



McINTOSH

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McIntosh, Minnesota



The 2018 Win-E-Mac School District Spelling Bee was held at 8:45 on Tuesday, January 30th at the Arts & Events Center. Sixteen spellers—four each from fifth through eighth grades—were selected to compete. In the end, Kianna Tadman, a sixth grader, was the champion and will be going on to compete at the Regional Spelling Bee on February 7th at Northland Community and Technical College in Thief River Falls. Taking second and third places, respectively, were Monania Erofeeff and Anton Hickman, both in eighth grade. In all, 92 words were used over the course of 15 rounds. The championship word was "marmalade". Pictured (L-R) are the Spelling Bee pronouncer Melanie Nelson, the champion Kianna Tadman, the 2nd place winner Monania Erofeeff, and the third place winner Anton Hickman.

Sondrol announces candidacy for Polk Co. Sheriff

by Randy Sondrol

I'm announcing my candidacy for Polk County Sheriff and seeking the support of the Polk County voters for my election on November 6, 2018.

My law enforcement career started with the Grand Forks County Sheriff's Office as a patrol deputy. In 1994, I was given the opportunity to work for the Polk County Sheriff's Office under Sheriff Doug Qualley. While working at the Polk County Sheriff's Office, I have held the positions of Investigator as well as Drug Task Force Investigator, Boat and Water Coordinator and Special Response (SWAT) Team Leader. I am currently assigned as a Patrol Supervisor, a member of the Grand Forks Regional SWAT Team, Police Training officer, Firearms Instructor, Department Radio Programmer, Project Lifesaver Coordinator, Program 1033 Screener, the Polk County Sheriff's Mounted Posse Liaison and founding member. As new sheriff programs are developed, and technology advances are implemented, we will balance the Sheriff's Office needs, while being fiscally responsible and transparent to best serve the citizens of Polk County.

Community safety is my main focus. From providing a strong Patrol Unit and Drug Task Force presence to expanding our interaction with the community and youth, I believe this to be the foundation of the Sheriff's Office. We will continue and build the relationships with our partners in emergency services, as well as collaborating with our supporting agencies to best serve our community.



My family is from central Polk County. I grew up in the Climax/Buxton area and was raised on the family farm where my brothers continue the farming tradition. For the past 18 years, Lisa and I have raised twin daughters Hanna and Jenna, who are proudly continuing their education at college in Fargo/Moorhead. My family currently resides on a hobby farm in rural Erskine.

Because I strongly believe in supporting the community, I have been a Badger Township Supervisor for the past 10 years, enjoying the grass roots aspect of government. I am also a member as a Fosston-Lengby Lions Club, Board Director with the Rydell and Glacial Ridge Friends Association, receiving volunteer of the year award in 2017 and a member of the Fraternal order of Police Lodge #8. I previously served with 4-H and as a Minnesota DNR Firearms Safety Instructor.

I look forward to serving as your Polk County Sheriff.

For more information visit: RandySondrolforSheriff on Facebook and RandySondrolforSheriff.com. I can be reached via emailed at Sondrol4sheriff@gmail.com.



Patriot Senior, Blake Glass with his mom, Melanie.



Senior Noah Bergman with his mom, Melissa.

Mac Council appoints Commissioners

The McIntosh City Council met in regular session on Thursday, January 11th at the Community Center.

The Council named and appointed the Council Commissioners for 2018. They are as follows: Acting Mayor: Bernard Marshall; Security Commissioner: Kevin Subbert; Water & Sewer Commissioner: Toby Strom; Building Commissioner: Nathan Frisk; Park Board: Ann Lian and Kevin Subbert; Street Commissioner: Toby Strom; Animal Control Officer: Toby Strom; Health Officer: Shelley Wahlin-Quinlan; Civil Defense Officer: Dan Salvhus; Official Newspaper: McIntosh Times; Official Depositor: First National Bank; Signatories:

Mayor, Toby Strom and Treasurer, Melissa Finseth; EFT Transfers: Clerk/Treasurer, Melissa Finseth; Economic Development Commissioners: Nathan Frisk and Kevin Subbert; City Attorney: Criminal: Greg Widseth; Civil: Fischer

Council... Continued on page 2 ...

Vedbraaten Community Benefit Dinner this Saturday

On Sunday, February 11, 2019, please join the community at the McIntosh Community Center from 11:00 am to 1:30 pm for a dinner served by Mount Carmel and Trinity Churches for a free will offering.

The dinner will be scalloped potatoes, ham, corn, dessert, coffee and juice.

The dinner is to help Mark pay for bills associated with his cancer treatments, as Mark was diagnosed with lung cancer in March of 2017, and it has recently spread to his spine.

For more information you can contact Wayne Strom at (218) 280-0730 or (218) 563-3138 or Earl Roed at (218) 686-6592 or (218) 563-4232.



Community Calendar

- Wed. Feb. 7:** 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. Feb. 8:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council Meeting 5:30pm @ Community Center
- Fri. Feb. 9:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Feb. 12:** 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. Feb. 13:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm
- Wed. Feb. 14:** 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; Community Blood Drive 11:30am to 5:30pm @ McIntosh Community Center
- Thurs. Feb. 15:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Feb. 16:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



Win-E-Mac Senior Emelian Hanson with his parents, Domnika and Ian at Boy's Basketball Parents Night before the game on Thursday, February 1, 2018.



Bryce Neubert, a Senior on the Patriot's Basketball team with his parents, Aaron and Nevette.



Mikah Olson, a Senior at Win-E-Mac with his dad, James Nichols during Parent's Night last Thursday night.



Patriot Senior Basketball player, Jay Parenteau with his parents, Greg and Donna last Thursday at Win-E-Mac School.

Essentia Health offers tips to ward off the winter blues

It's dark in the morning when you go to work, and it's dark in the evening when you return. It's cold, and often, snowing. The weather this time of year wreaks havoc on our roads, our homes, our cars, and even our minds.

"Winter depression is very common in the United States, with a documented 3 percent of people actually seeking treatment," says Essentia Health Psychologist Nicole Fleming. "In Minnesota, that number is upped to 11 percent."

Many people want to go home after work, change into pajamas and curl up with a good book. But a lack of physical activity, combined with cravings for comfort foods, can actually perpetuate depression.

"We get a lot of nutrients from the foods we eat, as well as sunlight, so when it's cold and dark we crave pastas and sugars, then we put on weight and feel more depressed," Fleming says.

Fleming suggests people take advantage of frozen fruits and whip up healthy smoothies to beat the blahs. Switch out a worknight casserole for a healthy salad. Physicians also suggests taking a vitamin B and D supplement.

"Ideally, we'd all love to take a tropical vacation this time of year, but many of us depleted our checking accounts in January paying off holiday bills, which makes us even more de-

pressed," adds Fleming. She suggests shopping around for great hotel deals this time of year, when rates are low. "One night in a hotel hot tub or pool, even experiencing maid service can really make a difference."

If a night away is not an option, Fleming suggests having your neighbors over for dinner. "We often isolate ourselves in the wintertime, and over time, that can also lead to a deeper depression," she adds.

Physical exercise can do wonders to lift your spirits, but when it's 25 below zero, not a lot of us want to leave the house. Fleming says walking indoors, at the mall for example, is a good way to get your steps in. She also stresses exercise doesn't have to always mean heading to the gym.

"Park farther away from the grocery store. Take the stairs instead of the elevator. Just get your body moving." If you can hold yourself accountable by having a workout partner or friend, that helps as well. I also tell my clients to check out free events in their community," says Fleming. "Look into a community education class. Many are just \$15 and you can learn a new hobby in one night."

So, when do the winter blahs require professional attention? Fleming says when the blues interfere with doing the regular routine things in your life, you likely need to see a professional.

"Know you are not alone and many people need to have help to get them through the darker months of the year," Fleming says.

One in ten people suffer from SAD, seasonal affective disorder. Know the symptoms so you can seek help, if needed:

Common symptoms of SAD include fatigue, even with too much sleep, and weight gain associated with overeating and carbohydrate cravings. SAD symptoms can vary from mild to severe and can include many symptoms similar to major depression, such as:

- o Feeling of sadness or depressed mood
- o Marked loss of interest or pleasure in activities once enjoyed
- o Changes in appetite; usually eating more, craving carbohydrates
- o Change in sleep; usually sleeping too much
- o Loss of energy or increased fatigue despite increased sleep hours
- o Increase in restless activity (e.g., hand-wringing or pacing) or slowed movements and speech
- o Feeling worthless or guilty
- o Trouble concentrating or making decisions
- o Thoughts of death or suicide or attempts at suicide

SAD may begin at any age, but it typically starts when a person is between ages 18 and 30.

about symptoms and clear communication among our care teams are critical to treating patients exposed to carbon monoxide. Dr. Adam Riutta, who leads Emergency Services at Essentia in northeast Minnesota and northwest Wisconsin, says it's critical to ask specific, directed questions to find out if a patient has been exposed to carbon monoxide. Time is of the essence if you suspect exposure, with immediate testing and treatment. That means a blood test to check carbon monoxide levels and getting the patient on 100 percent oxygen through a mask covering their nose and mouth. "Test results usually come back quickly, but it's best to start treatment, get them on oxygen, right away," Dr. Riutta says.

Suspect carbon monoxide (CO) poisoning?

- Get out of the building and into the fresh air.
- Call the fire department and gas company from outside the building.
- Call 911 if you or someone else is experiencing symptoms or take the ailing person to the emergency room. Tell the physician you suspect carbon monoxide poisoning.

Do's and don'ts from the CDC

- Do install a battery-operated or battery back-up CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds, leave your home immediately and call 911.
- Do seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed or nauseated.
- Do have your heating system, water heater and any other gas, oil or coal burning appliances serviced by a qualified technician every year.
- Don't use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device inside your home, basement or garage or near a window.
- Don't run a car or truck inside a garage attached to your house, even if you leave the door open
- Don't burn anything in a stove or fireplace that isn't vented.
- Don't heat your house with a gas oven.
- When you're outside, don't use a generator, pressure washer or any gasoline-powered engine within 20 feet of any window, door or vent.

Council...

Continued from page 1 ...

Law Office, Trent Fischer, Jim Fischer; Weed Inspector: Toby Strom; Business Revolving Fund: Carey Burslie, Ann Lian, Richard Parent, David Stordahl, Support Staff: Toby Strom, Melissa Finseth, Clerk/Treasurer.

The Council also set the meeting dates for 2018. The Fire Department/Towship Annual meeting will be on March 7, 2018 at 6:00 pm at the McIntosh Fire Station.

There was a resolution passed to resolve that the City of McIntosh will act as the legal sponsor for the application of funds for the Polar Beach Snowmobile Club.

The Council also discussed a deadline of July 1, 2018 to accept inquiries for the B-B Cafe. If there are no interested parties, who wish to open and run the cafe, the Council may consider selling the contents of the Cafe to recoup some of the financial losses the City endured with the acquisition and maintenance of the property.

Mayor Strom informed the Council that the Club Bar and Grill has been sold and the building is in the process of a remodel to transform and open it as a child care facility.

The Council will meet again on Thursday, February 8, 2018 at 5:30 pm at the Community Center in McIntosh.

Flu season is in full swing

Flu vaccination still very important, health officials say.

As Minnesota's flu season climbs toward its peak, health officials are reminding Minnesotans that it's not too late to get their flu vaccine. Vaccination is the best way to prevent flu and lessen its serious effects.

Weekly flu data released today show a continued increase in flu activity across Minnesota. As of the week ending Jan. 6, 2018, there have been 1,765 flu-related hospitalizations, 55 outbreaks of influenza-like illness (ILI) in long-term care facilities, 43 outbreaks of ILI in schools and one pediatric flu death this flu season.

All these indicators point to a potentially severe flu season, and health officials say we may not have seen the peak of the season yet.

"Now is the time to get your flu vaccine if you have not already," said Kris Ehresmann, director of infectious disease at the Minnesota Department of Health. "Even otherwise-healthy people can become very sick from flu, and we still have a lot of flu season left. Flu can easily circulate through April and beyond."

The main flu strain circulating so far this season in Minnesota and the U.S. is influenza A (H3N2).

Flu seasons with H3N2 as the dominant strain have been associated with more hospitalizations and deaths in adults 65 years and older and young children compared to other age groups. It is very important for young children, older adults and others at high risk for complications from flu to get vaccinated. People at higher risk for flu complications include pregnant women and people with chronic medical conditions, like diabetes, asthma or heart disease.

"Rumors that the flu vaccine is not effective this year are misleading," said Ehresmann. "It is too early for us to know what the flu vaccine effectiveness is for the U.S., and we can't make predictions based on what happened in other countries like Australia because it's not an equal comparison."

Ehresmann noted that even in a perfectly matched year, the vaccine will not prevent every case of flu. However, more people being vaccinated means more protection in the community so the spread of flu can be limited. There is also evidence that people who are vaccinated have less-severe illness. Recently published studies found that people vaccinated against the flu are less likely to have serious complications that could put them in the hospital. National early-season flu

Flu..

Continued on page 4 ...



The McIntosh Fire and Relief Association Bingo has moved to The Coop Bar and Grill. It is still on Thursday evenings starting at 6:30 pm. Prizes and payouts are based on number of participant's and the number of weeks between grand prize coverall's being awarded. Come on down and support our McIntosh Fireman.

VFW Auxiliary #6891 News

The last meeting of the VFW Auxiliary #6891 will be held on Monday, February 12, at 5 p.m. at the Community Center.

Just a reminder that annual members must join another Auxiliary by February 21. Several members have inquired about joining the Lengby VFW Auxiliary. Last week's paper had the various addresses that you could contact about joining their respective Auxiliaries.

All members are urged to attend this final meeting.

Notice: Lessor Township Residents

The annual election and meeting of the Township of Lessor, County of Polk, State of Minnesota, will be held on Tuesday, March 13, 2018 at Trinity Lutheran Church in Rural McIntosh.

Voting will take place from 5:00 pm to 8:00 pm followed by the Annual Meeting which will begin at 8:00 pm.

Albert Plante,
Lessor Township Clerk

REGULAR COUNCIL MEETING

McINTOSH
Thursday, Feb. 8, 2018,
5:30 PM

— COMMUNITY CENTER —

CALL TO ORDER:
PLEDGE OF ALLEGIANCE:
ROLL CALL:
DETERMINATION OF QUORUM:
AGENDA ADDITIONS:
APPROVAL OF MINUTES:
a. JANUARY 11, 2018 REGULAR COUNCIL MEETING MINUTES
PUBLIC CONCERNS:
OLD BUSINESS:
a. STREET VACATION – SET HEARING DATE
NEW BUSINESS:
a. BUILDING PERMIT – AARON COOK
APPROVAL OF MONTHLY BILLS:
COUNCIL & STAFF REPORTS:
MEDIA UPDATE:
NOTICES & CORRESPONDENCE:
ADJOURNMENT:

Community Birthday and Anniversary Calendar

Wed. February 7:
Mavis Finseth, Tori Lee Weber, Lydia Herem, *Ron & Nicole Grande
Thurs. February 8: Renee Brekke
Fri. February 9: Erich Gensburger
Sat. February 10: Melford Grundy-son, Nicole Grande, Ashleigh Bartz
February 11: Julie Sultvedt, Clay Syver-son, Pat Woods
Mon. February 12: Janis Wikstrand, Jan Langemo
Tues. February 13: Clellie Kiecker

McINTOSH Times

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ST. MARY'S CHURCH

Fosston

Fr. John Suvakeen,
Pastor

Sun. Feb. 11: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Feb. 14: 1:00pm Mass at McIntosh Nursing Home; 7:00pm Ash Wednesday Mass, St. Mary's, Fosston

Thurs. Feb. 15: 6:30pm Mass at St. Mary's, Fosston

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

Sun. Feb. 18: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Feb. 21: 5:30pm Mass at St. Mary's, Fosston; 6:30p Stations of the Cross

If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH

Winger/Bejou

Supply Pastor

Gordon Syverson

Sun. Feb. 11 8:30am Worship at Immanuel; 9:45am Worship at Calvary

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

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh

Supply Pastor

Gordon Syverson

Sun. Feb. 11: 11:15am Worship Service.

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

GOSEN LUTHERAN CHURCH

Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church

Wed. Feb 7: 7:00pm Bible Study at Don and Sharon Ramberg's

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

Tues. Feb. 13: 10:00am Sunday worship service telecast on Garden Valley Cable TV--Channel 2; 1:30pm Bible Study at The Country Place

Wed. Feb. 14: 7:00pm Bible Study at Don and Sharon Ramberg's

Thurs. Feb. 15: 10:30 a.m. Ladies Aid program at Pioneer Memorial Care Center

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. Feb. 8: 7:00am Men's Breakfast at Mt. Carmel

Sun. Feb. 11: 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

Thurs. Feb. 15: 7:00am Men's Breakfast at Mt. Carmel

Sun. Feb. 18: 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

Thurs. Feb. 22: 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. Feb. 11: 9am Worship

Sun. Feb. 18: 9am Worship

DOVRE

FREE LUTHERAN

Pastor Don Edlund

Wed. Feb. 7: 7:00pm Bible Study

Sun. Feb. 11 10:00am Worship Service;

Wed. Feb. 14: 7:00pm Bible Study

Sun. Feb. 18: 10:00am Worship Service; Sunday School following

IMMANUEL LUTHERAN CHURCH

McIntosh

Rev. Bruce Blocker,

Pastor

Sun. Feb. 11: 9:00am Divine Worship Service; Fellowship Hour

Thurs. Feb. 15: 6:00p Ash Wednesday Lenten Service

Sun. Feb 18 : 9:00am Divine Worship Service; 10:00am Fellowship Hour

Thurs. Feb. 22: 6:00pm Lenten Service

Holy Communion 1st Sunday of the Month



Settlers and the Thirteen Towns.

Martin Hoogenson

Martin Hoogenson of McIntosh, a well-known farmer and real estate dealer, has been a resident of King Township since early infancy. He was born in Otter Tail County, Minnesota, July 12, 1883, the son of Lauris and Kjestine (Rudshaugen) natives of Norway. On coming to the United States, Lauris Hoogenson located in Otter Tail County and later removed to Polk County and took a homestead in King Township, where he made his home until his death in 1900. Martin Hoogenson was the eldest of three children and grew to manhood on the farm in King Township and received his

education in the common schools. His interest has always been identified with that township, where he is extensively associated with the farming activities, owning 200 acres of land. Since 1913 he has resided at McIntosh and has established a prosperous real estate business at that place. Mr. Hoogenson has always faithfully discharged the duties of citizenship, taking an active interest in township affairs and has given able service in official capacity, as justice of peace and assessor. He is a member and a faithful supporter of the United Norwegian Lutheran Church. Mr. Hoogenson was married in King Township, March 1, 1906 to Ann Tronby, the widow of Peter Tronby, and they have three children, Berthor, Melvin and Lillian.

Source: Compendium Of History and Biography of Polk County Minnesota 1916.

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Winger News

Linda Pulskamp

Hello again from Winger and the Union Lake areas and welcome to February! The month is starting out cold and windy. Will wait until tomorrow Ground Hog Day to see what the Ground Hog has to say about winter but my guess is we are not done yet.

Colder weather and windy conditions have been with us for a couple of days now but it was nice to have a respite for the past week or so, guess maybe that was our January thaw. Winter is wearing down but there are still a couple of months that could bring us some nasty cold and even lots of snow.

The flu and colds are still out there in full force, hopefully we can all avoid it but with so much of it is hard to stay away from it. If you didn't get your flu shot, it's still not too late.

With the Super Bowl just a few days ahead, may your favorite team win!

On to the news and it is very little, need some input badly.

Wednesday the 24th Lonnie was a visitor and a coffee guest at the Milton Carlson home, bringing with him Milton's mail and fresh eggs.

Butch and Linda Pulskamp were house guests at the Donnie Johnson home in Maple Lake, MN from Sunday until Wednesday when they returned home. Sunday afternoon visitors at the Johnson home were Mark and Judy Boeckers of Buffalo, Matt Boeckers visited briefly before leaving to return to Concordia College in Moorhead. Craig Johnson and Shelby Johnson of Monticello and Cassie Johnson of North Branch were also visitors that afternoon.

Lonnie and Judy Gieseke brought dinner and were visitors with Milton Carlson at his home on Friday. Later that day Chad Carlson stopped in for a visit over a cup of coffee.

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

Paul Carlson was a Saturday visitor and coffee guest at the Milton Carlson home, bringing Milton his mail and helping him with some household chores that needed to be done.

Dean Johnson and Kelly Johnson were visitors last week at the Pulskamp home.

Wednesday, as the Pulskamp's made their way home, they drove on to Glenwood and visited with Craig and Bev Helgaas at the Helgaas home, while there Butch and Craig did some checking on the ice house and ice fishing.

Monday the 29th Paul Carlson was a visitor and enjoyed a cup of coffee with Milton Carlson at Milton's home.

Last Saturday afternoon Butch and Linda Pulskamp and Marv Engesether of Plummer were visitors at the Reha Sanstead home in Erskine.

Tuesday evening Kari and Oliviayah Keller of Bejou were visitors at the Milton Carlson home. Kari brought Milton a pot pie for him to enjoy.

Until next week, yesterday is gone, tomorrow is yet to come, we have only today!

From Bun Manor:

News is sparse again this week. Monday afternoon, Tim's sisters Vicki Thune from Iowa and Judy Schulz from Fargo came up to see him for the afternoon. Tim treated the girls to lunch in Winger. They went back to the manor for a short visit and headed back to Moorhead. Tim thought that was pretty nice of them to come and see him. He is lucky to have such a close family.

Tuesday afternoon, Bun and Dale went to the Winger bank to help Jamie Morvig celebrate her retirement. She had been working at the Erskine and Winger banks for over twenty-plus years. Congratulations Jamie!

The hotties from McIntosh were at it again last Thursday when they were out on the town. Lois Ostenna, Joyce Balstad and Judy Hagen started the day out having lunch at Morans followed by a nail biting card game of Tripoli.

Please remember to attend the Winger Lion's pancake fundraiser for Lily Brtek on Sunday morning Feb. 18th at the Winger Community Center.

Winger Lions will host benefit for Lilly Brtek Feb. 18

The Winger Lions will be sponsoring a benefit for Lilly Brtek, daughter of Angie and Dan Brtek of Winger, and granddaughter of Becky Johnson, Kelly Johnson, and Lucy Brtek all of Winger. The benefit will be held on Feb. 18th from 10am until 1 pm at Winger community center. The Winger Lions Club will be serving pancakes and sausage, with strawberries and whipped cream, with a beverage. There will be a free will donation. Donations will be used to help defray medical and travel expenses.

Lilly is 4 years old and was born with a hole in her heart and as she has gotten older other medical concerns have developed which continue to be evaluated. Lilly has been diagnosed with failure to thrive as well as underdevelopment with a current developmental age of 15 month old. Genetic testing has also been performed to attempt to find out any further medical concerns and these results will be available in March.

Lilly is currently being evaluated by Dr. Rios, of pediatric cardiology. He currently works at Children's Hospital in Minneapolis and provides outreach to Altru in Grand Forks where Lilly has been evaluated. At Lilly's last checkup, Dr. Rios stated that the hole in her heart was still present and at this point the hole should be closed since it has yet to do it on its own. Lilly subsequently went down November 16th to have an evaluation with Dr. Vezmar who performed the procedure to close the hole in her heart. He works at the Children's Hospital in Minneapolis. The procedure is called Atrial Septal Defect (ASD) Amplatz placement. An ASD is an abnormal opening (hole)

in the wall between the 2 upper chambers of the heart. This hole causes an abnormal flow of the blood between the 2 upper chambers of the heart and results in too much blood flow to the lungs, which may lead to heart failure. The procedure was attempted on the 17th of November but, unfortunately, there were some complications. During the procedure the doctor noticed that her heart wasn't beating like it should and that there was fluid around her heart so he decided to stop the procedure. He removed the fluid that has collected from the heart and noticed a pin size hole in the back of her heart as well. The procedure was stopped in an attempt to all the additional hole to heal properly. The doctor feels that this may have occurred as he was performing the primary procedure. Unfortunately, this means that Lilly had to stay an extra day in the NICU. At this point, the doctor has said he can retry the procedure in 3 months to give the heart time to rest and heal. This procedure is now scheduled for February 21st at the children's in Minneapolis.

A Valentine's Day DINNER

FEBRUARY 11TH

AT CALVARY LUTHERAN CHURCH IN WINGER

DINNER WILL BE SERVED 11:00 AM TO 1:30 PM

FREE WILL OFFERING

Everyone is welcome

M45-46C



Poison hemlock is a newly listed noxious weed.

MN Dept of Ag updates to the Noxious Weed List

Emilie Justen, Minnesota Department of Agriculture

The Minnesota Department of Agriculture (MDA), as the regulatory agency for managing noxious weeds, helps local governments with weed management and enforcement of the Minnesota Noxious Weed Law. A noxious weed is defined by the Minnesota Noxious Weed Law as an annual, biennial, or perennial plant that the Commissioner of Agriculture designates to be injurious to public health, the environment, public roads, crops, livestock, or other property.

State regulated noxious weeds are defined by three categories: Prohibited Noxious Weeds, Restricted Noxious Weeds and Specially Regulated Plants. Prohibited Noxious Weeds are placed on one of two regulatory lists; Prohibited Eradicate or Prohibited Control.

Prohibited Eradicate species must have all above and below ground parts of the plant destroyed. Prohibited Control plants must be prevented from spreading propagating parts. Restricted Noxious Weeds are widely distributed in Minnesota and the importation, sale and transportation of their propagating parts are prohibited.

Specially Regulated Plants have the potential to cause harm and have specific management plans or rules that define the use and management for the plants.

Listed species go through a rigorous evaluation to determine their invasiveness, difficulty and cost of control, benefit, and injury or harm it may cause to humans, livestock and the environment. Each species is reevaluated every three years, and with the exception

of emergency listed species, the Noxious Weed List only changes every three years.

In 2018, the MDA made two changes to Noxious Weed List. The first is the emergency listing of poison hemlock (*Conium maculatum*) to the Prohibited Eradicate List. Poison hemlock went through extensive evaluation in 2017 and due to its high toxicity and distribution throughout the state was listed immediately in 2018.

The second change to the Noxious Weed List was the movement of 25 Japanese barberry cultivars to the Restricted List. These 25 cultivars were placed on the Specially Regulated list in 2015 as a three year production phase-out. On January 1, 2018, these cultivars became Restricted Noxious Weeds in Minnesota and are illegal to sell and propagate.

JOB OPENING:

City of Winger is seeking applicants for the appointed position of Clerk-Treasurer.

General Statement of Duties:

Performs administrative work conducting the daily business activities of the city including financial management and statutory clerk functions. Prepares budgets and implements city policies. Keeps records of all council proceedings, handles correspondence on behalf of the city, prepares agendas and executes any assignments given by the council. Has official responsibility for accounting for all receipts and disbursements in regard to city funds. Prepares a variety of financial records. Is responsible for payroll and investments.

Experience Required: Minimum of five years in financial management, accounting, or a related field preferred. Course work in computer systems and software applications. Must possess an ability to communicate effectively both orally, and in writing.

Please send resume and cover letter to: City of Winger, P.O. Box 70, Winger, MN 56592.

If you prefer to email your application/cover letter: cityofwinger@gvtel.com

Application submission deadline is February 20th, 2018.

"City of Winger is an equal opportunity employer"

M46-47C

Regional Ag News

Eli Gindele, Extension Educator

The Minnesota Department of Agriculture is now accepting applications for the 2018 Hemp Pilot Program season.

There is no deadline to file an application this year.

In 2015, the Minnesota Industrial Hemp Development Act became law, allowing MDA to create an industrial hemp research pilot program in order to study the growth, cultivation and marketing of industrial hemp. The law directed the commissioner of agriculture to make program rules, determine a fee structure, and perform testing and other regulatory activities.

In 2016, there were six pilot participants in Minnesota who grew industrial hemp in MDA's pilot program. It was a historic year, as state growers saw the harvest of approximately 40 acres of hemp in Minnesota for the first time since the 1950s.

In 2017, there were 38 registered pilot participants who grew a total of 1,205 acres.

To learn more about growing industrial hemp in Minnesota, visit MDA's frequently asked questions page

And to file an application, go to MDA's industrial hemp pilot program application.

Source: Minnesota Department of Agriculture, The Farmer

Events Coming up:

• Private Pesticide Applicator Training Crookston Thursday, February 8th at 1:00-4:00

pm. Will be held at the Northwest Research Outreach Center on campus.

• Private Pesticide Applicator Training / Soybean Program & Lunch Break McIntosh Thursday, February 15th at 9:00am-2:30pm. Will be held at the community center in McIntosh, must attend whole training for recertification.

• Shevlin Garden Club will be hosting a tree care/ selection informative presentation, following will be their business meeting. Shevlin history center (community room) February 17th at 1:00 p.m.

• University of Minnesota Extension has been hosting Tuesday night webinars on various topics for free viewing, you can access these and others from years past. These topics involve gardening, high tunnels, composting and grazing basics.

• You will find the webpage by accessing UMN Extension, in the search bar type in local foods college or at: <http://www.extension.umn.edu/rsdp/state-wide/local-foods-college/>
1/23/2018 Fruits and Nuts
1/30/2018 Improving Pastures (plus a brief introduction to Food Safety Modernization Act -FSMA produce rule)
2/13/2018 Deep Winter Greenhouses
2/20/2018 Seed Saving
2/27/2018 Pollinators: what they do for us and what we can do for them



Joey Rivier (back) with his parents, Scott and Anita and brother Mike during Parents Night at Win-E-Mac School last Thursday evening before the Basketball game.



Boy's Basketball Manager, Kendra Thompson with her parents, Cheri Thompson, and Pat and Missy Thompson at Parent's Night last Thursday evening.

Random Things and Stuff



Find Your Strengths
By: Emily Lynne

What are your own individual strengths that make you who you are today?

Do you work well in groups? Are you a natural leader? What makes you special?

While in college, we have done a lot of exploring our inner strengths. These are things that make us unique, and what we can tell employers that we excel at. I think everyone should have an idea of what their strengths are. Here at school, we used a website called Strengths-Finder. There are other types of strength tests out there if you just Google, "What are my strengths test".

To give you an idea of strengths, here are mine:

1. Achiever
2. Strategic
3. Futuristic
4. Developer
5. Learner

WEM School Announcements

The Alumni Basketball Tournament will be held on Saturday February 17th. Registration begins at 11:30, games begin at 12:15. Any alumni, people who went to school at WEM, McIntosh-Winger, Mentor, or Erskine, as well as anyone living in the WEM school district, are invited to participate. Cost is \$10 per person.

There is an After Prom Party sign-up sheet in the office. Please take note that there is one for seniors and one for juniors to sign up you and your guest, if not a WEM Student. All STUDENTS must be signed up and pay their \$25 per person fee to attend the AFTER PROM Party. If you are interested in being hypnotized there are also waiver forms to be signed and returned also. If you have any questions, please see Kristi. You must be signed up before March 15, 2018.

Students ready to take Drivers Education Classroom should sign up in the office. Students ready for BTW let Mr. Hanson know so he can schedule you in. This will give Mr. Hanson an idea of when to schedule the next Drivers Ed Classroom and who is involved with sports.

Congratulations to both our Robotics Teams for a great showing at the state tournament.

Our sophomore team finished the tournament ranked 19th after qualifying rounds with a record of 5-2.

Our senior and junior team finished the tournament ranked 3rd in the skills portion of the tournament with a score of 125. They currently are ranked 138th in the World. This team has qualified and will compete at the National Tournament in Council Bluffs Iowa! This team should also have a high enough skills score from the state tournament to qualify for the World Tournament. We are currently awaiting confirmation on a world tournament bid.

Do you have a story to share?

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

Win-E-Mac Boy's Basketball Parent's Night



Zach Simonson with his parents Heather Simonson and Mark and Brook Simonson.

Flu...

Continued from page 2 ...

vaccination rates released in November by the Centers for Disease Control and Prevention (CDC) revealed that only 39 percent of people 6 months and older had received their flu vaccine.

These estimates show a large portion of the population could be vulnerable to flu as activity continues to increase across the country.

The symptoms of flu, which tend to come on suddenly, can include a sore throat, coughing, fever, headache, muscle aches and fatigue. People who become severely ill with flu-like symptoms should seek medical care.

People at high risk for complications from flu should contact their health care provider right away if they have symptoms of flu. Antiviral medications should be prescribed to all hospitalized, severely ill and high-risk patients with confirmed or suspected flu.

These drugs work best when treatment is started within two days of symptoms starting but may still be helpful after that time.

Both CDC and MDH have notified medical providers of the importance of prescribing antivirals during this flu season.

Flu vaccination is recommended for everyone 6 months of age and older. You can find a flu vaccine clinic near you at mdhflu.com (select "Vaccine Clinic Look-Up").

Flu vaccine also may be given at other locations and times not listed.

Check with your doctor's office, regular walk-in clinic or pharmacy about getting vaccinated against the flu.

Flu vaccines are covered by most insurance plans. If you don't have insurance, the Minnesota Vaccines for Children program and the Uninsured and Underinsured Adult Vaccine program provide free or low-cost vaccines.

Along with vaccination, health officials remind Minnesotans to prevent the spread of flu and other illnesses by: Covering your cough and sneeze, staying home if you are ill, washing your hands often.

For more information on flu, go to www.mdhflu.com.



Brekken Lindberg with his parents Liz and Troy.



Dustin Osland with his dad, Brian.



Parker Gerber with his mom, Jamie Anderson.



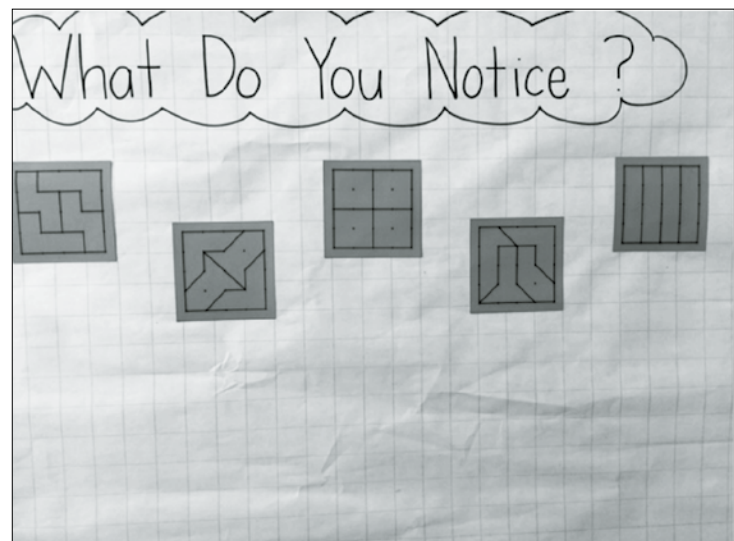
Mason Spry with his parents, Ron and Nancy.



Win-E-Mac Fan Favorite Dorothy Sandberg works on her shooting skills during the half-time shoot out during the Patriot win over Climax/Fisher last Thursday evening.



The moment that Kianna won. You can see Linda Lende (one of the two judges with Sharon Tuenge) holding up the green card, indicating her correct spelling.



What do you notice? Fractions on the Geoboard