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Times

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McIntosh, Minnesota



Congratulations to the Robotics Team of Kallie Hand, Wyatt Davis, Alec Haskett, and Chris Roragen for winning the skills competition at the Win-E-Mac Robotics Tournament. Congratulations to the Win-E-Mac Robotics teams at the East Grand Forks tournament. 4 out of the Win-E-Mac 5 teams advanced to the elimination round. Team 5300A won the Skills Competition.

Looking back at 2021

June: The McIntosh Library kicked off summer with their annual reading program. The 2021 theme was Raptors Rule and they delivered with the Headwaters Science Center bringing many raptors to Roholt Park for the kids to learn about.

The McIntosh Community Club held their Community City Wide Garage Sales in McIntosh on Saturday, June 19th. Many residents participated with deals and treasures for all who came to take a look.

Tom Martushev, a Win-E-Mac senior, and Ethan Shimp, a junior, both advanced to the Section Golf Tournament which will be held Tuesday and Wednesday, June 1 & 2, at Bemidji Town & CC. The Sub-Section Golf Tournament was held in Park Rapids at Headwaters Golf Club.

The Winger Lions served

hotdogs and baked beans at the Annual Take a Kid Fishing Day on June 8th in Erskine serving over 135 kids and families.

It was Boogie Down 70's at McIntosh Senior Living as they celebrated reaching the milestone of 70% of staff vaccinated for Covid-19. As of last week, 72.3% of the staff have been vaccinated along with 98% of residents. The vaccine has made an enormous difference in long term care, reducing the threat of Covid-19 and allowing residents to return to normal life again. Residents now enjoy visits from families and friends and numerous outings on the MSL bus. All staff and residents are very thankful.

The Winger Lions also hosted their annual Fish Fry at the Winger Community Center.

Win-E-Mac school honored retiree's Sandra Jore, Sharon

Tuenge and Bill Solheim.

Celebrating 25 years of Service was Laura Perkerwicz at the Erskine Senior Meals site in the Erskine Community Center. Laura has been a part of the Senior Nutrition program and was honored by Lutheran Social Services.

July: The Dierkes again hosted their annual reading of the Declaration of Independence, this year on July 3rd. There are many readings and lots of fun to sit and visit with friends and neighbors while enjoying a snack and refreshments.

Joel Strom, Dan Salvhus, Roy Ostenna and Kollin Ferden each received a quilt as a thank you for their service in the armed forces. These hand made quilts were presented at Dan and Darlene Dierkes on Saturday, July 3rd during their reading of the Declaration of

Independence. The quilts were presented by members, Lois Boehrnsen and Connie Strom, of East Polk County Quilters (formally known as East Polk Quilts of Valor).

The Polk County Fair returned for 2021 from July 7th through July 11th. There were many new attractions and also old favorites. The Polk County Sheriff's Department announced their newest addition. A second K9 team. K9 Rex, a Shepherd/Belgian Malinois mix was paired with Polk County Deputy Ben Stout.

Win-E-Mac announced their school retrofit plan to remodel the restroom facilities over the summer and the remodel of the locker rooms.

Madison McKeever a Win-E-Mac graduate was named as

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Win-E-Mac School makes COVID policy changes

The COVID planning team along with our health staff has received the close contact number for this year, along with the new CDC guidelines, to make some changes to our school planning.

Of our 77 students who were deemed close contacts, 6 of them tested positive for an 8% rate of infection. It is impossible to be sure if all were school transmissions or friends who spend a lot of time together, but the rate is low.

Also, parents now have the option to have their students immunized, which is another factor as to why we are dropping the contact tracing to only

family members.

If a student or staff member is positive in class, a notice will be sent to parents of a close contact so the parent can monitor any changes in their child's health. Win-E-Mac School has adjusted the decision tree and the school day that began on Monday, January 17, 2022.

- The School day will end at 3:07 pm instead of 2:52 pm.
- All students will return to eating in the Commons during the designated times.
- Quarantines will be reduced to household contacts.

If you have any questions, please call or contact the school.

COVID-19 medication options

Monoclonal antibodies

Monoclonal antibody medications for COVID-19 include bamlanivimab/etesevimab, casirivimab/imdevimab, sotrovimab, and tixagevimab/cilgavimab. These medications are used at different times, including for the prevention and treatment of illness due to COVID-19. They are authorized for the treatment of outpatients only, not patients who have been admitted to the hospital with COVID-19.

Antibodies are proteins that people's bodies make to fight viruses, such as the virus that causes COVID-19. Antibodies made in a laboratory act a lot like natural antibodies to limit the amount of virus in your body. They are called monoclonal antibodies.

Antibodies can be given into a vein by intravenous (IV) infusion or into the skin by sub-

cutaneous (SQ) injection. Antibodies may be administered only in settings where health care providers have immediate access to medications to treat any reactions and where emergency medical systems are available, if needed.

Monoclonal antibody treatments are allowed by the U.S. Food and Drug Administration (FDA) under an emergency use authorization (EUA) while clinical studies continue to look at their usefulness and safety.

How can I get monoclonal antibody treatment?

The Minnesota Resource Allocation Platform (MNRAP) is an online tool that connects people and health care providers with COVID-19 medications. People, their caregivers, or their health care providers

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August 2021: Dean Strom became a spectator this year after many years of participating in the McIntosh Tractor Parade as well as the Tractor Pull that follows, his tractor didn't start Saturday morning leaving him without wheels for the day. He enjoyed it, nonetheless, from the sidelines.



There was a 46th partial reunion of the 1975 Mac-Winger North Tri-County Football Team. The team had a record of 10-0. (Left to right) Delles Solie, Chad 'Chester' Burslie, Mark Lee, Coach Dick Holen, Manager Rocky Knudson, Dean 'The Hun' Henney and Carey Burslie.

Looking back...

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an assistant coach at Concordia, St. Paul, MN.

McIntosh welcomed a new business in July. Untouchable Productions, located next to Little Bobby's Bar & Grill is a music producer.

The resident's of Poplar Meadows were blessed with their completed gazebo which was built with money earned from fundraising by Poplar Meadows staff and community members. The project was built by Lance Erickson and his crew and took a little over a month to complete.

Minnesota entered a drought warning phase in July. A naturally occurring feature of Minnesota climate the drought causes stress on the public water supply as well as agriculture producers and fluctuates the water levels in lakes, rivers and streams.

Minnesota Northwest also struggled with air quality due to the impact of the wildfire smoke that covered our area for days at a time.

The Winger Fire Department held its 63rd Annual Street Dance at Liquor Pigs off Main Street in Winger with DJ Wild Wes.

Kids from the Clubhouse Childcare Center and other community kids were able to have some fun with chalk

art on the sidewalks outside of the McIntosh Community Center as part of the summer programs at the McIntosh Library. Local artists were on hand to help out the kids as they created their one of a kind designs.

The Mac-Winger class of 1961 celebrated their 60 year class reunion at the Ostenson farm south of McIntosh and the Mac-Winger class of 1981 celebrated their 40 year class reunion at the Garnet Aanenson house.

Quilters of East Polk County presented a Quilt of Valor to two area Veterans at the Hwy. 2 Cruisers Car show in Foston, MN on July 31, 2021. Ilene Reiersen and Kathy Finstad presented Orrie Flermoen and Roger Clifton with their respective quilts. We thank each of you for your service and dedication to our country.

August: The 2nd Annual Flea Market Flip competition was held in August on Main Street. There were 12 teams who displayed their flip creations with purchases from The Shoppes of McIntosh.

The 7th Annual Bryan Stordahl Memorial Golf Tribute was held at Oak Lake Golf Course in Erskine.

Andrew Quam, farming with his father Philip and

brother Peter made the best of a bad situation. Bailing a "failed corn crop" into round bales for forage. The bales test out as decent for cattle feed. The Quams are renting the fields from the Sidney Finseth family and will use the crop to feed their cattle.

McIntosh Tractor Day was held on Saturday, August 28th. The day started with a Antique Tractor Parade, followed by the Kiddie Pedal Pull and the day ended with a Tractor Pull on the old football field.

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 stim-

Libraries announce virtual author visit with Carolyn Holbrook

Lake Agassiz Regional Library (LArL) will host a virtual author visit featuring author Carolyn Holbrook (Tell Me Your Names and I Will Testify) on Tuesday, February 1 at 7 p.m.

The author will appear virtually to share about her career in writing, her experience writing her memoir and about helping others tell their stories.

Carolyn Holbrook is a writer, educator and longtime advocate for the healing power of the arts.

Once a pregnant sixteen-

year-old incarcerated in the Minnesota juvenile system, Carolyn has become a celebrated writer, arts activist and teacher and has heeded the call to tell the story of her life. Her memoir in essays, Tell Me Your Names and I Will Testify (U of M Press, 2020), won the 2021 Minnesota Book Award for memoir and nonfiction, and was an honoree for the 2021 Society of Midland Authors Literary Award in Biography

& Memoir.

This event is made possible thanks to funding from the Minnesota Arts & Cultural Heritage Fund and will be offered virtually at larl.org/carlynholbrook.

A recording of the event will be available until February 15, 2022. An in-person watch party will be held February 1 at 7 p.m. at the Moorhead Public Library, located at 118 5th St. S.

Notice of Public Hearing on Modifying the McIntosh Economic Development Authority Enabling Resolutions

Notice is hereby given that the City Council of the City of McIntosh, Minnesota will meet at City Hall in Council Chambers on February 10, 2022, at 6:00 p.m. to hear, consider, and pass upon all written or oral comments if any to the proposed resolution to modify the enabling resolutions concerning the McIntosh Economic Development Authority.

The proposed resolution to modify the McIntosh Economic Development Authority enabling resolutions is as follows:

1. Pursuant to Minnesota Statutes Annotated § 469.095 subd. 2(d) and pursuant to the Enabling Resolution of the McIntosh Economic Development Authority, the Commissioners of MEDA shall be removed and replaced solely the members of the McIntosh City Council.

M44-45C



LSS Meals Menu 687-2262

Mon. Jan. 25: Beef Stroganoff w/ Egg Noodles - Mixed Vegetables - Mandarin Oranges - Pumpkin Bar - Milk

Tues. Jan. 25: Ham w/ Raisin Sauce - Au Gratin Potatoes - Peas - Dinner Roll - Roman Apple Cake - Milk

Wed Jan. 26: Chef's Choice Chicken Spaghetti - Green Beans - Peaches - Garlic Bread - Carrot Cake w/ Cream Cheese Frosting - Milk

Thur. Jan. 27: Roast Beef - Mashed Potato w/ Gravy - California Normandy - Bread - Pineapple Cake - Milk

Fri. Jan. 28: Sausage Egg Bake - Broccoli - Cinnamon Apple Sauce - Homemade Coffee Cake Muffin - Milk



CHURCH DIRECTORY

ST. MARY'S CHURCH

Fosston

Fr. John Suvaheen, Pastor

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

Sun. Jan. 23: 9:30am Coffee Hour; 10:30am Church Service
Sun. Jan. 30: 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 -

GVTL 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. 23: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch.com);

Tues. Jan. 25: 10:00am Sunday worship service telecast on GVTN--30

Wed. Jan. 26: 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.



July 2021: After months of fundraising by Poplar Meadows staff and community members, the gazebo at Poplar Meadows Senior Living is complete, minus some landscaping around the perimeter. The residents are excited to use the new structure to sit and enjoy summer days and evenings. Pictured in the new gazebo are Evonne Hartel, Becky Boehrnsen, and Carol Bursheim. The project was built by Lance Erickson and his crew and took a little over a month to complete.



June 2021: The Headwaters Science Center of Bemidji brought their Raptor program to McIntosh as part of the McIntosh Library's summer programs available to kids in our surrounding communities. The Science Center staff was able to show the group a lot of fun stuff to see, (l-r) Divinity Hedlund, Ashton Goulet, and Maci Lee were fascinated by the different types of wings that are found on different birds of prey. They were able to learn about these differences when the Headwaters Science Center visited the Mac Library during an event held at Roholt Park in McIntosh, including 3 birds of prey, including this Great Horned Owl. The birds are part of the Center's animals. There was plenty of time for questions and the beautiful weather helped with the time outside.

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McINTOSH Times

PUBLISHED WEEKLY IN THE HUB
OF THE THIRTEEN TOWNSHIPS BY
RICHARDS PUBLISHING CO., INC.

RICHARD D. RICHARDS, PUBLISHER
KIM HEDLUND, EDITOR

McIntosh (218) 563-3585
Cell: (218) 280-1684
Gonvick (218) 487-5225

"McIntosh Times" (USPS 336-020) is published weekly for \$30.00 per year (in county) and \$40.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.

POSTMASTER:

Send address changes to:
McIntosh Times, PO Box 9,
McIntosh, MN 56556.
mcintoshtimes@gmail.com

"Serving the Win-E-Mac area"

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may use MNRAP to find out which medications are available, whether they will help the person, and whether the person is able to get medication.

If someone can get a COVID-19 medication, MNRAP passes along information on their behalf to a health care facility that can give it. A final decision about whether someone may get a medication is up to the health care provider at that facility.

Please note: Evusheld (tixagevimab/cilgavimab) is not available via MNRAP. Patients who believe they may be eligible for treatment with Evusheld should speak to their provider about eligibility.

Oral antivirals
New treatments of COVID-19 that are administered orally (by mouth) have received emergency use authorization from the FDA. Limited amounts of the oral antivirals molnupiravir and nirmatrelvir/ritonavir (Paxlovid) are being allocated to states. Further details will be posted as soon as available.

Evusheld (tixagevimab/cilgavimab)
On Dec. 8, 2021, the FDA issued an emergency use authorization (EUA) for a new monoclonal antibody therapy named Evusheld (tixagevimab/cilgavimab). Unlike other

currently available monoclonal antibodies, Evusheld is a long-acting antibody that has been authorized for use only to prevent or protect someone before they are exposed to COVID-19. Evusheld is not for the treatment of symptoms due to COVID-19 and is not given following an exposure to someone with COVID-19; it is given to prevent infection before an exposure.

Evusheld is NOT a substitute for COVID-19 vaccination. All patients for whom COVID-19 vaccination is recommended, including those with compromised immune systems, should receive COVID-19 vaccination.

The U.S. government has purchased supplies of this antibody therapy and will be allocating it to states. It is anticipated that at the start, Evusheld (tixagevimab/cilgavimab) will be in very short supply. MDH has issued interim guidance for providers and patients on how supplies will be allocated to facilities and which patients should be prioritized when supplies are scarce. This guidance can be found at Therapeutic Options for COVID-19 Patients: Ethical guidance and eligibility. Patients who may be eligible for treatment should discuss their eligibility and the availability of Evusheld with their

provider.

Remdesivir and convalescent plasma
These medication options are typically for people with severe COVID-19 who require hospitalization.

More information
For more information on COVID-19 treatments and vaccines, please visit Combat COVID provided by the U.S. Department of Health and Human Services (HHS).

As of Jan. 11, 2022, CDC estimates that the Omicron variant (B.1.1.529) remains the dominant variant in the United States and accounts for 98% of new U.S. COVID-19 cases. HHS has issued guidance to states that once the prevalence of the Omicron variant (B.1.1.5.2.9) in a jurisdiction reaches 20%, due to reduced effectiveness of bamlanivimab/etesevimab and casirivimab/imdevimab against Omicron, only sotrovimab should be used. As of Jan. 11, 2022, CDC estimates the prevalence of the Omicron variant in HHS Region 5 (which includes Minnesota) to be 97% (please refer to CDC COVID Data Tracker: Variant Proportions). Therefore, given the lack of efficacy of bamlanivimab/etesevimab and casirivimab/imdevimab against Omicron, MDH recommends that only sotrovimab should be used.

Signs it's time
to replace your computer

A popular advertising campaign suggests the country runs on coffee. However, a more accurate assessment may suggest the nation runs on digital devices.

From smartphones to laptops to tablets to desktop computers, there isn't a day that goes by that the average person doesn't rely on a computerized device in some shape or form. Statista reports that, as of 2019, almost half of private households worldwide were estimated to have a computer. In developing countries, computer penetration hovered around one-third of households.

Technology is great when it is working optimally. But when systems get bogged down, the same devices that are typically invaluable can quickly become problematic. Routine housekeeping and other repairs can help keep devices in top form, but at some point it may be time to invest in new equipment. The following signs may indicate that it's time to upgrade a device.

Age
Various technology experts weigh in with different advice

regarding the life span of computers. Computer Hope says consumers should expect to replace a computer once every four years. Home Computer Help advises five years for desktops and three to four for laptops is a good time frame. One Computer Guy says a laptop can last upwards of seven or eight years. If you're approaching your 10- or 15-year high school reunion and still using the same computer, it's likely time for some new equipment.

Outdated software
If you've received pop-up warnings or emails from software manufacturers that their products will no longer be supported on your operating system, it's time to update that OS. If your computer is beyond updates, then it is probably time to move on to a newer model. Operating system updates and firmware updates include security patches and troubleshooting solutions to help keep data safe. Without regular updates, you increase the risk of data hacks or other problems, according to Consumer Reports.

Poor performance
If it takes more time for your computer to boot up, run programs or save files, or if the device is freezing and crashing, consider an upgrade. First try to free up internal hard drive memory space or increase RAM, which could be bogging down the system. The Blue Screen of Death (BSOD) or consistently spinning color wheel or hourglass symbols often mean something is seriously wrong. Repeated issues with system errors or sluggish performance indicate a computer is on its last legs.

Overheating
Constant overheating is a sure sign that a computer is not working efficiently. Blocked cooling fans will cause overheating, but random overheating caused by a seriously dusty interior or other factors will damage internal components, offers Bustle.

Most modern computers have longer life spans than earlier incarnations, but they aren't eternal. Plan to purchase a new computer if consistent problems interfere with work or play.

4 reasons you may get a computer virus

The world was given a crash course on how viruses spread when the novel coronavirus COVID-19 rapidly moved across the world in 2020. Biological viruses easily can spread from person to person, but computers can be afflicted by their own types of viruses that also can spread quickly.

Stopping computer viruses involves becoming familiar with just what they are and where viruses originate. According to Malwarebytes, a cybersecurity company, a computer virus requires a host program. It then requires user action to transmit that virus from one system to another. At that point, the virus attaches a bit of its own malicious code to other files or replaces files outright with copies of itself.

While viruses and malware tend to be grouped together, some forms of malware, like computer worms, are able to spread across systems and networks on their own. That can make them even more dangerous and widespread.

Computer viruses do not generate naturally. They need to be created by programmers. These programmers may do so to steal victims' identities, to get around restricted data, for bragging rites, or to damage organizations or competing businesses. A virus, for example, may sit undetected on your computer monitoring online usage, recording credit card information, passwords or

identity information, advises Interworks, a technology company.

Most of the time viruses make entry to your computer or other device through attachments or links. Here are four common places viruses and malware lie in wait.

- 1. Downloaded purchases:** Downloading software, games, files, and other technology from the internet is not without risk. There are many reputable sites, but unknown downloads may carry viruses.
- 2. Network links:** More than one device hooked up to a network means any computer on that network is vulnerable should one device pick up a virus. All connected computers can be compromised by one virus.
- 3. Email attachments:** Computer How To Guide states that emails are one of the most common ways viruses are downloaded onto computers. Opening an email from someone you don't know can trigger malware or a virus. Never click on a link or open an attachment from an unknown sender.
- 4. Messaging apps:** Apps that enable people to communicate through chat on desktop or mobile systems can be spreaders of viruses, too. Do not visit links posted in messaging applications unless you are sure they are from safe sites. Sometimes messenger services can be hacked, so even if links come from relatives or

friends, verify those links before clicking on them.

New viruses are being created daily and computers need protection. Good anti-virus programs can help, but computer users also need to do their part to avoid contracting viruses.

Physical activity
Staying healthy is a full-time job for people of all ages. While it might not always prove so easy to exercise or eat right, the benefits of healthy living are undeniable.

According to the Partnership to Fight Chronic Disease, "prevention" refers to helping people avoid getting sick or identifying diseases early so treatment can begin. Immunizations and disease screenings are two vital components of preventive care, but all can take more active roles in preventive care by embracing physical activity.

The Department of Health and Human Services notes that physical activity fosters normal growth and development and can help people feel better, function better, sleep better, and reduce their risk for a large number of chronic diseases. Reducing risk for chronic disease keeps people out of the doctor's office, or even the hospital, and it also can help save considerable amounts of money. One report estimated that high chronic disease and obesity rates are responsible



40 years ago...1983: Joey Svalen, right, doing what he is more accustomed to, assisting Johnnie Rost as the pair work on a car in Burslie's lot. On Tuesday, Joey helped carry 175 pigs during a wrecker call.



20 years ago...2002: The City of McIntosh is very proud of its new utility tractor, delivered by Winger Implement on Friday. It is a shiny blue and black New Holland TV140F with loader. The new tractor will replace the old Ford Versatile 930. Pictured with the tractor are Karston Syverson, Larry Hedlund, and Rodney Sonstelie.



10 years ago...2012: Pictured above are the group of Win-E-Mac Knowledge Bowl students that will be appearing on KXJB-TV on Saturday, February 4th. Front Row: Reed Klinkhammer and Molly Paquin; Middle Row: Kain Schow, Cody Lee, Michelle Soto, and Coach Ann Vesledahl; Back Row: Daniel Revier and Micah Ferden.

Physical activity guidelines for children, adolescents and adults

for more than \$1 trillion in lost productivity in the workplace every year. In addition, the National Commission on Prevention Priorities notes that increasing the use of five preventive services to 90 percent can save more than 100,000 lives in the United States each year. Such services include advising smokers to quit and offering medication or other assistance to help them and providing flu shots for people age 65 and older.

In recognition of the role exercise plays in preventive care, the DHHS recommends children, adolescents and adults follow these physical activity guidelines.

Children and adolescents
The DHHS recommends that children and adolescents between the ages of six and 17 should get 60 minutes or more of moderate-to-vigorous physical activity every day.

Aerobic: Most of the 60 minutes or more per day should be either moderate- or vigorous intensity aerobic physical activity and should include vigorous-intensity physical activity

at least three days a week.

Muscle-strengthening: As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity at least three days a week.

Bone-strengthening: As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity at least three days a week.

Parents can consult with their children's physicians to determine age-appropriate muscle- and bone-strengthening activities for their youngsters.

Adults
The DHHS advises adults to make a concerted effort to move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.

For substantial health benefits, adults should get at least 150 minutes to 300 minutes of

moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity each week. An equivalent combination of moderate- and vigorous-intensity aerobic activity can serve as a substitute. Ideally, aerobic activity should be spread throughout the week.

Adults should do muscle-strengthening activities of moderate or greater intensity that involve all major muscle groups two or more days a week, as the DHHS notes these activities provide additional health benefits.

These guidelines also apply to older adults, but older adults also should incorporate balance training into their exercise routines. In addition, the DHHS urges older adults to consult with their physicians about the appropriate level of effort for physical activity relative to their level of fitness.

People of all ages should include physical activity in their preventive health care routines. More information about exercise is available at www.health.gov.

Traveling art exhibit visits Fosston Public Library

The Northwest Minnesota Arts Council (NWMAC) sponsors an annual Traveling Art Exhibit, which visits north-west Minnesota communities throughout the year.

The exhibit includes 15 original pieces of art by regional

adult and student artists, chosen from works submitted for our annual juried exhibit.

The exhibit is currently at the Fosston Public Library in Fosston until February 16. Please stop by to see these works of art.

For more information about the Traveling Exhibit or our other exhibits look to our website at www.NWArtsCouncil.org, call our office at (218)-745-8886 or contact Trey at treyeverettcreates@gmail.com or NWArtsCouncil@gmail.com.



The Northwest Minnesota Arts Council Traveling Exhibit currently in Fosston at the public library.

Answering questions about added sugars

Thanks to the internet, the average consumer now has access to more information than ever before. In the days before the internet, trust factored heavily into the consumer-business relationship.

Though trust still has a place in that relationship, consumers can now access product reviews on seemingly anything, removing much of the risk associated with buying a product or service. However, many consumers are not making the most of that access, particularly when it comes to buying food.

When buying food, individuals can rely on product labels to determine nutritional value. A quick glance at food labels reveals the amounts of various ingredients, including sodium and fiber, that are present in a given product. Customers may know to check for sodium content, but added sugars have long slipped under the radar. That's unfortunate, as high amounts of added sugars pose a significant threat to consumers' overall health.

What are added sugars?

The Mayo Clinic notes that added sugars are the syrups and sugars that are added to foods during processing.

What distinguishes sugar from added sugars?

Many foods, including fruits and vegetables, naturally contain sugar, but there's a difference between natural sugars and added sugars. Natural sugars, like those found in fruits and vegetables, contain calories and nutrients, while added sugars contain all the calories without the nutritional value.

So why is sugar added to foods and beverages?



Manufacturers add sugars for many reasons. According to the Mayo Clinic, added sugars can provide additional flavor, serve as a preservative or a bulking agent, and balance the acidity of certain foods, such as those that contain vinegar and tomatoes.

If added sugars are so commonplace, how harmful can they be?

The Centers for Disease Control and Prevention notes that overconsumption of added sugars can contribute to an assortment of health problems, including obesity, type 2 diabetes and heart disease. That's especially troubling when considering just how much added sugars the average person consumes. The U.S. Departments of Agriculture and Health and Human Services update their Dietary Guidelines for Americans at least once every five years. In 2020, those guidelines recommended that individuals over the age of two limit their added sugar consumption to less than 10 percent of their calories per day, and that children two and under consume no added sugars. For individuals two and older, that translates to no more than 12 teaspoons of added

sugars each day. The American Heart Association is even more cautious, urging women to consume no more than six teaspoons of added sugars per day while recommending that men limit their intake to nine or fewer teaspoons per day. Unfortunately, data from the USDA released in 2020 indicates that the average male between the ages of two and 19 consumed 18 teaspoons per day, while the average female in that age group consumed 15 teaspoons per day (adults age 20 and over consumed roughly the same amount of added sugars each day as young people).

What can consumers do to avoid overconsumption of added sugars?

The easiest thing to do to limit added sugar intake is to read product labels and avoid products with especially high amounts of added sugars. Such products may include beverages like fruit juice, soda or sports drinks; certain breakfast cereals; and baked goods and desserts like cookies, pie and ice cream.

Added sugars pose a significant threat to public health. But informed consumers can do much to eliminate this threat entirely

Celebrate National Pie Day this Sunday

National Pie Day on January 23rd celebrates one of the Nations' favorite desserts. No matter how you slice it, pie in just about any form makes a crowd happy. Fruit pies, berry pies, cream pies – they are mouth-watering servings of homemade goodness.

National Pie Day simply celebrates the pie. Everyone is invited to bake their favorite pie, but more importantly, the day reminds us to enjoy eating pies! The only other question to ask is, will it be al a mode?

Did you know, the first pies appeared around 9500 BC in the Egyptian Neolithic period or New Stone Age? So, humans have been eating pies for a very long time. And with so many to choose from, we shouldn't have any problem finding one we like. After all, we celebrate the day twice a year (plus their cousin National Pi Day).

Fun Tidbit – Pie throwing:

Cream-filled or topped pies are favorite props for humor. Throwing a pie in a person's face has been a staple of film comedy since Ben Turpin received one in Mr. Flip in 1909.

The day also offers a perfect opportunity to give a shout-out to your favorite bakery. They always serve up the best and flakiest crusts. And we know, sometimes that bakery is known as Grandma's House. Use the holiday to honor her by learning to bake her best recipes. Take a lesson or two from the master! Or try a new recipe together. We even have a few for you to try.

Caramel Drizzle

Macchiato Pie Recipe

6 Tbsp. Caramel Macchiato
Frappe Mix
8 oz. softened cream cheese
8 oz. non-dairy whipped topping
1 chocolate graham pie crust
2-3 Tbsp. Creamy Caramel Sauce

Combine first 2 ingredients; blend until smooth. Fold in whipped topping until combined. Pour into pie crust. Warm Creamy Caramel Sauce in microwave; drizzle on top and using a knife swirl it into the pie. Refrigerate 3 hours or until set. Makes 8 servings. **OPTION:** Freeze the pie; remove 30 minutes before serving.

Triple Berry Pie

For the filling:
2 c. blackberries
2 c. blueberries
2 c. raspberries
1/2 c. granulated sugar
1/3 c. all-purpose flour
1 tbsp. cornstarch
1 tbsp. lemon juice



1 tbsp. lemon zest
1 tsp. vanilla extract
For the topping:
1 c. old-fashioned oats
3/4 c. brown sugar
1/2 c. all-purpose flour
1 tsp. cinnamon
1/4 tsp. salt
9 tbsp. unsalted butter, cold and cubed

For the crust:
1 pie crust (homemade or store bought)
Preheat oven to 400 degrees.

In a large mixing bowl combine the blackberries, blueberries, raspberries, sugar, flour, cornstarch, lemon juice, lemon zest, and vanilla. Toss to combine until evenly coated. Place in refrigerator until needed.

In a medium mixing bowl combine the oats, brown sugar, flour, cinnamon and salt. Mix, then using a pastry blender, cut in the butter until pea-size clumps form. Place in refrigerator until needed.

Roll out or place a pre-made pie crust into a 9-inch pie dish. Press gently into the bottom of the pan, then flute the edge or crimp using a fork.

Add cold filling, then sprinkle on the topping. It will be a generous amount.

Place in the oven and bake for 30 minutes, then cover with foil and continue baking for 20-25 minutes. Tent the foil at the 45 minute mark to prevent the crust and topping from getting too brown.

Remove from the oven and allow the pie to cool at room temperature for 2 ½ hours before serving, or allow the pie to cool at room temperature for 1 hour, then 1 hour in the refrigerator before serving.



Did you know?

Comic books have inspired countless Hollywood blockbusters over the last 20 years, but even the most devoted comic book fan may not recognize just how influential the genre was more than a half century ago.

Comic books and the Civil Rights Movement may seem like an unlikely pairing, but History.com notes that a 1957 comic book titled "Martin Luther King and The Montgomery Story" affected a generation of activists more than 50 years ago.



The book, written by activist Alfred Hassler and illustrated by Sy Barry, highlighted the heroic efforts of Rosa Parks and Martin Luther King, Jr. during the Montgomery bus boycott in 1955 and promoted the merits of nonviolent protest.

A quarter million copies of



Win-E-Mac Student Council Announces: Snowfest will be January 31st - February 4th and the Snowfest dance will be Friday, February 4th. This dance will be Semi-Formal.

Snowfest Days -
High School Dress Up Days:
Monday, January 31st - Pajama Day

Tuesday, February 1st - White Lie;
Wednesday, February 2nd - Dress like a celebrity (or character);

Thursday, February 3rd - Grandparents Closet;
Friday, February 4th - Spirit Day.

Elementary Dress Up Days:
Monday - Pajama Day; Tuesday- Tie Dye Day; Wednesday- Wacky Wednesday; Thursday- Hawaiian Day Friday- Spirit Day.

9th - 12th grade students semester testing will be on January 20 and 21 st .

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 not more than three absences and

3) completed all course work, attained a "C" course average, have no two than two absences.

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

the book were printed and distributed by churches and civil rights groups.

Among the many individuals to credit the comic book were the late U.S. Congressman John Lewis, a widely respected civil rights activist who admitted reading the book as an 18-year-old.

History.com notes the book's reach extended beyond the United States, ultimately inspiring anti-apartheid protesters in South Africa before it was banned by the South African government



Congrats goes out to Team Caliber (Jacob, Jonathan, and Teagan), Team Chappies (Kolten and Alexa), and Team Rednecks (Wyatt, Alec, Kallie, and Chris) as they qualified for the State Robotics competition! Team Caliber and Team Chappies were champions, while Team Rednecks were finalists. Team Rednecks also won the 'Skills' portion of the competition. Congratulations to the Robotics Team of Teagan Paulson, Jonathan Moritz, and Jacob Eggl and to the Team of Colton Mandt and Alexa Morberg for Winning the Win-E-Mac Robotics Tournament last Friday. These two teams have now qualified for the State Robotics Tournament in March.