

\$1.00

McINTOSH

Times

Hub of the Thirteen Townships

Since 1888

McIntosh, Minnesota



Lorraine Lee celebrated her 90th Birthday at the McIntosh Community Center with family and friends on Saturday, December 26th. (Her actual Birthday was January 1st.) She enjoyed herself very much and appreciated all who came and made it a special day for her. Pictured are Bob and Lorraine Lee.

Year in Review: Looking back on 2015

Looking back on April, May and June of 2015:

April: In honor of what would have been the 3rd Birthday of Nash Lucken, son of Lori Lucken, who passed away in April of 2014 from complications due to an unknown blood disorder, there was a blood drive held in his honor in Winger.

The Win-E-Mac Community Education Sewing Group presented the City of McIntosh with a pieced and quilted wall hanging to replace the current picture above the couch (which they also donated) in the Community Center.

Lee and DeeDee Narum, the owners of the McIntosh Country Store purchased the hardware store in McIntosh from Ken and Joan Kasprzak. The couple combined both stores into one business and re-branded the hardware store to a Hardware Hank.

Hill River Township honored Morris Hendrickson with 30 years of service as supervisor on the Hill River Township Board.

McIntosh Senior Living considered purchasing Poplar Meadows. The City Council and McIntosh Economic Development Authority met to discuss the sale of the property.

The McIntosh Fire & Rescue Squad held their 125th Annual Fireman's Ball at The Club Bar & Grill on April 11th.

On Good Friday, a community choir presented "We remember Calvary" to many area residents and visitors at the Win-E-Mac School. Pastor Gordon Syverson, Pastor Karl Anderson, Andrew Hanson, Charity Salmonson, and Diane Boucher were just a few of the members of the community who made this presentation possible.

WEM Community Education and Children's Prairie Fire Theater presented Sleeping Beauty. Kids in grades 2 through 6 were able to perform the play held at the school.

McIntosh Heritage and Arts Center hosted their annual fundraiser Swing into Spring. There was a pancake breakfast and silent auction at the Community Center. The McIntosh Country Store held their Annual Chick Day on the same morning as Swing into Spring.

The McIntosh Community Club held their first annual Easter Egg Hunt at Erickson Park in McIntosh, where the chilly morning air did not keep many community children from finding all the eggs that the Easter Bunny hid all around the park.

Win-E-Mac 9th grade second semester Physical Education class participated in the Interactive Health Technologies/Adidas Spirit Challenge. The class word heart rate monitors for a 30 day period. Over 15,000 students nationally participated in the challenge with Win-E-Mac placing 7th overall in the Nation.

The 1st Grade class at Win-E-Mac school attended the Shrine Circus at the Ralph Engelstad Arena in Thief River Falls.

The Win-E-Mac Elementary students got together to participate in the annual "Jump Rope for Heart" at the WEM gym. The kids raised over \$600 for the American Heart Association.

May: Win-E-Mac 6th graders used new iPad technology in their music class with Ms. Salmenson. A project that most 6th graders in the past have done, but in 2015, with the assistance of Troy Reynolds, Tech Specialist at Win-E-Mac, new iPad technology was incorporated into the projects to add exciting dimension and a great interactive experience.

The City of McIntosh again hosted their annual Pet Clinic at the Fire Station. Many City residents lined up with their dogs and cats for immunizations and pet licenses.

A large area of Federal Waterfowl land southwest of McIntosh burned during the high heat and windy start of May. McIntosh Fire and Rescue was assisted by other departments to get the blaze under control as it burned near neighboring farms and homes.

Six Win-E-Mac Choir members were chosen to be part of the 2015 Subsection 30-8A Choir. They included Mikayla Vesledahl, Krystal Haugen, Samantha Burcham, Megan Kangas, Katelyn Johnson and Josh Young.

Win-E-Mac Seniors were awarded over \$100,000 in scholarships during the Academic, Athletic and Fine Arts Awards Banquet held at the school. For the first time in Win-E-Mac history, there were also co-Valedictorian's named. Kaysee Mandt and Austin Tadmanson were awarded the honor.

Win-E-Mac juniors and seniors attended the 2015 Prom, "Unmask the Night" at the school, and also had a fun time during the After Prom party hosted by the junior parents after the prom until morning.

Winger held it's annual "Clean-Up Days", when residents and volunteers join together to make Winger shine.

Blood Drive in McIntosh: January 21st

Find the hero in you and donate blood at the McIntosh blood drive on Thursday, January 21, 2016. The blood drive is sponsored by the VFW Auxiliary #6891, an annual event and is held at the McIntosh Community Center from 11:00 am to 5:30 pm.

There will be appointments available to fit your schedule. Volunteers will be calling for appointments, or you can contact Mary Goodwin to schedule an appointment to donate by emailing her at lmgoodwin@gvtel.com or calling at 563-3827. You can also schedule an appointment by contacting United Blood Services at 701-799-5742 or sign up online at www.bloodhero.com. Walk-ins are welcome, but to help the volunteers and medical staff, an appointment is appreciated, if at all possible.

Doughnuts, coffee, water and juice will be available to all donors.

United Blood Services currently provides blood and blood products to 108 hospitals in the area. To meet the needs of local patients which include preemies, surgery patients, accident victims, trauma situations, cancer patients and more, 550 blood donors are needed every day. 90% of us will need blood or know of someone close to you at some point in our lives but only 5% of the population donates blood.

The shelf life of blood is only 45 days so donating often, 3 to 6 times a year is appreciated.

Please consider rolling up your sleeve to help someone in need. With a 10 minute blood draw, each donor can help save up to 3 patients lives. There is a constant need for blood donors and certain blood types are high priority to local hos-

pitals. At this time those blood types include O-, A- and B-. O+, B+ and A+ are also needed regularly. We encourage 1st time donors to stop by as well! (There is no need to know your blood type.)

For the most part, donors must be at least 16 years old and weigh at least 110 pounds. Anyone under the age of 18 will need parent or guardian permission before being able to donate. If you meet this criteria, please consider donating.

Most medications are now ok! Those that have battled cancer in the past, have had surgery or have high blood pressure or diabetes, are not automatically disqualified. Please call 1-800-917-4929 with eligibility questions.

To help speed up the process, there is an option to complete your Health History the "day of" your blood donation by going to www.unitedbloodservices.org and clicking on Health History. It can be completed on a computer (with barcode printed upon completion) and brought with to appointment) or on a smart phone (with screen shot of barcode captured for interview).

If the date of the McIntosh blood drive doesn't work for your schedule, United Blood Services has several other opportunities in the area. You are welcome to visit their website at www.unitedbloodservices.org and search by zip code to see the nearest blood drive.

The basics of donating blood

The flow of healthy, oxygenated blood through the body is essential for life. It is also required in large supply when people undergo surgery

Join the McIntosh Library for Winter Crafts on Wednesday, January 13th from 3:30 pm to 4:30 pm. Join us for a cozy afternoon of crafting. It's cold outside, but the library is warm and cozy. It is the perfect time for indoor activities. All ages are welcome to join in the fun! *Children 7 years old or younger must be accompanied by a responsible caregiver.

ies and other therapies. With the demand for blood so high, reserves are in short supply. Adding to the shortage is lower turnout among donors, and the public has been urged to donate blood to increase units available.

Blood shortages abound

The Red Cross and America's Blood Centers, which collectively represent all of the blood banks in the United States, continued to report shortages throughout 2012. According to Red Cross President Dr. Bernadine Healy, there is a critical shortage of blood, and the shortage in 2012 was one of the worst her organization had seen. As such, the shortage has forced the cancellation of

Donating blood... Continued on page 2 ...

Community Calendar

Wed. Jan. 13: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Jan. 14: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council Meeting @ Community Center 5:30pm

Fri. Jan. 15: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Jan. 18: McIntosh City Clerk's office closes at 2:00pm; McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tues. Jan 19: McIntosh City Clerk's office closed; McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Wed. Jan. 20: McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Jan. 21: Ladies Auxiliary Annual Blood Drive @ McIntosh Community Center 11:00am to 5:30pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Jan. 22: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Jan 25: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tues. Jan. 26: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



Thie 2016 McIntosh Community Club officers include Robin Shimpa, Secretary/Treasurer; Phil Lee, President; and Laurie and Bob Bursheim, co-vice-presidents.

Volunteers from Ultima Bank Minnesota and Titan Machinery were seen picking up rubbish all over town.

Craig Espeseth donated a 5 foot by 8 foot American Flag to the McIntosh Heritage and Arts Center that flies in front of the former McIntosh school and future home of MHAC.

The Liberty Bell coloring contest sponsored by the McIntosh VFW Auxiliary #6891 was won by Paige Breitbach, Joside Johnson and Peter Kolden.

The 5th and 6th grade classes at Win-E-Mac presented a Wax Museum fundraiser where they raised money for the Polk County Humane Society.

Looking back... Continued on page 4 ...



May 2015: (L-R) Clifford Bartz, Craig Burslie and Gordon Oseth were each honored on Memorial in McIntosh with a Quilt of Valor. The quilts were made by local sewers and presented to the gentlemen by Connie Strom, Dianne Christopherson and Lois Boehrnsen.



At 90 years young, Lorraine Lee is pictured with 4 of her children. (L-R) Mary Espeseth, Lorraine Lee, Gail Knudson and Bruce Nornes.



Here is Lorraine (Nornes) Lee when she was a young woman. Lorraine was a Beautician in the community and surrounding area for 40 years. She misses all her customers, most of which have passed on but has many fond memories of them.

McIntosh Heritage & Arts Center Update

Heritage, in simple definition according to the Webster Dictionary is, "the traditions, achievements, beliefs, etc., that are part of the history of a group or nation". Heritage also includes patrimonies which are the objects, traditions, or values that one generation has inherited from its ancestors.

The McIntosh Heritage and Arts Center (MHAC) is in the business of preserving the heritage of McIntosh and that of the Thirteen Towns, raising historical awareness as well as money for the preservation of documents, buildings and images that are all an integral part of our community and those who have come before us. It is our past that has made the city of McIntosh, the surrounding area and the people of this community who and what we are today.

In our efforts to increase the historical awareness of the traditions, achievements and beliefs of our past and make this information readily available, MHAC will explore and research historical documents, old newspapers, letters, pictures, along with additional resources, including oral histories, that have been made available to us. These findings will be passed along to the community and subscribers of the McIntosh Times in a regular bi-monthly article. It is our hope that you will find the information as enjoyable as it was for us to discover.

If you have any information or documentation relating to the history of McIntosh and the Thirteen Towns, including the people and families of the area please contact the McIntosh Heritage and Arts Center. We would love to know your story.

INVITATION TO BID

The City of McIntosh is requesting bids (per hour) for the following equipment, with operator:

*Loader – 2 to 4 yard bucket
Bulldozer – D5 or larger
Backhoe
Skidsteer
Excavator*

These should be good for all of 2016. Sealed bids should be in the City Clerk's Office by noon on February 11, 2016 and will be opened at the regular council meeting at 5:30 P.M. on February 11th. Please specify "Snow Hauling Bid" on the envelope. The City reserves the right to reject any and all bids and to accept the bid it believes is in the best interest of the community.

All bidders are required to carry General Liability and Worker's Comp. Insurance.

Elena Boianoff
Clerk/Treasurer
City of McIntosh
P.O. Box 97
McIntosh, MN 56556 M42-45C



We want to thank the McIntosh Fire Department for their quick response to our house for a furnace problem. You are all just great!
Bob & Lorraine Lee M42P

REGULAR COUNCIL MEETING

McINTOSH
Thurs., Jan. 14, 2016,
5:30 PM

— COMMUNITY CENTER —

CALL TO ORDER:

PLEDGE OF ALLEGIANCE:

ROLL CALL:

DETERMINATION OF QUORUM:

AGENDA ADDITIONS:

APPROVAL OF MINUTES:

a. REGULAR COUNCIL MEETING

DECEMBER 10, 2015

b. TRUTH IN TAXATION – DECEMBER 10, 2015

c. SPECIAL MEETING, POPLAR MEADOWS – DECEMBER 22, 2015

PUBLIC CONCERNS:

OLD BUSINESS:

a. ADMINISTRATIVE FEES

b. POPLAR MEADOWS UPDATE

NEW BUSINESS:

a. LIST OF COMMISSIONERS

b. ELECTED OFFICIALS INSURANCE

c. 2016 COUNCIL MEETING DATES

d. PUBLICATION OF ANIMAL ORDINANCE SUMMARY

e. MCINTOSH COMMUNITY CLUB – TANK LIGHTING

f. SNOW PLOW FOR CITY TRUCK

APPROVAL OF MONTHLY BILLS:

COUNCIL & STAFF REPORTS:

NOTICES & CORRESPONDENCE:

ADJOURNMENT M42C

INVITATION TO BID

The City of McIntosh is requesting bids for the following gravel per yard, hauled:

Pitrun

Crushed or Screened

These should be good for all of 2016. Sealed bids should be in the City Clerk's Office by noon on February 11, 2016 and will be opened at the regular council meeting at 5:30 P.M. on February 11th. Please specify "Snow Hauling Bid" on the envelope. The City reserves the right to reject any and all bids and to accept the bid it believes is in the best interest of the community.

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mentation that proves your age, so bring along identification. If you pass the screening, your vital signs will be checked and you will be prepared for the blood draw.

As with a routine blood test, the injection site will be sterilized and then a needle will be inserted to draw the blood. The volume of blood collected for a donation will be larger than for a blood test. One pint, or 450 milliliters of blood, will be taken. This is only between 8 to 10 percent of all the blood in your body.

How will I feel?

Most people come through a blood donation unscathed. There may be a minor pinch when the needle is inserted. After blood has been drawn, many people feel fine and are encouraged to drink extra liquids for the next two days to help the body with the regeneration of blood. Your body will replace the fluid portion of your blood within 24 hours. It will take a few weeks to replace the red blood cells. Individuals who feel a little woozy can sit after the blood donation until they feel rested enough to move on.

How long does it take?

It takes around 10 minutes for a traditional blood donation. If you are donating something specific, such as red cells, plasma or platelets, the process can take up to 2 hours. Many blood drives provide refreshments after donating and ask that you remain 10 to 15 minutes to ensure you are fine to exit.

What should I expect after the donation?

Afterward you should be able to go on with your regular daily activities. It is advisable to take it easy for the rest of the day and not engage in any heavy lifting or exercise. Also, avoid flying in airplanes or going scuba diving for a couple of days afterward. Moderate daily activities should be fine. Continue to stay hydrated.

What are other things I should know?

You can prepare for donating blood by adhering to a healthy, low-fat diet and getting a good night's sleep the day before. Avoid alcoholic beverages and tobacco prior to the donation. Make sure you do not skip any meals.

Bring along a list of the medications you take to share with the volunteers at the blood drive. Certain medications will exclude you from donating.

It is possible for a healthy person to give whole blood every 56 days. Donations of platelets or other components of blood may be able to occur more frequently. Individuals who have the universal blood type (Type O-) may want to sign up as frequent donors because their blood can be used for anyone.

Donating a pint of blood can help several different people. With extreme shortages in the blood supply in effect, now could be the ideal time to make a blood donation.

SIDEBAR: What determines blood type?

Blood type is broken down into four main types: A, B, AB

INVITATION TO BID

The City of McIntosh is requesting bids for snow hauling for the 2016 winter season:

Quote – single or tandem axle

These should be good for all of 2016. Sealed bids should be in the City Clerk's Office by noon on February 11, 2016 and will be opened at the regular council meeting at 5:30 P.M. on February 11th. Please specify "Snow Hauling Bid" on the envelope. The City reserves the right to reject any and all bids and to accept the bid it believes is in the best interest of the community.

All bidders are required to carry General Liability and Worker's Comp. Insurance.

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and O. Genetics are the primary determining factor in a person's blood type. A child receives genetic code from both parents at conception, and this information will help determine blood type. Just like eye color, height and hair color, dominant genes will be the deciding factor in blood type. A and B are both dominant over O. A and B are considered to be codominant, which explains the AB blood type. If a child receives two recessive genes from both parents, then he or she will have O blood.

Another thing that plays into blood type is the Rhesus factor, commonly shortened to the Rh factor. This refers to an antigen that exists on the surface of red blood cells. If this antigen is present, it means the person has a Rh positive (+) factor. If there is an absence of this antigen, then the blood is classified as Rh negative (-). Therefore, people can have an A, B, AB, or O blood type that is either (+) or (-). These antigens are proteins that, when introduced into a body that does not have the same type, can cause the person's immune system to respond by producing antibodies that attack the proteins. Should a person who is Rh- blood receive Rh+ blood during a transfusion, an allergic reaction could occur.

Another time when Rh factor comes into play is when an Rh- woman becomes pregnant. Should her blood and the blood of the fetus mix -- and if the fetus has an Rh+ factor -- the mother's blood may fight off the antigens and naturally produce antibodies. While this won't hurt the woman, it can affect the fetus and cause potential health problems. Women with an Rh- factor are generally given an Rh immunoglobulin about seven months into the pregnancy that should desensitize her immune system from triggering if the fetus has Rh+ blood. After the baby is born, his or her blood will be tested. Should the Rh factor match the mother, all is well. If not, the mother will receive another injection to further desensitize her immune system to prevent a reaction with any subsequent pregnancies.

A person with O- blood is considered a "universal donor." He or she can transfuse to anyone, and there will be no instances of allergic reaction. However, one with O- blood can only receive O- blood.

NOTICE HILL RIVER BOARD OF AUDIT

The Board of Audit meeting of the Township of Hill River, County of Polk, State of Minnesota, will be held on Monday, February 8, 2016 at 7:00 p.m. at the Ray Sundrud hunting shack. (Call 218-435-1029 for directions). The Clerk's financial records shall be open for review.

Raymond O. Sundrud,
Clerk/Treasurer
Hill River Township M41-22C

The McIntosh Times Office Hours

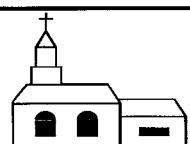
Wednesday 9:00 am to Noon
Friday 9:00 am to 11:00 am

Call or fax: (218) 563-3585

Ad deadline is Noon on Friday prior to publication



Church News



ST. MARY'S CHURCH

Fosston
Fr. John Suvakeen,
Pastor

Sun. Jan. 17: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Jan. 24: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

If you have any questions about the schedule please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH

Winger/Bejou
Supply Pastor
Gordon Syverson

Sun. Jan 17: 8:30am Worship Service at Immanuel; 9:45am Worship Service at Calvary

Sun. Jan 24: 8:30am Worship Service at Immanuel; 9:45am Worship Service at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh
Supply Pastor
Gordon Syverson

Sun. Jan. 17: 1:15am Worship Service

Sun. Jan. 24: 1:15am Worship Service

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church

Wed. Jan. 13: 1:30pm Bible Study at The Country Place

Sat. Jan. 16: 8:00pm Prayer Meeting

Sun. Jan. 17: 9:30am Sunday School and Adult Bible Study; 10:45am Worship Service

Tues. Jan. 19: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. Jan. 20: 1:30pm Bible Study at The Country Place;

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.

VERNES LUTHERAN CHURCH (LCMC)

McIntosh
Pastor Paul Magelson
Sun. Jan. 17: 8am Worship
Sun. Jan. 24: 8am Worship

MCINTOSH AFLC

McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Trinity:
Sun. Jan. 17: 9:30am Sunday School; 11:00am Worship Service

Sun. Jan. 24: 9:30am Sunday School; 11:00am Worship Service; Trinity Potluck Dinner & Annual Meeting following Worship Service

Mt. Carmel:

Wed. Jan. 13: 7:00pm Bible Study and New Member Class

Thurs. Jan. 14: 7:00am Men's Breakfast

Sun. Jan. 17: 9:30am Worship Service; 11:00am Sunday School; 12:30pm Confirmation

Wed. Jan. 20: 7:00pm Bible Study and New Member Class

Thurs. Jan. 21: 7:00am Men's Breakfast

Sun. Jan. 24: 9:30am Worship Service; 11:00am Sunday School; No Confirmation

Tues. Jan. 26: 7:30pm Mt. Carmel WMF

McINTOSH Times

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"Serving the Win-E-Mac area"

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DOVRE

FREE LUTHERAN

Pastor Don Edlund

Wed. Jan. 13: 7:00pm Bible Study on Jewish Roots

Sun. Jan. 17: 9:30am Worship Service; 10:45am Sunday School

Wed. Jan. 20: 7:00pm Bible Study on Jewish Roots

Sun. Jan. 24: 9:30am Worship; 10:45am Sunday School

IMMANUEL LUTHERAN CHURCH

McIntosh

Rev. Mark Peske, Pastor

Sun. Jan. 17: 8:00pm Divine Worship w/Holy Communion; 9:30am Sunday School; 9:30am Council Meeting

Sun. Jan. 24: 8:00am Worship Service, 9:30am Sunday School; 9:30am Annual Voter's meeting

Service Broadcast, TV Channel 12 Wednesdays at 10am - Holy Communion 1st and 3rd Sundays

Spiritually Speaking

Speak words that uplift and inspire

It is perhaps a cliché that words can heal or words can harm. But, it is nevertheless true that we can uplift and inspire our fellows with words or we can belittle and degrade them. Thus, we should always choose our words carefully. Consider the effect which your words will have on others before you blurt them out. And of course words are not the only way for us to express ourselves to each other. Our body language and demeanor speak volumes. If you roll your eyes when someone is speaking you are showing contempt for them. If you ignore someone who is talking to you, this failure to recognize them can be profoundly disrespectful. The forms of language and discourse, both verbal and bodily, are ways in which we can either validate or invalidate others. We should speak words which uplift and inspire others rather than humiliate or attack them. Almost everyone responds to kindness, whether that is a kind word or a kind smile.

Polk County Public Health

Polk County Health provides monthly foot care clinics at locations throughout the county. Foot soaks and nail trimming are provided. This is not a diagnostic clinic. Referrals are made to medical doctors when necessary. A fee of \$20 is charged per client participating in the clinic. County residents are encouraged to call Polk County Public Health for further information. All clinics are open to the public. Please register for an appointment at the location of your choice.

The foot care clinic will take place in McIntosh at the McIntosh Office of Polk County Public Health in the lower level of the Bjella Building on Thursday, January 21, 2016, starting at 9:00 am. You can call 218-281-3072 for an appointment. Foot care is by appointment only, you must call the office if you wish to schedule a visit.

If you have any questions about foot care clinics or other services provided by PCPH, please call offices at: Crookston 281-3385; East Grand Forks 773-2431; or McIntosh 563-2010.

Community Birthday and Anniversary Calendar

Wed. Jan. 13: *Les & Mavis Finseth

Thurs. Jan. 14: Jan Galland

Sat. Jan. 16: Connor Johnson

Sun. Jan. 17: Isaac Schlagel

Mon. Jan. 18: Becky Boernsen, Annika Shimpa, Jessica Carlson, Kendall Olson

Tues. Jan. 19: Carter Bartz

BUSINESS & PROFESSIONAL GUIDE

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Winger News

by Linda Pulskamp

Hello and this brings the first greetings of the new year! The weather was wonderful for those who traveled for the New Year weekend but that is about to change. Sounds that by tomorrow, Friday we are gonna go below the donut, but only for a few days.

Life is good, I remember back a few years when New Years Eve was an automatic night to go out even tho it was 20 to 30 degrees below zero, now it is not so important any more, must be the age.

The die hard ice fishermen have started testing the ice and are having a bunch of luck too, depending where you are, but after the next stretch of cold weather will see a bunch more out there trying their luck.

Am seeing a bit more daylight at night when I leave work, not the pitch black darkness before I get home anymore.

Seed catalogs are arriving nearly every day, and have an abundance of them, seems like we just cleaned out the garden and got ready for winter, now it is time to think about another season of gardening.

Judy and Lonnie Gieseke were visitors and coffee guests at the Fern and Milton Carlson home on New Years Eve.

LJ and Byron Kaupang were Tuesday visitors with Martha Henney at her home in McIntosh.

New Years weekend house guests at the Pulskamp home were Brent, Jessie, Sidnie, Skylie and Brylie Pulskamp of Wahpeton and Steve and Stephanie Johnson of Coon Rapids.

New Years Day Lonnie and Kenya Paradis and Mark and Betty Syverson were visitors with Helmer and Verlys Homme at the Pioneer Home.

Saturday January 2nd Donna Carlson was a morning visitor at the Fern and Milton Carlson home, later that day James, Roxie, Joselyn, Justin and Jayden Peterson of Isanti arrived at Carlson's and spent the day returning to their home again that evening.

Martha Henney had a very enjoyable phone visit last Tuesday with Marlene Henney from Florida where she and Bill are spending the winter months.

Celebrating a late Christmas on New Years Day, dinner guests at the Pulskamp home were Brent, Jessie, Sidnie, Skylie, and Brylie Pulskamp of Wahpeton, Steve and Stephanie Johnson of Coon Rapids, Kelly Johnson and granddaughter Lily and Dean Johnson.

Paul Carlson stopped in at the Fern and Milton Carlson home on Monday morning for a brief visit and an eye opener cup of coffee.

Sheldon and Rita Trandem visited with Helmer and Verlys Homme at the Pioneer Home last Sunday.

Saturday visitors and supper guests at the Pulskamp home were their house guests,

Brent Pulskamp and family and Steve and Stephanie Johnson along with Kelly Johnson and granddaughter Lily, Joan Helland and her friend Jim of Fargo. Marv Engesether of Plummer and Reha Sanstead of Erskine were also visitors that afternoon.

Stephanie Henney of Fargo, daughter of Myles and Renee Henney of St. Hilaire and granddaughter of Martha Henney was an overnight guest of Martha's last Saturday night.

While in Fosston last week Lucy Brtek stopped in to visit with Darlene Sollie, only to find Darlene out and about, but Lucy had a good visit with Larry and Carol Sollie.

Myles and Renee Henney of St. Hilaire visited with Martha Henney on New Years Day and all went on to Erskine to Ness Café.

So now that we are out with the old and in with the new year, it would be nice to see more news, whether it be by phone calls, emails or news dropped off.

So many people formerly from here appreciate reading the news we have and seeing familiar names.

Until next week may yours be a good one.

From Bun Manor:

Mark Broden hooked up with Chris Wang in Gillette Wy. for lunch the other day when he was passing through in his truck on the way out to California. Chris treated him to a prime rib sandwich at Humphrey's restaurant.

Bun headed over to Mac on Monday to have lunch with Laura Grant. She has been a busy girl with her work and spending time over the holi-

Preventing colds and flu before they start

Despite what Mom might have told you about going out into the cold with a wet head or leaving home without wearing a coat, such actions do not increase your risk for cold and flu. But being cooped up indoors, where germs from others who are sick can fester, can increase that risk.

Cold weather also can be a factor, but not for the reason you think. According to a 2007 study from researchers at Mount Sinai School of Medicine, the influenza virus is more stable and can stay in the air longer when the air is cold and dry. Dr. Peter Palese, a flu researcher who is professor and chairman of the school's microbiology department, examined guinea pigs infected with the flu virus to determine the connection between the flu and cold weather. Dr. Palese varied the air temperature and humidity in the guinea pigs' environment and determined that flu transmission was best at 41 F, while the prevalence of transmission declined as the temperature rose. By the time temperatures reached 86 F, the

days with the grand children.

He swung over to see his girlfriend Joyce at the senior place. The lovely Judy Hagen was also there visiting with Joyce. Carol Fox from Sarah lake stopped in for a few moments to chat. They enjoyed coffee,cookies and a little gossip.

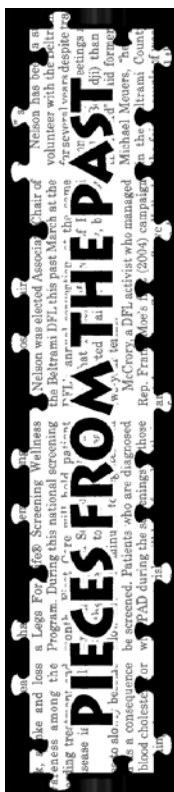
Tuesday morning Charles Svalen stopped over at the Manor before opening hours and woke Bun up out of a deep sleep. Scared the dickens out of him. He had a painting job to do at the Lund's who live on the same road. Bun gave him the directions and sent him on his way.

Tom, Jessica and their children Blake and Arrie came up on Friday to visit with their uncle Bun for a couple of days. Saturday, Tom got the spear house set up in the frigid cold in the morning so him and Blake could try and catch some fish.

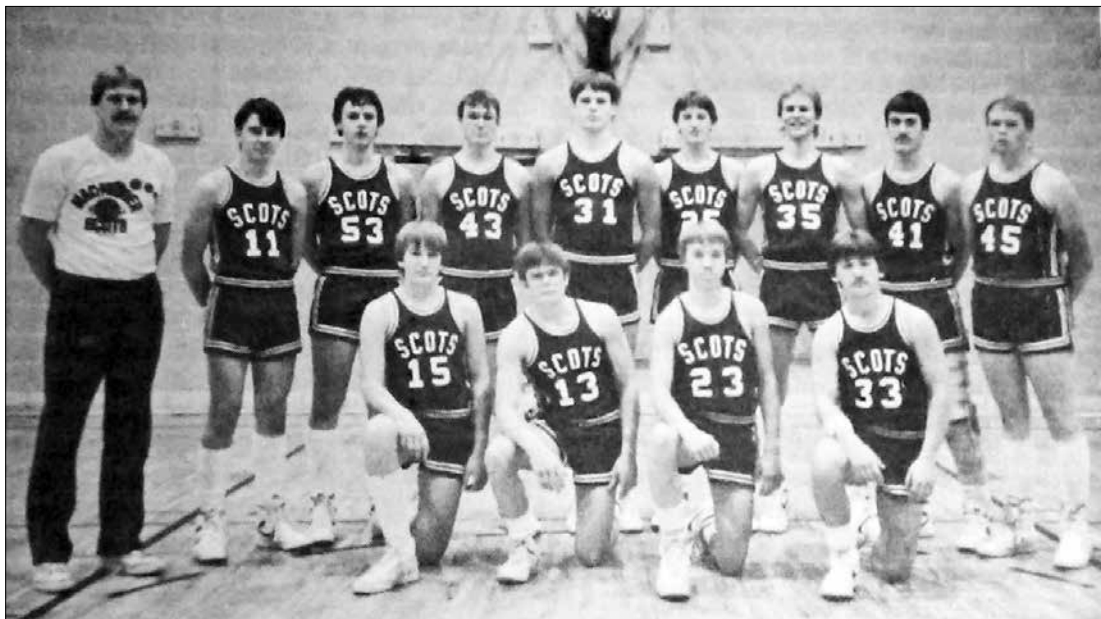
They saw two sunnies and one perch. To top it off the game warden checked him for a license and Tom couldn't locate it. After a few frantic minutes of searching he managed to find it in his truck. Bun couldn't believe that little Blake had patience to sit in the house with his dad for more than three hours and not get bored.

Tennis Balstad and his two boys Lance and Trent stopped out to visit with their cousins Tom and family. Trent showed everybody a nifty card trick that left the crowd perplexed. Tom and the family took off early Sunday. Chewie the puppy was sad to see Arrie leave as the two had became good buddies playing tug of war.

Vance and Terri Kaupang had an enjoyable time down in Frisco Texas watching the N.D.S.U. Bison win their fifth straight football championship. That is more than one can say about the smelly Vikings.



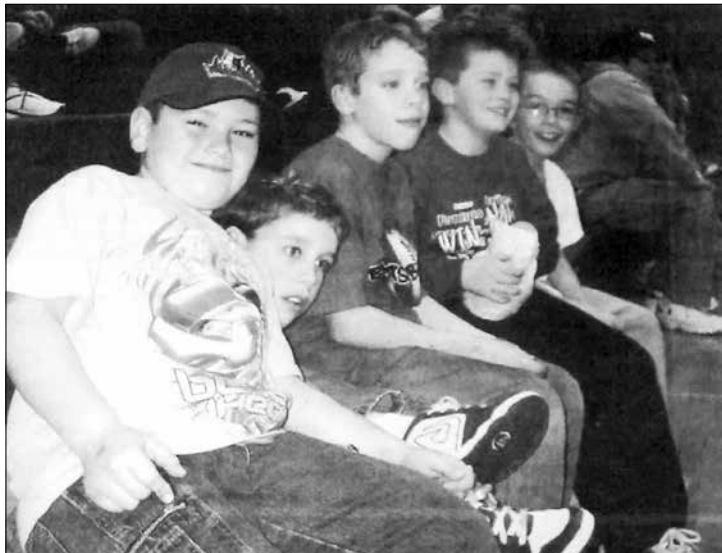
40 years ago...1976: Bicentennial officers, Maria Stordahl, Secretary (left), Edna Pearson, President, and Nancy Roskoski, Treasurer, are enjoying the touch of an \$800.00 check received from Polk County to use for some Bicentennial project in McIntosh during the Bicentennial year or later. Each Bicentennial city in the county has received a similar check to use for their year's functions.



30 years ago...1986: The McIntosh-Winger Scots 1985-86 Boys' Basketball Team. Kneeling: Mark Sonsteli, Pat Thompson, Kerry Mandt and Dan Beaman. Standing: Coach Mike Roysland, David Kiecker, Mick Schimanski, Mike Balstad, Mike Theis Mike Voxland, David Rolf, Jim Balstad and Vance Kaupang.



20 years ago...1996: The three top buyers for the 9 & 3 Coffee Club were presented with caps with their name, the year and the number of cups they bought printed on the brim. (L-R) Jerry Wertish was awarded Second Place with 556 cups, Ron Strom was named Champion with 566 cups and Carey Burslie is the Third Place winner with 417 cups.



10 years ago...2006: This group of 3rd grade boys sat together as they watched the Win-E-Mac boys take on the Norman County East Eagles. Pictured here are Zac Tradewell, Matt Thompson, Travis Kaster, Zach Plante, and Hunter Plante.

50 years ago...1966: Tips for Homemakers; by Kathleen Ophoven
Feature Pork during Minnesota Pork Week, January 11 - 18

Pork is no longer high in calories as it used to be. A good sized cooked pork chop has about 240 calories compared with 377 calories some years ago.

An average serving of pork today provides 57 percent less fat, 36 percent fewer calories, and 22 percent more protein than indicated on food composition tables in use for many years.

Consumers are getting more edible pork per pound today because of the development of leaner pork from meat-type hogs, through breeding and feeding by producers.

Pork is also high in other important nutrients, and it is one of the most digestible of all foods, ranking about 98 percent in digestibility.

Certain hygienic precautions must be taken in preparing many of our goods. For example, most fruits and vegetables are washed or peeled before we eat them; milk is pasteurized to destroy harmful bacteria. In preparing pork and many other foods, the necessary safeguard is proper cooking.

Fresh pork should always be cooked so it is done throughout. Besides making the pork safe to eat, proper cooking brings out the rich flavor.

Large pieces of pork, of course, require much longer cooking than smaller ones because heat penetrates more slowly into the center of the meat.

To eliminate any doubt when cooking a large roast, you may want to make a slight cut in the center to see whether all trace of pink has disappeared.

Regional Ag News

Jim Stordahl,
Extension Educator

Growing Onions from Seed

Onions are a favorite for most gardeners. Onions are cousins of garlic, chives, leeks and shallots.

They're mostly biennials, producing vegetative growth the first year and flowers with seed during their second year of growth. Of course, we seldom see this phase since we typically harvest onions after the first season.

Onions can be started three ways: growing your own transplants, sets and direct seeding. Though planting onion sets is the most popular way to grow them, you'll have better results transplanting seedlings you start indoors ahead of time, hence the reason for this information in the dead of winter. If you want to grow onions from seed, now is the time to get going. Growing onions from seed is not a fast process.

The advantage in raising your own transplants is that you will have a jump on spring, far more choice in varieties, plus it's less expensive than purchasing transplants. Transplants are available through mail order and some garden centers.

Regardless of the source,

transplants will give you bigger onions by fall. Onions need to be planted indoors 8 to 12 weeks before transplanting outside, so plant the seeds in February to transplant onion seedlings outside in May. Buy only as much seed as you will use this year, onion seeds don't remain viable for much over a year.

The most important thing to remember when buying onion seed is day length, especially if you're ordering from a national mail order firm. In Minnesota, we need to buy "long day" onion seeds because our summer days can be 16 hours long.

In the south, day length varies less and averages about 12 hours of light per day. Onions for southern gardeners are "short day" onions. You can raise short day onions in Minnesota but they will bulb as soon as day length reaches 12 hours and you'll get small onions.

Long day varieties start to bulb when day lengths are about 14-16 hours. When you start onion seeds indoors, keep lights on only 12 hours each day to give the plants a suitable night.

Onion seedlings will form bulbs too early if exposed to

long days at any time during their development. You will not get anything bigger than sets.

Plant onion seeds ¼-½" deep in a sterile seed-starting media. They can be planted 3 to a cell in recycled four or six packs or sow thickly in rows if you plant in a deep (4" to 6") flat or other container. Keep tops trimmed 3-4" tall and water regularly to maintain adequate soil moisture.

Onion seedlings need to be hardened off before transplanting outside, after danger of frost has passed. Expose young plants to outdoor conditions gradually, over a two week period.

Plant seedlings four inches apart and just deeply enough to catch in the soil and when mature, they'll appear to sit on top of the soil.

If you don't want to fuss with growing your own transplants, onion sets are another option. Sets are onions that were planted from seed last year. Sets for white, yellow and red onions are available from mail order catalogs and even some grocery stores.

Buy onion sets that are firm and marble size but have not sprouted. Big sets may split into two bulbs or produce a

flower stalk very early. (When an onion sends up a flower stalk, pull the onion and use it; it will not continue to grow larger nor will it store well.) Sort sets into those larger than a dime and those smaller. Plant the larger sets for green onions and plant the smaller ones with adequate spacing: they'll produce bigger onions.

Because sets tolerate light frost so you can plant them quite early. Plant onion sets pointy end up, 1½ to 2" below soil.

If you're planting big sets for green onions, space them close, almost touching. If you're planting them for full size onions, space them 3 to 4" apart. Firm the soil around the bulbs. Choose a location with at least 6 hours of direct sunlight. Sun all day is even better.

If you want to plant onion seeds directly in the garden, you'll probably be most successful with green onions, also called scallions.

Our short season makes success less likely when direct-seeding bulb-type onions.

For more information, contact me at 800-450-2465 or stordahl@umn.edu.

Source: Beth Jarvis, UM Horticulture.

Random Things and Stuff



Procrastination Nation

By: Emily L. Ferden

As a college student, I have done my fair share of procrastinating. Whether it is waiting until the night before to write a 10 page paper, or studying for a test the morning of the test. If you talk to many college kids, this is a common occurrence. We may have the greatest intentions in the beginning of each semester to plan ahead, do all of our reading, go to bed early, get assignments done early, but in reality, it probably won't happen. Life happens, we get distracted, and we end up just plain forgetting or procrastinating until we really just have to get it done.

So why do we procrastinate? According to Hara Estroff Marano's article in Psychology Today, these are ten reasons why we procrastinate:

10. Twenty percent of people identify themselves as chronic procrastinators. For them procrastination is a lifestyle, albeit a maladaptive one. And it cuts across all domains of their life. They don't pay bills on time. They miss opportunities for buying tickets to concerts. They don't cash gift certificates or checks. They file income tax returns late. They leave their Christmas shopping until Christmas eve.

9. It's not trivial, although as a culture we don't take it seriously as a problem. It represents a profound problem of self-regulation. And there may be more of it in the U.S. than in other countries because we are so nice; we don't call people on their excuses ("my grandmother died last week") even when we don't believe them.

8. Procrastination is not a problem of time management or of planning. Procrastinators are not different in their ability to estimate time, although they are more optimistic than others. "Telling someone who procrastinates to buy a weekly planner is like telling someone with chronic depression to just cheer up," insists Dr. Ferrari.

7. Procrastinators are made not born. Procrastination is learned in the family milieu, but not directly. It is one response to an authoritarian parenting style. Having a

harsh, controlling father keeps children from developing the ability to regulate themselves, from internalizing their own intentions and then learning to act on them. Procrastination can even be a form of rebellion, one of the few forms available under such circumstances. What's more, under those household conditions, procrastinators turn more to friends than to parents for support, and their friends may reinforce procrastination because they tend to be tolerant of their excuses.

6. Procrastination predicts higher levels of consumption of alcohol among those people who drink. Procrastinators drink more than they intend to—a manifestation of generalized problems in self-regulation. That is over and above the effect of avoidant coping styles that underlie procrastination and lead to disengagement via substance abuse.

5. Procrastinators tell lies to themselves. Such as, "I'll feel more like doing this tomorrow." Or "I work best under pressure." But in fact they do not get the urge the next day or work best under pressure. In addition, they protect their sense of self by saying "this isn't important." Another big lie procrastinators indulge is that time pressure makes them more creative. Unfortunately they do not turn out to be more creative; they only feel that way. They squander their resources avoiding.

4. Procrastinators actively look for distractions, particularly ones that don't take a lot of commitment on their part. Checking e-mail is almost perfect for this purpose. They distract themselves as a way of regulating their emotions such as fear of failure.

3. There's more than one flavor of procrastination. People procrastinate for different reasons. Dr. Ferrari identifies three basic types of procrastinators:

- Arousal types, or thrill-seekers, who wait to the last minute for the euphoric rush.

- Avoiders, who may be avoiding fear of failure or even fear of success, but in either case are very concerned with what others think of them; they would rather have others think they lack effort than ability.

- Decisional procrastinators, who cannot make a decision. Not making a decision absolves procrastinators of responsibility for the outcome of events.

2. There are big costs to procrastination. Health is one. Just over the course of a single academic term, procrastinating college students had such evidence of compromised immune systems as more colds and flu, more gastrointestinal problems. And they had insomnias. In addition, procrastination has a high cost to others as well as oneself; it shifts the burden of responsibilities onto others, who become resentful. Procrastination destroys teamwork in the workplace and private relationships.

1. Procrastinators can change their behavior—but doing so consumes a lot of psychic energy. And it doesn't necessarily mean one feels transformed internally. It can be done with highly structured cognitive behavioral therapy.

"Procrastinators Unite!...tomorrow!"

Do you have a story to share?

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

WEM ECFE

Friday Playdates 10-11:30am at the WEM Pre-K Room located at the Win-E-Mac School.

Come out to explore our themed learning stations, enjoy a snack, sing songs and listen to a story! Children Ages 0-5 invited. Pre-registration not required. Free!

1/15 Ice fishing! Play in our "fish house", create fish art and enjoy a yummy snack!

1/21 PJ Party! Wear your PJ's and bring along your favorite stuffed animal for popcorn snacks, sleepyttime activities, stories and songs!

WEM Early Childhood Family Education classes are for children 0-5yrs old unless noted. Pre-registration is not required.



On Wednesday, January 6th, 2016, the Win-E-Mac Student Achievement Committee hosted the Students of the Quarter Breakfast for Second Quarter at Win-E-Mac School in the FACS room. The Students were selected by various departments in the secondary school for overall performance and leadership in the classroom. Following a wonderful pancake and fruit breakfast, the students were introduced by nominating staff members and received certificates and gifts for their great work! The students selected for the second quarter are: (L to R) Madison McKeever, Hunter Parenteau, Jessica Kasprzak, Carlie Sander, Alex Jacobson, and Tyra Wilson. Missing is Mikayla Vesledahl. Congratulations!

Looking back... Continued from page 1 ...

Senior Class President Kara Sontenlie welcomed the guest and graduates to the 2015 Graduation Ceremony held at Win-E-Mac school on Saturday, May 23rd.

McIntosh celebrated memorial Bay with a parade down Main Street, the Win-E-Mac Marching Band performed and there was a program at the Community Center with songs from the Community Choir and a speaker. The program highlight was the presentation of a Quilt of Valor each to Clifford Bartz, Gordy Oseth and Craig Burslie. The day continued with a White Cross Ceremony outside the McIntosh School.

June: The Club Bar & Grill got a new owner. Kim Bjerke started a new venture and purchased the bar and restaurant. She had started managing it back in September of 2014 and deciding she loved the bar and the customers made the decision to purchase the business from Rusty Peterson.

The 3rd Annual Ordell Aanenson Memorial ride took place in June. Friend and family of Ordell Aanenson joined together to celebrate his favorite pastime and to raise money for a good cause, The Patriot Assistance Dogs Organization in Detroit Lakes, MN.

Local talent had a great time performing during the Relay for Life fundraiser. Erskine's got Talent, that took place at the Win-E-Mac School. Jayden and Erich Gensburger performed as did Lexi Ostenaar. Winning third place was banker by day, Phil Lee and his buddy, Rob Jensen. The fundraiser supports the American Cancer Society.

There was an Open House at the East Polk Soil and Water Conservation District to honor Gary Lee and Ruth Mandt for their many years of dedicated service to the area. There were many friends that stopped in to with them both well.

McIntosh got a new thrift store when the McIntosh Heritage and Arts Center opened up at The Shop on Main Street. The store was open Thursday through Saturday throughout the summer and offered a wide variety of items to choose from.

This year the McIntosh City-wide Rummage Sale day added a flea market to the day. Outside of the Community Center there were multiple vendors.

Winger hosted the first annual Winger Appreciation Day with festivities all around town including a car show, a flea market and a street dance. The year also marked the 100th Anniversary of the Winger Fire Department.

CHS accepting scholarship apps

The CHS Foundation, the major giving entity of CHS Inc. (NASDAQ: CHSCP), North America's leading farmer owned cooperative, invites new and existing college students with agriculture or energy-related interests to apply for scholarships.

The CHS Foundation will award more than 300 scholarships in 2016. One hundred \$1,000 scholarships will be made to high school students who choose to pursue agricultural-related degrees or STEM-related (science, technology, engineering, math) fields of study with an interest in agriculture or energy industry careers.

"CHS and the CHS Founda-



April 2015: Lee and DeeDee Narum (pictured left) recently purchased the hardware store in McIntosh from long time owners Joan and Ken Kasprzak (pictured right).



June 2015: Donna Larson and Bob Bursheim are a few of the volunteers helping to get the new McIntosh Heritage & Arts Center Thrift Store ready to open.

Superintendents Notes

By Randy Bruer

Letting dads be dads
Every Dad has a valuable role to play in their children's lives. Dads should try to remember to do these things for their child:

- Take an active role with your children. Remember that the quantity of time is as important as the quality of time. The best time of all is the time spent alone with a child.

- Give small children your full attention. Do not try to accomplish other tasks when you are with them.

- Be a father, not an assistant mother or a baby-sitter.

- Dads can offer their children something quite different from what a mom offers. A child needs the protection, constancy and the freedom that a father can offer in addition to the comfort and sense of togetherness that a mother provides. In past generations our society has lived by a division of labor in which the husband has been the wage earner, and the wife the homemaker and child-care specialist. Mother acted as the resident expert, with fathers helping out. Today, men are more involved in the care of children, women are entering the workforce in record numbers and society is beginning to realize how crucial a role fathers play in their children's lives.

- Sometimes a father may hold their child at arm's length and make eye contact, or he may toss them in the air, turn them around so their back is against their chest or prop



them up to look over his shoulder. Maybe dad has just returned from work to discover a toddler waiting at the door ready to roughhouse. Dads tend to focus more on excitement than on comfort. Mothers however, use touch in order to give a child comfort, warmth and security. Which approach is better? Both will benefit children. Fathers stimulate children to experiment with new games, to learn new skills, to compete and to push against the limit of their knowledge and abilities. Fathers want children to reach for excellence at everything whether it's physical or intellectual. When a father plays with his children, he is often a teacher of the activity – from biking to shaving and everything in between.

- Dad, remember to do your fair share of housework and taking care of the children inside and outside the home.