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McIntosh, Minnesota

Win-E-Mac School Board seats draw 5 candidates



Jim Ferden

Candidates for the Win-E-Mac School board were recently asked to address questions pertaining to themselves and the position for which they have chosen to run. Below are the answers to 6 questions asked to help Win-E-Mac community members in choosing their best candidates.

Jim Ferden

1. Name, background – present job and office you are seeking?

My name is Jim Ferden. I grew up on a family farm near McIntosh and graduated from McIntosh-Winger High School in 1980. I received a Bachelor of Science Degree in Finance from Moorhead State University in 1984. I have been a bank examiner for the FDIC for 31 ½ years. After living in Fargo, ND and Glyndon, MN for 20 years, I moved back to the area in 2006 and live on the family farm north of McIntosh with my wife Carla. We have two children, Emily and Micah. Both have graduated from Win-E-Mac High School and are currently in college. I am running for re-election to the Win-E-Mac School Board.

2. Experience and/or qualifications you feel you have for the office you seek?

I have been a member of the school board for 8 years. I served as Treasurer of the Board for the first year that I was a member, and have served as Board Chair for the last 7 years. I have been a member of the Negotiations/Personnel Committee for all 8 years. I also have served on, or currently serve on, the Board Policies/Legislative, Transportation, and Curriculum Com-



Anita Roy

mittees. In addition, I am the school Board's representative on the Region 1 Technology Cooperative Board in Moorhead, MN. I feel that my work experience and my experience as a school board member for the last 8 years has provided me with the knowledge necessary to serve as an effective member of the Board.

3. What do you see as the top challenges facing the school district? 4. What do you see as solutions to those challenges?

Sustaining a solid financial condition for the school district, while continuing a high quality education for the students of our district and upgrading our facilities to meet their current needs, continue to be top challenges for the Board. Future pre-school educational needs of our district and the funding mechanisms to facilitate those needs, as well as providing relevant educational programing for the demands of the future work force in our area will be some of the issues that also need to be addressed by the next Board. By keeping the best interests of our students first, continuing to be prudent with all of our financial resources, maintaining active communication with leaders in State government, and making well informed decisions should allow the Board to continue to provide a first rate education to our students for many years to come.

5. If future cuts become necessary, how and when would you make those cuts?

If for some reason cuts to staff or educational programs became necessary, I and the rest of the Board would



Jason Carlson

gather all of the necessary information to make informed decisions. We would seek recommendations from the Superintendent and try to make cuts that would have the least impact on the quality of education provided to our students.

6. Open for any closing comments you wish to add?

I have enjoyed working for the patrons of the District these last 8 years. I would appreciate their support to allow me to serve another 4 year term.

Anita Roy

1. Name, background – present job and office you are seeking?

My name is Anita Roy. I grew up in the McIntosh community and graduated from Win-E-Mac School in 1993. I currently live in McIntosh with my husband, Dean and our two kids, Dylan who is in 8th grade, and Kalli who is in 2nd grade at Win-E-Mac School. I currently work at Our Savior's Church in McIntosh as the Office Manager. The office I am running for is School Board member.

2. Experience and/or qualifications you feel you have for the office you seek?

I haven't had a lot of experience with School Boards, but I have served on our Church Council board for 3 years.

3. What do you see as the top challenges facing the school district?

As a parent of two kids that are in the school, I would say one of the top challenges facing the school district is to maintain the bullying policy, making sure our kids know that they come first and to main-



Sarah Strom

tain a safe school for our kids to attend. Also, another challenge that I feel is important is making sure that the school facilities and programs that are safe to support teaching and learning.

4. What do you see as solutions to those challenges?

A solution to these problems would be to make sure the line of communication remains open with everyone.

5. If future cuts become necessary, how and when would you make those cuts?

In the future, if cuts become necessary, I hope we could all work together to come up with a solution for the problem areas. That way we can try to continue on without having to compromise on the student learning.

6. Open for any closing comments you wish to add?

In closing, I would just like to say that I am very interested in seeing what the future of the Win-E-Mac School will be and where it leads us to.

Jason Carlson

1. Name, background – present job and office you are seeking? Jason Carlson. Wife-Nicki. Children-Charley (7) and Svea (5 months). I am the Chief Executive Officer at Tri-Valley Opportunity Council in Crookston. I am seeking re-election to the Win-E-Mac School Board.

2. Experience and/or qualifications you feel you have for the office you seek?

I am wrapping up a term on the school board so I have that practical experience. Many aspects of my job are related to the well-being of children and their families. I also serve on the board of the Northwest Service Coop so I have first-hand knowledge of different supports made available to area school districts by the coop.

3. What do you see as the top challenges facing the school district?

In no particular order:
a. The questions raised by the potential for more programing being made available for 4 year olds. Does the district participate? If so, at what level? How does this impact local childcare providers? If the school district offered 4 days of academic programming, would



Shannon Brekke

the district have to provide a 5th day of childcare?

b. Effectively using available data to maximize student achievement. Staff and Administration have made great strides with the Data Team in working on this problem. Test scores have generally improved and the district has recently been commended for its work with Title 1 students. With all that said, there is still much to do.

School Board... Continued on page 6...



Kid's Halloween Party in McIntosh

Sunday, October 30th from 4:00 pm to 6:00 pm at the McIntosh Community Center.

- There will be a Pumpkin Carving Contest, Costume Contest and Many Games.
- Admission is one bag of candy from each family!
- See you there!



McIntosh Senior Living will be open for Trick or Treaters from 5pm-6:30pm on Halloween.

Poplar Meadows would like to invite all the little Ghosts and Goblins to Poplar Meadows for treats and to show off your costumes to our residents! Residents will be in the dining area from 6:00 pm to 7:00 pm handing our treats.



Community Calendar

Wed. Oct. 26: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Oct. 27: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Oct. 28: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Sun. Oct. 30: Kid's Halloween Party 4:00pm to 6:00 pm @ McIntosh Community Center

Mon. Oct. 31: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tues. Nov. 1: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Community Club Meeting 7:00pm @ McIntosh Community Center

Wed. Nov. 2: McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's

Thurs. Nov. 3: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Nov. 4: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



Did you know?

Halloween may seem like a relatively modern holiday, and while it may have become modernized, Halloween traditions actually can be traced back to ancient Celtic rituals.

It's believed Halloween traces its origins to a Celtic festival for the dead known as Samhain. During the festival, people would dress up in costumes and leave treats on their front doorsteps to appease spirits that were believed to be roaming the Earth on this holiday.

Many historians also feel that trick-or-treating can be linked to the European practice of "mumming" or "guysing," in which costume-wearing individuals would go door-to-door, performing dances and plays in exchange for treats.

Carving pumpkins into jack-o'-lanterns can be traced back centuries to Ireland and a story about "Stingy Jack." The tale involves Jack outwitting the Devil twice, the second time freeing the Devil from a prank in exchange for the promise that he would not claim Jack's soul should Jack die. When Jack did die, God did not want the unsavory character in heaven, but the Devil could not claim Jack for hell. Therefore, Jack was relegated to roam the planet indefinitely with only a burning coal to light his way. Jack put that coal into a carved-out turnip. His ghostly figure was referred to as "Jack of the Lantern." Later on it was shortened to "Jack O'Lantern."

When Irish immigrants arrived in North America, turnips weren't plentiful, so jack-o'-lanterns were instead carved into pumpkins.



The City of McIntosh would like to thank Strata Corporation and Ken's Concrete and Carpentry for donating a percentage of their labor and materials for the basketball court at Roholt Park.



Last Monday evening the Win-E-Mac Patriot volleyball girls and the ECCE kids had a great time playing volleyball during Buddies night at WEM School.



Wanda and Dave Stordahl spent time visiting with the many people who came out to support Jim and Roxanne Stordahl during a benefit held on Sunday, October 16th at the McIntosh Community Center.



There were great finds in abundance during the Fall Shop Hop on Saturday, October 15th. Shops from Fosston to Fertile participated in the fun. Each of the shops offered a drawing for a gift card and lots of great deals, like here, at The Country Store in McIntosh.



Top: Volunteering with many different parts of the Stordahl benefit was Jayden Gensburger.

Above: Thanks to the help of many volunteers during the Stordahl benefit on Saturday, October 16th, the crowds that gathered for food and to bid on auction items were able to get through the lines as quickly as possible.

Right: Marvie Johnson and Clellie Kiecker made many, many taco-in-a-bag lunches for those who came out to the McIntosh Community Center on Sunday, October 16th to support Jim and Roxanne Stordahl as Jim is battling cancer.



The beautiful mums were in abundance during the Fall Shop Hop. Here, at Minnesota Rust in McIntosh, you could purchase a mum or find many other fascinating treasures on Saturday, October 15th.

HARVEST FESTIVAL at Trinity Lutheran Church
rural McIntosh

Program by:
North Country Gospel
PIE & COFFEE SERVED

Wed., October 26th
at 7:30 pm

The evening offering will help Tim & Laura Johnson with expenses due to the premature birth of their son, Andrew.

All are Welcome!



WANTED: NOMINATIONS

McIntosh Heritage and Arts Center is requesting self-nominations from members to serve on the Board of Directors. Members should submit nominations by November 4, 2016 with the Election being held on December 13, 2016. Board members will be seated during the first board meeting in January 2017. If you would like to serve on the board, but are not yet a member of McIntosh Heritage and Arts Center, contact the MHAC office. Individual memberships are \$35 a year. You can deliver nominations to the office, or email to mcintoshheritageandartscenter@gmail.com.

M31-32C

Notice to Lessor Township Residents

The General Election for Lessor Township residents will be held at Trinity Lutheran Church on November 8, 2016. The polls will be open from the hours of 10:00 am until 8:00 pm.

The purpose of the election is to elect Federal, State, County, Township, School District, and Judicial Officials.

Albert Plante, Clerk of Lessor Township

M31-32C

NOTICE OF ELECTION

NOTICE IS HEREBY GIVEN to the residents of the City of McIntosh and King Township that candidates are to be elected for offices at the upcoming Regular General Election to be held on Tuesday, November 8, 2016. Polling hours are 7:00 am to 8:00 pm at the McIntosh Community Center.

Melissa Finseth, Clerk/Treasurer City of McIntosh

M31-32C

NOTICE

STATE GENERAL ELECTION

Notice is hereby given, that the polls shall be open from 10:00 a.m. until 8:00 p.m. at the Hill River Town Hall, on Tuesday the 8th day of November, 2016 for the state and federal general election.

Given under my hand this 14th day of October, 2016.

Raymond O. Sundrud, Clerk/Treasurer of Hill River Township

M30-31C



Community Birthday and Anniversary Calendar

Wed. Oct. 26: Mary Schow, *Dianne & Kilmer Christopherson

Thurs. Oct. 27: Mark Sylstad

Fri., Oct. 28: Leah Mahlen, Colten Mandt, Shelby Mandt

Sat. Oct. 29: Agnes Rolf, Bob Bursheim, Brenda Ugalde

Sun. Oct. 30: Randy Christianson, David Stordahl

Mon. Oct. 31: *Joe & Kelly Lee

Tues. Nov. 1: Kain Schow, Jim Votava



www.facebook.com/mcintoshtimes
Announcements • Photos • Community Updates

McINTOSH Times
THE THIRTEEN TOWNSHIP NEWS

PUBLISHED WEEKLY IN THE HUB OF THE THIRTEEN TOWNSHIPS BY RICHARDS PUBLISHING CO., INC.

RICHARD D. RICHARDS, PUBLISHER
KIM HEDLUND, EDITOR

McIntosh • (218) 563-3585

"McIntosh Times" (USPS 336-020) is published weekly for \$25.00 per year (in county) and \$30.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.
POSTMASTER: Send address changes to:
McIntosh Times, PO Box 9, McIntosh, MN 56556.
mcintoshtimes@gmail.com

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ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

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

Fri. Oct. 28: 8:45am Mass at St. Mary's, Fosston

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

10:30am Mass at St. Joseph's, Bagley

Mon. Oct. 31: 7:00pm Mass at St. Joseph's, Bagley

Tues. Nov. 1: 7:00pm Mass at St. Mary's, Fosston

Sun. Nov. 6: 8:00am Confession; 8:10am Rosary 8:30am Mass at St. Mary's, Fosston;

10:30am Mass at St. Joseph's, Bagley

If you have any questions about the schedule please call 435-6484.

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

Sun. Oct. 30: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. Nov. 6: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

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

Sun. Oct. 30: 11:15am Worship Service

Sun. Nov. 6: 11:15am Worship Service

GOSEN LUTHERAN CHURCH

Independent

Gary Johnson, Pastor
www.gosen-church.com

Face Book:

Gosen Church

Wed. Oct. 26: 1:30pm Bible Study at The Country Place.

Fri. Oct. 28: 10:00am Telecast of the Luther League program on Garden Valley Cable TV--Channel 2

Sat. Oct. 29: 8:00pm Prayer Meeting

Sun. Oct. 30: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service

Tues. Nov. 1: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. Nov. 2: 1:30pm Bible Study at The Country Place

For information on free rides to any of the above activities call 218-268-4242 or 218-687-3461

Gosen Church is located 4 miles south of the junctions of Hwy. 2 & 59 or 4 miles north of Winger; then ½ mile east on County Road 206.

MCINTOSH AFLC McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Mt. Carmel:

Wed. Oct. 26: 7:30pm Bible Study

Thurs. Oct. 27: 7:00am Men's Breakfast

Sun. Oct. 30: 9:30am Worship Service; 11:00am Sunday School

Trinity:

Sun. Oct. 30: 9:30am Worship Service; 11:00am Sunday School

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. Oct. 30: 9am Worship

Sun. Nov. 6: 9am Worship

DOVRE

FREE LUTHERAN

Pastor Don Edlund

Wed. Oct. 26: 7:15pm Bible Study: Old Testament Tabernacles

Sun. Oct. 30: 10:00am Worship Service

Wed. Nov. 2: 7:00pm Bible Study: Old Testament Tabernacles

Sun. Nov. 6: 10:00am Worship Service

IMMANUEL LUTHERAN CHURCH

McIntosh

Rev. John Anderson, Pastor

Wed. Oct. 26: 6:00pm Confirmation

Sun. Oct. 30: 9:00am Worship Service (Reformation Sunday); 10:00am Sunday School

Wed. Nov. 2: 6:00pm Confirmation

Holy Communion 1st and 3rd Sundays

Story to Share?

If you have a story or photos you want to share, please send to: mcintoshtimes@gmail.com

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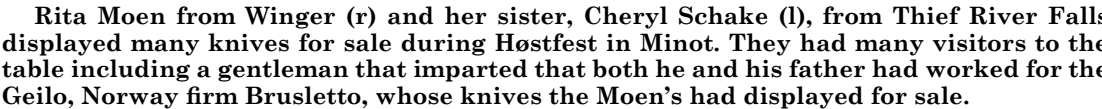
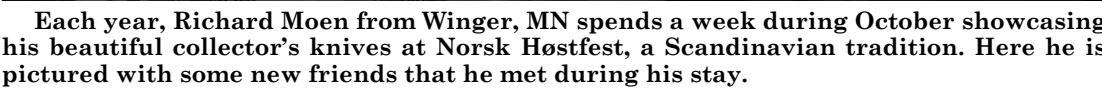
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Richards Publishing Co.

There are also a number of recorded topics from past webinars on the “eXtension learn” website, including a recent webinar on safe handling of eggs.

Vote front and back of ballot

Vote front and back of ballot



Vote front and back of ballot

Your legal rights: paying with “plastic”

When you pay for services or merchandise with “plastic” (credit or debit cards), you have certain legal rights if your card is lost or stolen, if unauthorized charges are made to your card, or if you are charged for goods or services that were never delivered to you or were damaged or defective on delivery.

Credit Cards:
Lost or stolen cards. A federal law called the Fair Credit Billing Act (FCBA) says that if you report a credit card lost or stolen before it is used, you cannot be held responsible for any unauthorized charges. If someone steals your physical card—not just the number—and uses it before you report the card stolen, you are only liable for \$50 of unauthorized charges. If a thief just steals the number, you are not liable for any unauthorized use.

Undelivered and defective merchandise or services. If a product that you paid for by credit card is never delivered, damaged or defective, or if your credit card statement contains other errors, you may be able to dispute the charges with your credit card company. If you are unable to resolve the problem with the merchant or service provider, send a written complaint to your credit card company at the address it provides for "billing inquiries" within 60 days of receiving your statement containing the error. Be sure to include your name, address, account number, and a description of your concerns in your written complaint. Your credit card company must then resolve the dispute within 90 days of receiving your complaint.

Debit cards:
Lost or stolen cards. Under the federal Electronic Fund Transfer Act your liability depends on how quickly you report the lost or stolen card. If you report a lost or stolen card:

- before the card is used fraudulently, you're not responsible for any unauthorized charges;
- within two business days, you are responsible for no more than \$50;

- after two business days, you may be responsible for as much as \$500;
- more than 60 days after receiving a statement that reflects the unauthorized use, you may face unlimited liability.

If a thief just steals your debit card number, you are not liable for any unauthorized charges if you make a report within 60 days after receiving a statement that reflects the unauthorized use.

Unsatisfactory merchandise or services. If you purchase unsatisfactory goods or services with a debit card, you usually don't have the right to stop payment or dispute the charge. In this case, using a debit card is just like paying with cash. Your financial institution may offer greater protections than those required by federal law.

Other tips:

- Keep your financial institution's contact information some place safe. There's often a 24-hour, toll-free number on the back of your card and your card statements to call if your card is ever lost/stolen.

- Contact the credit bureaus and check your credit reports to ensure that no other financial fraud or identity theft occurred. You may want to place a freeze on your credit report, which prevents thieves from accessing your credit history and obtaining credit cards or loans in your name.

- Send written notice of a lost or stolen card to the financial institution in addition to calling.

For more information or to file a complaint, please call the Minnesota Attorney General's Office at 1-800-657-3787 or (651) 296-3533.



Holiday shopping is an annual tradition for many people. But while it may be customary to exchange gifts with loved ones during the holiday season, how those gifts are purchased has changed dramatically over the last decade and a half.

Thanks to advancements in technology, many holiday shoppers get their shopping done without ever setting foot in malls or shopping centers. And data indicates more and more shoppers are using their smartphones to do their holiday shopping. According to Nielsen Mobile Measurement, the number of mobile shoppers in December 2014 rose to 138.1 million users, an increase of nearly 14 million users from the same period just a year earlier. And mobile shoppers averaged nearly a full hour more shopping on the Web from their mobile phones in 2014 than in 2013.

Convenience often drives shoppers' decisions to use their mobile phones during the holiday season. But it's important that shoppers not sacrifice security for the sake of convenience. Those who want the best of both worlds this holiday season can take several steps to protect their personal information while shopping on their smartphones.

Only use shopping apps with which you're comfortable. Downloading an app only takes a few seconds, and some shoppers are so used to downloading apps they may not realize just what they're downloading. Before installing an app on your phone, familiarize yourself with the app and what it requests of its user. Some apps ask users for a considerable amount of personal information, even though there is no legitimate reason for them to have that information. If you're uncomfortable with apps that require you to allow access to your location and other potentially sensitive information, don't download the app.

Sign out when you stop using an app. It may be convenient to stay signed in to an app at all times, but that can leave you vulnerable to hackers and/or thieves. Many apps store users' credit card numbers so shoppers don't have to enter such information each time they make a

Credit Safety...
Continued onpage 6...

State General Election Ballot

A	B	C
Poik County	State of Minnesota	November 8, 2016
State General Election Ballot Instructions to Voters: To vote, completely fill in the oval(s) next to your choice(s) like this: ● .		
School District Offices	School District Offices	
School Board Member Independent School District No. 2176 (Warren-Alvarado-Oslo) Vote for Up to Three	School Board Member Independent School District No. 2311 (Clearbrook-Gonvick) Vote for Up to Four	
☐ Jeremy Woinarowicz	☐ Richard Hetland	
☐ Sally Roller	☐ Kris Leland Snyder	
☐ Eric J. Berglund	☐ Benjamin Machlitt	
☐ write-in, if any _____	☐ Jeff Westrum	
☐ write-in, if any _____	☐ Thomas Stenzel	
☐ write-in, if any _____	☐ write-in, if any _____	
School Board Member Independent School District No. 2906 (Red Lake County Central) Vote for Up to Three		
☐ Jody L. Duden	☐ write-in, if any _____	
☐ Lowell Hamrum	School Board Member Independent School District No. 2609 (Win-E-Mac) Vote for Up to Four	
☐ Thomas Bray	☐ Anita Roy	
☐ write-in, if any _____	☐ Jason Carlson	
☐ write-in, if any _____	☐ Jim Ferden	
☐ write-in, if any _____	☐ Shannon Brekke	
School Board Member Independent School District No. 601 (Fosston) Vote for Up to Four	☐ Sarah Strom	
☐ David L. Wandschneider	☐ write-in, if any _____	
☐ Mark Hagen	☐ write-in, if any _____	
☐ Richard Balstad	☐ write-in, if any _____	
☐ Dean Duppong	☐ write-in, if any _____	
Mark A Erickson ☐ Michael Ware ☐ write-in, if any _____ ☐ write-in, if any _____ ☐ write-in, if any _____ ☐ write-in, if any _____	Special Election For School Board Member Independent School District No. 2609 (Win-E-Mac) To fill vacancy in term expiring January 7, 2019 Vote for One	
	☐ Jim Tadman	
	☐ write-in, if any _____	

M31C

Instructions to Voters:	
To vote, completely fill in the oval(s) next to your choice(s) like this: .	
Judicial Offices	Judicial Offices
Supreme Court	9th District Court
Associate Justice 6 Vote for One	Judge 2 Vote for One
☐ Natalie Hudson Incumbent	☐ Earl E. Maus Incumbent
☐ Michelle L. MacDonald	☐ write-in, if any _____
☐ write-in, if any _____	Judge 8 Vote for One
Court of Appeals	☐ Eric Schieferdecker Incumbent
Judge 5 Vote for One	☐ write-in, if any _____
☐ Louise Dovre Bjorkman Incumbent	Judge 16 Vote for One
☐ write-in, if any _____	☐ Paul T. Benshoof Incumbent
Judge 8 Vote for One	☐ write-in, if any _____
☐ Denise D. Reilly Incumbent	Judge 17 Vote for One
☐ write-in, if any _____	☐ Paul E. Rasmussen Incumbent
Judge 11 Vote for One	☐ write-in, if any _____
☐ Michelle A. Larkin Incumbent	Judge 20 Vote for One
☐ write-in, if any _____	☐ Donna K. Dixon Incumbent
Judge 13 Vote for One	☐ write-in, if any _____
☐ Randolph W. Peterson Incumbent	Judge 23 Vote for One
☐ write-in, if any _____	☐ Kristine R. DeMay Incumbent
Judge 14 Vote for One	☐ write-in, if any _____
☐ Larry Stauber Jr. Incumbent	
☐ write-in, if any _____	
Judge 16 Vote for One	
☐ Peter M. Reyes, Jr. Incumbent	
☐ write-in, if any _____	
Judge 17 Vote for One	
☐ Matthew E. Johnson Incumbent	
☐ write-in, if any _____	
Judge 18 Vote for One	
☐ Heidi Schellhas Incumbent	
☐ write-in, if any _____	
Judge 19 Vote for One	
☐ Francis Connolly Incumbent	
☐ write-in, if any _____	

Random Things and Stuff



Is milk really good for you?

By: Emily L. Ferden-Melott

Recently in my nursing studies, I ran across this notion, "Is milk actually good for you?" Yes, we know it supplies you with the calcium you need to keep your bones strong, but does it actually do more harm than good to our bodies? Would we be better off drinking things like almond milk or soy milk?

The biggest support for this argument is that humans are the only mammals that drink milk after infancy, and we are the only species that drink another species' milk. Other mammals use milk to fortify their infants with the necessary nutrients they need to grow and mature properly. How can other mammals be weaned as infants and grow and mature just fine, while us as humans believe we need to continue to have milk.

Cow's milk actually contains about three times the amount of protein that human milk does, which can create metabolic disturbances in humans that can have detrimental bone health consequences and stomach upset. We have all heard that milk is supposed to help sustain our bone growth. However, in recent scientific studies, they are now finding that milk is increasing the calcium loss from our bones. This is because when humans consume any type of

animal-derived, protein-rich foods, including milk, the pH in our bodies become acidified, which sets off a reaction. Calcium actually tries to neutralize the acid in our body, and most of the calcium stored in our bones.

When we pasteurize and homogenize milk, we actually make it harder for people's bodies to digest the proteins. The process of pasteurization actually destroys a majority of enzymes, vitamins, and minerals in milk. Knowing this, it is not a surprise that at least 75% of the world's population is lactose intolerant. Milk and dairy products are also agents that inhibit inflammation and mucus production. This means those that drink milk actually have an increased risk of respiratory conditions and allergies, and it also has been linked to the development of arthritis due to the joints becoming inflamed. Milk is contraindicated for someone with acid reflux, because it causes the body to produce more acid, which only upsets the stomach more.

After all of this, you would almost think that all dairy is bad. However, this is NOT the case. Unsweetened cultured or fermented dairy such as kefir or yogurt are actually acid neutral and are good for you. Ghee, which is clarified butter originating in India, is actually very beneficial to the body as well. Yes, you can still drink and use milk, but it would be a good idea to limit the intake. You need calcium in your diet, but you can get that from a variety of sources. Consider milk substitutes such as almond, soy, rice, coconut, and hemp milks.

Information found on: www.thedailymeal.com

Old MacDonald had a banjo A musical show for children

Join folk musician Paul Imholte as he plays part of Old MacDonald and sings other original and classic children's songs.

This will be a show to entertain, educate and involve the audience in singing, movement and silliness as the McIntosh Public Library presents the show on Tuesday, November 8th at the Bjella Building in McIntosh.

The program is in celebration of the Once Upon a Reader selected book, Ten Pigs: An Epic Bath Adventure, and is paid for in part by the Minnesota Arts & Cultural Heritage Fund.

Join in the fun and enjoy a musical show full of imaginative farm songs on Tuesday, November 8th at the Bjella Building in McIntosh.

HALLOWEEN FOR KIDS

IN MCINTOSH

~ AT THE ~

McIntosh Community Center

ACTIVITY:

- Pumpkin Carving Contest
- Costume Contest
- Many Games

October 30th

4:00 to 6:00 pm

We ask one bag of candy each family!

M31C

Halloween superstitions revealed

Halloween is steeped in tradition. Halloween season also is a time of year when superstitions take root and add to the spooky and often silly nature of the holiday.

Some Halloween traditions can be traced back to the ancient Celts and their belief that spirits of the deceased were able to wander the earth during the time they called Samhain. Costumes were worn so the living could blend in with ghosts, and treats were laid out to appease the spirits.

Over the years, additional Halloween superstitions have emerged. The origins vary, but the following are some common superstitions to consider as October 31 draws near.

- Some believe that bats flying around a house on Halloween - either indoors or outside - is a sign that spirits lurk nearby.

- Black cats have long been thought to be companions of witches or "familiars," demonic animals gifted to them. While some think it's bad luck for a black cat to cross your path, in Ireland, Scotland and England, black cats symbolize good luck.

- One Halloween superstition states that if you walk around your home backward three times and then counter-clockwise three times before the sun sets on Halloween, you will ward off nearby evil spirits.

- Legend has it that you will have good luck if you sleep facing south the night before Halloween.

- Apples can help people determine if they will live long lives. On Halloween night, you have to make an unbroken apple peel, which will estimate how long you will live. The longer the peel is, the longer you'll live.

- Another superstition suggests that if you spot a spider on Halloween, the spirit of a deceased loved one is watching over you.

- It is said that no person should lie in a coffin while alive, even for fun. Otherwise, he or she is inviting death. Also, no item of clothing belonging to a living person should ever be put on a corpse when it is placed in a coffin, for as it rots in the grave so will the rightful owner's health begin to decline.

- Children who are born on Halloween are said to have the gift of second sight, which may also include the power to ward off evil spirits.

- People have been warned not to turn around on Halloween night if they hear footsteps behind them, as this could mean Death is following.

- There is a superstition that when you pass a graveyard or house where someone has died, you should turn your pockets inside out to make sure you don't bring home a ghost in your pocket.

- Jack-o'-lanterns light up Halloween nights. Jack-o'-lanterns were originally made out of hollowed-out turnips, but pumpkins replaced the turnips when the Irish emigrated to North America. Jack-o'-lanterns were used to guide lost souls and keep evil spirits at bay.

- Halloween is full of superstitions, myths and traditions that have been passed down through the years



Congratulations to the Win-E-Mac Patriot volleyball team on their Pine-to-Prairie Championship! Front row: Sydney Tadman, Alaina Juve, Breanna Carroll, Kylie Stuhaug, Tyra Wilson; Middle row: Kylee Brekke, Lauren Strom, Hannah Smeby, Carlie Sander; Back row: Bailee Burcham, Lindsey Espeseth, Olivia Simonson, Alayna Espeseth, and Maci Hamre.

School Board... Continued from page 1...

c. The basic challenge faced by a small rural district in providing a comprehensive education to students who will do everything from enter a 4 year university with post-graduate plans to entering the workforce right after high school.

4. *What do you see as solutions to those challenges?*

a. Working with parents, child care providers, staff and administration to understand the needs of children and their families. We need to make sure that the district does not duplicate existing resources or unduly impact an existing resource in a negative manner.

b. Continue on the path that the district has started down. We need to build the data set to better understand trends. The key will be to not let this important work fall by the wayside.

c. To meet this challenge, the school district must always keep ALL students in mind as decisions are made. We must do what we can to continue to provide class options to students that include rigorous academic classes, technical offerings, arts, physical education, etc.

5. *If future cuts become necessary, how and when would you make those cuts?*

If cuts become necessary, they must be made as soon as possible. Compounding the issue through inaction is not good governance. Therefore, we must be sure cuts are necessary. If that is determined, we must ensure our core mission of educating students is minimally impacted. Decisions should be made keeping in mind the thoughts I expressed above in 4. c. That is not an easy task in a small school district with limited offerings but I would exhaust all other options before eliminating an entire section of our current programming.

6. *Open for any closing comments you wish to add?*

I am very proud to have been a part of the school board the last 4 years. We have great students and a staff committed to the quality education of our students. We have made great strides in the area of reading and have expanded technical education and arts programming over the last couple of years. For all that Win-E-Mac has going for it, we do have our challenges. I am willing to commit to spending another 4 years working on those challenges if voters choose to re-elect me.

Sarah Strom

1. *Name, background - present job and office you are seeking?*

Sarah Strom. I am a 1996 graduate of Win-E-Mac high school. My spouse Matt Strom is also a Win-E-Mac graduate. We have 2 children, Emily who is a 5th grader and Owen, who is a 1st grader. We reside in rural Erskine. I have been employed at Essentia Health, Fosston in the Therapy Department as an Occupational Therapy Assistant for 14 years. Some volunteer services I am involved in are, teaching the Kindergarten Sunday

School class at Grace Lutheran Church in Erskine and I have also been involved in the Grace Lutheran Church's Relay for Life Team for a number of years. I am seeking election of a 4 year position as a Win-E-Mac School Board member.

2. *Experience and/or qualifications you feel you have for the office you seek?*

First off I am an educator's daughter, with education being of high importance to me. In my personal career, I work with individuals to regain their independence with their daily activities. This includes working with adolescents on achieving developmental milestones, improving tasks such as their fine motor coordination and working with diagnosis such as Attention Deficit Disorder, Sensory Processing Disorders and Autism. I also have past management experience that includes budgeting, writing business plans, working on process improvement initiatives and program implementation. My experience working in health care also allows me to be familiar with often changing federal and state regulation, funding and budget cuts; and the affect that has on day to day operations.

3. *What do you see as the top challenges facing the school district?*

One of the biggest issues I see that we face within our school district is maintaining enrollment numbers and hopefully being able to maintain two classrooms in the primary grade levels. Other issues that I see affecting us that are currently being looked at on a state level is the Universal Pre-K Initiative. I am also in support of encouraging staff development, especially in specialized content areas, to allow us to offer dual credit classes and vocational classes. Such programs will hopefully allow us to stay competitive with other area school districts. Other areas that are important to me are based on my personal job experience includes, special education funding and student support services. Many students with diagnosis such as Sensory Processing Disorders, Attention Deficit Disorder and various other behavioral management problems do not fall into meeting the requirements of being on an IEP. What services do they then get to be successful in school? Many schools also face issues such as school safety, anti-bullying and anti-discrimination against students based on their sexual orientation.

4. *What do you see as solutions to those challenges?*

We are a rural communities that primarily employee vocational level jobs within our area. It is important that we prepare students to continue their education not only for those seeking a graduate level program but also for those seeking a vocational career that is within our area. I feel that we need to remain competitive with our area school districts by staying on top of technology, looking further into Pre-K development, meeting our special needs population through strong special education and student support

services programs and continuing to offer our high school students opportunities in the way of dual credit and vocational classes.

5. *If future cuts become necessary, how and when would you make those cuts?*

I believe that our school is in a good financial position with the passing of the recent tax levy and with the recent building project now complete; so hopefully in the near future that will not be necessary. If cuts do need to be made I will work closely with the senior board members to make necessary adjustments to the budget over much consideration and deliberation.

6. *Open for any closing comments you wish to add?*

I am looking forward to the opportunity to hopefully serve our school and communities a School Board Member.

Shannon Brekke

1. *Name, background - present job and office you are seeking?*

Hi, My name is Shannon Brekke, I am married to DeAnn, we have three children, Collin (20), Nathan (18), and Kylie (16). We moved to the Erskine area in 2001. Our two oldest children graduated from Win-E-Mac, Kylie still attends and is in 10th grade. I am a Installer-Repairman at Garden Valley Telephone Co. and have been employed there since 1998. I am running for the Win-E-Mac school board.

2. *Experience and/or qualifications you feel you have for the office you seek?*

I have served as a Trustee for the Grace Lutheran Church for five years.

3. *What do you see as the top challenges facing the school district?*

Some of the challenges at the schools are education and identifying the underlying problems that keep our students from learning today. Classroom size, bullying, student health and funding.

4. *What do you see as solutions to those challenges?*

There are many problems in the Public Schools today, but identifying those issues is half the battle.

5. *If future cuts become necessary, how and when would you make those cuts?*

With these problems we need to come together as educators, parents and lawmakers to find solutions that will benefit all of the Win-E-Mac students.

Credit Safety...Continued from page 5

purchase. If you stay signed in to an app at all times, hackers who access your smartphone can then access your credit card information, as can thieves should your phone be stolen. Signing out when you finish using an app provides an extra measure of protection.

- Turn off automatic connections. Many smartphones enable users to automatically connect to nearby Wi-Fi networks so they can seamlessly access the Internet regardless of where they are. However, some Wi-Fi networks are fraudulent, and you may unknowingly be transmitting sensitive data through such networks when you automatically log on. Disable automatic connections, only logging on to secure Wi-Fi networks when out in public.

- Browse but don't buy. Shoppers who are especially concerned about smartphone security may want to use apps and their smartphone's Internet connections to browse rather than buy. Avoid logging into apps or websites when using your smartphone, instead browsing deals and jotting them down on the phone's notes app. You can then make purchases once you gain access to a secure network, such as the one at your home or office.

Holiday shoppers are increasingly turning to their smartphones to do their holiday shopping. While the convenience of such devices may be unrivaled, consumers must prioritize security over expediency.

Halloween pumpkin-carving

Transforming pumpkins into cleverly carved creations is a Halloween tradition.

Each October, glowing pumpkins take up residence near doorsteps and porches, adding to the magical ambiance of the season.

Young and old spend time designing their themes and then taking knife to pumpkin to achieve the desired effects.

Today, many people carve jack-o'-lanterns, with some featuring just smiling or grinning faces while others are far more artistic creations. These tips can help anyone carve a pumpkin.

- Begin with a fresh pumpkin.** Look for a pumpkin with a green stem. If the pumpkin has been sitting around for too long or has been handled too much, the stem can get brittle and fall off. A thick, fresh pumpkin is best for carving.

- Plan your ideas.** Draw a plan for your pumpkin before you make your first cut. Then transfer that design to the pumpkin with pen or a thin marker. Pumpkin-carving kits come with designs that can be "traced" by poking small holes to create the outline of the design.

- Don't cut all the way through.** Many professional pumpkin artists do not actually cut clear through the flesh of the pumpkin. They carve and shave off layers of the outer rind until it becomes more translucent. The level of transparency can be adjusted based on how much skin is removed and as a way to add texture and shadowing.

- Delay carving until the last minute.** Wait until the day before Halloween to begin carving. Pumpkins are a perishable item, and they'll begin to rot as soon as you begin carving. Spritzing them with water can help them stay fresh, but there's no turning back the clock once the first cut is made.

- Cut a hole in the back.** According to Brooklyn-based Maniac Pumpkin Carvers, cutting off the top of the pumpkin can affect its structural integrity and cause it to rot faster. Instead, cut a hole in the back of the pumpkin and use an electric light to illuminate it. LEDs are advisable because they don't generate much heat, which can cook and rot the pumpkin from the inside out.