



McINTOSH

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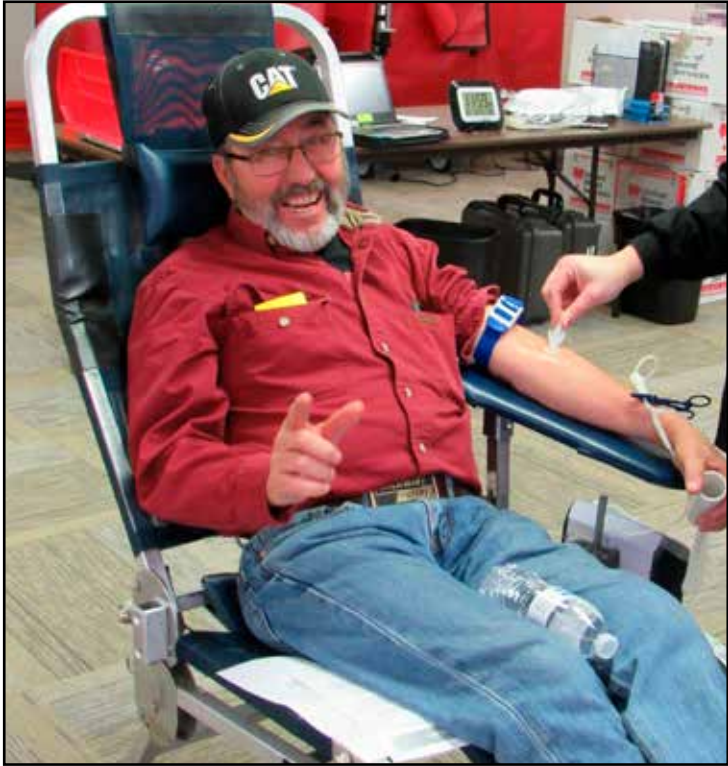
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Hub of the Thirteen Townships

McIntosh, Minnesota



Gail Johnson along with her husband, Terry, hosted the United Blood Services blood drive held last Friday at the McIntosh Community Center. Gail is the daughter of Martha Henney, who passed away this year, but was an avid blood donor, giving 52 units of blood throughout her life.



Giving blood this holiday season was Dennis Boucher last Friday at the Community Center in McIntosh during the United Blood Services blood drive.



Mark Lee, a regular donor, was giving blood last Friday during the blood drive in McIntosh.



Did you know that if you give your cell phone number to United Blood Services they will send you a text when your donation is used? Mark Klinkhammer gave blood last Friday in McIntosh during the blood drive.

SANTA'S COMING TO TOWN...

AND SO SHOULD YOU!

Start off the Holiday's having Breakfast with Santa. The Winger Lion's will host their annual event this Saturday, December 9th starting at 9:00 am at the Winger Community Center. There will be pancakes with strawberries and whipped cream along with sausage and juice or coffee. After a hearty breakfast make sure to stick around as Santa will arrive to visit with all the kids that attend.

Also, this Saturday, December 9th, the McIntosh Community Club will host Santa Claus Day in McIntosh.

The event will take place from 9:00 am to noon at the McIntosh Community Center.

Christmas music will be with Susan Lee and there will be Christmas Stories as well.

There will be arts and crafts along with a Santa Station where kids can write their letters to Santa and put them in a box for special express delivery.

Santa will arrive in McIntosh at 10:00 am, so make plans to stop by to see him.

If the weather permits there will be hay rides, so make sure you bring some warm clothes along.

This event is sponsored by the McIntosh Community Club and the funds to make this a fun event for our area kids is provided by membership dues, donations and local events that the Community Club has throughout the year.

Along with Santa Claus Day, each year the Bone Builders group hosts a Christmas Shopping event for kids.

This year's location for the mall has changed. The mall hours will be 11:00 am to 2:00 pm and will be located at the McIntosh Community Center. The mall entrance will be the doors located on the south side of the building, or off of 1st Street NW.

Kids in the 6th grade or younger are invited to come



Holiday food drive by WEM Honor Society

With the joyous holidays upon us, the Win-E-Mac Honor Society would like your help in a Holiday Food Drive at the Win-E-Mac Public School.

Your donations can be brought to the school or sent with your child and collected in the classrooms.

The proceeds will go to the food shelf at the Grace Lutheran Church in Erskine. The food drive will take place from Monday, December 4 - Thursday December 14.

During this time students will be asked to bring items to their classroom Holiday Food Drive Box.

Suggested needs are: Jello, Puddings, Frostings, Canned Goods, Cake/Brownie Mixes, Juices, Salad dressing, and especially Personal Hygiene items.

Thank you and Happy Holidays from the WEM Honor Society!

Here are some festive ideas to include in the days leading up to Christmas - a special family calendar of fun finds.

- 1. Annual memento:** Have the kids or adults make one new handmade ornament each year. This way the tree is always evolving, and everyone can track milestones.
- 2. Cookie day:** Devote one day to making Christmas cookies. Invite friends or family members over. Distribute some cookies to elderly neighbors.
- 3. Holiday classic:** Spend a night in and watch a classic Christmas flick you've never seen before. Streaming movie services often put classics and obscure titles into rotation during the holiday season.
- 4. Christmas concert:** Host a gathering of children where they can sing or perform their favorite tunes for an audience. Take it on the road to a

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." The Giving Tree will be in the Win-E-Mac Commons from the end of November through December, if you would like to donate gifts.

Please choose an "ornament" and write your name on the one you choose. All gifts will need to be delivered, unwrapped, to the school no later than December 15th so they can be distributed to the families.

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, Cassie Subbert, or Alyssa Hickman 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 one of the people stated above.



and shop for presents for their family members.

Parents will be asked to wait outside the door while the kids shop, so that your present can be a surprise too.

There will be members of the Bone Builders available to help the children shop as well as wrap their gifts.

Again, all items at the sale will be 25 cents.

This event is sponsored by the McIntosh Bone Builders and all proceeds will go to Popular Meadows Senior Living.

Mark your calendars for the Christmas Open House held at the First National Bank on Friday, December 15th from 9:00 am to 3:00 pm. There will be all kinds of goodies to try with coffee and cider. King Town Farmers Mutual Insurance will also host their Open House on the same Friday from 9:00 am to 3:00 pm, stop in for special treats and a chance to visit with neighbors and friends.

Celebrate the Holidays in McIntosh!

Ideas for making holiday memories

Counting down to Christmas Day means many different things to people across the globe.

Although families likely have several different traditions they anticipate each year, it can be fun to incorporate some new merry-makers into the festivities.

nearby nursing home.

- 5. Dine out:** Take a break from cooking, shopping and hosting and stop into a restaurant you've been meaning to try. Keep it local to support nearby businesses.
- 6. Adopt a child/family:** Volunteer with a charitable organization that provides for less fortunate families. Answer the Christmas desires of a needy child or family by purchasing an item on their wish lists.
- 7. See the sights:** Pack the children into the family car to tour nearby areas and look at Christmas lights displays. Bring along cookies and hot chocolate.
- 8. Trim a tree:** Get together with adult friends at a tree-trimming party. Rotate the hosting house each year.
- 9. Play dress-up:** A gentleman can dress up as the man in red and pop into a friend's holiday gathering.
- 10. Wilderness walk:** Enjoy the crisp air and snow and see a local park from a winter perspective.
- 11. Acts of kindness:** Choose any act of kindness and make it happen this Christmas. It can include feeding the hungry or helping a disabled person shop for the season.
- 12. Kids' Secret Santa:** Spread the joy of giving by having the kids choose a sibling or friend's name from a hat and purchasing or making a gift for that person.

Holiday... Continued on page 4 ...

ECFE Grandparents Night

Kids up to 6 years old and their grandparents are welcome to come to Win-E-Mac School on Thursday, December 7th at 6:00 pm for a fun filled evening.

Bring out grandpa and grandma for easy holiday ornaments, yummy treats and a holiday sing-along!

See you there!



Community Calendar

Wed. Dec. 6: 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. 7: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Dec. 8: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Sat. Dec. 9: Winger Lion's Breakfast with Santa @ Winger Community Center 9:00am; Santa Claus Day in McIntosh @ Community Center 9:00am; Kid's Mall @ Community Center side door starting at 11:00am to 2:00pm

Mon. Dec. 11: 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. 12: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm

Wed. Dec. 13: 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. 14: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Dec. 15: Open House at First National Bank of McIntosh 9:00am to 3:00pm; Open House at King Town Insurance in McIntosh 9:00am to 3:00pm; McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Dec. 18: 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. 19: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm



Starting off the Christmas Season in McIntosh, Minnesota Rust hosted a "Sip and Shop" last Friday night, where customers could enjoy some wine and goodies while they shopped for decorations and gifts at the one-of-a-kind shop.

Reps. Fabian, Kiel and Green urge support for Emmer Hill

Emmer Hill bill to reverse Twin Metals lease withdrawal.

District 1 Reps. Dan Fabian, R-Roseau, and Deb Kiel, R-Crookston, and Rep. Steve Green, R-Fosston, joined a bipartisan list of more than fifty Minnesota legislators urging support for Congressman Tom Emmer's bill, H.R. 3905, to reverse the last-minute land withdrawals and to require congressional approval for any future withdrawal actions.

The bill (H.R. 3905) came in response to the Obama administration's decision in the final months of his second term to withdraw nearly 240,000 acres of federal lands from potential development, effectively killing the proposed Twin Metals mining project in Northeast Minnesota. Congress is expected to vote on the bill Thursday.

"Twin Metals is a project that would produce more than

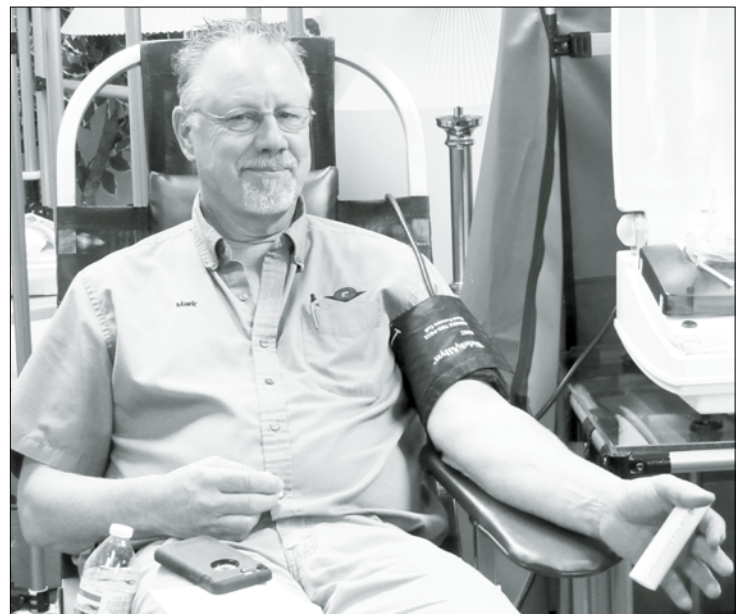
17,000 jobs and generate billions in revenue for communities and schools," Rep. Fabian said. "I applaud Congressman Emmer's bipartisan work to reverse this decision and put power back in the hands of Congress."

"It's important that we stand with our neighbors in Northeast Minnesota and support efforts by our Congressional delegation to reverse the harmful decisions made by the Obama administration," added Rep. Kiel. "Thanks to Congressman Emmer's legislation, this important project can continue through the normal regulatory process and put Minnesota one step closer to billions in economic development and thousands of good-paying jobs."

The land withdrawal decision by the Obama administration put 17,000 jobs and \$2.5

billion in overall economic impact for Minnesota at risk. In addition, it would result in billions in lost revenue for Minnesota's Permanent School Trust Fund.

The bill does not supersede federal, state, or local environmental regulations, and does not permit mining or prospecting in the Boundary Waters. The bill includes clarifying language stating that "nothing should be construed to permit prospecting for development and utilization of mineral resources within the Boundary Waters Canoe Area Wilderness or Mine Protection Area."



During the United Blood Services Blood Drive at the McIntosh Community Center last Friday, Mark Thompson was one of the many donors who stopped in to help out.



Dick Holen was a donor during the blood drive that took place last Friday in McIntosh.

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Multiple Sclerosis \$129
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Cancer Fund \$525.67
Red Cross \$25.67
DAC \$99
Leukemia Society \$29
MN Medical Foundation \$20
Northland Rescue Mission \$100
Samaritan's Purse \$50
Ronald McDonald House \$15
Essentia Health Hospice \$20
REM Northstar Inc. \$20
Total \$1,530
Solicitors: Tim Disrud, Scot Thompson, Davin Swanson.
Chairperson: Betty Syver-son
Raymond O. Sundrid, Clerk/Treasurer
Hill River Township



The members of the 1968-1969 School Board were Harold Thompson, Bill Johnson, Harvey Gustafson, Morris Johnson, Roy Schleicher and Armond Sannes. The men are wearing suits and ties and sporting neat haircuts, so different from the more casual styles today. Also notice the ashtray on the table in the school! This photograph was donated to MHAC by Jane Aakhus.



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Please join us at the
First National Bank of McIntosh for our
Christmas Open House
on Friday, Dec. 15, 2017
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

VFW Auxiliary #6891 News

The VFW Auxiliary #6891 will hold their Christmas Party on Monday, December 11. It will be held at Moran's at 5 p.m. Each person attending should bring an exchangeable \$10.00 gift. Members can order off the menu.

The Auxiliary sent 255 Christmas Cards to Friends of our Troops. These cards are distributed to Chaplains all over the world and then in turn given to Veterans.

This can include hospitals, VA centers and Veterans overseas. The highest amount of cards last year that was sent by one person was over 12,000 and there were many that sent over 10,000 cards.

The Auxiliary also gives gifts to every Veteran in Pioneer Home, McIntosh Senior Living, Poplar Meadows and Riverside Board and Care.

The Auxiliary also sent about \$100 worth of personal items to the VA Hospital in Fargo.

All Auxiliary members are encouraged to attend this Christmas Party

Avoiding eye strain: remember the 20-20-20 rule

Whether you're posting on social media or searching the computer for cyber deals this holiday season, remember to give your eye muscles a break.

Eye strain is a common problem, according to Essentia Health Optometrist Erin Barrett. "I often recommend my patients follow the '20-20-20 rule', which is to take a 20 second break looking 20 feet away after focusing on the computer or after 20 minutes focusing up close," she says.

The focusing muscle inside the eye is just like any other muscle of the body, so it can get tired with extended use. "If this is the case things far away may be blurry when first looking up and away from the computer," says Barrett. "The muscles need to stretch and relax after working so hard."

New studies are showing that computer screens, as well as phones and other electronic devices, emit harmful wavelengths of blue light that may be damaging the retina inside the eyes.

Essentia Health's optical shops offer blue blocking lenses and or coatings that can reduce your exposure to these harmful wavelengths of light.

Ad deadline: Noon Friday

Community Birthday and Anniversary Calendar

Thurs. December 7: David Sannes, Alicia Graff, Mark Votava, Mary Salvhus, Sandy Mayer

Fri. December 8: *Lavern & Anna Toftstad

Sat. December 9: Hannah Brouse, Camille Springer

Sun. December 10: Jill Schulz, Stephanie Frisk, Ethan Finseth, Danielle Finseth

Mon. December 11: Coby Burslie, Mya Haaven

Tues. December 12: Valerie Brekke, Heidi (vesledahl) Haaven, *Patrick & Karen Rolf



ST. MARY'S CHURCH Fosston
Fr. John Suvakeen, Pastor
Wed. Dec. 6: 3:30pm Mass at First Care Nursing Home, Fosston
Thurs. Dec. 7: 6:30pm Immaculate Conception Holy Day Mass at St. Mary's, Fosston
Sun. Dec. 10: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Dec. 13: 1:00pm Mass at McIntosh Nursing Home; 6:30pm Advent Penance Service at St. Mary's, Fosston
Fri. Dec. 15: 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. 10: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Dec. 17: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh Supply Pastor Gordon Syverson
Sun. Dec. 10: 11:15am Worship Service.
Sun. Dec. 17: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH Independent Gary Johnson, Pastor www.gosen-church.com Face Book: Gosen Church
Wed. Dec. 6: 7:00pm Bible Study at Don & Sharon Ramberg's
Fri. Dec. 8: 10:00 a.m. Telecast of the Luther League program on Garden Valley Cable TV--Channel
Sun. Dec. 10: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service

Tues. Dec. 12: 10:00 a.m. Sunday worship service telecast on Garden Valley Cable TV--Channel 2; 1:30pm Bible Study at The Country Place

Wed. Dec. 13: 7:00pm Bible Study at Don & Sharon Ramberg's

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
Thurs. Dec. 7: 7:00am Men's Breakfast at Mt. Carmel
Sun. Dec. 10: 9:30am Worship at Mt. Carmel; 11:00am Worship at Trinity; 10:45am Mt. Carmel Sunday School for all ages at 10:45am; Trinity Sunday School for all ages at 9:45am; Mt. Carmel Sunday School Christmas Program 3:00pm followed by salad, and-wiches and goodies potluck

Thurs. Dec. 14 7:00am Men's Breakfast at Mt. Carmel
Sat. Dec. 16: 8:00pm Trinity Sunday School Christmas Program

Sun. Dec. 17 : 9:30am Worship at Mt. Carmel 11:00am Worship at Trinity; 10:45am Mt. Carmel Sunday School for all ages at 10:45am; Trinity Sunday School for all ages at 9:45am

VERNES LUTHERAN CHURCH (LCMC) McIntosh Pastor Jill Torgerson
Sun. Dec. 10: 9am Worship
Sun. Dec. 17: 9am Worship

DOVRE FREE LUTHERAN Pastor Don Edlund
Wed. Dec. 6: 7:00pm Bible Study
Sun. Dec. 10: 10:00am Worship Service; Sunday School following
Wed. Dec. 13: 7:00pm Bible Study
Sun. Dec. 17: 10:00am Worship Service; Sunday School following

IMMANUEL LUTHERAN CHURCH McIntosh Rev. Bruce Blocker, Pastor
Sun. Dec. 10: 9:00am Divine Worship Service
Tues. Dec. 12: 6:00pm Advent Service
Sun. Dec. 17: 10:00am Divine Worship with Holy Communion; 11:15am Congregational Dinner
Sun. Dec. 24: 5:30pm Christmas Eve Candlelight Service
Holy Communion 1st and 3rd Sundays

McINTOSH Times

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"Serving the Win-E-Mac area"

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Winger News

Linda Pulskamp

Hello again to everyone out there reading the Times from Winger and the Union Lake areas, where we had beautiful weather for the Thanksgiving Holiday.

It was nice and warm and without snow and icy roads making travel for those who had to drive very pleasant. Now with the Thanksgiving Holiday behind us we are gearing up for the Christmas Holiday. Already see many homes decorated indoors and out for Christmas, but also need to remember the reason for the season.

Greg and Michelle Gagner and Lucy Brtek were to the Shooting Star Casino on Thanksgiving Day where they enjoyed all the delicious food that was served in the buffet including lutefisk which Lucy said was done to perfection.

Tuesday evening the 21st Milton Carlson was to Fosston to the Chad and Michelle Carlson home to help Traydon celebrate his birthday.

Brent, Jessie, Sidnie, Sky-lie and Brylie Pulskamp of Wahpeton were Thanksgiving weekend house guests and Thanksgiving Day dinner guests at the Pulskamp home.

Thanksgiving Day dinner guests at the Lonnie and Judy Gieseke home were Milton Carlson, Roy, Lisa and Ryan Schaumburg and Mike, Kari, Terry and Oliviayah Keller of Bejou.

Visitors during the Thanksgiving weekend at the Puls-kamp home were Dean Johnson, Kelly Johnson, Matt Balstad, Jamie Anderson and her Son Seth and Jessica Ren-na.

Friday the 24th Dick and Wanda Donavon and "Pepper" of St. Francis arrived at the Milton Carlson home to spend a few days visiting with the family.

Truman and Darlene Johnson of Dilworth were recent visitors at the Boyd and Sylvia Bratager home.

Enjoying Thanksgiving Dinner together at the Pioneer Care Center at Erskine were Helmer and Verlys Homme, Lonnie Paradis, Dellas Paradis, Mildred Hanson and Roy and Judy Raben. There was much good food to be had and lots of visiting done.

Dinner guests at the Milton Carlson home on Sunday the 26th were Lonnie and Judy Gieseke, Paul and Donna Carlson and Dick and Wanda Donavon. That afternoon Chad and Michelle Carlson stopped by Milton's for a visit with the family, and later that same evening Kristen, Monte and Hadley Erickson of Fertile were visitors. That afternoon Dick and Wanda Donavon and "Pepper" left for their home in St. Francis.

Brian Bratager's and Bruce Bratager's spent time visiting at the Boyd and Sylvia Bratager home during the Thanksgiving weekend as well as the Jeff Bratager family.

Last Friday evening Bill and Chris Metler and children and Dale Chambers were visitors and overnight guests with Helmer Homme at the Homme home. Chris is Helmer's niece and Dale is Helmer's brother-in-law.

Chelsey Haugen and Steven Cullen of Oslo hosted Thanksgiving Day Dinner at their home for guests, Kjerstie and Dakota Poissant, Susan and Chris Eischens, Betty Myhrum and David Myhrum.

This past week Lucy Brtek made a trip to Fosston where she visited with Sheldon Lee and Wilma Wang at their homes at Cornerstone. She stated they both were doing well and in good spirits. After her trip to Fosston she visited at the Lynn and Sara Lucken home which led to Lucy and Sara having lunch at the Coup in McIntosh.

Judy Gieseke was a visitor on Monday the 27th with Milton Carlson at the Carlson home.

Shirley Salvesson of Moorhead and her Daughter Karen of Glyndon were visitors this past week at the Boyd and Sylvia Bratager home.

Roy and Judy Raben and Helmer and Verlys Homme spent several afternoons this past week visiting together at the Pioneer Home and also enjoyed several games of rook as they visited.

In closing food for thought and until next week, some days you need to create your own sunshine!

From Bun Manor:

Bun's cousin Susie Anderson recently went on a bus trip. The following details are in her own words: I took a bus trip the end of October with the golden link from Crookston to San Antonio Texas. We saw several museums on the way down and back. When we stayed over in Oklahoma, we visited the memorial for the bomb victims. We toured San Antonio and Fredericksburg. We took a river cruise on the river walk in San Antonio, toured LBJ's ranch and house, San Jose mission, the Alamo and historical districts. The scenery, trees and cactus are different. They have flowers year round and are putting their pansies in when we are pulling ours up. We enjoyed 80 degree weather when everyone around here were having your first snow storm. The trip was fun and I had a great bunch of fellow travelers.

Lucy Brtek celebrated her 78th birthday last week at the Ness Café in Erskine. Guests included her cousin Carol (Sollie) Jestul and her husband John from Walker, her daughter Michele Gagner from Mentor, Darlene Sollie and her daughter Linda from the Trail area, Gerald and Darlene Berg from Fosston, cousin Betty Lou from Winger and Beatrice Anderson also from the Winger area.

Following lunch, they headed over to the Deuce where Lucy enjoyed a Margarita.

Saturday afternoon, Tim's sisters Judy Schulz, Linda and her husband Odney Hegrenes came up for the day to visit Tim at his home.

That evening they attended the annual meatball and lutefisk supper at the Immanuel Lutheran Church in Bejou. There was a good crowd from Winger that attended the event. They served over two hundred souls. There is nothing that compares to the fresh

smell of lutefisk cooking. Reminds Bun of what Chanel Number Five perfume smells like.

Carsten and Joanne went over to their neighbors Steve and Lorri's place on Sunday evening for homemade chicken soup that Steve had made. Steve sent some home with them because Carsten had a little sniffle.

The Lions will be holding Breakfast with Santa this com-

Carbon Monoxide Poisoning in Your Home

Carbon monoxide (CO) is an odorless, colorless gas formed by the incomplete combustion of fuels. When people are exposed to CO gas, the CO molecules will displace the oxygen in their bodies and lead to poisoning.

The Problem with CO

Since CO has no odor, color or taste, it cannot be detected by our senses.

This means that dangerous concentrations of the gas can build up indoors and humans have no way to detect the problem until they become ill.

Furthermore, when people become sick the symptoms are similar to the flu, which can cause victims to ignore the early signs of CO poisoning.

The CDC estimates that approximately 400 people die from unintentional CO exposure in the United States every year.

Data specific to Minnesota show that an average of 14 people die due to unintentional CO poisoning each year. The same data shows that another 307 people visit emergency department each year for treatment of symptoms linked to unintentional CO exposure.

The good news is that carbon monoxide poisoning can be prevented with simple actions such as installing a CO alarm and maintaining fuel burning appliances.

Carbon Monoxide Sources in the Home

In simple terms, CO is produced whenever a material burns. Homes with fuel-burning appliances or attached garages are more likely to have CO problems. Common sources of CO in our homes include fuel-burning appliances and devices such as:

- Clothes dryers
- Water heaters
- Furnaces or boilers
- Fireplaces, both gas and wood burning
- Gas stoves and ovens
- Motor vehicles
- Grills, generators, power tools, lawn equipment
- Wood stoves
- Tobacco smoke

Typical Indoor CO Concentrations

Ideally, the level of CO indoors should be the same as CO concentrations outside. In the Minneapolis/St. Paul metro area, outdoor CO levels typically range from 0.03-2.5 parts per million (ppm) averaged over an 8-hour period. These levels are well below the federal standard of 9 ppm for CO in outdoor air. In general, concentrations are lower in rural areas and higher in urban areas. Finding CO concentrations higher indoors than outdoors indicates a source of CO either inside or very close to your home.

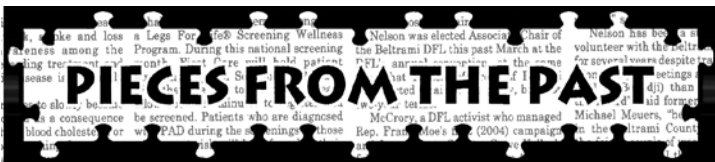
CO and Recreation

There are a number of ways

ing Saturday at the Winger Community Center starting at 9:00 am. Everyone is welcome to attend.

Happy belated birthday to Brian Massmann.

Bun has a correction. The proceeds collected by the Calvary Sunday School for their dinner two weeks ago will stay with them instead of donating it to Shannon. Sorry for the error.



50 years ago...1967: Time out for a MVP? Mark Schmanski wasn't down on the deck, for a nap in Saturday night's game though it might look like it here. He just lost control, and was about to lose the ball as it is being pursued by Dan Grundvald and Keith Johnson of Fertile. Number 52 in white is Steve Haaven.



40 years ago...1977: Pam Aanenson, Mac-Winger (Scot) and Pam Godtland (Gonvick) fight for first hand on the ball at the Lady Scot-Bulldog game on the Gonvick floor.



30 years ago...1987: The women from the American Auxiliary Post Unit 200 from Winger carried the American Legion and the United States flags at the Veterans Day program that was held in the McIntosh gym. The women from the American Legion Auxiliary Post Unit 200 from Winger (L-R) LaNea Haugen, Carol Evenson, Gwen Benbo, Judy Brevik.



20 years ago...1997: Sharon Hegland, who teaches US History and World Geography at Win-E-Mac, discussed student progress with Gail Strom, mother to Kristi and Amanda Strom.

Weed scientists across the Corn Belt also worked with the United Soybean Board to develop a number of useful tools to help growers and ag professionals in developing more diversified weed management programs.

These tools can be accessed through the "Take Action" link on the U of MN Extension Crops website at <http://www.extension.umn.edu/crops>.

Of particular note is the "Site of Action Chart", which

lists the site of action for herbicides used in corn and soybean. Want to learn more about how herbicide resistance occurs and the various sites of action for common herbicide chemistries?

Check out the U of MN Extension Crops YouTube video on herbicide resistance, available on the main U of MN Extension Crops website under "Social Media" (<http://www.extension.umn.edu/crops>).

Regional Ag News

Ed Gindele,
Extension Educator

Diversification Tools for Effective, Long-term Weed Management

By Elizabeth Stahl, Extension Educator in Crops

Does glyphosate perform as well today as it did when you first used it? When producers were asked this question at University of Minnesota Private Pesticide Applicator Training sessions across southern Minnesota in 2014, 87% of the respondents said "No".

This percentage is up significantly from 2009, when 55% of respondents answered "No" to this question.

Increasing issues with resistance to glyphosate is likely, at least in part, behind reported reductions in weed control. To address issues of reduced weed control with glyphosate, diversification is key.

Currently, resistance to glyphosate in Minnesota has been found in populations of

waterhemp, giant ragweed, common ragweed, and Kochia. Herbicide resistance, however, is not unique to glyphosate. In addition to glyphosate, resistance has been confirmed to date with three additional herbicide sites of action in MN. Herbicide resistance is not a new issue either.

The first official confirmation of herbicide resistance in MN was to atrazine in common lambsquarters in 1982.

Further complicating weed control is the reality that resistance traits can stack up. For example, resistance to both ALS herbicides and glyphosate has been found in populations of waterhemp, giant ragweed, and common ragweed in MN. Also, research demonstrates there is often no "fitness cost" to these resistance traits in weeds.

This means that once resistance to a particular herbicide

develops in a population, the trait remains in the population regardless of future herbicide use, rendering the particular chemistry ineffective into the foreseeable future.

These biological factors can significantly limit the number of tools available to combat weed populations into the future.

Starting with a pre-emergence herbicide is a key step in helping reduce the risk of developing herbicide resistant weed populations. Pre-emergence herbicides can also help in the management of weed populations already resistant to a particular herbicide. Growers are seeing the value of pre-emergence herbicides:

According to surveys conducted at U of MN Private Pesticide Applicator training sessions across southern MN in 2014, 78% of growers surveyed plan to use a pre-emergence

herbicide in soybean in 2014, and 80% plan to in corn.

This is up dramatically from 2009, when 60% and 50% of survey respondents indicated they used a "Postemergence only" program in soybeans and corn, respectively.

Which pre-emergence herbicide is the best fit for you? The Corn and Soybean Herbicide Diversification Tools publication developed by U of MN and North Dakota State University can help determine which pre-emergence herbicide is the best match for your needs.

Weed control ratings are listed for key weed species including waterhemp, giant ragweed, common ragweed, lambsquarters, and Kochia. Rotation restrictions are listed as well.

This resource also compares non-glyphosate, postemergence herbicide options in corn and soybean.

Random Things and Stuff



Christmas Countdown: DIY vs Bought

By: Emily Lynne

Even though we all know that Christmas is not just about gifts, they still are an important part of the Christmas festivities. These gifts show your loved ones that you have thought of them. A majority of people buy their gifts, however a good portion make their gifts. Generally, the ones that are made by the person have a lot more meaning to the receiver. It shows that you not only took the time to think of that person, but you also took the time to make something specifically for them.

Do-It-Yourself gifts can be a number of different things.

Search for Miss Teen Polk County Announced

If you are female, single, never been married between the ages of 13 to 18 years, applications are being accepted for the title of 2018 Miss Teen Polk County.

Miss Teen Polk County will represent her county at the Miss Teen Minnesota pageant, which will be held at the Wellstone Center, April 28th, 2018 in the city of St. Paul, Minnesota.

The young lady chosen as Miss Teen Polk County will become an ambassador from the Polk County. Area and will receive an official title and sash.

The young lady chosen as Miss Teen Minnesota will receive a prize package and College scholarship totaling \$30,000 and the chance to represent Minnesota at the 2018 Miss Teen International pageant in Charleston, West Virginia in July. The American Heart Association's Go for Red for Women' is the official Charity of the Miss Teen Minnesota Pageant.

Teens will compete in Personal Interview, Fitness Wear, Fun Fashion Wear and Evening Gown. There is no talent or swimsuit competition. Young teen ladies living in Polk County interested in applying should write for bio-form to: Miss Teen Minnesota International Pageant, P. O. Box 240537, Apple Valley, MN, 55124-0537

Or call for information: (952) 432-6758 or Fax: (952) 953-3896 or email: pagunltd@frontiernet.net

The current reigning 2017 Miss Teen Minnesota is Devika Narayan of Plymouth. As Miss Teen Minnesota, Devika speaks out on "Hope in Memories: Alzheimer's Find Hope & Find a Cure!"

Entry deadline is January 31st, 2018

According to DIYNetwork.com, these are the most popular DIY Christmas Gifts:

1. Infinity scarves
2. Tequila bottle Humming-bird feeder
3. Regulation Cornhole Set
4. Everyday Bags
5. Infused Syrups
6. Cheese Gift Basket
7. Sugars and Spices
8. String Art
9. License Plate Art
10. Etched Bottles

Store Bought gifts still tend to be most popular. According to Esquire.com, these are the top 10 gifts of all time:

1. Cozmo
2. NES Classic
3. Sphero BB-8 Toy
4. Disney Frozen Snow Glow Elsa Doll
5. Big Hugs Elmo
6. Wii U
7. Let's Rock Elmo
8. Apple iPad
9. Nook eReader
10. Elmo Live

Holiday...

Continued from page 1...

13. Hand out hot chocolate: Make a big thermos of hot chocolate and give it out to shoppers or workers who have been out in the cold.

14. Read religious stories: Understand the true meaning of the season by reading Biblical passages.

15. Camp-in: The first night the tree is decorated, allow the kids to sleep beside it under the glow of Christmas lights.

16. Scavenger hunt: Plan holiday-themed trivia questions and hide small trinkets for children to find.

17. Surprise box: Put a gender and age nonspecific gift into a box. On Christmas Eve or Christmas Day, the person who finds a hidden gift tag under their chair at dinner gets to open the box.

18. Family portrait: Wear your holiday finery and pose for a portrait that actually will be printed and framed

WEM School Announcements

The Win-E-Mac Yearbook staff is taking pre-orders for this year's book. Cost is \$35.00 now and until December 20th and will cost \$40.00 after December 20th. Yearbooks can be purchased during students' noon hours or from Mrs. Winter before or after school. Order forms are available in the office. Be sure to make your order so you are guaranteed a yearbook!

The 2018 After Prom Party will be hosting a Community Bingo Fundraiser on Sunday, January 28th, from 1:00-5:00 p.m. in the Commons.

There will be \$2000 in prizes including last game blackout for \$500, plus there will be silent auction and baked goods for sale. Tickets are \$20 - if you are interested in purchasing a ticket - please contact one of the juniors.

Holiday Food Drive sponsored by the WEM Honor Society - December 4th-14th. WEM Students can bring donated items to the box placed in their classroom. Food donations welcome and some preferred items needed include: Personal care items (shampoo, soap, body wash, toothbrush/toothpaste, deodorant, Kleenex tissues), juices (orange, cranberry, apple, grape), crackers (soda, Ritz, snack), baked beans/bbq beans, salad dressing, cake/brownie mixes & frosting, boxed items - jello, puddings. The elementary (K-6) and high school (7-12) class who brings in the most items will receive a prize. Following are the classrooms for the boxes for high school: 7th - Mrs. Aakre; 8th - Mrs. Winter; 9th - Mr. Breitbach; 10th - Mr. Eckman; 11th - Mr. Morgenroth and 12th - Mrs. Jore.



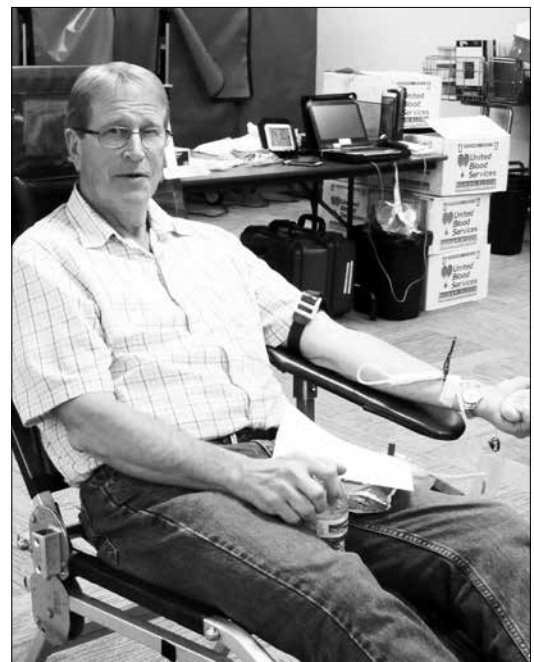
Rolling up his sleeve to give blood last Friday, Brad Ingman, who regularly gives blood, helped out during the United Blood Services blood drive.



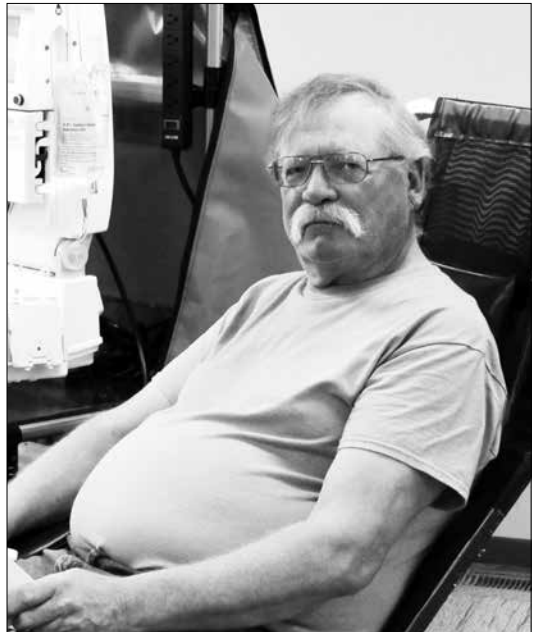
Philip Lee even had a smile to give while donating blood during the blood drive last Friday at the McIntosh Community Center.



There are a lot of regular blood donors here in McIntosh. Bernie Marshall who gave blood on Friday is one of those regulars.



Getting preped for a blood donation last Friday was Ron Roed during the United Blood Services blood drive at the Community Center in McIntosh.



Larry Hedlund, another regular donor, took time out of his day to give blood during the United Blood Services blood drive in McIntosh.

CO Poisoning... Continued from page 3...

example, by snow during the winter.

2. Know the symptoms of CO poisoning

Identifying CO poisoning can be difficult because the symptoms are similar to the flu. CO is often called the "silent killer" because people will ignore early signs and eventually lose consciousness and be unable to escape to safety.

For most people, the first signs of exposure include mild headache and breathlessness with moderate exercise. Continued exposure can lead to more severe headaches, dizziness, fatigue and nausea. Eventually symptoms may progress to confusion, irritability, impaired judgment and coordination, and loss of consciousness.

You can tell the difference between CO poisoning and the flu with these clues:

- You feel better when you are away from home
- Everyone is the home is sick at the same time (the flu virus usually spreads from person to person)
- The family members most effected spend the most time in the house
- Indoor pets appear ill
- You don't have a fever or body aches, and you don't have swollen lymph nodes that are common with the flu and some other infections
- Symptoms appear or seem to get worse when using fuel-

Holiday cookies the whole family will love

Many people enjoy baking come the holiday season, and perhaps no dish is more synonymous with holiday baking than cookies. Children leave cookies out for Santa Claus on Christmas Eve, while adults may indulge and enjoy an extra cookie or two at family gatherings or holiday office parties.

Cookies come in all shapes and sizes, so bakers have an array of options at their disposal when planning their holiday menus. Chocolate chip cookies may be among the most popular types of cookies, and bakers who want to capitalize on that popularity while giving loved ones something a little different may want to try the following recipe for "Double Chocolate Chip Cookies" from Maxine Clark's "Chocolate: Deliciously Indulgent Recipes for Chocolate Lovers" (Ryland, Peters & Small).

Christmas cookies made simple

Baking cookies is a holiday tradition for many families. Come the holiday season, many homes are filled with the inviting scents of vanilla, cinnamon and melting chocolate.

Baking cookies can be a social occasion in which family members and friends gather to create recipes passed down through generations.

Or baking can be a solitary venture in which cookies are prepared and packaged as holiday gifts.

Either way, people who bake during the holiday season understand that making Christmas cookies can be a time-consuming, yet rewarding, process.

This year, holiday bakers can embrace a number of time-saving tips and tricks to reduce the amount of time they spend in the kitchen and possibly even improve on existing recipes.

• Use a cookie mix. Who says you have to toil and make cookies from scratch? It's the thought that counts, and any number of creative recipes can

burning equipment

3. Install and maintain CO alarms in your home

Minnesota state law (MN Statute 299F.50) requires that every home have at least one operational CO alarm within 10 feet of every room legally used for sleeping. All CO alarms should conform to the latest Underwriters Laboratory (UL) Standards. Please follow the manufacturer's instructions for placement of your CO alarm, and take note of the suggested replacement date.

Frequently Asked Questions

Are some people at greater risk of CO poisoning?

Yes, some people are at a greater risk for CO poisoning. Those individuals include people with:

- Respiratory conditions, such as asthma or emphysema
- Cardiovascular disease
- Anemia or sickle cell anemia

Also, the elderly and young children are at a greater risk for CO poisoning than adults. Individuals engaging in strenuous activity have also been found to be at greater risk. Remember, ANYONE can become sick and die from CO poisoning when exposed to very high levels.

Can CO be a problem in the summer?

Yes. Although CO poisoning cases are higher during the winter months, there are situations where people can

Double Chocolate Chip Cookies

Makes about 12 large cookies

- 5 tablespoons unsalted butter, softened
- 5 tablespoons granulated sugar
- 5 tablespoons light brown sugar, sifted
- 1 large egg, beaten
- 1/2 teaspoon pure vanilla essence or chocolate extract (see note)
- 1 cup plus 2 tablespoons self-rising flour
- 3 tablespoons unsweetened cocoa
- 1/4 teaspoon salt
- 2/3 cup (or more) dark and white (or milk) chocolate chips (or roughly chopped chocolate)
- A heavy, nonstick baking sheet
- Preheat the oven to 350 F.
- Using an electric mixer, cream the butter and sugars

be exposed to high levels of CO during the summer. Vehicles including boats produce carbon monoxide. Devices such as camp stoves, barbecue grills and non-electric heaters are commonly used during recreational activities and also are sources of CO.

The CDC has noted that CO poisoning cases have resulted from the use of power generators during power outages. Portable generators are capable of producing more carbon monoxide than modern cars and can kill people in a short amount of time. It is recommended that users place generators at least 25 feet away from and downwind of a house. Be sure that there are no vents or openings near the generator that would allow exhaust to enter into your home.

How long do CO alarms last?

The typical lifespan of a CO alarm is between 5 and 7 years, but it varies by manufacturer. Consult the product packaging or manufacturer for a recommended replacement date.

What do I do when my CO alarm sounds?

Don't ignore a CO alarm if it is sounding. If people in the home are exhibiting symptoms of CO poisoning, immediately leave the building and call your local fire department. In cases where residents are feeling fine, call your local gas utility company or a qualified technician to help identify the cause of the problem.

together until pale and fluffy. Beat in the egg and vanilla essence.

Sift the flour with the cocoa and salt in a small bowl. Fold into the egg mixture with the chocolate chips.

Place 4 heaping tablespoons of the mixture on the prepared baking sheet, spacing them well apart. Press down and spread out to about 1/4-inch thick with the back of a wet spoon or with dampened fingers (you may like to scatter some more chocolate chips over the top). Bake for 10 to 12 minutes. Let cool on the baking sheet for 1 minute, then transfer to a wire rack. When cool, store in an airtight container. Repeat with the remaining mixture.

Note: Chocolate extract is a fat-free flavoring ingredient made from a blend of roasted cacao beans, water and alcohol.

Christmas cookies made simple

ies come together in a matter of minutes, but still employ a host of delicious ingredients. Recipes frequently feature similar ingredients to traditional cookies, but rely on chocolate, honey or peanut butter as the setting agent to keep them together. Bakers may also like not having to turn on their ovens.

• Recycle leftover cookies. If you have a fair amount of cookies remaining or several that broke apart or do not look good enough to serve, never fear. Such cookies can be used as part of another delicious dessert. Grind cookies into crumbs that can serve as a pie crust for pudding pies or no-bake cheesecakes, or mix cookie crumbs with cake frosting or a nut butter and roll into balls. Dunk the balls into melted chocolate, add a lollipop stick and make delicious cookie pops.

Cookies may be holiday traditions, but there are ways to reduce the amount of work and time required of holiday baking

ines for the poor. This is why some people still put tangerines in Christmas stockings.

Christmas tree: Christmas Trees are everywhere this time of year. The use of evergreen trees predates Christmas and is associated with the pagan festival of Saturnalia, which celebrated the agricultural god Saturn with partying and gift-giving. During the winter solstice, green branches served as a reminder that spring would arrive anew. Germans are credited with first bringing evergreens into their homes and decorating them.

Santa Claus: Santa Claus' origin story can be traced to St. Nicholas, a Christian bishop who lived during the fourth century. St. Nicholas was very generous and gave away his fortune to help the needy. He also did various other good deeds. St. Nicholas became infamous and began to be known by various names around the world. The Dutch called him Sinter Klaas, which was eventually transformed to Santa Claus. The jolly persona came later when 20th century adver-

tisers - especially the artists responsible for Coca-Cola ads - portrayed Santa in a red suit with a big smile.

Mistletoe: Mistletoe is hung in doorways, and couples who stand beneath are encouraged to share a kiss. The tradition of hanging it in the house goes back to the times of the ancient Druids. Mistletoe was thought to bring good luck to a household and ward off evil spirits. The custom of kissing under mistletoe can be traced to England. Originally, a berry was picked from the sprig of mistletoe before the person could be kissed. When all the berries had gone, there could be no more kissing.

Christmas bells: Church bells ring for many special services, including Christmas mass. During Christmas midnight mass in the Catholic Church, the altar bells may be rung while the priest says the "Gloria." Bells are part of caroling, and jingling bells are associated with sleighs and Santa's reindeer.

Christmas is rife with traditions that date back ages