



Contributed photos

# MLH residents have ‘Down on the Farm Week’

Minnewaska Lutheran Home celebrated “Down on the Farm Week” in September. Residents reminisced about days on the farm and had a visit from a miniature horse named Toby. A BBQ supper was served, they had a Barn Dance with music by DC and Hawk, Barn Quilts were painted and displayed by several residents, and the Slew Foot Family Band performed. On Friday evening, a mock 4-H Club meeting was held where residents took the name “The MLH Lifelong Learners” as their club name. Pictured making her barn quilt is Aggie Martinson (bottom left) with the help of volunteer Barb Wiener. Dorothy Schultz (bottom middle) proudly displayed her painted quilt. Toby the Miniature Horse was a big hit with many residents. Pictured above are Maxine Hohn (top left) and Lola Rundgren (top right) with Toby.



## Keep on Rolling!

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fisk, that’s a good question and I’ve wondered myself,” Legwold said. “I don’t exactly know—I just have a thing about lefse and lutefisk. They are my muse. I call them “social igniters.” Whenever conversation is slow or lacking (which is common among shy and reserved Scandinavians), just say the word lefse or the word lutefisk. Things perk up PDQ, and people start talking about all the great memories these two foods are associated with.”

“I share that,” he said. “These foods bind us to our heritage. Lefse and lutefisk are a gateway to our history and culture as Scandinavians—and our unique brand of humor.”

### Where is the book available

Currently the book Keep on Rolling! and his other books are available at his website, [www.lefseking.com](http://www.lefseking.com).

The book, just released last month, is also making its way into bookstores and gift shops as well. Legwold also does ap-

pearances, which are listed on his website. He will be selling his books Sept. 27 through Sept. 30 at Norsk Hostfest in Minnot, ND. There is a Lefse Masters competition during the festival, and Legwold will be a judge.

Legwold has authored other books, those include: Last Word on Lefse: Heartwarming Stories--and Recipes Too!; The Last Word on Lutefisk: True Tales of Cod and Tradition; and The Last Toast to Lutefisk!: 102 Toasts, Tidbits, and Trifles for Your Next Lutefisk Dinner.

“One of the benefits of writing these books is I get to taste good lefse, to learn from good lefse makers, and to make good friends,” Legwold said. “There is a quick bond among folks who make and enjoy lefse, and in writing two books about this wonderful food, I’ve made lots of lefse friends—including many in Starbuck. The bond is about tradition, about honoring the past and working to pass on the things we cherish. There is only one way to pass these things on. You just keep on rolling!”

# Lowry passes wellhead protection plan

By Zach Anderson  
[news.times@hcinet.net](mailto:news.times@hcinet.net)

The Lowry City Council received a wellhead protection plan from the Minnesota Department of Health (MDH) at its meeting on Sept. 7.

### In other action, the council:

- Accepted the 2018 tax levy and budget.
- Approved a building permit request from Josh Huckle to add on to his house. The council approved the permit pending engineer and water/sewer supervisor approval and payment.

• Approved a building permit for David Lundblad to build a garage on his property. The council approved the permit pending engineer and water/sewer supervisor approval and payment.

• Approved a payment to CR Snider for repair work.

• Approved a request from council member Kristin Stone to attend a League of Minnesota Cities Regional Conference in Granite Falls on Oct. 11.

The next regular meeting will be Thursday, Oct. 5 at the Lowry Community Center at 7 p.m.

**SATURDAY, SEPTEMBER 30**

**BRAATEN BARN DANCE**



**WASTED TIME**

LIVE MUSIC BY WASTED TIME

**8 TO MIDNIGHT**

**MUST BE 21**  **\$5 COVER**

Join us at the Braaten Farm  
located at 29389 240th Ave Glenwood, MN.

To Barn: go 1 mile west, north of Pope County intersection 1D & 19  
6 miles north of Swift Falls, and 12 miles south of Glenwood.

 **BAR PROVIDED BY BRINK'S BEER JOINT**

**Non-Profit**

**FUND RAISERS**

**Sunday, Oct. 1**

FIRST LUTHERAN CHURCH OF KENSINGTON HOG ROAST will be held on Sunday, Oct. 1, from 11 a.m. - 1 p.m. Menu includes roasted pork, baked potato, squash, corn and dessert. There will be a Trash to Treasure sale and musical entertainment! There will also be games, face painting and popcorn for the kids. Bring your grandchildren! Free will donations for the children's activities will go toward the 2018 Vacation Bible School.

**Sunday, Oct. 8**

THE ANNUAL SOUP N' PIE LUNCHEON will be held on Sunday, Oct. 8, from 11 a.m. - 1 p.m. at the Glenwood Lutheran Church in Swift Falls. A bake sale will be held. Cost is \$10 for adults. All are welcome.

**Monday, Oct. 2**

ROAST BEEF SUPPER will be held on Monday, Oct. 2, from 4:30-7 p.m. at the Glenwood United Parish Church. The menu includes roast beef, real mashed potatoes, home grown glazed carrots, gravy, bread, homemade pickles, homemade desserts, and beverages. Adults \$10; ages 6-12 \$5; under 6 are free. Take-outs available.

**Wednesday, Oct. 11**

MEATBALL SUPPER will be held on Wednesday, Oct. 11, from 4:30-7:30 p.m. at Glenwood Lutheran Church. The menu includes meatballs and gravy, "real" mashed potatoes, glazed carrots, coleslaw, homemade bread and home baked desserts. Adults \$12; ages 5-10 \$6; 4 and under are free. Ample parking for all. Take-out, handicapped and dine-in enter through NE doors off East MN Avenue.

Send or bring in your non-profit to The Pope County Tribune, 14 SE 1st Ave. PO Box 157, Glenwood, MN 56334, or Fax 634-5522. Cost is \$5/week.

**St. Paul's Annual**


**Fall Meatball Supper & Bake Sale**

**Wednesday, Oct. 4, 5-8 p.m.**

Adults \$12 • 6-10 years \$6 • 5 & under FREE

**Baked Goods & Craft Sale**

**St. Paul's Lutheran Church**  
201 Maple St., Lowry, MN



**Pet OF THE Week**

**Roxy**

Roxy is a one year old Black Lab mix full of energy and enthusiasm. She should be adopted to a family with older active children that will appreciate her zest for life. She is very friendly and smart, and will learn commands readily. She knows the command to "sit" and will extend her paw for a treat.

**FOUND:**

• Female purebred Black Lab, 170th St., Cyrus (9-20)

**DOGS (9-20):**

• Young female Black Lab mix

• Young male Black Lab mix

• Female Bluetick Coonhound

**CATS:**

• Cats and kittens, all colors and sizes

**320.634.4761**

**PÖPE COUNTY HUMANE SOCIETY**

**MOST ANIMALS CAN BE VIEWED ON THE WEBSITES**  
**Petfinder.com & Adopt-A-Pet.com**