



# McINTOSH Times

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Win-E-Mac cheerleader, Kallie Hand with her folks, Jennifer Wang, and Ben and Ashley Hand along with her little sister, Zoey and her cheer friend, Tayla Halverson during the Win-E-Mac Patriot Parents Night held last Monday at the football field in Erskine.



Win-E-Mac senior Chase Shear with parent, Holly Schlegel.



Win-E-Mac senior Koltan Cherf with dad, Kevin.



Charley Carlson with his mom and dad, Nicki and Jason and his little sister.



Tommy Revier with parents Scott and Anita.



**Ghost Story Night at the Carnegie**

The old building may – or may not – be haunted but for one night in October there will be ghostly happenings. A Ghost Story Night will be held on Saturday, October 30, at the Carnegie, 120 North Ash Street, Crookston. Children's stories will be told from 6:30 to 7:15 p.m. Local and classic ghost stories will be told from 7:30 to 8:30 p.m. To set the mood, George French will play the antique pump organ. Spooky tales will be told and ghost stories read by local residents. The event is free and open to the public. Everyone is encouraged to wear a costume. Halloween treats for children will be provided by the Polk County Historical Society.

**National Artist Baby Bash to perform at Little Bobby's**

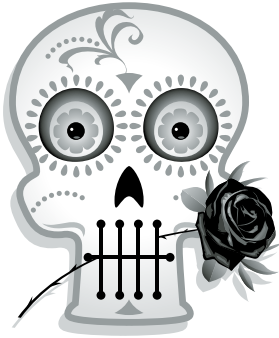
National recording star known as Baby Bash will perform at Little Bobby's Bar & Grill in McIntosh this Saturday night. The Halloween party event is presented by Hypothermic Entertainment and features Baby Bash with other artists such as Shine, Absolut, Trap Bunjee, Tow Timez, Chosen, Tha Legacy and many more. Baby Bash is a Billboard charts rapper and singer who has been performing since 1995. His most famous single "Suga Suga" reached number 7 on the Billboard charts. Besides performing himself he has contributed with other performers and artists during his career, including rappers, R & B singers and Latino artists. He continues to write lyrics for singers such as Paula DeAnda, Jennifer Hudson, and Frakie J. There will be a costume contest with the top prize being \$500 cash. Tickets are on sale now. The doors open at 6:00 pm on Saturday, October 30th. This will be an outdoor tent event held at Little Bobby's Bar & Grill located in McIntosh.,



Bergan Howard with his dad, Joel.

**Sugar skulls & Día de los muertos**

Halloween costumes may go away right after October 31st, but the celebration of the macabre and spirits do not get buried so quickly. El Día de los Muertos (The Day of the Dead) is celebrated in central and southern Mexico during the early days of November. The day coincides with the Catholic All Soul's Day and All Saint's Day and incorporates many different traditions. One of the more recognizable traditions is the creation of "calaveritas de azúcar," or "sugar skulls." These are decorative or edible skulls made from either clay or sugar, which are used in celebrations. The origin of these molded skulls can be traced back to the Spanish conquest of Mexico. Although the dead were already honored in Mexico, the Spanish brought their own customs, including molded decorations. Because sugar was readily accessible in Mexico and quite affordable, using it to make molds was a natural choice. Sugar skulls are placed on an "ofrenda," or "decorated altar," that features candles, buckets of flowers, feathers, fruits, and much more. The name of someone who has passed away and is to be honored is written across the forehead of the sugar skull. Adherents of this tradition believe that the gates of heaven are opened at midnight on October 31 and the spirits of deceased children can reunite and celebrate with their families for 24 hours.



Kendyl Johnson with her parents, Curtis and Krista.

# The most haunted places in North America

Mysteries and the macabre take center stage come Halloween.

Many people feel that lingering spirits may cling to hotel rooms, hospitals and old buildings.

The following are some sites, courtesy of Conde Nast, Reader's Digest and National Geographic, that may prove pleasing to those who like a taste of the paranormal each October.

• **Howard Street Cemetery, Salem, Mass.:** The Salem Witch Trials were a shocking part of American history. Many different people were accused of witchcraft and sorcery and executed for their alleged crimes. Howard Street Cemetery, where Giles Corey, a convicted offender is buried, is said to host the paranormal.

• **Eastern State Penitentiary, Philadelphia, Pa.:** This once strict enforcer of solitary confinement was built in 1829 and housed prisoners until 1970. Peals of disembodied laughter, pacing footsteps and shadowy figures have been reported on the premises.

• **Keg Mansion, Toronto, Ontario:** The Keg Mansion was once the private residence of industrialist Hart Massey and his family. Legend states that, after the death of Massey's daughter Lillian, her maid was so overcome with grief that she took her own life. A ghostly image of a maid hanging by her neck has frequently been reported at the property.



• **LaLaurie Mansion, New Orleans, La.:** Marie Delphine LaLaurie was a Louisiana socialite who threw lavish parties. But she also had a dark and grisly side. When a fire broke out in the residence, police responded and discovered mutilated slaves in the attic. LaLaurie fled New Orleans, but it is believed the phantom screams of her victims can still be heard at night.

• **Hotel Monte Vista, Flagstaff, Az.:** This hotel is purportedly home to various specters and paranormal guests. Room 210 was plagued by someone who hung raw meat from the chandelier. An infant's wretching cries have sent people scurrying. And two women who were thrown from the third floor now haunt and try to smother male guests in their sleep.

• **Fairmont Banff Springs Hotel, Banff, Alberta:** This is the site of a number of terrifying ghost sightings, including an entire murdered family. Many believe a retired head bellman

in uniform continues to haunt the hotel.

• **San Fernando Cathedral, San Antonio, Texas:** This is the oldest church in Texas and is stunning to behold. But during the nighttime, visitors may feel the hair on their necks stand on end. During renovations, workers unearthed bones, nails and military uniforms. Visitors report orbs and shadowy figures in photographs, as well as figures in hooded clothing.

• **RMS Queen Mary, Long Beach, Calif.:** This luxury ship carried Hollywood celebrities before being repurposed into a World War II ship that transported troops. Eventually, the ship was permanently docked in California, and is reportedly haunted by those who died aboard, such as a young sailor crushed in the engine room.

Haunted places dot the globe and can make interesting travel locations for those who wish to discover what goes bump in the night.

## A spiced dessert for Halloween parties

Halloween party hosts may want to have a variety of treats on hand to satisfy the assortment of sweet tooths in attendance.

Candy might be the first thing people think of on Halloween, but cakes and cookies can make for delicious treats as well.

Borrowing from the flavors of the season, including pumpkin, cinnamon and nutmeg, "Spiced Pumpkin Cake" from "Real Simple: Easy, Delicious Home Cooking (Time Home Entertainment)" from the editors of Real Simple can be a welcome addition to any Halloween spread.

**Spice Pumpkin Cake**  
*Serves 12*  
1 cup (2 sticks) unsalted butter, at room temperature, plus more for the pan  
3 cups all-purpose flour,

spooned and leveled, plus more for the pan

5 teaspoons pumpkin pie spice

11/2 teaspoons baking powder

3/4 teaspoon baking soda

1/2 teaspoon kosher salt

11/2 cups granulated sugar

3 large eggs

1 15-ounce can pumpkin puree

1/2 cup whole milk

1/4 cup molasses

11/4 cups confectioners' sugar

2 tablespoons fresh lemon juice

Heat oven to 350 F. Butter and flour a 12-cup bundt pan.

In a large bowl, whisk together the flour, pumpkin pie spice, baking powder, baking soda, and salt.

Using an electric mixer, beat the butter and granulated sug-

ar on medium-high heat until fluffy, 2 to 3 minutes. One at a time, beat in the eggs. Beat in the pumpkin puree, milk, and molasses (the mixture may appear curdled). Reduce the mixer speed to low; gradually add the flour mixture and mix until just combined (do not overmix).

Pour the batter into the prepared pan and bake until a toothpick inserted in the center comes out clean, 55 to 65 minutes.

Let cool in the pan for 30 minutes, then invert onto a wire rack to cool completely.

In a small bowl, whisk together the confectioners' sugar and lemon juice until smooth. Drizzle over the cake. Let set before serving.

• Tip: This cake can be baked and glazed up to one day in advance. Store, covered at room temperature.

## Top tips to stay safe this Halloween season

Much like Christmas, Halloween is no longer relegated to a single day.

A number of Halloween enthusiasts now begin decorating at the start of October.

Hijinks and autumn revelry fill the air as individuals eagerly count down to the end of the month.

Though the lightheartedness of Halloween festivities, such as costumes and candy, garner the bulk of celebrants' attention, it's important to take safety into consideration as well.

According to the Mayo Clinic, children are twice as likely to be hit by a car on Halloween as other nights of the year. Cuts and burns also are more common on October 31.

A good Halloween scare should come from costumes, not accidents or injuries.

This Halloween, consider these safety measures, courtesy of Safe Kids Worldwide, the Mayo Clinic, the National Highway Traffic Safety Administration, and the Centers for Disease Control and Prevention.

• **Make sure you're visible when trick-or-treating.** Reflective tape, glow sticks, flashlights, or camping lanterns can make pedestrians more visible to motorists.

• **Pedestrians should**

**walk on sidewalks** if they are available. When sidewalks are not available, walk facing traffic and do so as far off to the side of the road as you can get.

• **Drivers should be especially alert** to pedestrians on Halloween. Drive slowly, as many kids scurry from house to house in search of Halloween candy.

• **Pedestrians and drivers should follow the rules** of the road, stopping at intersections and crossing in crosswalks.

• **Consider alternatives to carving pumpkins**, since the risk of being cut while carving is high. If you want to carve, leave the carving to adults. Utilize battery-operated flameless candles or glow sticks to illuminate jack-o'-lanterns.

• **All costumes, wigs and accessories should be fire-resistant.** Make sure that cos-

tumes do not impede your ability to walk or see.

• **Test makeup to check** for skin irritation before application. Remove it promptly after returning home.

• **Set up a buddy system** so that no one is going it alone. Agree on a specific time children should return home. Adults should chaperone young children.

• **While incidences of candy tampering** may be minimal, no one should snack on candy until it has been inspected. Inspections also protect against food allergies.

• **The candy bounty** should be rationed so no one overindulges and feels ill later on.

Halloween season is a fun time of year, but safety should go hand in hand with all the celebrating on this special day.

# Essentia Health moving to self-swab testing for COVID-19

With COVID-19 cases still high in the region, as well as the demand for testing, Essentia Health is changing its testing procedures.

Effective immediately, all patients who schedule a COVID test at one of our clinics will receive a kit to perform their own test.

This is for patients who want a test only and are not scheduling a routine visit with their provider.

Patients must schedule a test at their Essentia clinic in their region.

## Essentia Health holding virtual advance care planning class

Essentia Health is hosting an advance care planning (ACP) class from 2:00 pm - 3:00 pm on Wednesday, Nov. 3rd.

Advance care planning is a process that helps you think and talk about your choices for health care in the future. It's important for every adult to have an advance directive, also known as a living will or health care directive.

Everyone is invited to join in thought-provoking conversation to discover the value of ACP, reflect on your values, choose a health care agent, ex-

They can do so through our MyChart patient portal, by calling their local clinic or scheduling an E-visit.

Once the patient has arrived at their scheduled appointment, they can check in, receive a test kit, then go back to their vehicle and conduct the simple nasal swab (instructions provided).

They will return the sample to the designated collection location. The entire process should take about 15 minutes.

This change ensures efficient use of Essentia's resour-

es, so that we can more readily offer COVID booster shoots, flu vaccines, care for patients and more.

It also enhances the ability to provide increased access to safe and timely COVID-19 testing that will help meet the growing demand in the communities we serve.

Not only has demand for tests increased, but the shutdown of many government testing sites has funneled more patients into Essentia's clinics, creating volume challenges for our staff and patients.

Patients concerned about symptoms should still seek a video visit on demand through MyChart, an in-person appointment with a primary care provider or at urgent care.

**LSS  
Meals Menu  
687-2262**

**Tues, Nov. 2nd** -Swedish Meatballs - Mashed Potatoes & Country Gravy - Carrots - Wheat Bread - Cherry Pear Crisp - Milk

**Wed, Nov. 3rd** -Baked Turkey - Mashed Potatoes & Gravy - Beets - Wheat Rolls - Pumpkin Cake - Milk



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

Sun. Oct. 31: 8:00am Confession, St. Mary's, Fosston; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Tues. Nov. 2: 5:00pm Mass at St. Joseph's, Bagley

Wed. Nov. 3: 11:30am Mass at St. Mary's, Fosston

Fri. Nov. 5: 5:30pm Mass at St. Mary's, Fosston (first Friday)

Sun. Nov. 7: 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**

Wed., Oct. 27th: 1:00 pm- Quilting at Our Savior's  
Sun. Oct. 31st: 10:00 am-coffee hour at Calvary; 10:30 am-Worship at Calvary

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

**Sunday Services**  
9:30 Mt Carmel  
1100 Trinity  
**Video Sermon -**  
GVTel Channel 30  
9:00am Sunday  
Repeated 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., Oct. 31: 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. 2: 10:00am Sunday worship service telecast on GVTV--30

Wed. Nov. 3: 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.



**Wed. Oct. 27:**

Mark Sylstad

**Thurs. Oct. 28:**

Shelby Mandt, Colten Mandt, Leah Mahlen, Bob Lee

**Fri. Oct. 29:**

Brenda Uglade, Bob Bursheim, Croix Haaven

**Sat. Oct. 30:**

Randy Christianson, Dave Stordahl

**Sun. Oct. 31:** Gloria Bren, \*Joseph & Kelly Lee

**Mon. Nov. 1:**

Kain Schow, Caleb Paskvan, Janet Landsverk

**Tues. Nov. 2:**

Bridgette Burslie, Robert Christianson, Bernie Marshall, \*Ron & Elaine Roed

**1946-1949 McINTOSH HIGH SCHOOL  
YEARBOOKS WANTED**

I am looking for yearbook (or any other) photos of my father, Kenneth Alfred Strom (Class of '49). I will be happy to buy the yearbook if it has such a picture, or borrow by mail so I can scan the pictures, or pay a reasonable fee to have you scan them. Kevin Strom, (434) 242-6948, kevin@flawlesslogic.com, PO Box 85, Mineral Point PA 15942.

M32C

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McIntosh (218) 563-3585  
Cell: (218) 280-1684  
Gonvick (218) 487-5225

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**"Serving the Win-E-Mac area"**

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M3-28C

Anhydrous safety  
should be top concern this Fall

*The MDA offers safety tips for those maintaining equipment and applying and transporting NH3.*

Many farmers and applicators will soon apply anhydrous ammonia (NH3) after harvest. Even with a rush against time and the weather, safety should never be compromised.

Recent accidents involving anhydrous ammonia have proven how dangerous and deadly the chemical can be when not handled properly.

The Minnesota Department of Agriculture (MDA) is providing the following tips to farmers and applicators so they can safely apply anhydrous ammonia.

**Always** wear appropriate goggles and gloves. Never wear contact lenses.

**Be sure** to have a clean, adequate emergency water supply of at least 5 gallons.

**Exercise** caution when making connections and disconnections as if lines contain anhydrous ammonia.

**Stand** upwind when connecting, disconnecting, bleeding lines, or transferring NH3. Also, close, bleed, disconnect, and secure valves and transfer lines when taking breaks or disconnecting lines, and be sure to handle hose end valves by the valve body.

**Position** equipment away and downwind from homes, people, and livestock.

Safety is also key to those maintaining anhydrous ammonia equipment. Never assume NH3 lines are empty, always wear proper protective equipment, and have access to safety water.

When towing a nurse tank down the road, drive sensibly. Do not go any faster than 30 miles per hour, display a slow-

moving vehicle (SVM) emblem visible from the rear, and be sure the tank is secured to the tractor or truck with two separate, independent chains that supplement the hitch pin/clip.

If an accident or spill occurs, immediately call 911 and then the Minnesota Duty Officer at 1-800-422-0798 or 651-649-5451.

You can find more safety, storage, and transportation information on the MDA's website at [www.mda.state.mn.us/nh3](http://www.mda.state.mn.us/nh3).

As a reminder, fall application of anhydrous ammonia should happen after average soil temperatures reach 50 degrees F or cooler to help prevent nitrogen loss, protects water quality, and ensures more nitrogen will be available for next season's crop.

PIECES FROM THE PAST



50 years ago...1971: Coach Lloyd Carlson has a rebuilding job with his McIntosh-Winger Scots basketball team. He has only one returning letterman and only one Senior out for the squad. Setting up a practice play here are some probable starters. Bruce Haaven, Paul Striker, Kevin Tranby, the only Senior, Tom Vesledahl, and Kevin Nascene, the only letterman.



40 years ago...1981: Homecoming Queen Susan Oseth is surrounded by the 1981 Mac-Winger High School royal court. Seated at Susan's left is Tracee Holen. Kneeling are Tim Finseth and Dan Versdahl. Standing, from left to right are David Balstad, Lorraine Olson, Blake Burslie, Russell Bly, Debbie Frohlich, and Randy Kroshus.



Weeds that Impact Hunters

Your favorite season in Minnesota may depend on what you like to hunt.

If you are a morel mushroom hunter, spring may be your favorite season. If you are a deer or game bird hunter, then fall is important to you.

When hunting, weeds are often an afterthought or not thought of at all.

Unfortunately, weeds can have a negative impact on wild game if ignored and not managed in a timely manner. Weedy species can also be burdensome to hunters.

Some noxious weeds that pose problems for hunters and wild game are Japanese barberry, Oriental bittersweet, buckthorn, and multiflora rose. These four noxious weeds pose different threats but have some similar characteristics:

- They take over the understory of wooded areas halting native regeneration.
- The weeds can affect wetlands or riparian areas.
- They harbor pests that can be harmful to humans and wild game.
- These weeds outcompete our native plants which wild game may seek out.

**Japanese barberry** (Some Cultivars are Restricted Noxious Weed) was planted as an ornamental woody shrub. Barberry escaped cultivation and can be found naturalizing in the understory of some wooded areas in Minnesota. Once established, it can form impenetrable thickets. Deer do not browse on Japanese barberry because it is not favorable. Turkeys can eat the berries but cannot travel through the dense patches. Japanese barberry can provide the ideal environment for ticks.

**Oriental bittersweet** (Prohibited Eradicate Noxious Weed) is a woody vine that was sold as an ornamental. It is found in southeast Minnesota. Oriental bittersweet wraps around trees and other supports, resulting in girdled and smothered trees and shrubs. This vine can wipe out a forested area and leaves nothing behind but a huge mass of vines that are impenetrable and create deadfalls. Native species cannot regenerate under orien-

tal bittersweet and some species of wild game cannot travel through it.

**Glossy buckthorn and Common/European buckthorn** (Restricted Noxious Weed) are both found in Minnesota. They were brought in as an ornamental shrub or small tree used for living fence rows and wildlife habitat. Both pose a serious threat to the degradation of native forest understory habitats. Buckthorn created thick infestations that prevent natural regeneration of forest tree and shrub species and can be impenetrable. Deer, turkeys, and squirrels are often drawn to row-crops, but buckthorn can serve as a host for alfalfa mosaic virus, oat crown rust, and soybean aphids which can affect the outcome of the crop/food source.

**Multiflora Rose** (Restricted Noxious Weed) is a highly invasive perennial shrub that was sold as a rootstock for ornamental roses. This plant was used for erosion control, living fence rows, and wildlife habitat. It can be found in forest understories, hedgerows, savannas, stream banks, wetlands, pastures, urban woodlots, roadsides, and other disturbed habitats. This plant is loaded with thorns making it hard for hunters and wild game to travel through. Multiflora rose also outcompetes our native vegetation, not allowing them to grow.

If vegetation becomes too dense, deer, turkey, grouse, and others can have a hard time navigating through them. Trees such as oaks, hickories, walnuts, and other native seedlings are shaded-out and over time eliminated from the forest floor. In turn, this reduces the amount of food and habitat quality produced, such as acorns or walnuts, that wildlife prefer. Deer, as do most animals, like to eat native plants rather than invasive exotic plants that tend to be unpalatable. If deer and other wild game have a hard time finding these native plants, they will eventually move and find new areas to occupy.

What once used to be a pleasurable experience for hunters

and other wildlife advocates searching for wild game is now difficult to traverse due to thorns, impenetrable vines, or thickets. Areas once full of wild game have now become diminished. Over time, small patches of unmanaged weeds will spread and eventually dominate an entire forested, prairie, or wetland. The hunter can choose to do a quick fix and improperly trim out weedy areas, but this will only result in negative consequences for both hunter and wild game in future years. The best course of action would be for hunters to map or flag problem areas when out and develop active management plans in the off-season to eliminate future weed problems.

If the noxious weeds go unaddressed for too long, it can require significant time and money to correct and maintain ideal habitat diversity for deer and all other wildlife species. Take steps now to manage any noxious weeds present on your property.

There are many other invasive plants that can affect deer and other wild game, but these four are most commonly found in Minnesota. Further information on these noxious weeds and many others can be found on the Minnesota Department of Agriculture's website.

There you can find the background, a description, photos of various parts of the plants, habitat, means of spread and distribution, impact, prevention and management, as well as other links to help you learn about and manage any noxious weeds present on your property.

Whatever your game, hunters and gatherers can play an important role in locating new populations of invasive species where they don't belong. Invasive species out compete native plants that provide food for game.

Charging up your smart phone and downloading the Great Lakes Early Detection Network app before heading out will provide you with a fast and easy way to report colonies of invasive species like barberry, buckthorn, non-native bittersweet, to name a few.

Right, top: 30 years ago...1991: McIntosh VFW Post #6891 officers for 1991 - 92 are: (back, l-r) Stanley Ostenaa, Commander; and Ervin Mandt, Adjutant; (front) Lloyd Carlson, Vice Commander; Ron Strom, Quartermaster; and Ulie Benson, Junior Vice Commander.

Right, bottom: 20 years ago...2001: Win-E-Mac Arts students (back, l-r) Mark Theis, Cory Sandberg, Brandon Tranby and Tim Mullen and (front) Skyler Schimanski, Elena Lisov, and Matt Perkerwicz completed drawings to be used to spread the Drinking and Pregnancy message about Fetal Alcohol Syndrome.

Below: 10 years ago...2011: The 2011 Royal Win-E-Mac Homecoming Court included: Samantha Lee, Amy Glass, Cassie Kihne, Queen Caitlyn Espeseth, King Kain Schow, Will Klinke, Cody Lee and Zack Farrell.



## WEM Football Parent's Night



Alec Haskett with parents Guy and Maggie.



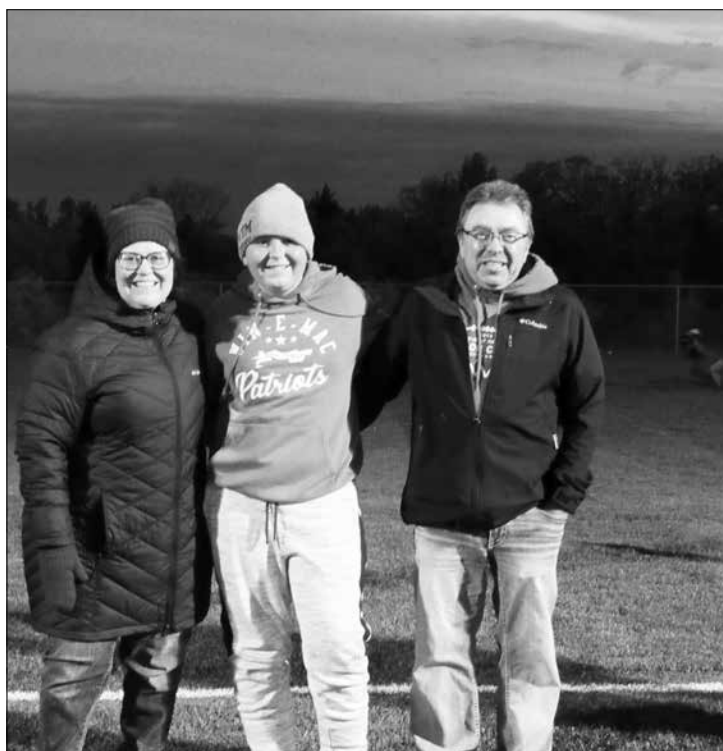
Anton Hickman with parents Jesse and Alyssa.



Caden Shaver with parents, Randy and Janelle Shaver and Jill Saeter.



Cameron Bergman with dad, Matt Bergman and mom, Amanda Guerrero.



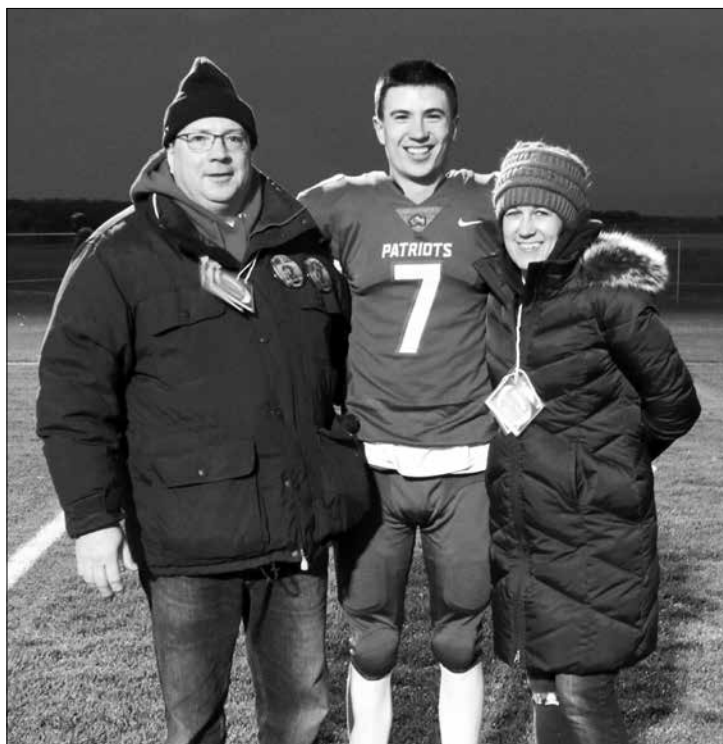
Cooper Gieseke with parents Loren and Mary.



Hank Earls with mom, Heather and sister, Cora.



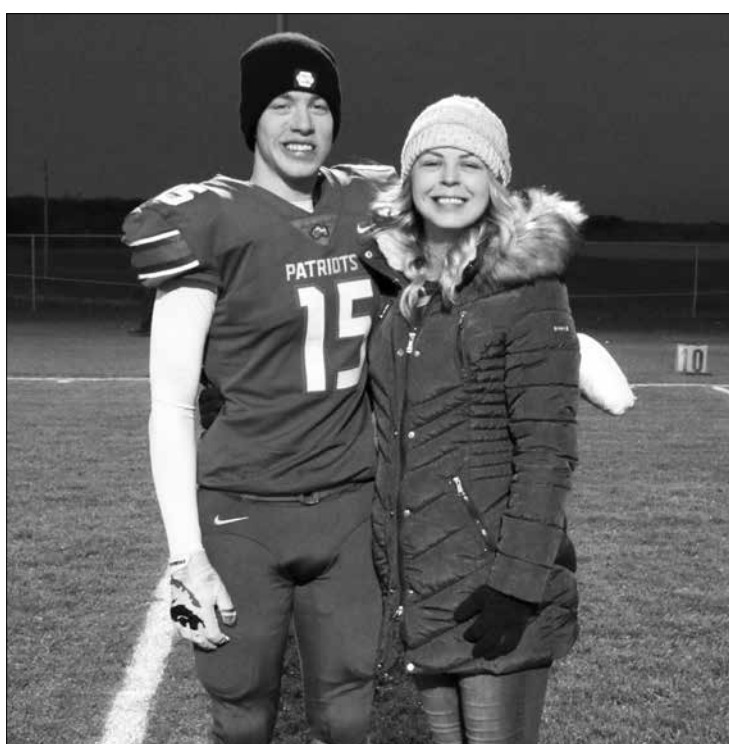
Hayden Johnson with parents Erin &amp; Nate.



Jonas Spry with parents Ron and Nancy.



Justin Courneya with mom, Katrina.



Kaleb Morberg with his mom, Jessica.



Leonardo Casagni with parents Tamarra and Steve Voje.



Zach Luckow with parents Dan and Jessica.



Tabi Bratager with parents Jeff and Julie.



Ryan Kangas with his dad.



Wyatt Davis with his parents Mandy and Jeff.