



McINTOSH

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McIntosh, Minnesota



Win-E-Mac Patriot Varsity football coach, Aaron Cook was chosen at the District Coach of the Year. Coach Cook led the Patriot team to the Minnesota State Semi-Finals at U.S. Bank Stadium where they finished their season 12-1. Congratulations Coach Cook.

Statistics show just how big small business is

Small businesses have such a big impact on their communities, and the world at large, that it might be time to reconsider referring to them as "small."

According to the World Bank, small businesses have a major impact on the world economy, especially in emerging countries.

In such nations, small and medium enterprises contribute up to 60 percent of total employment and up to 40 percent of national income.

Small businesses figure to frame their economies in emerging countries in the coming decades, and they're

already doing so in developed nations, such as the United States and Canada.

The following statistics show just how big small businesses have become.

· **The U.S. Small Business Administration** notes that small businesses make up 99.7 percent of all employers in the United States. Percentages are similar in Canada, where BDC, a bank devoted exclusively to entrepreneurs, notes that 99.8 percent of businesses employ fewer than 499 workers.

Business...
Continued on page 2 ...

Santa is coming to Winger and McIntosh

If you live in Winger or McIntosh, Saturday, December 14th, Santa Claus is coming to town!

Start the day in Winger with the Winger Lion's pancake breakfast beginning at the Winger Community Center. Santa will come to visit the kids for a picture and a treat for all.

Santa will then travel to McIntosh. Starting at 9:00 am in the McIntosh Community Center, the McIntosh Community Club will offer arts and crafts.

There will be a station to write a letter to Santa.

Hay rides will be available, if the weather permits, and



songs and stories. Santa will arrive in McIntosh at 10:00 am to greet the kids as well.

New this year, you will be able to visit the library where there will be a beverage station and kids can sign up with an adult to have their very own library card.

The McIntosh Bone Builders will again hold the Kid's Mall at the McIntosh Community Center where kids can pick up gifts for their family for only a quarter each.

There will be help with gift wrapping and choosing the right presents as well. Kids only, please.

Make plans to attend and check out the McIntosh Times next week for complete information.

Holiday tree cutting event this weekend at Rydell and Glacial Ridge

The Friends of Rydell and Glacial Ridge Refuges Association (FRGRRRA) will host their annual Holiday Tree Cutting Event on Saturday, December 7, from 9:00 am until 3:00 pm, at the south-central portion of Glacial Ridge National Wildlife Refuge (formerly the Lee Nursery) on Highway 32.

Signs will be up along the highway, marking the event location. Participants will need to stop at the Glacial Ridge Project Office, located 3 miles south of U.S. Highway 2 on Highway 32, (5.5 miles west of Mentor) to register and get a map to the tree cutting site. The FRGRRRA will have coffee, hot apple cider, and cookies available at the check in station for this fun, family event. Please ensure that children are dressed appropriately for the weather.

Volunteers will be available at the site to assist with tree cutting and tie-down, if requested. This is a one-day event and no special arrangements will be made for cutting trees during other times or at other locations. Registration will close at 3:00pm sharp!

A variety of conifers, including long-needled pine and short-needled spruce trees will be available for hand cutting only. Bring a hand saw (no



chainsaws allowed) to cut your own tree. A few hand saws will be available for use, for those who do not have their own. Tree sizes range from small to tall – something for everyone! This activity is part of an ongoing effort to remove non-native trees from a portion of Glacial Ridge National Wildlife Refuge.

The reduction of planted conifer stands is an important

Refuge management objective. These areas will eventually be restored to their historic tall-grass prairie habitat.

FRGRRRA's mission involves promoting a better understanding, appreciation, and accessibility of both Glacial Ridge and Rydell National Wildlife Refuges, for people of all ages and abilities.

For more information please call 218-687-2229 x10



Community Calendar

Wed. Dec. 4:

McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Dec. 5:

Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Dec. 6:

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

Mon. Dec. 9:

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

Tue Dec. 10:

Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm

Wed. Dec. 11:

McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Dec. 12:

Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri Dec. 13:

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

Mon. Dec. 16:

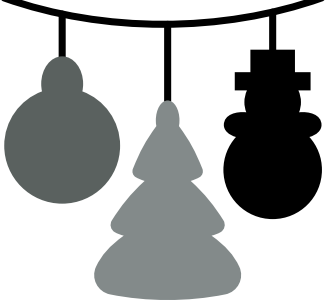
McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tue Dec. 17:

Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm



Win-E-Mac Patriots Football had a terrific year as a team. The members of the team that won the All-District football awards were: (back, l-r) Gavin Walker, Nathan Fortmann and Zach Simonson. (front, l-r) Gavin Haskett, Kobe Hamre and Bryer Strom. Dustin Osland was also chosen All State-Academic.



Mac Library to host holiday craft event for kids

McIntosh Public Library for a fun family event featuring holiday festivities as well as a create-your-own handmade ornament activity. These ornaments could be given as gifts, used as a decoration for the child's own tree or added to the family tree! This event is offered free of charge and intended for children who are 3-4 years old, but children of all ages are welcome as well. Holiday Fun with the Win-E-Mac ECFE will be held Tuesday, December 10 at 6 p.m. at the McIntosh Public Library, 115 NW Broadway.

More information is available at www.larl.org, and the library's app, LARL Mobile, is available in the iTunes and Google Play stores for free download.

10 tips for winter safety

Winter begins on December 21, 2019, and extends to March 19, 2020, in the Northern Hemisphere.

Those three months can be both beautiful to behold and difficult to endure.

Winter has its share of safety hazards, and extra effort may be required to protect one's health and well-being when the chill creeps in.

In recognition of that, the National Safety Council and the Centers for Disease Control and Prevention offer these winter safety tips.

1. Winterize your home to keep interior temperatures comfortable and prevent weather-related damage. Winterizing includes insulating water lines that run along exterior walls, cleaning out gutters, installing weather stripping, and replenishing insulation.

2. Exercise in cold temperatures can put many people at risk of heart attack - especially those who are typi-

cally inactive. If you must exercise in cold weather, remember to stretch beforehand. Take breaks when shoveling or ask for help.

3. Check carbon monoxide alarms to see if they are working properly. Every year in the United States, more than 400 people die from and 50,000 are treated for carbon monoxide poisoning. Exhaust from improperly vented heating appliances can contribute to carbon monoxide sickness.

4. Prepare a winter emergency kit and keep it in your car in case you are stranded in inclement weather. The kit can include food, water, blankets, first-aid supplies, flares, and booster cables, among other items.

5. Wear appropriate clothing for the temperature and precipitation. Layers can be added or removed as needed.

6. Sprinkle sand or cat litter on icy patches of walkways to improve trac-

tion. Sand or cat litter is easier on the environment than some chemical ice melt products.

7. Consider a whole-house generator as an emergency backup if the power goes out in winter. Generators can keep the heat running and the refrigerator humming along until power is restored.

8. Exercise caution with space heaters and other supplemental heating devices. Turn them off when you leave the room, and do not leave them on overnight while you are sleeping.

9. Slow down when driving in the snow. Black ice patches can be difficult to see, and snow itself can reduce tire traction. Leave extra time to get where you need to be.

10. Consider switching from gloves to mittens. With fingers touching each other inside mittens, they help generate more body heat than when they're inside gloves.

These are just a few safety tips to heed during winter.

USDA invests in expansion of rural education and health care access in MN

Distance Learning and Telemedicine Investments will benefit 2,573 Rural Residents.

U.S. Department of Agriculture (USDA) Rural Development State Director for Minnesota Brad Finstad today announced more than \$730,000 for two projects that will expand access to education and health care opportunities in rural Minnesota.

"Distance learning and telemedicine opportunities provide residents in remote areas with services that may have otherwise not been possible," Finstad said. "Under the leadership of Agriculture Secretary Perdue and Deputy Undersecretary for Rural Development Donald "Dj" LaVoy, USDA is dedicated to the partnerships that help make projects like these a reality."

Education Innovation Partners Cooperative Center is receiving a \$500,000 grant to provide distance learning services to 28 sites across six Minnesota counties: Aitkin, Cook, Itasca, Koochiching, Lake, and St. Louis. USDA's investment will enable approximately 1,500 teachers to provide distance learning opportunities for 21,000 students, annually.

CentraCare Health System is receiving a \$234,648 grant to establish a telemedicine project and address the shortage of specialty care physicians in rural areas. Video equipment will be placed at 10 locations in eight central Minnesota counties: Kandiyohi, Meeker, Mille Lacs, Renville, Stearns, Swift, Todd, and Wadena. An additional 73 individual patient sites will be added as a result of this project with an estimated additional 2,000 patients served over the project's two-year period.

Finstad's announcement is in coordination with Deputy Under Secretary LaVoy's recent announcement that USDA is investing \$42.5 million in 133 distance learning and telemedicine projects in 37 states and two U.S. territories: Alaska, Alabama, Arkansas, Cali-



fornia, Colorado, Florida, Georgia, Idaho, Illinois, Indiana, Kansas, Kentucky, Louisiana, Maine, Michigan, Minnesota, Missouri, Mississippi, Montana, North Carolina, North Dakota, Nebraska, Nevada, New York, Ohio, Oklahoma, Oregon, Pennsylvania, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, West Virginia, Wisconsin, Wyoming, the Commonwealth of Puerto Rico and the U.S. Virgin Islands.

USDA is providing the funding through the Distance Learning and Telemedicine (DLT) grant program. These investments will benefit 5.4 million rural residents.

Below are examples of projects receiving funding in other states:

•Mississippi State University is receiving a \$488,315 grant to update video conferencing and cloud-based equipment in 93 counties. USDA's investment will enable participants in extension offices and experiment stations to deliver educational programming to interactive audiences. This project will benefit nearly 29,000 Mississippi residents, students, extension educators and faculty.

•In Ohio, the Lisbon Exempted Village School District is receiving a \$323,478 grant to create a distance learning network at eight sites in Columbiana County. The district

will offer classes and behavioral health services to 850 students.

•Owensboro Health Inc. in Kentucky is receiving a \$460,820 grant to install telemedicine equipment at 10 sites in Hopkins, McLean, Muhlenberg and Ohio counties in Kentucky and a site in Perry County, Indiana. This project will provide health care resources to approximately 35,000 residents, including nearly 2,000 patients.

Applicants eligible for Distance Learning and Telemedicine grants include most State and local governmental entities, federally-recognized tribes, nonprofits, for-profit businesses and consortia of eligible entities.

In April 2017, President Donald J. Trump established the Interagency Task Force on Agriculture and Rural Prosperity to identify legislative, regulatory and policy changes that could promote agriculture and prosperity in rural communities. In January 2018, Secretary Perdue presented the Task Force's findings to President Trump. These findings included 31 recommendations to align the federal government with state, local and tribal governments to take advantage of opportunities that exist in rural America. Supporting the rural workforce was a cornerstone recommendation of the task force.

Christmas tree tips and tricks

Christmas trees are an iconic symbol of the holiday season.

Whether they are personal trees nestled in the corner of a living room for families to enjoy or towering evergreens serving as the focal point of a town square, Christmas trees are a wonder to behold.

Many people have fond memories of time spent around the Christmas tree sharing gifts and family traditions. Live trees and their pine-like aroma can be especially nostalgic trees to include in holiday plans.

The National Christmas Tree Association says that approximately 25 to 30 million

real Christmas trees are sold in the United States every year. North American trees hail from all 50 states and areas of Canada.

While freshly cut trees can be particularly beautiful and aromatic additions to the season, they require a bit more work than artificial trees in order to remain beautiful and thrive throughout the holiday season.

Maintenance can help keep Christmas trees as perfect as possible.

• **Even though** it is tempting to buy a real tree as early as possible, their shelf life is limited even with the best care. Dural Christmas Tree Farm advises that, under

the best conditions, a real tree should last up to four weeks before drying out.

• **Consider the needles** when looking for a real tree. Pull your hand toward your body along the branches. If many needles fall off, the tree is past its peak.

• **Think about the room** in which the tree will be located. Leave at least 6 inches between the tip of the tree and the ceiling, accounting for the height of the tree stand as well.

• **If needle retention** is a goal, the Scotch pine variety has the best needle retention and a high survival rate, lending to its popularity, offers Precision Tree and Landscape. Douglas fir and balsam fir are other durable trees.

• **If possible**, buy a freshly cut tree from a reputable nurs-



I would like to thank everyone who helped in any way during my recent accident. A special Thank You to the Winger Lions Club for all their special dinners and monetary donation. And, of course, to all our loyal customers and to my employees for going the extra mile. I was overwhelmed by the outpouring of kindness.

God bless you all, Mike Moran

M37C

Business...

Continued from page 1 ...

• **Hundreds of thousands of new businesses** are started each month, with Yahoo! reporting that about 543,000 entrepreneurs open a business in a typical month.

• **Small businesses benefit one another**, as a 2017 report from the Canadian firm FreshBooks found that 66 percent of small businesses outsource services to other small businesses.

• **No business is too small** to be a small business. In fact, the U.S. Bureau of Labor Statistics noted that microbusinesses, which are defined as firms that employ between one and nine employees, accounted for 75 percent of all private-sector employers as recently as 2013.

• **Small businesses and happiness** might be linked. A 2019 survey from Guidant Financial and the online lending marketplace LendingClub found that 78 percent of small business owners rated their level of happiness as an average of eight on a scale of one to 10 (10 being the happiest).

• **Female entrepreneurs are on the rise.** A 2017 report from American Express found that female entrepreneurship grew by 114 percent between 1997 and 2017.



Did you know?

The term "diabetic eye disease" refers to a group of eye conditions, such as diabetic retinopathy and diabetic macular edema.

The National Eye Institute notes that all forms of diabetic eye disease can potentially cause severe vision loss and even blindness. However, the NEI says that vision loss can be prevented or delayed if diabetic patients take their medications as prescribed, stay physically active and eat a healthy diet. Seeking timely treatment by consulting a physician the moment they notice changes in their vision, is another way for diabetes patients to protect themselves against vision loss. It's especially important that diabetes patients heed that advice, as the NEI notes that vision lost to diabetic eye disease is sometimes irreversible. It's also important that diabetes patients know that help could be on the way, as the NEI is conducting and supporting research to find better ways to detect, treat and prevent vision loss in people with diabetes.

ery or tree farm, advises The Old Farmer's Almanac. Many pre-cut trees sold elsewhere were likely cut weeks before and may not be fresh.

• **Cut the bottom** of the tree trunk before bringing it home to facilitate the uptake of fresh water daily. Trees can absorb as much as a gallon of water in a day, so make sure the tree gets fresh water every day.

• **Keep trees away** from as many heat sources as possible and away from direct sunlight to prolong longevity.

• **According to Karabin Farms** in Connecticut, to make a Christmas tree last longer, boil a gallon of water and then dissolve one cup of sugar in the water. Allow to cool. After freshly cutting the trunk, pour in the warm sugar water. Continue to add fresh, cool, plain water to the tree stand afterward.

Once needles begin to fall off with frequency, the tree is reaching its prime. Remove it so it does not become a fire hazard.

Hill River Township 2019 One Fund Drive

Results	
Multiple Sclerosis	\$82.00
Salvation Army	\$220.00
MN Medical Found.	\$22.00
Heart Fund.....	\$327.50
Cancer Fund	\$597.50
Red Cross.....	\$222.50
DAC.....	\$180.00
Leukemia Society	\$25.00
American Diabetes	
Assn.	\$218.00
Northland Rescue	
Miss.....	\$50.00
Samaritan's Purse.....	\$50.00
St. Judes Hospital	\$15.00
MCCL Local	
Chapter #45.....	\$50.00
Total:.....	\$2,060.00
Solicitors:	
Tim Disrud	
Jeff Matson	
Ron Roed	
Sidney Finseth	
Chairperson:	
Betty Syverson	
Raymond O. Sundrud, Clerk/	
Treasurer	
Hill River Township	

Donate to the Mitten Tree

The Mitten Tree located inside of Neil's Quality Meats & More is for new or gently used mittens, hats, and scarves which will be donated to Heat Start and given to local families in need. Please donate by December 6th.

The Mitten Tree is sponsored by Neil's Quality Meats and More and Minnesota Rust.

Meeting for LSS Meals program

An open invitation to all McIntosh and area residents to a presentation of the Lutheran Social Service Meals program (formerly Senior Meals), given by Carole Demars, Regional Assistant Director and Kira Hallof, Erskine Site Coordinator on Monday, December 9th at 11:00 am in the McIntosh Community Center. All are invited to dine with us at a cost of \$4 per person 60 years old and older and \$8 for those under 60 years old.

Serving Swiss steak, mashed potatoes, coleslaw, vegetable, bread, dessert and milk.

Please call 218-687-2262 by December th to reserve your meal, which will be delivered to the Community Center.

All are welcome to join us for the presentation, even if you are not planning to eat.



Community Birthday and Anniversary Calendar

Wed. Dec. 4: Kaysee Mandt
Thurs. Dec. 5: Cody Bartz, Tyler Roed
Sat. Dec. 7: David Sannes, Alicia Graff, Mark Votava, Mary Salvhus, Sandy Mayer
Sun. Dec. 8: *Lavern & Anna Tofstad
Mon. Dec. 9: Hanna Brouse, Camille Springer, DeAnna Haagensohn
Tues. Dec. 10: Mason Spaeth, Jill Schulz, Stephanie Frisk, Ethan Finseth, Danielle Finseth

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
Sun. Dec. 8: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. Dec. 15: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH
Winger/Bejou Supply Pastor
Gordon Syverson
Sun. Dec. 8: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Dec. 15: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh Supply Pastor
Gordon Syverson
Sun. Dec. 8: 11:15am Worship Service.
Sun. Dec. 15: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church

Sun. Dec. 8: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service, Fellowship dinner following the service; Ladies Aid annual meeting

Mon. Dec. 9: 7:00 p.m. Annual Meetings of the Sunday School, Luther League, and the Congregation

Tues. Dec.10: 10:00 a.m. Sunday worship service telecast on GVT7V-30; 1:30 p.m. Bible Study at Pioneer Memorial Care Center

Wed. Dec. 11: 7:00pm Bible Study at 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
Wed. Dec. 4: 7:30pm Bible Study at Mt. Carmel

Thurs. Dec. 5: 7:00am Men's Breakfast at Mt. Carmel

Sun. Dec. 8: 9:30 Mt. Carmel Worship; 9:45 Trinity Sunday School for all ages; 10:45 Mt Carmel Sunday School for all ages; 11:00 Trinity Worship

Wed. Dec. 11: 7:30pm Bible Study at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Jill Torgerson
Sun. Dec. 8: 9am Worship; fellowship coffee following worship
Sun. Dec. 15: 9am Worship; fellowship coffee following worship

DOVRE
FREE LUTHERAN
Pastor Don Edlunds
Wed. Dec. 4: 7:00pm Bible Study on Ezra and Nehemiah Everyone Welcome
Sun. Dec. 8: 10:00am Worship Service and Children's Sunday School
Wed. Dec. 11: 7:00pm Bible Study on Ezra and Nehemiah. Everyone Welcome

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,
Sun. Dec. 8: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School
Sun. Dec. 15: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

GRACE LUTHERAN CHURCH NALC
Erskine, Minnesota
Pr. Scott Baker, interim
Sun. Dec. 8: 10:30am Adult Bible Study; 9:15am Sunday School; 10:30am Worship
Sun. Dec. 15: 10:300am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

RODNES LUTHERAN CHURCH
Erskine
Pastor Joel Smeby
Wed. Dec. 4: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes
Sat. Dec/ 7: 8:00am Men's Prayer Group
Sun. Dec. 8: 10:00am Worship

BUSINESS & PROFESSIONAL GUIDE

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Land rent seminars are coming to the area

What is a Fair Farm Rental Agreement?
Landlords, Farmers, Agri-Business Professionals should make plans to attend one of the informative meetings being held across Minnesota.

These free meetings are being provided by the University of Minnesota Extension. Farm land rental rates are the largest input cost the farmer has. Determining a fair farm rent agreement is a challenge in today's economy with current low corn and soybeans prices in 2019.

Negotiating a fair rental agreement that satisfies the land owner and the farmer is a challenge. David Bau and Nathan Hulinsky, Extension Educators in Ag Business Man-

agement, will provide several ways; by examples, factsheets and worksheets to determine a fair farm land rental rate for both parties.

Topics covered at the meetings will include local historic and projected farmland rental rate trends, current farm land values and sales, a worksheet that will help determine a fair rental agreement.

Input costs for 2019 will be presented along with current 2019 corn and soybean prices. Worksheets will examine 2020 costs and what is affordable rent that a farmer will be able to pay in 2020, the rate of return to the landlord at current market values and examine flexible rental agreements.

Make plans to attend one

of these meetings now. Attendees will receive several informative worksheets and factsheets that will help to determine what is a fair 2020 farm land rental rate is.

Meetings in Polk and Red Lake County will be held on Tuesday, December 17, 2019. We will start in Polk County at the NWROC Youngquist Auditorium on UMC Campus at 2:30pm on Dec 17, and then move to Red Lake Falls at Joe DiMaggio's for a 5pm meeting on Dec 17.

Nathan J Hulinsky, Extension Educator, Ag Business Management, U of M Extension Regional Office, St Cloud, 320-203-6104, huli0013@umn.edu

Practical suggestions for caring for a loved one who can't communicate

Caregiving for a loved one comes with its own set of rewards and challenges. When your loved one is unable to speak, the situation can become more complicated.

Witnessing your loved one lose their ability to speak takes a toll, not only on the individual, but also the caregivers. It can feel like a helpless time, but there are practical ways to help make the time with your loved one meaningful while also allowing you to feel more confident in meeting his or her needs.

At Hospice of the Red River Valley we provide care and support to people from all different backgrounds, life experiences and medical conditions. Here are some of the ways I've learned through our work that you can continue to connect with your loved one who is no longer able to speak.

1. Read Non-verbal Cues

When someone we care for is unable to speak, reading their non-verbal cues becomes particularly important.

This is especially true when assessing for pain in someone who can't tell us about their discomfort.

If your loved one is in pain, he or she may "act out." As a caregiver, this is your cue; there is almost always an explanation for this behavior whether it is out of frustration, discomfort or another cause.

Through investigation and trial and error with your loved one, you can often discover an underlying cause for a particular reaction, which can help lead to a resolution or at least a decrease in these physical reactions.

- Pay close attention to facial expressions and body language.

- Are they relaxed or tense, and what does their posture look like? For example, is their jaw clenched? Their hands clenched?

- Are they visibly agitated, or do they strike out?

2. Presence

Speaks Loudest

The gift of presence often speaks loudest of all. If your loved one is no longer able to talk, it can be very difficult to know how to spend time with that person, especially as you grieve these changes.

However, whether someone is able to communicate or not, it doesn't change the fact that they need physical and emotional connection, just as any of us do.

Being comfortable with silence doesn't come naturally to most of us, but it can become easier with a little time and patience.

Once you realize this, the constant burden and stress of worrying about what to say or do can be lifted, allowing you to focus simply on just being together.

As you learn to simply be present, physical touch can become a powerful tool in communicating with your loved one. Continue to hug, hold hands or offer to lightly massage your loved ones feet or hands.

3. Incorporate Activities

The inability to speak does not mean you cannot enjoy activities with your loved one. You may have to become creative in adapting these activities to his/her current abilities or it may be as simple as reminiscing and sharing memories of these activities with your loved one, all while creating new memories as you do so.

Other simple and often enjoyable activities you can share with your loved one include:

- Listening to their favorite music
- Reading aloud
- Looking at family pictures
- Sitting with the person and holding his or her hand

4. Continue to

Talk to Your Loved One

It can be easy to assume a loved one who can't verbally communicate does not hear, understand or that they comprehend at a lower level than they actually do.

When hospice patients are nearing end of life and are non-responsive, we encourage family members to hold their hand and talk to them.

Hearing is the first sense we develop in life, and it is the last sense to go. It can be comforting to your loved to hear your voice and reassurance.

If you are unsure what your loved one can comprehend, your family doctor or a provider who specializes in this area can be a great resource. They have the expertise and tools available to determine

and educate families regarding the level of comprehension their loved one has—making it easier to know how to communicate with them.

When it comes to providing physical care for a loved one, it is always important to clearly communicate what will take place with your loved one prior to starting the care and as you transition from one task to the next.

None of us like to be rushed so allowing for adequate time for these cares while continuing to observe their non-verbal cues is essential.

5. Simplify

When it comes to caring for our elderly loved ones who can no longer speak, simplify your communication. Break things into easy-to-understand language while also preserving the person's dignity and respect.

There may be times when you find yourself questioning whether you should go visit a loved because they can't share in conversation with you.

It's important to understand there is significant evidence that confirms people greatly benefit from human interaction and connection with a loved one or caregiver, regardless of their ability to communicate.

If spending this time is uncomfortable for you, seek support from knowledgeable health care professionals.

The more time you're able to spend with your loved one practicing some of these suggestions, the easier and more natural it will become. We may go with the intention of blessing another, and in return, find they are the one blessing us.

About Hospice of the Red River Valley

Hospice of the Red River Valley is an independent, not-for-profit hospice serving more than 30 counties in North Dakota and Minnesota.

Hospice care is intensive comfort care that alleviates pain and suffering, enhancing the quality of life for patients with life-limiting illnesses and their loved ones by addressing their medical, emotional, spiritual and grief needs.

For more information, call toll free 800-237-4629, email questions@hrrv.org or visit www.hrrv.org..



60 years ago...1959: V.F.W. burns it's mortgage in special ceremony. Maurice "Mush" Nornes, VFW Club manager, lights a match to the mortgage held by Art Voight, past commander, in the mortgage burning ceremony held at the VFW Club rooms in McIntosh. Looking on in the foreground from left to right are: Arnold Ringstad, Dept. of Minnesota junior vice commander and Mrs. Bernice Wertish, local VFW Auxiliary president.



50 years ago...1969: The most lighted home and grounds of the Sidney Klemmenson's of McIntosh is the most lighted of any in the area. This year the family has added a lighted nativity scene to their display.



40 years ago...1979: Some of the "old timers" who worked together in a Senior Citizens Organization in McIntosh since 1969 enjoyed a meal together at the B-B Lunch in McIntosh. (L-R) B.B. Nornes, Mr. Sturgis, Mrs. Sturgis, Hilda Nelson, Mrs. Fred Espeseth, Fred Espeseth, Stella Johnson and Mrs. Brent Nornes.



30 years ago...1989: Some of the students from the sixth grade class at Win-E-Mac that helped serve the Thanksgiving dinner to Mac Manor residents and their guests on Sunday. (L-R) Katie Brumwell, Mindy Bjerknes, Marji Maxfield, Erin Howe, Elizabeth Weiby, Kristi Theis and Sarah Clementson.

Did you know?...

According to United Nations Volunteers, global estimates indicate the number of volunteers worldwide at 970 million.

When considering 2018 estimates from the U.N. that pegged the global population at just under 7.6 billion, that means that nearly one-eighth of the world volunteers in a

given year.

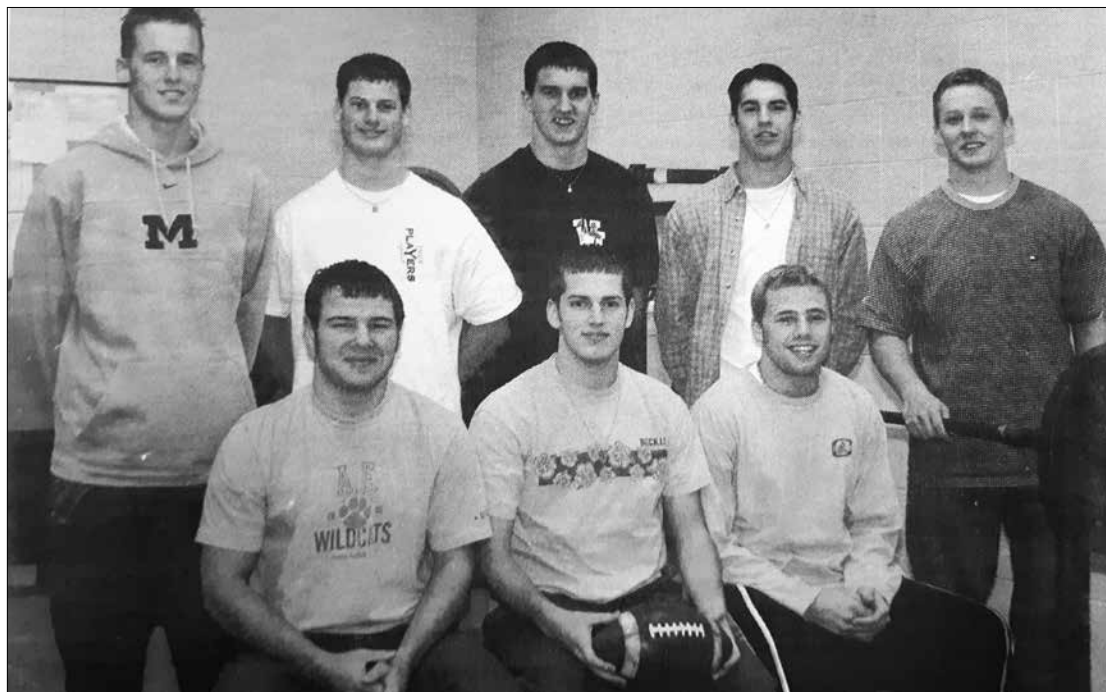
That's good news for the health of the global population, as various studies have linked volunteering to health benefits such as lower rates of depression and a great sense of self-purpose.

It's also good news for charitable organizations, many of which would be unable to meet their missions or even operate

at all without the assistance of volunteers.

A study published by researchers at Johns Hopkins University estimated the hours contributed by volunteers were the equivalent of about 125 million full-time workers.

Many charities operate on strict budgets, making the free contributions of their volunteers vital to their survival



20 years ago....1999: Five members of the Patriot 9 Man Football Team have been named to the North Tri-County Conference Team for 1999 and three students are named to the Honorable Mention List. (Back l-r) Travis Nelson, Bryce Stordahl, Nathan Johnson, Nick DeFrang, and Joe Larson are WEM representatives on the 1999 team. (Front l-r) Kevin Kiecker, Adam Rock, and Mike Friedley are Honorable Mention candidates. Congratulations team and thanks for a great year of football.

The County Line

By Warren Strandell
Polk County Commissioner, Dist. 2

It was probably about a year ago when the aging staff — these aren't elderly people, rather just those good folks who work for the Dancing Sky Area Agency on Aging — invited the county commissioners who make up the board of directors of the Northwest Regional Development Commission to undergo a simulation of what people with dementia, specifically Alzheimer's disease, are experiencing.

The exercise was a start to the agency's Virtual Dementia Tour (VDT) program. For us, it started when staff placed headphones on us and ushered us separately into closed, dark rooms. Once there, we were given instructions by attending staff and through the headphones, too, all at the same time, about how the exercise was to proceed. To confuse the situation more all kinds of background noises were overriding everything.

Everything was going on at the same time. You couldn't separate one thing from the other. You could make out parts of what was being said, but everything was overlapping, different sounds, descriptions that didn't go anywhere. It was chaos; just noise and the noise didn't end.

No sense to it

In all of this, you were supposed to try to make sense of things, to report what had gone on in a debriefing. But absolutely nothing made sense.

Alzheimer's is a terrible, terrible disease. It is hard to conceive that kind of thing going on in someone's mind... in

the mind of someone whose other body parts are in pretty good order. And, to know, too, that there is really no cure.

That dementia experience that was conducted in the Northwest Regional Development Commission office in Warren about a year ago was brought quickly back to mind recently when an educational piece from that same Senior LinkAge Line organization caught my attention. The printed document defined dementia as an illness "that affects the brain, causing cell death." It said that there is no cure, that some 5 million people in the United States have dementia and that the number could go to 16 million by the year 2050.

A VDT session is not a test to determine if someone is susceptible to Alzheimer's disease but is meant to provide a sampling of what dementia involves.

Adults should be concerned, of course. Those of us in the mature age category may wonder at times about our own status. We might wonder if we are in the early stages of the disease when it is actually only a part of the aging process.

"Normal" aging

The information piece noted that "normal aging" includes forgetting names or appointments, making errors when balancing the checkbook, getting confused about what day it is, vision changes related to cataracts, having trouble finding the right word, making a bad decision once in a while, feeling weary of work and social obligations, needing help with the settings on the microwave

or to record a television show, becoming upset when a routine is disrupted, misplacing things and having to retrace steps to find them, and many more daily life occurrences.

If you've done those things at times, you probably don't have a lot to worry about.

Things that might be of concern, however, are when memory loss disrupts daily life, when there are real challenges in planning or problem solving, if there is difficulty in completing familiar tasks, losing track of dates and seasons, trouble understanding why something is not happening, difficulty reading, judging distance, determining color, and other things that go beyond the normal hang-ups.

Hopefully, it is only those "normal" things that make you wonder.

P.S. — Should you want to see the full dementia document or receive additional information, contact the Dancing Sky Area Agency on Aging at (218) 745-6733. They would welcome hearing from you.

Thoughts for the day:

I've learned that when a newly born grandchild holds your little finger in his fist that you are hooked for life. — Andy Rooney

I don't have gray hair. I have wisdom highlights.

Disclaimer: Thoughts expressed in this column are those of the author and are not necessarily a reflection of the opinions of the other members of the Polk County Board of Commissioners.

To the Editor: Youth in foster care need permanent homes

Letter to the Editor

Many Minnesotans might be surprised to learn that most children who are adopted in Minnesota today are not coming from China, Colombia, Malawi or India. They are children right in our own backyard.

Today, 905 of 10,000 children in foster care in Minnesota have an immediate need for a permanent and loving family. Almost 60% of children in foster care are siblings. They also tend to be older children.

Mike and Megan Nelson, who knew of the great need for foster families, decided to take a leap of faith and walk through the education and training involved to become foster parents. They were also open to adoption. As a blended family, the Nelsons have two older children at home and several adult children who are now on their own. With available space in their home, love for children and a willingness to learn, they knew they could make a difference. Last year, they opened their home to three sisters, ages 12 to 17, with whom they have devel-

oped a special bond. So special, that this month — National Adoption Month — the sisters are officially joining the Nelson family through adoption.

If you've ever wondered about adopting children from foster care, here's what the Nelsons want you to know:

- All kids deserve to be loved and cherished in a family.

- Be ready to care for children with special needs. While children may have mental health, developmental or physical challenges, a wealth of resources are available to support families and help children succeed.

- It takes more than love. Time, patience and intention are needed to understand a child's unique situation and provide support they need to thrive.

- Openness with biological family members, when that's possible, provides opportunities for children to connect with their roots and enrich their lives.

- Adoption financial assistance is available to support children adopted from foster care until they reach age 18 or graduate from high school.

Our organizations at Lutheran Social Service of Minnesota and Children's Home

Society of Minnesota have been working with families over decades to equip them with the education and support they need to welcome children into their homes and lives through foster care and adoption. For families who want to provide permanence for children in foster care, there is little-to-no cost for adoption and there is support available for the journey.

It takes a leap of faith to raise a child — whether they are coming to us biologically or through foster care adoption. If you've ever considered welcoming a child into your home as a foster or adoptive parent, we encourage you to learn more. All children need a loving family. These kids are depending on us.

Jodi Raidt, Statewide Program Manager -- Therapeutic Foster Care, Lutheran Social Service of Minnesota jodi.raidt@lssmn.org

Heidi Wiste, Director -- Foster Care & Adoption, Lutheran Social Service of Minnesota and Children's Home Society of Minnesota heidi.wiste@chlss.org

Note: Lutheran Social Service of Minnesota and Children's Home Society of Minnesota are partners in adoption.

Great gifts for hunters



Millions of people across the globe have a passion for hunting. When the time comes to find gifts for the avid hunters in your life, indulging their passion for the great outdoors can make for the perfect present.

Hunters come in all shapes and sizes and from all walks of life. When shopping for gifts for hunters, it can be advantageous, particularly for consumers who don't hunt, to think of the ages and experience levels of their loved ones and then go from there.

Young and/or inexperienced hunters

Many areas have minimum age requirements for hunters, and nearly every region requires hunters to take courses on hunting safety before they can apply for hunting licenses. Financing such educations can be an ideal gift for young hunters, ensuring they will have a strong foundation in firearm safety and other important aspects of hunting before they come of age and go on their first hunting trip.

A two-way radio makes another great gift for young hunters, especially who don't yet have their own phones. Even those that who have phones may find it more fun to speak with their fellow hunters over their special radios than on the phones they use every day.

Gear, which can include ev-

erything from attire to knives to compound bows and more, also can make for a great gift for young hunters or those just learning the ropes. However, consumers buying for youngsters who aren't their own children should first consult the child's parents to determine their readiness for certain gear.

Established hunters

Established hunters who have strong passions for the sport may already have everything they need. And even those that don't may prefer certain manufacturers. It can be difficult to learn of such preferences without speaking directly to a loved one, which can spoil the surprise. In such instances, consider gifting a hunting experience. Finance a trip to a hunting ground a loved one wants to visit but never has. Go along for the trip and you might just develop your own passion for hunting.

Some additional gifts that can be great for established

hunters include a rifle case; ammo cans; a bore guide, which hunters use to clean their rifles; camping gear; headlamps; and other items hunters routinely use that could be in need of an upgrade.

Of course, one of the best reasons to choose a hunting-related gift for the family outdoorsman is it might compel them to share their bounty when they return home from a successful trip. A cookbook that offers tips on butchering in addition to recipes can make for the perfect gift, and one that the whole family will ultimately enjoy at the dinner table.



WEM School Announcements

WEM Minnesota Honor Society will hold their Annual Community Food Drive – November 18th-December 6th. All Non-perishable food items – check expiration dates. All non-perishable food items and monetary donations are gratefully accepted. Please bring your item to your first hour class room for high school and for elementary to your classroom. There will be prizes given out for the most collected.

Get the facts about the cold and flu

The common cold and influenza are two contagious viruses that many people may be all too aware of. Although colds and flu can be contracted any time of the year, winter tends to be a prime time for cold and flu outbreaks, as more time spent indoors in close proximity to others provides an easy way for viruses to pass from one person to another.

Despite how common these illnesses can be, there seems to be no shortage of misinformation concerning prevention and treatment of the viruses. Those who think they know all about a cold or the flu can still benefit from a refresher course, which may even debunk some prevailing myths about both ailments.

Cold

Colds are relatively minor infections of the throat and nose that are caused by more than 200 different viruses. Rhinovirus is the most common cause, which accounts for between 10 and 40 percent of infections, advises the American Lung Association. Adults get an average of two to four colds per year, while children suffer six to eight colds annually. In fact, in the United States, colds account for more visits to the doctor than any other condition, says the ALA.

The Cleveland Clinic states colds are contracted from inhalation of microscopic particles in the air or from contact with contaminated surfaces. Symptoms can include runny nose, sneezing and nasal congestion, often with sore throat, mild cough, mild aches/ fatigue, and fever in youngsters.

Influenza

The flu is a contagious respiratory illness that is caused by the influenza virus. It infects the throat, nose



and sometimes the lungs, advises the Centers for Disease Control and Prevention. Like colds, the flu also can be spread through tiny droplets made when infected individuals cough, sneeze or talk, or by touching infected surfaces.

One common misconception about the flu is that it can be contracted from the flu vaccine. This is not true. Harvard Medical School says the flu shot is made from an inactivated virus that can't transmit infection. People who get sick after receiving a flu vaccination were going to get sick anyway, as it takes a week or two to get protection from the vaccine. Many people assume that because they became sick after getting the vaccine, the flu shot caused their illness.

Even though the flu and colds share some symptoms, such as runny nose, sneezing, hoarseness, and cough, the flu is not just a bad cold. While very few people have landed in the hospital with a cold, the flu can be so severe as to require hospitalization.

Steering clear of people who are sick, frequently washing hands, sterilizing common sur-

faces, and getting the flu shot are ways to prevent illness. Antibiotics are not effective against the cold and flu, and antiviral medication can lessen the effects and shorten the duration of flu but may not be able to prevent it.

The ALA notes that herbal and mineral products have received a lot of publicity as cold and flu remedies, but insists that such claims are not solidly supported by science. If symptoms do not abate, see a doctor.

WEM ECFE

Tuesday, December 10 at 6:00 p.m. at McIntosh Public Library we will be teaming up with Julie at the library for a special holiday craft!

Tuesday, December 17 at 6:00 p.m. at WEM preschool room.

There will be no ECFE the weeks of December 23 and 30th. We will resume classes in our regular schedule on Monday, January 6 at 6:00 p.m. in the WEM Preschool Room.

HOLIDAY FUN

at the
McIntosh Public Library
with Win-E-Mac ECFE

Tuesday, December 10
at 6:00 p.m.
Join us for fun activities
and an ornament craft!



LAKE AGASSIZ
REGIONAL LIBRARY

Find Us Here:
McIntosh Public Library
115 Broadway NW
218-563-4555
mcintosh@larl.org
larl.org

M37C

Wrapping gifts is a very old tradition

The holiday season is rife with tradition. One of the most recognizable traditions involves wrapping gifts.

While the wrapping paper many gift givers use today is a relatively recent phenomenon, the tradition of wrapping gifts is centuries old, with some historians even suggesting it dates back to ancient times.

The Children's Museum of Indianapolis® notes that many ancient cultures celebrated various holidays that included exchanging gifts, adding that it's very likely that, even in an-

cient times, gifts were wrapped to surprise their eventual recipients.

Bojagi is a traditional Korean wrapping cloth that might have begun being used some time during the Three Kingdoms of Korea period, which began in 57 BC and ended in AD 668.

The Japanese tradition of furoshiki, which can be traced back to the 17th century and possibly as far back as AD 710, involves using a traditional wrapping cloth to transport certain items, including gifts.

As for the gift wrap familiar to today's holiday celebrants, that traces its origins to the early 1900s.

The Children's Museum of Indianapolis® notes that Eli Hyman and Morris Silverman founded the first gift wrap company in the United States in 1903.

Unfortunately for gift givers back then, adhesive tape had not yet been invented in 1903, and wouldn't be for another 27 years