Commissioner Thom Petersen said.

"Others may still be considering adding capacity and we want to encourage them to do so."

The Rapid Response Mini-Grant for Livestock Processing will offer from \$1,000 to \$5,000 to applicants to offset the cost of expenses such as adding coolers, refrigeration units, slaughter, and processing equipment.

Eligible applicants include processors of meat, poultry, eggs, and milk located in Minnesota and Minnesota livestock producers who need storage capacity for processed products until existing markets return or new markets are developed.

Businesses that did not receive funding in the last round or did not receive the full \$5,000 amount can apply.

Grant funds can be used to cover expenses incurred between March 2, 2020 and November 30, 2020 and require a 1:1 match. Applicants must be in business at the time they apply.

The MDA awarded \$208,213 to 46 Minnesota livestock processing plants and producers in its previous round of funding.

Applications will be accepted until 4 p.m. on November 30, 2020, or until all funds are depleted, on a first-come, first-served basis.

Applications must be submitted through our online application system.

For more information, visit our Rapid Response Mini-Grant For Livestock Processing webpage or email Courtney VanderMey at courtney.vandermey@state.mn.us.

Funding for this program is made available through the federal Coronavirus Aid, Relief, and Economic Security (CARES) Act, and is part of a \$7.7 million plan announced earlier this month by Gov. Tim Walz and Lt. Gov. Peggy Flanagan to support agricultural producers, meat processors, and farmers affected by the COVID-19 pandemic.

COVID-19 relief funds to help farmers with debt

Eligible Minnesota farmers restructuring their debt can get half of the loan guarantee fees on USDA Farm Service Agency (FSA) restructuring loans covered through a Minnesota Department of Agriculture (MDA) program, paid for through federal COVID-19 funding.

The Minnesota Legislature appropriated \$175,000 in COVID-19 relief toward a grant program that covers 50 percent of loan guarantee fees for FSA loans to restructure farmers' debt. Loan fees are 1.5 percent of the loan value and average \$3,000-\$5,000 in total.

To be eligible, farmers must have closed on an FSA restructuring loan between May 28, 2020 and November 9, 2020. Preference will be given to farmers currently in mediation or who have recently received a mediation notice. They must be residents of Minnesota who regularly participate in the labor or operation of their farm and have a net worth of \$800,000 or less. Applications will be accepted now through November 9, 2020.

For more information about how to apply and the application, visit the RFA's Farm Loan Guarantee Fee Grant Program webpage.

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to jewelry. Each number corresponds to a letter. (Hint: 22 = R)

A. 18 2 9 2 12 22 16
Clue: Personal ornaments

B. 17 20 22 20 15
Clue: Measure of purity of gold

C. 19 22 13 12 12 13 20 14 6 2
Clue: Intense brightness of light

D. 22 13 14 10
Clue: Finger jewelry

Answers: A. jewelry B. karat C. brilliance D. ring

Potential substitutes when you're missing an ingredient

When cooking or baking at home, few things can prove as frustrating as preparing a dish only to realize you're missing a key item from the ingredients list. Such realizations often force cooks to stop what they're doing and make emergency trips to a nearby grocery store. That can delay dinner time or make cooks feel rushed when they ultimately return from the store. But what if there was a way to substitute ingredients without risking flavor? Thankfully, there is.

According to AllRecipes.com, cooks can easily make their own ingredient substitutions if they suddenly realize they're missing an item listed in a recipe and don't want to run to the store.

But many substitutions won't be direct, meaning 1 tablespoon of a particular ingredient will not always translate to 1 tablespoon of a substitute ingredient. The following substitution guide, courtesy of AllRecipes.com, can help cooks overcome the last-minute surprises regarding missing ingredients.

Ingredient: *Allspice*
Amount: 1 teaspoon; Substitute: 1/2 teaspoon cinnamon, 1/4 teaspoon ginger and 1/4 teaspoon cloves.

Ingredient: *Baking Powder*
Amount: 1 teaspoon; Substitute: 1/4 teaspoon baking soda plus 1/2 teaspoon of cream tartar OR 1/4 teaspoon baking soda plus 1/2 cup buttermilk

(decrease liquid in recipe by 1/2 cup).

Ingredient: *Bread crumbs*
Amount: 1 cup; Substitute: 1 cup cracker crumbs OR 1 cup matzo meal OR 1 cup ground oats.

Ingredient: *Brown sugar*
Amount: 1 cup, packed; Substitute: 1 cup white sugar plus 1/4 cup molasses and decrease the liquid in the recipe by 1/4 cup OR 1 cup white sugar OR 11/4 cup confectioners' sugar.

Ingredient: *Butter (salted)*
Amount: 1 cup; Substitute: 1 cup margarine OR 1 cup shortening plus 1/2 teaspoon salt OR 7/8 cup vegetable oil plus 1/2 teaspoon salt OR 7/8 cup lard plus 1/2 teaspoon salt.

Ingredient: *Butter (unsalted)*
Amount: 1 cup; Substitute: 1 cup shortening OR 7/8 cup vegetable oil OR 7/8 cup lard.

Ingredient: *Cocoa*
Amount: 1/4 cup; Substitute: 1 1-ounce square unsweetened chocolate.

Ingredient: *Corn syrup*
Amount: 1 cup; Substitute: 11/4 cup white sugar plus 1/3 cup water OR 1 cup honey OR 1 cup light treacle syrup.

Ingredient: *Egg*
Amount: 1 whole (3 tablespoons or 1.7 ounces); Substitute: 21/2 tablespoons of powdered egg substitute plus 21/2 tablespoons water OR 1/4 cup liquid egg substitute OR 3 tablespoons mayonnaise OR half a banana mashed with 1/2 teaspoon baking powder OR 1 tablespoon powdered flax seed soaked in 3 tablespoons water.

Ingredient: *Garlic*
Amount: 1 clove; Substitute: 1/8 teaspoon garlic powder OR 1/2 teaspoon granulated garlic OR 1/2 teaspoon garlic salt (reduce salt in recipe).

Ingredient: *Honey*
Amount: 1 cup; Substitute: 11/4 cup white sugar plus 1/3 cup water OR 1 cup corn syrup OR 1 cup light treacle syrup.

Ingredient: *Lemon juice*
Amount: 1 teaspoon; Substitute: 1/2 teaspoon vinegar OR 1 teaspoon white wine OR 1 teaspoon lime juice.

Ingredient: *Lime juice*
Amount: 1 teaspoon; Substitute: 1 teaspoon vinegar OR 1 teaspoon white wine OR 1 teaspoon lemon juice.

Ingredient: *Mayonnaise*
Amount: 1 cup; Substitute: 1 cup sour cream OR 1 cup plain yogurt.

Ingredient: *Semisweet chocolate chips*
Amount: 1 cup; Substitute: 1 cup chocolate candies OR 1 cup peanut butter or other flavored chips OR 1 cup chopped nuts OR 1 cup chopped dried fruit.

Ingredient: *Shortening*
Amount: 1 cup; Substitute: 1 cup butter OR 1 cup margarine minus 1/2 teaspoon salt from recipe.

Ingredient: *Vegetable oil (for baking)*
Amount: 1 cup; Substitute: 1 cup applesauce OR 1 cup fruit puree.

Ingredient: *Vegetable oil (for frying)*
Amount: 1 cup; Substitute: 1 cup lard OR 1 cup vegetable shortening.

Stock up on must-have kitchen tools

Cooking meals is advantageous for a variety of reasons. Cooking at home is a budget-friendly way to feed a family, and home chefs have strict control over the ingredients they use, which can make it easier to adhere to a particular diet and avoid foods that may trigger allergic reactions. Cooking at home also enables families to spend time together preparing meals and then eating the fruits of their labor.

Of course, preparing quality recipes at home requires not only having nutritious ingredients on hand, but also the right tools for meal-making. A combination of basic utensils and some other handy gadgets can make crafting winning meals that much easier.

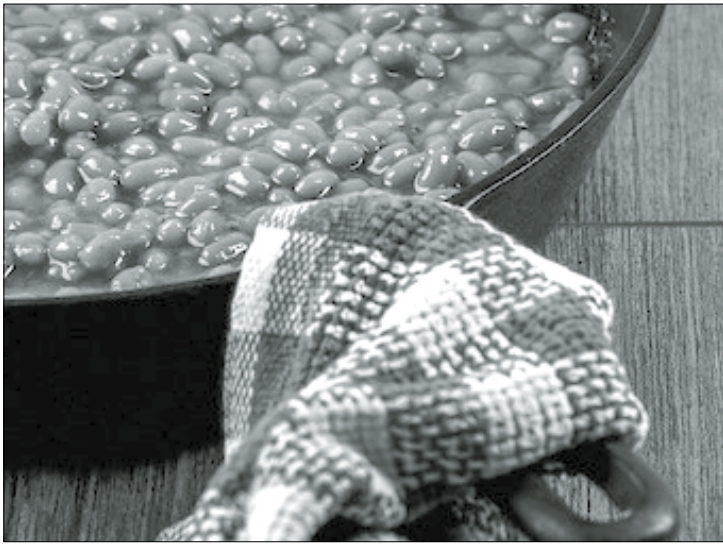
Here's how to stock your cabinets and drawers accordingly.

· **Chef's knife:** A quality chef's knife is one of the unsung tools of the kitchen. Chef's knives can be used for chopping, dicing and generalized cutting. Choose a knife that feels comfortable in your hand. It should be easy to control and not too heavy but also sturdy.

· **Food thermometer:** Foodborne illnesses are no joke. That means it's essential to have a thermometer for checking the internal temperature of poultry and meat.

· **Various spatulas:** Invest in metal spatulas of various sizes to make easy work of flipping everything from burgers to pancakes.

· **Silicone/rubber spatulas:** These tools make easy work of scraping down the



sides of mixing bowls or cleaning out food processors.

· **Kitchen shears:** Sometimes a knife won't cut it. Kitchen shears are useful for snipping herbs or trimming fats from meat. Heavy duty shears can cut through bones on chickens for easily dividing up whole birds.

· **Food processor/food mill:** Grind up foods or chop them easily with a food processor. You can invest in a separate appliance, or some multipurpose blenders that tackle food processing duties in addition to mixing.

· **Cast iron skillet:** Pots and pans are made from various materials that speak to their durability and nonstick nature. One of the more versatile materials is cast iron. It heats evenly to high temperatures and retains heat for a long time. Cast iron also goes easily from stove top to oven.

Caring for pans properly will

help them last a lifetime.

· **Nonstick skillet:** These pans are ideal for scrambling eggs or making pan-fried dishes. Look for ceramic coatings, which are better for your health than chemical coatings.

· **Spoons and ladles:** Having a variety of spoons and ladles at the ready can simplify scooping and stirring.

· **Slow cooker:** This appliance is ideal for cooking meals slowly. They're easily set in the morning and can be returned to in the evening for a fully cooked meal.

· **Air fryer:** One of the newer gadgets on the market, air fryers cook by circulating hot air around food. They create the texture and taste of deep-fried foods without extra grease or fat.

These are just some of the handy kitchen tools to have available. Visit a department store or specialty culinary retailer for more great additions.



The Win-E-Mac Patriots football team had not only a strong running game, but a passing game as well last Friday when they defeated the Fertile Falcons. Here, Gavin Walker (12), quarterback, looks for Bryer Strom (22) to receive a pass.



The Win-E-Mac Patriots defeated the Fertile-Beltrami Falcons 50 - 12 last Friday night at the WEM School field. Here, Patriot Seniors Gavin Walker (12), Remy Goodwin (8), and Bryer Strom (22) prepare for the kickoff at the end of the 1st quarter when the Patriots led 16 - 0.

Deer opener...

Continued from page 3

The DNR created additional surveillance areas because CWD was detected in both wild and captive deer in new areas last year. As part of the DNR's COVID-19 response, CWD testing will be voluntary for all disease zones and surveillance areas. Hunters who harvest a deer in a disease zone are strongly encouraged to submit a sample. More details are available on the CWD webpage.

The DNR is, as in previous years, enforcing carcass movement restrictions in disease management and control zones to limit the spread of disease.

On July 1, deer feeding and attractant bans expanded to include the south metro area. Due to the spread of CWD and the DNR's CWD management strategy, the antler point restrictions in southeastern Minnesota are not in place this year and cross-tagging, also known as party hunting, will be allowed in southeastern Minnesota for antlered bucks.

How to get hunting questions answered

Hunters can contact the DNR Information Center to get their deer hunting questions

answered. Information consultants are available by phone at 888-646-6367 or email at info.dnr@state.mn.us (link sends email).

Due to the volume of email the DNR receives, people are strongly encouraged to call for immediate information, or check the DNR deer hunting page for information.

To report a violation in progress, call the Turn In Poachers (TIP) Line at 800-652-9093. Information Center business hours are 8 a.m. to 6 p.m. Monday through Friday and Saturday 8 a.m. to 4:30 p.m.

On the DNR website, hunters can find deer hunting information on the DNR deer hunting page, and they can join in on social media using #DeerCampMN.

Minnesota deer and hunting facts

- Adult female white-tailed deer weigh about 145 pounds, and males weigh about 170 pounds.

- A whitetail's home range is about 1 square mile.

- The biggest white-tailed deer recorded in Minnesota was a 500-pound buck.

- Last year, 31% of Minne-

sota-licensed firearm hunters successfully harvested a deer.

- Seventy percent of Minnesota's firearms deer harvest typically occurs during the first three or four days of the season.

- The average hunter spends five days afield during Minnesota's firearms deer season.

Economic activity associated with deer hunting

- While more recent, comprehensive data aren't available, according to a 2011 U.S. Fish and Wildlife Service report (link is external):

- All hunting-related expenditures in Minnesota totaled \$725 million.

- Trip-related expenses such as food, lodging, and transportation were \$235 million.

- Hunters spent \$400 million on equipment, and \$90 million on other items such as magazines, membership dues, licenses, permits, land leasing and ownership.

- Deer hunting in 2011 contributed 3,760 jobs in Minnesota, according to the Hunting in America report (link is external).



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IMPORTANT PROPERTY TAX HOMESTEAD NOTICE

**This will affect the amount of property tax you pay in 2021, and it may affect your eligibility for a property tax refund.*

Please contact your county assessor to file a homestead application on or before December 15, 2020, if one of the following applies:

- You purchased a property in the past year and you, or a qualifying relative, occupy the property for homestead purposes on December 1, 2020; or
- You, or a qualifying relative occupy a property for homestead purposes on December 1, 2020, and the property was previously classified as non-homestead.

A qualifying relative for homestead purposes depends on the type of property. For residential property, a qualifying relative can be a parent, stepparent, child, stepchild, grandparent, grandchild, brother, sister, uncle, aunt, nephew, or niece of the owner. This relationship may be by blood or marriage. For agricultural property, a qualifying relative can be a child, grandchild, sibling, or parent of the owner or a child, grandchild, or sibling of the spouse of the owner.

Once you have been granted the homestead classification, no further applications are necessary unless they are specifically requested by the county assessor.

You must also contact the assessor by December 15, 2020 if you are the property owner, or a qualifying relative of the property owner, and the use of the property has changed during the past year.

If you should sell, move, or for any reason no longer qualify for the homestead classification, you are required to notify the county assessor within 30 days of the change in homestead status. Failure to notify the county assessor within this 30 day period is punishable by recalculation of tax as non-homestead, in addition to penalty equal to 100 percent of the homestead benefits.

POLK COUNTY TAX PAYER SERVICE CENTER
218-281-4186

M33C