



McINTOSH

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McIntosh, Minnesota



April 2019: The McIntosh Community Club was very excited to be part of a lasting project here in McIntosh. The Club presented Mayor Toby Strom with a check for \$5,000 toward the purchase of new playground equipment in our parks. Our children are important and we strive to show that through tangible projects such as this. These donations aren't possible without business memberships, community donations, and volunteers.



April 2019: Win-E-Mac School recently hosted a Father-Daughter dance. Among the guests were Destiny and Dakota Hedlund with their Dad, Shawn and Nevaeh and Morgan Bauer with their Uncle, Brady Jones.

2019 Year in Review, part 2

April:
In April, Matt Bartz was recognized by the Fosston Tri-Coop for 9 years of service on the board of directors at their Annual Meeting held at Ventures in Fosston. Due to poor weather conditions in March, the University of Minnesota Extension Services held Dairy Days in April at the McIntosh Community Center.
The 129th Annual McIntosh Fireman's Ball was held in April. This year, for the first time, the Fire Department offered a supper, held at the Fire Hall, prior to the dance that was held at the Coop Bar & Grill. Bernie Marshall retired in 2019 from the fire department after 18 years of service to the community.
Mark & Joan Lee were honored as Outstanding Farm Leaders in East Polk County by the Red River Valley Development Association. The couple was selected due to their impact on the farming industry and their service to their community for how they have lived and worked to enhance the quality of life in North-

western Minnesota.
McIntosh Community Club held their Annual Easter Egg Hunt at Erickson Park for the kids to enjoy a fun time gathering Easter Eggs and visiting with the Easter Bunny. The First Annual Father-Daughter Dance was held at Win-E-Mac School. The theme of the evening was "A Night to Remember" which was appropriate due to the fun time had by fathers and daughters alike. Dinner and dancing took place and the night was a great success.
The McIntosh City Council and McIntosh Economic Development Authority refinanced Poplar Meadows Senior Living, the municipally owned facility on the East side of McIntosh.
Win-E-Mac students performed the play "Sleeping Beauty" for the Community as part of a sponsored program by WEM Community Education and organized by Prairie Fire Children's Theater.

May:
Spring clean-up took place in both Winger and McIntosh in May. The City of McIntosh offered dumpsters for household items and construction material for residents to dispose of unnecessary items they had stored on their property. The City of Winger had volunteers from Ultima Bank and Titan Machinery available to haul out items and pick up the streets and ditches in the City on Saturday, May 18th.
Win-E-Mac School prepared for the end of the school year, and held Spring Concerts in the Elementary, Junior High School and High School for family and community members on three separate evenings.
The Academic, Athletic and Fine Arts Banquet was held at Win-E-Mac School. The evening is spent with High School



Karen Olson working on quilt pieces during the East Polk County Quilts of Valor Sew Day held at the McIntosh Community Center this past weekend.



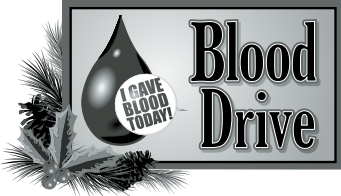
The East Polk County Quilts of Valor Group got together for a day of fun, visiting, snacking and, of course, sewing! The group of ladies spend the day laying out and stitching together several quilts, which will be quilted and presented to area Veteran's. Pictured: (L-R) Louise Baumgartner, Stephanie Frisk, Denise Disrud, Lois Boehrnsen, Connie Strom, Diane Moen, and Holly Klawitter. (photo taken Karen Olson)

Annual McIntosh Blood Drive will be January 29th

The McIntosh Friends of Veterans will again sponsor the Blood Drive in McIntosh. It will be held on Wednesday, January 29, 2020, at the Community Center in McIntosh. The drive will be held from 12 noon to 5:15 p.m. If you can give blood and don't receive a call, contact Mary Goodwin, Arlene Eggers, or Garnet Aanenson to set up an appointment.
Blood is urgently needed now because of the flu season and the cold weather.

Reasons ti give blood
What do we all have in common that instantly connects us and gives us the power to do more? It's the blood pulsing within each of us. This amazing, ever-replenishing gift is truly a natural resource that, when shared, speeds healing and provides comfort. Lifesaving blood offers second chances and many tomorrows to those who depend on it.
Each year, nearly 5 million Americans need blood transfusions. Blood helps trauma and burn patients, premature infants, heart surgery patients, organ transplant recipients and those fighting cancer, among others. In emergencies, it's the blood already on hospital shelves that saves lives. Learn more about what makes blood so special.
Donating blood is one of the easiest ways to give back to your community.
If you've never donated blood before, we encourage you to try! We'll guide you through every step and answer any questions. Here's what you can expect, eligibility requirements and things you can do ahead of time to make your experience pleasant and rewarding.

Donation Process
It takes about an hour—from the time you arrive to the time you leave—to complete a whole blood donation.



The actual donation time is only about 10 minutes. Whole blood donation is most often given by new donors and is the most common type of donation. We also use special technology to collect specific blood components—red blood cells, platelets and plasma—from donors to best match current patient needs.
Before you roll up your sleeve to help someone else,

What to expect when donating blood for the first time

Donating blood is a selfless act. Perhaps because donating blood is often a simple, relatively quick process, donors may be inclined to downplay just how big a deal it is to donate blood. But blood donors save lives every day.
According to the American Red Cross, every two seconds someone in the United States needs blood. The Government of Canada reports that 52 percent of people in Canada say they or a family member have needed blood or blood products at some point in their lives. To understand just how vital blood donors are, consider that, according to the Red Cross, a single car accident victim can require as many as 100 pints of blood.
Many people give blood in response to tragedies like natural disasters, but prospective donors don't need a special reason to donate. In fact, people who regularly donate blood help to ensure that supply meets demand.

Donating blood for the first time can be a unique experience. The Red Cross offers the following information about what first-time donors can expect when they arrive at donation centers.
Registration
Donors will have to register before they can donate blood. Upon arriving at a donation center, donors will have to sign

Looming Real Id deadline

A recent Star Tribune article disclosed that fewer than 10 percent of Minnesotans with a driver's license or state ID card have obtained a Real ID. Beginning October 1, 2020, a Real ID, enhanced driver's license or ID, passport or passport card, or another acceptable form of ID will be required to fly within the United States or to enter federal facilities.
Representative Deb Kiel, R-Crookston, released the following statement regarding the impending deadline.
"I would encourage frequent travelers to begin the process of getting their Real ID soon, to avoid the backlogs and hassles

please take care of yourself:
• Eat a healthy, low-fat meal within two hours ahead of your donation. The day before, eat a salty snack. When you donate blood, you lose about a gram of salt. Replacing it ahead of time helps keep your blood pressure normal.
• Hydrate by drinking 8 to 16 ounces of non-alcoholic beverages one hour before you donate. Water and sports drinks are great choices.
Your simple, lifesaving action today has the remarkable power to transform lives for many tomorrows. We are grateful you are in our community and we are inspired by your decision to help others.



Community Calendar

- 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
- Wed. Jan. 22:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Jan. 23:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri Jan. 24:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Jan. 27:** 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. 28:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm
- Wed. Jan. 29:** McIntosh Friends of Veteran's Annual Blood Drive @ McIntosh Community Center



During the holiday break, Ellen Burslie's grandson Matt Schow and her great-grandsons, Liam and Koltan surprised her with some adorable snowmen. The accessories came from Ellen, such as the red buttons for the mouths from her button box, she found scarfs and gloves in the closet, an unused curtain rod for the arms. The umbrella came from the Fort in Leavenworth Kansas. Ellen said it was her best present because she really wanted to have some real snowmen!

Dr. Bill Heegaard to join Essentia Health as West Market President

Dr. Bill Heegaard will join Essentia this spring to serve as president for Essentia Health's West Market, which includes eastern North Dakota and northwestern Minnesota. Essentia's patients and staff will benefit from Dr. Heegaard's strong track record of positive physician leadership.

Most recently, Dr. Heegaard served as chief medical officer and chief clinical officer at Hennepin Health System in Minneapolis.

In addition to his extensive leadership experience, Dr. Heegaard is a professor of Emergency Medicine at the University of Minnesota Medical School.

He's been practicing the full spectrum of adult and pediatric emergency medicine at Hennepin Health since 1994.

"Dr. Heegaard's success in building teams for high-quality patient care is demonstrated through his many professional achievements," says Essentia Health CEO David C. Herman, MD.

"He has a strong background in quality, innovation in health care delivery, research, recruitment and philanthropy."

Dr. Heegaard received his medical degree and a master's degree in public health from the University of Minnesota. He also earned a master's degree in business administra-



Dr. Bill Heegaard
tion from Northwestern University in Evanston, Illinois, in 2017.

Dr. Heegaard has built valuable relationships outside the workplace as well.

He currently serves on the Minnesota chapter of the American College of Emergency Physicians Board of Directors, the American College of Emergency Physicians Council, and the American Board of Emergency Medicine as an oral examiner. He's also a former chair of the LifeLink III Board.

Dr. Heegaard says he's excited to join the Essentia leadership team on April 6. "I'm looking forward to advancing Essentia's mission and values,

while engaging with the community and learning new perspectives on the dynamics of rural health care," he says.

Thank You!

The McIntosh Community Club would like to thank all those that made Santa Claus Day another great success! Anne Schow and her crew were so helpful in making the day special. A big thank you to Jered's Grocery and the McIntosh Fire Department on their donations of sleds for the kids to enter for raffle prizes. The bone builders group for another great Christmas mail, and certainly a big thank you to Santa and Mrs. Claus for stopping by to see all the kids. We wish everyone a happy new year!

M43C

NOTICE Filing Notice

The filing dates for Lessor Township, County of Polk, State of Minnesota will be from Tuesday, December 31, 2019 to Tuesday January 14, 2020 at 5:00 p.m.

Filing will be for:

- 1 Supervisor for a term of 3 years and
- 1 Treasurer for a term of 2 years

The filing fee is \$2.00 and filing shall be done at the home of the Clerk.

Albert Plante
Lessor Township Clerk M43C

Story to Share?

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

2020 Election Mail Ballot Reminder

The township of King herby notifies residents of the township that voting in the 2020 Presidential Nomination Primary Election as allowed by M.S. 204B.45, will be done by mail.

All voters in the Township of King registered by February 11, 2020 will be mailed a ballot for the Presidential Nomination Primary Election set for March 3, 2020. Ballots will be mailed on or before January 31, 2020. Ballots must be returned to the Polk County Taxpayer Services Center 612 N. Broadway, Suite 213, Crookston, MN, by mail or delivered in person until 8:00 p.m. on Election Day, March 3, 2020. This location can also be utilized for in-person voting. And an assistive device will be available for use. An eligible voter who is not registered to vote by February 11, 2020 may apply for and receive an absentee ballot from the Polk County Taxpayer Service Center until 8:00 p.m. on March 3, 2020 and any registered voter may apply to the Polk County Taxpayer Service Center to receive an absentee ballot.

The ballots will be processed at 8:00 p.m. at the Polk County Government Center 612 N. Broadway, Crookston, MN, by the Polk County Mail Ballot Board election judges. This process is open to the public.

Additional information on mail balloting procedures can be obtained from Lucas Thom, King Township Clerk, or by calling 218-280-3796.

Lucas Thom, King Township Clerk

M42-43C

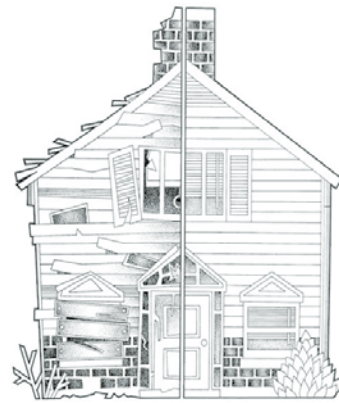
USDA offers funding for home buying and repair

USDA Rural Development has funding available for very low- and low-income individuals and families seeking to purchase or repair a home in a rural area.

USDA's Direct Home Loan Program offers financing to qualified very-low and low-income applicants that are unable to qualify for traditional financing.

No down payment is required, and the interest rate could be as low as one percent with a subsidy. Applicants must meet income and credit guidelines and demonstrate repayment ability. Generally, rural areas with a population less than 35,000 are eligible.

The maximum loan amount for repair is \$20,000 at a one percent interest rate, repayable for up to 20 years. Grants of up to \$7,500 are available to homeowners 62 and older and must be used to remove health



or safety hazards, such as fixing a leaking roof, installing indoor plumbing, or replacing a furnace.

Contact a USDA Rural Development employee today in your area to see if you qualify. For more information please contact USDA Rural Development at You can also visit USDA's website at www.rd.usda.gov/mn

Kiel to attend White House signing Ceremony

Representative Deb Kiel, R-Crookston, will attend the signing ceremony of the U.S.-China trade agreement in Washington, D.C. on Wednesday.

The agreement encompasses reforms in the areas of agriculture, intellectual property, technology transfer, financial services, and currency and foreign exchange.

"It is an honor to be invited to the White House for the signing of this exciting new trade agreement. As a farmer and legislator for a district that relies heavily on agriculture,

"I know this is welcomed news for the agriculture community. We need strong trade agreements that are fair for the United States and open up markets for Minnesota agricul-

There's still time to apply

Individual artist grants are awarded to individuals in our region in performing, visual, media and creative writing arts.

Artists must be 18 years and older and reside in the seven-county Northwest Minnesota area at least six months out of the calendar year.

Individual Artist Grants provide financial assistance for the exhibition, performance, or production of a specific creative work, mentoring with a more experienced artist, participation in not-for-credit arts experiences.

Often, grant proposals are to buy items that directly relate to your art like upgrading an instrument or replacing worn out visual art equipment. Sometimes proposals are to attend a workshop that is important for your artistic growth then create a new body of work as a result of that learning.

Some grants are to allow artists to create a new body of work, then promote and showcase the result.

Please reach out to Mara with any questions. Contact Mara at director@NWArtsCouncil.org or 218-745-9111.

McKnight has a number of fellowship grants available.

ture in other countries.

"This is a positive first step toward a broader deal with China that will be a boost for farmers across Minnesota and the United States."

This Phase 1 agreement was finalized last month and is expected to boost Chinese purchases of farm, energy, and manufactured goods, as well as to cut tariffs.

According to the White House, the agreement will lead to a major expansion of U.S. food and agriculture exports, "increasing American farm and fishery income, generating more rural economic activity, and promoting job growth".

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 R42-43C



Thurs. Jan. 16:

Connor Johnson,
Merlene Vennes

Fri. Jan. 17: Isaac

Schlagel, Stephanie

Sat. Jan. 18:

Kendall Olson, Annika Shimp, Jessica Carlson, Becky Boehrnsen

Sun. Jan. 19:

Carter Bartz

Mon. Jan. 20:

Jerry Sultvedt, Carla Ferden, Norma Hanson

Tues. Jan. 21:

Susan Lee

McINTOSH Times

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CHURCH DIRECTORY

ST. MARY'S CHURCH
Fosston
Fr. John Suvakeen,
Pastor

Sun. Jan. 19: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Jan. 26: 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. 19: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. Jan. 26: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh

Supply Pastor

Gordon Syverson

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

Sun. Jan. 26: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com

Face Book: Gosen Church

Sun., Jan. 19: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service

Tues, Jan 21: 10:00am Sunday worship service telecast on GVTv--30; 1:30pm Bible Study at The Pioneer Memorial Care Center

Wed, Jan. 22: 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. 16: 7:00am Men's Breakfast at Mt. Carmel

Sun. Jan. 19: 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. 23 : 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)
McIntosh

Pastor Jill Torgerson

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

Sun. Jan. 26: 9am Worship; fellowship coffee following worship

DOVRE FREE LUTHERAN

Pastor Don Edlunds

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

Sun. Jan. 26: 10:00am Worship Service and Children's Sunday School

IMMANUEL LUTHERAN CHURCH
McIntosh

Pastor Bruce Blocker,

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

Sun. Jan. 26: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

GRACE LUTHERAN CHURCH NALC
Erskine, Minnesota

Pr. Mike Sletto

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

Sun. Jan. 26: 10:300am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

RODNES LUTHERAN CHURCH
Erskine

Pastor Joel Smeby

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

Wed. Jan. 22: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Sat. Jan. 25: 8:00am Men's Prayer Group

Sun. Jan. 26: 10:00am Worship

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By Warren Strandell
Polk County Commissioner, Dist. 2



May 2019: The Win-E-Mac Class of 2019 celebrated their graduation on Saturday, May 25th. Pictured: (l-r) Salutatorian, Hannah Smeby, Valedictorian, Aries Qualey, and Senior Class Advisor and Guest Speaker, Vance Kaupang.

Review...

Continued from page 1

Seniors and their families and friends as they receive scholarships and recognition for their accomplishments during their school years. Supper is served and the awards ceremony follows. The Seniors who attended received over \$100,000 in scholarships.

Prom was held at Win-E-Mac School in May. The theme for the evening was "A Mamma Mia Party" and 25 couples attended the event.

Win-E-Mac School was selected as a finalist in the Minnesota Timberwolves "Our Courts. Our Future" contest. The winner was chosen by public votes and would have included a rehab of the current outdoor basketball court which as built in memory of Randy Helgaas, who, as a Senior at McIntosh-Winger High School, was injured in an accident and lived out his life as a quadriplegic in a wheelchair.

The Win-E-Mac Class of 2019 graduated on Saturday, May 25th with friends and family present at the Ceremony. The class Valedictorian was Aries Qualey and Salutatorian was Hannah Smeby. Each year the students choose a speaker and the class chose Vance Kaupang to speak for their graduation celebration.

There were 25 students in the graduating class.

A Memorial Day event was planned for both Winger and McIntosh. The Winger area Fengestad Solie American Legion Post 200 hosted a program at the Winger Community Center followed by a Ceremony in the Memorial Park with a 21-gun salute, Taps and the National Anthem performed by the Win-E-Mac Marching Band. In McIntosh the Friends of the Veterans group held a program in the McIntosh Community Center with a speaker and songs from the McIntosh Community Choir, followed by a White Cross Ceremony held in front of the former McIntosh School. Those in attendance could then return to the Community Center for alight lunch served by the ladies of the Friends of the Veterans group.

June:
McIntosh Senior Living held their first training program in their new facility on Main Street. The Senior Living facility recently opened a Certified Nursing Assistant training center with other training sessions to follow. The classes are taught by Carissa Affeldt and the first class graduated 7 students.

Retiring from the First

National Bank of McIntosh in June was Paulette Kringlen and Nicole Grande retired from the First National Agency of McIntosh at the same time. The bank held a retirement party for both ladies on a Friday afternoon.

Summer Fun at the Library in McIntosh while kids enjoyed plays and fun with setting off film canister rockets fueled by Alka Seltzer and a bit of water.

Dale Balstad of the Winger Lions was presented the Melvin Jones Award at the local Winger Lions. The Melvin Jones Award is one of the most prestigious awards within the Lions Club International. The Melvin Jones Fellowship is the backbone of the foundations. Dale was nominated for this award by Tim (Bunny) Anderson for Dale's years of dedication to the Winger Lions.

Winger Days was held at the end of June. The day was filled with many events including a Car and Tractor Show, Farmers Market and Flea Market. The Car Show was dedicated to the late Lynn Lucken for his impact on the local racing community as well as the classic car "guys". The day ended with a Winger Lions Fish Fry at the Winger Community Center.

RiverView to offer free ‘Prevention Type 2 Diabetes’ classes in Crookston

A new year. A fresh start. It's time to take control of your health with preventative measures to help you stay out of the doctor's office and on the path to optimal health. It's time to sign up for RiverView Health's free lifestyle change program, Prevent Type 2 Diabetes.

The program is open to the public and offered to anyone at risk of developing diabetes or who have been diagnosed with prediabetes – a condition that occurs when blood sugar levels are higher than normal, but not high enough to be diagnosed with Type 2 diabetes.

New classes will be starting on Tuesday, Jan. 28th from noon to 1 pm at RiverView Health, 323 S. Minnesota Street, Crookston. RiverView Health Coach Kelsey Billing, RN, BSN, and RiverView Respiratory Therapist Leah Hendricks, RRT, CTTS, will lead the classes.

This is a yearlong program with weekly one-hour meetings from noon to 1 pm on Tuesdays through June 23rd, then bi-weekly meetings through Dec. 8th.

Each session will include discussion and education on a variety of topics including nutrition and activity to help prevent Type 2 diabetes, and participants will go home with helpful handouts, tips, and activities.

Eighty-six million Ameri-

How to find time to travel this year

Travel is a popular pastime that many people plan to embrace upon retiring. However, adults need not wait for their golden years to arrive to take to the friendly skies or answer the call of the nearest highway.

Would-be travelers who feel that traveling is a luxury they can't afford may be surprised to learn just how many people travel each year. According to the United Nations World Tourism Organization, there were 1.4 billion international tourist arrivals across the globe in 2018.

Many of those 1.4 billion people no doubt had professional and personal obligations that could have prevented them from traveling, but they still found a way to head off for parts unknown.

A lack of time to travel is something people often cite when lamenting their inability to get out and see the world. In many instances, that perceived lack of time can be overcome, paving the way for potentially life-changing trips.

Use your vacation days to go on vacation. A recent report from researchers with the U.S. Travel Association, Oxford Economics and Ipsos found that Americans failed to use 768 million vacation days in 2018. And that's just



Left to right: Kelsey Billing and Leah Hendricks

cans have prediabetes – that's one out of three adults. Of those \$6 million, nine out of 10 don't even know they have it. People with prediabetes not only have a higher risk of developing diabetes but also heart disease and stroke.

You do not have to accept

the fate of becoming diabetic. You can fight to reverse your path and become a champion of your own health.

Registration for the free program is required by Friday, Jan. 24th. To register or for more information, please call Billing at 218-281-9259.

ends into three-day weekends. Speaking of weekends, professionals who feel they have more vacation and personal time than they could possibly use should consider turning more traditional weekends into three-day weekends. You likely won't fall far behind at work by taking a few random Mondays off per year, but that extra day can provide ample time to travel. In addition, Monday flights tend to be less expensive than Sunday flights, making travel more affordable.

Work remotely, even if it's just for one or two weeks per year. Technology has made it easier than ever to work outside of a traditional office setting. Professionals who want to travel more should inquire about working remotely for one or two weeks per year. Doing so can afford more time to travel as professionals can simply take their work with them on the road. However, do your homework before making such arrangements for overseas travel, as some countries may forbid foreign workers from working within their borders without first obtaining work visas, which can be difficult if not impossible to get.

Traveling takes time, but many professionals have more time on their hands than they might think.

RiverView Recovery Center to host Behavioral Health, Ethics in Leadership Workshop Jan. 31st

RiverView Recovery Center invites the public to the workshop, Behavioral Health Supervision and Ethics in Leadership.

The event will be held Friday, Jan. 31st from 8 am to 4:30 pm at the RiverView Home Care Building, 721 S. Minnesota St., Crookston.

The cost to participate in the workshop is \$49, with 6.5 continuing education units offered for social workers and licensed alcohol and drug counselors. Learning materials, snacks and coffee will be provided.

Lunch will be on your own from noon to 1 pm.

Scott Nyegaard, M.S., will present on the topics of emotional intelligence, staff discipline, agency culture, success and self-care, and ethics in leadership.

Nyegaard holds a Master of Science in Industrial/Organizational Psychology from the University of Walden and a Bachelor of Science in Applied Psychology from Bemidji State University. He is the CEO and Founder of Legacy Group, LLC, an agency specializing in evidence-based trainings.

Over his 25-year career, Nyegaard has worked largely with adolescent populations. Much of his energy is expressed by promoting a strength-based approach in people and agencies.

From 1998-2015, Nyegaard was the treatment director for a juvenile facility in upper Minnesota where he had oversight in all programming, staff recruitment and training, client treatment implementation, and budget spending.

He has trained in most areas of the U.S. and led several international trainings in Ireland, Canada, and Uganda. He has trained thousands of

participants who are committed to learning evidence based programs and skills.

In 2010, Nyegaard founded Legacy Group, LLC. A primary purpose of this agency is to invest in people and help them fulfill their legacy. "Live the legacy you want to leave" is part of Legacy Group's mission statement.

For more information and to register, call RiverView Recovery Center at 281-9511.



Prom is May 2nd! Complete sign-up by April 15, 2020 ~ all prom attendees and their guests must be sign-up and pay attendance fee ahead of time. Win-E-Mac seniors/juniors are invited to attend the prom with a guest who is a sophomore or older in school or out of school but no older than 20 years of age. Each individual attendee's \$15 cover fee needs to accompany sign-up. Fee is to offset costs (food and beverages included). All prom grand march attendees are expected to wear formal attire. Sign-up sheets available in Mrs. Winter's room.

Yearbook staff is taking pre-orders for this year's book to be distributed upon completion in May of 2020. Cost is \$40. Yearbooks can be purchased in the office or from Mrs. Winter (room 51) before or after school or during students' noon hours.

Guide to popular herbal teas

Tea is a healthy beverage. Black, green and oolong teas get their fair share of health-boosting attention, but a grouping of teas, which technically are not true teas at all, also can be a boon to the body.

Consumption of herbal tea predates consumption of Chinese black tea. Since they do not contain leaves of the camellia sinensis (tea) plant, herbal teas really aren't tea, but have been given the tea moniker because they are often steeped in a manner similar to tea. Herbal teas are made from herbs as well as dried fruits, flowers and spices.

The health and wellness information site Healthline says that certain herbal teas have health-promoting properties. Herbal teas have been used by various cultures for medicinal purposes for hundreds of years.

Herbal tea can be used to boost the immune system, to relax and unwind, to alleviate pain, or just to warm you up on a chilly day. Even though herbal teas may seem all-natural, it is wise to check with a doctor before including them as part of a health-boosting regimen to confirm that they won't produce any adverse reactions with medications. That's especially important for women who are pregnant or planning to become pregnant.

Herbal teas come in various flavors. The following are some of the more popular herbal teas and their potential health



benefits.

Chamomile tea
Chamomile is best known for its calming effects, and it is sometimes used as a mild sleep-inducer. A study of 34 patients with insomnia found marginal improvements in waking up during the night, time to falling asleep and daytime functioning after taking chamomile extract twice a day, as published by the National Institutes of Health's PubMed Central. Some studies suggest that chamomile can reduce symptoms of premenstrual syndrome, and it may have anti-inflammatory and antibacterial properties as well.

Peppermint tea
Those who enjoy peppermint tea often do so to soothe an upset stomach. Nutritionist Dr. Simran Saini from Fortis Hospital in India says that peppermint tea also can pro-

mote weight loss and reduce heartburn and may help people relax.

Turmeric tea
Turmeric tea has anti-inflammatory properties that may be beneficial for anyone who has an autoimmune disease like arthritis and fibromyalgia. The anti-inflammatory properties also can help with symptoms of migraines and other minor aches and pains.

Ginger tea
A 2012 study from researchers at Columbia University who examined 10 overweight men found that drinking hot ginger tea increased the men's feelings of fullness and reduced hunger. Ginger also may improve blood sugar control for people with type 2 diabetes.

Herbal teas can be part of a health plan that involves all-natural remedies for common ailments

Pitfalls to avoid as you try to lose weight

New Year's resolutions run the gamut from the simple to the complex. Some people resolve to make small changes that don't affect their daily lives all that much, while others aim to make significant changes in the hopes of dramatically improving their quality of life.

Resolving to lose weight, which often tops annual lists of the most popular resolutions, falls into the latter category.

A 2018 survey from Cision and Varo Money found that 45 percent of respondents resolved to lose weight or get in shape in 2018. Unfortunately, various studies have found that resolutions often fail by the wayside long before people achieve their goals.

In fact, a 2015 report from

U.S. News indicated that 80 percent of resolutions fail by the second week of February. Such success rates, or lack thereof, might not be too big a deal for people who make silly resolutions that, successful or not, would not have too big an impact on their lives.

But many people resolve to lose weight for serious reasons, such as lowering their risk for disease or improving their quality of life. In such instances, success can be a matter of life or death.

After resolving to lose weight, people might be derailed by some common pitfalls. Recognizing these pitfalls and learning how to avoid them can help people achieve their weight loss goals.

You're not specific enough. Try not to be vague

when setting your weight loss goals. Simply saying "I want to lose weight!" likely won't provide the motivation you need to achieve your goal.

Speak with your physician and ask about how much weight you need to lose. Once you learn that number, work with your doctor and a personal trainer to set realistic goals.

For example, if you need to lose 10 lbs., resolving to lose one pound per week for 10 weeks is a specific, realistic and healthy approach to weight loss. And by the end of that 10-week period, you likely will have grown accustomed to your new health routine, increasing the likelihood that you will keep it up even after you achieved your goal.

You try to save up your calories. The experts at