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McIntosh, Minnesota

Santa stops for a visit in both Winger and McIntosh



Annabelle Schulz was a bit shy with Santa during her visit with he and Mrs. Claus last Saturday during Santa Claus Day sponsored by the McIntosh Community Club.



Santa and Mrs. Claus got a big hug from Mya Strom last Saturday at the McIntosh Community Center when they stopped to visit with the kids.



Colton and Liam Schow were happy to have the chance to tell Santa what was on their lists this year for Christmas.



Santa Claus and Kyra Gunufson had a nice visit during Santa Claus Day in McIntosh.



Mac Holiday Lights Contest

Brighten up McIntosh nights with your best Christmas Lights. The McIntosh Community Club will again be hosting a holiday lights home decorating contest this year. This free contest is open to any McIntosh resident and will take place on Saturday, December 17th sometime after dark. There will be three winners chosen in no particular order to win prizes.



The youngest visitor to see Santa this past Saturday in Winger was Colton Messer.

Staying safe during the holidays

Celebrating may be the primary goal come the holiday season, individuals and families also should devote some attention to keeping the holidays safe. The following guidelines can help families enjoy a holiday season that is healthy, safe and secure.

- **Exercise caution when decorating.** Decorations can be beautiful, but they also can be hazardous if not used properly. Overloading outlets is commonplace during the holiday season, but that can lead to home fires. Exercise caution around candles and other open flames. Pets may become tangled in wires or knock over glass ornaments. Keep delicate decorations away from harm.
- **Keep track of curious children.** Children are enamored with the sights and sounds of the holidays and may be more curious than ever during this time of year. Things adults take for granted can be hazards to youngsters.
- **Be a smart host or hostess.** Alcoholic beverages and holiday revelry sometimes go hand in hand. Responsible party hosts know when a guest has had too much and will arrange safe transportation home.
- **Protect the home.** Deter home burglars when traveling for the holidays by having neighbors keep a watchful eye on your house. Use motion-sensor lights, keep up the appearance that someone is home by having mail collected, and do not advertise any travel plans on social media.

Ensure a happier holiday season by making safety and health a priority.

• • • • •

**Win-E-Mac**

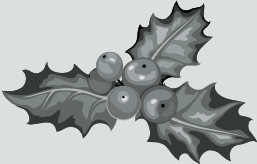
- **Grandparent's Night**
- Grandparents Night has been rescheduled to this Wednesday, December 14, 2016 from 6:00 pm to 7:00 pm in the WEM Pre-K room! All kids and grandpas and grandpas are welcome!
- • • • •

Last minute savings

Holiday shopping season typically begins the day after Thanksgiving and extends all the way to Christmas Eve. While that's a considerable amount of time for shoppers to find gifts for everyone on their shopping list, many people will still find themselves putting holiday shopping off until the last minute.

In certain ways, last-minute holiday shopping is easier than ever. Thanks to online retailers who can ship products overnight, men and women who delay their holiday shopping have more options at their disposal than they did before the arrival of the Internet. And unlike the days of yore when the best deals were largely exclusive to Black Friday, some shoppers find that competition

**Shopping...**  
Continued from page 6...



Community Calendar

**Wed. Dec. 14:** McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's

**Thurs. Dec. 15:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

**Fri. Dec. 16:** Christmas in McIntosh; McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

**Mon. Dec. 19:** 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. Dec. 20:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

**Wed. Dec. 21:** 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. Dec. 22:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

**Fri. Dec. 23:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

**Sunday Dec. 25:** Merry Christmas!

**Mon. Dec. 26:** 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. Dec. 27:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



The Winger Lion's hosted a great breakfast with Santa this past Saturday at the Community Center. They served pancakes and sausages to kids and their families and Santa and his elf stopped in after breakfast to visit with the kids about their Christmas wishes. Thanks to the Winger Lion's for another great event!



Please join us at the  
**First National Bank of McIntosh for our Christmas Open House**  
on Friday, Dec. 16, 2016

Christmas goodies, coffee and cider will be served from 9:00 am until 3:00 pm.

**first national bank of McIntosh**

McINTOSH, MINNESOTA 56556 phone 218-563-2865

FDIC

### Position Announcement East Polk Soil and Water Conservation

Is accepting applications for a part-time District Technician to work two days a week. This position will be under the general supervision of the District Manager, and will promote conservation efforts, execute survey, design, and inspection of projects for various programs, as well as other duties as required. The position requires working with landowners and community groups, as well as local, state, and federal government to build partnerships and implement conservation programs.

Must possess valid driver's license. Must have experience with survey equipment and design programs. GIS experience preferred.

**Closing Date is December 20, 2016 at 4:00 p.m.**

Please email cover letter and resume to:

East Polk SWCD, P.O. Box 57, McIntosh, MN 56556  
or email to [lisa.newton@mn.nacdn.net](mailto:lisa.newton@mn.nacdn.net)

Conditions of Announcement:

The East Polk SWCD reserves the right to extend or make changes to the content of the position announcement without notification and may at any time withdraw the announcement. East Polk is an equal opportunity employer.

## Open House

### Upper Sand Hill River Targeted Watershed

The East Polk SWCD and the Sand Hill Watershed will be hosting a meeting to present opportunities for water and sediment control basins, side-water inlets and other practices to be installed within the Upper Sand Hill River Watershed to reduce sedimentation and enhance water quality.

There will be a short presentation and an open-house forum for questions and program sign-up information. Houston Engineering and the Red River Valley Conservation Service Area Engineer will be available for questions. The Minnesota Department of Ag will also be in attendance to present information on the Minnesota Ag Water Quality Certification Program.

**Where:** McIntosh Community Center

**When:** December 15, 2016 beginning at 5:30 p.m.

Refreshments will be served.

For further information regarding the open-house, please contact:

East Polk SWCD  
240 Cleveland Ave.  
McIntosh, MN 56556  
Ph: 218-563-2777



The McIntosh Community Club would like to say thank you to Santa and Mrs. Claus, Anne Schow and her kitchen crew, Jessica Strom, Kristi Strom, Will and Brooke, Susan Lee for the music and Heather Earls for storytime! The day was fun for everyone who attended. Thanks again.



Neil's Quality Meats and More had their first Christmas Drawing Winner – Mavis Berg of McIntosh.

## Great Gifts for Seniors

Every holiday shopper ends up with at least one loved one on their shopping list who they can't seem to find anything for. Some people seem to have it all, while others may be less than forthcoming with regard to items they may need or want.

Many seniors tend to fall into the latter category. Shopping for holiday gifts for seniors can be difficult if shoppers don't know what seniors want. But the following are a handful of gift ideas that might make this holiday season that much more special for seniors.

### Books

A 2015 survey from the Pew Research Center found that 69 percent of adults age 65 and over acknowledged reading at least one book in the previous 12 months. That makes books a good bet for shoppers who don't know what to get their 65-and-over loved ones this holiday season. But shoppers might want to opt for more traditional print books rather than e-books, as the survey found that only 15 percent of readers age 65 and over had read an e-book in the previous 12 months.

### Gym membership

According to the Office of Disease Prevention and Health Promotion, more than 80 percent of adults do not meet the guidelines for aerobic and muscle-strengthening activities. That can be especially troubling for seniors, who are at greater risk for osteoporosis,

### Gifts...

Continued on page 4 ...



### P.B. Hole: Pioneer Photographer, McIntosh Minnesota

Peter Benjamin Hole immigrated with his parents, Benjamin and Mathea, older brother Christian and little sister Marie, from Tretten, Gudbrandsdalen, Norway to America in 1882 at the age of three and a half. The family of five traveled to the Midwest staying in Fargo for a short period of time and then settled in the McIntosh area of the Thirteen Towns in 1883.

Enduring the hardships of the life of a homesteader was made more difficult by the loss of his father Benjamin to typhoid fever only a year after arriving in the newly settled area of Polk County. The family struggled to put food on the table and was often threatened by starvation. With tenacity and innovation the family endured. Mathea later remarried and moved the family to the homestead of her new husband Charles Johnson.

P.B. Hole grew up in rural McIntosh. He was one of the first students of District 122 education system, along with J.C.T. Johnson and C.M. Berg. After finishing his education, the enterprising young man took an interest in photography, apprenticing under O.K. Lee learning the craft of portrait photography.

Purchasing the business from his mentor, Peter continued in the portrait photography business starting in 1894 until he was forced to retire due to an illness that affected his vision, 48 years later. Suffering from skin disease he was known to wear a scarf about his head and neck.

In June 1902 Peter married Emma Hendrickson and had two daughters, Ruth and Adele. The family home was located in 3rd and Broadway in McIntosh, while the photography studio was situated on the east side of Cleveland Street in McIntosh, next to Pearson's Variety Store. Peter spent long hours at the studio. His daughter Ruth recalls watching the forms emerge and become the faces of friends and neighbors, as well as strangers, as the photographic paper passed through the development process in the darkness, under the soft glow of the "red eye".

In early days it was, "not so much dressing up to take a picture as it was to take a picture while finding one's self dressed up for some important event and then 'killing two birds with one stone', so to speak" according to B.P. Hole's daughter, Ruth Hole. That meant that weddings, family reunions, funerals and the like would bring prospective clients calling, desiring a portrait for



posterity. "Baby in White Coffin" was one of his most well-known portraits.

Peter spent a great deal of time each week retouching his creations on glass plate negatives. These glass plates were used to produce the beautifully rich black and white images that were developed and then pulled from a water bath, dried and glued in folder frames and finally initialed with his personal seal. Many of these images can still be found today, along with a few of the fragile glass negatives that have survived the test of time.

Emma Hole passed away in 1941. Peter retired to Fosston and passed away in 1963, at the age of 85.

Source: MHAC archive files; My Papa Made Faces by Ruth Hole.

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**Thank You!**

Thank you to Neil's Meats for the 2 gift boxes that I won recently. Thanks again.

Mavis Berg

### Win-E-Mac Giving Tree

Win-E-Mac School will once again be having their annual Giving Tree. We will anonymously display "ornaments" for children in the Win-E-Mac School District that may have a need this holiday season for clothes, toys, or other items. Their wish list will be printed on the "ornament". Beginning the last week of November and continuing throughout the month of December, Win-E-Mac School will have the tree available to those who would like to donate gifts. The Giving Tree will be placed in the commons area of School. Please choose an "ornament" and write your name on the one you choose to provide for.

At this time we are looking for names of children and/or families that may be in need this year. If you need some assistance or you know of a child or family that may be in need this holiday season, please contact Amy Bartz at the school, 563-2900 or 687-2236.

The Giving Tree also accepts monetary donations. The donations go toward food gift certificates for families to use over the holidays.

If you are interested or have questions about donating, please contact Amy Bartz.

### WEM School Announcements

**Mid-term report cards** are now available on StudentVue and ParentVue for Mid-term 2.

**Junior class parents and students...**Please plan to attend a meeting on Wednesday, December 14th, 2016 at 5:30 p.m. in the commons area at the school to discuss the after prom party.

**The WEM Yearbook** staff is continuing our pre-sale for the 2016-2017 yearbook to be called "To Infinite & Beyond!" Yearbooks are currently on sale. The cost is \$35 now and until December 21st and will cost \$40 after December 21st. Yearbooks can be purchased during students' noon hours or from Mrs. Winter (room 51).

### Community Birthday and Anniversary Calendar

**Wed. Dec. 14:** Kermit Tucker  
**Thurs. Dec. 15:** Ilene Lundholm  
**Fri. Dec. 16:** John Nord, John Loiland  
**Sat. Dec. 17:** Don Ostenson  
**Sun. Dec. 18:** Dusty Jore, March Wessman, Jenny Howard  
**Mon. Dec. 19:** Erik Roed, Clarissa Neste, Davi Mattinen  
**Tues. Dec. 20:** Jim Klein, Kalli Roy, Marion Shimpa

**McINTOSH Times**

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"Serving the Win-E-Mac area"

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### ST. MARY'S CHURCH Fosston

#### Fr. John Suvakeen, Pastor

Wed. Dec. 14: 1:00pm Mass at McIntosh Nursing Home; 7:00pm Advent Penance Service, St. Joseph's, Bagley

Fri. Dec. 16: 8:30am Mass at St. Mary's, Fosston

Sun. Dec. 18: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley; 6:30pm Advent Penance Service, St. Mary's, Fosston

Wed. Dec. 21: 11:30am Mass & adoration at St. Mary's, Fosston

Dri. Dec. 23: 8:30am Mass at St. Mary's, Fosston

If you have any questions please call 435-6484.

### CALVARY-IMMANUEL LUTHERAN PARISH Winger/Bejou

#### Supply Pastor Gordon Syverson

Sun. Dec. 18: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. Dec. 25: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

### OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh

#### Supply Pastor Gordon Syverson

Sun. Dec. 18: 11:15am Worship Service

Sun. Dec. 25: 11:15am Worship Service

### GOSEN LUTHERAN CHURCH Independent

#### Gary Johnson, Pastor

[www.gosen-church.com](http://www.gosen-church.com)  
Face Book: Gosen Church

Wed. Dec. 14: 1:30pm Bible Study at The Country Place.

Sat. Dec. 17: 8:00pm Prayer Meeting

Sun. Dec. 18: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service;

Tues. Dec. 20: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. Dec. 21: 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. Dec. 14 7:30pm Bible Study

Thurs. Dec. 15: 7:00am Men's Breakfast

Sun. Dec. 18: 9:45am Sunday School; 11:00am Sunday Worship Service

Wed. Dec. 21: 7:30pm Bible Study

Thurs. Dec. 22: 7:00am Men's Breakfast

Sun. Dec. 25: 9:45am Sunday School; 11:00am Sunday Worship Service

**Trinity:**  
Sun. Dec. 18: 9:30am Worship Service; 10:45am Sunday School

Sun. Dec. 25: 9:30am Worship Service; 10:45am Sunday School

### VERNES LUTHERAN CHURCH (LCMC) McIntosh

**Pastor Jill Torgerson**  
Sun. Dec. 18: 9am Worship

Sun. Dec. 25: 9am Worship

### DOVRE FREE LUTHERAN Pastor Don Edlund

Wed Dec. 14 : 7:15pm Bible Study: Old Testament Tabernacles

Sun. Dec. 18: 10:00am Worship Service

Wed. Dec. 21: 7:00pm Bible Study: Old Testament Tabernacles

Sun. Dec. 25: 10:00am Worship Service

### IMMANUEL LUTHERAN CHURCH McIntosh

#### Rev. John Anderson, Pastor

Wed. Dec. 14: 3:30pm Confirmation; 7:00pm Advent Service @ Poplar Lake Church

Sun. Dec. 18: 8:45am Divine Worship Service; 9:45am Sunday School

Sat. Dec. 24: Christmas Eve Service 4:30pm @ Poplar Lake Church

Sun. Dec. 25: 4:45am Divine Service Christmas Day

Holy Communion 1st and 3rd Sundays

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## Winger News

Linda Pulskamp

Hello again from Winger and the Union Lake areas and to our winter wonderland that arrived in a hurry and is here to stay. After the beautiful long fall we have had it is hard to deal with the snow and icy roads but it is Minnesota and we could have had it a lot sooner. We definitely dodged the bullet as other areas to the north and west of us were blessed with a whole lot more snow. Just sets up the pace for the Christmas season that is well on it's way.

With the holiday's right around the corner makes for a busy time for everyone, what with Christmas concerts and pagents and of course Santa is on his way to see the children and the Christmas train too is on its way through the countryside.

On to the news and once again I want to stress we need more or there will be none at all.

Once again the Lutefisk supper in Bejou was outstanding and so many more people than I think I have seen there since I started going to it. The men and women of the congregation certainly work together to make it the success it is.

Last Wednesday Bob and Vonnies Lofstrand of Fosston were visitors at the Pioneer Home with Helmer and Verlys Homme.

Wednesday evening the 30th Paul Carlson was a visitor and brought supper to Milton Carlson at the Carlson home.

Last week in observance of Lucy Brtek's birthday, Lucy, Joyce Balstad and Michelle Gagner had lunch together at the Lunch Box Café.

On December the 1st, Paul and Donna Carlson picked up Milton Carlson and they all went to Fertile where they attended the Christmas program at the school. That evening Lonnie and Judy Gieseke were visitors and coffee guests at

Milton's home.

Last week end visitors with the Pulskamp's were Dean Johnson, Kelly Johnson and Granddaughter Lilly and Kurt and Jesse Casavan of Red Lake Falls also stopped by to visit with Linda.

Monday Judy and Lonnie Gieseke were visitors and brought dinner to the Milton Carlson home that all enjoyed. That same evening Paul and Donna Carlson were visitors with Milton at Milton's home.

One day last week Helmer Homme visited with a classmate of his, Jerome Voxland who is at the Fosston Nursing Home in Fosston.

Monday afternoon Linda Pulskamp visited in Fosston with Lynda Loidland.

Saturday the 3rd Paul Carlson was a visitor at the Milton Carlson home and helped him with some minor household duties. That evening Chris, Sheila, Jasmine and Carson Benesh visited with Milton.

Mark and Betty Syverson were Sunday visitors at the Pioneer Home at Erskine with Helmer and Verlys Homme.

Tuesday Chris Benesh stopped in and plowed out the yard for Milton Carlson while Vincent shoveled off the deck. Sheila and Jade Benesh stopped in for a visit and later Paul and Donna Carlson joined them all for a visit.

Once again this is it for the bits and pieces of news I have gathered. Until next week may yours be a good one.

### From Bun Manor:

Sunday afternoon, Biggy Moran and Dale Balstad headed over to Bemidji to attend the Celtic Thunder concert. Before the concert Biggy bought a delicious supper at The Chop House. Dale mentioned that it was almost as good as Moran's.

Monday afternoon, Jim and Vicki Thune from Des Moines

Iowa, to spend a day and stay over for one night. That was really nice of them to drive all they way up to see brother Tim. Jim will be heading back to Thailand after Christmas to spend around three months helping out a place called Harvest Home. He helps build buildings and other things to keep the place running efficiently. He also helps spread the word of the Lord through ministry.

Dale stopped by the manor around noon on Friday for a short visit with Bun. He was on his way back to Winger after blowing snow out of his dad Floyd's home on Union Lake. The lake froze over that morning.

Friday afternoon Dr. Dougie came up and picked up uncle Bun and they headed to the casino on Mahanomen to attend the Christmas party for the employees of the White Earth tribal. Doug teaches school in White Earth. They enjoyed dinner followed by a Illusionist show.

Saturday morning around forty five children and some adults showed up in Winger to attend the Lion's breakfast with Santa. Santa had his special elf with him this year for the first time. We will probably be seeing him again at future Santa days.

Steve M and his partners went up to the Lake of the Woods to get the trailer winterized and fish houses ready. The Lake of the Woods froze over on Thursday night but with windy conditions the ice looked like a mine field. One can only wait and see what weather brings to help smooth out the ice. If cold weather holds there should be ice fishing before Christmas.

### Story to Share?

If you have a story or photos you want to share,

please send to:

mcintoshtimes@gmail.com



### "The Christmas Story"

will be shared at the Calvary Sunday School Program December 18th at 9:45 in Winger.

Everyone is welcome and you do not need to be a member, just come to hear the Christmas Story!

## CRP participants get financial incentives

*USDA Announces Additional Financial Incentives for Conservation Reserve Program Participants to Improve Forest Health and Enhance Wildlife Habitat.*

In an effort to improve wildlife habitat and the health of private forest lands, the U.S. Department of Agriculture (USDA) Farm Service Agency (FSA) today announced additional incentives available for Conservation Reserve Program (CRP) participants to actively manage forest lands enrolled in the program.

"Many CRP forests were initially established to conserve soil and protect water quality, but there is also a critical need to restore wildlife habitat" said Brad Pfaff, FSA Deputy Administrator for Farm Programs. "Over the years as trees grow and the forest canopy closes, the quality of wildlife habitat for many species declines. These new incentives are intended to reverse that trend, while also maintaining healthy forests."

The announcement was made at a CRP forest site near Jackson, Miss. In addition to Pfaff, those in attendance included FSA Mississippi State Executive Director Michael R. Sullivan; Natural Resources Conservation Service State Conservationist Kurt Readus; and Office of Senator Thad Cochran Constituent Services Representative Jo Ann Clark.

Under the provisions of the 2014 Farm Bill, \$10 million is available nationwide to eligible CRP participants. Those selected will be encouraged to thin, prescribe burn or otherwise manage their forests in order to allow sunlight to reach the forest floor. This will encourage the development of grasses, forbs and legumes, benefitting numerous species including pollinators and grassland-dependent birds such as the northern bobwhite.

"The program is a win-win for landowners and wildlife as it supports enhanced wildlife habitat on lands already removed from agricultural production, while promoting forest sustainability, soil conservation, and water quality protection," said Pfaff.

Eligibility is limited to landowners and agricultural producers already enrolled in CRP with conservation covers primarily containing trees. Incentive payments, not to exceed 150 percent of the cost to implement a particular customary forestry activity as described, have been established. CRP participants meeting eligibility requirements and interested in making offers to participate should visit their local FSA county office.

For more information about FSA conservation programs, visit the FSA office at the local USDA service center or online.



Doing his best to ask Grayson Sonsteli what he would like for Christmas, Grayson just wanted Grandpa Gary and didn't want much to do with Santa Clause during Breakfast with Santa last Saturday morning in Winger.



Tori Keller took a seat on Santa's lap for a picture during the Winger Lions Breakfast with Santa last Saturday.



After a pancake breakfast, Amelia Iverson was pretty happy to see Santa and his elf at the Winger Community Center last Saturday morning.



Courtney Winand was a little shy with Santa during the Winger Lions Breakfast with Santa last Saturday.



Noah, Moses and Apollo stopped in to Winger for a pancake breakfast and a visit with Santa.

## Regional Ag News

Ray Bisek,  
Extension Educator

### Feeding Beef Cows in Winter

Most producers put up one of their largest crops of hay they've ever had this year in northern Minnesota, but with large yields often comes lower nutritional quality for much of that hay or at least of some of the lots stored. Winter is now upon us with our first real cold spell, so hopefully the cows came of pasture in good to excellent body condition. Understanding the body condition of your cows, the quality of feed available, and the weather conditions that this winter might present, all will factor into the success of profitability of the cow herd next spring. Below is an article from Mark Landefeld, Ohio State Agricultural Educator in Monroe County on Winter Feeding of beef cows.

Feeding beef cattle during the winter can be a challenging experience if being profitable is also one of your goals. Proper nutrition is a key component for a successful cow/calf operation. Cows go through many physiological changes during a year. The winter/early spring feeding period is one of the most critical times to provide adequate nutrition for the cow because of her needs at calving time.

Feed usually accounts for the single largest input cost associated with beef cattle. The winter feeding period generally becomes the largest portion of this cost. Stored feeds such as hay normally cost producers 3-5 times as much as grazing a summer pasture or stockpiled feed in a paddock, when cost is calculated. It's therefore critical to keep the amount of stored feed fed to an acceptable minimum so costs are kept under control, but you must still feed enough hay to meet the nutritional needs of the cow. We must maintain the cow's dietary needs if strong healthy calves are to be born in the spring and also get cows rebred in a timely manner to maintain acceptable calving intervals.

So, we quickly see how over feeding becomes costly, but don't ever forget that under nourished cows may be a disaster. Under nourished cows are ones not receiving enough nutrients from their feed. Notice I did not say, its cows not

being fed enough hay. Cows can be under nourished even though they are eating all they can eat. Feeding the correct quantity of hay is important, but feeding the correct quality of the hay during each production stage is the key.

We often use the figures 2.5 - 3% of a cows body weight as the amount of dry matter (DM) a beef animal needs per day. So, a 1300 lb. cow would require approximately 33-39 lbs. of DM each day. Don't forget this is a DM calculation. To calculate the amount of hay we must actually feed we must account for the moisture in the hay. Most stored hay will be roughly 90% DM so we divide our 33-39 lbs. by 90% (.90) and get an as fed amount of 37-43lbs. of hay per day for our 1300 lb. cow.

Here's the catch. Doing these calculations still does not assure us the proper amounts of nutrients are being fed. Remember we said cows can starve eating all they could eat. Quality of hay must be accounted for to ensure the nutrients being fed are adequate. Poor quality hay has high percentages of non-digestible (neutral detergent fiber-NDF) material in it. Because of this a cow cannot eat more than about 1.5% of her body weight in NDF. Poor quality forage does not pass through the rumen as quickly as high quality forage, hence the cow is full but still lacks the nutrients she needs to maintain productivity.

Laboratory forage analyses I've had done sometimes reveal that hay does not contain the nutrients I thought it might. Sometimes this happens because of unexpected changes in weather conditions that delay making hay, but other times it's because of management decisions. I've heard some producers boast of how many round bales they rolled up in one day or how well their round bales keep their shape and not sag after baling. However, what they really may be saying is that they have a lot of poor quality hay, which was made after it was very mature (with a high NDF value), and it won't be able to meet the nutritional needs of their livestock during the winter feeding pe-

riod.

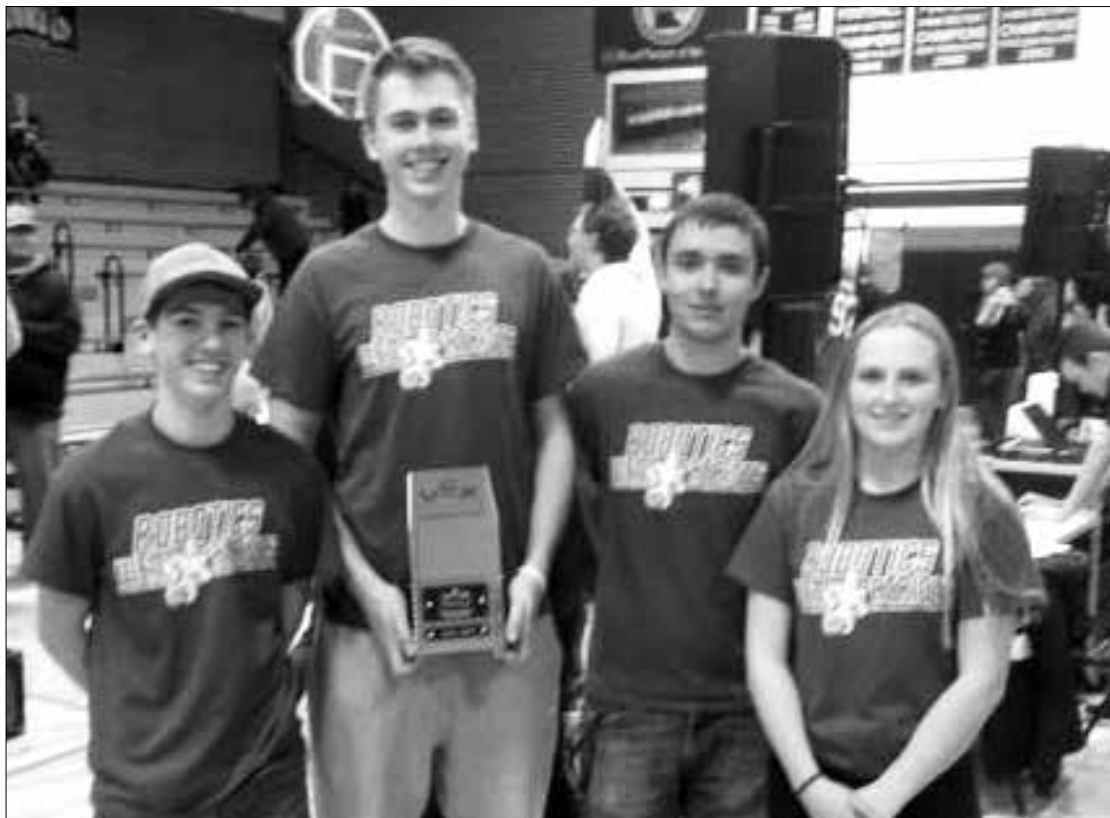
Many factors must be taken into consideration when feeding cows. Frame size, body condition, age of the cows, time of the year, stage of gestation, types of feed, feed quality, fluctuations in air temperature, mud, rainfall and the list could go on. Animals require energy for maintenance, growth, work, and milk or meat production. Feeds are evaluated in terms of the amount of energy and crude protein the animal can obtain from them.

Providing the correct quantity and quality of feed, at the proper time, is what producers must do to maximize production, maintain cows in proper body condition and keep costs under control. Remember we said feeding beef cattle during winter can be a challenging experience. While we certainly want to feed enough nutrients, likewise we do not want to feed too many expensive nutrients if the hay is above average quality or very high in quality.

Knowledge of your hay's quality, the amount consumed and nutrient needs for all classes of livestock in your operation is essential to make the best use of forages available. Nutritional needs for cattle of various ages, weights and production stages are published in numerous places and easy to obtain. Accurate nutritional data of your hay lots will only be known if you have laboratory analyses done.

Laboratory forage testing results are often returned within one week. It's not too late to take samples and have an analysis done to calculate if you're livestock can get enough nutrients from the hay you are feeding.

Whatever method one uses to determine quantities of feed fed, producers should regularly monitor body condition of all livestock. This will help verify if nutrients being fed are calculated properly, distribution among all animals is adequate and boss cows are not keeping timid cows from eating enough forage, causing them to lose weight. A body condition scoring chart that shows pictures and lists body condition descriptions may be found at <http://ohioline.osu.edu/1292/index.html>



**Congratulation to Win-E-Mac Robotics team 5300A for winner the Fisher tournament last Saturday. Winning this tournament qualified them for the VEX State tournament. Team member include Blake Glass, Jarrin Gunderson, Brekken Lindberg and Abby Lende**

## Superindents Notes

By Randy Bruer

### School Bus Dress

We all must all be aware of the student dress when riding the bus to and from school. Our policy states that each student should dress accordingly for the weather. We cannot predict bus emergencies such as breaking down or a bus getting stuck somewhere. We ask parents to make sure your child is dressed appropriately, with coats, shoes, boots and warm outerwear. We have seen a variety of shoes and clothing which are unsafe for cold weather. Bus drivers are concerned about the lack of winter clothing and do not want to be held responsible in case of a stuck or stalled bus. If there are concerns about a child's dress for the weather, parents will be notified.

### Property Taxes

Two years ago legislative session brought several changes to the number of statutes that impact taxation of Minnesota residents. This winter a special session is being planned for December 20th in which every indication suggests they will take up an Ag-2credit bill which will reduce Ag land taxes used to pay for facilities of a school district. This will be a good bill for residents of the Win-E-Mac School District. Everyone has received your property tax statement/s which will show a market value that determines the amount of taxes paid this coming year. Again, we would like to thank our patrons for the support to the Win-E-Mac School.

### Pre-K Program and Day-Care

Chances are good that the Governor will work to use some of the State surplus to fund more school districts with 4 year old Pre-K program in Minnesota. The Win-E-Mac school board has talked about how a Pre-K program would impact our system as well as the impact it would have on day-care sites in the District. With these kids going to school, day care options will be disrupted. The option of providing a before and after school service to this extent requires a thorough study to decide how we would handle child care at our site. We are also looking at how we can offer recreational/educational opportunities to kids during the summer rec program along with daycare for the remainder of the day. These issues will all depend on the decision of the Legislature with the Pre-K programing funds.

### Fall Sports and Winter Activity Season

I would like to congratulate our young athletes on a great fall season of sports. I hope everyone had a chance to come out and cheer on the Patriots at one or more of the games. Our winter sports have begun and I invite patrons to call or visit the Win-E-Mac web site for a calendar of events for all the arts, concerts and athletic games the school provides for the public. Win-E-Mac provides a wealth of entertaining opportunities for the public to attend.

### Garden Valley TV

Again this year, the Win-E-Mac school plans to host our Girls and Boys Varsity Basketball games on a local TV channel 30. We invite the public who subscribe for this service to watch our local channel during this season to see these events. Our plan is to



broadcast for each home varsity game or event in the school. Students will be operating the broadcast so please be patient with the televised service.

### 18 Online Program - an opportunity for high school teachers to earn college credits

Win-E-Mac and MW Minnesota School Districts currently offering concurrent college enrollment or College in the Schools (CITS) courses face requirements from the state Higher Learning Commission that could impact many teachers across the state.

Possibly starting as early as next year, those who teach college courses in high school must have a master's degree in the subject they teach or 18 graduate-level credits specific to that class.

Starting in January, teachers looking to earn the 18 graduate credits have a unique opportunity. A pilot program through Minnesota State University Moorhead, called 18 Online, could provide the necessary opportunity to teachers looking to fulfill the requirements to teach college courses. 18 Online is a graduate program that provides the 18 credits needed for high school teachers to become a qualified content area concurrent enrollment instructor. The state legislature appropriated \$3 million to provide curriculum development for the Northwest Regional Partnership continuing education program. It's a collaboration effort between Lakes Country Service Cooperative, Northwest Service Cooperative and Minnesota State University Moorhead. The program is no cost to the enrolled teacher or the school district. "We're very fortunate our service co-ops are working together. This is something the legislature needs to support because we need to have something in place. If this grant wasn't available, teachers would have to pay out of pocket.

Win-E-Mac Administration recognizes that this could be a concern for us in a few years, but feel the district is in very good shape now with their instructors currently teaching the college courses. There are varying reports as to when exactly the requirements will be implemented. 18 Online is a chance for teachers to earn the credits and put them in position to instruct college courses and for the district to continue its concurrent enrollment program.

Win-E-Mac currently offers many college courses in English, Social Studies, Algebra and Science related courses. All the Win-E-Mac teachers instructing these college courses hold master's degrees.

Have a Great Holiday Season!

### Gifts...

Continued from page 1 ...

a medical condition in which age-related tissue loss contributes to brittle, fragile bones. Physical activity, including muscle-strengthening activities like weight training, can help combat osteoporosis. Family members stuck on what to get aging loved ones may want to consider gifting a membership to a local gym. Many gyms offer heavily discounted memberships to seniors, and such gyms may even offer senior fitness classes at no additional cost.

### Travel gifts

Many retirees love to travel, but not every senior has the means to take off for parts unknown. A 2013 survey from the Transamerica Center for Re-

## BUS DRIVER WANTED

Full-time bus driver or split-time bus driver position.

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We will assist you to get the license.

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*Erskine, MN 56535*

*Phone: 218-563-2900*

*Email: rbruer@*

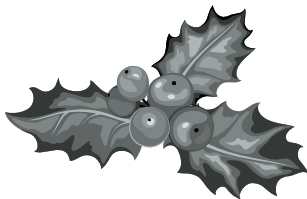
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tirement Studies® found that 25 percent of retirees admitted they wished they would have saved more for retirement travel. Holiday shoppers can light up seniors' smiles by gifting travel gifts this holiday season. One idea is to transfer airline miles to an elderly loved one so he or she can get a free or discounted flight. If that's not a possibility, some new luggage or a Global Hotel Card™ sponsored by Orbitz®, a gift card that can be redeemed at 70,000 hotels across the globe, is sure to please.

### Family time

Shoppers who are especially stuck on what to get seniors for Christmas can just resolve to spend more time with their elderly loved ones. Many seniors genuinely have everything they need, and such men and women may only want to spend more time with their children and grandchildren. Make a New Year's resolution to spend more time with the special seniors in your life if the perfect gift is eluding you.



**Lily Pries visited with Santa in McIntosh last Saturday.**



**Julius Dahl stopped in to visit with Santa in Winger during Breakfast with Santa hosted by the Winger Lions.**



**Santa had a visit from Cody Johnson and Natasha Salsbery during his visit to McIntosh last Saturday during Santa Claus Day hosted by the McIntosh Community Club.**

## Take a Healthy Dish to your Next Holiday Party

We're in the holiday season when parties challenge our commitment to healthy eating.

There are family parties, club parties, work parties and annual gathering of friends. These events are often centered on food that's loaded with calories, sugar, fat and sodium.

When you're invited to bring a dish to share, consider a healthy option that looks and tastes good. Think about dishes that feature fruits, vegetables, beans, nuts and whole grains. Avoid bringing more sweets, desserts and dishes loaded with full-fat ingredients such as cheese.

Many of our friends and family members have special diet needs, such as food allergies. They may need to watch their sodium due to high blood pressure, heart failure or kidney disease. Low-sugar and low-carbohydrate options are appreciated by people with diabetes. Let's think about these needs as we gather to enjoy each other's company.

Here are some healthy potluck options along with some recipes (note the asterisk) that I've shared with my co-workers and patients.

**Bring this / Instead of this:** Hummus and whole-grain crackers instead of Cheese and sausage with low-fiber crackers; Fruit parfaits instead of Cookie tray; Homemade appetizer meatballs instead of Little sausage links in sauce; Homemade taco dip instead of Full-fat taco dip; Lightly salted nuts or trail mixes instead of Candy; Vegetable side salad instead of Ramen noodle broccoli salad; Bean salsa instead of High-sodium bottled salsa; Lower-sodium soup or chili instead of High-sodium canned or frozen soup; Homemade salmon spread instead of Cheese ball or spread.

Try this healthy dessert instead of a fruit pie.

### Fruit Parfait

Fruit of your choice

Vanilla or plain low-fat, light or fat-free Greek yogurt

Topping, such as granola or nuts

For one parfait, prepare about ¾ cup of fruit. Put ¼ cup of fruit into a bowl or cup and top with 1 tablespoon yogurt. Repeat the layers and top with 1 tablespoon of nuts or granola.

Great fruit choices are: Strawberries, blueberries, blackberries, raspberries, grapes, melons, peeled and cubed; watermelon, cantaloupe or honeydew melon, kiwi, peeled and sliced, mango, peeled and cubed, orange segments, pineapple chunks, fresh or canned (drained), peach slices or pomegranate.

### Nutrition facts (estimated)

*Serving size, about 1 cup; calories, 100-150; total fat, 1 gm; saturated fat, 0 gm; cholesterol, 0 mg; sodium, 20-30 mg; carbohydrates, 18-25 gm; fiber, 2-5 gm; protein, 3-5 gm; calcium, 60 mg.*

Frozen meatballs are usually high in sodium and fat. Look for the chili sauce that's the lowest in sodium and use a lower sugar grape jelly to decrease calories and carbohydrates.

### Appetizer Meatballs

#### Meatballs:

1 pound 93 percent lean ground beef or ground turkey  
1 cup onion, minced  
1 egg, beaten  
½ teaspoon black pepper  
2 tablespoons Worcestershire sauce

1 tablespoon Canola oil

Combine all ingredients except oil and shape into 1-inch meatballs. Warm oil in an electric skillet over medium heat. Add meatballs and cook for 10-15 minutes or until browned. Cool meatballs by draining on paper towels. Discard oil

#### Sauce:

12-ounce bottle chili sauce  
10-ounce jar lower-sugar grape jelly

Combine chili sauce and jelly in a medium saucepan (or electric skillet); stir well until jelly is melted. Add meatballs and simmer uncovered on low for 30 minutes to thicken the sauce, stirring occasionally. Serve hot meatballs with toothpicks out of the skillet or a slow cooker or chafing dish set on low to keep warm. Makes 36 meatballs.

### Nutrition facts

*Servings: 18; serving size, 2 meatballs with 1 tablespoon sauce; calories, 48; total fat, 3 gm; saturated fat, 0.7gm; carbohydrate, 5gm; protein, 6 gm; sodium, 115mg.*

Try this low-fat taco dip, which has 100 fewer calories than the full-fat version.

### Taco Dip

8-ounce fat-free cream cheese or fat-free plain Greek yogurt

8-ounce fat-free sour cream  
1 teaspoon lemon juice  
4 tablespoons Newman's Mild Salsa

2 teaspoons chili powder

¼ teaspoon onion powder

¼ teaspoon garlic powder

¼ teaspoon cumin

Chopped tomatoes

Chopped lettuce

Chopped onions

Mix cream cheese or yogurt,

sour cream, lemon juice, salsa and spices in mixing bowl until well blended. Or use a food processor. Spread onto serving platter. Top with chopped vegetables. Serve with tortilla chips such as Bearitos or Garden of Eatin', Sage Valley or Xochitl or vegetables.

### Nutrition facts

*Serving size, 2 tablespoons; calories, 35; total fat, 0 gm; saturated fat, 0 gm; cholesterol, 3 mg; sodium, 140 mg; carbohydrates, 4 gm; fiber, 0 gm; protein, 3 gm.*

### Broccoli-Bacon Salad

1 clove garlic (½ teaspoon)

¼ cup olive oil mayonnaise

¼ cup reduced-fat sour cream

2 teaspoons cider vinegar

1 teaspoon sugar

4 cups broccoli crowns, finely chopped

1 cucumber, chopped

3 slices lower-sodium bacon, cooked and crumbled

3 tablespoons dried cranberries

Freshly ground pepper, to taste

Whisk garlic, mayonnaise, sour cream, vinegar and sugar in a large bowl. Add broccoli, cucumber, bacon, cranberries and pepper; stir to coat with the dressing. You can cover and refrigerate for up to 1 day.

### Nutrition facts

*Serving size, 2/3 cup; calories, 75; total fat, 4 gm; saturated fat, 1 gm; cholesterol, 5 mg; sodium, 100 mg; carbohydrates, 8 gm; fiber, 2 gm; protein, 3 gm.*

This dip is a great way to add more vegetables to your snacks or meals. Choose tortilla chips made from whole-grain corn and you will have added veggies and whole grains in your menu plans.

### Southwest Black Bean Dip

2 tablespoons lime juice

1 tablespoon extra-virgin olive oil

½ teaspoon ground cumin

1 1/2 cups frozen corn

¼ cup chopped fresh cilantro

15-ounce can lower-sodium black beans, rinsed and drained

1 large red bell pepper, chopped

Jalapeno pepper, chopped (if desired)

Tortilla chips or dipping vegetables

Mix lime juice, oil and cumin in a small bowl. Combine corn, cilantro, black beans, red bell pepper and jalapeno pepper; toss. Drizzle dressing over bean mixture and mix. Serve with whole-grain tortilla chips or dipping vegetables.

*Nutrition facts*

*Serving size, ½ cup; calories, 80; total fat, 1.5 gm; saturated fat, 0 gm; cholesterol, 0 mg; sodium, 60 mg; carbohydrates, 13 gm; fiber, 3 gm; protein, 3 gm.*

### Turkey Squash Soup

1 tablespoon canola oil

3/4 cup onion or leeks, chopped

1 red bell pepper, chopped (about 1 cup)

1 cup carrots, chopped

1 cup celery, diced

3 cloves garlic, minced (1½ teaspoons minced garlic in jar)

6 cups unsalted chicken stock (less than 150 mg sodium per cup)

1½ pounds butternut squash (2-3 cups), peeled, seeded and cut into 1-inch cubes

2 tablespoons minced fresh thyme or 2 teaspoons dried thyme

1½ teaspoons ground cumin

½ cup raw wild rice, rinsed

3 cups cooked fresh turkey or chicken (about 1½ pounds)

2 cups frozen corn kernels

2 tablespoons lime juice

½ teaspoon crushed red pepper

¼ teaspoon salt

Freshly ground pepper to taste

Heat oil in a Dutch oven over medium-high heat. Add onion (or leeks), bell pepper, carrots, and celery. Cook until the vegetables begin to soften, about 3-4 minutes. Add garlic and cook 1 minute more. Stir in broth, squash, wild rice, thyme and cumin. Cover and bring to a boil. Reduce heat to medium-low and cook until the vegetables are tender, about 10 minutes. Add turkey (or chicken) and corn. Return to simmer and cook until the turkey is heated through, about 30-45 minutes. Cooking for several hours will enhance the flavor. You can also cook in a slow cooker for 5-8 hours on low. Add lime, red pepper, salt and pepper just before serving.

### Nutrition facts

*Serving size, 1 cup; calories, 150; total fat, 10 gm; saturated fat, 2 gm; cholesterol, 10 mg; sodium, 100 mg; carbohydrates, 30 gm; fiber, 5 gm; protein, 15 gm.*

**Healthy party...**

Continued on page 5 ...



# Santa and Mrs. Claus visit McIntosh



Amelia Vigoren sat on Mrs. Claus' lap last Saturday.



Happy to visit with Santa were Amelia and Ashton Killian.



Brelynn Hegre stopped in to see Santa and tell him what she is wishing to receive for Christmas.



Dawson Gunufson sat with Mrs. Claus during Santa Claus Day in McIntosh last Saturday.



Taking a break from elf duties was Brooke Tofstad.



Danica Striker, Carlie Munter and Alexis Striker were happy to see Santa and Mrs. Clause last Saturday during Santa Claus Day in McIntosh.



Clara Roed and her little sister, Grace stopped by the Community Center to see Santa and Mrs. Claus last Saturday.



Visiting with the Claus' was Jackson Shultz last Saturday during Santa Claus Day in McIntosh.



Santa had a great visit with Henry Swanson last Saturday in McIntosh.



Deacon and Grayson Schultz had different feeling about their visit with Santa and Mrs. Claus.



Keagen and Avery Hruby has a few laughs with Santa and Mrs. Claus during their visit to McIntosh last Saturday.



Erich, Lukas and Jayden Gensburger stopped to visit with Santa and Mrs. Claus during Santa Claus Day last Saturday in McIntosh.



Visiting Santa and Mrs. Claus when they stopped in McIntosh last Saturday were Karson, Hailey and Brooklyn Hedlund.



Santa and Leland Vigoren have a visit during Santa Claus Day last Saturday.



Samantha Arney visited with Santa last Saturday in McIntosh when Santa and Mrs. Claus stopped in to visit the kids.



## Healthy party...

Continued from page 4...

*Servings size, 1 cup; calories 155; total fat, 2.5 gm; saturated fat, 0 gm; cholesterol, 40 mg; sodium, 180 mg; carbohydrates, 16 gm; fiber, 3 gm; protein, 19 gm.*

This is a great way to add healthy omega 3 fatty acids. Use fresh or frozen salmon instead of canned fish to cut the sodium level.

### Salmon Spread

8 ounces of salmon, baked or poached

8-ounces fat-free cream cheese or fat-free plain Greek yogurt

2 tablespoons olive oil mayonnaise

2 teaspoons lemon juice

½ teaspoon Worcestershire sauce

½ teaspoon minced garlic

¼ teaspoon onion powder

¼ teaspoon Tabasco Sauce

1 dash ground black pepper

¼ teaspoon liquid smoke

Bake or poach salmon until flaky and then cool. Put all ingredients in a food processor and process until creamy. Serve with fresh vegetables or whole-grain crackers.

### Nutrition facts

*Serving size, 2 tablespoons; calories, 45; total fat, 2 gm; saturated fat, 0.5 gm; cholesterol, 15 mg; sodium, 130 mg; carbohydrates, 2 gm; fiber, 0 gm; protein, 5 gm.*

Author Bonnie Brost is a licensed and registered dietitian in the Wellness Program at the Essentia Health St. Mary's-Heart & Vascular Center in Duluth.



Grandma Peggy Hartel sat with Santa as Granddaughter, Macey Lee sat with Mrs. Claus during Santa Claus Day last Saturday in McIntosh.



Micah Malmanger had a fun visit with Santa in McIntosh last Saturday.



Laughing and visiting with Santa was Nora Earls.



Raiden and Tavin Hewitt had a chance to sit on Santa's lap during Santa Claus Day in McIntosh.



Grace Dahl was happy to see Santa and his Elf during Breakfast with Santa last Saturday in Winger.

## Shopping...

Continued from page 1...

between online retailers and traditional brick-and-mortar stores is so great that deals can be found regardless of when they begin shopping. But while waiting until the last minute to begin holiday shopping may not be as risky as it used to be, shoppers may still benefit by sticking to certain strategies so they can find the perfect gifts without breaking the bank.

• **Stay within your budget.** Even last-minute shoppers have holiday shopping budgets. But it can be harder for last-minute shoppers to stick to their budgets because they have less time to comparison shop and hunt for deals. As the holiday shopping season winds down, resist the temptation to go over budget. If a gift you had in mind is available but more than you can spend, look for something else. Overspending on holiday shopping in December is a recipe for debt in January, and no shopper wants to begin the new year weighed down by consumer debt.

• **Shop local.** National chains and big box retailers are renowned for rolling out great deals during the holiday season, but such stores may have very limited or unimpressive inventory left by the time last-minute shoppers begin shopping. Local retailers

are often incapable of slashing prices as significantly as their larger competitors, and that may mean they have more extensive inventories available throughout the holiday shopping season. In addition, shoppers who stick with local retailers won't have to pay shipping costs to ensure items arrive on time.

• **Shop during off-peak hours.** Shopping during off-peak hours can help last-minute shoppers make efficient use of the limited time they have to buy gifts for their loved ones. Visit stores early in the morning or late at night, or schedule a midweek afternoon shopping trip so you aren't spending what little time you have left waiting on lines or hunting for parking.

• **Give something less traditional.** Holiday gifts need not come from stores. Rather than spending their time shopping for gifts for loved ones who seemingly have it all, last-minute shoppers can give the gift of a donation in their loved one's name. Last-minute shoppers who want to give something more tangible can create a homemade gift that's both unique and heartfelt. If your DIY skills are lacking, give a loved one the gift of a night out on the town at your expense.

Shoppers who wait until the end of the holiday shopping season to begin their searches for holiday gifts can still find great gifts without going broke.



Collins and Hunter Westcott were among many kids who stopped in Winger on Saturday for pancakes and sausage and a visit with Santa and his elf.



Ella and Grafton Langemo visited with Santa Claus during Breakfast with Santa in Winger last Saturday morning.



Stopping in Winger for a visit, Santa had the chance to see Alecis and Danika Striker and Carlie Munter last Saturday during the Winger Lions Breakfast with Santa.



Kale Brevik had a chance to tell Santa what he wants for Christmas during Breakfast with Santa.



Lucas Iverson visits with Santa and his elf at the Winger Community Center.



Last Saturday, Cooper Gieseke and Brody Cook had some fun visiting with Santa in Winger.