



McINTOSH

Since 1888

\$1.00

Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Laura Perkerwicz and Jim Tadman representing the Winger Lions presented Dave Hinkley from the Grace Food Shelf a \$500 donation in support of this very important service in our community.

A closer look at the autumnal equinox

Each September, the Northern Hemisphere experiences the autumnal equinox, which marks the official beginning of fall. In the Southern Hemisphere, spring is arriving at this time.

Each year there are two equinoxes, the vernal and the autumnal (March and September, respectively). Shortly after the autumnal equinox, days begin getting shorter and the nights get longer.

With the autumnal equinox always occurring between September 21st and September 24th. In 2021, the autumnal equinox takes place on September 22nd.

According to the National Weather Service, the autumnalequinox, together with the spring equinox, is one of only two times of the year when Earth's axis is tilted neither toward nor away from the sun. This results in a near-equal amount of daylight and darkness at all latitudes.

The NWS notes that the nearly equal hours of day and night results from a refraction of sunlight, or a bending of the light's rays that causes the sun to appear above the horizon, even though its actual position is below the horizon.

The word equinox is from the Latin "aequi," meaning "equal," and "nox" or "night." That means that during each equinox the hours of day and night are nearly equal in length across the planet.

During the equinox, the part of the Earth that is closest to the sun is the equator, explains History.com. That helps

make night and day equal in length. According to the Farmer's Almanac, the Autumnal Equinox on September 22, 2021, arrives at 3:21 p.m. EDT, 2:21 p.m. CDT, 1:21 p.m. MDT, and 12:21 p.m. PDT.

first day of fall

september 22



Gavin Strom during the McIntosh Tractor Day Kiddie Pull. The event is sponsored by the Polar Beach Snowmobile Club.

Come out for the McIntosh Harvest Festival this weekend!

The Annual McIntosh Harvest Festival, sponsored by the McIntosh Community Club will take place on Saturday, September 18th in downtown McIntosh.

There will be vendors set up starting at 9:00 am and continuing through 3:00 pm at the Fire Hall, Community Center and along the sidewalks with many unique items and fun finds.

Pie and coffee will be served at the McIntosh Community Center this year instead of the Fire Hall. Serving starts at 9:00 am and will continue through 3:00 pm.

Voxland Pumpkins will be available in town during Harvest Day and near Minnesota Rust (on the north side of the building, between the store and the Stordahl building).

The day will start with the McIntosh Senior Living 5k. The walk/run will start at 9:00 am with registration beginning at 8:30 am outside of McIntosh Senior Living.

McIntosh Senior Living is also hosting the annual Cow Pie Bingo contest near the old Wertish building. You can purchase squares from McIntosh Senior Living. They will also have their annual silent auction baskets and goods at the Fire Hall. Bidding is from 9:00 am with winners announced at 3:00 pm.

There will be a Main Street Music tent beginning at 11:00 am.

Kids games and activities will take place on the football field starting at 10:00 am with a Ping Pong Ball Drop at 11:15 am for the kids.

Hay Rides will also be available for everyone at the football field from 11:00 am to 1:00 pm.

There will be a book sale at the McIntosh Library in the Community Center from 10:00 am to 1:00 pm. Where you can purchase used books and DVD's for kids and grown ups. The selection is broad and there is something for everyone.

The annual bake-off this year will be your best pumpkin dessert. Drop off your pumpkin dessert between 9:00 am and 11:00 am at the McIntosh Community Center kitchen. Desserts must be in a disposable dish with your name and phone number affixed to the bottom of the dish. All desserts must be homemade and include pumpkin. Desserts will be judged on taste, appearance and creativity. Two winners, one for best taste and one for best use of creativity will receive a basket of all things pumpkin from Howard Soap Company. Winners of the bake-off will be announced in the McIntosh Times.

New this year, will be the 1st Street Smoke-Off starting at 11:00 am. If there are at least 3 people registered, the



event will take place. Contestants must grill and/or smoke pork (to be made into pulled pork). The pork can be grilled on site or brought to the event, but must be ready for judging by 11:00 am. Public judging will be from 11:00 am to 1:00 pm, tickets to sample and cast your vote will be available to purchase starting at 11:00 am. Winner will receive \$150 and the bragging rights of being the first ever McIntosh Grill-master. A runner-up will be chosen and will receive \$50. To register, or for additional information, please call or text Megan at 218-280-9663.

The annual Scavenger Hunt will take place from 9:00 am to noon and the list is available for pick up and drop off

upon completion from Minnesota Rust.

Craving some pie? There will be a team mini pie eating contest at 1:00 pm on Main Street in front of the Shoppes of McIntosh.

Also new this year is the 1st annual Homerun Derby taking place at 3:00 pm at the softball fields on the east side of town. The adult softball Homerun Derby has a \$10 buying with 100% payout, a minimum \$100 purse. Participants must provide their own pitcher and regulation softball bats. Three home runs will qualify the participant to advance to the championship round.

The Oof-Da Taco truck will be in town as well as hot dogs at Neil's Quality Meats & More. Little Bobby's Bar & Grill will have meals fresh off the grill along with some ice cream treats for the kids.

Many of the local shops will have special sales and deals for all the shoppers who are out to enjoy the day.

The night will end with McIntosh Mingle starting at 5:00 pm at Little Bobby's Bar & Grill.

Come out and enjoy a fun, fall day with family and friends in McIntosh, this Saturday, September 18th. See you there!



Trying for the best pull during the Tractor Day Kiddie Pull in McIntosh is Adler Stordahl.



Dawson Gunufson making a full pull during the McIntosh Tractor Day Kiddie Pull.



Winners of the 2021 McIntosh Kiddie Pull that is sponsored and arranged each year by the Polar Beach Snowmobile Club.

Hearing Loss and Falls: A Balancing Act

Written by Connie Troska

As we get older, hearing loss and balance often decline. But we don't often think about the two having an effect on each other. But it turns out they do. As we age, we are at an increased risk of falls due to hearing loss. September is Falls Prevention Month, and in this monthly article, we will look deeper into why hearing loss can cause falls.

When our hearing declines, it affects our balance. In a study done by John Hopkins Medical Institutions in partnership with the National Institute on Aging, "...a 25-decibel hearing loss – equivalent to going from normal to mild hearing loss – triples your chance of falling." The risk increases by 140% for every additional 10 decibels of hearing loss.

But why? How can hearing

loss cause a person to fall? It turns out, it's all in the brain. Hearing loss causes the brain to use more resources for hearing and interpreting sound and speech. So it takes more brain energy. And while your mental capacities are focused on that, it reduces the mental resources available for balance.

According to Frank Lin, MD, Ph.D., Otolologist for John Hopkins School of Medicine, "Gait and balance are things most people take for granted, but they are actually very cognitively demanding."

The CDC estimates that one-third of Americans, age 65 and older, fall every year. Even if a person is not hurt, it can be terrifying. This starts a cycle - if you move less, you become weaker. If you become weaker, you move less, and this cycle increases the risk of falls.

Also, hearing loss is linked to an increase in depression, and depression is linked to more falls, and those falls make the depression worse. So, hearing loss can have an impact on our health.

However, hearing loss in the elderly often remains untreated. Also, many people with hearing aids may not wear them regularly. They may use them only when they go out or are doing something with other people. You may think, "Why do I need to wear them while I'm making my dinner or doing laundry?"

Without hearing aids, people are less aware of their surroundings. They don't notice people, pets, or activities going on around them. They can be easily startled. And there is a decrease in spatial awareness. Being able to gauge where the

body is in relation to an object can be tricky. For example, by the time a person hears their dog, that dog may be right underneath their feet.

There are things you can do to reduce your risk of falling. First, talk to your doctor about having a hearing test done. Hearing loss can begin as early as 40 years old, so have a hearing test as soon as you are able gives you a baseline that can help you years down the road. Hearing aids can be expensive, so speak with your doctor about your options.

Use your hearing aids while you are home, even if no one else is there. They allow you to be more aware of your surroundings and reduce the risk of falls.

Addressing hearing loss is vital to reducing the risk of falls for seniors and helping them live independently for a longer period.

Connie Troska is a Program Developer with the Dancing Sky Area Agency on Aging.



Scattering candy during the McIntosh Tractor Day parade was Curt Bartz.



Larry Hedlund, part of the McIntosh Tractor Day parade held on Saturday, August 28th.

LITTLE BOBBY'S BAR AND GRILL

295 Cleveland Ave, McIntosh, MN • 218-563-3008



SATURDAY, SEPT. 18TH, 2021

Saturday sidewalk specials: Meals fresh off the grill with balloons and ice cream treats for the kids! Food Specials all day and night!

Live music both Friday and Saturday with Kevin, Alex and Bobby!

Tues. night • Two-for-one burgers Wed. night • Two-for-one margaritas
Thurs. night • Two-for-one domestic beers and bar rails

HOURS AT LITTLE BOBBY'S:

Monday and Tuesday open at 3PM, Wednesday to Sunday open at 10 AM.
Coffee and goodies in the AM with lunch specials.

RUMMAGE/ MOVING SALE

Saturday,

September 18, 2021

at Debbie Noyes garage
408 1st Ave S, Erskine
(across from Grace Church) starting at
9:00 am to 3:00 pm
Tools - John Deere Mower
- Harley Helmets - Round table...plus much more!
Too many things to list

Did you know?

Business owners preparing to fully reopen have much to look forward to in the months ahead. A rapidly growing population of fully vaccinated potential customers looking to get out of the house should benefit business owners' bottom lines, and the work to prepare a business and keep it safe might have gotten a little easier as well. In April, the Centers for Disease Control and Prevention acknowledged that the constant cleaning of surfaces and chairs is largely unnecessary.

As scientists have learned more about the COVID-19 virus, they've learned that airborne transmission of the virus is much more likely than transmission of the virus through surfaces. Though it's still best to routinely clean high-touch surfaces like door knobs and card machines, and restaurants must still adhere to normal cleaning procedures so customers can enjoy safe, clean dining experiences, going all-out to clean and disinfect other surfaces throughout a business several times per day is likely unnecessary.



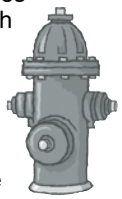
Grand Opening of The Hen House Thrift Room 1st door prize winner is Sherry Olson from Erskine.



Grand Opening of The Hen House Thrift Room 2nd door prize winner is Lois Boehrnsen of McIntosh.

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.



MEGA SALE

**Saturday, Sept. 18
starts at 8:00 a.m.
HUGE INVENTORY!**

- Furniture
 - Vintage Decor
 - Miscellaneous
 - Clothing
 - Exercise Equipment
- 1/4 mile North of McIntosh
(City rd. 8 - watch for signs)
35800 280th Ave SE



Please join us for a
baby shower honoring

*Madison
(Stuhaug)*

Plante

**on Saturday,
September 25th at
11:00 am at
Debbie Noyes garage
in Erskine
Registered at Target
and Amazon**

MULTI- PARTY SALE

**Saturday,
September 18th
505 3rd St S, Erskine
9:00 am to 1:00 pm**



**Community
Birthday
and
Anniversary
Calendar**

Wed. Sept. 15:

Josh Vettleson,
Elaine Burslie, Dan
Jore, Michael Gens-
burger, *Matthew &
Rachell Finseth

Thurs. Sept. 16:
John Wertish, Rudy
Finseth, Josiah Er-
ickson, Laura perk-
erwicz

Fri. Sept. 17:
*Mark & karen
Thompson

Sat. Sept. 18: Me-
lissa Finseth, Mark
Langemo

Sun Sept. 19: Or-
lett Hedlund, Zach-
ary Simonson

Mon. Sept. 20:
Hudson Vettleson,
Annie Lien, *Bud &
Clement Kiecker, *Jeff
& Heidi Haaven

Tues. Sept. 21:
Siri Vigoren



McINTOSH Times

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Our Savior's Fall Roast Beef Dinner

The annual Our Savior's Lutheran Church in McIntosh will have their annual Men's Dinner on Sunday, September 19, 2021 from 11:30 am -1:00 pm. Shop at the County Store for all your baked goods, garden produce and jellies!

**LSS
Meals Menu
687-2262**

Tues, Sept. 21st - Sweet-n-Sour Meatballs - Boiled Potatoes - Mixed Vegetables - Wheat Rolls - Cherry Pear Crisp - Milk

Wed, Sept. 22nd -Tuna Noodle Hotdish - Peas - Tomato Slices - Oranges - Lemon Bars - Milk



**ST. MARY'S CHURCH
Fosston
Fr. John Suvakeen,
Pastor**

Sun. Sept. 19: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Sept. 26: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

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

Sun. Sept. 19: Our Savior's Men's Dinner Sunday @11:30 am-1:00pm. Shop at the County Store for baked goods, fresh garden produce and jellies!

Regular Calendar Announcements

Sun. Sept. 19: 10:30 am Worship Service at Our Savior's

Wed. Sept. 22: 6:00 pm- Meal at Our Savior's (Everyone Welcome); 6:00 pm-Confirmation Class at Our Savior's; 7:00 am-Joint Parish Worship Service at Our Savior's

Sun. Sept. 26: 9:45 am-Coffee Hour at Calvary; 10:30 am-Worship at Calvary

**MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Pastor Karl Anderson**

Service Times for the remainder of the summer will be:

9:30 Mt Carmel

11:00 Trinity

Social distancing practices will be encouraged.

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

Also available on the McIntosh Free Lutheran YouTube Channel.

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

Sun., Sept. 19: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues. Sept. 21: 10:00am Sunday worship service telecast on GVTV-30

Wed. Sept. 22: 6:30pm Bible Study at Sharon Ramberg's home

Gosen Church is located 4 miles south of the junctions of Highways 2& 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

**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.

BUSINESS & PROFESSIONAL GUIDE

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Richards Publishing Co.

Get to know
the early season apple varieties

Minnesota's apple growers are working hard to harvest this year's early season apple varieties. Early season varieties are harvested mid-August through mid-September, so we can enjoy fresh, local apples in late summer!

Get to know the varieties and find your local orchard to give them a try.

First Kiss

A crisp apple with great store life. The fruit is slightly tart with aromatic qualities. Child of the Honeycrisp and AA44. Enjoy starting mid to late August.

SweetTango

Juicy and sweet. Acids balance this apple's flavor, creating a long flavor finish. Crisp texture and juiciness come



from the Honeycrisp and Zestar! lineage.

Zestar!

A sweet-tart apple with a hint of brown sugar. Offers a crisp, light, and juicy texture with a zesty flavor. Enjoy late

August to early September.

RiverBelle

Crisp texture and juiciness from Honeycrisp lineage. Explosive flavor is ideal for fresh eating. Thrives in the Mississippi river valley climate.

Fall harvest fruits and vegetables

Food is a big part of fall, and farms play a significant role in seasonal celebrations. Each fall, families plan apple picking excursions with their eyes on baking homemade apple pies.

And while Halloween is made even more fun when carving jack-o'-lanterns, savvy celebrants know that carving sessions are not complete without some roasted pumpkin seeds.

The fall harvest is a great time to indulge in some freshly picked healthy foods. While the picking season may vary depending on where you live, and specifically the climate in your region, the following are some fruits and vegetables that might be ripe for the picking this fall.

Apples: Apple-picking season typically begins in late summer and extends into fall. Many farms offer a variety of apples, which may be harvested at different times. For example, in the northeastern United States, Gala apples tend to be harvested in late summer, while Granny Smith apples may be best picked in early October.



Beets: The Spruce: Eats notes that beets may be in season in temperate climates from fall through spring.

Broccoli: Fresh broccoli makes a healthy addition to any dinner table, and Pickyourown.org notes that broccoli can have a lengthy harvesting season. Early harvesting may begin in May in some regions, though it's still possible to pick fresh broccoli in late October. If you want to pick fresh broccoli, The Old Farmer's Almanac recommends doing so in the morning when the buds of the head are firm and tight.

Cabbage: If you're looking to do some late fall picking, cabbage might be for you. The online resource Harvest to Table notes that cabbage can survive under snow without being

harmed, making it an ideal late fall vegetable. Spoiled outer leaves can be pulled away after harvesting without affecting the quality of the remaining cabbage.

Peaches: People who can't wait to whip up a peach cobbler may need to do so before fall even begins. According to Pickyourown.org, peaches can be ready for picking as early as July in the northeastern United States, and the picking season generally ends around mid-September. The season is even earlier in places like Georgia, a state known for its peaches where the picking season can begin in mid-May and extend through early August depending on the variety.

Pumpkins: Thanks in part to Halloween decor and the popularity of pumpkin pie as a Thanksgiving dessert, pumpkins are synonymous with the fall harvest. And pumpkin picking season aligns perfectly with each of these holidays, typically beginning in early or mid-September and extending deep into October.

Fall is a great time of year to pick fresh fruits and vegetables at a local farm.



Kollin Ferden was one of the many people who were a part of the McIntosh Tractor Day parade.



Paul Votava during the McIntosh Tractor Day parade held on Saturday, August 28th.



Going for a full pull at the kiddie pull is Annabelle Shultz.



Eli Kringle during the kiddie pull at McIntosh Tractor Day held at the end of August.



Ava Frisk during the McIntosh Tractor Day Kiddie Pull held in front of the Fire Station on August 28th.



Chris and Carter Bartz were a part of the Bartz family group that paraded the streets of McIntosh during Tractor Day.



Joel Strom with grandson, Ryker, during the 2021 Tractor Day parade in McIntosh.

**LITTLE BOBBY'S
BAR AND GRILL**

295 Cleveland Ave, McIntosh, MN • 218-563-3008

Downtown McIntosh

6:00 PM

Bingo

BINGO IS BACK!

**STARTING THURSDAY,
SEPT. 16TH AT 6:00 PM**

Charitable gambling with Pulltabs & Bingo benefit the McIntosh Fireman's Relief Associations.

50 numbers or less for \$1000

PERMIT #33348

M26C

Mac Tractor Day Kiddie Pull fun!

Annual event sponsored by the Polar Beach Snowmobile Club.



Carter Bartz.



Henry Swanson.



Tucker Nyland.



Holden Olson.



Finn Frisk.



Macey Lee.



Megan Lofgren.



Hayden Rock.