



McINTOSH

Since 1888

\$1.00

Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Philip Lee and Curtis Bartz enjoy a donated snack during the blood drive in McIntosh on January 31st. Hosted by the McIntosh Friends of Veterans.

McIntosh’s blood drive brings in 43 volunteers

The McIntosh Friends of Veterans hosted a blood drive with Vitalant on January 31 at the McIntosh Community Center which helped collect a total of 45 units of blood products for patients in need.

A total of 43 individuals volunteered to donate blood and 39 individuals were able to successfully donate at the Vitalant blood drive on January 31. A total of six donors also came forward to donate Power Red Cells (2RBC) which collects two units of red blood cells while returning platelets, plasma and a saline solution back to the donor.

Vitalant expressed their gratitude to Mary Goodwin, who coordinated the drive, and McIntosh Friends of Veterans which sponsored the blood drive, as well as all the donors who came out to donate.

Living through a pandemic can lead to many uncertainties, although one thing we are sure of, is that the need for blood never ceases.

Blood is only useable for 42 days, so a constant supply is always needed, no matter the season. Winter has challenges with the threat of weather/travel and planning, but the winter weather is no wonderland for hospital patients who depend on blood to keep them



One of the many blood donors during the January 31st Blood Drive in McIntosh was Gene Haugom.

healthy and alive.

Donors can make a convenient appointment to give blood at www.donors.vitalant.org or by calling 877-25-VITAL. With each donation, donors receive a free total cholesterol test and earn reward points.

Blood donation takes about an hour from check-in to refreshments, while the blood draw typically taking less than 10 minutes.

Donors can save about 20 minutes by completing their Health History Questionnaire the day they donate on www.vitalant.org/health



Roger Rolf and Arlene Eggers were two of the many volunteers that worked to make the McIntosh Friends of Veterans Blood Drive in McIntosh a success.

Notable plays in recent Super Bowl history

As the annual championship game of the National Football League, the Super Bowl is one of the world's most watched events every year. And for good reason, as the game is never short on dramatic moments. The following are a handful of the many notable plays in the recent history of the Super Bowl.

· **Malcolm Butler's interception, Super Bowl XLIX, February 1, 2015:** An epic battle between the reigning Super Bowl champion Seattle Seahawks and the New England Patriots effectively ended when one of the most questionable play calls in NFL history resulted in a goal-line interception by Patriots cornerback Malcolm Butler. With just 26 seconds to go and trailing 28-24,

Seattle decided to pass the ball from New England's 1-yard line. The more conventional play call would have been to hand the ball off to running back Marshawn Lynch, who had already scored a touchdown and run for more than 100 yards in the game.

But Seattle chose to pass, and Russell Wilson's throw was intercepted, resulting in the Patriots winning their first Super Bowl in a decade.

· **David Tyree's catch, Super Bowl XLII, February 3, 2008:** It's fitting that this Super Bowl is widely regarded as one of the greatest upsets in Super Bowl history, as it also featured one of the most unlikely heroes in the sport's history. With his team trailing the New England Patriots 14-10 late in the fourth quarter, New York Giant David Tyree, a little-used wide receiver and special teams stalwart, made a miraculous catch on third down, leaping into the air and pinning the ball to his helmet. That 32-yard reception kept the eventual game-winning drive alive. The loss would mark the Patriots' only defeat of the season.

· **Mike Jones' tackle, Super Bowl XXXIV, January 30, 2000:** A thrilling affair that featured a 16-point comeback from the Tennessee Titans, Super Bowl XXXIV came down to the final play of the game. With

just six seconds remaining, the Titans trailed the St. Louis Rams 23-16 but had the ball at the Rams' 10-yard line. Titans quarterback Steve McNair completed a pass to wide receiver Kevin Dyson, only to see Rams linebacker Mike Jones tackle Dyson at the 1-yard line as time expired, stopping another Titans comeback and earning the Rams their first Super Bowl victory.

· **James White's touchdown run, Super Bowl LI, February 5, 2017:** While the moment itself may not be as amazing as other Super Bowl plays, it remains among the most memorable for what it represented. Trailing the Atlanta Falcons 28-3 midway through the third quarter, the New England Patriots were written off by viewers across the globe.

But those eulogies proved premature, as the Patriots orchestrated the largest comeback in Super Bowl history, culminating with White's 2-yard overtime scamper into the end zone to seal the victory for New England.

Polar Beach Snowmobile Club Annual Fun Run is this weekend

The Polar Beach Snowmobile Club of McIntosh will host its' 2022 Fun Run on Saturday, February 12th.

Registration will be from 10:00 am to 11:00 am at the Polar Beach clubhouse located on 1st Street in McIntosh (behind the Stordahl building).

Each hand is \$5 and each rider can have unlimited hands. Riders will have 7 stops along the trail which means each hand can have as many as 7 cards. The best legal 5 card poker hand will win. There will be prizes fro 1st place through 4th place. First place takes 50% of the money.

All cards will be drawn at the end of the night at Little Bobby's Bar & Grill on Main Street in McIntosh.

Players are to ride to the 7 bar and get a stamp at each stop. The number of stamps determine the number of cards drawn. The stops will be Carols Cozy in Brooks, The Deuce in Erskine, T.J.'s Tavern in Oklee, Shorty's Bar in Gully, Old Trails End in Trail, Liquor Pigs in Winger and Little Bob-



by's Bar & Grill in McIntosh.

All hands must be submitted at Little Bobby's Bar & Grill by 7:00 pm.

There will be live music to follow and drink and food specials.

Please note that all riders should obey all traffic laws. The Polar Beach Snowmobile Club is not responsible for accidents, damage, injuries or other such events. It is the participants responsibility to

Say "I love you" with music

Music can express many emotions, be a source of comfort and encouragement or simply induce a peaceful state

of mind. For those looking to express their love for a special someone, songs with or without lyrics can help convey such

feelings.

Music lovers may greatly appreciate songs chosen especially for them in honor of Valentine's Day.

Therefore, as a heart-warming gift, curate a special selection of songs that can be gifted to a loved one. Even though it's an inexpensive way to show you care, the meaning behind the gift can be profound. While "mix tapes" of the 1990s may have fallen out of favor, individuals who subscribe to streaming music services can do something similar by establishing custom playlists. Look to options such as Pandora, Amazon Music, and Spotify for inspiration.

For those who want to go a little further, upload audio versions of several songs and create a YouTube video montage featuring meaningful photos.

When considering which songs to include, think about "Endless Love," which Billboard places in the No. 1 spot on its list of the top 50 love songs. This song remained at the top of the charts for nine weeks in 1981 and features the vocal talents of Lionel Richie and Diana Ross.



Each year that McIntosh Friends of Veterans hosts a blood drive in McIntosh, they know some donors, like Earl Roed, will be willing to show up and donate.



Clyde Kringlen was a blood donor during the blood drive held in McIntosh at the Community Center on January 31st.

PCPH opens no-cost Rapid Antigen testing sites

To assist with COVID-19 testing, Polk County Public Health will run weekly COVID-19 Rapid Antigen Testing Sites in Crookston, East Grand Forks and McIntosh through the month of February.

Testing will be by appointment only, at no cost, and test results will be available the same day. If you need assistance registering, please call 218 - 281 - 3385.

To schedule an appointment visit our website: <http://www.co.polk.mn.us/536/COVID-19-Rapid-Testing-Sites>.

Testing in Crookston, at the Crookston Sports Center will



take place on February 8, 15, 22 and on March 1, 2022.

Testing in East Grand Forks at the Human Service Center will take place on February 9, 16, and 23, 2022.

Testing in McIntosh at the Polk County Public Health office will take place on February 11, 18, and 25, 2022.

The hours of testing are from 8:00 am to 10:45 am. An appointment is necessary for all.

Another option, order an at-home saliva test here: <https://www.health.state.mn.us/diseases/coronavirus/testsites/athome.html>.

Every home in the U.S. is eligible to order 4 free at-home rapid antigen COVID-19 tests. Orders will usually ship in 7-12 days.

Order your tests now so you have them when you need them. <https://www.covidtests.gov/>.

Things you may not know about President Abraham Lincoln

Each February, Americans celebrate the birthdays of two of the more influential presidents in United States history. Presidents Day is observed on or near the birthdate of America's first president, George Washington. However, Presidents Day also celebrates the life of Abraham Lincoln, the 16th President of the United States who was born on February 12.

As millions of people prepare to celebrate the life of Abraham Lincoln, celebrants can consider the following interesting tidbits about this incredibly influential man, courtesy of Factslides, Constitution Daily and the History Channel.

· **Lincoln practiced law**, but he did not have a formal law degree. He only had about 18 months of schooling in the field of law.

· **The president disliked being called "Abe."** He preferred being called by his last name instead.

· **Lincoln was an accomplished wrestler** as a young man. His wrestling proclivity helped secure him a place in



the National Wrestling Hall of Fame.

· **Lincoln was born** in Hodgenville, Kentucky, becoming the first elected president to be born outside of the original 13 states.

· **In addition to being a wrestler, a patent-holder and a president**, Lincoln also was a licensed bartender. Before his presidency, he owned a business called the Berry and Lincoln General Store and Tavern in New Salem, Ill.

· **Lincoln was an animal**

lover and was not known to actively hunt or fish. He had a dog named "Fido" and a cat named "Tabby."

· **Paving the way for future beard-lovers**, Lincoln was the first president with a beard. An 11-year-old girl named Grace Bedell convinced Lincoln to grow his whiskers in exchange for her brothers' votes.

· **John Wilkes Booth, Lincoln's assassin**, was a famous actor who had a fan in Lincoln himself. The president actually was photographed with Booth during his second inauguration. Interestingly enough, a few months before Booth assassinated Lincoln, the president's oldest son was saved from injury by John Wilkes Booth's brother on a train platform in New Jersey.

· **Abraham Lincoln was supposed** to attend Ford's Theater with Ulysses S. Grant, but Grant cancelled at the last second.

The life of Abraham Lincoln is justifiably celebrated every year. But that life is perhaps even more interesting than many celebrants may know.



McIntosh Friends of Veterans members, Mary Goodwin and Garnet Aanenson volunteer their time each year to help with the blood drive that is held in McIntosh at the end of January.

Radon in MN homes is a common and preventable cancer risk

Common misconceptions may be undermining testing, leading to lung cancer.

Of all the unwelcome house guests you may ever host, few are as nasty as radon.

The colorless, odorless gas occurs naturally in Minnesota soils and is found at elevated levels in nearly 40 percent of all homes in the state. It also is the leading cause of lung cancer among non-smokers. In fact, each year this unwelcome house guest kills more than 21,000 people across the country. While there are cheap and easy ways to test for radon, many people are unaware of the risks and may not be getting the help they need to be safe.

Fortunately, the radon risk is largely preventable through testing homes and eliminating radon problems through improved ventilation and other measures. With more people working from home, it's more important than ever to test homes for radon because testing is the only way to know if a home has radon levels at or above the level that presents a health risk.

During January, Radon Action Month, the Minnesota Department of Health (MDH) is making a special push to urge everyone to test their home for radon.

"Unfortunately, many people are still exposed to high levels of radioactive radon without being aware of it and

this puts them at increased risk for lung cancer," said Dan Tranter, supervisor of the MDH Indoor Air Program. "We've heard a lot of common misunderstandings that discourage people from testing their home for radon."

For example, many people think their home does not need to be tested, or that if they test once they don't need to test again, or if their neighbor's radon level is low, they don't need to test.

MDH is partnering with local public health departments and other organizations to make test kits available to all Minnesotans at low or no cost. Participating agencies and vendors can be found on MDH's Radon Testing website. Hardware stores may also stock test kits. Licensed professionals can also conduct testing.

Radon...
Continued on page 4 ...

Hospice of the Red River Valley to participate in Giving Hearts Day on Feb. 10

Hospice of the Red River Valley will participate in Dakota Medical Foundation's 2022 Giving Hearts Day, a 24-hour online fundraising event held on February 10, 2022. When you donate \$10 or more on that day, your donation to Hospice of the Red River Valley will be doubled up to \$50,000 thanks to a generous donor.

Funds raised will be used to provide tender, compassionate care.

There are three easy ways to support Hospice of the Red River Valley on Giving Hearts Day:

♥ **Online:** On February 10th, visit givingheartsday.org and select Hospice of the Red River Valley.

♥ **By check:** Checks should be made to Hospice of the Red

River Valley and dated Feb. 10, 2022. Donations must reach the Hospice office (1701 38th St. S. Suite 101, Fargo, ND 58103) on or before Feb. 10, 2022, to be counted toward our Giving Hearts Day total.

♥ **In advance:** Now through Feb. 8, you can pre-schedule your online donation. Visit givingheartsday.org and select Hospice of the Red River Valley. Add your donation amount and go to your cart to check out. Make sure "Pay on Giving Hearts Day" is checked in your cart when you complete your order. Your gift will be processed on Giving Hearts Day.

Patricia (Jean) Nelson was an independent and active woman who lived by herself for 30 years in an idyllic, remote northern Minnesota cabin.

Medicare 101 virtual class

There is a lot to do when you become eligible for Medicare and it can seem overwhelming. Minnesota's Senior LinkAge Line® offers a class giving you answers.

The Senior LinkAge Line Medicare 101 class is for people new to Medicare and would like to learn about Medicare Parts A, B, C and D. Topics include a comprehensive introduction to Medicare including what Medicare covers, supplemental insurance and Part D prescription coverage.

During class, you will find out how to get the most from your benefits and how to research your Medicare plan options using the Medicare.gov site.

Space is limited, to attend please register online at www.dancingskyaaa.org or call Senior LinkAge Line at 1-800-

333-2433.

What: New to Medicare Virtual Class

When: Thursday, February 17th, 2022 from 2:00 PM – 4:00 p.m.

Where: Online Virtual Class Register at: www.dancingskyaaa.org

The Senior LinkAge Line® is a free statewide service of the Minnesota Board on Aging in partnership with Minnesota's Area Agencies on Aging.

The Senior LinkAge Line helps older Minnesotans and caregivers find answers and connect to the service and support they need.

Call the Senior LinkAge Line at (800)-333-2433, Monday through Friday from 8:00 a.m. to 4:30 p.m. or visit www.MinnesotaHelp.info to chat with a specialist during business hours.



Karen Rolf, one of the many donors who helped make the blood drive in McIntosh a success.



Community Birthday and Anniversary Calendar

Wed. Feb. 9: Erich Gensburger

Thur. Feb. 10: Melford Grundyson, Nicole Grande, Ashleigh Bartz

Fri. Feb. 11: Julie Sultvedt, Clay Syverson, Garrett Nornes, *Mark & Brook Simonson

Sat. Feb. 12: Jan Langemo

Sun. Feb. 13: Clellie Kiecker

Mon. Feb. 14: *Craig & Rosann Burslie

Tues. Feb. 15: Bryce Stordahl, Parker Wirth, *Mike & Jane Aakhus

Countless anecdotes illustrate Jean's boundless energy and zest for life. Her memorable moments are fondly remembered by family and friends as "Adventures with Jean."

Jean was diagnosed with vascular dementia after a fall during a winter walk. As her disease progressed, Kris Steussy, Jean's daughter, reached out to Hospice of the Red River Valley for extra support.

"Having Hospice staff to assist was just fabulous. They really listened and genuinely wanted to get to know my mom," Kris said.

Donations to Hospice of the Red River Valley on Giving Hearts Day support families, like Jean's.

LSS
Meals Menu
687-2262

Erskine LSS Meals is located at the Erskine Community Center. Inside dining at 11:30 am. Drive-up at 11:00 am. Call to reserve your meals.

Mon. Feb. 14 : Chicken Wild Rice Hotdish - Broccoli - Pineapple - Roll - Chocolate Chip Cookie Bar - Milk

Tues. Feb. 15: Swedish Meatballs - Mashed Potatoes - Carrots - Bread - Pumpkin Dessert - Milk

Wed Feb. 16: Roasted Turkey w/ Gravy - Mashed Potatoes - Peas - Sage Dressing - Rice Krispie Dessert Bars - Milk

Thurs. Feb. 17: Tator Tot Casserole - French Cut Green Beans - Warm Peaches - Peanut Butter Cookie - Roll - Milk

Fri. Feb. 18: BBQ Pork on Bun - Baked Beans - Spiced Pears - Brownies - Milk



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

Sun. Feb. 13: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Feb. 16: 11:15am Mass at St. Mary's, Fosston
Thurs. Feb. 17: 11:30am Mass at St. Joseph's, Bagley
Fri. Feb. 18: 8:30am Mass at St. Mary's, Fosston

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

Sun. Feb. 13: 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:
Interim Pastors John Anderson and Phil Rokke

Sunday Services
9:30am Mt Carmel
11:00am Trinity
Sunday School
9:45am Trinity
10:45am Mt. Carmel

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

Sun., Feb. 13: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com);

Tues. Feb. 15: 10:00am Sunday worship service telecast on GVTV--30

Wed. Feb. 16: 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

This space for rent at \$127.40 for 6 months.

CALL 218-563-3585

Carlin
FAMILY FUNERAL SERVICE
"Caring service for three generations"
(218) 435-1144
Funeral Home ~ Cremation Service ~ Granite Memorials

ANDERSON FAMILY
FUNERAL HOME & CREMATION SERVICE
719 N. Main 644 Main St.
Mahnomon, MN Winger, MN
*Paige Ennen *Kelly Woltjer
*Tim & Denise Anderson
*Licensed Funeral Director
218-935-9000
Toll free: 866-935-9009

Is There A Wedding In Your Future?
We have the latest designs for wedding accessories - or, if you choose, we can assist with a design of your own.
LET US HELP MAKE YOUR WEDDING DAY MEMORABLE.
487-5225
Gonvick, MN
Richards Publishing Co.,

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"
PUBLISHER'S LIABILITY FOR ERROR: The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.

M3-28C

A Valentine's dinner to warm you up

Treating that special someone in your life to a delicious meal can be done any time of the year, but is especially poignant and romantic on Valentine's Day.

Even though plenty of people may be tempted to dish up gourmet fare, comfort foods can be equally appealing, especially on a cold February day.

Soup can be both filling, tasty and customized with individuals' favorite flavors. Italian seasonings and ingredients are on display in this recipe for "Hearty Tuscan Soup" from "Season's Best: Fast, Fun & Fabulous" by The Pampered Chef® Test Kitchens. Try it for a satisfying Valentine's meal for two or more.

Hearty Tuscan Soup
Serves 8
2 15-ounce cans reduced-sodium pinto beans
1 tablespoon olive oil
8 ounces Italian turkey sausage (about 2 links), casings removed
1 large onion
1 medium sweet potato, peeled
4 garlic cloves
4 cups unsalted chicken



stock or chicken broth
1 14.5-ounce can fire-roasted diced tomatoes, undrained
1 tablespoon Rosemary Herb Seasoning Mix
1/2 teaspoon black pepper
1 package fresh baby spinach leaves, washed and dried
16 melba toast rounds
3 tablespoons shredded Italian cheese blend
1. Drain and rinse pinto beans in a small colander.

Transfer half of the beans to a food processor; process until almost smooth. Set aside both whole and mashed beans.

2. Heat oil in a Dutch oven over medium heat 3 to 5 minutes or until shimmering. Cook sausage 4 to 6 minutes or until no longer pink, breaking into crumbles.

3. Wedge onion, then chop. Cut sweet potato into chunks, then coarsely chop. Add onion, sweet potato and garlic to Dutch oven; cook and stir 5 to 6 minutes or until onion is softened.

4. Stir all beans, chicken stock, tomatoes, seasoning mix, and pepper into Dutch oven. Cover; bring to a boil over high heat. Reduce heat to medium; simmer, covered, 10 minutes.

5. Preheat broiler. Remove Dutch oven from heat; add spinach. Cover; let stand 2 to 3 minutes or until spinach is wilted. Top soup with melba rounds; sprinkle with cheese.

6. Place Dutch oven 2 to 4 inches from heating element. Broil 2 to 4 minutes or until croutons and cheese are lightly browned. Ladle soup and croutons into bowls.



40 years ago...1982: The McIntosh-Winger Sixth Grade was the overall champions of the 11th Annual Erskine Pee Wee Tournament which was held last weekend. The young Scots barely squeezed by the Gonvick Bulldogs in first round play. The Scots sixth grade basketball coach, Russell Horacek, just also happens to be the sixth grade classroom instructor. The sixth grade champion Scots are Mick Schimanski, Patrick Thompson, Kerry Mandt, Rob Christianson, Mark Sonsteli, Lori Sjobblom, Chris Boucher, Sue DeFrang, Bruce Bursheim, Danny Anderson, Mike Balstad, David Kiecker, Billy Kaupang, and Joey Smeby.

Combine decadence with refreshment this Valentine's Day

Chocolate is often described as "decadent," and rightfully so. Few foods can make people feel as if they're being indulgent as well as chocolate.

Perhaps that's what makes chocolate such a great fit for Valentine's Day.

When giving that special someone some chocolate on February 14, you're not just giving them something delicious, but also a chance to indulge in a forbidden fruit.

But chocolate desserts can be more than merely decadent. In fact, this recipe for "Pasticcio di Cioccolato con Lampone (Individual Chocolate Cakes With Fresh Raspberries)" from Michael White and Joanna Pruess' "Fiamma: The Essence of Contemporary Italian Cooking" (Wiley) is both decadent and, thanks to the fresh raspberries, refreshing.

The individual cake is an ideal Valentine's Day gift, as it serves to emphasize how that special someone is the only one for you.

Pasticcio di Cioccolato con Lampone
(Individual Chocolate Cakes With Fresh Raspberries)

Makes 8 servings
11/3 cups cake flour, sifted
1/3 cup plus 2 tablespoons cocoa powder, sifted
1/4 teaspoon baking soda
6 tablespoons unsalted butter
6 large eggs
1 cup granulated sugar
1 teaspoon vanilla extract
1 cup heavy cream
1/4 cup confectioners' sugar, sifted
1 pint fresh raspberries
Vegetable cooking spray
Pinch of sea salt
Preheat the oven to 325 F. Spray a standard muffin tin with nonstick spray or fill 8 of the cups with paper or foil liners.

Sift the flour, 1/3 cup of cocoa, salt, and baking soda into a bowl and set aside. Melt the butter in a small saucepan and set aside.

Combine the eggs and sugar in the bowl of an electric mixer fitted with a whisk attachment. Set the bowl over a pan partially filled with simmering water. The water should not touch the bowl.

Using a whisk, beat the egg-sugar mixture until it feels very warm to the touch and all of the sugar has dissolved. Immediately remove the bowl from the heat and transfer it to the electric mixer.

Whip the egg-sugar mixture on medium speed for 3 to 4 minutes until it triples in volume and is very thick and light colored. Add the vanilla and whip 2 to 3 seconds longer to blend.

Remove the bowl from the mixer and gently fold in the flour-cocoa mixture.

Place about 11/2 cups of the batter in a separate bowl and fold in the melted butter. Do this gently, as you do not want to overwork the batter. Fold



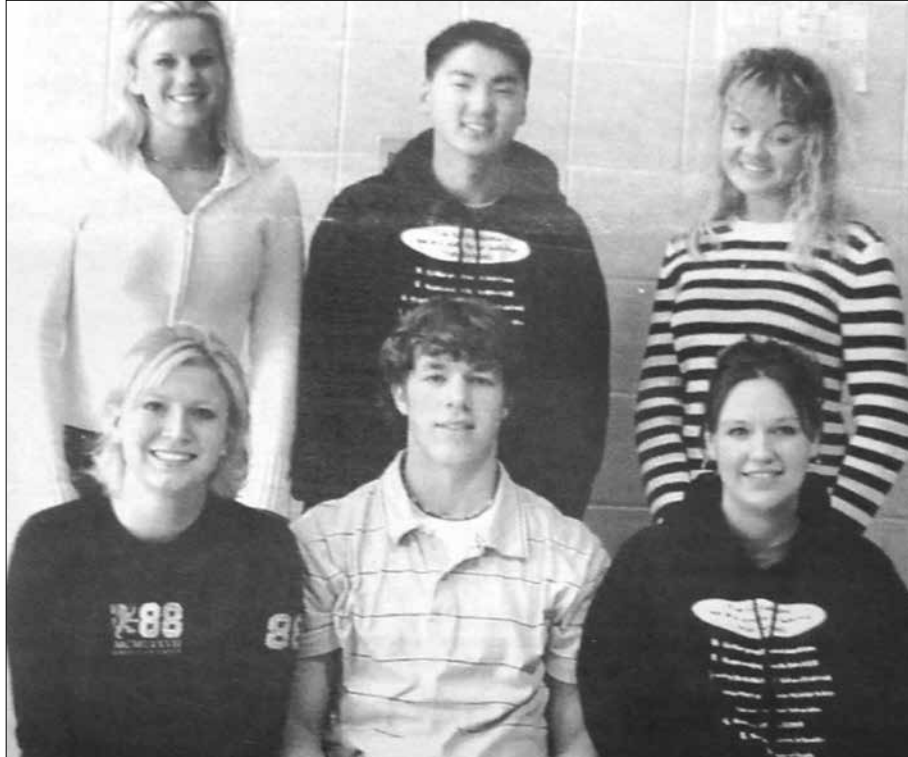
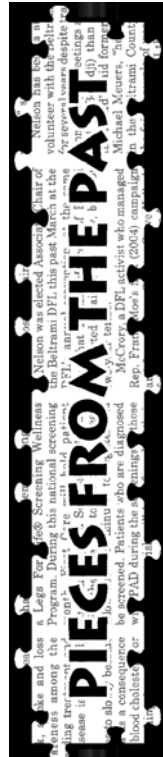
this into the remaining batter. Divide the batter evenly among the cupcake tins.

Bake in the center of the oven for 20 to 25 minutes, or until a toothpick or knife inserted in the center of one cupcake comes out clean. Remove and cool completely on a rack.

While the cupcakes are cooling, combine the heavy cream

with the confectioners' sugar and the remaining 2 tablespoons of cocoa, beat into soft peaks, and set aside.

Remove the cupcakes from the tin and place them on dessert plates. Spoon the whipped cream on top, divide the raspberries among the plates and serve.



20 years ago...2002: Win-E-Mac's one-act play participated in the sub-section contest in Ada and received an "A" rating. They took third place out of five teams participating: Ada, Fosston, Win-E-Mac, Waubun and Norman County East.



10 years ago...2012: Proud Win-E-Mac 7th graders in Family and Consumer Science class show off their pants they constructed after learning about fibers, fabrics, sewing machine operation and construction of clothing. Pictured above in the front row are: Joseph Rivera, Joshua Young, Nathan Brekke, Justin Carlson, Jordan Olson, Jonah Salvyhus, Mike Revier; Middle Row: Karlie Jaeger, Chris Tofsley, Petr Kutsev, Jessica Kasprzak, Natalie Frolov, Madison McKeever, Kinlee Faldet, Hunter Parenteau, Caitlyn Eck; Back Row: Justin Shaver, Ashley McKinney. Absent: Aspen Gustafson and Katelyn Johnson.

WEM announces 2nd quarter Honor Roll

The following Win-E-Mac Junior High School and Senior High School students have attained either an "A" or "B" average in academic subjects for the second quarter of the 2021 - 2022 school year. Congratulations! To be eligible for the "A" Honor Roll, you need to have attained a 3.76 - 4.00 GPA (Grade Point Average) and to be eligible for the "B" honor roll, you need to have attained a 3.00 - 3.75 GPA.

Seniors:
"A"
Anton Hickman
Teagan Paulson
Eva Qualey
Alivia Winter
"B"
Rebecca Arme
Leonardo Casagni
Elizabeth Riley
Haley Sander
Chase Shear
Maci Smeby
Savahanna Svalen
Hunter Trandem
Juniors:
"A"
George Erofeeff
Dorian Fadat
Kallie Hand
Zachary Luckow
Nadelly Neubert
"B"
Bret DuChamp
Jonathan Moritz
Izabelle Ostenaar
Laila Roragen
Jonas Spry

Sophomores:
"A"
Justin Courneya
Ava Howard
Emily Strom
Luella Strom
Kyra Stuhau
Kianna Tadman
Hana Thompson
"B"
Wyatt Davis
Alec Haskett
Ryan Kangas
Kailee Kramer
Preston Lecy
Emily Olson
Annika Shimpa
Clare Stuhau
Sydney Svalen
Joy Tasmia
Brooke Tofstad
9th Grade:
"A"
Emelia Boianoff
Josie Fortman
Colten Mandt
Shelby Mandt
Evelyn Ryan
Abigail Sauer
"B"
Clay Below
Ariana Dickinson
Kaylee Dickinson
Sava Erofeeff
Braylon Hamre
Calvin Hill
Bergen Howard
Julian Janisch
Livaeh Kiecker
Erica Kramer
Samuel Lundy
Ustina Mametieff

Brayden Sander
Danielle Winter
8th Grade:
"A"
Paige Breitbach
Josie Johnson
Lauren Kaupang
Peter Kolden
Joy Neubert
Adrian Ryan
Karlie Schow
"B"
Daniel Boianoff
Jordyn Halstad
Claire Juve
Riley Kochmann
Marissa Mayer
Cameron Svalen
7th Grade:
"A"
David Cymbaluk
Chloe Howard
Austin Johnson
Hayden Johnson
Kolten Schow
Lillian Shimpa
Nathaniel Spry
"B"
Ashton Anderson
Dominic Carlson
Joe Courneya
Carter Fortman
Macie Haskett
Caraina Janisch
Clara Kolden
Austin Langseth
Theodore Moritz
Kalli Roy
Madison Thompson
Jareth Walk
David Zarkoff



Dan Salvhus was one of the many community members that volunteered to donate blood during the 2022 McIntosh Friends of Veterans Blood Drive held at the McIntosh Community Center on Monday, January 31st.



Jered Wang is a familiar donor during the Annual Blood Drive held in McIntosh. This year's drive was held on January 31st and there were 43 donors total.

Superintendents Notes

By Randy Bruer

Employee Positions

We need your help. 2 - Paraprofessional positions are needed now. Substitute positions are needed at the school. If you are interested in working select days subbing for a cook, custodian or have a 4-year degree or teacher license, please give us your contact information.

School Bus Drivers for after school activities are needed. This is open to both male and female drivers. It does require a written test, behind the wheel test, a pre-trip inspection and a physical which all take time to schedule. The School will assist you with all the needed expenses and training to get the license.

We need you; so if you have the desire to work at school for a short time during the day with a great wage and benefits, please email or call the Superintendent's Office. An applica-



tion is available on the school's website at wemschools.org. Its located under the District; Employment Opportunities. Contact info: rbru@win-e-mac.k12.mn.us or 218-563-2900.

Extra-Curricular

Our school has much to offer when it comes to activities in the school. We have a great

knowledge bowl program 1-act plays, robotics, musicals, band and choir. WEM offers a vocational house construction program along with mechanics, welding and small engine repair. We also offer a wide range of competitive sports offered to all students. This option is not available in all private school settings. If you are interested in the Win-E-Mac School, please come and speak to us.

Ice House Sale

The school construction class built an Ice House last year and will be putting it up for bids very soon. It's a 16 x 8-foot house with 8 holes built on a movable trailer. Insulated with heat. It will go out for bids on February 15th, 2022. If you are interested, please call to make arrangements to come and see it. Bids will be available on the school's website @ wemschools.org.

Prom dress drive at Clearbrook-Gonvick

Do you have prom dresses taking up space in your closet? Are you not sure what to do with them? Look no further!

The Clearbrook-Gonvick Student Council (and the junior and senior classes) are hosting a Prom Dress Drive, to be held at the Clearbrook Community Center on Sunday, February 20th from 1:00 pm to 4:00 pm.

Admissions Fee is \$10 and dress entry fee is \$10 with \$5 for each additional dress you would like to sell.

There will be dressing rooms available. All dresses will be tagged with seller's name, phone numbers and price upon admission.

Any unsold dresses as well as money for sold dresses must be picked up no later than 4:30



pm.

Again., this event will take place at the Clearbrook Com-

munity Center, 200 Elm Street SW, on Sunday, February 20th from 1:00 pm to 4:00 pm.

REAL ID and passports are not your only options come May 3, 2023

The U.S. Department of Homeland Security is reminding everyone that there are options for federally-approved forms of identification in addition to a REAL ID. Beginning May 3, 2023, a REAL ID-compliant license or ID, enhanced driver's license or ID, or another acceptable form of identification will be required to fly domestically and enter federal facilities.

The U.S. Transportation Security Administration accepts several other forms of identity documents. They include:

- U.S. Department of defense ID, including IDs issued to dependents
- Permanent resident card
- Border crossing card
- Federally recognized, tribal-issued photo ID

The federal REAL ID Act does not require individuals to present identification where it is not currently required to access a federal facility, such as to enter public areas of the Smithsonian.

Beginning May 3, 2023, Minnesotans will not be able to use their standard driver's license to board domestic flights or enter federal facilities. In-

stead, they will need a REAL ID, enhanced driver's license or ID card, passport or passport card or another acceptable form of identification for federal purposes

REAL ID Ready? Minnesotans Have Options

Nearly 24 percent of Minnesota driver's license and ID cardholders have a REAL ID or enhanced driver's license as the federal REAL ID full enforcement deadline approaches.

Nationwide, approximately 40 percent of all U.S. driver's licenses and ID cardholders were REAL ID-compliant as of Oct. 1, 2020, according to the U.S. Department of Homeland Security.

Beginning May 3, 2023,

Radon...

Continued from pg 2

To help residents get a more accurate picture of radon levels in Minnesota, MDH developed a series of maps showing information about Radon in Minnesota. Some of the key findings were:

The average radon level in Minnesota homes is about 4.5 pCi/L compared to 1.3 pCi/L

Minnesotans will not be able to use their standard driver's license or ID card to board domestic flights or enter federal facilities.

Instead, they will need one of three options:

- A passport or passport card.
- A REAL ID.
- An enhanced driver's license or ID.

The Transportation Safety Administration (TSA) lists several other less-common forms of identification that are also acceptable for federal purposes.

Those who aren't sure which license type is right for them can use the online Help Me Choose a License/ID Type tool at drive.mn.gov.

nationwide.

Only about 1% to 2% of homes in Minnesota are tested annually; health officials recommend that at least 20% be tested annually.

Health professionals recommend testing for radon during real-estate transactions. Sellers must disclose any prior

State invests \$61 million to boost dental reimbursement rates, help improve access for low-income Minnesotans

Minnesota is taking a major step toward addressing significant and longstanding gaps in dental care by raising state payment rates for dentists.

The rate increase is part of a \$61 million dental package aimed at removing barriers that keep dentists from taking patients covered by Medical Assistance and MinnesotaCare. Included in Minnesota's COVID-19 Recovery Budget signed into law by Governor Walz last year, the dental reforms include funding to raise the rates of reimbursement and implement other changes over the next four years. The Minnesota Department of Human Services increased the base dental reimbursement rate on Jan. 1.

Low-income Minnesotans with Medical Assistance and MinnesotaCare are more likely to have dental disease than Minnesotans with employer-sponsored insurance, and they also have a harder time getting dental care. For example, over 60% of Minnesota children living in poverty did not see a dentist in 2019.

"Our goal is to create more options for Minnesotans who need dental care," said Human Services Commissioner Jodi Harpstead. "By supporting dentists with fair rates, this

investment will make it easier for people in public health care programs to get the dental care that's so important to their daily lives and overall well-being. The strong support and tireless work of our legislative committee chairs in both the House and Senate made this change possible."

Under the old payment structure, reimbursements varied based on multiple factors, including the patient's age and the provider's location. Low payment rates set more than 30 years ago kept many dental providers from serving public program patients.

The new rates are simpler and more efficient, with all dentists receiving the same rates for the same services for both Medical Assistance and MinnesotaCare. All dentists are expected to receive an overall increase in payments. For some services, payments may increase up to 98%.

DHS also will add coverage of non-surgical treatment for periodontal disease, the leading cause of adult tooth loss.

Managed care rates for dental care will have to at least match DHS' fee-for-service rates. Managed care organizations will be required to give dental providers their fee

schedules when asked, so that dentists better understand how they are paid.

With the new rate structure, health plans will also have to meet benchmarks to ensure that more people in public health care programs receive dental care. Starting in 2022, the goal will be an annual dental visit for at least 45% of enrollees. The participation rate will rise to 55% in 2024. If any managed care organization is unable to meet that benchmark, DHS plans to carve out the dental benefit and administer dental coverage directly for all public program enrollees.

How to find dental care if you have Medical Assistance or MinnesotaCare:

- If you are a health plan member, you must go to a dentist in your plan's network for most services. Contact your health plan's member services staff, who can help you find a provider.

- If you are not a health plan member, you can go to any dentist who accepts Minnesota Health Care Programs fee-for-service coverage. Find providers in the online MHCP Provider Directory, or call the MHCP Member Help Desk at 651-431-2670 or 800-657-3739 weekdays from 8 a.m. to 5 p.m.

LITTLE BOBBY'S

BAR AND GRILL

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

16 GAMES TOTAL

Bingo

THURSDAY NIGHTS AT 6:00 PM

Overall Jackpot each week is \$1,000 starting with 50 numbers

radon testing and provide a two-page publication to buyers under state law. Radon tests should be incorporated into a home inspection. MDH licenses home inspectors and other professionals who test for radon. A list of currently licensed radon measurement professionals can be found on the Find a Radon Measurement Professional page on the MDH site.

Tests should be done in the lowest level of the home that is frequently occupied. Test devices are usually placed in the home for two to five days. The best time to test is during the heating season, but testing can be done year-round.

MDH conducts free inspections of radon mitigation systems installed after June 1, 2020.

The inspections ensure systems were installed correctly, to make sure they meet minimum requirements. Contact the MDH Indoor Air Unit to request an inspection at indoorair@state.mn.us.

More information about radon in Minnesota is available on the MDH website at Radon in Homes or by calling the MDH Indoor Air Unit at 651-201-4601 or 1-800-798-9050.