



McINTOSH Times

Hub of the Thirteen Townships

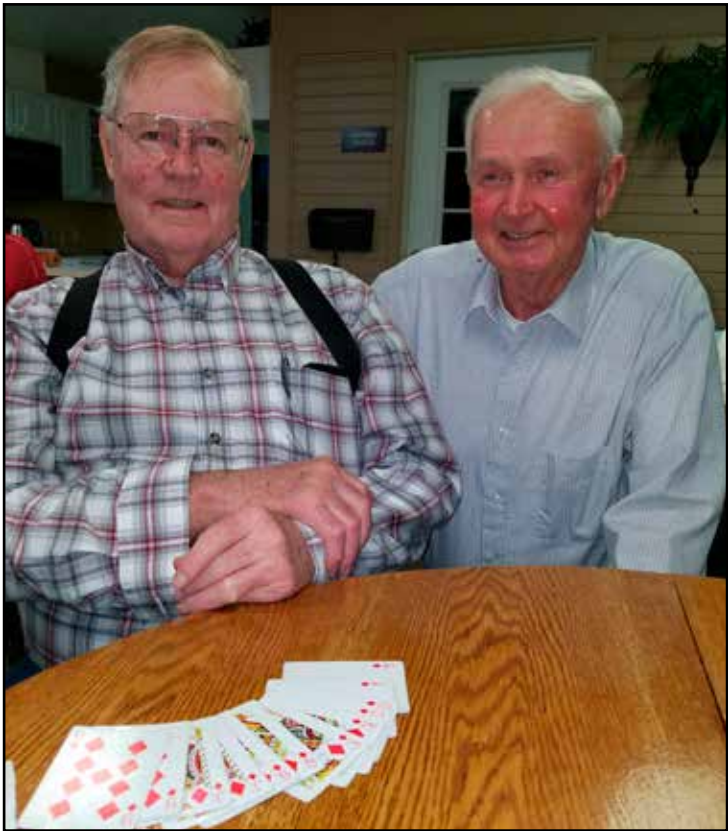
Since 1888

McIntosh, Minnesota

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January 2019: Retired Polk County Sheriff, Barb Erdman (center) with the new Polk County Sheriff, Jim Tadman (left) and his Chief Deputy Michael Norland (right) during a retirement celebration for Barb held at the Sheriff's Office Community Room last Friday.



February: All Pinochle players hope for a perfect hand of a "double run", but most never enjoy the thrill of getting one. Virgil Lerfald, after receiving a great pass from partner Byron Kaupang, had the good fortune of experiencing this once-in-a-lifetime event.

Get to know the month of January

January may be best known for resolutions, new beginnings and snowy weather. But there's plenty of other trivia tidbits that make the first month of the year stand out.

1. January is named for the Roman god Janus. Janus was the protector of gates and doorways. Janus was always depicted with two faces and purportedly could see into the past and into the future simultaneously.

2. Anglo-Saxons once called January "Wulfmonath," as it was the month when hungry wolves came scavenging closer to people's doors.

3. The month of January marks the end of the Christmas season. Twelfth Night on January 5, an English folk custom, involved toasting one another from a wassail bowl. Twelfth Night precedes the Christian Epiphany, which occurs on January 6, marking when the three Magi venerated and brought gifts to the infant Jesus, according to the New Testament gospels.

4. The first Monday in January is called Handsel Monday, according to Scottish custom. It was a time to give

children and servants a small gift (handsel), with the intent of imparting good luck.

5. Many famous people were born during January, including famed statesman, inventor and scientist Benjamin Franklin, French heroine Joan of Arc, singer Elvis Presley, and prized fighter Muhammad Ali.

6. January is a great time to get deep discounts on many different items, including garments and furniture, as stores traditionally start to reduce their winter inventories. January also is a time for linen

"white" sales.

7. In the northern hemisphere, January tends to be the coldest month of the year. It should come as no surprise then that it is National Soup Month, as soup helps to chase away some of that chill.

8. People can view the Quadrantid Meteor Shower, which is a meteor shower that happens every January. The body responsible for producing the Quadrantids is an asteroid rather than comet fragments, which are the typical matter sources for meteor showers.

9. Each January, the United States honors Martin Luther King, Jr., who was a civil rights leader and Nobel Peace Prize recipient.

10. Garnet is the birthstone for January. The name comes from the Latin "granatus," meaning "seed-like." It refers to the red seeds of the pomegranate.

11. January became the first month of the year (replacing March) when Roman king Numa Pompilius revised the Roman republican calendar during his reign from 715-673 BCE.



The Win-E-Mac Fourth Grade Class singing "What's a Yule Log?" during the Holiday Concert in December.



The Win-E-Mac Second and Third graders performed during the Holiday Concert held in December at the Arts & Event Center. The sang several songs and the older Elementary Students put on a fun musical.

2019 Year in Review, part 1

A review of some of the events of the past year.

January

January started with a new Polk County Sheriff. Sheriff Barb Erdman retired from law enforcement after serving Polk County for 31 years. Taking her place was her long-time Chief Deputy, Jim Tadman.

Closer to home, the McIntosh City Council had an open seat on January 1st of last year, which was filled by current council member Jordan Gunafson. Our Mayor, Toby Strom was re-elected to his seat as was council member, Bernie Marshall.

Joan Lee was again elected as our areas Polk County Commissioner.

Utility rates in McIntosh rose in January of last year, remaining flat rates, based on the number of occupants in the household.

With Nicole Grande retiring from the First National Agency in McIntosh, Darlene Dierkes was the new face of the insurance agency. Darlene is a Mac High graduate.

The Quilts of Valor ladies met at the McIntosh Community Center for a full day of sewing quilt tops. Earlier in the year, the ladies met to cut of the pieces, so the day is spent sewing, visiting, with lots of coffee and snacks.

The McIntosh Friends of the Veteran's Blood Drive that was scheduled for the end of January was cancelled, unfortunately due to a snow storm that hit the area.

Win-E-Mac School hosted a Robotics Tournament in the Arts and Event Center with all the Patriot teams competing. The Win-E-Mac One-Act Play cast took Second place in the subsection competition held in Bagley.

The winner of the 2019 Win-E-Mac Spelling Bee was Sydney Svalen from McIntosh who went on to compete in the regional Spelling Bee in Thief River Falls.

February

There were record breaking cold temperatures in East Polk County and around the region as the Polar Vortex dropped

southward. Winger residents experienced a power outage for several hours during the cold temperatures while McIntosh only had a brief bout with no power.

Lynn & Sara Lucken of Winger were featured on an episode of Common Ground, part of the local PBS programming.

Patriot Graduates, Brekken Lindberg and Kylie Brekke were the Triple A representatives from Win-E-Mac at the Region 8A Awards Banquet.

McIntosh Senior Living employees started a fundraising effort for the residents fund at the Nursing Home.

The Pinochle players who play regularly at Poplar Meadows saw the thrill of the perfect hand last February as Virgil Lerfald held a once in a lifetime hand of a "double run" after receiving a great pass from his partner Byron Kaupang.

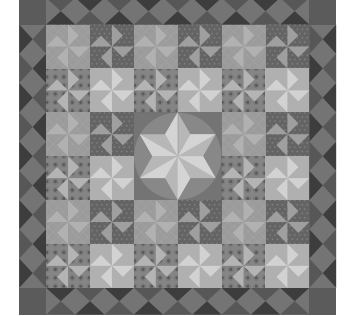
Because of all the snow and cold, Win-E-Mac students and families were given a snow day make-up plan so that the kids could still be finished with school before Memorial Day weekend.

March

In March the Polar Beach Snowmobile Club hosted a Fun Run for the first year heading out of McIntosh and around the area.

The Win-E-Mac boys' basketball team won the Minnesota Basketball Coaches Association Team Academic Section Championship. The team's academic accomplishments were displayed at the Target Center during the State Tournament.

The Win-E-Mac Junior High presented the play, "Bedtime Stories, as told by our Dad, who messed them all up", that was fun and entertaining for all.



GOV Sew Day

The East Polk County Quilts of Valor will be meeting on Saturday January 11th at the McIntosh Community Center starting at 9:00 am for a sewing day. Potluck lunch at Noon. Bring your sewing materials (machine, thread, accessories, etc) for a day of quilting Veterans Quilts. All are welcome even if you don't sew as we need help with ironing too! See you there!



Community Calendar

Wed. Jan. 8: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Jan. 9: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council Meeting @ Community Center 5:30pm

Fri Jan. 10: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Jan. 13: 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 Jan. 14: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm

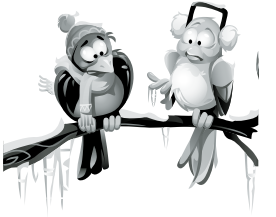
Wed. Jan. 15: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Jan. 16: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri Jan. 17: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Jan. 20: School resumes at Win-E-Mac; 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 Jan. 21: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm



Faith-Based Recovery Group to Start Jan. 16th in Crookston

The public is invited to participate in the free faith-based recovery group, Life's Healing Choices, beginning Thursday, Jan. 16th at RiverView Recovery Center, 721. S. Minnesota Street, Crookston.

This Biblically based recovery group came about after the enthusiastic response to the recent Crookston presentations by faith and recovery speaker, Nate Espinoza. Espinoza experienced long-term recovery from drugs and alcohol when he incorporated a Biblical knowledge to his spiritual journey, and he now invites others to share in this faith-based, sober, support group.

"Spirituality is considered an essential and integral part

of all 12-Step programs, the difference is in how spirituality is defined," shared RiverView Recovery Center Director Curtis Hamre. "Life's Healing Choices defines our Higher Power as the Biblical description of Jesus Christ. However, you do not have to be a 'Christian' to attend or benefit from Life's Healing Choices."

"Many in our region have already benefitted from involvement in faith-based recovery programs like Celebrate Recovery, Teen Challenge, etc. We are very grateful to have the opportunity and passionate partners to help provide this level of care and healing to the families in the Crookston area who are struggling with

hurts, hang-ups, and habits that tear apart their family relationships. Life's Healing Choices goes beyond the disease of addiction that enslaves many people in our area, to bring healing and wholeness over addictive and problematic behaviors."

The weekly faith-based recovery group is a collaboration between RiverView Recovery Center and Freedom Church, Crookston. The group will be led by Lisa Meine, Crookston; Jodi Ramberg, Crookston; and Espinoza.

Free educational materials, including the book "Life's Healing Choices", will be provided. For more information, contact Espinoza at 218-275-2350.

Grace Community Food Shelf Advisory Board Meeting

Grace Community Food Shelf, serving the communities of Erskine, McIntosh, Winger, and Mentor will hold its quarterly Advisory Board Meeting on Thursday evening, January 16th , 2020 at 7:00 PM in the Basement Meeting Room at Grace Lutheran Church, 332 Vance Ave. in Erskine.

Advisory Board Makeup: The Grace Community Food Shelf Advisory Board is an "open board" meaning that there is not a formal selection/election process.

Membership is open to anyone that wants to assist in fighting hunger in our area. The only requirement is that you attend the meetings, par-

ticipate in the discussions, and help set the policies that govern the Food Shelf. You do not have to volunteer in the food shelf to be on the Advisory Board. You can help to make a difference!

We are currently looking for a couple more volunteers to help us staff the Food Shelf! No experience necessary with lots of on-the-job training.

Of particular need is one or more men to help with unloading and stocking on Truck Day. We get a delivery from North Country Food Bank on the 2nd Wednesday of the month. We start at 10:00 AM and are usually done by noon. Total delivery is about 1200 pounds.

If you can help with the lifting your help would really be appreciated.

The Food Shelf is open the second and third Thursdays of each month from 10:00 AM to 2:00 PM. We also distribute the Nutrition Assistance Program for Seniors (NAPS) food boxes during those times.

If you are interested in helping with the Grace Community Food Shelf please attend the Advisory Board meeting or contact foodshelfcoordinator@gracechurcherskine.org or stop by the Food Shelf at 332 Vance Avenue in Erskine on the days we are open. You can also call us on our NEW phone number at 218-687-2250.

Healthy cooking techniques

A large part of healthy eating involves choosing the right foods. In addition to choosing the right foods, health-conscious individuals must choose the right methods to prepare those foods in order to maximize their nutritional value.

Cooking methods such as frying can make for delicious meals, but such meals may not be so healthy. For example, each tablespoon of oil used when frying can add more than 100 calories to a meal. When counting calories, men and women should recognize that the way they prepare foods can affect the overall calorie count of a meal. In addition to choosing healthy cooking methods, health-conscious men and women can employ the following strategies to make meals as healthy as possible.

• **Invest in new cookware.** Choose nonstick cookware that will reduce the amount of oil, spray and butter needed to keep foods from sticking. Manufacturers are now touting ceramic cookware, which is free of trace metals or dangerous chemicals that can leach into food from the cooking surface. What's more, pots and pans don't contain chemical coatings that can eventually flake off into food.

• **Stock up on healthy recipes.** Purchase cookbooks that showcase healthy recipes or peruse the Internet for healthy recipes. Many websites cater to health-conscious foodies who do not want to sacrifice their health to enjoy delicious



meals.

• **Choose smart fats.** All oils are loaded in calories, but healthy oils can still be used without sacrificing flavor. Olive oil is an unsaturated fat that is a much healthier choice than butter or saturated fats. When cooking with oil, do so in moderation.

• **Think about baking foods.** Baking is handy for more than breads and desserts. Baking is one method of cooking that may not require the addition of fat. Meats that are baked can be placed on top of a rack, so that excess fat drips off and is contained in the bottom of the pan.

• **Explore poaching, broiling and grilling.** Poaching, broiling and grilling are three healthy alternatives to frying. Broiling and grilling expose food to direct heat, so it is a fast method of cooking and may not be appropriate for foods that require longer cooking times to tenderize. Poaching is the process of simmering foods in water or another flavorful liquid.

• **Use minimally refined ingredients.** Select among

whole grains and ingredients that have not been refined. The closer a product is to its natural state, the more nutritional properties it is likely to have retained.

• **Season foods yourself.** Rather than relying on pre-packaged seasonings, mix your own blends. Packaged seasonings generally contain a lot of salt. Use fresh herbs whenever possible for the freshest of flavor.

• Add heat for flavor. **Spicy** pepper, dry mustard and other zesty flavor enhancers can make foods taste delicious without added calories.

• **Try low-fat or fat-free dairy.** Substitute low-fat alternatives for full-fat dairy items. For example, Greek yogurt can sometimes be used in place of less healthy ingredients such as mayonnaise.

• **Trim excess fats.** Prepare meats and poultry well by trimming the fat and skin to make the final product even healthier.

By remembering healthy eating involves not just the foods they cook, but also how those foods are cooked, home cooks can make their meals that much healthier.

MCCL Meeting

The January meeting of the Minnesota Concerned Citizens for Life (MCCL) Chapter 45, will meet Tuesday, January 14th at 7:00 pm at the Community Center in McIntosh. All are invited and welcome to attend.

Thank You

We would like to thank Santa for the gift at Jered's Grocery Store. We appreciate it. Bob & Lorraine Lee

Stock the car for roadside emergencies

Disasters can happen in a flash, and having a plan in place for common emergency situations can make it easier to handle adverse conditions, particularly when away from home.

According to MFASCO Health and Safety, a supplier of first aid supplies and kits, 90 percent of people do not carry first aid supplies or other emergency gear in their vehicles. Among those who may carry supplies, 30 percent never check to determine if they're in good working order. The National Safety Council says that drivers should always keep emergency supply kits in the trunks or cargo areas of their vehicles. Kits should be inspected every six months, and worn out items should be replaced.

Roadside emergency kits can make the difference between getting back on the road safely or being stranded for hours. Such kits also may help prevent or treat injuries, potentially saving lives. Weather should be considered when preparing vehicle emergency kits, which should include the following.

- A properly inflated spare tire and tire-changing equipment
- Jumper cables
- A multipurpose utility tool and/or tool kit
- Flashlight and batteries
- Flares or reflectors
- An extra quart of motor oil
- A first-aid kit containing at the least, gauze, tape, bandages, antibiotic ointment, aspirin, nonlatex gloves, scissors, hydrocortisone, thermometer, tweezers, and instant cold compress
- A blanket
- A tire pressure gauge
- A portable tire inflator
- Paper towels
- Nonperishable, high-energy foods
- Drinking water
- A reflective vest
- Duct tape
- A fire extinguisher
- An ice scraper
- A folding shovel
- Coolant and washer fluid
- A phone charger
- Baby/child supplies, if pertinent
- Rope

Keep roadside emergency kits organized at all times. Store items securely in a milk crate, box or backpack so they are always readily available. People should familiarize themselves with the items in the kit so they know how to use them correctly and quickly.

With some planning and organization, drivers can have the supplies they will need to make it through roadside emergencies safely



Mac Library closed MLK, Jr Day

All Lake Agassiz Regional Library (LARI) branches and LINK sites will be closed on Monday, January 20 in observance of Martin Luther King, Jr. Day, with regular hours of operation resuming Tuesday, January 21.

More information is available at www.larl.org.

NOTICE

HILL RIVER TOWNSHIP FILING NOTICE

The filing dates for the Township of Hill River, County of Polk, State of Minnesota will be from Tuesday, December 31, 2019 until 5:00 p.m. on Tuesday, January 14, 2020.

Filing will be for
One (1) Supervisor for a term of three (3) years and
One (1) Clerk/Treasurer for a term of two (2) years.
The filing fee is \$2.00. Filing is to be at the Clerk/Treasurer's home.
Raymond O. Sundrud, Clerk/Treasurer
Hill River Township
35563 300th Street SE
Fosston, MN 56542
(218) 435-1029

Notice to Residents of King Township

Notice is hereby given to the qualified voters of King township, that the Annual Election of Town Officers and Annual Town Meeting will be held on Tuesday March 10, 2020, at the McIntosh Community Center.

Filing for township offices opens on December 31, 2019, and continues to January 14, 2020, at 5:00 pm.

Offices to be Elected are:

1. Treasurer for a Term of 2 years.
 2. Supervisor for a Term of 3 years.
- Affidavits of candidacy maybe filled out with the King Township clerk. There is a \$2 filing fee.
Lucas Thom
King Township Clerk



Community Birthday and Anniversary Calendar

Wed. Jan. 8: Kate-lynn Schulz, Tina Farrell
Thurs. Jan. 9: Paige Breckel, Jessica Shimpa
Sat. Jan. 11: Devin Faldet
Sun. Jan. 12: Julie Schow, Amanda Roue, Sydee Ogaard
Mon. Jan. 13: *Les & Mavis Finseth
Tues. Jan. 14: Jan Galland

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McINTOSH Times

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ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

Sun. Jan. 12: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Jan. 19: 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. Jan. 12: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. Jan. 19: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA) McIntosh Supply Pastor Gordon Syverson

Sun. Jan. 12: 11:15am Worship Service.

Sun. Jan. 19: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH Independent Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church
Sun., Jan. 12: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service

Tues, Jan 14: 10:00am Sunday worship service telecast on GVTV--30; 1:30pm Bible Study at The Pioneer Memorial Care Center

Wed, Jan. 15: 6:30pm 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
Thurs. Jan. 9: 7:00am Men's Breakfast at Mt. Carmel
Sun. Jan. 12: 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;
Thurs. Jan. 16 : 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. Jan. 12: 9am Worship; fellowship coffee following worship
Sun. Jan. 19: 9am Worship; fellowship coffee following worship

DOVRE

FREE LUTHERAN Pastor Don Edlunds

Sun. Jan. 12: 10:00am Worship Service and Children's Sunday School
Sun. Jan. 19: 10:00am Worship Service and Children's Sunday School

IMMANUEL LUTHERAN CHURCH McIntosh

Pastor Bruce Blocker

Sun. Jan. 12: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School
Sun. Jan. 19: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

GRACE LUTHERAN CHURCH NALC

Erskine, Minnesota

Pr. Scott Baker, interim

Sun. Jan. 12: 10:30am Adult Bible Study; 9:15am Sunday School; 10:30am Worship
Sun. Jan. 19: 10:300am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

RODNES LUTHERAN CHURCH Erskine

Pastor Joel Smeby

Wed. Jan. 8: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Sat. Jan. 11: 8:00am Men's Prayer Group
Sun. Jan. 12: 10:00am Worship

Wed. Jan. 15: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Sat. Jan. 18: 8:00am Men's Prayer Group
Sun. Jan. 19: 10:00am Worship

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Naytahwaush Nightriders Snowmobile Club to hold 16th Annual Hospice Ride in February

The Naytahwaush Nightriders Snowmobile Club will hold its 16th annual Hospice Ride on Feb. 1-2, 2020. The snowmobile ride is open to the public, and there is no cost to participate.

Riders are asked to gather pledges to benefit Hospice of the Red River Valley. Register for the ride by contacting Tom McArthur at (218) 935-5855 or tomimac84@hotmail.com.

The roundtrip ride starts on Saturday at 9 a.m. at Pinehurst Resort in Naytahwaush and travels to Northern Lights Casino in Walker, Minn., for an overnight stay. Pizza will be provided by the club for dinner. Riders will leave for Naytahwaush on Sunday morning.

Over the past 15 years, participants have raised \$117,082 for Hospice of the Red River Valley through the Hospice Ride, which covers a different area each year.

The money raised helps provide medical, emotional, spiritual and grief support for Hospice patients and their families.

"We started the event as a way to remember Naytahwaush Nightriders members who have passed away while also supporting a local organization," said Tom McArthur, the event's organizer. "We hope riders from across the region



will come out to participate in this fun and meaningful event again this year."

The Naytahwaush Nightriders also will host its 50th annual Nightriders Snodeo event March 7-8 at Pinehurst Resort. The event has been voted the U.S. X-Country Snowmobile Racing organization's race of the year the last three years.

About the Naytahwaush Nightriders

For more than 40 years, the Naytahwaush Nightriders Snowmobile Club has been working to promote and advance the sport of snowmobiling. The Naytahwaush Nightriders Snowmobile Club works with snowmobilers, resorts, businesses, government units and local land owners to develop, build and maintain a net-

work of snowmobile trails for recreational use. The Naytahwaush Nightriders are proud to be affiliated with MnUSA (Minnesota United Snowmobiling Association).

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.

AgCountry declares \$60 million in cash dividends

AgCountry Farm Credit Services is excited to announce that a record \$60 million in cash dividends will be paid to eligible member-owners in March of 2020. Since 2014, AgCountry patrons have received over \$195 million in cash patronage.

The Board of Directors is also announcing that going forward, it is the cooperative's intention to target payment of a one percent cash dividend on all eligible business barring unforeseen events and assuming AgCountry continues to meet its financial goals.

AgCountry's patronage program grants the Board of Directors the ability to distribute a portion of the association's net income to its member-owners when financial conditions allow for it. This marks

the seventh consecutive year AgCountry is paying a cash dividend.

"The Board is truly pleased to make these announcements," said Board Chair Ed Hegland. "In these trying times, it is great that we are in a position to deliver a record cash dividend to the people who have helped build this company."

"This announcement further demonstrates our deep commitment to serving agriculture and rural America," said AgCountry President and CEO Marc Knisely.

"Our record cash dividend payment is the latest in a series of actions we have taken over the past few years to help better position our patrons, such as holding on interest rate hikes while rates were rising

and then lowering rates once the Federal Reserve decided to make cuts."

About AgCountry Farm Credit Services:

Headquartered in Fargo, N.D., AgCountry has managed assets in excess of \$8 billion and nearly 600 employees. They are a member-owned, locally-governed lending institution that provides credit and financial services to more than 18,000 farmers and ranchers in eastern North Dakota, western Minnesota and central Wisconsin.

They also provide agribusiness loans and leases nationwide. AgCountry is a part of the Farm Credit System, a nationwide network of cooperative financial services institutions that serves rural America.

Tips and tricks for savory slow-cooked meals

Kitchen gadgets come and go, but one mainstay continues to deliver tasty meals with ease.

The Crock-Pot®, dubbed the original slow cooker, was invented in 1940 by Irving Nachumsohn. This slow cooker was created to cook a traditional stew eaten on the Jewish sabbath.

Because faithful Jews are forbidden from cooking on the sabbath, Nachumsohn found the stew could easily be prepared prior and allowed to cook unattended, then carried to dinner, meeting the sabbath requirements. It was another 30 years before the slow cooker garnered widespread acclaim. That newfound popularity developed when more women entered the workforce and needed convenient ways to prepare meals at home without affecting their work schedules.

While slow cookers can make for successful meals, knowing how to use them to their fullest potential can increase the propensity for delicious, easy dishes. Here are some tips and tricks.

• **Prepare ingredients the night before.** By handling the mise en place for recipes the evening prior, you'll have everything you need ready to put



in the slow cooker and set to cook for the day.

• **Preheat the cooker.** Add ingredients to a slow cooker that is already warmed up for best results.

• **Arrange for easy clean-up.** Specially designed slow cooker liners can cut washing time dramatically and help prolong the surface of the internal crock.

• **Don't add dairy until the meal is almost finished cooking.** Cooking dairy products for long periods of time can cause them to curdle. Save them for the last steps when using a slow cooker.

• **Exercise caution with tender veggies.** The same wait-until-later approach should also apply to vegetables, beans and pastas, which can lose their integrity and become mushy if cooked for hours. Leave them for last.

• **Inexpensive cuts of**

make sure you dry both sides of the pot roast..Season with a little bit of salt and pepper.

Once the skillet is nice and hot, add the roast. Allow the roast to cook for about 2-3 minutes until it is golden brown.

Using tongs, flip the meat over and sear the other side of the roast for another 2-3 minutes. Transfer meat to slow cooker.

Sprinkle packets of dry ranch dressing and onion soup mixes over pot roast.

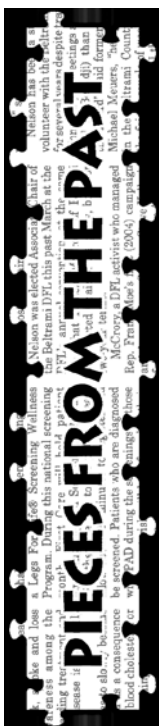
Top with a stick of butter then place peppers on and around roast.Cover and cook on low for 8 hours.

meat are fine. Inexpensive cuts are often high in fat or connective tissue, which will break down during long, moist cooking. Consider browning meat before putting it in the cooker for even more flavor.

• **Layer ingredients appropriately.** Place hard ingredients like potatoes, carrots and other root vegetables at the bottom of the cooker where they will cook more readily.

• **Stick to the low setting.** As much as possible, cook using the low setting to allow for slow, gentle heat to bring out the flavors. Ginny Thomas, a training manager for Crock-Pot®, says she has been sticking with this advice for over a decade as a key tip.

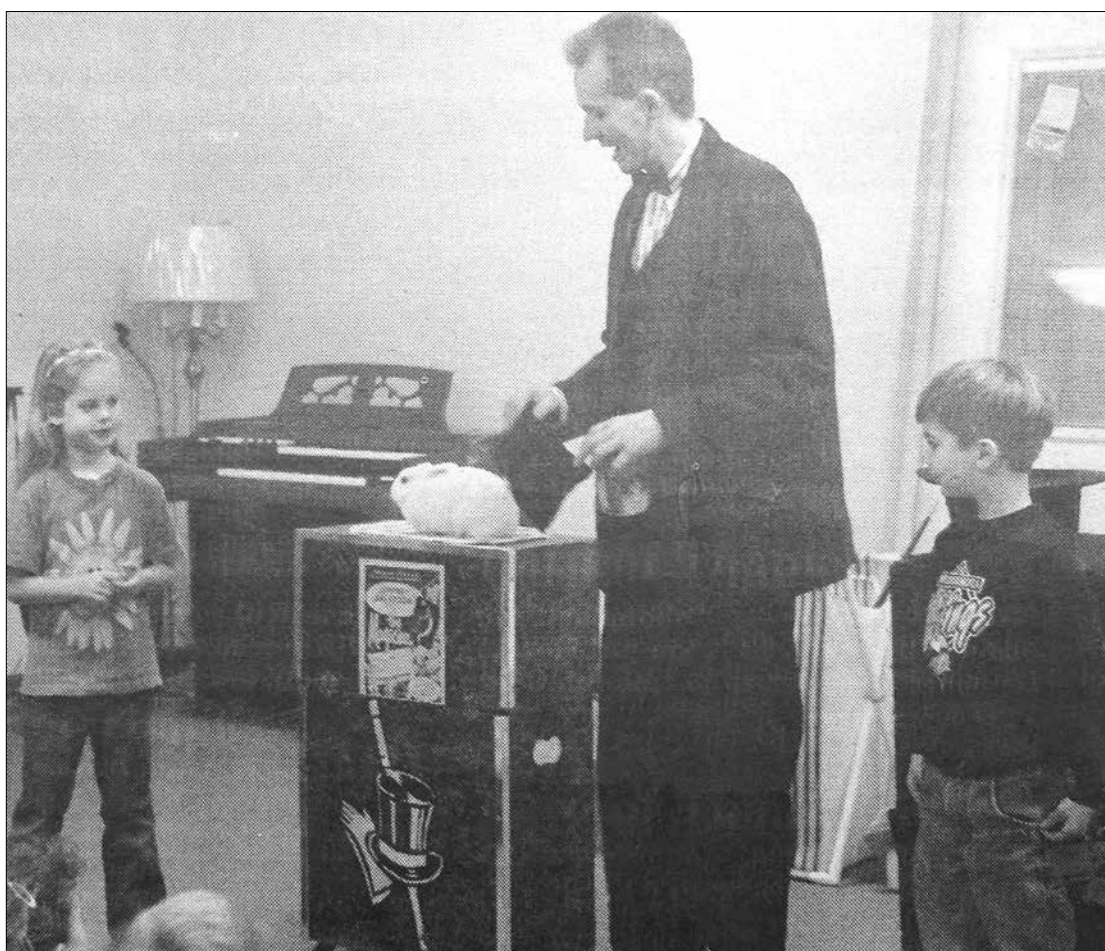
Many traditionally prepared meals can be converted to slow cooker recipes. Utilize cookbooks and online resources to make delicious, slow-cooked meals.



50 years ago...1970...An East freight special on the Soo Line crashed into this truck tractor and strange as it may seem, the driver crawled out of the tangled cab is recovering satisfactorily. The accident happened in the village of Winger on CSA Hwy. 2.



30 years ago...1990: Armond Sannes called to order the review of 1989 in the form of an annual meeting for the members of the B-B Coffee Club. The meeting allowed for a review of 1989 statistics and the introduction of The Grand Potentate of Coffee Land, Juan Valez (Bill) Finkle who presented the high honors. Winner of the top honors picking up the tab for 632 cups of coffee was Harald Thompson who took home the coveted Golden Cup Award. A grand total of 5,255 cups (not counting refills) shows a high coffee count for this group. This tallies up to 1314 gallons of 'Norwegian gasoline' or 26 - 55 gallon drums, according to statistician, Sannes.



20 years ago...2000...(L) Marjenna McWilliam and Zack Boehrnson (R) assist Jeff Salvason of the Plain People with his acts of magic as he mystifies his audience with slight of hand and a big bag of tricks during the Santa Claus Day activities in McIntosh.



10 years ago...2010... To finish off the evening, the whole 4-H group had fun decorating some sugar cookies that were given out to 4-Hers. Pictured above are the 4-Hers and their final cookies that were so beautifully decorated. Hanna and Jenna Wiersma and Daniel Revier - Lucky Loons; Amanda and Nick Donarski - Climax/Fisher Flyers; Mary Welin, Marissa and Brittany Carlson, Matt, Carol and Kia (two exchange students).

Mississippi Pot Roast in the Crock Pot

Ingredients:

- 1 3 lb chuck roast
- 2 tbsp olive oil or vegetable oil
- salt & pepper to taste
- 1 packet ranch dressing mix
- 1 packet dry onion soup mix
- 1/2 cup salted butter 1 stick
- 8 peperoncini peppers

Instructions

Heat up a large skillet on high. Add oil to hot skillet. You will want it really hot here to brown or "sear" the beef quickly.

Take a paper towel and

Superintendents Notes

By Randy Bruer



In January, School Board members nominate board positions of President, Clerk, Treasurer and Directors. They will also form the committee's assignments to serve on. The positions they hold will face many challenges as they learn the system operations, school budgeting, staff negotiations, facility and grounds issues, student curriculum, technology, extracurricular, transportation, listening to the public, and many others. New teachers also have an adjustment period before reality sets in. There are student demands, parent demands, administrative demands — and not to mention the pressures of getting students to achieve. We need to take time and compliment our school personnel and board members as they give a lot of extra time to benefit our students. Every parent and patron attend events of the school and talk with students complimenting them on daily activity. Remember the expression "It takes a community to educate a child". These actions compliment that purpose.

Construction Class Project

Our Construction Trades students are building a house this year and progress is good. You can see the construction progress of the house in back of the school. This house is

sold, but if you are interested in a house to be built in the 2020/2021 school year, please call the District Office at 218-563-2900, speak to the Superintendent or see Nathan Johnson. House Plans need to be done early for state inspections and approvals to begin.

Win-E-Mac Schools

The School is important to our community and we need to acknowledge this to all patrons and visitors in our community. Our enrollment is an essential piece for our district funding, so we need to talk about our school to others in an effort to attract new families and students to our school and community. I encourage patrons to speak with your neighbors or people contemplating change and invite them to visit our school. Our teachers and staff

pride themselves on creating expectations for each student to succeed. If students choose to return to their home district or want to apply to a new district, they should apply for open enrollment by January 15, 2020. This gives the districts time to plan for the student needs.

Help Needed

We have Para-Professional jobs open and we need substitute positions in most areas. If you have interest in working in our school please call the District Office.

Riding the Bus

There have been a few questions of patrons regarding school buses. Minnesota Law governs the Transportation by the school district as a privilege and not a right for an eligible student. A student's eligibility to ride a school bus may be revoked for a violation of school bus safety or conduct policies, or violation of any other law governing student conduct on a school bus pursuant to the school district's discipline policy. Revocation of a student's bus riding privilege is not an exclusion, expulsion, or suspension under the Pupil Fair Dismissal Act. We ask parents to make sure your child is dressed appropriately for weather conditions. Its cold out there and a bus can break down, get stuck be late for a stop.

Welcome to a New Year!



Hunter Wescott plays Comet in the Musical performed by the Win-E-Mac 5th and 6th grade classes during the Elementary Holiday Program.



The 6th grade band performed first at the Win-E-Mac Elementary Holiday Program held in December. The band performed "Christmas Wishes" and "Jingle Bells" for a packed house under the direction of band instructor, Christina Prince.



Kallie Roy, an elf, during the Christmas musical held at Win-E-Mac School in December.



The fourth grade class performed "Hot Cross Buns" on their recorders and then sang "What's a Yule Log?" for the Win-E-Mac Elementary Holiday Program held in December in the Arts & Event Center.



The Win-E-Mac 5th and 6th graders presented "Lights! Camera! Christmas!" for a full auditorium during the Elementary Holiday Program in December. The story follows different "famous" directors and their individual takes on the perfect Christmas musical. The story was written by John Jacobson and Roger Emerson and directed by Charity Salmonson.