



McINTOSH

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McIntosh, Minnesota



March 2021: Congratulations to the winning Scouts of the annual Pinewood Derby. From Left to right: Cory Dibblee - Second Place; Henry Swanson - First Place; and Megan Logren - Third Place.



April 2021: Jackson Kaupang (pictured with his sister, Grace) was the winner of the boys' bike at the McIntosh Community Club Easter Egg Hunt held at Erickson Park. The bike was a donation from the McIntosh Fire Department.

Polk County establishes snow and ice control policy for public and plow operators

The Polk County Highway Maintenance Department has established the following snow and ice control policy.

The removal of snow and ice from the county's roadways is one of the most important jobs confronting the County Highway Maintenance Department during the winter months. The safety and comfort of the public shall at all times be the primary consideration of all county maintenance personnel. Snow and ice removal operations must be conducted in such a manner so as to provide the safest, most economical means of opening the county's highway system within a reasonable amount of time after each winter storm event.

The following Policy has been established to provide guidelines for the public and for plow operators to follow in order to ensure consistent practices for snow and ice removal during winter storm events.

Polk County does not have a bare road policy and does not assure a completely bare road. Entire sections of roadway are not usually salted. Users of the road system are reminded to exercise caution and drive with care. The legal speed limit may not be possible at all times.

Dispatching of Snow Plows

The decision to plow and or sand will be made by the Highway Engineer and/or Maintenance Supervisor, based on the following guidelines:

1. The County will not dispatch plows until after the

snowfall and/or wind has stopped. Except: (a) in an emergency or other special circumstances; or (b) when conditions allow reasonable accomplishments to be made.

2. The County will perform snow removal on bituminous surfaced roads when we receive appreciable accumulations, generally 1 to 2 inches. 1" of wet heavy snow or 2" light snow will be used as a general rule of thumb.

3. The County will perform snow removal on gravel roads when accumulations exceed four (4) inches. Gravel roads will not be plowed in early season until snow pack has been formed.

4. The County will perform ice control measures when icy conditions seriously affect travel.

Hours of Operation

The County is staffed for one shift of snow and ice removal. In a snow event, the necessary County personnel and equipment will be mobilized by the Maintenance Supervisor. Any deviation from the start time must be approved by the Highway Director and/or Maintenance Supervisor.

The normal weekday early start time during a snow event is between 3:00 am and 6:00 am. Weekends and holidays will receive a reduced level of service, due to lower traffic volumes and the limited resources available.

Operator duty shifts are generally limited to a maximum of 12 hours per day for safety reasons; therefore most

No School for students

On Monday, January 17th will be no school for students at Win-E-Mac School.

Book Blizzard at Mac Library

Lake Agassiz Regional Library (LARL) is welcoming 2022 by bringing back Book Blizzard, a reading contest that challenges adults to keep their reading resolutions.

To enter the contest, simply read or listen to four books – you can enter as many times as you wish.

To participate, visit a library near you to pick up a reading log or participate virtually using the Beanstack website or mobile app. You can register for the virtual version of the contest by visiting the website or by downloading the mobile app for your Android or

A look back on 2021

March: Covid-19 vaccines were underway and opened up to second and third tier candidates during March.

The Cub Scout Pack 89 gathered to partake in their annual Pinewood Derby. The winner of the derby was Henry Swanson, who had six straight wins.

Senior Win-E-Mac Patriot Gavin Walker scored his career 1000th point in the Win-E-Mac vs. Mahnomen-Waubun boy's basketball game.

April: The McIntosh Community Club hosted its' annual Easter Egg Hunt at Erickson Park the Saturday before Easter. There were lots of kids on the hunt for treat filled eggs and the McIntosh Fire Department gave away many bikes during the event.

The McIntosh Fire & rescue Squad held it's annual Ball and Supper. There was a steak and fries supper at the McIntosh Fire Hall followed by live music at Little Bobby's Bar & Grill that evening. Retiring members of the squad were Gary Schommer with 32 years of service, Mark Thompson with 25 years of service, and Kris Johnson with 19 years of service.

Win-E-Mac school had its' first lab confirmed positive Covid-19 case at the school.

Covid-19 vaccines became available for 16 and 17 year olds with a parent or guardian consent.

The Winger Lions along with Ultima Bank in Winger cleaned a 2 and 1/2 mile stretch of ditches on both sides of Highway 59 south of Winger for spring clean-up.

The City of McIntosh ended the month by beginning the annual Clean-up Week that continued into May. Volunteers also cleaned up the McIntosh Centennial Field which needed a good facelift.



May 2021: Valedictorian, Alex Jacobson and Salutatorian, Mia Thompson of the Win-E-Mac 2021 graduating class. Commencement Exercises were held on Saturday, May 29th.

May: May began by honoring our School Lunch nutrition professionals at Win-E-Mac School.

The school also had Covid-19 testing and vaccinations available to those who were in need.

The Win-E-Mac elementary school students had a concert of Folk Music and stories told by Norwegian fold singer Arna Rennan from Duluth. The event was sponsored by the East Polk Heritage Center.

The Win-E-Mac Honor Society students were inducted during a ceremony in front of family members nad some faculty. The group included nine total Junior and Senior students.

The Win-E-Mac Spring Play was presented at the Arts & Event Center on Saturday, May 8th and Sunday, May 9th. The play was titled "My Thoughts, Not Exactly" andd was a lighthearted comedy directed by Bruce McWilliam.

The Our Savior's Lutheran Church quilters pack up 87 quilts to donate to Lutheran World Relief. Carole Burslie along with Jane Aakhus and Stacey Knudson brought the quilts to Thief River Falls to drop off.

Win-E-Mac students celebrated spring with Prom 2021. The theme was "All that Glitters is Gold." There was the traditional Grand March and an after prom dinner was

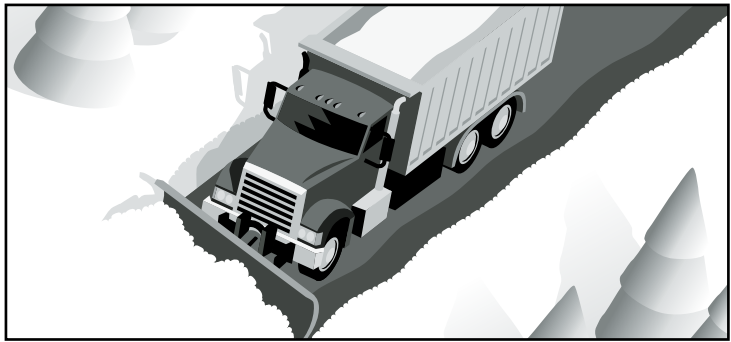
served to the attendees. An after-prom party then took place until midnight.

The Win-E-Mac Academic, Athletic and Fine Arts Awards Programs was held with over \$100,000 in scholarships given to Win-E-Mac Seniors.

The McIntosh Memorial Day program was held virtually on Memorial Day on Garden Valley Channel 30. The program consisted of students and faculty of the Win-E-Mac school giving information about the Veteran's who sacrificed their lives during the wars.

The Winger American Legion Fengestad Solie Post 200 held a small, brief ceremony in the Winger Memorial Park with the Posting of the Colors, Invocation, laying of the wreaths, a 21 gun salute, taps and retiring of the colors followed by refreshments at the Winger Community Center.

The Win-E-Mac Class of 2021 held their High School Commencement ceremony at the Arts and Event Center. The Valedictorian was Alex Jacobson and Salutatorian was Mia Thompson.



routes will not have coverage between 5:00 pm and 5:00 am the next morning.

Operations will be halted when: (a) service levels are reached; (b) coverage time has elapsed; (c) conditions are too hazardous; (d) reasonable accomplishments cannot be made.

Operations

Generally, the following three phases will be used in snow removal operations:

1. Make the roads passable: Clean one lane in each direction.

2. Widen the lanes to edge of shoulders and apply abrasive/chemical mixture: The County will perform sanding operations at problem areas, including: curves, hills, intersections, and bridges. The County does not assure a completely bare road and will not typically sand entire sections of highways.

A blend of 8 - 10% salt to sand is generally used in snading operations; this is modified as the temperature and/or conditions warrant. Salt use will be limited at temperatures below +20 degrees; below +20 degrees salt becomes ineffective.

Gravel roads shall not be plowed to a bare surface or sanded unless directed by the Highway Director or Maintenance Supervisor.

3. Clean up: Remove ice and slush off roadway after salt and sun have benn allowed to work.

Depending on the situation, more than one phase may be accomplished at one time.

Plowing Priorities

It is the goal of the Highway Department to serve the majority of the public in the quickest way possible. Roads with high traffic volumes will typically receive higher priority. The following are the priorities plow operators will strive to adhere to:

1. County bituminous surfaced roads, starting with high collection areas close to town and working out towards rural areas thereafter.

2. County gravel surfaced roads.

3. Township roads (unorganized town roads and those done on a contract basis).

Personal Property

Mailboxes, fences and other items damaged during snow and ice removal are evaluated

on a case-by-case basis. Only those items that were damaged by actual contact with County equipment will be repaired at the County's expense. The Highway Department does not provide special mailbox installations or decorative designs. Damaged supports will be replaced with the Department's sing-away type support. Any mailbox that is repaired or replaced by the Highway Department does not imply a change of ownership.

The County is not liable for damages to fences, vehicles, and/or other objects placed on County right of way.

Residential Plowing

County residents are reminded that is is unlawful under Minnesota Statutes 160.2715 to plow snow from driveways onto or across County roads. Piles of snow left on or near the road can freeze into a solid mass or cause drifting, creating a hazardous situation for vehicles and snowplows. Accidents and damage caused by snow piles placed in the roadway may result in liability to the property owner.

Stranded Motorists

Plow operators may assist stranded motorists by contacting local law enforcement and/ or emergency personnel. Plow operators will not attempt to remove a stuck vehicle..

Emergencies

The Sheriff's Office should be contacted for all emergencies requiring plowing. Plows will not be dispatched from regular routes or called in for extra duty unless it is an emer-

gency coordinated through the Sheriff's Office. Icing bridges or snow drifting on roads are expected aspects of winter travel and generally is not adequate justification to dispatch plow crews.

No Travel Advisory

No Travel Advisories issued by the State Patrol and/ or Sheriff's Office apply to all County snow and ice removal crews. When a No Travel Advisory is issued, local media is contacted and all plows are pulled from their respective routes.

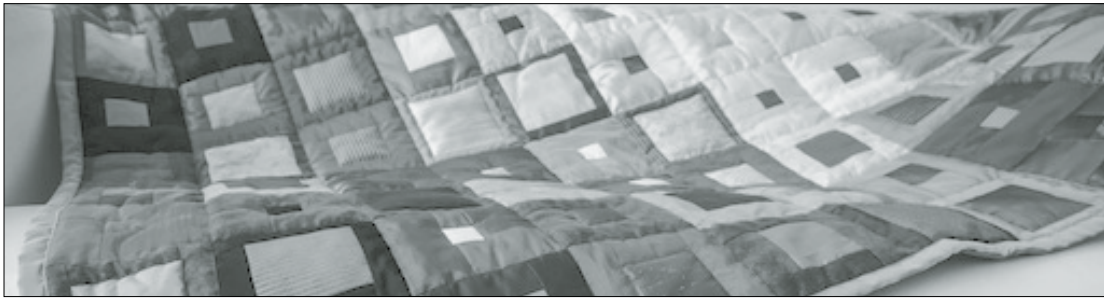
Information

Questions of concerns regarding snow removal should be directed to the Polk County Highway Department at (218) 281 - 3972 during normal business hours. (monday - Friday, 7:00 am - 3:30 pm).

Summary

This policy was developo to provide general guidelines for both County personnel and the traveling public. This policy intends to cover the majority of situations normally encountered in winter storm events. If situations arise that is not part of the above policy, the County Highway Engineer or Maintenance Supervisor will deal with them on a case-by-case basis.

Each decision to mobilize the snow plow crews is a judgement call based on the particular weather conditions combined with past experience along whit the resources available at the time and therefore, may not adhere strictly to this general policy.



The great state of Minnesota proclaims Saturday, January 22nd to be Local Quilt Shop Day

In recognition of the importance of independent quilt shops to local economies, Saturday January 22, 2022, is proclaimed to be Local Quilt Shop Day throughout Minnesota.

Local Quilt Shop Day is an annual arts celebration focusing on the rich tradition and history of quilting in our communities.

This internationally celebrated holiday emphasizes the importance of Local Quilt Shops and their significant

contributions and economic impact on local communities.

Local quilt shops not only provide supplies for quilting, but also serve as a center of learning and creativity for quilters and sewers embracing quilting.

Through this unique art form, our communities and our history are stitched, layered, and bound together.

Celebrated on January 22, 2022 this year, Local Quilt Shop Day was established by

The Fabric Shop Network, a trade association that represents over 5,000 local quilt shop owners globally.

To participate is easy - The Fabric Shop Network encourages the public to visit their local quilt shops in person or online on Saturday January 22, 2022.

Check with your local quilt shop for hours and days open as they may be impacted by local / state health guidelines.

Ideal hobbies for busy people

Carving out some time for personal pursuits can provide a sense of achievement and a break from the daily grind. Hobbies also can improve physical and mental health in a variety of ways.

People with tight schedules may think that they're too busy to engage in hobbies. In such instances, individuals should look for activities that don't require too great of a time commitment.

Photography: Photos can be snapped just about anywhere and at any time, making photography ideal for busy people. Thanks to advancements in mobile phone cameras, individuals do not even need a high-tech or expensive camera to snap great shots.

Cooking: Everyone needs to eat, making cooking a very useful hobby. Many people who

cook for pleasure also note how relaxing it can be to prepare a delicious meal.

Curating music playlists: People with a love of music can take advantage of the many music streaming services to curate their own archives. Discover new music or find old favorites and then make digital playlists for the activities of everyday life, such as backyard barbecues or commutes into work. Various streaming sites allow users to make playlists public so they can be shared with others who enjoy the same musical genres.

Reading: The benefits of reading are numerous. Reading bolsters readers' vocabulary, can teach them about current events, provides an escape, and also serves as exercise for the brain, potentially delaying age-related cognitive

Turning a hobby into a career

Hobbies are enjoyable and often educational ways to spend free time. Over the last year-plus, hobbies have become even more important as people were forced to stay home due to the pandemic.

As hobbies became a bigger part of millions of people's lives, many might have wondered about transforming these activities from pastimes into full-fledged careers. Hobbies can be side hustles or even primary jobs, but a successful transition from hobby to income-generating profession requires some research and planning.

Conduct market research

A hobby may be fun to you and provide value, but is it a marketable venture? Determine if the hobby has potential as a business. Factors to look for include whether the hobby helps solve a problem, educates the public or produces a product someone would want to purchase, advises the career-building site Indeed. Research competitors in the area and study industry trends to analyze how well this business may perform. Look to an unbiased advisor to provide feedback on your idea.

Make a business plan

A business plan is essential for businesses big and small. A plan puts your ideas

on paper and dictates how you will achieve goals and run the business. A business plan will include how you will finance start-up costs, whether you will be taking on investors, how many employees you will hire, costs like membership fees for enrollment in professional associations, advertising outlets, and much more.

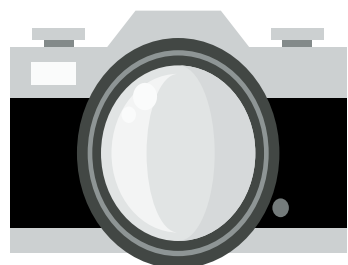
Get social

Look to social media as an easy way to make connections with people who operate similar businesses or can help you with your venture. The business site The Balance: Careers notes that platforms like LinkedIn, Facebook, Twitter, and Pinterest can be great places to meet others in the industry and pick their proverbial brains.

Start small

Test the waters by holding on to a current job while simultaneously seeing if your new venture can gain momentum and earn you money. A test run will help you understand if you have the finances to keep a business afloat and what kind of time commitment will go into the venture.

If the hobby-turned-business appears solid, speak with a financial planner or business consultant to firm up the details of getting this new business off the ground.



decline. Reading can be a solitary venture done in short or long periods of spare time. It also can be shared with others through book clubs and other reading groups.

Scrapbooking: Photographs are now routinely relegated to the cloud, where they linger in a sort of digital limbo. Scrapbooking inspires people to not only print their photos, but to get creative putting them together with designs, sayings and other mementos.

Busy individuals do not have to pass up on hobbies because they feel they're short on time.

Plenty of activities don't require much time but still provide a host of benefits.

Virtual panel featuring MN book award winning authors

Lake Agassiz Regional Library (LARL) is offering a virtual author panel featuring a lively discussion with Minnesota Book Award-winning authors Shannon Gibney, Sarah Stonich, and Wendy Webb.

Moving Words is an opportunity for writers and readers to explore various themes together: the impact of literature in their lives, their connection as fellow Minnesotans, and the lens through which we read. The virtual event will be held Tuesday, January 11 at 7 p.m. Registration can be found at larl.org/movingwords.

Presented by BNSF Railway Foundation, Moving Words is a program of The Friends of the Saint Paul Public Library as the Library of Congress-designated Minnesota Center for the Book. Additional support is provided by the Harlan Boss Foundation for the Arts, Northern Lights Library Network, and Education Minnesota.

This program is made possible in part by the State of

January highlights many employment opportunities in health care

Multiple Minnesota agencies team up to address workforce shortage.

The critically important role of health care workers has never been more apparent than now as we enter a second winter with COVID-19. Minnesota's nursing assistants, RNs, respiratory therapists and many others have saved thousands of lives during the pandemic. They need more Minnesotans to join them in this noble and lifesaving work. That's why Governor Walz has proclaimed January as Health Care Month.

"There are tens of thousands of open health care positions throughout Minnesota – at every level, in every setting and in every part of the state," said Minnesota Department of Employment and Economic Development (DEED) Commissioner Steve Grove. "Caring people are needed now more than ever to make a difference in the lives of others – and get started on a fulfilling, in-demand career path."

"COVID-19 is increasing the need for health care workers and worsening existing staff shortages in some settings," said Minnesota Department of Human Services (DHS) Commissioner Jodi Harpstead. "We need people who want to help out during this extraordinary time to join their fellow Minnesotans by working in health care now."

"The pandemic has highlighted the critical role health care workers play in our community as they care for us and our loved ones during the most difficult times. Health care workers in acute care and long-term care settings have been some of our biggest heroes over the last two years," said Minnesota Department of Health (MDH) Commissioner Jan Malcolm. "We continue to work with employers and partners to support training of health care workers to fill these critical roles."

"We need to ensure that our students know about the many career pathways that ex-

ist within the health care profession, and how each of these pathways can intersect with other areas of career interest," said Minnesota Department of Education (MDE) Commissioner Dr. Heather Mueller. "High school students age 15 and older have an opportunity to earn while they learn by engaging in training that allows them to be hired into age-appropriate health care employment."

"Providing training opportunities for students and others who want to enter a health care career is critically important," said Minnesota Office of Higher Education (OHE) Commissioner Dennis Olson. "Our training pipelines have been disrupted by the pandemic and that means we're reaching out in new ways to prepare Minnesotans for critically needed positions. From free training for certified nursing assistants to our Minnesota Future Together grants creating tuition-free pathways for students pursuing education in high-need career areas at public institutions, we are making vital investments in the future health of our state."

During Health Care Month, special focus will be put on sharing health care employment opportunities with unemployed Minnesotans, Minnesotans looking for a fulfilling career, as well as students at both the high school and college level.

Many entry-level health care positions can be started with employer-provided training, and many of those positions leverage skills and experience from other industries – meaning people with employment experience from other sectors are encouraged to apply. Wages go up with additional training and certification, which in some cases is also paid for by the employer. There is projected long-term demand for many health care positions, according to DEED's Labor Market Information office, as well as critically high current demand for many health care workers.

DEED and its partners in



Meet & Greet at Our Saviors

Our Saviors Lutheran Church will be having a meet and greet with Pastor Keith on Sunday, January 16th following church services until 1:00pm. All are welcome to come and meet Pastor Keith and visit with Community members.



Wed. Jan. 12: Julie Schow, Amanda Roue, Sydnee Ogaard
Thur. Jan. 13: *Les & Mavis Fins-eth
Fri. Jan. 14: Jan Galland
Sun. Jan. 16: Connor Johnson, Merlene Vennes
Mon. Jan. 17: Isaac Schlagel, Stephanie Halland
Tues. Jan. 18: Kendall Olson, Annika Shimp, Jessica Carlson, Becky Boehrnsen

McINTOSH Times

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"Serving the Win-E-Mac area"

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CareerForce are hosting health care hiring events around the state. MDE is sharing health care career exploration information and encouraging school leaders and teachers to connect with local health care employers hiring high school age students now. OHE is leading an effort to enroll, train and deploy 1,000 Certified Nursing Assistants to long-term care locations by the end of January. DHS is engaging in intensified efforts to connect direct support professionals with Minnesotans with disabilities who need them. MDH is exploring ways to expand access to health care employment by addressing pandemic-induced training and certification bottlenecks and encouraging vaccinations to reduce the burden on the health care system. Minnesota leaders believe that by working together we can connect Minnesotans with career path employment in critically needed health care positions and address our health care workforce shortage.

LSS

Meals Menu

687-2262

Mon. Jan. 17: Closed
Tues. Jan. 18: Orange Chicken - Brown Rice - Oriental Vegetables - Mandarin Oranges - Tapioca Pudding - Milk
Wed Jan. 19: Beef Macaroni Goulash Hotdish - Peas - Tropical Fruit - Garlic Bread - Crazy Chocolate Cake - Milk
Thur. Jan. 20: Chicken Fried Steak w/ Gravy - Mashed Potatoes w/ Gravy - Green Beans - Bread - Fruit Crisp Dessert - Milk
Fri. Jan. 21: Fish Patty on Bun w/ Tarter Sauce - Cheesy Hashbrowns - Baked Beans - Peaches - Milk



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

Sun. Jan. 16: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
 Sun. Jan. 23: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

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

Sun. Jan. 16: 9:30am Coffee Hour; 10:30am Church Service; Following service Meet and Greet with Pastor Keith.
 Sun. Jan. 23: 9:30am Coffee Hour; 10:30am Church Service
 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 -
 GVTel 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. 16: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: [gosenchurch](https://www.facebook.com/gosenchurch) and [gosenchurch](https://www.facebook.com/gosenchurch).)

Tues. Jan. 18: 10:00am Sunday worship service telecast on GVTV--30

Wed. Jan. 19: 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.



Bailey Bauer and her mom, Mary Lambert make some great crafts during the McIntosh Santa Day event held at the Community Center in December.

BUSINESS & PROFESSIONAL GUIDE

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AgCountry members to receive \$76 million in cash dividends

Member-owners of AgCountry Farm Credit Services will soon discover the cooperative advantage as the farmer-owned lending institution announces a record \$76 million cash dividend. For the third consecutive year, AgCountry has achieved its patronage goal of a one percent dividend on all eligible business.

With rising input costs, supply chain disruptions, and inflationary pressure, AgCountry member-owners will be receiving some welcomed news as dividend payments arrive in March of 2022 for business conducted in 2021.

"It truly pays to do business with AgCountry Farm Credit Services," states Board Chair Ed Hegland. "As a farmer myself, I can confidently say that

AgCountry's dividend program sets us apart from other lenders."

Of the \$76 million, \$67 million comes from AgCountry while \$9 million comes from Farm Credit Services of North Dakota, who merged together on January 1, 2022. Since the cooperative's patronage program launched in 2014, over \$335 million has been paid out to AgCountry patrons.

"We work hard every day to fulfill our mission of service to agriculture and rural America," said CEO Marc Knisely. "It is a pleasure assisting over 25,000 farm families, agribusinesses, and rural residents in achieving their financial goals."

AgCountry's patronage program grants the Board of Directors the ability to distribute

a portion of the association's net income to its member-owners when financial conditions allow for it.

About AgCountry Farm Credit Services:

Headquartered in Fargo, N.D., AgCountry has managed assets in excess of \$10 billion and over 700 employees. They are a member-owned, locally-governed lending institution that provides credit and financial services to more than 25,000 farmers and ranchers in portions of Minnesota, North Dakota, and Wisconsin. They also provide agribusiness loans and leases nationwide. AgCountry is a part of the Farm Credit System, a nationwide network of cooperative financial services institutions that serves rural America.



Black ice creates dangerous driving conditions

The Minnesota Department of Transportation warns motorists that current temperatures create conditions for black ice, an invisible hazard that catches drivers off-guard and causes crashes.

Black ice creates the appearance of a wet surface but is actually a thin, transparent layer of ice on roads and bridges.

Black ice forms when melting snow refreezes or when rain, drizzle, mist or fog freezes. It is most common at night and early morning when it is dark and temperatures are lowest.

Black ice often forms in tunnels and other shaded areas, on overpasses and bridges, and near lakes and rivers. The hazard can also form when snow temporarily melts from auto exhaust emissions or tire heat and from moisture vapors given off by industries located close to the highway.

Motorists should remember to:

- Slow down on bridges, overpasses and tunnels and on all roads in the early morning when the air temperature rises

- faster than the pavement temperature.
- Avoid applying brakes on ice as it may cause a vehicle to skid
- Do not use cruise control during winter driving conditions
- Use a safe speed for winter driving conditions, regardless

- of the posted speed limit.
- Keep a safe stopping distance from the vehicle in front of them.
- Keep both hands on the steering wheel, eyes on the road and stay alert.
- For additional tips on safe winter driving, go to mndot.gov/workzone/winter.html.

Why does MnDOT close roads during a winter storm?

Keeping roads clear and open are MnDOT's major priorities, but when absolutely necessary MnDOT will close roads until they're safe for motorists to drive through.

When extreme snowfall and loss of visibility make driving dangerous, MnDOT may need to close roads for the safety of both motorists and snowplow operators.

Road closure devices may include barricades, flashing lights or gates lowered across the roadway. They inform motorists the road is not safe for travel. Their only option is to turn around and get off the

road quickly.

The decision to close a highway is made by MnDOT staff, with input from local law enforcement and the Department of Public Safety. MnDOT makes every effort to give as much advanced warning as possible when the roads need to be closed.

In addition to closed gates and other devices, MnDOT uses www.511mn.org and news media to issue road-closing notices.

Motorists may risk danger and a fine if they ignore road-closing devices.



Adler Stordahl visits Santa during Santa Claus Day in December in McIntosh.

Planning a winter picnic

By: Kurt Mead, Interpretive Naturalist at Tettegouche State Park

Add special flair to your winter outdoor adventure by packing an energized picnic feast to fuel your family fun in the snow.

Foods won't spoil, so the sky's the limit when it comes to creative snacks and meals that provide high energy for hard play. And remember—yard games aren't just for summer! Consider playing active, running games to warm up chilly children (and adults).

- Food**
 - Pre-made sandwiches**

Use a panini iron, indoor electric grill or fry pan at home to make pre-grilled sandwiches such as grilled cheese—or use a variety of salamis, cold cuts, cheeses and vegetables to create a delicious high energy meal. Individually wrap each sandwich in foil or plastic bags.
 - Ice Cream**

For a calorie-rich ski break or picnic dessert, surprise your family and friends with the sheer absurdity of a pint of gourmet ice cream. Go ahead—it's winter, it won't melt! Serve it by slicing both the ice cream and the cardboard container with a knife just before you serve it. The carton sections make nice little bowls for each serving.
 - Soups**

Hot soup is a terrific way to
- Campfire kebabs**

At home, marinate one-inch square pieces of venison, beef, pork or chicken to thread onto a roasting stick at your picnic. Add your favorite veggies! Vegetarians, try roasting chunks of marinated tempeh over an open fire—it's amazing!
- Hydration**

It's easy to forget to drink enough water in the winter, but cold winter air is desert-dry and winter activities can dehydrate you quickly. Hydrate often with warm beverages such as cocoa, hot cider, tea or coffee.
- Alcoholic beverages**

are not recommended...that old image of a Swiss Saint Bernard with a cask of brandy around its neck is romantic, but not very helpful.
- Comfort**

Recreating in winter doesn't mean you have to be cold! Dress for the weather and your activity level, and plan ahead for a few creature comforts that will help keep your pic-

nickers warm and happy.

Regardless of how warmly you are dressed, sitting directly on snow or frozen picnic benches will quickly cool you from the bottom up.

A couple of camping pads or wool blankets will prevent your posterior from conducting your heat away from you. (Many Scandinavians keep reindeer or fluffy sheep hides around just for this purpose!)

If you have time to get fancy, construct comfortable snow benches and a table at your planned picnic site, and then class up your snow table with a checkered tablecloth. It's like building a snow fort without the mock battle.

Get people moving with active games such as tag or snowshoe races to keep the blood circulating.

Transportation

Winter travel can be a breeze—you don't even need a backpack! Just strap your picnic and extra layers onto a sled. Even a cheap little plastic boat sled will work fine to haul your goods through the woods. Put your kids to work pulling the sled!

Even a growing child can haul a lot more stuff on a sled than an adult could comfortably carry in a backpack.

A sled is also a great way to get a tired little skier home at the end of the day—just wrap them up in a nest of those wool blankets you packed, and start for home.



Susan Lee was one of the many volunteers during the McIntosh Community Club Santa Claus Day in December. Sue read stories and sang songs with the children who were in attendance.

How-to teach children to respect their parents

Parents are tasked with teaching their children many lessons. Some are more obvious, like how to live safely or how to ride a bike or tie their shoes.

Other lessons are more complicated and abstract, especially as they pertain to issues like respect.

Early in life, children get attention by crying, throwing tantrums or through other means. Youngsters must be taught to be respectful of others, including their own parents. People, including children, may have their own ideas in regard to what constitutes respect, so families have to work together to find common ground.

Parenting for Brain, a parenting resource that focuses on child psychology, notes that respect can refer to the way kids admire or look up to someone, but also as an act of giving attention and showing care. It's not simply about being compliant. Establishing patterns for respect can be challenging because there are no shortages of situations in popular culture - from movies to music to social media - that complicate, if not compromise, parents' efforts to teach children respect. However, there are ways to teach kids how to respect their parents.

- **Be a good role model.** Children learn by examining the world around them. If parents are rude to restaurant servers, cut people off on roadways, make fun of others, or even yell at members of their own families, their children are more likely to follow suit.
- **Be a parent first, not a friend.** Raising children is complicated, but many parents try to be their kids' friends before they act as their parents. While it seems healthy to want to hang out and be equals with them, Psychology Today warns that this approach compromises the unique relationship parents have with their children because kids have many friends but not an infinite number of parents. Children should not have equal power with their parents as they would their peers. Plus, kids often don't respect parents who try to act like their friends. They may feel their parents are trying too hard, and some may even grow to resent their parents for trying to be friends first and parents second.
- **Explore other outlets for anger.** Children may act out and be disrespectful to others when faced with strong emotions that make them feel angry or overwhelmed. In addition to encouraging kids to talk out their scary feelings, parents can guide them toward outlets to relieve frustration, such as engaging in healthy exercise or even escaping into a craft or hobby. Children who are struggling to cope with a significant life change may need a little time to get back on track.

Teaching respect takes time and is not a one-size-fits-all task. Parents must find an approach that works for them and their children.



Clara, Grace and Hawkin Roed celebrated during the holidays by stopping by the McIntosh Community Center in December to say hello to Santa Claus.

Is tea or coffee the healthier choice?

Millions of people consume coffee or tea, with some even enjoying multiple cups of these caffeinated beverages daily.

Coffee is known to perk a person up in the morning, while tea is touted as a relaxing drink that can ease away stress. Some may wonder if one of these popular beverages is more beneficial for overall health than the other. Both, it turns out, have distinctive benefits.

Coffee and certain teas contain caffeine, a powerful stimulant for the central nervous system. Caffeine may improve endurance exercise outcomes and improve mental alertness. Healthline says that caffeine may reduce type 2 diabetes risk by improving insulin sensitivity. In addition, moderate caffeine intake has been linked to protective effects against dementias, metabolic syndrome and non-alcoholic fatty liver disease. Since coffee tends to have higher concentrations of caffeine than black tea (95 mg vs. 47 mg in an eight-ounce serving), it can provide more caffeine-related benefits than tea.

Both tea and coffee have high levels of antioxidants that can help people reduce their risk for certain illnesses. The National Cancer Institute reports that antioxidants in both tea and coffee have been shown to slow the growth of cancerous tumors. Tea may help lower cholesterol and the polyphenols in tea could boost good bacteria in the gut, according to Eat This, Not That! People may be more inclined to drink more coffee and tea so they can consume more antioxidants.

However, excess coffee consumption can make people jittery from too much caffeine. Since tea has less caffeine, it might make for a better choice.

But tea and coffee provide similar health benefits, and one isn't necessarily better than the other.



Stopping by for a visit with Santa during Santa Claus Day in McIntosh in December was Lily Handyside.



Seeing Santa with a little help from mom is Easton Lee during Santa Claus Day in McIntosh.

Superintendents Notes

By Randy Bruer



quently finding their way into the classroom.

"Things are done and said on social media — that would never be done in person — that lead to mental health issues and self-image issues among our students."

Parents should talk to your children about these sites to make them aware of the mental and physical damage it can do to students and property. Nothing is secret online, and it will be found. All allegations, threats and damages will be investigated and prosecuted.

Open Enrollment

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

pride themselves on creating expectations for each student to succeed. If students choose to return to their home district or want to apply to a new district, they should apply for open enrollment by January 15, 2022. This gives the districts time to plan for the student needs.



Win-E-Mac Student Council Announces: Snowfest will be January 31-Feb4 and the Snowfest dance will be Feb 4. This dance will be Semi-Formal.

9th - 12th grade students semester testing will be on January 20 and 21st. Please remember that if you have not turned in a medical note for the days you were gone for those reasons, they will be marked excused and counted against you for semester testing. Please do not come and check on your attendance if those days were longer than 3 days from that date. For you to be exempt from testing if you meet one of the following: 1) completed all course work, attained an "A" course average, have no more than four absences during the semester, 2) completed all course work, attained a "B" course average, have no more than three absences and 3) completed all course work, attained a "C" course average, have no more than two absences.

Explore various wedding styles during planning

Every wedding is different, even if many share some common components. As couples plan their weddings, learning about some popular wedding styles can help them create a ceremony that suits them.

Classic wedding

Classic weddings are the storybook traditional weddings that many people dream about for years. Key elements include a tuxedo for the groom and a white gown for the bride. Formal attire is reserved for the rest of the wedding party. The ceremony is conducted in a place of worship before everyone retires to a fancy catering hall for the reception. Traditional weddings also may include the time-honored customs like toasts, cake cutting, bouquet toss, and parent-child dances.

Beach wedding

Beach weddings often are casual, laid back affairs. Dresses may be less structured and flow with sea breezes, while guys may even don shorts with linen shirts or jackets. Guests can expect the party to be much more free-flowing and the traditions of classic weddings may not be part of the celebration.



Bohemian wedding

Free-spirited individuals may dive head first into a bohemian style wedding. According to wedding planner David Tuter, a boho wedding is casual and comfortable. It tends to come off chic but appears that way with minimal effort. Decor is typically humble and blends harmoniously with nature. A boho wedding may take place outdoors or in another less traditional venue, such as a farmhouse or botanical garden. Wedding party attire may be mismatched and showcase each person's individual style.

Modern wedding

Brides and grooms who crave contemporary and current trends may prefer a modern wedding. Graphic color schemes, clean lines and minimalist flowers might be part of a modern wedding. Attire may be angular and edgy, and the venue may run the gamut

from sleek museum to a city rooftop.

Destination wedding

Couples who love to travel and don't want to worry about the minutiae of wedding planning may find a destination wedding is a good fit. Destination weddings last more than one day and focus on relaxation, activities and lots of fun. Destination weddings tend to be less formal and less traditional than classic weddings. Due to the remote locations, destination weddings also can be smaller and more intimate, as many invitees may be unable to attend. Yet those who can attend often get to enjoy tropical islands or mountain retreats.

Wedding styles are as unique as the people getting married. Choosing a theme that has the right feeling can help couples make the most of their special days.



Peyton Schow chose an alternative seat when visiting Santa.