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McIntosh, Minnesota



Longing for some ice fishing? Northern Spiked Darkhouse Spearing will host the 3rd Annual Spears, Beers and Decoy show at the Lean To Tavern in Bejou this Saturday from 9:00 am to 3:00 pm.



Tony Roed of Stoney's Custom Designs, a contestant on The History Channel's "Forged in Fire," a knife-making reality show competition, will be an artist featured at this weekends Spears, Beers and Decoy Show in Bejou, Minnesota. Tony is a talented metal work artist and leather designer who enjoys creating a functional work of art that can be passed down for generations. He is recognized not only on the national stage but as a global metal artist.



Stoney's Custom Design designer, Tony Roed will have custom made filet knives along with many other custom pieces available for sale during the 3rd Annual Spears, Beers and Decoy show taking place at the Lean To Tavern in Bejou on Saturday, November 19th.

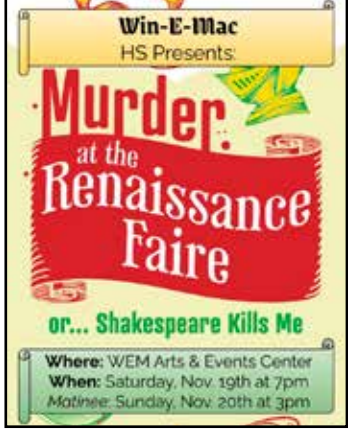
WEM presents Murder at the Renaissance Faire this weekend with 2 shows

The Win-E-Mac High School presents Murder at the Renaissance Faire, or, Shakespeare Kills Me this weekend at the Win-E-Mac Arts & Events Center. There will be two performances, Saturday, November 19th at 7:00 pm and a matinee on Sunday, November 20th at 3:00 pm.

Stiff competition from nearby Medieval World threatens to drive the annual Renaissance Faire out of business. Attendance is plunging, especially at the traditional Shakespeare production. Who wants to spend three hours on a wooden bench watching a play they don't understand?

To survive, the faire needs a new vibe that appeals to younger audiences.

Enter a new director and her plan to stage a program called "Great Death Scenes from Shakespeare." It seems like a killer idea, until the famous Shakespearean actor



playing Romeo goes missing, and he is replaced by a brash, young actor of questionable talent.

As a major storm approaches, the missing actor is found murdered most foul. Someone, it seems, believes the pen is not as mighty as the sword. "Great Death Scenes from Shakespeare" is about to get real.

Very real.

Spears, Beers and Decoy show this Saturday at Lean To Tavern in Bejou

Are you dreaming of getting out onto the ice for a little fishing? Are you looking for a new and fun winter hobby? Do you appreciate the art and creativity of classic, made by hand sporting goods that stand the test of time and become family heirlooms?

Then you need to make plans to attend the Annual Spears, Beers and Decoy show held this Saturday, November 19th at the Lean To Tavern on Main Street in Bejou, Minnesota.

The vendor show will start at 9:00 am and continue until 3:00 pm. There will be a live auction with auctioneer Jordan Gunufson starting at 3:30 pm.

This year brings new and returning vendor artisan's to the biggest show yet. The vendors at this year's show will include: Icesaw, LLC, Northern Spiked Darkhouse Spearing, Nephew Teasers, Tradewell Decoys, Tempt-Lure, Rick Wirth, Belle River Spear, Co., Hjelle Arc Custom Spears, Whittier Decoy's, PTP Chapter, Wes Lofstrom, Smart Teaser, Minnesota Darkhouse Spearing Association, Dennis Bertram, Finn's Spins, JW Allrich Custom Designs, Virgil Prestby, Panfish Pirate, Brad Lange, Randy Lofstrom, Northern Crack Spearing Teasers, and Stoney's Custom Designs.

There will also me a concession stand.

Minnesota Darkhouse &



Icesaw.com will be featured at this weekend's Spears, Beers and Decoy show.

Angling Association will also be at the show selling apparel.

Minnesota Darkhouse Pine to Prairie Chapter will be on hand to renew memberships or to sign up new members. They are also a major contributor to the live auction that will take place at 4:00 pm.

The event is presented by Northern Spiked Darkhouse Spearing, whose partners, Trent Oftedahl, Jered Gunufson and Jordan Gunufson have a passion for the sport of darkhouse spearing and will bring that passion to this fun-filled day.

There will be raffles and a lot of fun activities taking place throughout the show.

Again, the show is this Saturday, November 20th at the Lean To Tavern in Bejou, Minnesota from 9:00 am to 3:00 pm with many other activities to follow.

Start a family tradition by cutting your own tree this year in Chippewa National Forest

Christmas tree cutting on the Chippewa National Forest has been a holiday tradition for many years.

Many families begin their holiday season by cutting their own Christmas tree from the national forests.

All you need is a \$5.00 permit, sharp axe, thermos of cocoa and a little patience. Away from the holiday rush, families discover the peace of the forest surrounded by winter white. Christmas Tree Permits can now be purchased at <https://www.recreation.gov/tree-permits/>.

Please be sure to read and agree to all the tips and guidelines when selecting your tree.

Selecting Your Tree

- Each forest has limitations on the size of the tree you can cut and the species of trees that are permitted. See below to help you measure and choose a tree that meets your permit's guidelines.
- Take the whole tree. Do not remove the top of the tree; cut down the entire tree
- If snow is on the ground, remove it from around the stump so you can accurately measure the stump and tree height.
- Some of the more common local conifer species often used for Christmas trees: Red Pine, Balsam Fir, Black and White Spruce.

How to Plan Your Trip

- Before you leave home, be sure to measure the space where you plan to place the tree in your home (height and width), and measure the space in your vehicle where you will be transporting the tree.
- You must print and bring your Christmas Tree Permit with you.
- Cell service may be spotty or unavailable. Be sure someone knows where you are and when to expect you back.
- Check the latest weather conditions, forest warnings and road closures before you



leave on your trip.

- Bring a map with you. Don't rely on GPS because it may not be up-to-date with forest service roads.
- Dress warmly and take extra dry clothes. Expect winter weather, including cold temperatures, snow and winds.
- Roads may not be plowed. Carry tire chains, shovel(s) and a tow chain. Be sure your vehicle has a full tank of gas. Bring a spare key and give it to someone else in your party. Don't get locked out of your car! Park in areas so that traffic can get by safely, and do not block gates.
- We don't recommend bringing your pets but, if you do, they must be on a leash.
- Bring plenty of food and water with you as well as an overnight survival kit in case you become stranded. Start your day early. Be sure to find your tree and leave the woods before dark.

Helpful Cutting Tips

- Carry your tree carefully out of the woods. Dragging the tree will rub off needles and bark.
- If the tree is too big to transport inside of your ve-

hicle, wrap it in canvas to prevent wind damage.

- Once home, cut the bottom of the trunk off and place the freshly cut trunk in a bucket of water. Replenish water.
- If storing your tree outside for a few days before putting it in the house, keep it in an area protected from the wind, such as the north or east side of your house or under a shaded tree.
- Tools you might want to consider bringing with you include a measuring tape to ensure you select a tree that fits in your home; handsaw to cut your tree; gloves to protect your hands; boots to protect your feet; a tarp to sit on and/or to move your tree once it's cut; and rope or straps to secure your tree to your vehicle.
- Choose a tree from a dense forested area, which will give the remaining trees more space to grow.
- Cut the leftover branches from the stump and scatter them

Safety Information

- Always let someone know where you plan to cut.
- Bring additional warm clothing, a container of hot liquid, water, lunch or a few

snacks as it always takes longer than expected.

- Carry a flashlight, chains, first aid kit, a hatchet or axe, good warm gloves, boots, and rope to tie your tree down.
- When you bring your tree home, immediately cut a 1 inch diagonal piece off the bottom. Place your tree in a container with a mixture of one part sugar to sixteen parts water. Keeping the container filled will help prolong the freshness of your tree.
- Locate your tree so it will not block exits, away from heat.
- Never use lighted candles on a tree or near any evergreen decorations. Use decorations which are noncombustible, such as glass, or which are flame-retardant. Keep natural evergreens and polystyrene decorations away from candles, fireplaces, and other open flames.

Lifelong memories are built during the holidays and we are happy to help with any information you'll need to make your tree cutting trip a safe and enjoyable one.

Visit www.recreation.gov/tree-permits.

Quit Tobacco with Support from RiverView's Tobacco Treatment Specialist

Did you know the American Cancer Society is sponsoring the Great American Smokeout on Nov. 17? The annual event challenges smokers to give up cigarettes for 24 hours. If you or a loved one smokes cigarettes, consider joining the movement, and take the first step toward quitting cigarettes forever.

Not sure how to start quitting? Let RiverView Tobacco Treatment Specialist Stephanie Korynta help. Korynta is a respiratory therapist who was recently trained and certified by the Mayo Clinic to provide support, education, and treatment options to help individuals quit tobacco use. She supports those interested in quitting tobacco, whether it be smokeless tobacco, cigarettes/cigars, or vaping.

Though smoking rates have dropped, almost 38 million Americans still smoke tobacco. About half of all smokers will encounter smoking-related deaths.

According to the Centers for Disease Control and Prevention, smoking causes 1 out of 5 deaths in the US alone. Cigarette smoking remains the leading cause of preventable disease, disability, and death in the US.

RiverView's Tobacco Cessation Program consists of one-on-one counseling with Korynta to set goals, determine why the patient wants to quit smoking, and determine ways to accomplish those goals.

Through the program, patients receive a kit to help with cravings and to teach calming techniques to help with the anxiety that can come with quitting. Follow-up sessions are provided as well. River-



Stephanie Korynta explains how RiverView's tobacco cessation program works.

View offers a non-judgmental, pressure-free environment to assist in your journey to a tobacco-free life.

"Quitting a habit can be very hard, especially one we may have had for quite some time," Korynta shared. "I grew up watching my parents try to quit smoking many times - sometimes successfully and others not.

"In many cases, tobacco is a source of calm and comfort for people, and they are told every day, either outright or through media, that they should give this up. It is highly addictive and can be very hard to do alone."

Fortunately, Korynta said many options and techniques are available to help those who want to quit.

"Don't feel like you have to do it alone," she said, sharing her desire to help others. "Helping people achieve their goals, extend their lives, and do something they may have never thought they could is very rewarding...Even if you

have tried in the past and been unsuccessful, you can do it, and we are here to help!"

During an individual session with Korynta, the patient will learn about the following:

- The science behind tobacco addiction
- Nicotine withdrawal symptoms
- Effective treatments for tobacco use
- Causes and consequences of tobacco use
- Individualized treatment plans
- Medication use
- Cognitive - behavioral strategies

Most insurances cover tobacco cessation but check with your insurance provider to confirm coverage.

Whether you have tried quitting multiple times or are unsure if you are ready to quit, talk to your primary care provider about a referral or call RiverView's Rehab Services Department at 281.9463 for more information.

★★★★★★★

I am humbled and grateful for the support I received during this election. I am honored to be able to continue my work as your Polk County District 4 County Commissioner.

Thank you everyone.

Joan Lee

A Scottish Christmas

The Eighth Annual Holiday Dinner, sponsored by the East Polk Heritage Center, will be held on Saturday, December 3, 2022. This year's festive event will feature traditional Scottish Christmas Cuisine.

Held at the Larson House on the Heritage Center grounds in Fosston, guests are seated in beautifully decorated rooms and served a four-course meal paired with wine. The menu for this year's dinner includes a Scottish Cheeseboard featuring imported cheese and traditional Scottish crackers and chutney, "Cock-a-Leekie" Soup - the national soup of Scotland, Roast turkey, "Rumble-

dethumps" (a Scottish potato, turnip, cabbage and cheese dish), and Honey and Star Anise roasted carrots. The meal ends with traditional Christmas pudding served with Brandy sauce.

Tickets are \$49 each with proceeds benefitting EPHC programming. Seating is very limited and reservations are required. You can reserve a space at the 5:00 or 7:00 PM seating at www.eastpolkheritage.org. You can also email EPHC at eastpolkheritagecenter@gmail.com. Enjoy a joyful start to the Christmas season by attending this one of a kind event. Nollaig Chridheil!

Friends of McIntosh Veteran's News

This is the time of the year that the Friends of McIntosh Veterans and the community need to get Christmas cards ready to send to the Friends of our Troops in New Madrid, MO.

The rules are the same as every other year. 1. Don't seal the envelope; 2. You can sign the card and write something in it; 3. Put your name and address on the back of each card and in the upper left hand corner of the envelope.

All cards need to be given to Arlene Eggers, Mary Goodwin or Garnet Aanenson and they will get them ready to send to New Madrid.

No information was received this year from the Friends of our Troops but the rules are the same for 2022.

All of the cards need to be sent to Friends of Our Troops by November 20th. So will everyone get the cards to the people listed above by November 17th?

LOOK WHO'S TURNING 70!



Everyone is welcome to stop in and have cake and coffee in celebration of **DAN'S 70TH BIRTHDAY** Wednesday, Nov. 30th from 10am-5pm at Dan's Standard

Community Club updates

It's almost the end of the year, which means the McIntosh Community Club will be working on our community birthday calendar. If you have additions to your family, or want to add a new neighbor or friends please let us know. You may either email us at mcintoshcommunityclub@gmail.com or stop by First National Bank with additions or changes. We look forward to hearing from you with any new changes



Wed. Nov. 16: Sheena Burslie, Bret Schulz

Thurs. Nov. 17: April Plante, Kraig Kundert, Olivia Simonson

Fri. Nov. 18: Jim Wertish, *David & Veronica Rolf

Sat. Nov. 19: Dan Schow, Hunter Smeby

Sun. Nov. 20: Ruth Mandt, Jill Lende, Joseph Lee, Layla Norton

Tues. Nov. 22: Ron Lemer, Miranda Plante, Jill Hewitt, Grace Roed, Suzanne Shear, Danelle Schommer

McINTOSH Times

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"Serving the Win-E-Mac area"

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LSS Meals Menu 687-2262

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

Mon. Nov. 21: Tuna Noodle Hotdish - Mixed Vegetables - Applesauce - Lemon Bars - Milk

Tues. Nov. 22: *Bingo* BBQ Pork on Bun - Coleslaw - Baked Beans - Fruit Crisp - Milk

Wed. Nov. 23: Swedish Meatballs - Mashed Potatoes & Gravy - Mixed Vegetables - Wheat Rolls - Fruit - Milk

Thur. Nov. 24: Closed
Fri. Nov. 25: Closed



CHURCH DIRECTORY

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

Wed. Nov. 16: 11:30am Mass at St. Mary's, Fosston
Fri. Nov. 18: 8:30am Mass at St. Mary's, Fosston
Sun. Nov. 20: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Nov. 23: 11:30am Mass at St. Mary's, Fosston
Thurs. Nov. 24: Thanksgiving Mass - 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. Nov. 27: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Nov. 30: 11:30am Mass at St. Mary's, Fosston
Fri. Dec. 2: 8:30am First Friday Mass at St. Mary's, Fosston

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Interim Pastor Keith Zeh
Synodical Authorized Minister Katie DeMarais

Sun. Nov. 20: 10:00am Coffee Hour; 10:30am Worship Services

Sun. Nov. 27: 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, Nov. 20: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com); 7:00 p.m. Luther League with the Fraser Family (see article elsewhere in the paper)
Tues. Nov. 22: 10:00am Sunday worship service telecast on GVTN-30

Wed. Nov. 23: 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
Pastor Lee Laaveg

Sun. Nov. 20: 9:00am Worship
Sun. Nov. 27: 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

Veteran's in NW MN

In addition to the extraordinary value of each veteran's service to our nation, they continue to make significant contributions to Minnesota's economy and communities as well. Northwest Minnesota is fortunate to have an above average share of veterans in our region. According to the 2020 American Community Survey, Northwest Minnesota is home to an estimated 38,000 veterans, approaching 9% of the region's adult population, compared to 6.8% statewide. Cass and Hubbard Counties have over 11% veterans, among the highest of the 87 counties in the state, while Becker, Clearwater, and Crow Wing are all over 10%.

The U.S. Census Bureau American Community Survey provides estimates from five years of survey data of the number of veterans and non-veterans aged 18 to 64 in the labor force, that is, either working or actively seeking work.

Similar to the state, veteran labor force participation in the Northwest region is slightly lower than for non-veterans.

This Pumpkin Poke Cake is your new favorite holiday staple

Maybe it's the super moist pumpkin cake layer that almost tastes like a pumpkin pie. But butter.

Or maybe it's the creamy layer of Cool Whip that smothers the top of the cake and seeps down into the holes where the sweetened condensed milk has already soaked through.

Possibly it's the bits of crushed Heath bars to top it all off, tying it all together and creating the most epic tasting pumpkin cake you've ever eaten.

Pumpkin

Toffee Poke Cake
15 ounces pumpkin puree (NOT pumpkin pie filling)

1 yellow cake mix (just the dry mix)

1/2 cup milk (I eyeball this and fill the pumpkin can halfway)

1 tsp pumpkin pie spice

1 tsp vanilla

1 jar Smuckers sundae delight caramel sauce

16 ounces Cool Whip

1 cup (or more) chopped Heath Bits

While many factors can contribute to this, the larger share of veterans with a disability is a foremost reason. An estimated 33.6% of Northwest Minnesota veterans aged 18 to 64 have a disability, compared to 14.5% of non-veterans. The labor force participation rate (LFPR, which is labor force as a share of the population) is significantly lower for the population of individuals with a disability.

In Northwest Minnesota, the LFPR of the population aged 20 to 64 with a disability is 50%, compared to 82% for the total Northwest Minnesota population aged 20 to 64. The fact that veterans have just 3.4 percentage points lower LFPR, 78.0% compared to 81.4% for non-veterans, while more than double the share with a disability is remarkable. Also, while the LFPR in Minnesota is higher for both veterans and non-veterans, it is also notable that an estimated 28.6% of veterans statewide have a disability compared to the 33.6% in the Northwest Region.

Veterans return from service with a vast array of unique

Preheat oven to 350°F.

Mix together the cake mix, pumpkin puree, milk, pumpkin pie spice, and vanilla until batter forms.

Pour the batter into a well greased 9x13 baking dish and bake for 30 minutes or until a toothpick inserted comes out clean.

Allow the cake to cool for about 10 minutes before poking holes throughout the cake using the handle of a wooden spoon. Pour the caramel sauce over the cake, aiming to fill the holes.

Let cool for about another 30 minutes or so (just until it's cool enough that the Cool Whip topping wouldn't melt on top).

Spread Cool Whip over the top and add the Heath bits on top as well. Cover and chill for 3-4 hours or overnight before serving.

Notes DO NOT mix together the pumpkin, cake mix, and the other ingredients on the back of the cake mix box!!!! ONLY mix the cake mix and the pumpkin puree.

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MN Farmers Union Foundation
participates in Give to the Max Day

Minnesota Farmers Union Foundation is proud to participate in the 14th annual Give to the Max Day on Thursday, Nov. 17. Give to the Max is a statewide giving event that raises millions each year for more than 6,000 causes across Minnesota and beyond. Considered Minnesota's holiday for generosity, donors have given more than \$255 million since the inaugural Give to the Max Day in 2009.

This is the first year Minnesota Farmers Union Foundation is participating in Give to the Max Day.

The Minnesota Farmers Union Foundation (MFUF), a non-profit 501(c)3 organization, was established in 1958 to advance the educational mission of Minnesota Farmers Union. It supports summer camps for youth ages 8 to 18, FFA and 4-H member endeavors, the Minnesota Cooks program, an antitrust legal fellowship, member education and programming about climate change and renewable energy, and research aimed at addressing the bottleneck in local meat processing.

"The farmers who started Minnesota Farmers Union were strong believers in education and that's why they started the Foundation in 1958. They wanted to teach people about farming and cooperatives," said MFUF President Gary Wertish. "Throughout the last 64 years, the Foundation has continued to educate people about farming and cooperatives through annual summer camps and has also expanded into informing people about local foods through the Minnesota Cooks program. The Foundation has also expanded into other areas as

needs have arisen, honoring the founders' mission of ongoing education."

"Last year was the biggest Give to the Max Day yet, as donors came together to give \$34 million to nearly 6,500 nonprofits and schools across Minnesota," said Jake Blumberg, executive director of GiveMN, the nonprofit which hosts Give to the Max. "Minnesotans have shown their generosity during the last two tough years, and like all of us, organizations are feeling the effects of global inflation as they work to improve the lives of our neighbors. We ask donors to be as generous as they can again this year."

To participate in Give to the Max, donors may visit GiveMN.org and search for the causes they care about most by name, keyword, ZIP code, and more. To follow along with

Give to the Max and make a gift to your favorite cause, visit GiveMN.org, and use #GTMD22 to join in the conversation online.

About GiveMN

GiveMN is an independent nonprofit organization working to ignite generosity and grow giving through GiveMN.org, Minnesota's giving marketplace, and RaiseMN, a fundraising coaching and training program. Since 2009, nearly 750,000 donors have made gifts with ease and enthusiasm through GiveMN.org to make a difference for causes in their communities. Through this online marketplace for generosity and giving events like the annual Give to the Max Day, GiveMN has helped to generate more than \$300 million for more than 14,000 nonprofits in its first thirteen years.

Online applications
now open for MN 2023
Industrial Hemp Program

Growers and processors must apply for a state license St. Paul, MN: Online applications are now open for anyone wishing to grow or process hemp in Minnesota in 2023. A license from the Minnesota Department of Agriculture (MDA) is required for individuals and businesses.

Applications must be submitted by April 30, 2023, and a license is good for the 2023 calendar year.

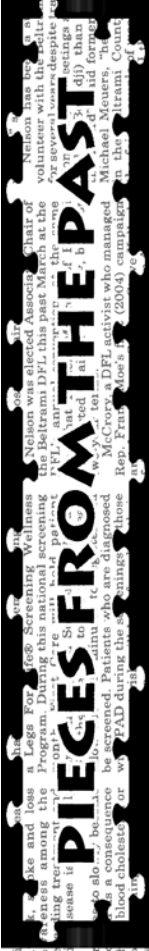
The application can be found on the MDA website at www.mda.state.mn.us/industrialhemp. Along with the online form, first-time applicants need to submit fingerprints and pass a criminal background check.

Growers and processors need to be aware of the following for 2023:

Growers are required to complete a Farm Service Agency (FSA) 578 form for all hemp varieties and locations planted. This must be submitted no more than days 10 after planting to the county FSA office (or offices) where the hemp is grown. If a grower fails to submit this data to FSA in the required time, the MDA will not be allowed to sample and test those fields or issue a Fit for Commerce Certificate for those hemp lots.

Hemp...

Continued on page 4 ...



50 years ago...1972: Homecoming coronation for the McIntosh - Winger High School was held Friday evening. The biggest moment of the evening was the crowning of Nola Johnson the 1972 Homecoming Queen. Here she is with her escort Tom Vesledahl.



30 years ago...1992: Dixie Holen of McIntosh has been selected as one of eight teachers in the United States to be honored for their contributions to the education of students with learning disabilities. She is pictured with her family: husband, Dick and children, Tracee and John.



20 years ago...2002: Courtney Maruska, a Win-E-Mac second grade student, presented a card of thanks from her class to Winger fireman, Vance Kaupang, after the students had heard about fire fighting and fire prevention from area fire departments.



10 years ago...2012: During the last school year, Mr. Nathan Johnson's Building Trades class built a ramp for Magelssen Elementary School in Fosston. Mr. Johnson's class included 11th and 12th grade students from the Fosston and Win-E-Mac School districts.

More Drama, please!

Northwest Minnesota Arts Council Gallery NCTC in Thief River Falls is open through November.

There's still time to see our exhibit -- More Drama Please! is open now through the end of November at the NWMAC Gallery at Northland Community and Technical College in Thief River Falls.

More Drama Please! features photos, costumes, playbills, advertising, historical information, props, and more from area theater groups that work with children in our NW Minnesota region. Many of the props and costumes are handmade and have been used in a variety of plays over the years.

The featured theater groups are Thief River Falls Area Community Theater, Middle River Community Theatre, and Fosston Community Theater.

NWMAC Showcase Specialist Trey Everett shared, "I love the enthusiasm of the theater directors. They are passionate about youth being involved in and experiencing the world of drama and acting. Many of the high-quality props and costumes in the exhibit are homemade and have been used throughout the years. The creativity of the directors, staff, youth, parents, costume



designers, prop engineers, artists, and photographers is evident in this wonderful exhibit."

The NWMAC Gallery is located at Northland Community and Technical College, 1101

State Highway 1, Thief River Falls, MN 56701. Gallery hours are Monday-Friday from 8:30-5 PM and at other times when events are held at the college. Enter through Door B. Visitor parking is free.



More Drama Please! Featuring items from the Thief River Falls Area Community Theater, Fosston Community Theater, and the Middle River Community Theatre.



Out on the hunt with her Uncle Terry Strom, Mya Strom gets this large doe during the 2022 Minnesota deer hunting season. Congratulations to Mya! Way to go.

Snowmobile Safety Class 2022

Lengby Fosston KnightRiders and Polar Beach Snowmobile Clubs will have two training options this year so these are separate classes.

Class option #1 - Tradition classroom training with field day.

Saturday December 10th Classroom training at the McIntosh Community Center from 8:00-4:30. Arrive early to complete registration forms.

Saturday December 17th Driving course /field at the Polar Beach Snowmobile Clubhouse in McIntosh 9:00-Noon. Bring helmet and riding gear.

Or
Class Option #2 - Online



training with in person field day. Prior to field day complete online training and print voucher / certificate from website.

Saturday December 17th In person review and field day / driving course 9:00-1:00. Ar-

rive early to complete registration forms. Bring helmet and riding gear.

Students must be 11 years of age prior to start of the class. Contacts: Josh Bartz (218)280-3562 or Paul Nelson (218)280-0133.

What is Movember?

If you think you're seeing more moustaches lingering over mens' upper lips as November unfolds, chances are your eyes are not deceiving you. November has long been synonymous with Thanksgiving and the start of the holiday season, but it's also taken on a whole new persona in recent years, and moustaches are a significant part of that new identity.

Arguably as popular as ever, Movember® is a public health-focused effort designed to raise awareness of and support research into men's health issues such as prostate cancer, testicular cancer and suicide. Men who participate in Movember typically begin growing moustaches on November 1 and keep them throughout the month.

The origins of Movember can be traced to 2003, when two men in Australia, Travis Garone and Luke Slattery, met for a beer in Melbourne. At that point in time, the popularity of moustaches had waned, but Garone and Slattery joked about restoring the stache to its once-lofty status. At the time, a friend's mother was fundraising for breast cancer, and Garone and Slattery were inspired to combine their efforts to bring back the moustache with efforts to raise awareness about men's health and prostate cancer.

In a testament to the two friends' skills in the art of persuasion, they were able to find 30 men willing to take up the challenge to grow a moustache. Those who accepted the challenge agreed to follow the rules of Movember, which included paying \$10 to grow a moustache.

That initial campaign generated significant enthusiasm among the initial participants, so the following year a decision



was made to formalize their efforts and officially support a worthy cause related to men's health.

After some research, prostate cancer was chosen as the issue to formally support. The Prostate Cancer Foundation of Australia, though not an official men's health partner of Movember, agreed to accept

Hemp...

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Growers are responsible for submitting the following reports to the MDA:

Planting Report: This must be submitted to the MDA no more than 10 days after reporting the lots by variety to FSA, or a grower will be subjected to a penalty. A report must be submitted even if a grower decides not to plant hemp for the license period.

Harvest Report: This must be submitted to the MDA no more than 30 days and no less than five days before harvest of a hemp lot. Lots that were not harvested due to field failures or destroyed for other reasons must also be reported. Failure to submit a Harvest Report will result in a penalty.

A grower license no longer includes one regulatory sample for pre-harvest THC testing. Each official regulatory sample collected by MDA will cost \$100.

The MDA licenses processors that handle raw hemp and initially process it by extraction, decortication, devitalization, crushing or packaging, and the department will continue random inspections of processor locations.

License fees will remain the

any funds generated by the 2004 campaign.

By that time, 450 men, including some in Spain and the United Kingdom, had agreed to take part, ultimately raising more than AUD \$50,000.

Nearly 20 years later, the moustachioed movement to raise awareness about various men's health issues is still going strong, having funded more than 1,250 men's health projects since its inception.

Individuals interested in learning more about Movember can visit us.movember.com.

same. The minimum cost of a grower license is \$400. A processing license is a minimum of \$500.

While the deadline to apply or renew is April 30, 2023, those actively growing hemp plants indoors past December 31, 2022, must renew their license before expiration at the end of the year.

Questions about the MDA's Industrial Hemp Program should be sent to hemp.mda@state.mn.us or 651-201-6600.

Background
Industrial hemp and marijuana are both types of the same plant, Cannabis sativa. They differ by the concentration level of the psychoactive compound tetrahydrocannabinol (THC) within the plant. Hemp has less than 0.3% THC, and levels above that are considered marijuana.

Minnesota operated under a hemp pilot program from 2016-2020. In 2021, the program began operating under a new, federally approved state plan that governs production and regulation.

For more information, refer to Minnesota's Industrial Hemp Program licensing and acreage statistics.



Congratulations to Mark Lee, who shot this big 10-point buck north of McIntosh during the 2022 Minnesota Rifle Hunting Season.



The Win-e-Mac / Scholastic Book Fair will take place in the Win-E-Mac school library before and after school from Wednesday, November 9th through Friday, November 18th.

There will be a Pastries for Parents event on Tuesday, November 15th from 7:30 am to 8:15 am for kids and their family members to stop by the book fair and shop.

Check out the Book Fair eWallet, the convenient, cash-free payment system that is available.

A portion of the sales at the book fair benefit the Win-E-Mac school.

The Great Win-E-Mac Book Swap: There will be a book swap on Wednesday, November 16th from 6:00 to 8:00 pm. There is no fee and no sign-up is needed. Come and

bring any books you would like to pass on, contemporary or classic. Please no young children's books; we would like to keep the first swap for teenage readers and up. If it all goes well, we may do one for children's books in the future!

There will be a space for all the books to be laid out in the Commons area where you can browse through and find your next great read! The Book Swap is in the Community Ed Newsletter, but feel free to let friends and family know. Everyone is welcome!

If you have any questions, email Mandy Davis at mdavis@wemschools.org.

Josten's will be here November 10th . Sophomore Ring Meeting: Thursday, November 10th – 2:15-2:40 (ALL sophomores should attend the meeting). Senior Grad Meeting: Thursday, November 10th – 2:40-3:07.

Open Gym will begin November 6th and be open every Sunday through March 12th. There will be no open gym on Sunday, December 23rd or February 12th, due to the Super Bowl. The gym is available for basketball, volleyball, jumping rope, running games,

hula hoops, etc. Parents are encouraged to come and play with their children. The Win-E-Mac School is also available Sunday evenings for anyone interested in walking for exercise. You can walk in the gym or use the hallways. The weight room in the Events Center is also for adults to use with a yearly \$49 membership. Time is 3:00 pm to 6:00 pm.

The Community Fitness Center is open. Memberships are currently being taken in the main office. Please stop in to get a membership form or call the school to have a form mailed to you. Cost of a yearly membership is only \$40. The hours to the events center once open will be from 3:30 pm to 8:00 ma. All members will be given an access card to enter the fitness center at the hours that are convenient for you to exercise.

ECFE - Fall Fun: Every Tuesday for parents and children ages 0 - 4. The fun activities are in the pre-school room unless otherwise noted.

Report cards have been posted on studentvue and parentvue for grades 7th-12th. Elementary will follow shortly for being posted.