



McINTOSH

Since 1888

\$1.00

Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Despite the ups-and-downs, we hope that 2021 has been a successful year for you and your family. The McIntosh Times and Richards Publishing look forward to bringing you the news of the New Year and thank you for your business.

NEW YEAR'S

RESOLUTION WEEK

JANUARY 1-7

The benefits of making New Year's resolutions

The end of December is a busy time of year. Families are shopping for gifts for loved ones and friends, holiday celebrations are in full swing and thoughts begin to turn to the new year ahead.

At the stroke of midnight on New Year's Eve, it is customary to sip a glass of champagne and toast to the new year. Many people use the dawn of a new year as a time to create a list of resolutions that reflect positive changes they hope to make in the year ahead.

Between 40 and 45 percent of American adults make resolutions each year, according to the health and wellness group Proactive Mindfulness. According to John C. Norcross, Marci S. Mrykalo and Matthew D. Blagys, coauthors of the study "Auld Lang Syne:

Success predictors, change processes, and self-reported outcomes of New Year's resolvers and nonresolvers," within six months of starting a resolution 46 percent of people are still maintaining their resolutions.

Resolutions may seem silly to some, but there are several positive reasons to make them.

Resolutions provide practice setting goals. Goal-setting is an important component of life. Goals are key because they provide general direction in life. A goal is a map that can give you an idea of where you are heading and what path you need to take to get there, according to the self-improvement guide Success Consciousness. Resolutions can be fun, low-pressure goals. Think of them as dress rehearsals for bigger life changes.

Resolutions offer time for reflection. Too often people are rushing through daily life without stopping or slowing down to truly assess the impact of their actions. Resolutions help you reflect on the past, present and future, figuring out what has been working and what may need to be changed to provide a boost, according to the wellness resource Alternative Daily.

Resolutions can serve as a catalyst for positive change. When something isn't working with your routine, personal health or relationships, resolutions can serve as the catalyst that ultimately rights the ship.

Resolutions can promote self-esteem and empowerment. Making resolutions and keeping them can provide a sense of accomplishment that comes with goal-setting and following through. Resolving to lose five pounds and then seeing the proof on a scale can be a powerful motivator that compels you to make other self-improvements. Accomplishing small goals also can boost self-esteem.

Resolutions are often made at the dawn of a new year. These efforts can provide the motivation and direction people need to make positive changes in their lives.



Logan Kringlen was the winner of a new sled during the McIntosh Community Club's Santa Day.

Santa Day winners in Mac

- The winner's of the drawings for the McIntosh Community Club Santa Day event were:
- 18 Pack of Snickers:** Lily Handyside, Aubrey Wang, Aubrey Gunufson, Jens Stordahl, Asher Plante, Paisley Kildal, Hensley Chaput, Greyson Simonson, Easten Lee, Dawson Gunufson, Alex Kildal, and Tristan Randklev.
 - 18 Pack of Resses's:** Wyatt Lee
 - 18 Pack of Hershey Bar:** Sophia Berdogen, and Sophia Grande.
 - Sled:** Logan Kringlen, Avery Ness, Sydee Oversaad, and Peyton Schow.
 - Saucer Sled:** Autumn Plante.
- Thank you to Jered's Grocery for sponsoring the prizes for this event. Please stop in and say Thank You to Jered.



Looks like there were a lot of elves hanging around the Win-E-Mac Kindergarten doorway as the Win-E-Mac Elementary classrooms decorated for the holiday season.



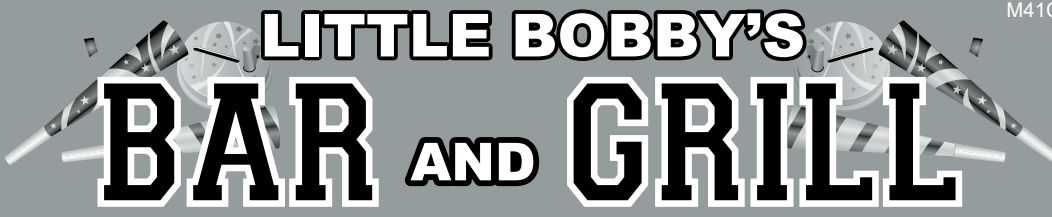
A new saucer sled for Autumn Plante during Santa Day held at the McIntosh Community Center on Saturday, December 18th.



The Win-E-Mac 3rd graders had their classroom doors adorned with snowmen and a blizzard of snowflakes, along with Santa Claus hanging around.



Jens Stordahl was one of the kids who won a prize during Santa Day in McIntosh. Santa was pretty happy to see that Jens was a winner.



LITTLE BOBBY'S BAR AND GRILL

295 Cleveland Ave, McIntosh, MN • 218-563-3008

Dear friends, please join me as we celebrate the end of 2021. This year has been a difficult one for so many people but if we help and support each other, 2022 will be a great year! Please come and enjoy good food, good company, and good music December 31st. ~ Little Bobby

MENU
A complimentary glass of house wine or fountain pop will be served with each meal. Children have their own menu and those under 12 years eat free.

Taco plate.....\$8.00
Red Lake Walleye, potatoes, cold slaw & dessert.....\$18.00
Neil's Steak, potatoes, salad, roll and dessert.....\$20.00
Combo meal: Walleye & Steak.....\$27.00

Dinner will be served from 5PM to 7:30PM. Reservations are not required but if you plan on bringing a large group, please call 218-563-3008 so we can set up tables to accommodate your group.

Honkey-Tonk Troubadours will play 4PM-8PM. Karaoke 8PM to close.
Complimentary desserts will be served all night as a "Thank You". Sober rides for home provided.

HOURS AT LITTLE BOBBY'S:
Monday and Tuesday open at 3PM, Wednesday to Sunday open at 10 AM.
Coffee and goodies in the AM with lunch specials.

Self-improvement strategies to make resolutions a reality

Self-improvement is at the heart of the majority of New Year's resolutions. Individuals resolving to read more or live a more active lifestyle or travel are all attempting better themselves.

Resolutions can be hard to keep, as the hectic pace of daily life can make it hard to find time for new activities. Individuals who want to see their resolutions through to the end can try utilizing various self-improvement strategies to help them achieve their goals.

Share your goals with others whom you respect. Resolutions may involve intensely personal goals, but sharing those goals with people you respect can have a profound effect on your ability to achieve them. A recent study from researchers at The Ohio State University examined the effects of sharing target goals with others. In the study, which was published in the Journal of Applied Psychol-



ogy, 171 undergraduates were asked to move a slider on a computer to the number 50 as many times as they could within a given time frame. After doing this, they were asked to do it again but this time they were asked to set a specific goal regarding how many times they could do it within the allotted time. Someone identified as a "lab assistant" then went to check on their goals, but the assistants were presented differently to different groups, and one group was not checked on at all. One assistant was well-dressed and introduced as a doctoral student, while the other was casually dressed and

identified as a community college student.

Researchers found that those who shared their goals with the doctoral level assistant reported feeling more committed to their goal and in fact performed better than participants in the other groups. Researchers concluded that individuals who share their goals with people they respect are more likely to commit to those goals than people who keep their goals to themselves.

Start small, but don't stay small. Setting small goals may not make individuals feel like they're en route to the dramatic changes they feel they need. However, research indicates that incremental goals can provide the early motivation people need to achieve larger goals. However, researchers at Peking University in China discovered that, while incremental goals helped people make more early progress, that progress waned if they did not eventually transition to their larger goals. Individuals can use their early successes to instill the confidence that makes them believe they can achieve their larger goals.

Change your perception of setbacks. Many a New Year's resolution has fallen by the wayside due to setbacks. For example, someone who aspires to lose 20 lbs. may be trying to lose one pound per week for 20 weeks running. If an individual fails to lose that pound in a given week or even gains weight, that setback may compel that person to abandon the larger goal. But instead of seeing and even accepting that



Paisley Kildal was one of the kids who won a tasty prize during Santa Claus Day held in McIntosh on Saturday, December 18th.



Santa Claus Day drawing winner Tristin Randclev with his 12 days of Pringles prize.

Program supported by Essentia Health reaches major milestone

A collaborative effort between Essentia Health and several other local and statewide organizations has reached a big milestone — 1,000 referrals. The program is called Resourceful.

The goal is to make it easy for people facing social needs — and those who help others — to find and make referrals to appropriate programs and services for food, shelter, health care, work, financial assistance and more.

"This program has connected so many of those in need with much-needed assistance," said Emily Kuenstler, Essentia Health's community health director.

"We are very proud of what has been accomplished with all of our partners on this project to help lift up our communities and provide assistance to some of our most vulnerable community members."

The milestone was reached this week. The program was launched in April, with the first referral coming in August.

Food access through Hunger Solutions Minnesota, Great Plains Food Bank and the Fargo/Moorhead Emergency Food Pantry, as well as Youthworks drop-in services and behavioral health help through Lake Country Associates were among the programs where the most referrals were made.

"We are so energized by the community partnership that has made Resourceful possible and grateful any time we can make it even easier for those we serve throughout North Dakota and Clay County, Minnesota, to get the food assistance they need," Great Plains Food Bank Ending Hunger 2.0 Impact Manager Taylor Syverson said. "This is an exciting milestone for the program

and a great sign that this was adding a resource where one was needed."

Some of the most sought-after services through Resourceful were food access, benefits assistance, behavioral health needs and housing.

The program connects people to services in North Dakota, Minnesota and Wisconsin. Funding for this project is supported by Blue Cross Blue Shield of Minnesota and UCare.

Resourceful is a collaborative effort between Essentia Health, Wilderness Health, Generations Health Care Initiatives and United Way of Cass and Clay County, who have partnered with Find Help, formerly known as Aunt Bertha, to provide this free online platform.

Visit the Resourceful website at <https://resourceful.auntbertha.com/> to learn more.

AFFIDAVITS OF CANDIDACY

Filing for open Lessor Township positions begins December 28, 2021 and closes on January 11, 2022.

Open positions up for election include:

- Treasurer (2 year term) and
- Supervisor (3 year term)

Contact Lessor Township Clerk for more information.

Albert Plante
Lessor Township Clerk

setback as a sign of failure, individuals should see it was a learning experience that can ultimately help them achieve their larger goal. In the weight loss scenario, individuals who fail to lose a pound in a given week can examine their habits over the previous seven days. Identifying why an incremental goal was not achieved can reassure individuals that they will know how to avoid those same pitfalls in the future.

Self-improvement strategies can help individuals making New Year's resolutions see those resolutions through to their successful conclusion.

Thank You

The McIntosh Community Club would like to thank all who joined us for Santa Claus Day on December 18th. Thank you to Jered's Grocery for sponsorship of prizes for giveaways! We also would like to thank Anne Schow from Annie's Garden for the goodies, Susan Lee for stories and music, and especially Santa for making a trip to McIntosh before his busy night! Congratulations to all of the prize winners!

New Years Eve at

Ness Cafe

Friday, Dec. 31

Serving will start at 4:00 pm

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- Prime Rib
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- Walleye
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Check Out Our Website: thenesscafe.com

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Community Birthday and Anniversary Calendar

Wed. Dec. 29:
Preston Calrson, De-
lores Longtin

Thurs. Dec. 30:
*Rudy & Kathy
Finseth

Fri. Dec. 31:
*Bryce & Andrea
Stordahl

Sat. Jan. 1: Katie Chaput, Lorraine Lee

Tues. Jan. 4: Amanda Shultz, Henry Rominski

McINTOSH Times

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"Serving the Win-E-Mac area"

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LSS
Meals Menu
687-2262

Mon. Jan. 3: Chicken Chow Mein over Rice & Chow Mein Noodles - Oriental Vegetables - Mandarin Oranges - Vanilla Pudding w/Whipped Topping - Milk

Tues. Jan. 4: Spaghetti w/ Meat Sauce - Green Beans - Pineapple Tidbits - Garlic Toast - Molasses Cookies - Milk

Wed Jan. 5: Chicken Gravy over Mashed Potatoes - Peas & Carrots - Wheat Bread - Fruit Crisp - Milk

Thurs. Jan. 6: Pork Loin - Mashed Potatoes & Gravy - Broccoli - Bread - Lemon Bars - Milk

Fri. Jan. 7: Meatloaf - Baked Potatoes - Squash - Bread - Gingerbread w/ Whipped Topping - Milk



CHURCH DIRECTORY

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

Sun. Jan. 2: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. Jan. 9: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Interim Pastor Keith Zeh
Synodical Authorized Minister Katie DeMarais

Our Saviors Lutheran Church, McIntosh will run church services on Channel 30 on Garden Valley Channel 30. They will also be available on YouTube on channel One in Spirit - The Journey. Our Saviors service will be available by 8:30 am each Sunday until further notice.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Pastor Karl Anderson

Sunday Services
9:30 Mt Carmel
1100 Trinity
Video Sermon -
GVTVel Channel 30
9:00am Sunday
Repeated 6pm Wednesday
Also available on the McIntosh Free Lutheran YouTube Channel

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

Sun., Jan. 2: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com);

Tues. Jan. 4: 10:00am Sunday worship service telecast on GVTv--30

Wed. Jan. 5: 6:30pm Bible Study at Sharon Ramberg's home

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206. For information call 268-4242 or 687-3461.

BUSINESS & PROFESSIONAL GUIDE

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DNR cautions about uneven conditions as ice season gets underway

Anglers in some parts of Minnesota have been venturing onto the ice for several weeks, while water remains open in other parts of the state. So far in December, weather in the state—which has included rain, snow and fluctuating temperatures—has affected ice-making and impacted ice that’s already formed.

As a result, the Minnesota Department of Natural Resources stresses the importance of checking ice thickness with a spud bar, auger or other device before stepping out onto it. Do not rely on other people’s footprints, tracks or social media posts.

Anglers and others who recreate on the ice should stay on shore until there’s at least

4 inches of new, clear ice. A minimum of 5 to 7 inches of ice is necessary to support an all-terrain vehicle or snowmobile, and there should be at least a foot before hauling out a truck or wheelhouse-type fishing shelter. People should check the thickness of the ice regularly, since it can be highly variable even on the same body of water.

“The week between Christmas and New Year’s is typically the kickoff of the ‘wheelhouse season,’ and we anticipate it’ll be the same this year, especially in the northern part of the state,” said Col. Rodmen Smith, DNR Enforcement Division director. “Whether you’re walking onto the ice or hauling out a shelter you’ll sleep in, checking the ice thickness regularly is absolutely vital and one of the easiest ways to ensure tragedy doesn’t strike before you arrive at your fishing spot.”

Each year, unexpected falls through thin ice lead to serious injury or death. Wearing a life jacket is the best way to avert tragedy should someone fall through the ice, since the initial shock of falling into cold water can incapacitate even strong swimmers. A good set of ice picks will help a person get out, and a cell phone, whistle or other communications device makes it more likely they’ll be able to call for help.

General ice safety guidelines

No ice can ever be considered “safe ice,” but following these guidelines can help minimize the risk:

Always wear a life jacket or float coat on the ice (except when in a vehicle).

Carry ice picks, rope, an ice chisel and tape measure.

Check ice thickness at regular intervals; conditions can change quickly.

Bring a cell phone or personal locator beacon.



Don’t go out alone; let someone know about trip plans and expected return time.

Before heading out, inquire about conditions and known hazards with local experts.

The minimum ice thickness guidelines for new, clear ice are:

4 inches for ice fishing or other activities on foot.

5-7 inches for a snowmobile or all-terrain vehicle.

8-12 inches for a car or small pickup.

12-15 inches for a medium truck.

Double these minimums for white or snow-covered ice.

For more information, visit mndnr.gov/icesafety and mndnr.gov/boatingsafety.



Santa was happy to see Sawyer Cook during Breakfast with Santa held at the Winger Community Center.



Grafton Langemo at the Winger Lions Breakfast with Santa was able to have a chat with the Jolly fellow.

The rise of the microwedding

The effects of the COVID-19 pandemic have been far-reaching. People from all walks of life have had to confront the pandemic and the changes it wrought, and many of those changes could have some staying power.

Wedding industry experts note that one of the more noticeable and potentially long-lasting effects of the pandemic has been the rise of microweddings. The 2020 Real Weddings Study (COVID-19 Edition) found that 58 percent of couples who planned to get married in 2020 ended up reducing their guest list by a significant percentage. The average reduction was 41 percent, and some suspect small ceremonies may be the new normal in the years ahead.

Microweddings

Microweddings are not necessarily a new trend, as couples have always had the option of getting married with only a small number of family and friends in attendance. However, microweddings could be an emerging trend, and cost may have a lot to do with that. The Wedding Planner Institute notes that microweddings

cost anywhere from \$1,600 to \$10,000, though the group notes that most microweddings fall somewhere in the middle of that range. A 2020 survey from TD Ameritrade found that 47 percent of respondents felt that cost of living was the biggest threat to their financial security and long-term investments. Engaged couples confronting the well-documented post-pandemic increase in cost of living, including an unprecedented rise in housing costs, could see expensive weddings as luxuries they simply can’t afford. Microweddings could be viewed as a cost-effective way to combat the rising cost of living that still allows couples to share their big day with their closest friends and family members.

The WPI has urged wedding planners to offer microwedding packages in an effort to capitalize on this emerging trend. Data from The Wedding Report indicated that the total number of weddings would rise to 2.77 million in 2021, an increase of roughly 650,000 over the year average. Even if only a fraction of couples who tie the knot in 2022 opt for a microwed-

ding, a preexisting microwedding package can help wedding planners secure their business. Couples who opt for microweddings may do so to save money, but also to avoid the effort and save the time required to plan more lavish affairs. Such couples may be especially excited to work with wedding planners who can plan their weddings regardless of how small the affair may be.

What goes into a microwedding

Nothing should be off the table when planning a microwedding. The fewer the people who will be there, the more freedom planners and couples may have.

The WPI notes that microweddings afford planners and couples the chance to get personal in ways that may not be possible when organizing larger affairs. Planners can focus on small details and allow couples to make their ceremonies and receptions as personal as they would like. Couples who prefer microweddings tend to emphasize minimalism, so keeping things simple is something to keep in mind when planning microweddings.

Dispose of holiday greens and Christmas trees correctly to protect MN trees and forests

Dispose of holiday greens and Christmas trees correctly to protect Minnesota’s trees and forests

Holiday greenery and Christmas trees bring joy throughout the season, but they can also hide dangerous

hitchhikers. Diseases and invasive species can make their way into our landscapes on trees and boughs brought into Minnesota from other states.

Pests of concern include elongate hemlock scale, a small insect established in the eastern U.S. where many decorative Fraser firs are grown.

Feeding damage from this invasive insect can cause the needles of hemlocks, firs, and spruces to yellow and prematurely drop.

Also, boxwood blight and Oriental bittersweet, sometimes found on wreaths and centerpieces, can endanger native trees and other landscaping. The Minnesota Department of Agriculture (MDA) has more information on these threats.

To protect our environment, the State of Minnesota is asking residents to properly dispose of greenery and trees after the holiday season.

The best option is to use a curbside tree collection or bring trees to a designated drop-off site.

Check with your waste hauler, city, or county to see what services are offered in your area. The Minnesota Pollution Control Agency has a map of yard waste compost locations; contact locations directly to see if they accept trees and greenery.

Do not toss trees and greenery into backyard woods or your residential compost pile, which will propagate the infestation.

Wreaths and other decorative greens can be disposed in trashcans.

If your city or county does not have an organized pickup or drop-off, the last resort would be to burn the greens. Always check with local ordi-

nances first and follow them.

If you suspect your greenery or tree may be infested with an invasive insect or disease, contact the MDA’s Arrest the Pest.



Upgrade to new holiday lights & then recycle the old

Now is the time to get rid of old, broken, inefficient light strands and upgrade to new, efficient LED holiday lights from your local hardware store.

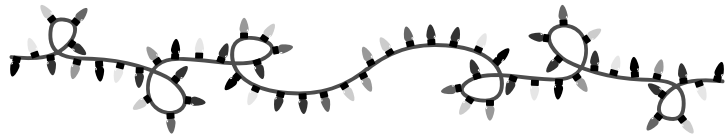
New LED holiday lights are much more energy efficient than previous versions. But be sure to recycle old or broken light strings and keep them out of the waste stream, where they can create problems.

Why should you recycle Christmas lights? Whether one bulb is out, or the entire string, don’t throw away Christmas lights into the trash. If they can’t be donated, consider recycling as a green alternative. These lights contain valuable materials that can be reused again without further damaging the environment.

Light strings and extension cords can be dropped off for recycling at a variety of locations throughout Minnesota. For a list, visit Recycle-your-Holidays.org.



Kolby Cook with Santa Claus at the Winger Lion's Breakfast with Santa event held on Saturday, December 11th.



Mrs. Kaupang’s classroom entrance looked like you were entering a gingerbread house. The class enjoyed the sweet holiday entrance.

Decorated doors spread holiday cheer at WEM School



The Win-E-Mac elementary school spread holiday cheer with some unique and fun decorations on their classroom doors. The kids got into the holiday spirit with some pictures of their classes and their fun decorations. Pictured here are students with Mrs. Nelson's decorated doorway.



Mr. Roragen's 4th grade class with their door decorated as a snowman and a nicely decorated corner Christmas tree.



Instead of wearing an ugly sweater, Mrs. Determan's 1st graders had an ugly sweater door!



Mrs. Langemo's 1st graders with their holiday llama decorated door.



Stopping in for a visit with Santa Claus on Saturday, December 18th at the McIntosh Community Center was Jackson Hagen.



Santa and Aubry Gunufson during Santa Claus Day held in McIntosh.



Cannon Schow with Santa at the McIntosh Community Center on Saturday, December 18th, as Santa came to visit the kids in the community.