



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota

WEM to benefit from therapy dog

By: Randy Bruer, Superintendent, Win-E-Mac Schools

We have exciting news for the students of Win-E-Mac. In the coming weeks we will be welcoming a therapy dog to our school. Zoey will be working with us two days a week and will be handled by our mental health provider and owner, Melissa Smeby. Zoey is a 2 1/2 year old AKC Golden Retriever. The studies and data surrounding the benefits of therapy pets in the workplace, schools, hospitals, etc. is very positive and we feel that now more than ever, our students would benefit from this experience.

We want our families comfortable with this, so we want



to let you know that Zoey had to pass health and behavioral tests by a licensed observer/veterinarian. Melissa also had to pass a handler's test with Zoey to prove they were both ready for this job. We also

understand that there could be some children that do not want Zoey around them or in their mental health sessions. In this case, we have arranged a different room for the dog to be in during that time if that were to happen. If Zoey is out of her handler's office at any time, she is on a leash as well.

Please not that the therapy dog will be on a limited time basis for the remainder of the school year but will be available to the district again next school year.

We are thrilled to be able to offer this experience and therapy in our school. Please reach out to the school with any questions you may have.

The benefits of animal therapy

What's all the to-do with animal therapy these days? Sure, animals can be cute, soft and good company. They're nonjudgmental and give love just because they're wired that way. Some sense when you're down, offering support when you need it. Others encourage activity, giving you reason to care. So, what's all the buzz? Simple. Animal therapy is here because it makes a difference in healing, and that's a good thing to keep around.

Today, animal therapy plays an important role in many settings including schools, mental health programs, veteran programs and rehabilitation hospitals. Animal-assisted therapy is a more structured, goal-directed intervention, where a trained, certified animal is introduced as an integral part of an individual's treatment strategy to meet goals of independence. Therapeutic visitation animals begin as household pets and later train to bring comfort and joy to people living away from home due to physical or mental illness. Some nursing homes or assisted living facilities provide and care for their own facility therapy animals, which assist residents with Alzheimer's, dementia and other related conditions.

Known for their keen sen-

sitivity to human emotion, dogs are the most common therapy animal. Many breeds have the special capacity to empathize, offering sympathy through gentle interactions when detecting emotional sadness. Horses also share this intuition to provide therapeutic benefits, especially to individuals with autism and developmental delays. And cats have proven to be excellent companions, demonstrating their own unique style of healing through a lucid, calming presence. Other animals taking part in programs include guinea pigs, birds, baby goats and, believe it or not, chickens.

Animal therapy is not only good for the person being treated, it's also useful for healthcare teams that work with patients every day.

There are many ways animal therapy work to benefit the patient. Here are a few:

All-natural pain relief

Pain can greatly deter progress in rehabilitation therapy. Having animal therapy in the program can cause a release of endorphins for patients, counteracting the body's reaction to pain with a sense of pleasure. As a result, patient therapy is more successful and the need for pain medication may lessen, diminishing potential side effects that hinder progress.

Stress & anxiety reducer

The simple presence of a therapy animal takes a person's mind off his or her worries, lowering stress levels for better recovery. This allows the patient to breathe slower to relax, enjoying a welcomed distraction from fear and obstacles. These benefits trickle down to cardiovascular health, too, even for patients with advanced heart failure.

Elevates mood

Being around animals can lead to an emotional connectedness, one that gives a sense of overall contentment. That's

Animal therapy...
Continued on page 2...

SCHOOL BUS

WEM Conferences

Win-E-Mac Parent Teacher Conferences will be on Thursday, February 24th , from 1:00 pm to 7:30 pm Students will be dismissed from school at 12:30 pm and busses will run shortly after that.



Snow covered streets and blustery winds have made it difficult to get around in McIntosh and all of Northwest Minnesota this winter.

Is this winter really that bad?

Most of us are tired of the cold and windy winter we have experienced so far in 2022, but is it really any worse than an average winter?

Minnesota is known for its' brutal winters and Mother Natures' non-forgiving freezing temperatures and deep snowfalls. But, here is what was predicted by Almanac.com . "Winter temperatures will be below normal, on average, with the coldest periods in early, mid-, and late December; early and late January; and mid-February.

"Precipitation will be above normal in the east and below normal in the west, while snowfall will be below normal in most areas.

"The snowiest periods will be in late November, mid- to late December, mid- and late January, mid- and late February, and late March. April and May will be warmer than normal, with near- to above-normal precipitation.

"Summer will have its hottest period in early to mid-July but otherwise be slightly cooler than normal and rainier. September and October will have above-normal temperatures and precipitation."

Minnesota's history of nearly continuous meteorological record keeping stretches back two centuries to 1819 when Fort Snelling was settled. By 1871 the first official government observations were taking place in the Twin Cities and by the early 20th century most statewide stations that exist today were in operation.

The records for the months temperatures are extreme: **January:** High: 69°F, January 24, 1981; Low: -57°F, January 20, 1869. **February:**

High: 76°, February 26, 1896. Low: -60°F, February 2, 1996. **March:** High: 88°F, March 23, 1910. Low: -50°F, March 2, 1897. **April:** High: 101°F, April 22, 1980. Low: -22°F, April 6, 1979. **May:** High: 112°F, May 31, 1934. Low: 4°F, May 1, 1909. **June:** High: 115°F, June 29, 1931. Low: 15°F, June 1, 1963. **July:** High: 115°F, July 29, 1917. Low: 24°F, July 7, 1997. **August:** High: 110°F, August 10, 1947/August 1, 1988. Low: 21°F, August 28, 1996/August 2, 2002. **September:** High: 111°F, September 11, 1931. Low: 10°F, September 30, 1930/September 22, 1974. **October:** High: 98°F, October 5, 1963. Low: -16°F, October 26, 1936. **November:** High: 84°F, November 1, 1950. Low: -45°F, November 30, 1896. **December:** High: 74°F, December 9, 1939. Low: -57°F, December 31, 1898.

The most yearly precipitation took place in Harmony, Minnesota in 2018 with 60.21 inches. The lowest precipitation in Minnesota took place in Ortonville in 1976 with only 6.37 inches. The highest statewide average for precipitation was 1977 with 33.92 inches.

Minnesota's longest dry spell was 79 days which took place in 1943 and 1944.

The earliest recorded snowfall was August 31, 1949 in Duluth and the earliest measurable snowfall with .3 inch took place on September 14, 1964 in International Falls.

The most snow in a season in Minnesota was 170 inches which fell in the winter of 1949 - 1950 at Grand Portage State Park. The most snow was not, what most of us remember of the Halloween blizzard of 1991, but 3 years later with

the January 1994 storm which dropped a record 47 inches in Lake County, Minnesota.

Indeed, the winter of 2021 - 2022 has kept forecasters, plow operators, and public safety personnel unusually busy in the open country of northwestern Minnesota, where howling winds and falling or fallen snow have produced frequent whiteout conditions.

Whiteouts occur when snow and wind reduce visibility to dangerously low levels--often a matter of feet. When winds gust to 60 mph or higher, as they have several times this winter in the Red River Valley, even a dusting of snow can turn into a disorienting and deadly affair.

As of February 21st, the National Weather Service forecast office in Grand Forks has issued 11 separate Blizzard Warnings for the 2021-22 winter, tying the most on record in the searchable database back to 2005. Blizzard warnings are issued to alert travelers and those working outside of life-threatening conditions.

The blizzards have been produced by an unusually active weather pattern, leading to a seemingly non-stop train of "Alberta Clipper" weather systems originating in southwestern Canada.** The high frequency of these systems has left the entire region in a changeable, windy pattern since late December. Most Minnesotans have experienced frigid mornings giving way to warm days, only to be followed quickly by fierce winds and plunging temperatures. The whiteout conditions and

Weather...
Continued on page 2...



Win-E-Mac students in Mr. Johnson's class recently built this fish house which is now on the auction block.

WEM offers student built fish house for auction

Bidding is open for the ice fishing house built by Win-E-Mac Industrial Technologies teacher, Mr. Johnson's shop class. Here are the specs:

- The ice fishing house is 8' x 14' with a V front.
- There are 6 holes with covers and lights (plus the ability exists to add additional spearing holes through the frame), and a separate room for storage or a bathroom, with additional storage under the benches.
- There is a cedar finish on the inside with vinyl plank flooring and MinnKota vinyl windows.
- There is a vented thermostat-controlled furnace and spray foam insulation, as well as exterior mounts for propane tanks. It is wired for both 12v and 120v, with an exterior RV plug for generator hook-up.
- The trailer frame is the same as an Ice Castle. The drop trailer is wired for trailer brakes and has a 2" trailer coupler.

If you are interested, you

are encouraged to bid on it. Bidding starts at \$15,000.

To bid on this item, you must register on the Win-E-Mac Auctions website. For more information: <https://wemschools.org/2022/02/bidding-begins-for-the-ice-fishing-house/>

- If you have questions about the registration and login process, please read this page.
- Before you bid, please make sure you read and understand the Online Auction Terms.

Bidding for the ice fishing house is set for \$250 increments.

You are welcome to enter whatever your "maximum" bid would be.

For example, if bidding is currently at \$15,750, you will be asked to enter a number that is \$16,000 or higher. You are welcome to enter \$17,000, but you would only pay \$16,000 if no one outbids that price. If someone bids \$16,250, they will automatically be outbid

(raising bidding to \$16,500) because your maximum is still above that amount. You will only be outbid if bidding goes above the maximum you entered (\$17,000).

You will receive an e-mail whenever you are outbid. In testing, these e-mails came through right away, but Win-E-Mac Auctions is not liable if there are delays. You will also receive an e-mail if you win the auction, reminding you to come to the Win-E-Mac School to pay for and pick up the ice fishing house.

If you have any questions, please fill out the contact form at <https://wemauctions.com/contact/>. If your question regards the ice fishing house specifically, Questions will be routed to Mr. Johnson. If his response warrants it, the description will be updated and all current bidders will be notified of this update via e-mail.

Bidding ends at midnight on Monday, February 28th, 2022.

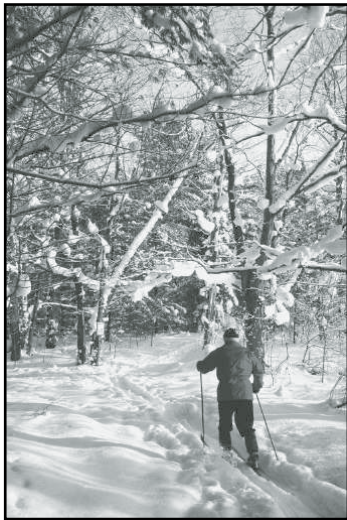
Candlelight ski / Owl Prowl at Rydell

The evening of Saturday, February 26th the Friends of Rydell and Glacial Ridge Refuges Association will be hosting a Candlelight Ski and Owl Prowl event at Rydell National Wildlife Refuge (NWR) near Erskine, MN. Pre-registration is required for the event, which will run from 6:00pm to 10:00pm.

Church Lake and Golden Pond trails will be groomed and lighted for this event, although all five of Rydell NWR's trails will be open for cross country skiing or snowshoeing. We recommend that participants bring along a headlamp, if they have one, since we will not have the benefit of a full moon that evening.

As visitors traverse the trails, an owl calling station will be set up where the calls of several owl species (e.g., saw whet, barred, great horned) will be projected into the woods to try and generate a response. Who-who-who knows what you might hear!

Pre-registration is required to attend this event, in order to comply with the current event



limit of 50 people on Department of the Interior lands. People can pre-register by calling Refuge Manager, Gregg Knutsen at 218-686-4329 or emailing him at gregg_knutsen@fws.gov.

In order to accommodate as many interested people as possible, we will take reservations for two different event timeframes – one from 6:00pm to 8:00pm and one from 8:00pm to 10:00pm. The Refuge Visitor

Center will be open during the event, which will provide participants a place to warm up. However, due to the ongoing COVID-19 pandemic, there will be several changes to the event from past years. Snacks and beverages will not be provided. Feel free to bring your own snacks, coffee, or hot chocolate.

Also, no ski equipment or snowshoes will be provided for check-out at the Refuge this year.

If you don't have your own skis, you can rent them from the University of Minnesota-Crookston (218-281-8520 or 218-281- 8586) or Crookston Parks and Recreation (no cost, 218-281-1232).

In addition to dressing appropriately for the forecasted weather, please bring a mask. Masks will be required of anyone who enters the Refuge Visitor Center.

If temperatures are below zero or wind chills are in the double-digits below zero, the event will be cancelled and potentially rescheduled at a later date.

Amazing benefits to seniors having pets

Pets bring much joy to the lives they touch. So it should come as no surprise that the 2019-2020 National Pet Owners Survey, which was conducted by the American Pet Products Association, found that about 85 million families in the United States own a pet. In Canada, 7.5 million households are home to companion animals, states the PetBacker blog.

Pets offer companionship and unconditional love. While they are fitting for any family, seniors may find that having a pet is especially beneficial. The organization A Place for Mom, which helps match families with senior living residences, says pets provide a comfort system that produces measurable health results. Caring for pets and being around them can produce a chemical chain reaction in the brain that may help to lower stress hormones while also increasing production of the feel-good hormone serotonin.

This is not the only health benefit pets may provide. A recent study from the Mayo Clinic, which looked at 1,800 people between the ages of 25 and 64 who had healthy hearts, found that almost half owned a dog. Having a dog was likely to spur heart-healthy behaviors, like exercising with the pet, eating well and having ideal blood sugar levels.

Pets also provide emotional support and companionship that can help seniors - including those who may be divorced or widowed - feel more secure and happy.

The National Poll on Healthy Aging found that, among respondents who had pets, 88 percent said their pets helped them enjoy life, and 86



percent said their pets made them feel loved.

Seniors considering getting a pet can explore the many benefits to doing so.

• **Reduce pain:** A 2012 study published in Pain Magazine found therapy dogs provided "significant reduction in pain and emotional distress for chronic pain patients."

• **Feeling of purpose:** Caring for an animal not only stimulates physical activity, but it also can give seniors a reason to get up and go, which equates to a feeling of purpose.

• **Altered focus:** Having a pet can help seniors focus on something other than physical or mental health issues and preoccupations about loss or aging, according to New York-based psychologist Penny B. Donnelfeld.

• **Increased physical ac-**

tivity: Pets require care, and that interaction can get seniors moving more than if they didn't have a pet.

• **Improved health:** Ongoing research from Harvard Medical School has found dog owners have lower blood pressure, healthier cholesterol levels and lower risk of heart disease than those who don't own a dog.

• **Stick to routine:** Caring for pets helps seniors maintain a routine. Having structure after retirement can be important to ward off risk of depression. Staying on top of feeding, grooming and other pet needs also can help prevent cognitive decline.

Pets bring many benefits to their owners' lives, and they may be the perfect remedy for seniors looking for a friend and purpose.

Animal therapy..

Continued from page 1.....

partially because, when socializing with pets, the brain releases endorphins to ease loneliness, while adding a sense of purpose. The National Institute of Mental Health has noted animal therapy as a type of psychotherapy for treating depression and other mood disorders, which can often accompany health conditions. Happier patients lead to greater progress, helping medical teams do their job more successfully.

Calms agitation

There are many cognitive conditions that can cause agitation, a shaken set of emotions. These include stroke, brain injury and dementia. A recent trial found that animal-assisted therapy lessened problematic behaviors in people with dementia. Participants fed, petted and groomed the animal, while interacting with its trainer. At the end of the study, participants achieved an average of 25% higher scores on the CMAI scale, which rates agita-

tion levels. Having emotions under control keeps patients and medical teams on track to make headway on goals.

Lowers blood pressure & heart rate

If you're a pet owner, you may have noticed your heart rate slow when spending quiet time together. It works for blood pressure, too. Animal-assisted therapy with horses has been shown to do both, while alleviating stress and reducing symptoms of anxiety and depression. Another six-week study, where participants spent periods of time holding and petting a cat, showed significant improvement in systolic and diastolic blood pressure. Lowering blood pressure can benefit overall health, lessening risk for stroke or heart attack.

Opens up communication

Have you ever noticed how doing a fun activity with family or friends opens the door

for easier conversation? Same goes for animal therapy, which can help patients and medical teams get more comfortable with each other, forming a relationship that encourages teamwork and positivity.



NOTICE TO LESSOR TOWNSHIP

Notice of Annual Meeting and Election of Officers Notice is hereby given to the qualified voters of Lessor Township, County of Polk, State of Minnesota, that the Annual Election of Town Officers and Annual Township Meeting will be held on Tuesday, March 8, 2022. In case of inclement weather, the meeting and election may be postponed until the third Tuesday in March.

The Election Poll Hours will be open from 5:00 p.m. to 8:00 p.m., at which time the voters will elect:

Town Board Supervisor, three year term
Town Board Treasurer, two year term

The Annual Meeting will commence at 8:00 p.m. to conduct all necessary business prescribed by law. The Annual Election and Meeting will be held at Trinity Lutheran Church, Rural McIntosh.

The Board of Canvass will meet March 15, 2022 to certify the official election results.
Albert Plante
Lessor Township Clerk

R49-50C



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

Wed. Feb. 23: 11:15am Mass at St. Mary's, Fosston
Thurs. Feb. 24: 11:30am Mass at St. Joseph's, Bagley
Fri. Feb. 25: 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
Sun. March 6: 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

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

Sun. Feb. 27: 9:30am Coffee Hour; 10:30am Church Service
Sun. March 6: 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. 27: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service (also on Facebook: gosenchurch and gosenchurch.com);

Tues. March 1: 10:00am Sunday worship service telecast on GVTV--30

Wed. March 2: 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.

Pros and cons of sodium consumption

The typical Canadian or American diet tends to be high in sodium, with many processed foods containing high amounts of salt for flavoring and preservation. Even though sodium has a bad reputation, salt in certain amounts is necessary for the body to function properly. Here's a deeper look at how sodium can be beneficial and how it can be harmful.



Pros
Sodium is one of the body's three major electrolytes, with potassium and chloride being the others. Salt helps regulate blood pressure and blood volume, transmit impulses for nerve function and muscle contraction, and helps regulate the acid-base balance of blood and bodily fluids. According to SFGate's Healthy Eating, salt can help with healthy muscle contractions and promotes muscle function during physical activity.

The Rush University Medical Center explains that sodium also regulates body heat. The hypothalamus, the body's "thermostat," signals the middle layer of the skin to bring salt and water to the skin's surface when a person is overheating (sweating) to help cool the body.

Cons
One of the reasons why sodium is vilified is that too much can lead to hypertension, better known as high blood pressure. According to research by the Dietary Approaches to Stop Hypertension program, directed by the National Heart, Lung and Blood Institute, there is a direct correlation between the amount of salt consumed and blood pressure levels. Exceeding the 2,400 mg daily limit can push blood pressure into dangerous territory. Some doctors suggest ideal sodium intake should not exceed 1,500 mg daily.

Too much sodium also can contribute to fluid retention in the body, leading to swelling of the legs and feet, a problem for individuals who are not physically active.

The kidneys are the filters

of the body, and people with kidney disease could be especially vulnerable to adverse health consequences if they consume too much salt. In such situations, the kidneys may not be able to eliminate the excess sodium in the body, potentially leading to hypertension or heart issues, according to Davita Kidney Care. Also, too much salt may contribute to the formation of kidney stones.

Sodium is necessary for life, but overconsumption may lead to health issues that are entirely preventable. People should monitor just how much salt they consume to ensure they stay within healthy ranges.

NOTICE Election and Annual Meeting Hill River Township

The annual election and meeting of the Township of Hill River, County of Polk, State of Minnesota, will be held on Tuesday, March 8, 2022 at the Hill River Town Hall.

The Polls will be open from 5:00 p.m. to 8:00 p.m. to elect one (1) Supervisor for a term of three (3) years and one (1) Clerk/Treasurer for a term of two (2) years.

The annual meeting will start as soon as possible after the polls close to conduct all and any business that comes up at the meeting.

If necessary, the storm date shall be one week later.

Notice will then be given over the Fosston Radio Station.

Raymond O. Sundrud, Clerk/Treasurer
Hill River Township

M49-50C

Notice of Annual Meeting and Election of Officers King Township

Notice is hereby given to the qualified voters of King Township, County of Polk, State of Minnesota, that the Election of officers and Annual Township Meeting will be held Tuesday, March 8, 2022 at the McIntosh Community Center. Polls will be open from 5:00 PM to 8:00 PM at which time the voters will elect:

1-Supervisor Position - Three Year Term
1-Treasurer Position - Two Year Term

The annual meeting will be held before the election at 4:00 PM.

The Town Board will meet Tuesday, March 15, 2022 as a Board of Canvass to declare the official results of the election.

In case of inclement weather, the Election and Annual Meeting will be rescheduled to March 15, 2022.

Lucas Thom, King Township Clerk

R49-50C

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M49C

NW MN job conditions
Northwest Minnesota added nearly 10,000 jobs through the third quarter of 2021, bringing it back to 98.6% of pre-pandemic employment levels.

That was the strongest over-the-year job recovery of the six planning regions in the state, and is the closest to regaining all the jobs lost at the outset of the pandemic.

However, the region is still about 3,300 jobs below its employment level from the third quarter of 2019, when it peaked with 227,590 jobs .

Community Birthday and Anniversary Calendar

Wed. Feb. 23:
Matthew Klemmer, Shawn Hedlund

Thur. Feb. 24:
Anna Mandt, Kirsten Faldet, Kroshy Jore, Tom Lang

Fri. Feb. 25:
Mariah Ogaard

Sat. Feb. 26:
Ashton Anderson

Sun. Feb. 27: *Jason & Leah Smeby

Mon. Feb. 28:
Bud Kiecker, Eli Kringlen, Thomas Reitmeier, Todd Goodwin, Hudson Christianson, Austin Simonson (Feb. 29: Amanda Swanson)

Tues. Mar. 1:
Isaac Salvhus

McINTOSH Times

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Richards Publishing Co.,

February's new-found snowiness

For decades, Minnesotans were taught that March is our snowiest month, and for many stations in Minnesota, this was true.

Indeed, many of the state's great snowstorms and blizzards were creatures of the third month.

February, by contrast was traditionally a "quiet" winter month, with fewer heavy snowstorms and less snow than December, January, and March. Even though November averaged 20-40% less snowfall than February at most stations, it had twice as many major snowstorms. Thus, climatologists and meteorologists were accustomed to uneventful weather during February.

Things appear to have changed in recent years, however. At most Minnesota stations, March has fallen all the way down to fourth snowiest, and February has moved up to #3, and even #2 at isolated locations. At each of Minnesota's five "first-order" weather stations, normal February snowfall is now greater than it's ever been, and is 25-50% higher than the normal values calculated for the late 20th century.

February has become a much more "active" month for winter storms in recent years. At Rochester, 11 of the 20 largest daily snowfall totals for February have occurred since the year 2000.

The number is eight at Duluth, and seven in the Twin Cities.

These numbers are two to four times greater than would be expected, based solely the lengths of each station's record.

Not only have heavy snows become more common in February than they used to be, but they also have packed a bigger punch. The 2000s and 2010s were dotted with significant, and even extraordinary February winter storms. For instance, in 2004, the Twin Cities experienced its largest February snowstorm on record, but an even bigger storm in 2011 broke (and still holds) that record. Major February

snowstorms and blizzards slammed Minnesota almost every year of the 2010s, and February 2019 shattered many snowfall records and produced a historic blizzard for the ages.

One oddity of this climatological shift is the tendency for heavy snowstorms to form during the second half of the month, and in particular between about the 16th and the 25th. From 2011 through 2021,

Minnesota had nine major winter storms during this period.

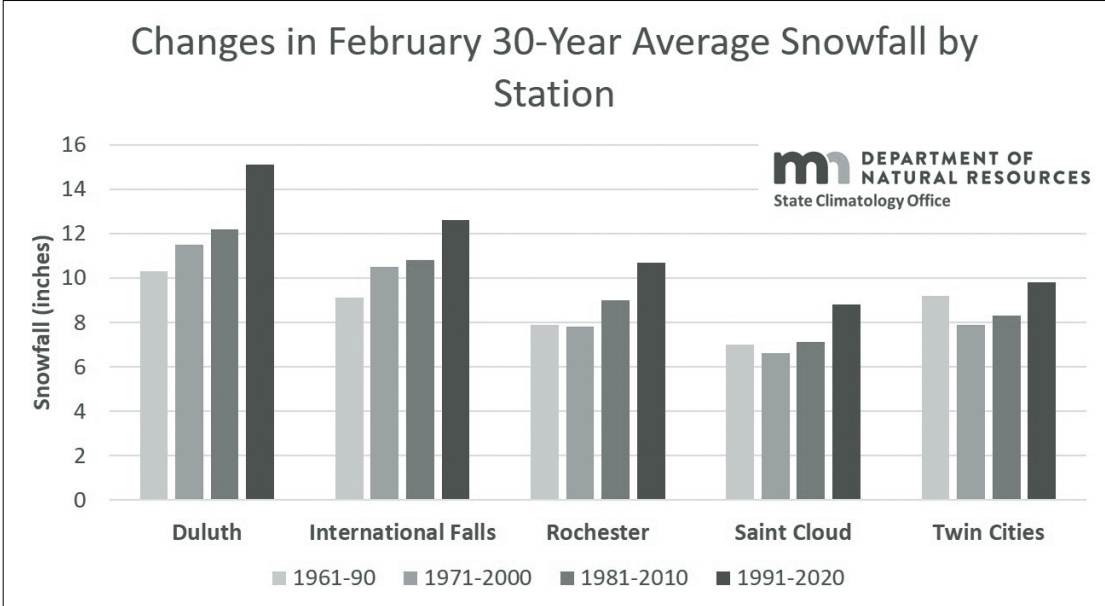
It's not clear what's driving these changes in February's snowfall climatology, and it's also not clear whether they will be long-term and lasting changes.

What is clear is that we can no longer assume that February will be a month of uneventful weather, lacking in winter storms.

NOTICE

Sletten Township will hold its annual election on March 8 from 5:00pm - 8:00pm at the Sletten Town Hall. We will be electing a Clerk (two year term) and one Supervisor (three year term). The annual meeting will be held after the election at 8:00pm. March 15 is the alternate date in case of bad weather.

Terri Kaupang, Clerk



Check out these sites to see in North America

There may be no better way to get up close and personal with all the sites to see in North America than traveling via car or truck. Road trips enable passengers to set their own pace and make multiple stops along the way to check out all North America has to offer.

Road trippers traversing North America may want to include these points of interest in their travel itineraries.

Niagara Falls

The famed Niagara Falls is a destination for both Canadian and American travelers. Nestled between the cities of Toronto and Buffalo, NY, Niagara Falls is a major attraction that draws millions of visitors each year. The Niagara region, in addition to having the falls themselves, is home to picturesque 19th century colonial architecture on the Canadian side and dozens of wineries on the Niagara Wine Trail.

Black Hills

The Black Hills in South Dakota can be viewed from the Badlands Scenic Highway. There are plenty of bison to see along the way, and additional stops can be made at Mount Rushmore, Wind Cave State Park or Custer State Park.

Grand Circle Road Trip

This is one of the most re-

nowned national parks road trips in America. It takes place predominantly in Utah, but also crosses over into Arizona. Parks to hit up along the way include Zion, Bryce Canyon, Arches, Canyonlands, Grand Canyon, Capitol Reef, and many more. For those with ample time, this road trip can stretch for two weeks. You also may want to veer into Nevada and check out the famed Las Vegas strip to finish out the fun.

Icefields Parkway

Icefields Parkway has been ranked as one of the best road trips in the world. It stretches through both Banff National Park and Jasper National Park, boasting amazing scenery of mighty mountains, waterfalls and turquoise-colored lakes. Plan to park the car and hike to see some of the falls and other attractions.

Route 1

America's Route 1, sometimes called Coastal Route 1, stretches along the East Coast of the country from Maine to Florida. There are scores of spots to visit along the way, including quaint New England fishing villages, historic cities like Princeton or Philadelphia, or beach locales in Miami. Travelers can decide just where to stop on this historic

roadway.

Blue Ridge Parkway

Blue Ridge Parkway is the most visited road controlled by the U.S. National Parks System. It starts at Front Royal in Virginia and continues all the way through to North Carolina. Travelers can stop at Shenandoah or great Smoky Mountains national parks along the way and glimpse awe-inspiring mountain ranges.

Cowboy Trail

Highway 22, also known as the "Cowboy Trail," is located just south of Calgary in Alberta and travels all the way down into the U.S. There's lots of Western-inspired sights and stops, including Heritage Park, the Alberta Boot Company or Bar U Ranch.

Pacific Coast Highway

Visitors to California can drive the state's longest highway along the dramatic Pacific coastline. It's 653 miles long and passes through Malibu, Big Sur and Monterey, and even includes the famed Golden Gate Bridge.

There are many road-trip worthy roads and spots to visit across Canada and the United States.

PIECES FROM THE PAST



40 years ago...1982: Faculty members sang a few songs accompanied by Mrs. Haaven. Left to right are: Jarvis Zitzow, Elmyrna Kaupang, Marilyn Malmanger, Adella Thompson, Delores Schow, and Marjetta Hadler. Not pictured: Sue Lee.



20 years ago...2002: Jeremy Kasprzak makes his purchases of penny candy, after some difficult decisions, and is assisted by Luke and Teresa Syverson at Spud's Market. Students from the Win-E-Mac Kindergarten classes visited three McIntosh businesses on a recent field trip.

How to road trip on a budget

The opportunities for adventure are endless when the car is fueled up with a full tank of gas and the open road awaits.

Road trips can be cost-conscious ways to travel, as they save travelers from having to contend with potentially expensive flights.

However, there's even more road trippers can do to save on their next excursions.

Explore these money-saving tips before hitting the open road.

- **Improve fuel economy.** There's no avoiding the gas station on road trips, but there may be ways to stretch gas mileage. Make sure tires are properly inflated; have the vehicle serviced before leaving to change oil and check that everything is running efficiently; don't overpack with lots of heavy cargo.
- **Establish a daily budget.** You can't anticipate every expense, but you can make a plan and estimate what it will cost for the trip. Determine your priorities so you know if you want luxury accommodations or if campgrounds will suffice, and then build a budget around anticipated costs.
- **Consider a rental.** If

you're leasing a car or truck and are dangerously close to going over miles, a rental vehicle may save you money in the long run.

- **Pack food and drinks.** Visiting sit-down restaurants and even fast-food establishments can cause expenditures to add up. The financial resource Money Crashers says a typical fast-food meal costs just under \$6, but fast casual places, like Chipotle and Panera, can run around \$12 per person. Multiply those prices by three meals a day over the course of the trip, and that's expensive.
- **Utilize any and all coupons.** Retail coupon providers like Honey.com and RetailMeNot.com can help you find discounts on a variety of items. There also may be coupons for parking garages and area attractions.
- **Find free entertainment.** With a little research you can find attractions that don't require high admission fees or may have no fees at all. Public parks, certain museums and area landmarks may offer free admission.

Road trips can be even more affordable when vacationers embrace the many ways to save money.



10 years ago...2012: Win-E-Mac students performed their play "Now You See Me", by Jonathan Dorf, produced in cooperation with Brooklyn Publishers, LLC, at the Sub-Section 29A One-Act Play contest in Bagley. Bagley placed first and Fosston second. Both plays advance to the Section contest. Other schools participating at Sub-Section were Voyageurs Expeditionary (Bemidji), Clearbrook-Gonvick, and Red lake County Central. Pictured are Win-E-Mac students, (front, l-r) Austin Parenteau, Hunter Parenteau, Reed Klinkhammer, Paige Gieseke, Samantha Lee, Amanda Paradis, Mike Revier, (back) Aaron Weik, Michelle Soto, Daniel Revier, Micah Ferden, Anya Eyman, and Jessica Schramm. The play was directed by Mr. Bruce McWilliam and assisted by Mr. Andrew Hanson.

Read Across America week is Feb. 28th to March 4th

Read Across America week at Win-E-Mac Elementary School will take place from Monday, February 28th to Friday, March 4th.

Read Across America Day, also known as Dr Seuss Day, is a yearly observance in the USA inaugurated by the NEA (National Education Association). It is held on the school day that is nearest to 2 March, Dr Seuss birthday. Theodor Seuss Geisel was an American artist, book publisher, animator, poet, a political cartoonist as well as an author. He is best known for authoring over 60 children's books.

Green Eggs and Ham will be served for breakfast on Tuesday, March 1st. Parents, Grandparents and siblings are invited..

The daily events that will take place are:

Monday: Oh, the Colors You Can Wear: Wear as many colors as you can.

Top Hat Tuesday: Wear your favorite hat.

Wordy Wednesday: wear a shirt with words on it. Happy Birthday Dr. Suess.

Theodore Thursday: Dress like your favortie book character.

Fall Asleep Friday: Wear pajamas or comfy clothes.

The elementary students will be reading across the gym the morning of Friday, March 4th.

National Education Association's (NEA) Read Across America is an annual reading motivation and awareness program that calls for every child in every community to celebrate reading with the theme: Celebrating a Nation of Diverse Readers.

Many schools, libraries, and communities of readers celebrate with an annual event on March 2, but NEA's Read Across America also provides educators, parents, caregivers, and children the resources and activities they need to keep reading on the calendar 365 days a year.

Launched in 1998 by the National Education Association (NEA), Read Across America is the nation's largest celebration of reading.

This year-round program focuses on motivating children and teens to read through events, partnerships, and reading resources that are about everyone, for everyone.

Pleasure reading can be defined as reading that is freely chosen or that readers freely and enthusiastically continue after it is assigned.

Students (like all other human beings!) do what they find pleasurable. You get good at what you practice, and then outgrow yourself by deliberately developing new related interests and capacities.

Everyone can take this week to get back to reading or to enjoy a great hobby for all ages.



Mrs. Gunufson's first graders recently celebrated 100 days of school, with the rest of the elementary classes, by dressing up to look like they were 100 years old!

A Lenten meal the kids will love

Religious Christians make the commitment to avoid meat in their Friday meals for the duration of Lent, signifying a sacrifice for their faith that recalls the ultimate sacrifice Jesus Christ made during the crucifixion.

Vegetables and pasta dishes are a staple of the Lenten season, and seafood also serves as a popular substitute for meats and poultry.

As parents of picky eaters can attest, encouraging children, particularly toddlers or early grade-schoolers, to dig into a seafood meal can be a struggle.

However, fish sticks can make a fish dinner more attractive to youngsters. You don't need to buy the frozen variety at the store. This recipe for "Fish Sticks with Fries and Tartar Sauce" from "Danielle Walker's Eat What You Love" (Ten Speed Press) is a crunchy, homemade alternative.



Fish Sticks with Fries and Tartar Sauce
Makes 12

Tartar Sauce
1/2 cup mayonnaise
1 T. minced cornichons (gherkin pickles)
1 T. chopped capers
1 t. champagne vinegar
1 t.freshly squeezed lemon juice
1 t. coarse-grain mustard
1 t. chopped fresh flat-leaf parsley
1/8 t. ground black pepper

Fries
1 large parsnip, peeled
1 white-fleshed sweet potato (such as Hannah), scrubbed but unpeeled
3 T. avocado oil
Kosher salt

Fish sticks
1 lb. haddock or cod fillets
4 ounces plantain chips
Fine sea salt and freshly ground black pepper
2 egg whites, beaten until frothy
2 t. Dijon mustard
Preheat the oven to 450 F.

To make the tartar sauce, in a small bowl, mix together the mayonnaise, cornichons, capers, vinegar, lemon juice, mustard, parsley, and pepper. Place in the refrigerator to chill while you make the fries and fish sticks, or up to three

days.

To make the fries, cut the parsnip and sweet potato into matchstick fries. In a bowl, toss the vegetables with the oil. Spread in a single layer - not touching - on a large rimmed baking sheet. Bake for 20 minutes, turning once during baking, until browned.

To make the fish sticks, meanwhile, cut the haddock into 3-by-1/2-inch strips. Place a wire rack on top of a clean kitchen towel and brush the rack lightly with avocado oil.

In a food processor, or using a mortar and pestle, pulse the plantain chips a few times until they resemble coarse sand. Pour the ground chips into a shallow bowl and combine with 1/2 teaspoon salt and 1/4 teaspoon pepper. In a separate bowl, whisk together the egg whites and mustard.

Pat the fish dry with paper towels and season generously with 3/4 teaspoon sea salt and 1/4 teaspoon pepper. One at a time, dip the fish strips into the egg mixture and shake gently, allowing any excess to drip back into the bowl, then dip the fish into the plantain chip mixture, turning to coat each strip and shaking off any excess. Place the fish strips on the prepared wire rack.

Remove the baking sheet from the oven and scoot the fries over to one side. Position the rack with the fish sticks on the baking sheet and return to the oven. Bake the fish and fries together for 10 to 12 minutes, until the fish is crisp and cooked through. Season the fries generously with the kosher salt. Serve the fish sticks and fries immediately with the tartar sauce on the side.



Spirit Day at Win-E-Mac was Friday, February 4th, when all Win-E-Mac students, like Mr. Langemo's 5th graders, celebrated their Patriot Pride!



Having fun during Winter festivities, Mrs. Cook and her Kindergarten classes dressed up for Wakey Wednesday.

Care and Share receives RiverView's Reaching Out to Serve award

The Care and Share of Crookston is not just a homeless shelter. The Care and Share offers personalized care plans through various programs to assist clients with employment, life skills, and mental and physical health while they seek permanent housing.

For those contributions and more, the Care and Share was recently named RiverView Health's 2021 Reaching Out to Serve Award recipient.

For over 30 years, RiverView has recognized individuals, groups, and programs with the Reaching Out to Serve Award.

The award symbolizes RiverView's mission of serving the region while demonstrating innovativeness voluntary of self-initiated efforts and improving the access, quality, or cost-effectiveness of healthcare.

The qualities of the Care and Share check off all the boxes for the honor. Not only does the Crookston entity serve warm meals from the soup kitchen and provide clothing, back-to-school supplies, diapers, and other emergency needs, it also is responsible for

establishing a food shelf. After the North Country Food Bank relocated to East Grand Forks, the Care and Share started the New hope Food Shelf to help

support the Crookston community.

Upon receiving the honor, Care and Share Executive Director Brian Halos thanked his

staff of 12, the "very dedicated" board, the volunteers, and the people served by the organization.

"Thank you to the residents.

They help make this place tick too," he shared. "We have a lot of residents who volunteer to chip in and do various jobs. They really help us out."

For more information on services at the Care and Share or ways to help the organization, call 281.2644.



(l-r) Care and Share Board members Alan Dragseth and Tom Anderson; Care and Share caseworkers Elizabeth Rowan and Jane Freeman; Care and Share Executive Director Brian Halos; RiverView President/CEO Carrie Michalski; and RiverView COO Chris Bruggeman.