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McINTOSH

Since 1888

Times

Hub of the Thirteen Townships

McIntosh, Minnesota

A photo journey with Franny

The McIntosh Heritage and Arts Center is having a slide presentation of the world travels from long-time McIntosh resident Frances Torgerson on Thursday, January 28th at 6:30 pm at the McIntosh Community Center.

Frances Torgerson (Franny) was born in July 1924 in McIntosh to parents Carl and Alpha Torgerson. She was baptized and confirmed at Our Savior's Lutheran Church and graduated from McIntosh High School.

She then received a Bachelor's degree from Bemidji State University in 1945 and a Master of Science Degree in Mathematics Education from the University of Wisconsin in 1955.

She taught mathematics in many different schools, including Oklee, as well as be-



Franny Torgerson ing a college math professor. In 1993, Franny retired to her home in McIntosh and traveled throughout the world. Visiting many unique places and taking many pictures.

She spent her last years at McIntosh Senior Living and

MHAC...
Continued on page 2 ...

Year in Review: Looking back on 2015

A recap of July, August, and September of 2015 in The McIntosh Times.

July: There was a lot of building going on in McIntosh over the summer, as the City Council approved many building permits around the town, from sign relocation to new garages.

The Win-E-Mac community learned of Alayna Espeseth's health battles and her teammates rallied in her support starting with showing their team spirit and why being there for each other is very important.

Improvements to the McIntosh Heritage and Arts Center's future home (the former McIntosh school building) began to take shape.

The 115th Polk County Fair took place in Fertile the week of July 8th. There were many fun things to do at the fair this summer where McIntosh and Winger residents had many days of enjoyment. Starting with a Rodeo on Wednesday evening and finishing with an evening with a Demo Derby and fireworks on Sunday.

Hannah Rolf showed her Grand Champion red and white Holstein at the Polk County Fair and at the Minnesota State Fair. Her last year with 4-H.

The Winger Lions held a pancake breakfast benefit for Garrett and Alayna Espeseth, kids of Dan and Karen at the Winger Community Center. Garrett has health issues stemming from an aneurysm and Alayna was diagnosed with thyroid cancer during the summer.

The McIntosh Times had a summer intern. Krystal Hagen, a 2015 graduate of Win-E-Mac, spent her summer gathering news and taking pictures for the paper.

Lots of fun events took place at the McIntosh library in July including a visit from a park employee from Itasca State Park who talked about birds, and a Zumba class with instructor, Nicole Cook.

McIntosh Senior Living held their annual family and friend's picnic on July 23rd, where many gathered to enjoy the day with the residents at MSL.

High winds and heavy rains near the end of the month had many McIntosh and Wing-

er residents out picking up branches, trees and assessing damage to roofs and other buildings.

August: Beginning the first day of the month of August was the 2nd Annual Bryan Stordahl Memorial Golf and Silent Auction. Bryan, son of Jim and Roxanne Stordahl lost his fight with cancer in September of 2013, and his family and friends continue to honor him by raising money for cancer research each year in Bryan's memory.

The First Annual Heritage Garden Tour took place as well. The McIntosh Heritage and Arts Center and the East Polk Heritage Center collaborated to host the tour. The tour gave folks an opportunity to admire the efforts of several community members gardens and yards. The gardens were located in the Union Lake area, McIntosh and Fosston.

The City of McIntosh and the McIntosh Economic and Development Board each voted unanimously to list Poplar Meadows Assisted Living facility with the firm Marcus & Millichap for the sale of the property and business. Each of the boards passed a resolution to list the property and a sale committee was made up of 2 members of each of MEDA board and the City Council.

Utility rates were a topic at the McIntosh City Council meeting in August. After discussion and a review of the financials, the Council voted unanimously to raise water and sewer rates starting in January of 2016. The last fee was also raised from 5% to 10% to match what it states in the City Ordinance.

There was a Heritage Homestead Picnic at the Gerald White farm in rural Winger, hosted by McIntosh Heritage and Arts Center. The picnic included a lunch, a tour of the grounds and all of the buildings, the White sisters performed and Gerald White gave a presentation about the farm and the Chapel which stands on the grounds. There was a silent auction as well.

Saturday, August 29th was Tractor Day in McIntosh. The day started off with a tractor parade down the Main Street

Looking back...
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WEM
Bingo for Books!

On Thursday, January 21st from 5:30 pm to 7:00 pm, the Win-E-Mac Literacy Committee will be hosting a Bingo for Books night at the Win-E-Mac School. This event welcomes families with kids from preschool to 6th grade.

Play bingo and win a book! All students who participate will receive a book by the end of the evening.

There will be a supper of BBQ's, chips, cookies and lemonade that will be served starting at 5:30 pm.

The Literacy Committee is looking for donations of any gently used books. You can drop them off in the box located at the WEM school office..

All students must be accompanied by an adult.

Please come out with your family and enjoy this fun-filled evening and win a book!

No flu for you? If you are feeling well, please donate blood

The VFW Auxiliary #6891 along with United Blood Services will hold a blood drive at the McIntosh Community Center on Thursday, January 21st from 11:00 am to 5:30 pm.

The community blood drive will aid in stocking hospital shelves with blood for this year's flu season.

During the fall and winter flu seasons, United Blood Services asks and encourages healthy people to keep their donation appointments since many regular donors find themselves fighting the flu buy themselves.

If you are feeling well, please consider a donation at the McIntosh Community Blood Drive. This is also a perfect time of year for "first time donors" to help patients who are counting on a volunteer like you to provide the lifesaving blood that they need. Your donation will make a difference for those who are fighting cancer, having a surgery or facing an emergency.

If you have receive the flu shot, there is no impact on

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

Give The Gift Of Life!

JANUARY IS NATIONAL VOLUNTEER BLOOD DONOR MONTH



The Win-E-Mac Quilters Guild has many members that make quilts for many different causes and organizations. Pictured here are: (l-r) Paula Swanson, Deb Winjum, Connie Strom, Lois Boehrnsen and Ilene Keirson.



August 2015: During the 1st Annual Heritage Garden Tour that took place on Saturday, August 8th, Eileen Ostenaar and her niece, Kay Roth, visited the many yards on the tour. One of the yards, belonging to Kilmer and Dianne Christopherson, just south of McIntosh, was the homestead farm of Eileen's husband Oliver.

WEM Quilters support local causes

What is more fun than doing what you love with your friends? The Win-E-Mac Quilters Guild does just that. They have some very busy members making quilt projects for different organizations in the area.

The four quilts pictured above went to Project Linus

Project Linus gives quilts to pediatric patients in various hospitals. The group has also donated smaller quilts to the Fosston Essentia Hospital. They are given to children who need to have surgery.

Another project the group is working on is "Fidget Quilts" for people with dementia. These will be delivered to McIntosh Senior Living.

Win-E-Mac Quilt Guild meets the second Thursday of the month at 9:00am at the McIntosh Community Center. New members are always welcome.

Community Calendar

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

Wed. Jan. 27: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Jan. 28: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Photo Journey with Franny @ McIntosh Community Center 6:30pm

Fri. Jan. 29: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Sat. Jan. 30: Quilts of Valor group @ McIntosh Community Center 9:00am

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

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

Did you know?

The American Red Cross, one of the most distinguished humanitarian organizations in the world, traces its history back to the 19th century.

In 1881, former American Civil War nurse Clara Barton and her circle of acquaintances founded the American Red Cross in Washington, D.C. That idea was inspired by a postwar visit Barton made to Europe, where she first encountered the International Red Cross.

Though many women did not work outside the home during Barton's era, the Massachusetts-born nurse would serve as the head of the American Red Cross for 23 years, during which time she aided the United States military in the Spanish-American War. Barton also successfully campaigned for including peacetime relief work as part of the global Red Cross mission.

Today, the American Red Cross continues to help millions of people in need.

Among the organization's many missions are helping Americans affected by natural disasters, supporting military personnel and their families, collecting blood for processing and distribution, providing health and safety education and training, and providing international relief



September 2015: Saying goodbye to Salem Church. Norris Syverson left town with the Salem Lutheran Church steeple in tow on Friday, September 11, 2015. He is relocating it to his rural McIntosh farm Norris also purchased the bell that once hung in this steeple at the auction that took place on August 29, 2015.

The County Line

By Warren Strandell
Polk County Commissioner, Dist. 2

I don't recall the name of the Minnesota Department of Corrections (DOC) official who said it, but I remember what he said. This was back in 2004 or early 2005, at the time when the County Board was deciding whether or not to build a new jail. The old jail facilities had been more than outgrown and the cost of housing prisoners elsewhere when they couldn't be accommodated in Crookston had gone through the roof.

County Boards are typically very reluctant to approve any plan to spend a lot of money, so the decision of whether or not to proceed with construction, which would require taking on a huge chunk of debt, was not an easy one.

The DOC quote

The statement by the DOC official (as I remember it) was this: "The cost of housing prisoners in other jails will likely exceed the cost of bond payments less than halfway through the repayment period."

A few months later with no other option that made sense, the County Board sold \$17.5 million in general obligation bonds to finance the project. Construction of a new 225-bed jail — along with the adjoining Polk County Justice Center that houses the county's court system — started in September 2005.

(Side note: The \$8 million cost of the Justice Center portion of the \$25.5 million total project was paid for in cash that the County Board had accumulated over several years in anticipation of some needed future major building project.)

The Northwest Regional Corrections Center (NWRCC) jail, which is operated by the Tri-County Community Corrections (TCCC) organization of Polk, Norman and Red Lake counties, opened in February 2008.

Almost paid the bill

In the last couple of years, the collection of per diem payments from other government units that house some of their prisoners in the jail has almost paid for the total cost of bond payments.

And, no money has been spent to house local prisoners in other facilities because there wasn't room for them at the NWRCC. The cost of housing prisoners elsewhere in 2007 — the last year of operations in the old facilities — had ballooned to over \$430,000 a year when the expense of transportation to other jails by Sheriff's Department deputies was included.

All of this more than justifies the decision to build, especially since the now 8-year-old facility should have another 30-plus years of life even after the bonds are retired in 2026.

A little hiccup

Things have been good... except for what is now likely just a little hiccup caused by a slight increase in the number of "local" inmates, especially those from Polk County.

The Polk County Attorney's office does not practice "catch

and release" in its dealings with criminals. Law enforcement officers in some other counties have been known to be quite unhappy when the subjects of their arrests are quickly back on the streets. That's not often the case in Polk but the practice of putting suspects from the three partner counties in jail does take away some of the beds that could be rented out to other jurisdictions. This cuts into the revenue picture.

The December jail population including per diem-paying guests, averaged 184.5 inmates a day of which 149.16 were male and 35.39 were female. With staffing set for and licensing limited to a 200-bed operation, a population of 185 is about the maximum when considerations are made for prisoner separation requirements and other factors.

Per diem income during December totaled just over \$97,000. That's a number that is about \$3,000 under budget. This is the hiccup mentioned earlier... but it is liable to be only a hiccup because jail numbers fluctuate and the current crop is likely but a blip in time.

Overall, things are good. The situation is a far cry from what the county was facing back in 2004 when that DOC official offered his thought.

Thoughts for the day:

No one would ever have crossed the ocean if they could have gotten off the ship in the storm. — Ketterling

Don't name a pig that you plan to eat. — Wisdom From the Seat of an Old Tractor

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

Recipe Corner

With complaints of congestions, headache, sinus pressure and more, chicken soup will give you or your loved one something to combat a cold.

Not only that, but eating well will also fortify the healthy individuals in the house to help with fighting the bug off.

Chicken soup is a long-time standard home remedy in many households.

So, next time the cold bug hits your home, try this chicken soup recipe to help with symptoms, or try it just to chase the winter blues away.

Creamy Chicken Noodle Soup

- 2 cups dry medium egg noodles
- 1 lb boneless skinless chicken breasts
- 1 1/2 Tbsp olive oil
- 1 1/2 cups chopped yellow onion (1 medium)
- 1 1/3 cups chopped carrots (3 carrots)

Is chicken soup the ultimate cold medicine?

There are many treatments for the common cold. Perhaps no solution is more utilized than a hot bowl of chicken soup. People have chased away chills and sniffles with rich broth and savory vegetables for centuries. But is chicken soup really the miracle medicine upon which so many rely?

Chicken soup has long been touted for its ability to treat a cold. As far back as the 12th century, Jewish philosopher and physician Maimonides recommended it for colds. Although it would seem that chicken soup being good for colds is simply an old wives' tale, there is really something substantial to the claims.

Any hot liquid or beverage can soothe throats that are sore from coughing or a postnasal drip from colds.

Liquids in any form can help prevent dehydration and slow down runny noses, which exacerbate congestion and sinus pain. In 1978, researchers published a study in the journal Chest stated that sipping chicken soup or even just hot water could help clear clogged nasal passages.

Another benefit to chicken soup is its nutritional value. Most recipes for chicken soup include many different vegetables -- from carrots to celery to leeks to even leafy greens, like spinach.

The inclusion of the vegetables helps increase the nutritional value of the soup, particularly the antioxidants in the meal. Antioxidants, such as vitamins and minerals in produce, can help improve the immune system response of the body.

According to WebMD, adding fruit and vegetables of any kind to your diet will improve your health. Some foods are higher in antioxidants than

others. The three major antioxidant vitamins are beta-carotene, vitamin C and vitamin E. You'll find them in colorful fruits and vegetables -- especially those with purple, blue, red, orange, and yellow hues. Therefore, be sure to add these colors to your cold-fighting soup.

Additional studies have shown that chicken soup is a great cold reliever. In 2000, researchers at the University of Nebraska exposed neutrophils, white blood cells that fight infections, but also may cause inflammation, to diluted chicken broth.

These cells slowed their movement, which would help reduce some symptoms of colds. Although a family recipe was used for the study, other soups were tested, and most store-purchased chicken soups worked the same way.

The majority of the symptoms from colds are caused not by the cold virus itself, but by the body's response and fight against the invading virus. Many of these effects, like clogged noses and headaches, are some sort of inflammation. Therefore any food that can reduce inflammation may have cold-fighting benefits as well.

Although chicken soup may not eliminate all cold symptoms, it has enough beneficial properties to alleviate many complaints from colds.



- 1 1/3 cups chopped celery (3 stalks)
- 3 cloves garlic, minced
- 2 (14.5 oz) cans low-sodium chicken broth
- 3 Tbsp chopped fresh parsley
- 2 bay leaves
- Salt and freshly ground black pepper, to taste
- 1/4 cup butter
- 1/4 cup + 2 Tbsp all-purpose flour
- 2 1/2 cups milk
- 1/3 cup heavy cream
- Prepare noodles according to directions listed on package (note that you want the noodles to finish about the same time the soup is nearly finished cooking) and drain.
- In a large pot, heat 1 1/2 Tbsp olive oil over medium heat.
- Add onion, carrot and celery and saute until tender, about 3 - 4 minutes, then add garlic and saute 1 minute longer. Add chicken broth, parsley, bay leaves and season with salt and pepper to taste.
- Add chicken breasts and bring soup to a boil over medium-high heat. Reduce heat to medium, cover with lid and allow soup to cook until chicken has cooked through,

about 10 - 15 minutes longer (cook time will vary depending on thickness of chicken breasts).

Remove chicken and allow to rest for 5 minutes, then shred into small bite size pieces.

Melt butter in a medium saucepan over medium heat, add flour and cook, stirring constantly, 1 1/2 minutes.

While whisking slowly add in milk and whisk vigorously to smooth lumps (it will take a lot of whisking to smooth since this is a lighter roux - lesser ratio of butter to flour).

Whisk in cream and bring mixture to a boil, stirring constantly. Pour milk mixture into soup mixture and return chicken to soup along with cooked noodles and stir.

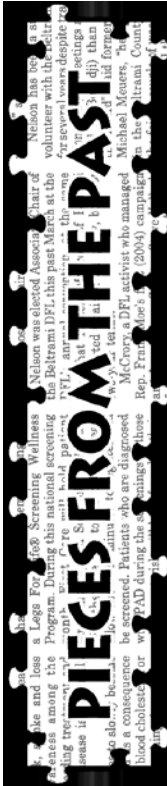
Serve warm with fresh bread or crackers if desired.

If using thicker breasts, slice in half through thickness of breasts so they cook faster and more evenly.

Recipe Source: Cooking Classy



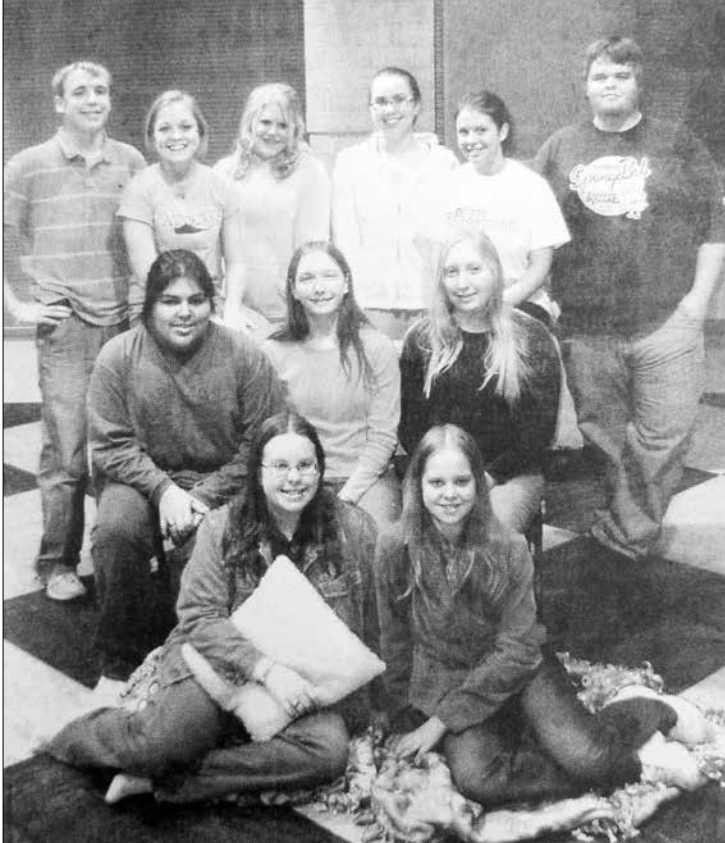
40 years ago...1976: Art Helgeson, Bejou and Paul Roux, McIntosh, are the carpenters who are remodeling the Old Grilla Cafe, Winger, into the Moran's Supper Club, which should be ready for dining room and service bar business by the first week in February. The work on the Bar room will take a few days longer. A paint sprayer, wallpaper hanger and carpet layer will finish the dining room work this week. Mr. Moran is in the background.



30 years ago...1986: The Agricultural Stabilization and Conservation Service office in McIntosh held an open house on Friday afternoon, January 24th to honor Bernice Grundyson on her retirement. Bernice has worked with A.S.C.S. since 1965. She looks forward to an active retirement. Congratulations and best wishes, Bernice!



20 years ago...1996: (R-L) Garnet Aanenson grates the potatoes in the electric blender and Bernice Smith mixes the grated potatoes with seasoning and flour to make the dough for the potato klub. Many volunteers assisted with the preparation and serving of the noon fundraiser at the McIntosh Meal Site.



10 years ago...2006: The cast and crew of the One Act Play titled "Collage", a play about the feelings of high school students, pose for a picture during a recent rehearsal. This group of thespians will be performing at the One Act Play competition in Oklee on Friday, January 27th at 4:30 pm. Pictured here are: (back row) Casey Nornes, Lisa Buchholz, Cassey Hyde, Alyssa Tranby, Nicole Gieseke and Jacob Hertwig. (middle row) Taylor Klinke, Elisabeth Jorde and Rachel Jorde. (front row) Marissa McWilliams and MarJenna McWilliams.

Regional Ag News Jim Stordahl, Extension Educator

Transplanting Houseplants

The dead of winter is a good time for evaluating houseplants. One of the most common problems is overgrowth to the point in which the plant becomes potbound. The condition of being potbound is to a houseplant what your tummy feels after Thanksgiving dinner.

There are several factors that indicate if a plant is potbound. First of all, if the plant requires watering once every 24 hours even during periods of cool temperatures, we can assume that it needs repotting. Roots growing through the drainage holes of the pot are a sign that it is filled with roots. If you suspect that a plant may be potbound, tap it out of the pot to examine the soil ball. If it stands alone or has roots circling around the edge of the pot, the plant needs repotting.

If a plant is not growing or blooming well but is not potbound, look for other factors such as light, watering or temperature. In these cases, repotting will probably not correct the problem. There are some plants, amaryllis and Christmas cactus for example, that

thrive when potbound.

When transplanting, select a container that is only an inch or two larger than the one you are moving the plant from. The temptation is to transplant the plant into a container that is considerably larger so that you will not have to transplant again soon. But, the plant will appear out of proportion in the pot and the likelihood of overwatering will be greater.

Be sure the pot has provisions for drainage. If you are using a container without drainage holes, consider double potting the plant by first planting it into a plastic or clay pot with drainage holes and then placing it inside a decorative container. To prevent soil from washing out the drainage holes, cover the holes with irregularly shaped pebbles, pieces of broken clay pot, or paper coffee filters. Do not, however, add a layer of clay pot shard or pebbles because they may actually slow the movement of water through the pot.

Avoid using garden soil in pots for houseplants as it does not drain well and may carry with it disease and pest problems. If you have only a few

plants to transplant, purchase a good quality potting mixture. There are many soilless potting mixtures available that work well, although they may require more frequent watering and demand regular application of a houseplant fertilizer. Do not use peat moss alone as a potting medium as it is too light weight to properly anchor the plant and does not drain well, making it easy to overwater the plant.

When transplanting, put enough fresh moist potting mixture in the bottom of the container so that you can position the plant at the same depth it was in the old pot. After removing the plant from the old pot, carefully roll the old surface soil off the root ball using the heel of your hand. Inspect the root ball and remove any broken or rotted roots and those excess roots that may have been encircling the bottom of the pot. Gently loosen compacted roots around the edge of the root ball.

After the root ball is prepared, place the plant in the new container on the layer of potting mixture you have provided. Carefully firm more

potting mixture around the edges to fill the space between the root ball and the container wall. Newly potted plants should be watered immediately to settle the potting mixture and to eliminate any air pockets that may occur. Add a little more potting mixture if necessary after settling has occurred. Do not expose the plant to direct sunlight for a period of two or three days.

A general rule to follow is to fertilize every two weeks from March through September with a water soluble fertilizer at one-half the label rate. Houseplants should be fertilized only when they are actively growing, so they should not be fertilized during the winter months when they are semi-dormant. An exception would be houseplants grown under artificial lights which may need fertilization year around. If a soil-based potting mixture was used, the plant should not need fertilizing for 3 to 4 months.

For more information, contact me at 800-450-2465 or stordahl@umn.edu Source: Carl Hoffman, former Extension Educator in Stearns County.

Random Things and Stuff



The First Week of College

By: Emily L. Ferden

The first week of a new semester in college can be a lot to handle for many students. If it is your first time taking any college classes, it can be even more overwhelming.

I have already had 6 semesters of college, and the first week of each of them have had their own fills of ups and downs. However, this semester was my first week as a BSN-RN student. Let's just say, this was the most overwhelming, emotional, hardest I have ever had to work in the first week experience.

So, I decided that I would write an article, particularly aimed towards students who are looking towards going for their 4 year RN degree and a little "surviving the first week in the program". Before getting accepted into the nursing program, I also recommend taking as many courses as you can in high school that would go towards your degree. This will save you a lot of time and a lot of money.

Here is my advice to surviving the first week as a 4-year RN student:

1. Make sure to order your books way ahead of time! With nursing books, you want to purchase all of them because you will need them in your future classes as well. The bookstore can often get very busy with how many orders they need to fill, so I recommend that as soon as the list for books comes out, order them.

2. Be very organized! As soon as the schedules and syllabi come out, plug them into your planner/calendars. This will help you to stay on top of assignments and know what you need to get done each week.

3. Have a routine sleep schedule! It was definitely hard for me this week having to get up and go to 8am classes. What helps is to have a normal sleep schedule where you give yourself at least 7-8 hours of sleep a night. You also have to take into account if you are going to commute to college, the time it takes in the winter to warm up your car and the traffic at those hours. This will help you to feel more rested for class, and when

WEM School Menu

Mon. Jan. 18: Breakfast: Assorted Cereal, Breakfast Bites, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk **Lunch:** Taco Salad (lettuce, cheese, bl. olives, tomatoes, salsa, sour cream), Red Peppers, Refried Beans, Fruit Choice, Milk Choice

Tues. Jan. 19: Breakfast: Assorted Cereal, French Toast Sticks, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk **Lunch:** Baked Pork Chop, Baby Bakers, Glazed Carrots, Dinner Roll, Pudding w/topping, Fruit Choice, Milk Choice

Wed. Jan. 20: Breakfast: Assorted Cereal, Breakfast Sandwich, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk **Lunch:** Hamburger Gravy, Mashed Potatoes, Broccoli, Whole Wheat Bread, Pumpkin Bar, Fruit Choice, Milk Choice

Thur. Jan. 21: Breakfast: Assorted Cereal, Breakfast Pizza, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk **Lunch:** Pork Riblett on Bun, Seasoned Fries, Baked Beans, Fresh Vegetables, Fruit Choice, Milk Choice

Fri. Jan. 22: Breakfast: Assorted Cereal, Sweet Roll, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk **Lunch:** Pizza, Corn, Carrots & Celery, Granola Bar, Fruit Choice, Milk Choice

you have to pull the occasional late-nighter, it won't feel as bad.

4. Get items ready the night before! Knowing you have early classes, it is often easy to forget items when you are in a hurry that early in the morning. It is a good idea to set out the clothes you plan to wear the next day, saving time in the morning as you are getting ready. It is also a good idea to pack up your backpack with all of the items you will need for the next day, so you can make sure you have everything in order.

5. Eat 3 square meals and drink plenty of water! It is often hard to get up early and get yourself to eat a good breakfast. Even with it being early, you do need to try to eat a good breakfast that will help you to stay focused the rest of the day. Also, it is also a good idea to pack a granola bar or other snacks because some classes run 2-4 hours long with minimal breaks. Bring a water bottle with you, and be sure to stay hydrated.

6. Dress appropriately. Each class, you will probably have a lab assigned. In this lab, the class will have a clothing policy. Make sure before class starts, that you have all the proper attire to attend the class or lab.

7. Put the time in! Even though it is the first week, don't think that you won't get started hitting the ground running. This is an intense program, and every bit of time counts. The first week, you will have 5 chapters in almost every class to read, on top of lab work, on top of assignments, on top of online activities, and on top of actually living outside of class. This is a lot to get thrown into right away! Make sure that you are able to put the time in to study, which is a recommended 1hr per credit per class. So if you have a 4 credit class two times a week, you should be spending at least 8 hours of study just that one class a week.

8. Do not procrastinate! There are so many assignments that readings that are designed so that you do not do them the night before. You need to be able to set aside specific times that you will be able to read and study and put the time needed into doing these readings and assignments.

9. Stay positive! It is going to be a lot....you are going to feel like you are ready to give up and switch majors. You are going to doubt your choice to be a nurse. But, you can get through it. Stay focused on your goal, and keep looking at the positives throughout each course. These are what are gearing you up to go out and care for others efficiently.

10. Have fun! These next couple years are going to be a whirlwind of emotions. Don't let some of the harder aspects of school keep you from having a good time. You are going to become friends with a whole new group of students who are going through the same thing as you. They are going to become like a family to you. You get to keep pushing each other to succeed and put the time in studying. Who knows, maybe one of them will be caring for your loved ones one day.

"I attribute my success to this - I never gave or took any excuse."

— Florence Nightingale



College News

The University of Minnesota Duluth (UMD) had announced their Dean's List for Fall Semester 2015. Kaysee Mandt, from McIntosh, a Freshman at UMD achieved a grade point average of 3.5 or higher and was named to the Dean's List.

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!

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

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

Beware of scams targeting computer owners

By the Office of Minnesota Attorney General Lori Swanson

By some estimates, over 85 percent of Americans have a computer in their home. Many computer users do not have the technical know-how to fix their computers when they break or jam. Scammers—many from other countries—continue to seek to exploit these two facts.

“Tech Support” Scams. Tech support scammers make unsolicited phone calls in which they pretend to be a technician for a reputable, well-known computer or software company. The caller claims your computer has been hacked or infected with a virus.

The scam artist may say that your device will crash or that hackers will steal your information if the issue is not immediately resolved.

They do this to get you to act quickly, without researching the caller. The scam artist may ask you to open a program on your computer that logs various activities, such as error and warning messages. While these entries may ap-

Looking back...

Continued from page 1 ... of town with many vintage tractors to admire. After the parade the tractors lined up at Erickson Park for a closer look. There was also a car show that took place at the Park. A big turnout for the kiddie tractor pull that was hosted by the Polar Beach Snowmobile Club, and took place in front of the Fire Station had kids of all ages testing their strength on a peddle pull tractor. At 1:00 pm at the old McIntosh School football field, there was a tractor pull with many local enthusiasts participating. The day was in remembrance of Rueben Brekke, a longtime owner and lover of all tractors.

Salem Church in McIntosh also held an auction on August 29th, where sadly, the church auctioned it's contents in preparation for it coming down.

September: Win-E-Mac kicked off the new school year with an Open House. The star of the show was the new Art and Events Center that was built throughout the previous school year and over the summer. The addition features a new stage and a multi-purpose gym with a convertible seating area. There are new locker rooms and a new fitness area that is open for use, on a fee basis, to community members as well as students at the school. Along with the new addition, several improvements were made to the Industrial Arts classroom with some repurposing of rooms for the FAC's class and the band and choir areas.

The 4th graders at Win-E-Mac headed out to the Vesledahl farm to pick corn, that the students at school had for lunch the following day.

On Friday, September 11th, the Salem Church steeple came down. Norris Syverson, who had purchased the steeple bell at the auction in August, also took the steeple to his farm in rural McIntosh, where it stands on a hilltop.

Craft and Market Day, hosted by the McIntosh Community Club was a busy day in town. The weather was great and there were crowds of people who shopped the streets of town, as well as vendor's at the Community Center and Fire Hall. As always, the Pie and Coffee Social at the Fire Hall was filled with friends and neighbors laughing and visiting.

Former Minnesota Viking Tommy Kramer mad a stop in McIntosh. The Club Bar and

pear alarming at first glance, they are usually harmless notations that occur during the normal operation of your computer.

After convincing you there is a problem, the scammer claims he can repair your device remotely for a fee.

Unsuspecting people may then give the scam artist their credit card or bank account information and remote access to the computer. This is where the trouble begins.

The scammer may use the remote access to perform fake “repairs” or install software that is available for free through other sources. The scammer does this to justify the bogus fee.

Other times, scam artists install malware or viruses, which allow them to secretly steal information stored on the computer.

Either way, the end result is this: your device is less secure and the scam artist charges you hundreds or thousands of dollars for services that were unnecessary and useless. “Ransomware” Scams. If

Grill hosted a meet and greet with Tommy. He was available to sign autographs and pose for pictures with all his fans who stopped in to see him.

The Win-E-Mac Early Childhood Education group had a great time during the Annual Pumpkin Patch trip to the Voxland farm just north of McIntosh. The children and their parents were able to ride the bus from Win-E-Mac school out to the farm, where they listened to a story, walked through the woods, and finally had the chance to run down the big hill to the pumpkin patch, where they picked out the best pumpkin they could find to take home.

Homecoming week at Win-E-Mac started out at the end of September.

WEM School Announcements

Prom sign-up forms are available in Mrs. Winter's room. All couples must sign-up ahead of time. WEM seniors and juniors are invited to attend the prom with a guest who is a sophomore or older in or out of school but no older than 20 years of age. Prom will be held May 7th.

Win-E-Mac Community Education Rising Stars Dance Show will be held on Sunday, January 31st at 2:00 PM at the Win-E-Mac Art & Events Center. Admission to the show will be \$1.00 for students and \$2.00 for adults with proceeds going to Win-E-Mac Community Education.

WEM Open Enrollment Win-E-Mac 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 a 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, 2016.

This gives the districts time to plan for the student needs.

you are on the Internet, you may receive an unexpected pop-up message that freezes access to your computer. The message will ask you to call a telephone number or follow other instructions to un-jam your computer.

If you call, you will be asked to pay the scam artist a fee to unfreeze your computer. In other words, the scammer who jammed your computer asks you to pay him money to un-jam it.

Paying him money will usually result in requests for even more money.

How to Avoid these Scams.

• If you receive a call from someone who offers technical support, or claims your computer has been hacked or infected with a virus, hang up.

• If you need help with your computer, call the manufacturer or software company at the phone number given to you when you bought the product, or take it to a local company.

• Never give an unknown party remote access to your device.

• If your computer does not have security software, install anti virus, anti spyware and anti malware software on your computer. Keep this software up to date.

• Make sure your device's firewall and pop-up blocker are turned on. This will help prevent intrusions and unsafe pop-ups. Turn off your computer when not in use.

• Do not download software from unknown sources or “click” open links, attachments, or images in unsolicited emails, text messages, or pop up messages.

For more information tech support scams or consumer issues, contact the Office of Minnesota Attorney General Lori Swanson as follows:

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Win-E-Mac Community Education Rising Stars Dance Show



The Rising Stars Dance Show will be held on **Sunday, January 31st** at 2:00 PM at the **Win-E-Mac Art & Events Center**. Admission to the show will be \$1.00 for students and \$2.00 for adults with proceeds going to Win-E-Mac Community Education.

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NATIONAL GET ORGANIZED MONTH

Scrapbooks can help document your year

Many interesting and special events take place during the course of a typical year. While the trend is to share photos and anecdotes via social media, these memories tend to be forgotten soon after they are posted.

Rather than relegate birthdays, holidays, school milestones, and other such yearly events to the black hole of cyberspace, crafty men, women and children may want to display them in more prominent ways.

Scrapbooking is a popular hobby that can help people document various events over the course of the year.

But scrapbooking can be much more than that as well. Scrapbooks can serve as valuable resources that speak to the way life once was.

Such traditions are not new. Books highlighting family memorabilia, such as recipes, poems, letters, and illustrations, were popular in England as early as the 15th century. Even school yearbooks are a type of scrapbook, highlighting students and events in a single convenient book.

The reasons for scrapbooking are the same today as they once were.

Scrapbooks preserve memories, record family stories and pass down information through generations. Scrapbooks can even be customized in any manner their creators desire.

For those who have resolved to devote more time to documenting happy times and special events in the year ahead, scrapbooking is a great way to do just that.

Here's how to make the process creative and successful.

• *Devote a box to "scraps."* At the beginning of the year, set aside a medium-sized box, such as a shoebox, that can store various items you want to include in your scrapbook. These may include ticket stubs, receipts, brochures from trips, or any other items you deem worth saving.

• *Make time to scrapbook.* Set aside a few days each month to go through collected items and organize them so you have an idea of what will be included on your pages. Every event may not make the final cut, but that's up to you.

• *Indulge in some craft-store shopping.* Not everyone has the time to design each scrapbook page from scratch. Fortunately, there are numerous pre-designed templates or slip-in pages that require little work on the part of scrapbookers.

• *Use your own handwriting.* Handwritten sentiments can make the scrapbook even more meaningful.

• *Don't overload with photos.* Let one or two photos on a page best convey the emotions and

stories. Create balance with white space, text and other accents.

• *Categorize your photos.* Disorganized photos can make scrapbook creation more challenging and ultimately frustrating. Organize your photos by month and rely on cloud-based photo storage systems to keep them safe. Then, when you need them, you can print only those images you want to include in your book.

• *Have fun with the process.* You have the entire year to create a beautiful scrapbook. Take your time and experiment with different ideas

Scrapbooking ideas for beginners

Books: A lot of scrapbookers like to have one full scrapbook that goes over a certain theme. This theme could be anything. Remember back in the day when your mom would show your “baby book” to all of your friends an embarrassed you? Well, that scrapbook had one full theme: babies.

If you choose to make a full scrapbook with one theme, pick out a theme where you can fill the entire book – all the pages. If you pick a “hiking” theme, but you don't go hiking often, then it may be hard to fill a full book and it may be better to choose a them of “out door adventures”. That way you can put any picture that you take outdoors into it, and you're likely to fill the scrapbook with no problem

Designs: If you pick one theme to run with for the book, dress up the front and back of your scrapbook with items that relate to them. If you choose to do a baby book, consider choosing a color for the book that matches the colors you dress your baby in.Be creative. If you are doing a scrapbook for your son and you dress him in blue and green often, choose those colors throughout the book.

For extra flair you can even take some of his old clothes, cut out shapes and designs, and use those on the pages inside the book. That what this book is completely customized for him using his colors and even some of his old clothes.

Topics: Finding a topic is pretty easy. When you look around your home and your daily activities you can brainstorm a lot of ideas. I'm sure you have some really close friends. Maybe there is a place your family went to every year, or every few years on vacation.

Here is just a small list of topics that you can choose from: Best friends; Cousins you love; Mom and dad; Babies; Fun times at the lake; Hiking; Outdoor adventures; Trying new foods; Travelling around your state; Travelling to other countries; or Driving in your old car.

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