

\$1.00

McINTOSH

Since 1888

Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Earl Roed enjoyed a doughnut (or two) while giving blood during the McIntosh blood drive on Thursday, January 21st.

Mac helps with urgent need for blood

The VFW Auxiliary #6891 blood drive held in McIntosh on January 21st saw 72 people volunteer to donate blood and 63 were able to give. Thirteen people gave blood on the automated 2RBC machine which collects two units of red blood cells during the donation, so a total of 76 blood products were collected.

According to Katie Bartleson, Senior Donor Recruitment Representative for United Blood Services, “Communities like McIntosh make a regional blood program work. People volunteer to donate when there has been a well organized campaign, informing the public of the need for blood.”

Mary Goodwin coordinated the drive. Others who assisted were: Garnet Aanenson, Jane Aakhus, Connie Strom, Penny Magnell, Carole Burslie and Arlene Eggers. Space to hold

the drive was provided by the McIntosh Community Center.

On behalf of the patients who benefited, United Blood Services appreciates all the thoughtful people who volunteered to help others by giving of themselves.

There is always the same familiar faces in the crowd, year after year, the ones whom always seem to find the time to come and donate blood. Each year, there are also new faces appearing as well and the hope is that if you can, you will. Blood is for sharing, you have truly given the “Gift of Life”.

If you were unable to get to the McIntosh Community Center to give blood, please contact United Blood Services to see when there is another blood drive in our area. You can reach them at 1-800-917-4929 or online at www.unitedblood-services.org.



Smiling and donating blood was Madison Pries.

WEM Labels contest

Starting Feb. 1 ending Feb. 26 Clip the UPC codes from all Labels for Education, Sunny D and Our Family Products. For Box Tops clip the box top label. Please check for expired or missing dates on box tops as those can't be sent it and will not count. This contest will be an individual contest so each student needs to bring their labels in a sealed baggie with their first and last name on it along with teacher and grade.

The students who bring in the most labels will be playing bingo!



Before we were here: The first inhabitants of our area

A new series presented by McIntosh Heritage and Arts Center

Editor's Note: Every few weeks the McIntosh Heritage and Arts Center will be presenting an article in the McIntosh Times about the history of the area, interesting facts, pictures or news. The articles are written by Lynette Ross with the help of other members of MHAC.

Before there was a McIntosh, before there were the 13 townships that make up the Thirteen Towns, before there was a Polk County, and up until a few hundred years ago these areas were uninhabited by human beings. The documentation of its early occupation is incomplete, imperfect, inconsistent and at times contradictory at the very least.

The area that we call Polk County was an expanse of prairie, blanketed with grasses and flowers, with sparse timber in groves of small poplars to the east and a heavier growth of trees and forest on the western border. The forested area to the west was mainly made up of oaks, basswood, elm, cottonwood, and box elder which bordered the rivers and rarely reached more than a quarter of a mile from the river banks of the Red River and the Red Lake River and their tributaries.

With an abundance of prairie and a general lack of trees and forest, this area was said to lack deer and other wild game, along with a fuel source to support long-term human habitation. As a result the area of Polk County was avoided by those who would have settled in the area. No signs of ancient civilizations or remote settlements have been found, supporting this theory.

The most ancient peoples to have been found in Minnesota were the Mound Builders, a mysterious race, known to have lived in the southeastern portion of the state. It is not likely that this group of people inhabited, for any significant length of time, this area. Although mounds have been found with-

in the boundaries of Polk County, namely one within the city limits of Crookston, these sites lack the stereo typical evidence that denotes a Mound Builder site. Items, such as “pottery, flint, stone or copper implements or any other reliable evidences” which would indicate their occupation of the area, were not found.

The mound was theorized to be a site of a cemetery of an old-time Sioux village or perhaps a burial place for a village of the Cheyenne peoples. Both theories are logical due to the fact that there were Cheyenne in this area for several years before being driven out by the Sioux.

There were also 3 small mounds on the Sand Hill River west of Fertile, where the great battle between the Chippewa and Sioux may have taken place. Some believe that this battle may have also occurred on the Red Lake River, and would explain the burial mound within Crookston.

“In 1934, human remains representing 26 individuals were recovered from site 21-PL-6, Warner Mounds 1 and 2, also known as the Peter Lee Mound (21-PL-13) near Fertile, Polk County, MN during an archeological excavation conducted by A.E. Jenks and L.A. Wilford of the University of Minnesota. No known individuals were identified. The 15 associated funerary objects include an arrowshaft “polisher”, projectile points, a shell bead necklace, bone bracelet fragments, shell rings, bone beads, beaver teeth fragments, red ochre, and a soil sample.” ~ The Department of Interior [Federal Register: August 9, 1999 (Volume 64, Number 152)] Native American Graves Protection and Repatriation Act (NAGPRA).

Interestingly, according to The Compendium of History and Biography of Polk County copyright 1916, “Neither tribe made flint and stone implements, either arrow and lance



heads or axes, spades, etc., and the Mound Builders constantly made these things. The Sioux, Cheyennes, and other Red Indians picked up the flint arrow points and lance-heads and used them (though many of them had come from quarries as far off as West Virginia), but they could not make them --and none of them ever knew who did!”

Next time: The Cree: The First Likely Inhabitants of Polk County

Stay Safe: Assistance may help pay heating bills

The Minnesota Department of Commerce wants low-income Minnesotans to know about the opportunity to apply for the state's Energy Assistance Program (EAP) to get help paying their heating bills.

“We want Minnesotans to know that help is available if they are struggling to pay their heating bills,” said Commerce Commissioner Mike Rothman. “Heating your home is a necessity in this cold weather, and we do not want any Minnesotan's health or safety put at risk. Energy assistance funds can help households avoid the choice between buying food and medicine or paying their heating bill.”

Energy assistance applications have been down slightly

Assistance...

Continued on page 2 ...

State announces grants available to help add value to agriculture

The Department of Agriculture is now accepting applications from Minnesota farmers, producers, and processors through March 8

The Minnesota Department of Agriculture (MDA) announced today that it is accepting applications for funding through the state's Value Added Grant program. The grants are designed to help farmers, producers, and processors add value to their operations and the state's agricultural economy. Governor Mark Dayton and the Legislature first established the grant program in 2013 to advance the Minnesota's agricultural and renewable energy industries.

“Minnesota's Value Added Grant program is a great way for farmers, producers, and processors to grow their businesses,” said Lt. Governor Tina Smith. “In 2015, the Value Added Grant Program helped leverage \$7 million in private

Community Calendar

Wed. Feb. 3: McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Feb. 4: McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Feb. 5: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Feb. 8: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tues. Feb. 9: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Wed. Feb. 10: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Feb. 11: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council meeting @ Community Center 5:30pm

Fri. Feb. 12: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Feb. 15: President's Day; McIntosh City Clerks Office Closed; McIntosh Library closed; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tues. Feb. 16: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

investment and supported the creation of 119 jobs. I encourage Minnesota Ag producers looking to grow their businesses to apply for funding before the March 8th deadline.”

Applicants have several options to boost their businesses with a portion of the \$1 million available through the Value Added grants:

- Start, expand or update livestock product processing.
- Purchase equipment to

Agriculture...

Continued on page 3 ...



Playing the part of Charlie, an imaginary peacock during the WEM One-Act Play was Hunter Chaput pictured here with Jessica Kasprzak.



On Christmas Eve 2015 Joshua Kerksen was presented a quilt by Quilts of Valor member Lois Boehrnsen in honor of his service to our country. Joshua was in the United States Air Force and served in Iraq in 2007-2008. This quilt was sewn by his aunt, Lois Boehrnsen and cousin, Amy Brinkman and quilted by Kathryn Carver. This was the 15th quilt presented to war veterans by East Polk QOV in 2015. Plans are already in progress for 2016 quilts and recipients. Thank you Joshua for your service to our country.



The Win-E-Mac High School presented their One-Act Play for the Community on Thursday, January 28th at the new Arts & Event Center. The play was titled “The Cry of the Peacock”, a moving and emotional story about child abuse written by Billy W. Boone and directed by Bruce McWilliam. Students making up the cast of this play were: Shayley Espeseth, Chris Kuznetsov, Breanna Carroll, Maci Hamre, MacKenzie Fuller, Jessica Kasprzak, CeCe Peterson, Mike Revier, Indiana Nornes, Hunter Chaput, Kolton Stuhang, JoJo Parenteau, Katelyn Sanden, Clavdia Anfiloffeff, Kelsey Knutson and Josh Young. Assisting with the production were: Andrew Hason, Sherry Hoass and Donna Parenteau. The cast presented the play on Saturday in Bagley during the Section 8 One-Act Play Competition.



Michelle Brockup, Lois Klema, Orlett Hedlund, and Shanna Sherer pictured at McIntosh Senior Living's staff party celebrating a deficiency free state survey! What a blessing it is to have such hard working amazing staff. Congratulations to all!



McIntosh Senior Living sends a big thank you to Jered and Theresa Agnes for their delicious catering at McIntosh Senior Living's staff party celebrating a deficiency free state survey!

Assistance...

Continued from page 1.... this heating season, possibly due to warmer than normal temperatures in November and December, said Rothman. "We encourage anyone who may have difficulty paying their heating bills to apply for energy assistance," he said. "Low-income households with children under the age of six, people with disabilities, veterans and seniors are especially encouraged to apply."

In October 2015, Minnesota received nearly \$102 million in federal Low-Income Home Energy Assistance Program (LIHEAP) funds for this year's Energy Assistance Program.

The funds help low-income homeowners and renters pay for heating bills through grant money paid directly to utility companies and heating fuel vendors on behalf of eligible households. The funding also helps some homeowners repair or replace malfunctioning heating systems.

Nearly 139,000 served last year, the Energy Assistance Program helps homeowners and renters who earn less than 50 percent of the state's medi-

an income (\$46,056 for a family of four) obtain grant money to help pay their heating bills.

Last year, Minnesota served nearly 139,000 households. The average basic grant per household was just over \$500.

Commerce administers the Energy Assistance Program in partnership with 31 local service providers throughout the state. The service providers may also help advocate for consumers in situations such as utility disconnections and energy supply issues. Service providers can also educate clients about efficient and safe use of home heating systems.

How to apply for energy assistance

While new applications are accepted until May 31, 2016, funding is limited and administered on a first-come, first-served basis.

Qualifying households must apply for assistance through the local service provider in their area. To find your local service provider, call 800-657-3710 or visit the Energy Assistance Program section at the Commerce Department website (mn.gov/commerce).

INVITATION TO BID

The City of McIntosh is requesting bids for road maintenance to include the following:

*Grading
Snowplowing*

These should be good for all of 2016. Sealed bids should be in the City Clerk's Office by noon on February 11, 2016 and will be opened at the regular council meeting at 5:30 P.M. on February 11th. Please specify "Snow Hauling Bid" on the envelope. The City reserves the right to reject any and all bids and to accept the bid it believes is in the best interest of the community.

All bidders are required to carry General Liability and Worker's Comp. Insurance.

*Elena Boianoff
Clerk/Treasurer
City of McIntosh
P.O. Box 97
McIntosh, MN 56556* M42-45C

VFW Auxiliary #6891 News

The February meeting of the McIntosh VFW Auxiliary #6891 will be held on Monday, February 8, at 5 p.m. at The Club in McIntosh.

The January blood drive was a success and thanks to all Auxiliary members who helped with the registration and the serving of the snacks.

Just a reminder that men and boys of VFW Auxiliary members are now eligible to join the Auxiliary.

The responsibility of the new members would be the same as the now existing members.

Currently there are at least 8 male members that belong to an Auxiliary in the 9th District.

A New Chapter begins!!

Please join us for a
**Co-Ed Open House
Baby Shower**
honoring
Aubrey Elaine Wang
daughter of
Jarrod and Megan Wang
on **February 14**, 1-3 pm
at the **B-B Cafe**, McIntosh.
One Small Request
that won't be too hard
Please bring a signed book
instead of a card.
Your book will be cherished
if it's well-loved or brand
new
Each time she reads it
she'll be reminded of you.
The family is registered at
Target and Walmart.

INVITATION TO BID

The City of McIntosh is requesting bids for snow hauling for the 2016 winter season:

Quote – single or tandem axle

These should be good for all of 2016. Sealed bids should be in the City Clerk's Office by noon on February 11, 2016 and will be opened at the regular council meeting at 5:30 P.M. on February 11th. Please specify "Snow Hauling Bid" on the envelope. The City reserves the right to reject any and all bids and to accept the bid it believes is in the best interest of the community.

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McIntosh, MN 56556* M42-45C

INVITATION TO BID

The City of McIntosh is requesting bids for the following gravel per yard, hauled:

*Pitrun
Crushed or Screened*

These should be good for all of 2016. Sealed bids should be in the City Clerk's Office by noon on February 11, 2016 and will be opened at the regular council meeting at 5:30 P.M. on February 11th. Please specify "Snow Hauling Bid" on the envelope. The City reserves the right to reject any and all bids and to accept the bid it believes is in the best interest of the community.

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INVITATION TO BID

The City of McIntosh is requesting bids (per hour) for the following equipment, with operator:

*Loader – 2 to 4 yard bucket
Bulldozer – D5 or larger
Backhoe
Skidsteer
Excavator*

These should be good for all of 2016. Sealed bids should be in the City Clerk's Office by noon on February 11, 2016 and will be opened at the regular council meeting at 5:30 P.M. on February 11th. Please specify "Snow Hauling Bid" on the envelope. The City reserves the right to reject any and all bids and to accept the bid it believes is in the best interest of the community.

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The McIntosh Times Office Hours

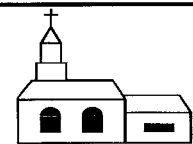
Wednesday 9:00 am to Noon
Friday 9:00 am to 11:00 am

Call or fax: (218) 563-3585

Ad deadline is Noon on Friday prior to publication



Church News



ST. MARY'S CHURCH

**Fosston
Fr. John Suvaeken,
Pastor**

Thurs. Feb. 4: 6:30pm Mass
at St. Mary's Fosston
Fri. Feb. 5: 5:30pm Mass at
St. Joseph's, Bagley

Sun. Feb. 7: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Wed. Feb. 10: 1:00pm Mass at McIntosh Senior Living
Sun. Feb. 14: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

If you have any questions about the schedule please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH

**Winger/Bejou
Supply Pastor
Gordon Syverson**

Sun. Feb. 7: 8:30am Worship Service at Immanuel; 9:45am Worship Service at Calvary

Sun. Feb. 14: 8:30am Worship Service at Immanuel; 9:45am Worship Service at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

**McIntosh
Supply Pastor
Gordon Syverson**

Sun. Feb. 7: 10:00am Sunday School; 11:15am Worship Service
Sun. Feb., 14: 10:00am Sunday School; 11:15am Worship Service

GOSEN LUTHERAN CHURCH Independent

**Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church**

Wed. Feb. 3: 1:30pm Bible Study at The Country Place
Sat. Feb. 6: 8:00pm Prayer Meeting

Sun. Feb. 7: 9:30am Sunday School and Adult Bible Study; 10:45am Worship Service

Tues. Feb. 9: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. Feb. 10: 1:30pm Bible Study at The Country Place;

For information on free rides to any of the above activities call 218-268-4242 or 218-687-3461 Gosen Church is located 4 miles south of the junctions of Hwy. 2 & 59 or ½ miles north of Winger; then ½ mile east on County Road 206.

VERNES LUTHERAN CHURCH (LCMC)

**McIntosh
Pastor Paul Magelson**
Sun. Feb. 7: 8am Worship
Sun. Feb. 14: 8am Worship

MCINTOSH AFLC

McIntosh Trinity / Mount Carmel:

**Pastor Karl Anderson
Trinity:**
Sun. Feb. 7: 9:30am Sunday School; 11:00am Worship Service;

Sun. Feb. 14: 9:30am Sunday School; 11:00am Worship Service

Mt. Carmel:
Wed. Feb. 3: 7:30pm Bible Study and New Member Class

Thurs. Feb. 4: 7:00am Men's Breakfast

Sun. Feb. 7: 9:30am Worship Service; 11:00am Sunday School; No Confirmation

Tues. Feb. 9: 7:30pm Board Meeting

Wed. Feb. 10: 7:30pm Ash Wednesday Service

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

"McIntosh Times" (USPS 336-020) is published weekly for \$25.00 per year (in county) and \$30.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.

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

"Serving the Win-E-Mac area"

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DOVRE

FREE LUTHERAN

Pastor Don Edlund

Wed. Feb. 3: 7:00pm Bible Study on Jewish Roots

Sun. Feb. 7: 9:30am Worship Service; 10:45am Sunday School

Wed. Feb. 10: 7:00pm Bible Study on Jewish Roots

Sun. Feb. 14: 9:30am Worship; 10:45am Sunday School

IMMANUEL LUTHERAN CHURCH McIntosh

Rev. Mark Peske, Pastor

Sun. Feb. 7: 8:00am Worship Service, 9:30am Sunday School; 9:30am Annual Voter's meeting

Sun. Feb. 14: 8:00am Worship Service; 9:30am Sunday School

Service Broadcast, TV Channel 12 Wednesdays at 10am - Holy Communion 1st and 3rd Sundays

Bible Study Entitled: Breaking the Apocalypse Code

Men and women's non-denominational study. Through this 16 week DVD based Bible study produced by Perry Stone; you can unlock and understand the Book of Revelation.

The study will be led by Debbie Gunderson at the Dovre Free Lutheran Church, Winger, MN. Starting Wednesday, February 24th at 7 p.m. to 8:30 p.m. in the church basement.

You need to register by February 5th to get a study syllabus.

For further information and to register, call Debbie Gunderson 218-945-6288.

Our Savior's will be collecting cans and batteries

A trailer will be parked in Our Savior's Church parking lot on Saturday, February 6 from 8 am - 5 pm for the purpose of collecting aluminum cans and old car batteries. Proceeds from the recycling of these items will be used by the 2016 Grace Lutheran Mission Trip Group to help with the expenses of their mission trip to Kentucky later this year. Please call 218-280-3760 if you have any questions

Polk County Public Health

Polk County Health provides montly foot care clinics at locations throughout the county. Foot soaks and nail trimming are provided. This is not a diagnostic clinic. Referrals are made to medical doctors when necessary. A fee of \$20 is charged per client participating in the clinic. County residents are encouraged to call Polk County Public Health for further information. All clinics are open to the public. Please register for an appointment at the location of your choice.

The foot care clinic will take place in McIntosh at the McIntosh Office of Polk County Public Health in the lower level of the Bjella Building on Thursday, February 4, 2016, and Thursday, February 18, 2016, starting at 9:00 am. You can call 218-281-3072 for an appointment. Foot care is by appointment only, you must call the office if you wish to visit a schedule.

If you have any questions about foot care clinics or other services provided by PCPH, please call offices at : Crookston 281-3385; East Grand Forks 773-2431; or McIntosh 563-2010.

Community Birthday and Anniversary Calendar

Wed. Feb. 3: Joe Blais, Jr., Katelyn Johnson, Felicity Andress

Thurs. Feb. 4: Paul Schow

Fri. Feb. 5: Rebecca Lee, *Craig & Lynette Espeseth

Sun. Feb. 7: Mavis Finseth, Tori Lee Weber, Lydia Marie Herem, *Ron & Nicole Grand

Mon. Feb. 8: Renee Brekke

Tues. Feb. 9: Edith Gensburger

BUSINESS & PROFESSIONAL GUIDE

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Winger News

by Linda Pulskamp

Greetings again from Winger and the Union Lake areas where we are about to turn the calendar to another month, already. Usually I am glad to see January behind us as it is usually so cold and makes for a long month, but this year seems like it went by in a hurry with a minimum of cold weather.

We are very fortunate here compared to the east coast where the blizzard they had there brought things to a stand still. The rain we had this week sure made the snow disappear and fortunately did not make the roads icy, but walking has been very tricky. The frosty we have been having did make for some slick roads but we just have to learn to drive accordingly.

So now we are on to Ground Hog day, and the big question is will we still have six weeks of winter. My thoughts on that are we always seem to have at least six more weeks of winter no matter what. But we are definitely going in the right direction.

The days are definitely longer, manage to drive home in day light now and the mornings are a bit lighter too.

Hope you are all staying well, as there is still a lot of flu and colds making the rounds.

Word was received here this week that former Winger resident, John Sirjord passed away and funeral services were held in Amery, WI. John was married to the former Kathy Pederson who was also a Wingerite. Sympathy to the families of John.

Paul Carlson stopped in at the Fern and Milton Carlson home on his way to work on Thursday the 21st, and that same day Judy Gieseke was a visitor.

Mark and Betty Syverson were visitors last Sunday at the Pioneer Home at Erskine with Helmer and Verlys Homme.

Martha Henney visited by phone with son Dean Henney who is in Texas. Dean stated that they were having temp's in the 60's down there.

Tuesday the 26th Judy Gieseke was a visitor with Fern and Milton Carlson at the Carlson home.

Butch and Linda Pulskamp attended a retirement party held in Glenwood last Saturday afternoon for Craig Helgaas who retired on December 31st after 40 years working for the railroad. The party was well attended with family and friends and many of Craig's co workers there to wish him well. Also attending from the area were Milo and Peggy Ystenes, Cindy (Tangen) Helgaas and Larry Anderson of Gully, Rachel Kulzer and son Jesse of Mahnomen. It was a very enjoyable time had visiting with so many of the Helgaas families that were also in attendance. CONGRATULATIONS CRAIG!

Sheldon and Rita Trandem were visitors last Tuesday with Helmer and Verlys Homme at the Pioneer Home at Erskine.

Grandma Lucy Brtek attended the birthday party at

the Danny and Angie Brtek home last Saturday in honor of Teegan's 2nd birthday. There were many other family members and friends also at the party.

Helmer and Verlys Homme visited with Joey Espeseth last Monday afternoon at Joey's home.

Truman and Darlene Johnson of Dilworth were week end guests a week ago at the Boyd and Sylvia Bratager home. That Sunday Boyd and Sylvia and Truman and Darlene all attended a birthday party at the Jeff and Julie Bratager home in honor of Tabitha's birthday.

Gary and Maxine Walters were Thursday visitors with Helmer and Verlys Homme at the Pioneer Home.

Lucy Brtek visited with Wilma Wang at Wilma's home in Fosston last Friday. Lucy states that Wilma is doing well and anxious for spring to come.

This is the "happenings" for this week, stay well and keep the news coming.

From Bun Manor:

Bun returned home last week from a seven day cruise of the Caribbean Sea. Vern, Michele and Mayor Ole, Dale, Steve, Lorri, and Matthew Massmann and Mark and Karen Thompson also went along. Before boarding the ship in San Juan Puerto Rico they did a mixology tour of the Bacardi rum factory. The tour was very interesting and they had plenty of samples. They visited the isles of St. Thomas, Barbados, St. Kitt, St. Lucia and St. Maarten. Lorri and Karen ran into Teresa Klinkhammer's uncle on St. Maarten. Teresa told them to check the local establishment's on the docks of this certain area and by chance they found him.

One memorable moment for Bun was getting his best haircut in years by a gay guy at the salon. Nothing against Krissy and her affairs but the only thing she is missing is a gay guy styling hair for her. Another moment was watching the full moon rise over St. Maarten from the back of the ship as they left the isle for San Juan. The weather was great and everybody had a good time but were some tired dogs when they got back home.

Stue and Bun had lunch together the other day at Ness Café in Erskine. When they left Bun noticed that a car had parked to close to his van for him to enter from the side door. Stue went back in the café to ask the person if they could move the car out of the way. Meanwhile Bun stayed outside with the rain gently falling down.

What felt like a long time waiting in the rain this elderly big man came moving out slowly to move his car. The first sign of trouble to come was when he had to get into his drivers door by opening the rear door behind the drivers door. Stue told Bun to get behind the van when the man was backing up. All he would have had to do is back up a few feet so he was out of the way but instead

he kept backing up until Stue hollered "Whoa!" Stue had parked his vehicle clear on the other side of the road and the man literally stopped about a foot away from the front of the bumper. The funny thing about it is that he left the car parked there and went back inside to finish his meal. He was nice enough to come out and move his car and apologized. He was also disabled.

Elmyrna Kaupang returned home last week from Fargo to rest and recover from her back surgery. She is planning to have her stitches taken out Weds. Which should make her feel better. She is expecting a full recovery. Keep her in your thoughts and prayers.

Dale took his mother Joyce Balstad to the Dr. last Friday in Erskine. She got a good report. Now comes the tough part where she has to get back in shape by doing therapy. There will be some pain involved in this transitional period so also keep her in your thoughts and prayers while she is recovering.

A 50th birthday party was held at Moran's on Friday for Jill Sonstlie. A nice crowd showed up and munchies and refreshments were served. Bun talked to Lori (Sonstlie) Heideman for awhile. He hadn't seen her in many of moons. She is doing well and looks as great as ever.

Stacey Myhrum stopped in latter to celebrate her golden birthday of being 29. Congratulations to the both of them!

Still waiting on the stick Bruce!

Final note: Please send Bun or Linda some of your news. Bun needs some different adventures to tell about other people and not just his. Thank you.

agriculture...

Continued from page 1 ...

start, upgrade, or modernize a business.

- Increase on-farm food safety.
- Increase processing and aggregating capacity to sell to schools, hospitals or others.
- Increase the use and processing of Minnesota agricultural products.

Eligible applicants must be involved in production, processing or marketing Minnesota agricultural products. Farmers, businesses, agricultural cooperatives, or local government entities operating farmers markets or food hubs are eligible.

"As a result of this grant, we look forward to many years to come of successful maple sap processing and increased maple syrup sales," said Kristin van den Berg of Sawtooth Mountain Maple Syrup Company, a past grant recipient.

The grant reimburses up to 25 percent of the total project cost with a maximum award of \$150,000 and a minimum of \$1,000. Equipment purchases and facility improvements are eligible.

Applications must be received no later than 4:00 p.m. on Tuesday, March 8, 2016. Apply online, www.mda.state.mn.us/valueadded.aspx or submit an application by e-mail, mail, or in-person. Another application round is scheduled for later summer/fall 2016.

Regional Ag News

Jim Stordahl,
Extension Educator

Cow Calf Days

Northwest Minnesota is home to about 80,000 beef cows and about double that number when those cows have a calf at their side.

It's estimated that for each cow, nearly \$400 of the total revenue remains in the local economy adding over \$30 million dollars to our rural communities. Indeed, beef production contributes significantly to the local economic in this part of Minnesota.

The beef industry in Minnesota is diverse and is positioned to expand in future years.

The beef industry within our state includes numerous cow/calf producers that use grass and water resources to produce high quality cows and calves.

Producing beef however, is not an easy task. Producers are faced with many challenges that impact their production efficiency, profits and sustainability in the industry.

The University of Minnesota Beef Team's goal is to assist beef producers when facing challenges and to promote the Minnesota beef industry with-

in the state and beyond.

To do this, the Beef Team conducts various extension education events throughout the year. One of the most impactful is the Minnesota Beef Cow/Calf Days.

Again this year, the University of Minnesota Beef Team is proud to host the annual Cow/Calf Days Seminar Tour and Trade Show at 10 locations across the state in the next weeks.

This event has been held for over 40 years and continues to be the leading information, technology and research outlet for cow/calf producers in the state of Minnesota.

The 2016 event will feature information on cow/calf confinement systems, trace mineral nutrition, and calf health protocols.

Information on the Minnesota Grazing Lands Conservation Association and how to capture greater value from calves will highlight the event. The corresponding tradeshow will feature vendors with new information, technology and products with a wide-array of

practical uses for the operators in the cow-calf sector.

The program is directed at cow/calf producers, allied industry representatives and is open to the public.

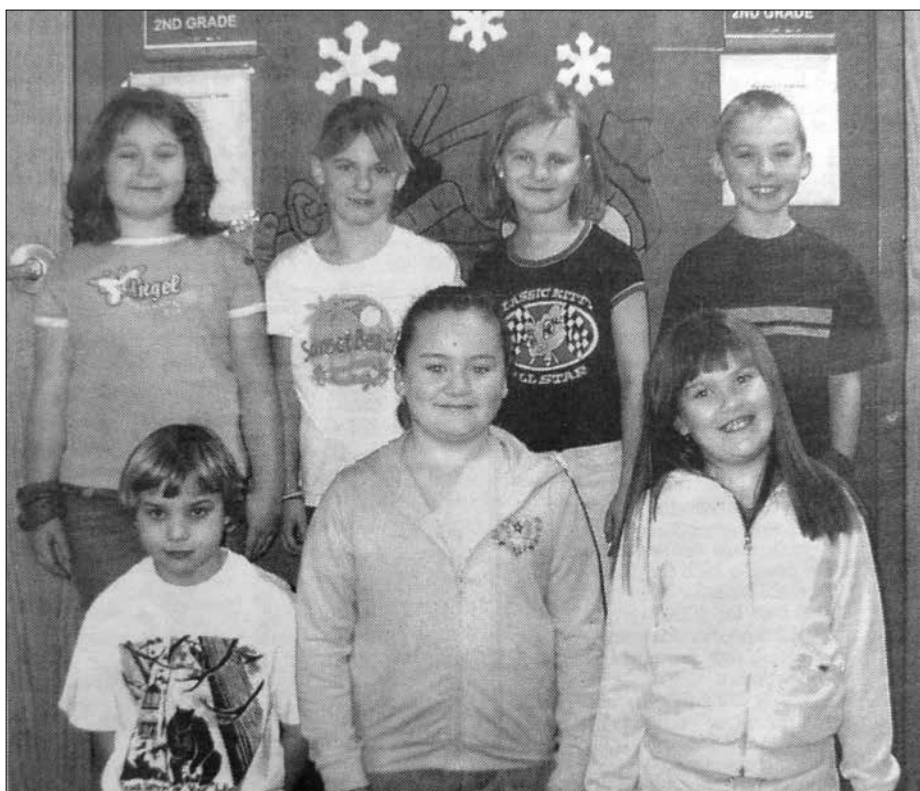
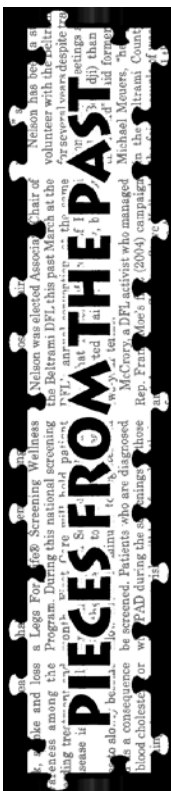
A meal will be served with the program and a registration fee of \$20 will include the meal, proceedings book and program materials.

More information can be found at the Cow/Calf Days Seminar Tour and Trade Show website: www.extension.umn.edu/beef

To pre-register contact at Eric Mousel at 605.690.4974.

Northern Tour
FEB 9 – Staples, MN, 9:30 AM, Central Lakes College
FEB 9 – Bagley, MN, 5:30 PM, American Legion
FEB 10 – Lancaster, MN, 5:30 PM, Community Center
FEB 11 – Roseau, MN, 5:30 PM, Gene's Bar Grill
FEB 12 – Iron Junction, MN, 5:30 PM, Clinton Community Center

For more information, contact me at 800-450-2465 or stordahl@umn.edu Source: Eric Mousel, UM Beef Team



10 years ago...2006: Top readers during the Win-E-Mac 2nd grades Great Snowball Book Blitz were, back row, Jessica Kasprzak, Shania Christianson, Cecilia Peterson and Cade Bachand. Front row: Anne Weik, Megan Espeseth and Amanda Farrell.



20 years ago...1996: Candidates for Prince and Princess of the 1996 Win-E-Mac Snowfest from the Senior Class included: (Back l-r) Russell Johnson, Chris Rock, Shawn Hedlund and Carey Sannes. (Front l-r) Erin Howe, Sarah Clementson, Marji Maxfield and Caren Smeby. Marji Maxfield, daughter of Daniel and Kerrie Maxfield of Winger, was crowned Princess and Shawn Hedlund, son of Larry and Orlett Hedlund of McIntosh, was robbed as Prince of the Win-E-Mac 1996 Snowfest. They will reign over a week of winter events and activities.



30 years ago...1986: About to reach Zenith: The Scots' cheerleaders.

Beef home study courses available through Extension

The University of Minnesota Extension Beef Team offers two online home study courses in 2016.

"Introduction to Cow/Calf Nutrition" and "Health Management for the Cow/Calf Herd" focus on practical applications through all phases of cow/calf production.

Each lesson will include online activities and an online forum gives participants the opportunity to connect with other producers. The first lessons will be available Feb. 15 and the following lessons will be posted every two weeks.

The fee for course registration is \$75.

Registration is open through February 15, 2016. Internet access and Microsoft Office software are required.

Contact Nicole Kenney-Rambo at nmkenney@umn.edu or 320.235.0726 ext 2009 with questions or visit www.extension.umn.edu/beef for further details and a list of lessons offered within each course.



40 years ago...1976: Behind bars in the McIntosh City Jail is the Tri-Angle bus driver, Dean Nelson, who was apprehended by the Brush Control Gang in McIntosh for having no whiskers. Judge "Hang-em-high" Holen delayed sentencing until a later date. The Brush Control Gang is looking for other culprits! So WATCH OUT! "Who says nothing grows during Minnesota winters? Look at the faces of the Brush Control Gang in McIntosh and at all their brothers!"

Bingo for Books!



The Lacey family had a good time during Bingo for Books, a Literacy Committee event held at Win-E-Mac School on Thursday, January 21st.



Samantha and Becca Army have the help of their mom, Lisa, while trying to win a book playing bingo at Win-E-Mac School on January 21st.



Winning at Bingo for Books, Chris Roragen scopes out the tables of books he gets to choose from.



Lee Narum sits with Erich Gensburger during Bingo for Books at Win-E-Mac School on January 21st.

Made in Minnesota Solar Incentive Program Now Accepting Applications

The Minnesota Department of Commerce is now accepting applications for the Made in Minnesota Solar Incentive Program. This 10-year, \$15-million-a-year program will be taking applications until February 28 for Minnesota residents and businesses to apply for the incentive to help defray the cost to install a solar electric system. Made in Minnesota is one component of last year's solar energy bill passed by the legislature and signed into law by the Governor that is aimed to grow the solar energy sector in Minnesota.

Who can apply for the Made in Minnesota Solar Incentive Program?

The solar incentive program will be available to customers of the following investor-owned utilities: Xcel Energy, Alliant Energy, Minnesota Power, and Otter Tail Power. Consumers and businesses that would like to participate in the Made in Minnesota Program will need to install solar electric systems (also known as solar photovoltaic or PV) using solar modules or collectors certified as manufactured in Minnesota. Currently, modules certified for the program are available from two Minnesota companies – tenKsolar and Silicon Energy.

Qualified solar electric systems must be less than 40 kilowatts (kW) to qualify for incentives. Applications for the Made in Minnesota Solar Incentive Program will be ac-

cepted annually between January 1 and February 28 each year through 2023 and will be selected by lottery.

Applications will be available on the Commerce's Made in Minnesota Solar Incentive Program webpage January 1, 2014.

About the Made in Minnesota Solar Incentive Amounts

The 2014 incentive rates for consumers, businesses, and nonprofits for the first year of the 10-year, \$15-million-a-year Made in Minnesota Solar Incentive Program is available on the Department's Made in Minnesota Developers and Installers webpage. Consumers will see additional benefit for installing residential systems. To provide greater access to residential systems, the incentive amounts increased for consumers from 20 cents per kWh to 29 cents per kWh for tenKsolar modules and from 27 cents per kWh to 39 cents per kWh for Silicon Energy modules.

The Made in Minnesota Solar Incentive Program is administered by the Department of Commerce with an annual budget of up to \$15 million for 10 years, of which up to \$250,000 per year is reserved for solar thermal rebates. Questions about the program can be directed to solar.help@state.mn.us or the Commerce Energy Information Line: 651-539-1886 or toll-free at 1-800-657-3710.



Niles Lucken was a first time player during the Bingo for Books event at Win-E-Mac.

Amazing facts about the heart

Every Valentine's Day homes and businesses dress up the decor with cupids and hearts to celebrate a day all about love and affection. The heart shape has been used to symbolically represent the human heart as the center of emotion and romantic love. Hearts symbolizing love can be traced back to the Middle Ages.

Those familiar with human anatomy realize that an actual heart bares very little resemblance to the ideographic heart shape used in art and imagery. Similarly, the human heart really has nothing to do with human emotions. Despite this, there are many interesting components of the heart, and a man or woman truly cannot love or live without one.

The heart as an organ is relatively small in size. It is roughly the size of a fist and weighs only 11 ounces on average. Although diminutive, the heart is responsible for pumping 2,000 gallons of blood through 60,000 miles of blood vessels each day. It accomplishes this by beating 72 times a minute in a healthy adult. All of the cells in the body receive blood except for the corneas in the eye.

The heart works harder than any other muscle in the body. In a fetus, it begins beating at four weeks after conception and will not stop until a person's time of death. Even then, sometimes the heart can be revived. A heart can also continue to beat outside of the body provided it has an adequate oxygen supply.

Although many people refer to all of the blood vessels in their body as "veins," they're actually a combination of veins and arteries. Veins carry fresh, oxygenated blood to the body through arteries. The main artery leaving the left heart ventricle is called the aorta, while the main artery leaving the right ventricle is known as the pulmonary artery. Blood traveling back to the heart flows through veins after it has passed the lungs to pick up oxygen. The thumping noise that is



Terri Kaupang calls out numbers while Jason Carlson checks them during Bingo For Books on January 21st at Win-E-Mac School.

New MDH report finds health costs eight times higher for those with chronic disease

A new report by the Minnesota Department of Health (MDH) finds that having a chronic disease can be costly for Minnesotans. Insured residents who have one or more chronic diseases spent an average \$12,800 a year on health care services in 2012.

For the first time, Minnesota can place dollar figures on the state's chronic disease spending thanks to data gathered from the Minnesota All Payer Claims Database (MN APCD). In 2012, Minnesota's total bill for chronic disease was \$22.7 billion. That works out to an annual average for payers, insurers and individuals of \$12,800 for each insured resident with one or more chronic disease, such as diabetes, asthma or congestive heart failure. That is nearly eight times the \$1,600 average spending associated with an insured resident without a chronic condition.

"This report shows the significant financial toll chronic disease is taking on individuals, our communities and our state," said Minnesota Health Commissioner Dr. Ed Ehlinger. "We cannot afford to treat our way out of this crisis. We must more strongly focus on preventing chronic disease or delaying its progression by investing in healthier communities, public health and primary care."

While Minnesotans' overall rate of chronic disease is lower than the national average, about 35 percent of insured Minnesotans in 2012 had at least one chronic condition. More than half of those had multiple chronic conditions. Living with multiple chronic conditions adds, on average, an additional \$4,000 to \$6,000

in health care expenses per condition.

Chronic diseases are ongoing illnesses or conditions that often need to be managed through medical treatments and therapies. Examples include heart disease, asthma, cancers and diabetes. These diseases can often be delayed or prevented through early identification, clinical treatments and lifestyle changes.

The report also found patients' costs vary significantly by location within Minnesota, even when treating the same conditions.

The widest differences occurred among patients with kidney (renal) failure. For example, average annual medical spending by patients with chronic renal failure who lived in Houston County was about \$24,690 compared to the average spending for a resident with the same condition in Stevens County of \$50,760 per patient. Note the county costs reflect the residents' cost of care, which they could have received in or outside of the county where they live.

"Seeing these costs made me reflect on the huge incentive we all have to live healthier lives," said Isanti County Commissioner Susan Morris. "It also made me optimistic that our county can use this data to focus our attention on our greatest health needs, and hopefully in the future, we can drill down to figure out what's driving cost differences and help our residents be better consumers of health care."

Care for patients with at least one chronic condition accounted for 83 percent of all medical care spending in the state in 2012. High blood pressure affects more than 900,000

insured Minnesotans. Care for this group of patients, including for their chronic diseases, cost nearly \$13.5 billion and accounted for almost half of all medical spending for the insured in 2012. The report analyzes health care spending, but does not include other economic costs related to chronic disease such as those of lost productivity or absences from work.

"The American Heart Association (AHA) is supportive of use of the All Payer Claims Database as a public health data tool that provides us better chronic disease information than we have access to currently," said Justin Bell, government relations director for AHA Midwest Affiliate. "Learning more about the demographics, costs and prevalence of heart disease helps us advance our fight against the disease and better prioritize limited resources."

MDH was able to conduct this research using the MN APCD, which was created by the Minnesota Legislature in 2008. Through research, MN APCD can support efforts to improve health care delivery in Minnesota and help prioritize public health investment decisions by filling critical information gaps related to health care costs, quality and use.

The database collects medical care claims transactions from public and private insurance that has been stripped of identifiers, such as names, social security numbers or addresses. The database collects medical care claims transactions from public and private insurance. Sixteen other states collect this data or are developing similar claims databases.



heard while the heart is beating is actually the chambers of the heart closing and opening as blood flows through.

While the heart may not be the cornerstone of emotions, it can be affected by feelings. Studies have shown that a "broken heart" is a real occurrence, according to Live Science. Bad news or a breakup with a loved one can put a person at increased risk for heart attack. This type of trauma releases stress hormones into the body that can stun the heart. Chest pain and shortness of breath ensue but can be remedied after some rest.

Conversely, laughter and positive feelings can be beneficial for the heart. Research has shown that a good laughing fit can cause the lining of the blood vessel walls -- called the endothelium -- to relax. This helps increase blood flow for up to 45 minutes afterward.

Although having a big heart colloquially means that a person is loving and goes out of

their way for others, physically speaking, a big heart is unhealthy. An enlarged heart can be a sign of heart disease and compromise the heart's ability to pump blood effectively. Left untreated, it can lead to heart failure.

There is good reason to get amorous with a loved one on Valentine's Day or other times during the month. Being intimate can provide a physical workout, in some instances doubling a person's heart rate and burning up to 200 calories. That's the equivalent of a brisk 15-minute run. Also, a study of 2,500 men aged 49 to 54 found having an orgasm at least three times a week can cut the likelihood of death from coronary disease in half, according to The New England Journal of Medicine.

The heart is an amazing organ responsible for sustaining life. Although it is not directly tied to love and emotions, without the heart such feelings wouldn't be possible.

Did you know?

Valentine's Day is a time when men and women express their love and affection for one another, which can be accomplished in a variety of ways. For many celebrants, food and beverages are part of the festivities. According to the USDA and Gallup, in the United States Valentine's Day is the bubbliest occasion after New Year's Eve and Thanksgiving. That's because around \$9 million is spent on sparkling wine products. What pairs well with that bubbly? Why chocolate, of course. Fifty-eight million pounds of chocolate candy is purchased during the week of Valentine's Day, when the National Confectioners Association says 36 million heart-shaped boxes of chocolate are sold.



The group from the McIntosh /Erskine Garden Club gathered at the McIntosh Community Center in December for a potluck supper and a Christmas Party.

Random Things and Stuff



Pop-Tarts

By: Emily L. Ferden

How many of you eat Pop-Tarts? It is a very common breakfast item here in the United States. Recently

while watching a Pop-Tart's commercial, it was talking about how many flavors of them there really are. I was so curious to see exactly how many there were so I decided to look it up. So, in case you were also wondering, these are the ones that Pop-Tarts lists on their website popstarts.com:

Limited Edition: Cinnamon Roll; Red Velvet; Chocolatey Strawberry; Sugar Cookie; Gingerbread; Maple Bacon; and Watermelon.

Gone Nutty!: New! Gone Nutty PB&J; Chocolate Peanut Butter; and Peanut Butter

Chocolate: Chocolate Chip; Chocolate Chip Cookie Dough; Chocolate Fudge; Hot Fudge Sundae; Frosted S'mores Toaster Pastries; Chocolatey Strawberry; and Chocolatey Caramel.

Fruit: Frosted blue Raspberry; Blueberry; Unfrosted Blueberry; Cherry; Raspberry; Strawberry; Unfrosted Strawberry; Wildlicious Wild! Berry; and Wildlicious Wild! Cherry.

Bakery: Limited Edition Cinnamon Roll; Brown Sugar Cinnamon; Low Fat Brown Sugar Cinnamon; Unfrosted Brown Sugar Cinnamon; Chocolate Chip; Chocolate Chip Cookie Dough; Confetti Cupcake; Cookies & Crème; Frosted S'mores Toaster Pastries; Sugar Cookie; and Gingerbread.

Ice Cream: Chocolate Chip

WEM Conferences

Parent-Teacher Conferences will be held at the Win-E-Mac School on Thursday, February 18, 2016 from 1:00 p.m.-7:30 p.m.

Parents of students in grades K-6 should have made appointments to see their respective teachers. Parents of 7th-12th grade students, conferences will be self-led by the students, with their homeroom teachers.

Signup sheets will be sent home with students to schedule a time.

Also, the buses will run at 12:30 p.m. on Thursday, February 18, 2106.

WEM School Menu

Wed. Feb. 3: *Breakfast:* Assorted Cereal, Breakfast Sandwich, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Corn Dog, French Fries, Baked Beans, Fresh Veggies, Fruit Choice, Milk Choice

Thur. Feb. 4: *Breakfast:* Assorted Cereal, Breakfast Pizza, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Scalloped Potatoes w/Ham, Glazed Carrots, Dinner Roll, Chocolate Cream Pie, Fruit Choice, Milk Choice

Fri. Feb. 5: *Breakfast:* Assorted Cereal, Sweet Roll, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Pizza, Lettuce Salad w/dressing, Fresh Vegetables, Sherbet Cup, Fruit Choice, Milk Choice

Mon. Feb. 8: *Breakfast:* Assorted Cereal, Sausage Gravy over Biscuit, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Salisbury Steak, Mashed Potatoes & Gravy, Green Beans, Fresh Vegetables, Fruit Choice, Milk Choice

Tues. Feb. 9: *Breakfast:* Assorted Cereal, Breakfast Pizza, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Ham & Cheese on Bun, Potato Wedges, Fresh Vegetables, Fruit Choice, Milk Choice

Wed. Feb. 10: *Breakfast:* Assorted Cereal, Cheese Omelet, Toasted English Muffin, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Fish Sticks, Macaroni & Cheese, Buttered Peas, Fresh Vegetables, Fruit Choice, Milk Choice

Thur. Feb. 11: *Breakfast:* Assorted Cereal, Breakfast Sandwich, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Lasagna, Corn, Lettuce Salad w/dressing, Garlic Bread Sticks, Jell-o Poke Cake, Fruit Choice, Milk Choice

Fri. Feb. 12: *Breakfast:* Assorted Cereal, Yogurt Parfait, Fruit Choice, Apple, Grape or Orange Juice, Skim or 1% Milk *Lunch:* Choice of Soup, Choice of Sandwich, Ice Cream Treat, Fresh Vegetables, Fruit Choice, Milk Choice

Cookie Dough; Cookies & Crème; and Hot Fudge Sundae.

Wildlicious: Wildlicious Wild! Berry and Wildlicious Wild! Cherry.

Pop-Tarts Mini Crisps: Blueberry and Strawberry.

That is a lot of choices for Pop-Tarts! If you want to learn more about Pop-Tarts, check out their website!

WEM ECFE

Fun Friday Playdates! Fridays 10-11:30am WEM Prek Room Ages 0-5yrs old

Join us in our classroom for themed learning stations, stories, songs and snacks!

2/5 Cars! Trucks! Wheels!

2/12 Valentines!

2/19 Brush Brush! Dental Health Month!

ECFE is for children 0-5 yrs old and families. Classes and Events are FREE unless noted. Pre-registration is not required. Contact Shannon Svalen, Early Childhood Director at 218-687-2236, Like us on Facebook "WEM Early Childhood Family Education", or email: ssvalen@win-e-mac.k12.mn.us

WEM School Announcements

FYI-

The 2nd quarter report cards are now available on Student/ParentVue for your viewing.

WEM Open Enrollment

Win-E-Mac School is important to our community and we need to acknowledge this to all patrons and visitors in our community.

Our enrollment is an essential piece for our district funding, so we need to talk about our school to others in an effort to attract new families and students to our school and community.

Encouraged patrons should speak with your neighbors or people contemplating a change and invite them to visit our school.

Our teachers and staff pride themselves on creating expectations for each student to succeed.

If students choose to return to their home district or want to apply to a new district, they should apply for open enrollment by January 15, 2016.

This gives the districts time to plan for the student needs.

Prom sign-up forms are available in Mrs. Winter's room.

All couples must sign-up ahead of time.

WEM seniors and juniors are invited to attend the prom with a guest who is a sophomore or older in our out of school but no older than 20 years of age.

Prom will be held May 7th.

Win-E-Mac Community Education Rising Stars Dance Show will be held on Sunday, January 31st at 2:00 PM at the Win-E-Mac Arts & Event Center.

Admission to the show will be \$1.00 for students and \$2.00 for adults with proceeds going to Win-E-Mac Community Education.

2015/2016 Annual Snowmobile Safety Class – offered to students aged 11 years and older – Saturday, January 30th – 8:00 a.m. – 5:00 p.m. classroom and Saturday February 6th – 10:00 a.m. until finished driving test. Preregistration packets available in the office – students will be responsible to show up for the class they signed up for. If you are interested, please sign up in office and receive your packet.

There is a baseball camp opportunity at University of Minnesota Crookston – hitting, defense, strength and conditioning camp – February 21 – 2:00-6:00 p.m. and pitching and catching camp – February 21st – 10:00 a.m.-1:30 p.m. See Mr. Breitbach for more details.



Shayley Espeseth plays a psychologist investigating suspected child abuse in the WEM One-Act Play "The Cry of the Peacock". Here she is questioned about her conduct in the investigation by judges, Breanna Carroll, Maci Hamre and MacKenzie Fuller.

PCPH February Fitness Fever

Got the winter blues? Well, we have the cure for you! Polk County Public Health and the Polk County Wellness Coalition, along with our amazing community partners and volunteers, are excited to share this year's events for February Fitness Fever! Every Sunday in February, FREE fitness related activities will be offered in Crookston, open for the entire region!

Being active in the winter can be challenging for many. The goal of February Fitness Fever is to highlight the variety of active living choices we have available right here in our area. We know that February Fitness Fever will provide you with the positive experiences, resources, and tools that will make it EASIER for you to get up, get out, have fun, and move your body- regardless the snow and cold!

The month's events kick off on Sunday, February 7th from 1:00- 3:00 p.m., with FREE cross country skiing and snowshoeing at UMC. Park in Lot A, and enter the North door at the Sargeant Student Center. FREE skis and snowshoes will be available in sizes ranging from youth size four and up. Volunteers will be present to teach and guide the novice. It is recommended to dress in layers, as one might start skiing chilled but end up warm. There will be trail options that will appeal to both the novice and experienced cross country skier.

Bring the family out on Valentine's Day, February 14th, to enjoy an afternoon of FREE swimming at the Crookston Community Pool. The pool will be open from 12-3 p.m. for friends and families to come enjoy the warmth of our indoor pool! This experience may result in many future trips to the pool for the entire family!

On Sunday, February 21st, come out for FREE ice skating at the Crookston Sports Center on the main event ice arena. FREE ice skates in many sizes will be available for use for youth and adults. If you choose not to skate, we encourage participants to stretch those muscles and increase your heart rate by taking a few laps around the indoor walking track located conveniently within the Crookston Sports Center.

We will wrap up February Fitness Fever on Sunday, February 28th. Please join us from 1:00-2:00 p.m. for Free Tae Kwon Do at the Crookston TKD studio, located at 119 Main St. N. Championship Tae Kwon Do will capture all ages with demonstrations and instruction. This sport will provide a great work-out utilizing a variety of punches and kicks.

Children and adults of all ages and skill levels are welcome and encouraged to attend these FREE fitness events. Polk County Public Health and the Polk County Wellness Coalition want to thank all of their many volunteers and local sponsors who are our true champions of wellness and collaborate with us to make the healthy choice the easy choice! We are fortunate to have such a variety of opportunities that promote the health and wellness of our community members. We look forward to seeing you as we enjoy them together during February Fitness Fever and many times after!

Please tune in to KROX, 1260am for any cancellations or changes.

Participants may pick up their event flyers at all February Fitness Fever Events and Polk County Public Health Offices.

You can also download the FFF Flyer at the Polk County Website, www.co.polk.mn.us, and click on Public Health under Departments. For more information, please contact Tammy Conn or Leah Winjum, at Polk County Public Health, 281-3385.

Win-E-Mac presents One-Act Play



Win-E-Mac High School's One-Act Play was presented at the Arts & Event Center last Thursday. The play, "The Cry of the Peacock" was a dark drama about the effects of child abuse. Here, being haunted by her nightmares is Jessica Kasprzak in her role of Mary Blanton, the child suspected of being abused. Playing the roles of the manifestations of her nightmares are: Chris Kuznetsov, Mackenzie Fuller, Kolton Stuhaug, JoJo Parenteau and Katelyn Sanden.



Above: Overprotective and angry were the parents of the child when confronted by the psychologist. (l-r) Shayley Espeseth, Indiana Nornes, Jessica Kasprzak and Mike Revier.

Right: CeCe Peterson played the teacher that reported the potential abuse in the Win-E-Mac One-Act play presented last Thursday evening.



Do you have a story to share?

If you have a story, a story idea or any photos you want to share, please send to: mcintoshtimes@gmail.com

Snowshoe Lacing Workshop at Rydell

The Friends of Rydell and Glacial Ridge Refuges Association is sponsoring a snowshoe lacing class March 5-6, 2016 at the Rydell National Wildlife Refuge Visitor Center in Erskine, MN.

Class participants will learn how to lace their own pair of Ojibwa-style snowshoes.

This is a fun, hands-on class. You'll be able to work at your own pace with provided instructions and friendly presenters to assist you along the way.

This a day and a half course, and will be held on Saturday from 8:00 am – 4:30pm, and Sunday from 8:00am to noon.

The goal of the class is to send you home with at least one pair of completed snowshoes!

Pre-registration is required to ensure we have the appropriate number and sizes of snowshoe kits ready for you.

Class size will be limited to 15 participants. There is a \$75.00 registration fee that includes the snowshoe kit and materials.

Snacks and lunch on Saturday will be provided courtesy of the Friends of Rydell and Glacial Ridge Refuges Association.

For more information and to register, contact Lynda Knutsen at 218-689-6915 or Lynda_knutsen@fws.gov.

We hope to see you there!



Dream it. Do it.

WEM qualifies for State VEX tourney

Eleven Win-E-Mac Students on three teams qualified for the Dream It. Do It. State Minnesota VEX Robotics Tournament in St. Cloud, MN.

Team members included: Win-E-Mac Team 1: CeCe Peterson, Megan Espeseth, Indian Nornes, and Amanda Farrell; Win-E-Mac Team 2: Mikey Reveir and Kyle Walters; and Win-E-Mac Team 3: was Noah Kilinkhammer, Alec Kiecker, Blake Glass, Emilian Kaya, and Brekken Lindberg.

Seventy middle and high school teams competed in the state tournament in St. Cloud, which took place January 29-30 at the River's Edge Convention Center. There, teams competed for twelve invitations to the World Championship Competition in Louisville, Ky.

The theme of this year's action-packed VEX Robotics Competition series is "Nothing But Net." The game is played by scoring colored balls in high and low goals and by elevating the robot in a designated climbing zone.

To prepare, the students applied what they have learned about science, technology, engineering and math (STEM) to build the semiautonomous machines. Students learned an equally important set of skills through participation in the competitions, including communication, project management and how to maintain composure.

"VEX robotics is a great program that introduces science, technology, engineering, and math (STEM) to younger generations," says Aaron Barker, state tournament coordinator and faculty member at St. Cloud Technical and Community College. "The future manufacturers, programmers

and technicians of the future are what we need to invest in to make our state and country a greater place to be part of."

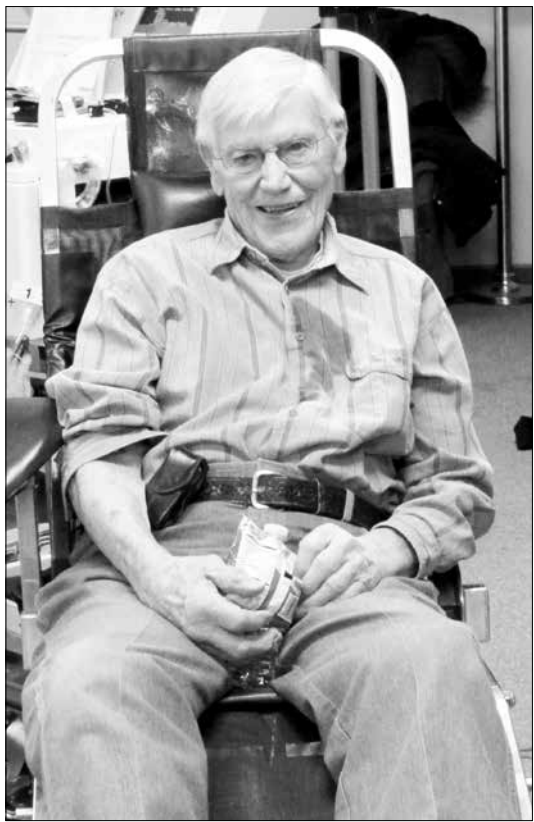
The Dream It. Do It. State Minnesota VEX Robotics Tournament, sponsored by the 360 Manufacturing Center of Excellence and Dream It. Do It. Minnesota, is one of a series of VEX IQ Challenges and VEX Robotics Competitions taking place internationally throughout the year.

Dream It. Do It. Minnesota and 360 Manufacturing Center of Excellence have led VEX Robotics in Minnesota, helping youth connect their interest in robotics to career opportunities in modern manufacturing.

Dream It. Do It. Minnesota is also supported by Midwest Manufacturers' Association, Minnesota Precision Manufacturing Association (MPMA) and Tri-State Manufacturers' Association. MPMA is also a platinum sponsor for VEX Robotics through Dream It. Do It. Minnesota, providing kits to local teams. Other platinum sponsors for the state tournament include The Grainger Foundation, Park Industries, Ultra Machining Company (UMC) and Visual Edge. Cold-spring is a gold sponsor.

VEX Robotics is the world's fastest growing competitive robotics program for elementary schools, middle schools, high schools, and colleges around the world, with more than 12,000 teams from over 30 countries that participate in more than 1,000 competitions worldwide.

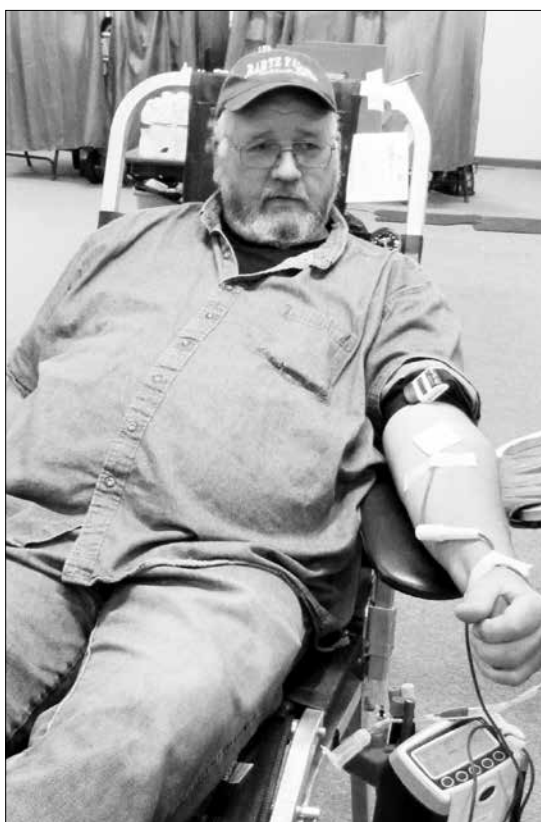
The competition season culminates each spring with the VEX Robotics World Championship presented by the Northrop Grumman Foundation and the REC Foundation.



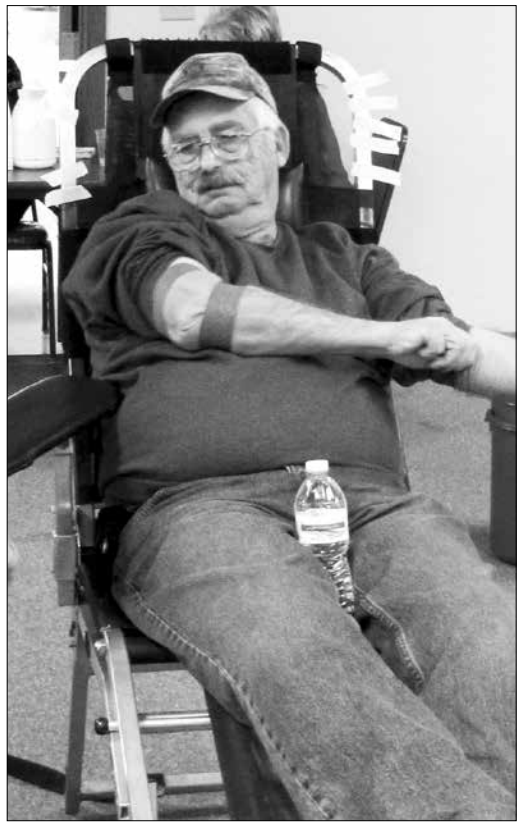
Lloyd Schleicher giving blood last Thursday.



Mark Lee was a donor during the Annual Blood Drive.



Giving blood last Thursday was Curt Bartz.



Calvin Skeie gave blood during the Blood drive in McIntosh.



Mary Goodwin who is a member of the McIntosh VFW Auxiliary was one of the many volunteers during this years blood drive that took place last Thursday at the McIntosh Community Center. Sitting with Mary is Bob Theis who had just arrived to give blood.



Garnett Aanenson was a volunteer during the blood drive and gave blood as well.



Beth Hagen rolled up her sleeve to donate during the blood drive last Thursday.



Phil Lee was at the annual blood drive.



Stopping in to donate blood each year is Brad Ingman.

Save money while still getting in shape

The costs of getting fit can sometimes seem formidable. Men and women on tight budgets may feel that gym memberships, home exercise equipment or costly personal training sessions are simply beyond their means.

Such concerns can have long-term negative impacts on individuals' health, which only highlights the need to find ways to save when attempting to get in shape.

While there is no shortage of ways to spend money when trying to get back in shape, there are even more ways to save when adopting a healthier lifestyle.

Buy in bulk. Many professional fitness services, whether it's gym memberships or personal training sessions, offer greater discounts to individuals willing to make bigger commitments.

Men and women who commit to a 12-month gym membership instead of going

month-to-month can typically save a substantial amount of money each month by making such long-term commitments. For example, a gym may charge \$89 for a month-to-month membership, but only \$69 per month for people who commit for a full year. That's a savings of nearly 23 percent. Personal trainers also typically offer considerable discounts to clients who commit to a greater number of sessions than those who simply purchase one session at a time.

Join a gym at the right moment. Many gyms capitalize on people's New Year's resolutions to get fit by offering steep discounts to men and women who sign up at the end of December or in January. Others may discount memberships in late winter when people want to get in shape before the return of beach season. Signing up during the height of discount season or when gyms are offering special

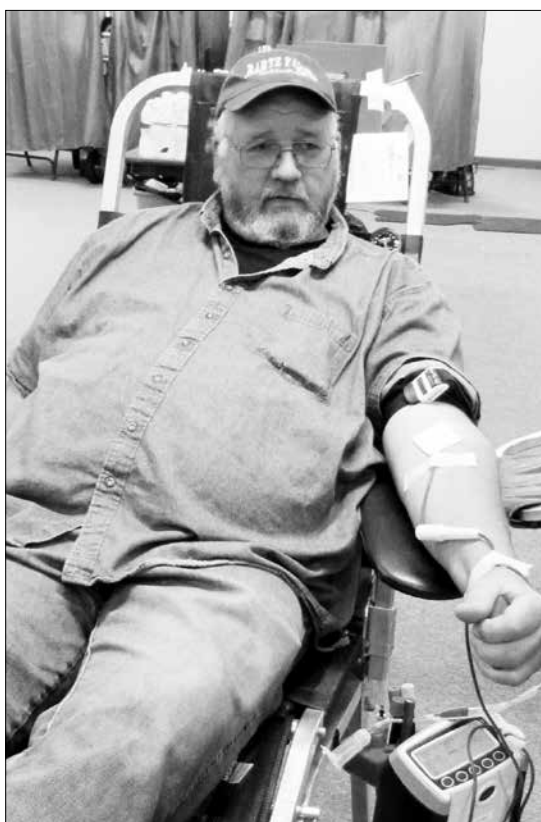
discounts, such as anniversary or holiday deals, can save you a lot of money over the course of the year.

Work out at home. If a gym membership is simply beyond your means, create your own workout area at home. Visit a nearby sporting goods store and purchase some weights and go for jogs around the neighborhood to meet your daily cardiovascular exercise goals. If space is limited at home, embrace yoga. Yoga provides both strength and balance training, and all you need is room for a yoga mat.

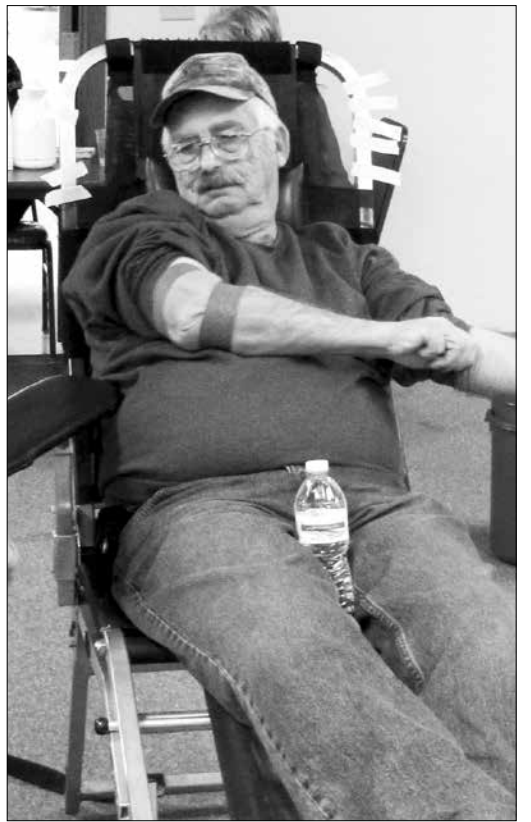
Investigate your health insurance. Many health insurance providers offer gym membership rebates to their customers. If you have never had a gym membership in the past, you may not even know if your provider offers this benefit.

Gym membership rebates typically require that policy holders visit their gyms 'X'

Annual Blood Drive in McIntosh



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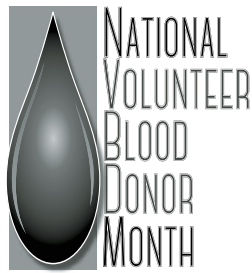
R.C. Hoopman was one of the many blood donors who gave blood at the McIntosh Community Center last Thursday.



Every year we see Larry Hedlund stopping in to donate blood during the annual blood drive.



Jason Carlson stopped in and donated blood on his way to be the bingo caller at the Win-E-Mac Literacy Committees "Bingo for Books".



number of times in a six- or 12-month span (i.e., 50 times in six months or 100 times in 12 months) in order to earn rebates. A \$400 annual rebate on a gym membership that costs \$69 per month cuts the yearly cost of that gym membership by nearly 50 percent. If your existing insurance plan does not offer such rebates, speak with your employer about including it when the time comes to renew the insurance offerings in the future.

Getting fit does not have to break the bank. Health-conscious men and women can find numerous ways to save on their journeys to living more active lifestyles.

Did you know?

According to the Centers for Disease Control and Prevention, research has shown that strengthening exercises are safe and effective for men and women of all ages, including seniors. The CDC also notes that men and women with heart disease or arthritis may benefit the most from exercise regimens that include lifting weights several times per week. A strength-training program at Tufts University enlisted older men and women with moderate to severe knee osteoarthritis. Participants reported that their pain had decreased by an average of 43 percent while also decreasing the disability caused by their conditions.

Local author releases debut novel in paperback

Awakening is the self-published debut novel of the First Realm Series, authored by Alison Mellgren Opdahl in August 2015. Released first in e-book format through Amazon, it is now available in 2016 as a paperback. Alison, a professional massage therapist and partner at Marial Harbor Body Wellness Center in McIntosh, MN has been working on making her dream of publishing a novel come true for over 15 years. Writing is her escape and sanity. You will find the Cross casting its shadow in much of her writing.

You might be familiar with her other writing; articles from the Pestle & Vessel column or her Grief Road Series brochures which chronicle her journey of grief after losing her Dad in 2013, (these are available on griefroad.net or at Marial Harbor). Awakening is her first large body of fiction. Though it is grounded by her life experiences it has also been an avenue to let her imagination soar. She says some characters were a challenge to write, seeming to have minds of their own even as she shaped their stories. Others were easier, probably at the cost of her pride. She felt one, in particular, came too readily to life, perhaps because that one was most like her.

Alison was surprised to discover as her Awakening manuscript grew, the scope of her storytelling became wider. To her consternation, being the author did not mean she knew what was around the next corner. Many plot twists surprised even her. At first, this was disconcerting but she has learned to look forward to this part of the process with anticipation. She is well into writing

the second book in the series, Forsaken, and eager to find out what happens next herself!

Interested in Awakening? Here's a glimpse.

When has a world not struggled between the deception of Shadow and the deliverance of Light? Every world, real or ever imagined, encounters this conflict. It matters not its landscape or its place in the stars, for it is in the territory of Man's souls where it is fought most fiercely.

The First Realm has been forgotten. The Old World crumbled from within, leaving a fledgling New World where the age old struggle between Shadow and Light persists. The Firstborn Guardians of Man have been relegated to tales. The reach of Ved-ohl, the Shadow Lord, grows. Man's hope of redemption wanes. Yet there is still the prophecy which promises salvation if only the One can be found.

Twin sisters, Awyn and Dara, have forgotten the existence of each other.

Stolen by her mother and hidden away, Awyn has led a solitary life which suddenly becomes fraught with portents and reawakened memories. She finds herself propelled down a path which points her to Turrenah, the Place of Beginning. Her heritage begins to assert itself and a Healer is awakened, one with an unusual ability. Their heritage is the key to the prophecy.

The paperback of Awakening is available locally at Marial Harbor in McIntosh, MN and The Red Poppy in Fosston, MN and of course, through Amazon.

She is also working on making it available at local public and school libraries.