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Times

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McIntosh, Minnesota



The door locks at Our Savior's Lutheran Church in McIntosh were recently burned in an attempt to gain access to the church located on State Street.

Election season is underway in MN

As of right now, registered voters in Minnesota can cast their votes ahead of the November 8th election by mail or in person at a local election office. Minnesotans can register to vote, request an absentee ballot, view their sample ballot, and find their polling location at mnvotes.gov.

Minnesota voters will see some changes for this years election season.

Redistricting

This year voters may notice the races they can vote in, and their polling places, have changed due to redistricting.

Every ten years, the boundary lines which divide the state into areas represented by our elected officials, like U.S. Congresspeople or state lawmakers, are re-drawn.

These divisions, called districts, are adjusted based on the U.S. Census and other surveys to ensure that they have equal populations and representation in our government.

Within Minnesota, the state constitution and statutes identify what districts need to be

redistricted and the processes for redistricting that happen. Within each state, district boundaries are drawn so that approximately the same number of persons are contained within each congressional district in the state to give all persons within the state equal representation. These offices include both chambers of the state legislature, county commissioner districts, and city wards, among others.

Absentee Ballot Data for 2022 General Election

New data showing the number of sent and accepted absentee and mail-in ballots are now available at mnvotes.gov. The Office of the Minnesota Secretary of State will provide weekly updates to this data throughout the 2022 voting season.

As of September 29th, local elections officials across the state had sent out 286,324 absentee and mail-in ballots to registered voters. Of these, 11,380 have been accepted. Ballots must be received by Election Day, November 8,

2022, to be counted.

"Minnesotans understand the importance of voting and are increasingly choosing to vote on their terms using absentee ballots," said Secretary of State Steve Simon. "Our office is committed to ensuring every eligible voter has the access and opportunity to cast their vote."

In Minnesota, all eligible voters can choose to vote using an absentee ballot by mail or at a local election office in the 46 days before an election without providing an excuse. Registered voters can request an absentee ballot at mnvotes.gov/absentee. Those who are eligible to vote but are not yet registered can register at mnvotes.gov/register.

Absentee ballot data available at: <https://www.sos.state.mn.us/election-administration/campaigns/data-maps/absentee-data/>.

Minnesota Election Facts Webpage

The Office of the Minnesota Secretary of State launched the Minnesota Election Facts webpage dedicated to ensuring Minnesotans trust the elections process and outcomes for generations to come.

Minnesota Election Facts includes a step-by-step narrative of the elections process and a Fact and Fiction section that counteracts common rumors and misinformation about voting and elections in Minnesota. Readers will walk away with a better understanding of the robust laws, rules, policies, and procedures that guide Minnesota elections.

Minnesota Election Facts is available at mnvotes.gov/facts.

WEM conferences & early dismissal



Parent-Teacher Conferences will be held at the Win-E-Mac School on Thursday, October 13th from 1:00 p.m.-7:30 p.m. Parents of students in grades K-6 should have made appointments to see their respective teachers. Parents of 7th - 12th grade students, conferences will be self-led by the students, with their homeroom teachers. Students will be dismissed at 12:30 with busses running shortly after dismissal.

Attempted break-in at Our Savior's Church has no suspects

Recently church staff and clergy discovered that they had damage to three doors at Our Savior's Church in McIntosh.

The church, located on the main north and south through fare of State Street, appeared to have had the lock area of the doors burnt as a person or persons attempted to get inside the church building.

The incident has been reported to the Polk County Sheriff's Department and is under investigation. The crime is considered arson. The staff of the church feels very lucky that the crime was not any worse.

Minnesota law describes arson as the intentional destruction of property through the use of fire or explosives. The property in question doesn't have to belong to someone else; you can commit arson against your own property.

Depending on the circumstances, the state can charge you with a misdemeanor or a felony. A felony offense with steep fines and up to 20 years behind bars.



Our Savior's Church break-in attempt.

According to the Minnesota Department of Public Safety's 2021 Uniform Crime Report, our Judicial District (9) is the third lowest in Violent Crimes and Property Crimes out of the 10 Judicial Districts in Minne-

sota. If you have seen anything suspicious or have any information about this, please call the Polk County Sheriff's office at 218-281-0431.

Historic bridge needs new home

The Polk County Highway Department, in cooperation with the Traill County Highway Department, is selling a steel truss bridge for \$1.

The historic bridge currently is closed to traffic due to concrete deck failure.

Measuring at 26 feet wide, the bridge must be removed to make way for a new bridge that will allow for traffic typical of CSAH 1/ND CR 17 in this area. The county hopes the old bridge can be preserved for use in a new setting.

Also known as the Neilsville bridge, built in 1939, Bridge 5767's two 177-foot Parker High trusses are eligible for the National Register in North Dakota.

The bridge is in fair condition. The trusses display some pack rust, bent or missing railing members, and a failed paint system. The bridge's most critical condition issues relate to the concrete deck and abutment/pier movements.

The new owner would pay the costs of relocation and re-erection of the bridge on a new site, including construction of new substructures and a bridge deck.

Polk County is accepting Letters of Interest until April 30, 2023.



The Nielsville bridge on the Minnesota - North Dakota border has been closed since 2015 and is now for sale.

McKeever headed back to Summit League

Madison McKeever, stand-out basketball player from Win-E-Mac who went on to play collegiately for the University of South Dakota is headed back to the Summit League to continue her basketball career as the Director of Basketball operations for the newest member of the Division I Summit League conference, the St. Thomas University Women's basketball team. Madison finished her high school career as Minnesota's 11th all-time scorer with 3298 points and ranked 3rd all-time in Minnesota in steals. Madison played four years at the University of South Dakota earning several honors that included the Sixth Woman Player of the Year her freshman year, scoring over 1000 points, and qualifying for the NCAA Division I Basketball tournament twice. Upon her graduation from the University of South Dakota, she accepted the assistant coaching position at Division II Concordia St. Paul. Last year she was elevated to the top



Madison McKeever

assist position for Concordia St. Paul helping them reach the 2nd round of the NSIC tournament. This past month, Ruth Sinn, the head coach of the St. Thomas Tommies offered Madison the Director of Basketball Operations for her program. Madison is very familiar with coach Sinn as she was her AAU coach her junior year in high school when she played for the Minnesota Fury.



Richard Moen of Winger and his family attended Norsk Hostfest from September 28 to October 1 as vendors of Scandinavian knives. Sales were brisk and, along the way, we met others from the McIntosh area. The Fest included many entertainment and educational events.



Young and old gathered in the courtyard outside The Shoppes of McIntosh on Wednesday, September 28th to cuddle up with friends, enjoy some treats provided by Lulu's Little Bites and watch the original Hocus Pocus movie.

Manufacturing stands as an economic force in NW MN

Governor Walz has proclaimed October as Manufacturing Month in Minnesota, in recognition of the critical importance of manufacturing to the state's economy and to highlight the many career opportunities in this vital industry.

Manufacturing provides 14.2% of all jobs in Northwest Minnesota and with higher average wages, accounts for 18.3% of total wages.

Much like other regions, Manufacturing is the second largest employing industry in the Northwest, behind Health Care & Social Assistance, but this is a significantly larger share than statewide employment and payroll concentrations at 11.5% and 12.3%, respectively.

Based on the regional strength, Manufacturing in Northwest Minnesota was not nearly as affected by the pandemic as services-providing industries (see Figure 1). As of first quarter 2022, Manufacturing employment was actually at a new record high level, nudging 0.3% above the prior high in 2019. In contrast, total employment across all industries remains 4% below its first quarter 2020 peak, prior to the pandemic recession.

Manufacturing led employment declines going into the pandemic, but declined only 2.9% from first quarter 2019

to 2021, compared to a 5% loss for all industries. Manufacturing is now also leading the recovery, gaining 3.3% from first quarter 2021 to 2022, compared to 1.1% growth across all industries.

Even prior to the pandemic, Manufacturing employment had outpaced growth in other industries in the region, increasing 12.6% from first quarter 2012 to 2019 versus 7.2% growth for all industries. So, while it is no surprise that the manufacture and purchase of goods were less affected by the pandemic than services, this is also a continuation for Manufacturing employment growth after the Great Recession.

Evolving from Northwest Minnesota's agricultural and natural resources roots, the top five Manufacturing subsectors in Northwest Minnesota are Food, Fabricated Metal Products, Machinery, Transportation Equipment, and Wood Product Manufacturing. Combined, these five subsectors make up nearly three-quarters (73.8%) of the region's Manufacturing employment.

While still substantial, employment in Wood Product and Transportation Equipment Manufacturing was essentially flat, while Machinery Manufacturing added the most jobs, increasing by over 1,000 jobs. Likewise, Food Manufacturing added 591 jobs, growing 10.8%.

The subsector that added the third most jobs, Fabricated Metal Product Manufacturing, gained 328 jobs, expanding 8.5%.

Overall, most of the Manufacturing sub sectors saw growth. Beverage Manufacturing employment had the fastest growth, increasing nearly eight-fold. Electrical Equipment, Appliance & Component Manufacturing employment tripled, making it the second fastest growing, followed by Chemical Manufacturing with 89.5% growth. Miscellaneous Manufacturing ranked fourth fastest with 55.1% growth, adding 310 jobs, which was also fourth in terms of number of jobs added. Finally, Plastics & Rubber Products Manufacturing was fifth both in number of jobs gained (294) and rate of growth (39.6%).

Over the past decade, Manufacturing has been growing in Northwest Minnesota. The largest Manufacturing subsectors have maintained or grown employment, and some of the smaller subsectors have experienced substantial growth. Even more than the state, the region depends on the strength of the Manufacturing sector to provide jobs, high wages, and economic stability.

For more information about Northwest Minnesota, contact Labor Market Analyst Anthony Schaffhauser at 320-441-6594.

Warm up to fall with Very Berry Crisp

With a chill in the air, it is a good time to make warm, sweet desserts for your family and friends. This recipe offers the flexibility of using whatever berries you enjoy or have in the freezer. With most of the ingredients available in most bakers cupboards, you can make this satisfying dessert anytime.

- Very Berry Crisp Filling**
- 2 12-ounce packages frozen mixed berries
 - 1 tablespoon flour
- Topping**
- 3/4 cup flour
 - 3/4 cup rolled oats
 - 3 tablespoons margarine or butter
 - 2 tablespoons vegetable oil
 - 1/2 cup brown sugar
 - 1/4 cup nuts, chopped
- Heat oven to 375 degrees F.



Put berries and one tablespoon flour into a bowl. Mix gently.

Pour mixture into a 9" x 9" baking pan.

In a different bowl, mix together rolled oats, the rest of the flour, margarine, oil, brown sugar and chopped nuts. Use your hands (or a pastry blend-

er or knife) to mix in the margarine or butter. The mixture will feel like crumbs. Sprinkle the topping mixture over berries.

Bake in oven for 30 minutes. Serve warm. Refrigerate leftovers when you finish eating.

- Tips and Variations**
- ▶ You can substitute any fresh or frozen fruit for this recipe. If you are using fresh fruit, you may need to adjust the cook time as some fruits will take longer to cook.
 - ▶ Serve the crisp with non-dairy topping, low-fat whipped cream, or low-fat ice cream for an indulgent treat.
 - ▶ Serve leftover fruit crisp for breakfast to turn a weekday morning into a special occasion.

3 ways to get involved in local politics

Towns and cities often benefit greatly from residents' desire to give back to their communities.

Some residents may donate to their favorite charities, while others may coach youth sports teams. Involving oneself in local politics is another way individuals can strengthen their communities.

Politicians may be the faces of local politics, but volunteers are often the engines that make political operations run smoothly. The following are three simple ways people with a passion for politics can get involved in their local governments.

1. Volunteer with a campaign. Local politicians may be your neighbor, your children's youth sports coach or a friend you've known since childhood. All political campaigns rely on the efforts of volunteers to get their messages out, and that's especially so in local elections. Local candidates likely don't have the financial war chest that's available to statewide or national politicians. As a result, local politicians often must stretch every dollar, and

that becomes easier with each additional volunteer who joins their staff. If there's a candidate you feel strongly about, don't hesitate to volunteer with his or her campaign.

2. Work with a nonprofit organization. Many nonprofit organizations are involved with local politics. Some may support a candidate who's supported their missions, while others' missions may be rooted in politics. For example, a local nonprofit may be centered around getting more young people to vote. Individuals who don't want to get involved in the partisan side of local politics can still lend a hand by working with nonprofit organizations that are not affiliated with a party or candidate.

3. Work with local election boards. Local election boards rely on volunteers come Election Day. Such volunteers work in polling stations, which typically open in early morning and may remain so until 7 p.m. or 8 p.m. The more volunteers who can pitch in on Election Day, the more smoothly voting can go. That may translate to shorter lines and a more enjoy-

able voting experience for local residents. Local governments also may need volunteers throughout the year to work during city council meetings.

Individuals need not run for office to get involved in local politics, which provides a great way for residents to give back to their communities.

Editorial correction

In the October 5, 2022 edition of the McIntosh Times, it was stated that Joel Strom was a candidate for Win-E-Mac School Board, this is incorrect. Joel Smeby is the candidate for the school board.

We apologize for any confusion this may have caused.

Mac Library to host Secrets of the Glensheen Mansion Murders program Oct 13th

Fans of true crime will enjoy presentation by reporter Joe Kimball, author of "Secrets of the Congdon Mansion," giving a first-hand account of Minnesota's most infamous murder case.

Hosted by the McIntosh Public Library, Kimball will discuss his experiences covering the story from start to finish as a reporter for the Star

Tribune and will give inside details about the victims, investigators and perpetrators, bringing the tale to life. This program will be held free-of-charge Thursday, October 13 at 7:00 p.m. at the McIntosh Public Library. Programming is made possible in part thanks to funding from the Minnesota Arts & Cultural Heritage Fund.

Letter to the Editor

To the Editor:

The letter from John Gunvalson in the September 21 Mc Times plugging the January 6 Committee hearings and regurgitating Biden's lie about "threats to democracy" is a classic case of leftist projection. You can always know what leftists are doing by listening to the accusations they make against their opponents.

The January 6 committee is illegitimate because the designated members from the Republican side were denied by Pelosi who appointed two soon to be ex-Republicans auditioning for jobs on MSNBC. People realize this as ratings for the prime time Kabuki theater have been dismal.

How did the protesters get in the capital? They walked through open doors so where is the crime? The doors are opened from the inside by the capital police and the unarmed protesters had no breaching tools. If they did something wrong once inside that is a legitimate case for prosecution. The Feds have 14,000 hours of video from that day and what I have seen paints a much different picture than the politicians and our garbage media present. We have people in solitary confinement in DC jails, denied access to the videos, subject to Democrat heavy juries and receiving unheard of punishment for the crime of trespassing and parading.

A committee investigating January 6 would be useful if all participants would be investigated. There are legitimate questions about the corrupt FBI's role as undercover actors instigating as well as the presence of Antifa. The capital police and the DC police should be investigated as well. The DC police attacked the peaceful crowd behind the barricades and the Capital Police murdered at least one unarmed protester and probably beat another one to death in the tunnel.

The role of Steven D'Antuono deserves special attention. D'Antuono was the head of the FBI field office in Detroit during the time of the so-called Whitmer kidnapping plot. This was the debacle where more FBI agents and informers were involved than actual plotters. Just days after the "plot" made news FBI head Wray promoted D'Antuono to lead the DC field office where D'Antuono took on the official title of assistant director in charge.

Many have pointed out the striking FBI parallels between the Capitol protest that took place on Jan. 6, 2021, and the Whitmer would-be kidnapping case. Even a New York Times reporter admitted on footage captured by undercover Project Veritas staffers that there were "a ton of FBI informants" among the Jan. 6 protestors.

During 2020 and 2021 I watched people toast s'mores on burning police STATIONS and turn Lake Street into Mogadishu, while told it was peaceful protests and a Summer of Love. I saw and continue to see BLM and Antifa riot, loot and

murder mostly with impunity as they are the brownshirts for the Democrats. Jan. 6 was a bunch of protesters who took an unauthorized(?) tour of the Capitol, while a bunch of Chinese-compromised "representatives" rolled around on the floor like Curly pretending to be scared. There was no insurrection. No Government takeover (aside from China buying ours). Quit trying to gaslight this protest was the end of the Republic.

So Im supposed to think the biggest threat my country faces is from some guy in buffalo horns taking a stroll through Congress and a grandmother walking through an open door staying between the velvet rope lines. These are "threats to democracy?"

You want to hear about a real insurrection and "threats to democracy?"

The Obama administration and the Clinton campaign using elements of the FBI, CIA, NSA, State, DOJ, Five Eyes allies, foreign assets, NGO's, Corporate Media, and a cast of 1000's, spied on and tried to destroy then Republican Presidential Candidate Trump and having failed that left the task

Letter to the Editor... Continued on page 3 ...

LSS
Meals Menu
687-2262

Call to reserve your meal.
Indoor dining at 11:30 am;
drive-up available at 11:00 am.

Mon. Oct. 17: Tuna Noodle Hotdish - Mixed Vegetables - Apple Sauce - Vanilla Pudding - Milk

Tues. Oct. 18: *Bingo* Meatloaf - Baked Potato - Corn - Wheat Bread - Oatmeal Cake - Milk

Wed. Oct. 19: Tator Tot Casserole - Green Beans - Lettuce Salad - Wheat Rolls - Apple Slices w/ Raisins - Milk

Thur. Oct. 20: *Bingo* Swedish Meatballs - Mashed Potatoes & Gravy - Mixed Vegetables - Wheat Rolls - Strawberry Shortcake - Milk

Fri. Oct. 21: Bratwurst - Mashed Potatoes - Sauerkraut - Wheat Bread - Zucchini Bars - Milk



Wed. Oct. 12: Brady Finseth, Kyle Mandt, Anika Pask-van

Thurs. Oct. 13: Darren Kringlen, Paisley Roed

Sat. Oct. 15: *Ray & Felly Catahan, *Bob & Laura Bursheim

Sun. Oct. 16: Connie Strom, Calvin Schow, April Ostenaar, Brook Simonson, Mara Erickson

Mon. Oct. 17: Adam Jore

Tues. Oct. 18: Steve Carlson, Piper Schow, *Mark & Joan Lee

SECOND HALF PROPERTY TAXES DUE

Sam Melbye, Polk County Director of Property Records, reminds Polk County property owners that the second half of 2022 Real Estate Tax, except Real Estate classified as Agricultural, is due by Monday, October 17, 2022.

The Polk County Government Center is open to the public. Payments can also be placed in the Taxpayer Service Center drop box located outside the main East doors at the Polk County Government Center, paid online at www.co.polk.mn.us, or mail them along with your tax statement stub postmarked no later than October 17, 2022.

Checks should be made payable to Polk County or Polk County Administrator. Thank you.

M30C



Gosen Lutheran Church Winger Fall Craft and Vendor Show

Gosen Lutheran Church will host a Fall Craft and Vendor Show on Saturday Oct 15, 2022 from 10:00 am - 2:00pm at the Winger Community Center.

Join in for a fun day of crafts, friends and fun.

Lunch will be served with proceeds going towards Winger Gosen School

Everyone is welcome!



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

Wed. Oct. 12: 11:30am Mass at St. Mary's, Fosston

Fri. Oct. 14: 8:30am Mass at St. Mary's, Fosston

Sun. Oct. 16: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Oct. 19: 11:30am Mass at St. Mary's, Fosston

Fri. Oct. 21: 8:30am Mass at St. Mary's, Fosston

Sun. Oct. 23: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Oct. 26: 11:30am Mass at St. Mary's, Fosston

Fri. Oct. 28: 8:30am Mass at St. Mary's, Fosston

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

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh

Interim Pastor Keith Zeh
Synodical Authorized Minister Katie DeMarais

Sun. Oct. 16: 10:00am Coffee Hour; 10:30am Worship Services; 11:30am Meatball Dinner

Sun. Oct. 23: 10:00am Coffee Hour; 10:30am Worship Services

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 - The Journey. Our Saviors service will be available by 8:30 am each Sunday until further notice.

MCINTOSH AFLC McIntosh Trinity / Mount Carmel Interim Pastors John Anderson and Phil Rokke

Sunday Services
11:00am Mt Carmel
9:30am Trinity
Sunday School
10:45am Trinity
9:45am Mt. Carmel

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

Sun, Oct. 16: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com)

Tues. Oct. 18: 10:00am Sunday worship service telecast on GVTN--30

Wed. Oct. 19: 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.

VERNES LUTHERAN CHURCH (LCMC) McIntosh PastorLee Laaveg

Sun. Oct. 16: 9:00am Worship
Sun.Oct.23: 9:00am Worship

IMMANUEL LUTHERAN CHURCH McIntosh Pastor Bruce Blocker,

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

CALVARY LUTHERAN CHURCH Winger

Sundays: 9:45am Sunday School; 10:00am Coffee Fellowship; 10:30am Worship

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M3-28C

Rydell closed during special hunts in October

Rydell National Wildlife Refuge will be closed to the general public during two special deer hunts that will be held on the Refuge in October of 2022.

This closure also applies to archery deer hunters and small game hunters who intend to use the Refuge. The Accessible Deer Hunt is conducted in cooperation with the

Options Interstate Resource Center for Independent Living and will take place Thursday, October 13 through Saturday, October 15. The Mentored Youth Deer Hunt is a cooperative effort with the Minnesota DNR for youth between the ages of 12 and 15. It will take place Saturday, October 29 and Sunday, October 30. Both of these hunts have a limited

number of participants that were selected through a drawing, earlier in the year. Signs will be posted at Refuge entry points during both of these closures.

For more information on these closures or if you have questions, contact Gregg Knutsen, Refuge Manager, at 218-686-4329 or gregg_knutsen@fws.gov.

Overwintering geraniums

Geraniums (Pelargonium) are favorite annual flowers in Minnesota. Easily grown in planting beds, pots, window boxes or hanging baskets, annual geraniums can also be overwintered.

If you have included geraniums in your garden this year, you might be considering bringing them indoors to save for next year's garden. There are several options for accomplishing this. Geraniums can be overwintered indoors by taking cuttings, potting up individual plants or storing bare-root plants in a cool, dry location. Make sure to do one or all of these things before the first frost.

- Take geranium cuttings**
- Take 3- to 4-inch stem cuttings from the tips of the plant.
 - Remove the lower leaves and dip the base of each cutting in a rooting hormone.
 - Stick the cuttings into a pot or flat with drainage holes containing vermiculite or a mixture of perlite and sphagnum peat moss.
 - Insert the cuttings into the growing medium far enough to stand on their own.
 - Water the container after all the cuttings are inserted.
 - Allow the medium to drain



for a few minutes, then place a clear plastic bag or dome over the cuttings to prevent the plant foliage from wilting.

- Place the cuttings in bright, indirect light.
 - They should root in six to eight weeks. When the cuttings have good root systems, remove them from the rooting medium and plant each rooted cutting in its own pot. Place the potted plants in a sunny window or under artificial lighting until spring.
- Overwinter as potted plants**
- Dig up each plant you want to save, making sure to get most of the root ball, and place in a large pot.
 - Water thoroughly, then place the plants in a sunny window or under artificial lighting.
 - Water plants about every two weeks.

Geraniums prefer daytime temperatures of 60 to 65 degrees F and slightly cooler nighttime temperatures. They are likely to become tall and lanky by late winter. Prune your potted geraniums in March, removing one-half to two-thirds of each plant. They will begin to grow again within a few days and should develop into attractive plants by May.

- Overwinter as bare-root plants**
- Carefully dig up the geraniums before the first fall frost.
 - Remove all of the soil from the plant's roots.
 - Place one or two plants in a large paper sack and store in a cool (45- to 50-degree F), dry location. Or hang the plants upside down in a cool, dry location. The foliage and the shoot tips will eventually die.
 - In March, remove all shriveled, dead material and prune back to firm, green, live stem tissue. After pruning, pot the plants and water thoroughly. Place the potted geraniums in a sunny window or under artificial lighting.
- Geraniums that are pruned and potted in March should develop into attractive plants that can be planted outdoors after the last frost.

Letter to the Editor..

Continued from page 2

to Deep State operatives to take down a sitting President through the use of a rouge Special Counsel. Failing that they turned to impeachment because Trump asked Ukraine to investigate corruption involving Americans in their country. This after Biden bragged about getting the man fired who was investigating criminal activity in Ukraine involving his degenerate crackhead son.

Or how about the Biden regime weaponizing the government to go after political opponents and destroy any opposition. It's now perfectly obvious that the primary role of the FBI and the DOJ is to interfere in domestic politics in favor of the Democrat Party. They do so regularly and without repercussions. While

ignoring the bombings and vandalism at pro-life pregnancy centers they are staging SWAT raids on pro-life activists and anyone with "America First" beliefs and attacking citizens who have the audacity to speak up at school board meetings. FBI whistleblowers have disclosed the corruption and bias of Wray and the rest of the FBI, but that also extends to the rest of Tipoca Joe's regime.

Gunvalson is worried about a civil war. We are already in a civil war between those sympathetic to totalitarian top-down social engineering, and those who favor freedom, basic human rights, and who just want to be left alone.

When the rule of law is determined by your political be-

liefs the Constitution is dead. This is where we are now and it will only become worse as the totalitarians believe they are invincible. We had a man in North Dakota run over by a Democrat simply because he was a Republican. His excuse was using Biden's lie that the man he murdered was an "extreme Republican."

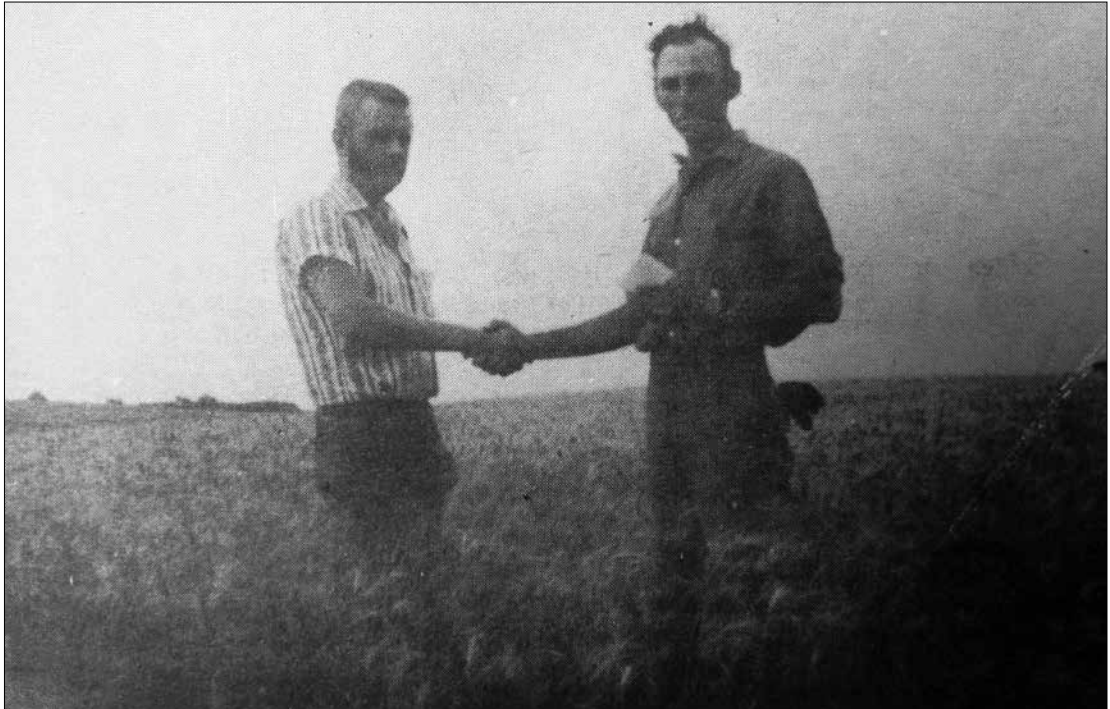
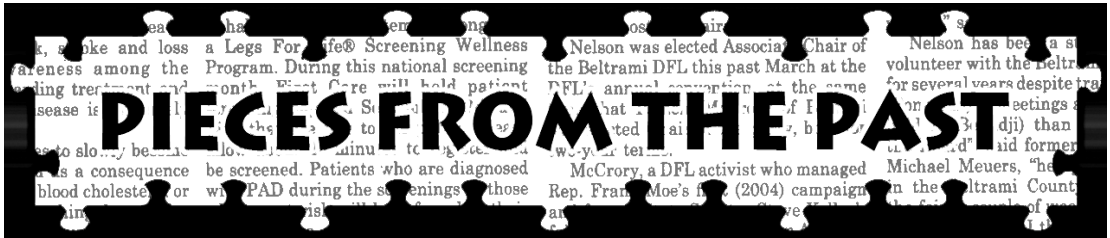
Nobody with an ounce of common sense wants to see a real civil conflict. But those who are cheering this dual application of the law should remember Newton's Third Law applies to politics. For every action there is an equal and opposite reaction. This will not end well.

Sincerely,
David Ward
Erskine, MN



10 years ago...2012: A family affair as Jason and Holly Breckel, along with their kids, Joe and Ruby, sold pumpkins, squash, watermelons and more during Craft and Market Day in McIntosh. Pictured with the family are Katie and Clara Roed enjoying the nice weather on Saturday afternoon.

Pictured right: 20 years ago...2002: Their tiny stitches hardly show as these nimble fingered ladies prepare a full size quilt in the pastel tulip pattern. The quilt was ready for demonstration at the McIntosh Market and Craft Day event on September 14th, and a drawing will be held for the quilt by the Our Saviors WELCA on October 8th. (Seated, l-r) Ellen Burslie, Adella Thompson, Evelyn Sonsteli, and Jane Olson (Back, l-r) Ruth Bartz and Ruby Heideman.



50 years ago...1972: Orton Stardig, Winger, accepts a check from Duane Munter, Fosston, as first place winner in the East Polk Crop Improvement Association, Clean Farm Contest. The Fosston Co-op Seed Plant sponsored the award this year.



40 years ago...1982: The 1982 Scot's Royal Homecoming Court: (bottom) Sophomores, Jim Merrick and Beth Hagen; Juniors, Stacy Vasend and Gerry Syverson; Freshmen, Kim Carver and Wes Leier. On Stage, (l-r) Ron Bauer, Dan Syverson, Shelly Lucken, Sue Oseth, Jason Carlson, Queen Gracia Ose, King Steve Olson, Heather Benbo, Jeannie Vesledahl and Phil Carlson.



30 years ago...1992: The 4-H Consumer Decisions - Making Team did well at the State 4-H Contest placing 4th out of 15 county teams participating in the contest. Team members are: (l-r) Cameo Boucher, Amanda Langemo, Shelia Carlson, Cathy Votava, and coach Donna Rae Carlson. Shelia Carlson won the 10th place high point individual in the contest.



Reducing food waste

By: Mary Schroeder, Extension educator in health and nutrition

Would you like to save money on your food bill? Protect natural resources? Improve access to food? You can help meet all three goals by reducing food waste in your home.

Food waste is a big problem. Did you know that 90 billion pounds of edible food goes uneaten each year in the United States? That's the weight of 123 Empire State Buildings! And experts say this costs most people about \$370 a year.

The amount of food waste is a growing concern. Wasted food items make up the single largest component going to landfills, but many foods tossed out are still safe to eat. Wholesome foods are tossed into landfills instead of feeding people in need. What's more, producing, processing, transporting, preparing, storing, and disposing of discarded food uses resources such as land, water, labor, and energy that could go to other purposes.

Fortunately, organizations are making system changes to reduce food waste. But there are things you can do to cut food waste at home, too.

Plan and save food (and money)
Plan a weekly menu and make a grocery list with the ingredients you'll need. Begin by looking in your refrigerator. Are there any foods or leftovers

that your family should eat before they spoil? Put recipes on your weekly menu that feature your leftover foods. You'll avoid throwing out those leftovers — and get the most for what you paid for them.

Be a smart shopper
Next you will want to make a shopping list. Look through grocery ads to find which foods are on sale. Now that you've developed your grocery list, stick to it so you don't buy any food you won't use. You can also be a smart shopper to prevent food waste. For example, let's say kiwi are on sale 5 for \$1.00. Your initial thought is to buy 5. But then you notice the kiwi are already ripe and you remember you have other fresh fruit in your refrigerator that your family needs to eat this week. You choose to buy 2 kiwi rather than 5 — and throwing out 3 because they spoiled before you could eat them.

Understand food product dating
The dates on food packages can be confusing. Here are two key things to know:

- A "sell-by" date tells the store how long to display the product for sale. You should buy the product before the date expires,
- A "best if used by (or before)" date is recommended for best flavor or quality.

Many people throw out products after the "best if used by" date expires, think-

ing they're not safe to eat any more. But that isn't necessarily so. Assuming you have stored foods properly and the "use by" date occurred a relatively short time ago, you can still eat those foods. Learn more about food product dating and safe storage of foods in the USDA Food Safety and Inspection Service's Food Product Dating fact sheet.

Get organized
Foods are less likely to go bad when you eat older items first. Keep your pantry and refrigerator clean and organized, with older items in front and newer ones in back. Label leftovers with content and dates so they can be used within the next few days.

Give leftovers new life
Give new life to leftover foods that are no longer at peak quality by using them in recipes that hide their problems. For example, add raw slightly limp broccoli to a salad, or blend overripe fruit into a low-fat smoothie. Also remember to freeze fresh fruits you don't consume right away so they don't lose their luster in the first place.

Try composting
Instead of throwing out food scraps, create a compost bin. Don't have a yard? Your city may help you find composting or recycling options that are right for you.
Make it a goal to reduce food waste.

Healthy snacks for trick-or-treaters

Halloween is a festive day for children and adults alike. However, the abundance of candy and chocolate offered on and around Halloween can compromise diets designed to keep people healthy.

According to the Centers for Disease Control and Prevention, obesity prevalence in the United States was 20.7 percent among children between the ages of six and 11 and 22.2 percent among 12- to 19-year-olds from 2017 to 2020. That's a significant concern for parents, even during a time of year when candy and other sugary foods take center stage.

Everyone can do their part to keep kids on a healthy track this Halloween by offering more nutritious fare to trick-or-treaters.

While homemade treats used to reign supreme, concerns about contamination and/or food allergies have convinced most people to offer pre-packaged items. Here are some ideas.

- Fruit juice boxes that are 100 percent juice
- Sugar-free gum
- Fruit cups with fruit juice rather than light or heavy syr-



- ups
- Packaged sliced apples
 - Bags of air-popped popcorn (light or free of butter)
 - Bags of baked chips or pretzels
 - Whole grain granola bars or trail mixes
 - Boxes of raisins or dried cranberries
 - Snack packs featuring crackers or sliced vegetables and dips, like hummus
- Non-food giveaways can make trick-or-treaters smile as well. Individuals can find options that fit their budgets. Stores or online retailers that sell party favors or trinkets or stores with wholesale or bulk

- options may provide the best bang for your buck.
- Stickers
 - Pencils (including scented varieties)
 - Marker sets
 - Bouncy balls
 - Fidget toys
 - Spooky accessories, like vampire teeth or spider rings
 - Silly string cans
 - Modeling clay, play doughs or kinetic sands
- Halloween doesn't have to be bogged down by extra sugar and unhealthy options. While those treats can be eaten in moderation, trick-or-treaters can enjoy a variety of nutritious fare as well.



The top 3 winners in the pie eating contest during McIntosh Harvest Festival. First place went to Brad Sander (left), second place to Bryce Stordahl (right), and third place to Brady Langemo (center).



Heather Cran was one of the many vendors who took part in the Harvest Festival Vendor Fair held each year in the Fire Hall. She had many nice ways to scent your home.



Art displayed at the Fosston Public Library as part of the NW MN Arts Council annual Traveling Art Exhibit.

Traveling art exhibit tours NW MN visits Fosston Public Library

The Northwest Minnesota Arts Council (NWMAC) sponsors an annual Traveling Art Exhibit, which visits northwest Minnesota communities throughout the year.

The exhibit includes 17 original pieces of art by regional adult and student artists, chosen from works submitted for our annual juried exhibit. The exhibit is currently at the Greenbush Public Library until November 22.

Please stop by to see these works of art. Some of these pieces of art are for sale.

The 2022-2023 Artists and Artwork:

- Ross Hier, Crookston, "Wood Splitter's Alarm Clock" (Watercolor Painting) (Merit)
- Elizabeth Kitchell-Rockstad, Ada, "Cornflower Bee" (Mosaic)

- Heidi Danos, Fosston, "Hot Pink Sadness" (Mixed Media)
- Stephanie Olson, Thief River Falls, "Monday's Cat" (Painting)
- Alicia Spilde, Karlstad, "Leaving" (Mixed Media)
- Cindy Kolling, Gully, "Prairie Smoke" (Mixed Media/Other)
- Jodi Peterson, Ada, "Cardinal" (Mosaic)
- Kate Hammer, Roseau, "Abandoned" (Sculpture)
- Nick Reitzel, Karlstad, "Across the Purple Sky" (Painting) (Merit)
- Paulette Christianson, Badger, "Under the Orange Moon" (Pastel Drawing) (Merit)
- Mason Owens, Crookston, "Peace is in the Roughness" (Wood Sculpture) (student) (Merit)

- Kinsley Oslund, Grygla, "Crush" (Sculpture) (student)
- Emily Balboa, Crookston, "Timeless Beauty" (Painting) (student)
- Autumn Ruikka, Thief River Falls, "Bull Stamp" (Printmaking) (student)
- Charlie Nehrus, Ada, "Jelly Fish" (Pen and Ink) (student)
- Lakylie Brobst, Grygla, "Hayes Lake Skies" (Photography) (student) (Merit)
- Paige Sturre, Thief River Falls, "Escaping the Bland" (Mixed Media/Watercolor) (student)

For more information about the Traveling Exhibit or our other exhibits look to our website at www.NWArtsCouncil.org, call our office at (218)-745-8886 or contact Trey at treyeverettcreates@gmail.com or NWArtsCouncil@gmail.com.



Above and Below: Many works of art from local and regional artists is on display at the Fosston Public Library through November 22nd.



Each year McIntosh Harvest Festival is a great place to shop local artists and vendors for yourself or to get an early jump on your Christmas list. Here, Lana Bauer takes a look at all the offering that Dara Dyrdal has to offer along with the help of her mom, Laura Evans.