



McINTOSH

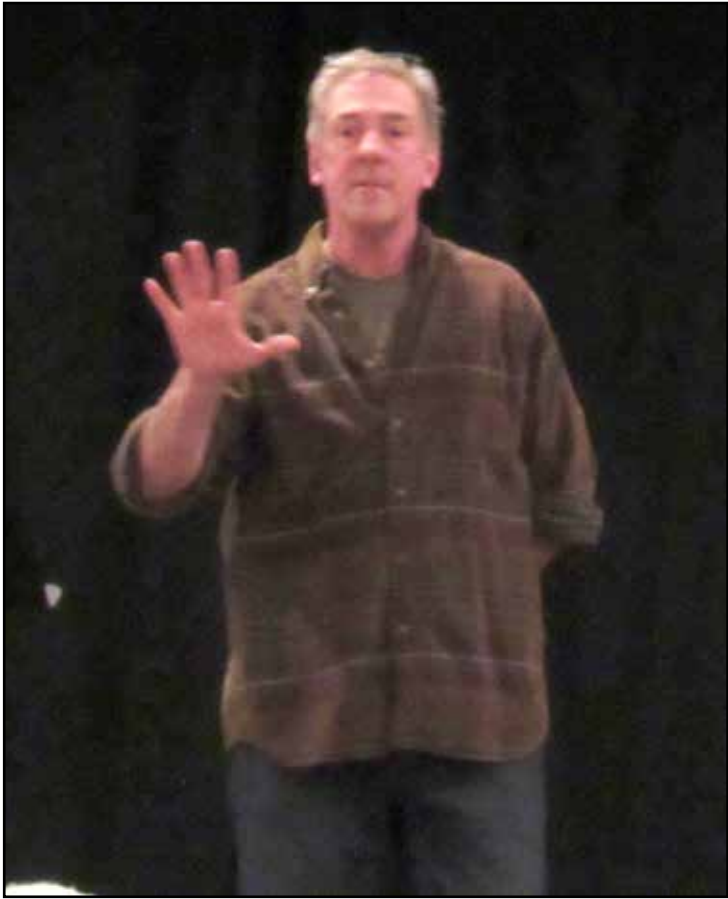
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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Jeff Olson recently gave a presentation at the Fosston Library about how to prepare for disaster.

WEM 6th grade trip baked potato supper fundraiser

The Win-E-Mac 6th graders will be having a baked potato supper fundraiser on Monday, February 28 in the Win-E-Mac Commons from 5:30 pm - 7:00 pm.

The Win-E-Mac boys basketball team will be playing RLC that evening.

The supper will include a



baked potato with a variety of toppings, a bar and Lemonade

or Coffee. Cost for the meal will be \$7.00 for Adults and students grade 7 and up, and \$5.00 for kids 6th grade and under.

All proceeds from this supper will go towards the annual 6th grade trip to the Cities. Thank you for your support of this event.

Why 'Presidents' Day' actually goes by another official name

An official list of federal holidays in the United States won't feature "Presidents' Day" among the observed holidays. Some may say that's preposterous, as they're certain that post offices and other federal entities are closed on such a day each February. While the third Monday of February is commonly referred to as "Presidents' Day" throughout the United States, the day is legally referred to as "Washington's Birthday."

According to the U.S. Office of Personnel Management, this holiday is designated as "Washington's Birthday" in section 6103(a) of title 5 of the United States Code, which is the law that specifies holidays for federal employees. Though other institutions, such as state and local governments and private businesses may use other names, it is OPM policy to always refer to holidays by the names designated in the law.

History of Washington's Birthday

The idea to give presidents

a little extra fanfare originally was established in 1885 in recognition of George Washington. After his death in 1799, Washington's birthday on February 22 became a day of remembrance, according to History.com. Its observance as an official holiday was signed into law in 1879 by President Rutherford B. Hayes. Originally, the holiday only applied to the District of Columbia, but in 1885 it was expanded to the entire country.

Abraham Lincoln, another revered American president whose birthday was February 12, also was largely celebrated during the month of February as a state holiday, particularly in his home state of Illinois. In the 1960s, when Congress proposed a measure known as the Uniform Monday Holiday Act that designated Monday as the day to celebrate various federal holidays, the proposal also included a provision to combine the celebration of Washington's and Lincoln's birthdays to provide more equal recognition of these two influential

leaders. The name Presidents' Day was proposed at that time. However, when the bill moving the celebration of Washington's birthday to the third Monday in February went into effect in 1971, Congress rejected the name change, so it remained Washington's Birthday. That name stands to this day.

Why Presidents' Day?

Even though federal calendars will list February 15 this year as Washington's Birthday, it will largely be referred to as Presidents' Day. This unofficial moniker developed in the 1970s due largely in part to retailer's use of that name to promote sales and the proximity of the holiday to both the birthdays of Washington and Lincoln. Indeed, a Washington's Birthday furniture sale doesn't have the same ring to it as a Presidents' Day sale.

No matter what the holiday is called, Presidents' Day offers citizens a chance to learn more about the history behind Washington and Lincoln - two pivotal statesmen in American history.



The presentation was brief, as Olson touched on many topics of what to do in situations that become dire because of either a natural or man-made disaster.

His strongest message of the evening was not to wait until disaster strikes but to make preparations starting now.

As he states in his book "The S.H.T.F. Art of War", "Even when people have advanced warning of an impending winter storm or hurricane, the T.V. news routinely shows them running, last minute, to the stores for basic supplies. Humans, for the most part, are reactionary creatures and store

shelves do not hold enough supplies for everyone."with that his hope is by offering advice and knowledge, he can help his neighbors and community members be better prepared for an emergency situation.

Bits of advice offered by Olson were to start now to be prepared for any situation that happens:

- Get frugal,
- Get out of debt,
- Stock up and invest in tangible items now,
- Start to grow food with your neighbors
- Find a "tribe" and work together to build your "ark",
- Build and encourage community among your neighbors.

Other things to prepare yourself for in a grid-down situation is lack of medical attention and law enforcement. A

complete first aid kit is a must for every home including medical guides.

There is a lot of information available on the internet for how to manage preparing for these scenarios, but the most important thing is to not get overwrought with too much information when common sense is the most important object.

His book, which was published in 2014, also covers topics of apocalyptic criminals, FEMA camps, being stranded in a 100 mile traffic jam, scavenging, and post-apocalyptic life and professions in a streamlined format.

You can find information about Jeff, his book and grid-down situations on his website at www.shtfartofwar.com and on Facebook at www.facebook.com/shtfArtOfWar.

Common misconceptions about George Washington

Some of the most commonly known "facts" about George Washington are simply not true. Go beyond the mythology and find out how much you don't know about the man with information from the Mount Vernon Historical Museum.

- 1. George Washington's dentures were made out of wood.**

One of the most enduring myths about George Washington is that his dentures were made of wood. It's quite possible that some of his dentures, particularly after they had been stained, took on a wooden complexion, but wood was never used in the construction of any of his dental fittings.

Throughout his life Washington employed numerous full and partial dentures that were constructed of materials including human, and probably cow and horse teeth, ivory (possibly elephant), lead-tin alloy, copper alloy (possibly brass), and silver alloy.
- 2. A young Washington demonstrated his honest character after coming clean about chopping down his father's cherry tree.**

Ironically, this iconic story about the value of honesty was invented by one of Washington's first biographers, an itinerant minister and bookseller named Mason Locke Weems. His cherry tree myth is the most well-known and longest enduring legend about George Washington.

In the original story, when Washington was six years old he received a hatchet as a gift and damaged his father's cherry tree. When his father discovered what he had done, he became angry and confronted him. Young George bravely said, "I cannot tell a lie...I did

- cut it with my hatchet." Washington's father embraced him and rejoiced that his son's honesty was worth more than a thousand trees.
- 3. George Washington wore a white wig, as it was the popular style of his time.**

Even though wigs were fashionable, George Washington kept his own hair. He kept his hair long and tied back in a queue, or ponytail.

Although he didn't wear a wig, George Washington did powder his hair, giving it the iconic white color seen in famous portraits. Powdering ones hair was another custom of the time.

As a young man, George Washington was actually a redhead!
- 4. In a tremendous show of strength, George Washington once skipped a silver dollar all the way across the Potomac River.**

The Potomac River is over a mile wide at Mount Vernon and even George Washington did not have the arm to fling a silver dollar that far.

Moreover, there were no silver dollars when Washington was a young man! The first silver dollar coin was minted in 1794.

His step-grandson, George Washington Parke Custis, recounts a story in which the General hurls a piece of slate across the Rappahannock River in Fredericksburg, Virginia. This would have been a more plausible feat, as the Rappahannock is much narrower than the Potomac.

This myth is frequently told to demonstrate George Washington's considerable physical strength.
- 5. President Washington**

was the first to live in the White House.

When George Washington was inaugurated as the first president in 1789, the White House had not been built yet. In fact, Washington D.C. was not even the nation's capitol. The first president to live in Washington...

Continued on page 4...



WEM conferences

Parent-Teacher conferences will be held at the Win-E-Mac School on Thursday, February 24th from 1:00-7:30 p.m.

School will be dismissed at 12:30 that day with busses running shortly after dismissal.

Parents of students in grades K-6 will be making appointments to see their respective teachers.

Parents of 7th -12th grade students will be making appointments with their child's 2nd hour teacher.

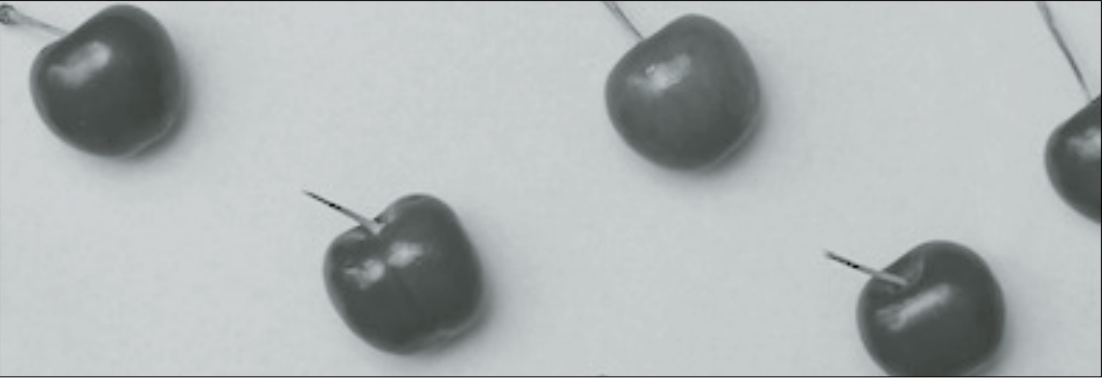
Please tell your child what time works best for you so the appointment can be made with the teacher. We are asking that most conferences take place either through Zoom or a phone call if possible.

If circumstances do not allow for this format, please make an appointment to come to the school to meet with the teacher.



Win-E-Mac School honored their paraprofessionals during National Paraprofessional Appreciation Week, which ran from January 24th through January 30th, 2022 in the State of Minnesota. Paraprofessionals perform a variety of teacher-related jobs and often assist teachers in classrooms. They are a valuable part of Win-E-Mac School and are appreciated. (The picture below was taken the following Monday during Pajama Day of Snowfest Week.) WEM Paraprofessionals include: Sitting (left to right) Taylor Orthaus, Alexandra Raney, Mandy Davis, Anne Schow and Meria Erofeeff. Standing (left to right) Craig Swanson, Chrissy Munter, Adam Jore, April Solheim, TaraAnn Neal, Jennifer Wang, Ashley Gunderson, Angie Walker, Katrina Courneya and Heidi Stuhau. Not pictured; Kim Ferden, Jill Landsverk and Angie Brtek.

Celebrate Presidents' Day with a cheery cherry dessert



Though we now know that young George Washington did not chop down his fathers' cherry tree, cherries have been associated with our first President for a long time.

Here is a fun dessert to make and share in celebration of our first President.

A buttery shortbread crust topped with a luscious cherry pie filling, crumble topping and a sweet powdered sugar glaze. These cherry pie bars are an easier take on the classic recipe and taste just as delicious.

Cherry Pie Bars

- Bars:**
- 1 cup unsalted butter , softened
 - 3/4 cup granulated sugar
 - 1 teaspoon vanilla extract
 - 1/2 teaspoon almond extract
 - 2 cups all-purpose flour
 - 1/2 teaspoon baking powder
 - 3/4 teaspoon fine sea salt or table salt
 - 21 ounces cherry pie filling
 - 1 can
- Glaze:**
- 1/2 cup powdered sugar

- 1/4 teaspoon almond extract , or vanilla extract
- 1 Tablespoon milk , or cream

Preheat the oven to 350°F. Prepare a 9x9" pan by lining with parchment paper.

In a large bowl, beat the butter and sugar together until light and fluffy.

Add the vanilla and almond extract. Mix until smooth. Add the flour, baking powder and salt. Mix until combined, scraping the sides as you mix.

Press about 2/3 of the dough in the prepared pan. You can use a use a piece of parchment paper to press down easier. Top dough with the pie filling.

Drop the remaining dough by small spoonful's evenly over the top of the filling, leaving space between the spoonful's.

Bake in the preheated oven for 20-30 minutes, or until the dough on top does not indent when lightly pressed with your finger. Remove and let cool completely.

When the bars have cooled, whisk together the powdered

sugar, almond extract and milk. Add more milk or powdered sugar as needed to achieve the desired consistency.

Drizzle the glaze over the cooled bars and refrigerate for about 10 minutes to set.

Once set, slice into 16 bars and serve.

They will stay fresh for 2-3 days or in the freezer for 3-6 months.

Substitutions: You may use all vanilla if you do not love almond extract, but I find using half and half gives it great flavor. You may also swap in a different flavor of pie filling if preferred.

Freezing Instructions: Allow bars to cool completely. Place in an even layer on a pan that will fit into the freezer. Freeze for 1 hour and then transfer to a freezer container where you can stack them. When ready to eat, remove a few hours before serving to thaw on the counter.

Durable foods to stock for emergencies



Public health emergencies or inclement weather can spiral out of control rather quickly. Emergency situations have the potential to derail shipping or delivery schedules or impede shoppers' ability to get to the store for necessary supplies. Individuals should keep a stock of emergency provisions just in case weather or another adverse situation compromises their ability to get the items they need to survive.

Different types of foods spoil at different rates depending on how they are stored. While there is no such thing as an entirely nonperishable food, packaging foods in air-tight containers can increase their life expectancy. Here's a look at which nonperishable foods

to keep on hand for emergencies.

Protein sources

Protein can provide sustained nutrition and energy, but many protein sources in raw forms require refrigeration to prevent spoilage. However, canned and freeze-dried meats, seafood and poultry have extended shelf life. Freeze-drying, also known as lyophilization, is a water-removal process typically used to preserve perishable materials, according to Millrock Technology, a company that produces freeze dryers.

Canned or freeze-dried chicken, tuna, salmon, and beans are durable protein sources. Vegetarians will find that navy beans are high in

protein. Freeze-dried items are more common in pre-packaged, bulk emergency food supply kits sold at popular retailers, including Costco. However, they also can be purchased at camping retailers or Army/Navy stores.

Fruits and vegetables

Fruits and vegetables are necessary to ensure your body gets essential vitamins and minerals. Fresh items will spoil in a matter of days, so canned varieties are better for stocking up. Canned vegetables and fruits come in many varieties. The healthiest canned fruit options are those packed in their own juices rather than heavy syrups. Root vegetables like potatoes, turnips and parsnips can endure in cool areas of a home, but canned equivalents may be more practical.

Whole grains

and other carbohydrates

A balanced diet consists of a healthy mix of proteins, fruits and vegetables, and carbohydrates. According to Kelly Jones, MS, RD, a board-certified sports dietitian, whole grains are vital sources of carbohydrates and fiber, and most come in dried, non-perishable forms. Oats, rice, quinoa, barley, and whole-grain dried pastas can be used in emergency food kits. Packaged granola or trail mix bars also are good to have on hand.

FEMA and the American Red Cross advise keeping food

LARL offering public access laptops

Lake Agassiz Regional Library (LARL) is introducing a new option for people to access a laptop computer with freedom and flexibility at their public library.

Cardholders can visit their nearest LARL library to check out a laptop computer to use inside the library's building for the day, offering them endless options, including using the computer's webcam to conduct virtual meetings and interviews in privacy, browsing the Internet, accessing email, conducting genealogy research and much more.

"We're thrilled to add the flexibility offered by the laptops to our list of services," said Liz Lynch, Executive Director of Lake Agassiz Regional Library.

"We're confident that they will be a vital resource for

those seeking jobs or improving their career prospects, not to mention the advantage this service will provide to genealogy researchers, students, business owners and more. We're proud to offer technology assistance as well, which means that those struggling to use their devices or computers can bring them to the library, where a friendly librarian will help them learn how to use the technology."

To use a laptop for the day, stop by your local library and inquire at the front desk. Laptops are now available in libraries across Lake Agassiz Regional Library's region.

The new laptops are one of several new services introduced by the library system in response to the pandemic, including wireless printing, wireless hotspots available for

check-out and hoopla, a free-of-charge streaming service similar to Netflix.

Storytime

at Mac Library

McIntosh Public Library invites the community to Storytime on Mondays.

The McIntosh Public Library has been offering weekly Storytimes for children, encouraging caregivers to bring their children to the library for a weekly early literacy experience.

Storytime is held on Mondays at 10:30 a.m. Each week library staff will explore a different theme through stories, songs, fingerplays, flannel boards and/or a craft. The McIntosh Public Library is located at 115 Broadway NW.

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. 21: Closed for President's Day

Tues. Feb. 22: Beef Goulash - Peas - Tropical Fruit - Garlic Bread - Chocolate Pudding - Milk

Wed Feb. 23: Orange Chicken - Brown Rice - Rolls - Oriental Vegetables - Madarin Oranges - Coconut Cookie - Milk

Thur. Feb. 24: Chicken Fried Steak w/Gravy - Mashed Potatoes w/ Gravy - Green Beans - Bread - Pineapple Dessert Cake - Milk

Fri. Feb.25: Fish Patty w/ Tarter Sauce - Bun - Cheesy Hashbrowns - Baked Beans - Peaches - Milk



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

Wed. Feb. 16: 11:15am Mass at St. Mary', Fosston
Thurs. Feb. 17: 11:30am Mass at St. Joseph's, Bagley
Fri. Feb. 18: 8:30am Mass at St. Mary's, Fosston
Sun. Feb. 20: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Wed. Feb. 23: 11:15am Mass at St. Mary's, Fosston
Thurs. Feb. 24: 11:30am Mass at St. Joseph's, Bagley
Fri. Feb. 24: 11:30am Mass at St. Mary's, Fosston
Sun. Feb. 27: 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. Feb. 6: 9:30am Coffee Hour; 10:30am Church Service
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.

THANK YOU

With sincere gratitude, the family of Gary Schommer would like to thank the Fosston Essentia Health Emergency Team for doing all that you did for Gary so he could be transferred to Grand Forks.

A special Thank You to Ron Lemer and the McIntosh Fire Department for your help with the funeral service and the gathering afterwards. Also, to Our Savior's Ladies Aid for serving the meal after the funeral service, as well as to pastor Keith Zeh for the comfort and support you have shown to us and also for officiating at the service.

We would like to thank the Carlin Funeral Home for their sensitive and professional handling of all the arrangements. We also want to thank all of our family and friends for your kind expressions of sympathy. The love you have shown has given us great comfort during this difficult time. It is deeply appreciated and will forever be remembered by The Family of Gary Schommer.

M48C



in a dry, cool, dark spot. Carefully open resealable containers so they can be closed tightly after each use. Nuts, dried fruits and sugar packets can be put into air-tight canisters for protection from pests. Inspect cans for bulging, denting or corrosion before use. During a disaster, it is wise to eat at least one well-balanced meal every day. Remember to also stock bottled water with emergency foods supplies.

DO YOU NEED SIGNS?

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Community Birthday and Anniversary Calendar

Wed. Feb. 16: David Rolf, Kimberlee Mandt
Fri. Feb. 18: Taylor Schulz, Karen Olson
Sat. Feb. 19: Bruce Grundyson, Remy Goodwin
Sun. Feb. 20: Kolton Schow, Kinlee Faldet, Katie Roed
Mon. Feb. 21: Marea Schommer, Dave Erickson, Jason Svalen, Laura Evans
Tues. Feb. 22: Hayden Rock

McINTOSH Times

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"Serving the Win-E-Mac area"

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Funds available
to update livestock operations

Apply by April 5, 2022, for the AGRI Livestock Investment Grant.

Minnesota livestock farmers and ranchers seeking to improve their livestock operation are encouraged to apply for an additional round of the Agricultural Growth, Research and Innovation (AGRI) Livestock Investment Grant program. The Minnesota Department of Agriculture (MDA) anticipates awarding up to \$443,000 using a competitive review process in this round.

The AGRI Program's Livestock Investment Grants encourage long-term industry development in Minnesota's \$7 billion livestock industry

through investment in facilities, infrastructure, and equipment. Funding for the grants comes through the AGRI Program to advance Minnesota's agricultural and renewable energy industries.

Applicants may apply for up to 10% of the first \$250,000 of an eligible investment. Grant awards can range in size from \$400 to \$25,000.

Each livestock operation is eligible to receive a lifetime maximum of \$50,000 from this grant program. To be eligible for reimbursement by this grant, you must be invoiced and pay for all project materials and services after January 1, 2022.

Project examples include buildings or facilities for the production of livestock or livestock products, development of pasture for use by livestock, including but not limited to lanes, watering systems, and fences, and equipment for livestock housing, confinement, feeding, and waste management.

We must receive your proposal no later than 4 p.m. on Tuesday April 5, 2022, for it to be considered. We encourage you to use our online application.

More information about the grant can be found on the AGRI Livestock Investment Grant website.

MDA offers
mini-grant for produce growers

Growers may be eligible for reimbursement of water testing, packaging, and more.

Minnesota produce farmers may be eligible for reimbursement of expenses that improve on-farm food safety systems, including water testing for generic E. coli and other on-farm food safety improvements, via a mini-grant program from the Minnesota Department of Agriculture (MDA).

The Produce Safety Mini-Grant will distribute a total of approximately \$18,400, with awardees receiving up to \$800 per farm. No matching funds are required.

To be eligible, applicants must be a Minnesota produce



farmer that sells one or more of the following crops: leafy greens, apples, berries, cucumbers, green beans, melons, microgreens, mushrooms, onions, peppers, sprouts, summer squash/zucchini, and tomatoes.

Growers may be reimbursed for past expenses that occurred between September 30, 2020

– March 12, 2022, and future expenses taking place between March 13 – August 31, 2022.

Examples of eligible expenses include:

- Supplies to build or purchase a portable handwashing station
- Harvest totes
- Water testing for generic coli
- Consultation fees for developing an on-farm food safety plan

Additional information and the application are available on the MDA website at www.mda.state.mn.us/minigrant. Applications will be accepted through March 12, 2022, at 11:59 p.m. CST.

How to create structure after retirement

Professionals typically look forward to retirement and the freedom that comes with it. The notion that commuting and deadlines will one day be a distant memory is enough to make anyone excited for retirement. But when the day to leave the daily grind behind arrives, many retirees admit to feeling a little anxiety about how they're going to find structure.

Retirement is a big transition, and Robert Delamontagne, PhD, author of the 2011 book "The Retiring Mind: How to Make the Psychological Transition to Retirement," notes that some retirees experience anxiety, depression and even a sense of loss upon calling it a career. Some of those feelings can undoubtedly be traced to the perceived lack of purpose some individuals feel after retiring. Without a job to do each day, people can begin to feel useless. Overcoming such feelings can be difficult, but finding ways to build daily structure can make the transition to retirement go smoothly.

Find something to truly engage in. Professionals who truly enjoy their work tend to be fully engaged, so it's no surprise if such individuals

have a hard time adjusting to retirement. Some may suggest volunteering can help fill the void created by retirement, but researchers with the Sloan Center on Aging and Work at Boston College have found that only those individuals who are truly engaged in their post-retirement volunteering enjoy the psychological benefits of such pursuits. So before retirees dive right in to volunteering as a means to creating structure, they should first exercise due diligence and find an opportunity they'll find genuinely engaging.

Embrace the idea of "bridge employment." "Bridge employment" is the name given to the trend that has seen retired individuals take on part-time or temporary employment after they have retired from full-time working. COVID-19 has no doubt skewed post-retirement working statistics since the World Health Organization first declared a pandemic in March 2020, but a 2019 survey from the LIMRA Secure Retirement Institute found that 27 percent of pre-retirees with at least \$100,000 in assets planned to work part-time in retirement. Even part-time work can pro-

vide enough daily structure to help retirees feel as though each day is not just a free-for-all.

Make a concerted effort to be more social. Volunteering and working are not the only ways to create structure in retirement. A concerted effort to be more social can help retirees fill their days with interactions with like-minded individuals who may be experiencing the same feelings. Join a book club, a local nature group that goes on daily or semi-daily morning hikes or another local community organization. These are great ways to build structure and meet new people. Retirees can create social media accounts to find local community groups that cater to their interests. Even if it seems hard to believe, plenty of retirees are seeking to create structure in retirement life, and social media can make it easier to find such individuals in your community.

Structure and retirement may seem like strange bedfellows. But many retirees seek structure after calling it a career, and there are many fun ways for seniors to create more organization in their lives.

RV buyers' guide

A recreational vehicle, also known as an RV or a camper, can be a worthwhile investment for people who want to travel at their leisure. RVs offer the benefit of traversing the open road without having to sacrifice the comforts of home.

The RV market has been hot over the last couple of years as people have looked to RVing as a safe way to travel. According to the RV Industry Association, shipments of travel trailers and motorhomes were expected to hit their highest level on record in 2021, with more than 533,000 units sold by year-end.

Sizable purchases are seldom easy, and purchasing an RV is no exception. In addition to choosing the right vehicle, RV owners must learn maintenance, how to drive a large vehicle, towing, and campsite etiquette. Buying an RV is a long-term investment. These pointers can help the purchase go smoothly.

New or used?

Purchasing a used RV can help people save money. However, upgrades and repairs may be costly. New RVs have the latest technology and no risk of prior wear and tear. Insurance premiums will be

higher for a new vehicle, and a new purchase can be expensive depending on the features chosen.

Figure out features and size

Take a hard look at what you are seeking in a camper. Do you want something that is just an alternative to tent camping? Are you interested in an RV that can sleep a crowd? Do you have a tow hitch and a vehicle capable of towing an RV? These questions and more will determine the style and size of the RV that's right for you. Class A RVs are large, bus-shaped rigs between 20 and 45 feet in length. Class B are sleeper vans and are smaller than Class A. Class C rigs offer size but driveability and are built into a regular truck chassis. For trailer-style RVs, the options are foldable trailers, travel trailers, toy haulers, and fifth wheel trailers. They vary in size and features; but you'll need a truck to tow them.

Usage frequency

When considering an RV, think about how often it will be used and where it will be stored when not in use. Garage storage may be challenging on a larger rig, and some housing

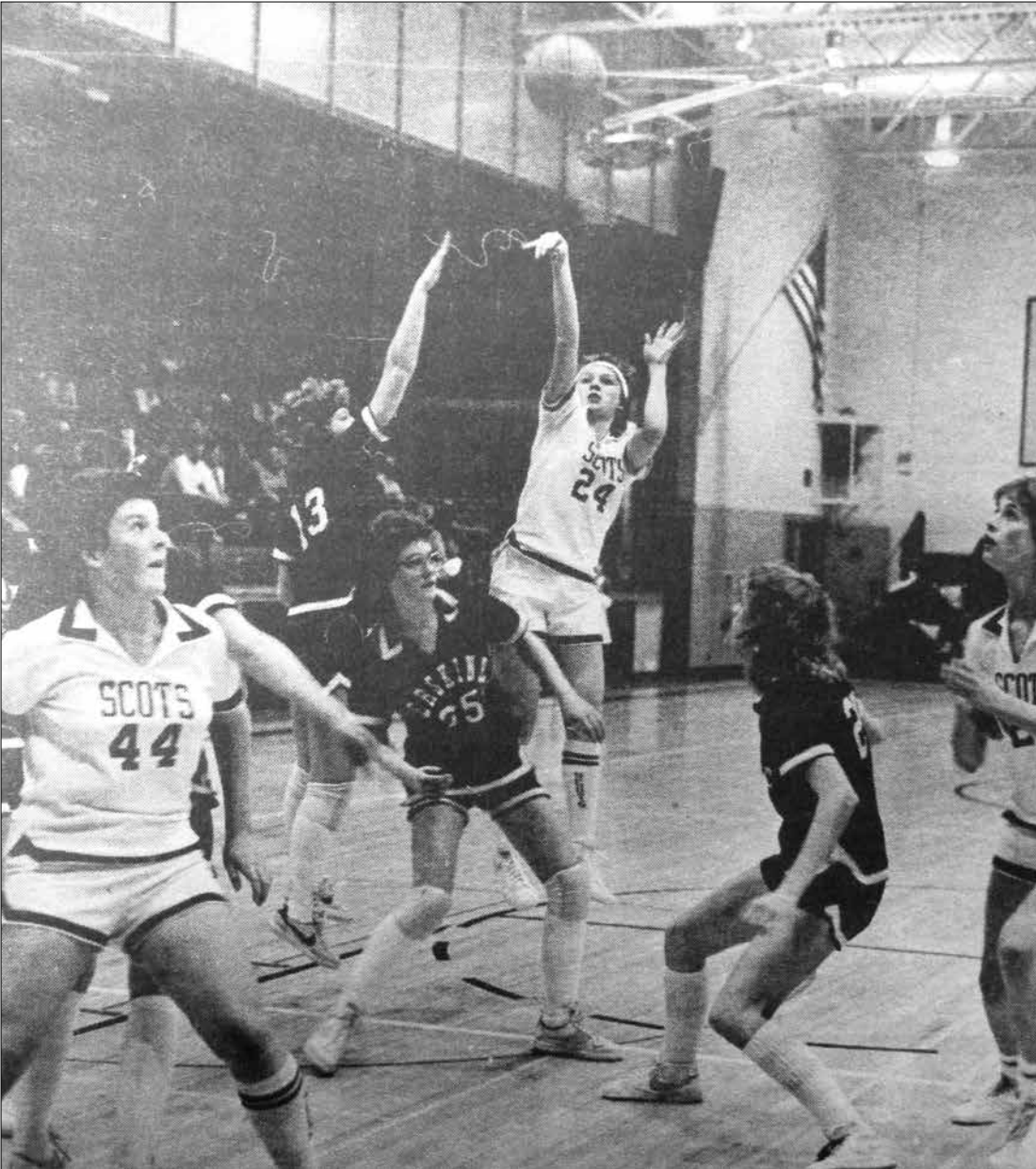


communities frown upon parking RVs in driveways. This may affect the size you choose as well as the features you need, according to KOA, the RV camp site leader.

Secure financing

As with other vehicles, shop around for the best rates on financing; you don't necessarily need to go with the dealer. Also, when buying a trade-in or used rig, hire a third-party inspector to go over systems to ensure they're in working order.

These are just a few things to consider when looking to purchase an RV. Buyers should do their homework to get a vacation vehicle that fits their needs and budgets.



40 years ago...1982: Winger senior guard Candace Stordahl lets fly a short jumper during the girl's tournament loss to Erskine. Positioning for a possible rebound are Nancy Balstad, another senior from Winger, and Lynette Carver, far right. Erskine players are Rhonda Cook, Karla Nelson and Lynette Dorr.



20 years ago...2002: The McIntosh VFW Ladies Auxiliary were presented with a plaque commemorating their 13th year of holding blood drives. Since 1990, they have collected 703 pints of blood. A blood drive was held on Tuesday when 62 people registered as donors. Receiving the plaque from Tina Carlson of United Blood Services are Marilyn Graff and Elaine Bergman.



10 years ago...2012: Pictured above are Juniors from Win-E-Mac saying "We love you Calie. Get well soon!" Students and staff dressed up in "Camo for Calie" last Friday. Everyone is rooting for a speedy recovery for Calie Maruska who is recovering from a tragic car accident last Monday.

Dating and relationships after loss

by Kriston Wenzel, LBSW, CT

The death of a life partner often leads to loneliness. It's natural to feel lonely; it's part of the grieving process. Part of normal human emotion is wanting to feel connected to another person again in a way that is unique to a partner.

There is no right or wrong time to consider dating again. You are the only person who can decide when the time is right. If connecting and having a relationship with another person again is important to you, embrace it. Everyone deserves to be happy.

Take time to reflect on what you are looking for in a relationship. You may want to write down your thoughts.

Feelings of guilt and second thoughts may arise, making you feel like you're looking for a replacement for your loved one or like you're betraying your late partner. These feelings are completely normal.

It might take some time for these feelings to subside. Go at the pace that feels right to you. This journey isn't about forgetting what you shared with your late partner. Rather, it's about honoring yourself and finding happiness again.

The following are dating tips to consider:

Dating Tips

Build a social circle – Find opportunities to get out of the house and meet new people. Putting yourself out there can be uncomfortable, but it's a natural way to connect with others. Find activities to be involved in, take classes, etc. If you connect with someone in your circle, don't be afraid to ask them out.

• **Be yourself** – Be gentle with yourself and your self-judgment. Being comfortable and confident in yourself will help boost your own self-esteem.

• **It will also** help you feel more relaxed and self-assured during this journey.

• **Do it for you** – Know what you're hoping to get out of a new relationship—and understand why you're seeking it. Don't feel pressured to date because others say you need to do it. Go out on dates and meet new people when and if you're ready at some point and know what you're hoping to find. It's normal to want to find companionship.

• **Go slowly** – Try not to move too fast and rush into a new relationship. It's OK to ease into something new. Start by being great friends first. Go out with groups of friends, watch sporting events together, exercise, take walks, etc. Eventually spending more one-on-one time together will feel more natural.

• **Trust your intuition**

– It's OK to be nervous and awkward at first, especially if you haven't dated in quite some time. But if something doesn't feel right, don't force it. Watch for red flags, including displays of anger, attempts to pressure you, or disrespectful or demeaning comments. Remember to honor yourself in this process.

• **Communicate** – Be open and honest with a new potential partner. Set clear expectations and boundaries on what you are looking for in a relationship. Ask thoughtful questions about what he or she is looking for in a partner. Develop a natural curiosity in learning more about the other person's hopes and dreams—as you share your own.

• **Accept a new potential partner for who they are** – Try not to compare a new partner to your late partner. Evaluate your experiences with them to determine if it's a good fit, rather than comparing them next to your loved one, which can be counterproductive to establishing an authentic connection with another person.

• **Have realistic expectations** – Be open minded about finding happiness in unexpected places or with unexpected people. By approaching dating in this way, you may find someone who you wouldn't have originally pictured yourself with.

• **Share stories of your late spouse, when appropriate** – It's OK and normal to want to share stories of your late spouse. You shared a life together. Keep in mind that it may come up naturally in conversation during dating or it might be something you share when things become more serious. Recognize that you will al-

Low-cost ways to revamp living areas

Living rooms are some of the most frequently used spaces in a home, and they can use an update from time to time to stay on trend or to make the area more functional for a changing family dynamic. Here are some budget-friendly ideas for breathing new life into living room designs.

• **Establish the budget.** Homeowners should figure out how many dollars they can designate to a living room makeover before purchasing supplies or hiring out the work. Figure out the scope of the remodel, visit stores or suppliers to price out materials, get estimates from contractors, and then plan for some unforeseen circumstances along the way to determine if this type of renovation is affordable or scale things back until the project more closely aligns with your budget.

• **Change the paint color.** Lighter and brighter colors are

ways still love your late spouse while also still making a potential new partner still feel valued for who they are.

• **Be safe** – Practice safe dating by keeping your health and well-being in mind. When meeting a new person, plan to meet in a neutral, public place and tell a loved one where you'll be.

• **Have fun** – Dating should be fun! Discover things you have in common with a new potential partner and find ways to connect through shared interests. Perhaps you both like being active or enjoy movies. Look for ideas to keep things fun and interesting.

Dating ideas:

Take a cooking class
Take a dance class
Go out for dinner
Go on a picnic
Enjoy a walk outdoors
Go to a movie
Attend a concert
Visit a bookstore or library
Attend a book reading or play

Participate in sporting activities
Play Cards

Grad a cup of coffee together
Whatever you decide about dating after losing your partner, it's OK. It's your choice to make—and know that you can change your mind any time you wish. This time may be full of strong emotions for you. Remember to allow yourself grace and flexibility in this new season of life.

If you're struggling with the loss of your partner, we can help. Hospice of the Red River Valley offers free grief support services to anyone in the communities we serve. Contact us at grief@hrrv.org or call (800) 237-4629 and ask to speak with the grief department.

on trend. A can or two of paint can do wonders for updating a space without a large financial commitment. Pair that new paint color with new window coverings and complementary throw pillows to pull the theme together with minimal expense.

• **Update the flooring.** Tired, outdated carpeting or other flooring can use an overhaul. While solid hardwood flooring may be preferable, there are many types of laminate flooring that mimic the looks of popular wood colors and styles for a fraction of the cost. Many are sold at home improvement retailers and even at warehouse clubs or online for reasonable prices. Laminate flooring also may be a potential DIY job for a skilled homeowner, saving even more money.

• **Introduce a fireplace.** Fireplaces were once hot commodities, but that popularity

Washington...

Continued from page 1

the White House was Washington's successor, John Adams.

At the beginning of his presidency, George Washington and the first family resided at the Samuel Osgood house in New York City. Located uptown facing the East River, it was just a few long blocks away from the countryside.

Although it was the best available residence in New York at the time of Washington's inauguration, its location proved inconvenient and its size too small for the President's household. He was relocated to another residence on lower Broadway in 1790, then later to Philadelphia, Pennsylvania.

Building "the Seat of Empire"

Although he never lived in Washington D.C. or the White House, George Washington did help build the capitol. In July 1790, Congress passed the Residence Act which called for the permanent capital of the United States to be located on the Potomac River. When President George Washington signed the bill, he took personal control over the building of what he once termed "the seat of Empire." He specified the location of the ten-mile square federal district, the President's mansion (the White House), and the Capitol.

6. George Washington is buried in a crypt beneath the U.S. Capitol.

In his will, George Washington outlined his desire to be buried at home at Mount Vernon along with his wife and the rest of the Washington family. His final resting place is in a tomb overlooking the Potomac River at his beloved estate.

However, the Crypt at the U.S. Capitol building was at one time intended to be the burial place of the first president.

waned in the 1970s and 1980s. Homeowners with chimneys may discover a fireplace was boarded over and the bare bones still exist that can be renovated to bring back character. There also are ventless freestanding units that are quite affordable that can mimic the look of a built-in fireplace.

• **Conquer clutter.** Rather than adding something to the living room, remove clutter to give the room a more airy feel. This can instantly change the look of the room.

• **Improve lighting.** Another easy and often inexpensive fix is to change lighting fixtures, including using brighter, more energy efficient LED bulbs, and to assess lighting needs to eliminate dark corners of rooms that can make the space seem drab.

Living room spaces in need of an update often can benefit from improvements that go easy on the wallet.

7. General Washington was famous for his many victories on the battlefield

General Washington was rarely victorious in battle. In fact, he lost many more battles than he won.

Despite having little practical experience in managing large, conventional armies, Washington proved to be a capable and resilient leader of the American military forces during the war. While he lost more battles than he won, George Washington employed a winning strategy that included signal victories at the Battle of Trenton in 1776 and Yorktown in 1781.

Perhaps Washington's greatest wartime legacy was his decision to surrender his commission to Congress, affirming the principle of civilian control of the military in the new United States.

8. George Washington was a Republican

President Washington was not affiliated with any political party. In fact, he was totally against the very notion of partisanship and warned against it in his farewell address:

However [political parties] may now and then answer popular ends, they are likely in the course of time and things, to become potent engines, by which cunning, ambitious, and unprincipled men will be enabled to subvert the power of the people and to usurp for themselves the reins of government, destroying afterwards the very engines which have lifted them to unjust dominion.

During his presidency he witnessed the rise of the Democratic-Republican party in opposition to the Federalists and worried that future political squabbles would undermine the concept of popular sovereignty in the United States.

9. George Washington did not grow hemp at Mount Vernon.

George Washington did indeed grow hemp on his farm at Mount Vernon. But not the kind you're thinking of.

Throughout his lifetime, George Washington cultivated hemp at Mount Vernon for industrial uses. The fibers from hemp held excellent properties for the making of rope and sail canvas, thread for clothing, and for use in repairing the large seine fishing nets used in his fishing operations along the Potomac.

At one point in the 1760's Washington considered whether hemp would be a more lucrative cash crop than tobacco but determined that wheat would be a better alternative.

10. George and Martha Washington had several children together.

While George Washington was fond of children, he and Martha did not have any children of their own.

Many have speculated as to why Martha and George could not have children, but it is impossible to know exactly why the couple was childless. Despite that fact, there were always children in the Washington household throughout their marriage.

Martha Washington brought two children, John Parke Custis and Martha Parke Custis, into the union from her previous marriage. Together they raised Mrs. Washington's two children, as well as two of her four grandchildren, and several nieces and nephew at Mount Vernon.



Win-E-Mac Community Ed will offer Drivers Education Classroom instruction

on the following dates: March 7, 8, 9, 10, 11, 14, 15, 17, 21, 22 from 3:15-6:15 P.M. The classes will be held at the Win-E-Mac School. Students are expected to complete 30 hours of required instruction. The cost per student for this class is \$60.00 and should be sent in with this registration form by Wednesday, March 2nd. Students who enroll in Drivers Education Classroom must be 15 years old by June 1. This class and the written Driving Exam need to be completed before Behind the Wheel Instruction can take place. An optional parent's class will be held on Thursday, March 3rd from 6-7:30. Students who show a lack of respect, disruptive behavior, and immaturity in the classroom will be assumed to be too immature to be behind the wheel of a vehicle and will be dismissed from class without a refund.



Gavin Haskett of Mentor, MN, has been selected to the University of Jamestown's Fall 2021 Dean's List for maintaining a Semester GPA of 3.50 or better.

The University of Jamestown was established in 1883 and is ranked as a top tier regional school in US News and World Report and a top Midwestern school in The Princeton Review. The school features development of the whole person through its distinctive Journey to Success experience.



Mrs. Langemo and Mrs. Gunufson's 1st grade classes dressed up like dalmatians to celebrate the 101st day of school.