



McINTOSH

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Times

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McIntosh, Minnesota



Owner of Parson's Edge, Richard Moen and his wife, Rita during their recent gun show held at the McIntosh Community Center on Saturday, December 2nd. Richard offers knife choices from affordable to collectable, one-of-a-kind items. He also has recently authored a book, Great Blades, and How They Came to Be, which is a history of the knife and how we came to the modern knife of today.

Last-minute holiday shopping tips

Though devotees of early holiday shopping do not hesitate to point out how convenient it can be to get all their gifts long before the arrival of Christmas, scores of shoppers still wait until the last minute to begin checking names off their lists.

Last-minute holiday shopping might not be as enjoyable a custom as family dinners or office parties, but scrambling to find the right gift in the waning days of the holiday season is a familiar situation for millions of shoppers.

Shoppers who find themselves with some last-minute shopping on their to-do list can utilize these tips to make the frantic search for the right gift go smoothly.

Expect competition. Though online shopping would seemingly make last-minute shoppers relics of a bygone era, that was not really the case in 2022. A survey of more than 1,000 shoppers conducted by

the retail industry publisher Best Black Friday found that just about 16 percent of consumers estimated they would finish their shopping during the week of Christmas. Last-minute shoppers who want to avoid crowds should consider shopping during off-peak hours, such as on weekday mornings and afternoons when most people are working.

Shop local. Last-minute shoppers may be flocking to malls and busy downtown shopping districts as they hurry to get gifts for friends and family members with different interests. Shopping at small, local businesses can help last-minute shoppers avoid such crowds. And with less on their shelves and smaller storage rooms, small business owners and their staff also tend to know their inventories inside and out. That can ensure a shopping trip is not spent wandering numerous aisles in search of the right gift.

Bag it, don't wrap it. Shoppers who wait until the very last minute likely won't have time to wrap all the gifts they pick up for loved ones. Gift bags conceal gifts just as well as wrapping paper, but it takes a fraction of the time to place a gift in a bag as it does to wrap it in paper. Quality gifts bags also are reusable, and using them instead of wrapping paper can create less waste this holiday season.

Don't forget food. If it's truly impossible to find something late in the season and a gift card feels too impersonal,

Enjoy the holiday season in McIntosh with Open Houses and a visit from Santa this weekend

This Friday is the day to visit with your neighbors and friends during the Annual Open Houses held at King Town Insurance, First National Bank and Agency of McIntosh and Neil's Quality Meat's and More.

Throughout the day on Friday, you can visit these Main Street businesses and enjoy great company and plenty of treats. Sit and enjoy the day with your community.

Come to McIntosh for the Annual Santa Claus Day on Saturday, December 16th beginning at 9:30 am.

Enjoy goodies or a warm beverage. Check out our Santa Letter mailing station to make sure you can send Santa any last-minute requests. There will also be a fun craft project to take home with you. These stations will be available all

morning. Sing Along with Susan Lee from 10:00 to 10:30 when Santa will arrive! Meet with Santa from 10:30 am to noon and have your picture taken with him. Make sure to register for door prizes donated by Jered's Grocery of McIntosh.



It is a special "club" to be in and here, Charles Svalen welcome Carole Burslie to her 90th year on Saturday, December 2nd when her family and friends celebrated with her for her birthday.

What is a fair farm rental agreement?

Landlords, Farmers, Agri-Business Professionals should make plans to attend this free meeting is being provided by the University of Minnesota Extension. Farm land rental rates are the largest input cost the farmer has. Determining a fair farm rent agreement is always challenging.



2023 at 1:00 pm. The registration link is: z.umn.edu/PolkNormanLandRent2023

Make plans to attend this meeting now. Attendees will receive several informative worksheets and fact sheets that will help to determine what is a fair 2023 farm land rental rate is.



Carole Bursheim celebrated her 90th Birthday on Saturday, December 2nd with her family and friends at Our Savior's Lutheran Church. Here she is pictured with her sons, (l-r) Calvin, Chad, Carey, Coby and Cameron. The boys planned a special day for their mom to celebrate this amazing milestone.



With the sun setting and the holiday lights shining, community members, friends and family gathered on the main street of McIntosh for A Very Merry McIntosh celebration on Saturday, December 2nd. There was lots to do including shopping, sampling, horse-drawn hayrides, and drinking hot chocolate by the bonfires.

Navigating inflation and holiday meals

Families may be worried about the impact of inflation on their holiday plans with increased prices for festivities, gifts and especially meals.

Extension Health and Nutrition Educator Susie West provides expert commentary about how to share comforting and nutritious meals with your loved ones without breaking the bank.

“Plan your menu in advance and split up your holiday grocery purchases across several visits so you don’t end up with a huge grocery bill for special purchases on top of your usual shopping. Grabbing some canned, frozen or shelf-stable ingredients well in advance of your holiday meals can also help you make the most of sales.

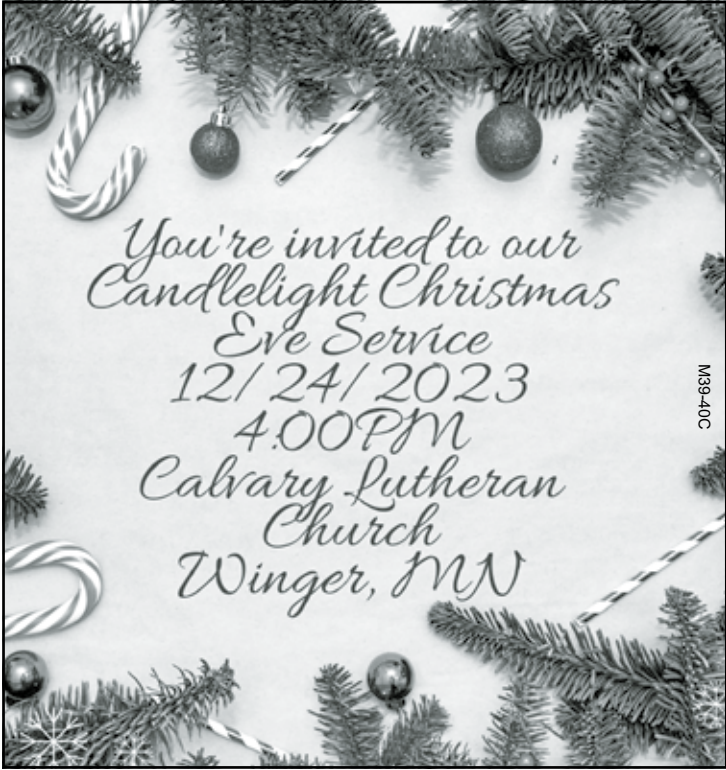
Reassess your traditions and reconsider what food items we make each year but don’t get eaten or those we just don’t enjoy.

One of my favorite holiday meal traditions that my family changed was opting for each family to bring a soup to the gathering instead of doing the

typical holiday spread. It was so fun to try a bunch of different soups and it distributes the meal cost more evenly since everyone brings something comparable.

I’d like to acknowledge that sometimes holiday traditions become so customary that it is very difficult to adjust, change

or reconsider meals because of cost. The reality is that some holiday traditions and foods are too important to alter. I would encourage folks to seek out food assistance for their families if they need it. Most food shelves offer traditional holiday staples this time of year.”



Creative names wanted

MnDOT’s annual Name a Snowplow contest returns for fourth year.

Back by popular demand, the Minnesota Department of Transportation is once again inviting the public to help name another round of eight snowplows – one for each MnDOT district in the state.

Past winners include names like Plowy McPlowFace, Blader Tot Hotdish, Han Snowlo and The Truck Formerly Known As Plow.

MnDOT encourages people to submit their most witty, unique and Minnesota- or winter-themed snowplow name ideas on the agency’s website. Submissions will be accepted through Friday, December 15th, at noon.

This year’s contest includes a few basic rules:

- Each person may only submit one name.
- Submissions are limited to no more than 30 characters (including letters and spaces).
- Gosh darn it, nothing vulgar please. Any submissions that include profanity or other inappropriate language will not be considered.
- Politically inspired names (including phrases, slogans or plays on politicians’ names) will not be considered. Naming snowplows is meant to be fun and lighthearted, so we’re going to keep this contest non-partisan and nonpolitical.
- Past winners will also will not be considered. You can find a full list of past winners on

our Name a Snowplow website.

MnDOT staff will review all the submissions, select some of the best ideas, and invite the public to vote on their favorites in January 2024.

The eight names that get the most votes will then make their way onto a snowplow in

each district!

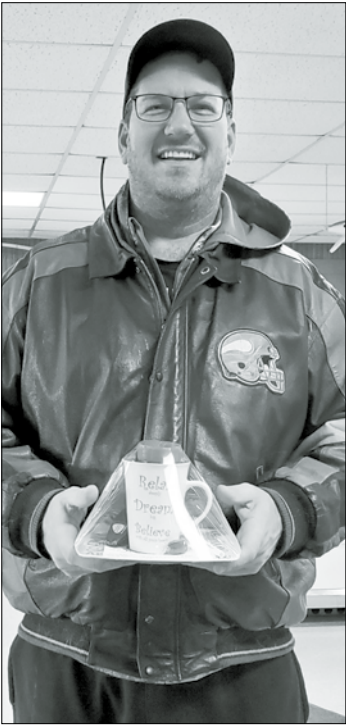
Minnesotans are encouraged to follow @MnDOT on Facebook, Twitter and Instagram for updates on the 2023-2024 Name a Snowplow contest as well as winter weather alerts, safety messages, construction updates and more.



Beautiful Christmas decorations were in all the stores along Main Street in McIntosh during A Very Merry McIntosh, like this display that includes some yummy treats.



The winner of the Black Friday drawing from Neil’s Quality Meats & More was Judy Hagen from McIntosh.



The winner of the Small Business Saturday Drawing from Neil’s Quality Meats & more was Joy Filipski from East Grand Forks, accepting for her is her Husband Chad.



The winner of the Very Merry McIntosh Drawing from Neil’s Quality Meats & More was Teresa Syverson from McIntosh.

Start 2024 with a snowshoe lacing workshop

On Saturday, January 6th, 2024, the Friends of Rydell and Glacial Ridge Refuges Association will be hosting a Snowshoe Lacing Workshop at the Rydell NWR Visitor Center.

The one-day workshop will run from 9:00am – 5:00pm. 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.

The goal of the class at the end of the day is to send you home with at least one completed snowshoe.

Snacks and lunch will be provided, courtesy of the Friends of Rydell and Glacial.

Free Christmas dinner offered again this year

Do you need help providing a Christmas meal for yourself and/or your family this year? Will you be alone for the holidays? If you are in need I invite you to our Christmas dinner on December 25th! This year anyone in need of a hot meal can come in and eat with others, or order delivery or takeout (deliveries are always contingent on volunteer drivers). Please try to get on the dinner lists by December 18th if you can. I believe everyone should have a hot Christmas dinner so if you miss the deadline that’s ok no one in need will be turned away until the last cranberry has been served. Location for takeout and in person dining-Erskine Community Center. Deliveries head out around 4:30pm, Dine in runs from 5pm-7pm, Take Out starts at 5:30pm.

To get on the list call 218-687-2157 or call/text 218-280-2992.



Open December 14th from 3pm to 7pm and December 21st from 10am to 2pm



ST. MARY’S CHURCH
Fosston
Fr. John Suvaheen,
Pastor

Sun. Dec. 17: 8:00am Confession; 8:30am Mass at St. Mary’s, Fosston; 10:30am Mass at St. Joseph’s, Bagley
Sun. Dec. 24: 8:00am Confession; 8:30am Mass at St. Mary’s, Fosston; 10:30am Mass at St. Joseph’s, Bagley

OURS SAVIOR’S LUTHERAN CHURCH (ELCA)
McIntosh
Pastor Rene Mehlberg
Synodical Authorized Minister Katie DeMarais

Sun. Dec. 17: 10:00am Coffee Hour; 10:30am Worship Services
Sun. Dec. 24: 10:00am Coffee Hour; 10:30am Worship Services
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 Pastor:
Nathan Dalager

Trinity: (27262 315th St. SE, McIntosh) Sunday Worship: 11:00am; Sunday School: 9:45am
Mt. Carmel: (305 State St. NE, McIntosh) Sunday Worship: 9:30am; Sunday School: 10:45am
Lutheran Parish YouTube Channel

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

Sun, Dec. 17: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service (also on Facebook and gosenchurch.com)
Tues, Dec. 19: 10:00am. Sunday worship service telecast on GVTV--30
Wed, Dec. 20: 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.

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
PastorLee Laaveg

Sun. Dec. 17: 9:00am Worship
Sun, Dec. 24: 9:00am Worship

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,

Sundays: 9:00am Worship; 10:00am Fellowship Hour; 10:15am Sunday School

CALVARY LUTHERAN CHURCH
Winger

Sun, Dec. 24: Candlelight Christmas Eve Service 4:00pm
Sundays: 10:30am Coffee Fellowship; 11:00am Worship

GRACE LUTHERAN CHURCH-LALC
Erskine
Rev. Pam Thorson

Sundays: 9:00am Worship
Come early and enjoy fellowship and a good cup of coffee. It will also be available at the same time on Garden Valley Channel 30, Facebook and YouTube.



Community Birthday and Anniversary Calendar

Wed. Dec. 13:
Teresa Horgeshimer
*Don & Lois Boehrsen

Thurs. Dec. 14:
Clayton Salvhus

Sun. Dec. 17:
Don Ostenson, Benjamin Shultz

Mon. Dec. 18:
Jenny Howard

Tues. Dec. 19:
Clarissa Neste, Erik Roed, Addisen Haas



Carole Burslie on her 90th birthday with a group of her many grandchildren who were in town to help her celebrate this special day.

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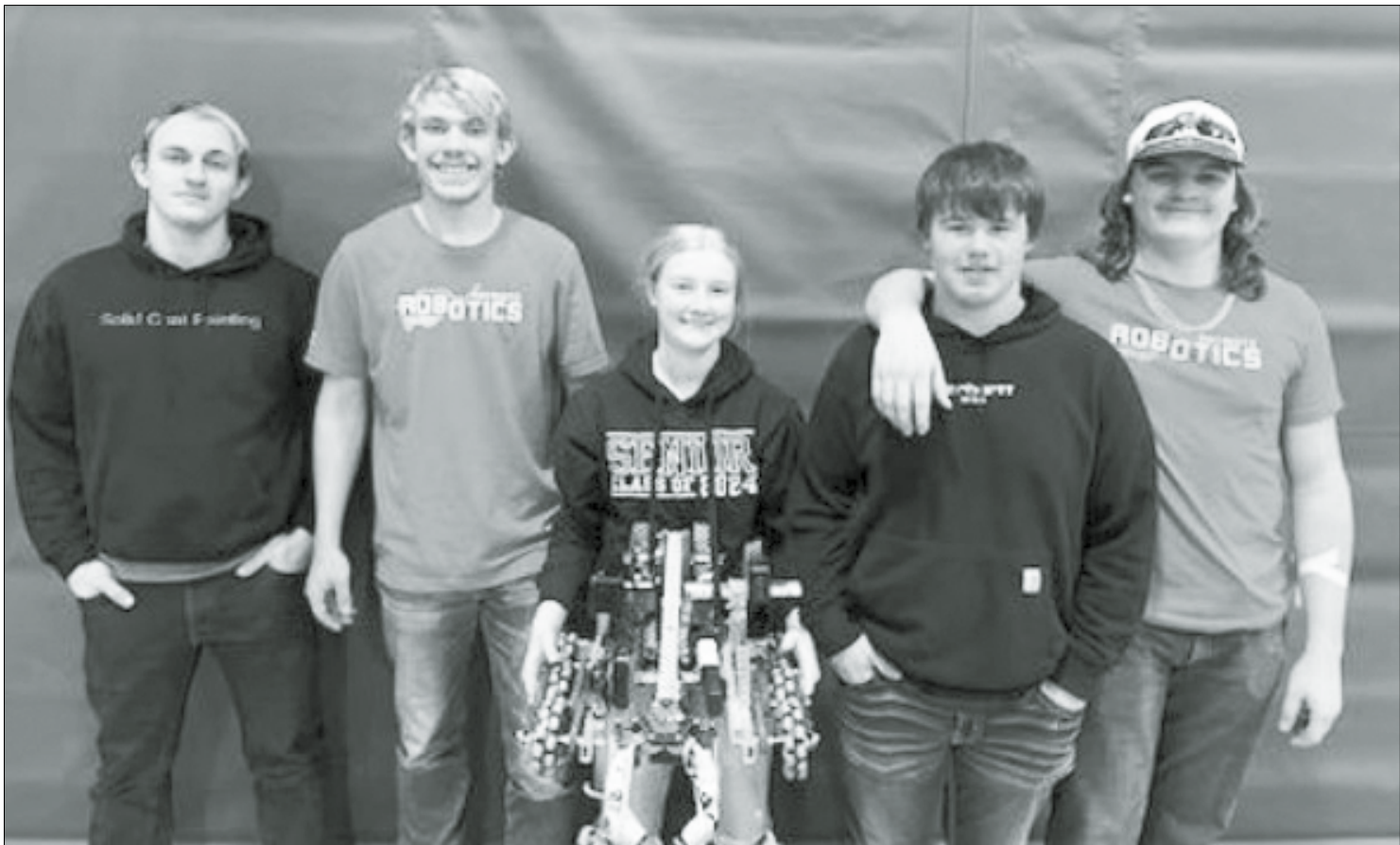
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Congratulations to Win-E-Mac Robotics Team 5300B, Daniel Boianoff, and Calvin Hill for winning the West Central Minnesota Robotics Tournament in Hawley on Friday, December 8th. Calvin and Daniel are now eligible to compete in the Minnesota State Robotics tournament that will be held in St. Cloud in March.



Congratulations to Win-E-Mac Robotics Team 5300A, Alec Haskett, Wyatt Davis, Kailee Kramer, Foma Chermonov, and Chris Roragen for winning their Runner-Up Finish at the West Central Minnesota Robotics Tournament in Hawley on Friday December 8th.



Win-E-Mac students participated in the West Central Minnesota Robotics Tournament on Friday, December 8th in Hawley, Minnesota,



Mrs. Frisk's 6th grade STEM class at Win-E-Mac school, recently worked on creating Harry Potter Magic Wands. This project worked on creating an electrical circuit and connecting a battery with an LED light bulb. The kids had fun and everyone's wand worked.

Essentia Health
holding annual angel
fundraiser for hospice

This holiday season, Essentia Health-Fosston is holding its annual angel fundraiser to honor loved ones and support those in hospice care.

Individuals are able to purchase an ornament – a pair of angel wings – in honor or memory of a loved one. The suggested donation is \$10 per ornament.

“The support and funds raised allow us to continue to provide the exceptional, personalized care we are known for,” said Shannon Netland, home care and hospice manager at Essentia Health-Fosston. “Thank you for your continued support!”

A Hospice Remembrance Holiday Tree will be lit in the lobby of the Essentia Health-Fosston Clinic. An angel will be placed on the tree when an ornament is purchased.

To purchase an ornament, please call (218) 435-7670 or visit the hospice office at 900 Hilligoss Blvd. SE. and speak with Netland or Jody Heide. Ornaments can also be mailed



to a loved one. Ornaments will be available while supplies last.

Have a Story to Share?
If you have a story or photos you want to share, please send to: mcintoshtimes@gmail.com

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Healthy holidays: Tips from Essentia Health to maintain well-being this season

With the busy holiday season upon us, there will be so much to do in the coming weeks – gatherings, good food, traveling and many more distractions. Even the best-laid plans for a healthy lifestyle this time of year are easy to ignore as the stress of the season mounts.

Essentia Health has the following tips to prepare for your celebrations while also keeping your health top of mind:

Balance is key: Enjoy your favorite holiday treats, but also make sure to include plenty of fruits, vegetables and lean proteins in your meals. It's all about finding that balance.

Portion control: Be mindful of portion sizes. You can still savor the flavors without overindulging. Listen to your body and stop eating when you feel satisfied, not stuffed.

Stay hydrated: Don't forget to drink plenty of water. It's easy to get caught up in the holiday festivities and forget about hydration. Water helps keep you energized and can also help curb your appetite.

Plan ahead: If you have holiday parties or gatherings coming up, plan your meals and snacks accordingly. Eating a healthy meal or snack before attending an event can

help you make better choices and avoid overeating.

"The holiday season is about spending time with loved ones and taking a step back from our busy lives," said Dr. Michele Thieman, a family medicine physician at Essentia. "This can also include stepping away from some of our healthy habits, but it's important to give yourself some grace. Not every day is going to be perfect, but it can be an opportunity to focus on making mindful choices and finding a healthy balance when possible."

A big part of maintaining your health during the holidays is staying active and finding time to exercise. Here are a few ways to make it easier and fun to get your movement in:

Get moving: Stay active by incorporating physical activity into your routine. Take a walk after a big meal, dance to your favorite holiday tunes or try out a fun winter sport like ice skating or sledding. Find activities that you enjoy and make them a part of your holiday traditions.

Involve family and friends: Encourage your loved ones to join you in staying healthy. Plan active outings together, prepare nutritious meals as a group or even start

a friendly fitness challenge. It's more fun when you have support.

Try to schedule your workouts in advance: Plan specific times to hit the gym or engage in physical activities that you enjoy. This way, you'll have a clear schedule and it will be easier to stick to your routine.

Enjoy: The holidays can be stressful, so make sure to take time for yourself. Don't be too hard on yourself if you miss a workout or indulge in some holiday treats. It's all about balance and enjoying the festive season. Just get back on track the next day and keep moving forward.

"Try incorporating some kind of movement, even if it's going for a short walk," said Dr. Thieman. "Remember, some exercise is better than nothing! The holidays can also be a stressful and busy time, so setting aside even ten or fifteen minutes to move your body can help give you a boost in energy and improve your mood."

Of course, staying healthy goes beyond just diet and exercise. At Essentia, we're reminding people that seasonal illnesses like RSV, influenza and COVID-19 are in full swing. The key to staying healthy this season is to wash your hands, cover coughs and sneezes with a tissue or shirt sleeve, clean frequently touched surfaces and stay home if you are sick. It's also a good idea to get your flu shot and COVID-19 booster and establish a relationship with a primary care provider to stay up to date on other preventive care.

Simple ways to involve kids in holiday decorating

Millions of people across the globe feel that the holiday season is a magical time of year.

Though those people come from all walks of life, it's likely that no group is as taken by the unique spirit of the holiday season as much as children.

Whether they're looking forward to Santa's arrival or preparing for a school holiday pageant, kids have much to be excited about come December.

Parents can channel that enthusiasm by involving kids when decorating around the house this holiday season.

Make homemade ornaments. The options are limitless when making holiday ornaments with children. From simple ornaments made from pine cones picked up outside to more complex projects designed for children nearing adolescence, parents can look to the internet to find design ideas and directions for hundreds of ornaments.

Let kids lead the way when decorating the tree. Families that celebrate Christmas can let kids lead the way when decorating their Christmas tree. Kids are likely to spend the weeks leading up to Santa's arrival gazing in awe at the tree, and knowing they decided where to place the various ornaments on it might make the season even more special for youngsters.

Take kids along when choosing lawn ornaments. It's not safe to involve children when installing lighting displays, but kids will get a kick out of choosing inflatable lawn decorations and other items to place around the yard. Take kids along when buying new items and then seek their input when placing Frosty, Santa and his reindeer friends around the yard.

Include kids in culinary decor. Many celebrants cannot imagine a holiday season without gingerbread houses and cookies. These traditions provide another great opportunity to involve children in holiday decorating. Set aside some time to make homemade gingerbread houses, which can be used as decorations before they're ultimately eaten. Cookies may not have the shelf life of a typical gingerbread house, but kids can pitch in and decorate cookies prior to a holiday

party or family meal.

The spirit of the holiday season can be seen on the faces of children each December. Involving kids can make the season even more special.

Need to escape?

The Win-E-Mac Senior class has a new, great fundraiser this holiday season.

Want to have some fun with family or friends? Sign up for the Win-E-Mac escape room. Participants follow a series of puzzles and clues to accomplish a goal in a limited time.

There are two different rooms:

Game Night: 60 minutes to enjoy solving clues involving typical family board games to find out "Who stole what and where". For 1 - 4 people \$20 per person ; 5 - 8 people \$15 each person; and household family

\$50 cap.

Art Studio: 45 minutes to break codes and solve clues with an art flair to unlock the box. For 1 - 4 people \$15 per person; 5 - 8 people \$10 per person; and household family \$50 cap.

You can sign up for times during December and January on Saturdays from 9:00 am to 9:00 pm and Sundays from 2:00 pm to 8:00 pm. Please sign up at least 12 hours before you want to participate. Sign up at <http://jessicastrommn.weebly.com/escape-rooms.html>

Superintendents Notes

By Randy Bruer



School remodel of Locker Rooms

Our school has completed the Girls and Boys Locker rooms remodel. We have changed out the fixtures and redesigned the shower/dressing room areas in both rooms. These rooms are used often and needed updates just like a home will need updates as things wear out. The look has changed as safety for students is the top priority.

School Bus Dress

We have had some trouble with proper student dress when riding the bus to and from school. Our policy states that each student should dress

accordingly for the weather. We cannot predict bus emergencies such as breaking down or a bus getting stuck somewhere. We ask parents to make sure your child is dressed appropriately, coats, shoes, boots and warm clothes. We have seen a variety of shoes and clothing which is unsafe for cold weather. Bus drivers are concerned about the lack of winter clothing and do not want to be held responsible. If there are concerns about a child's dress for the weather, parents will be notified.

Construction Trades Program

The Building Trades class built has an 8-hole heated icehouse for sale. Its brand new. Come and see the house at the school entrance. This project provided students with many concepts of building a house on a smaller scale. The 2022 icehouse is completed, and we will sell the house. For details, call the District Office. In March we will be asking patrons to bid on a new house build for 2024/2025 school year. If you are interested, please get in touch with the District Office. Call 218-563-2900 or email rbruer@win-e-mac.k12.mn.us



Win-E-Mac School Announcements

Junior High School band and choir concert

The Win-E-Mac Music Department is pleased to announce the Jr. High Band & Choir in concert on Friday, Thursday, December 14. The concert will begin at 7:00 PM and will take place in the Win-E-Mac School Arts & Events Center! The concert will feature the Jr. High Band & Choir performing several selections, including some holiday music! Please come out and enjoy an evening of music!

Senior High School band and choir concert

The Win-E-Mac Music Department is pleased to announce the Sr. High Band and Choir will be presenting their annual Fall/Winter concert on Monday, December 18, 2023, beginning at 7:30 P.M. The concert will take place in the

Win-E-Mac School Arts & Events Center. This concert will feature the Sr. High Band and Sr. High Choir performing a wide variety of music for your listening enjoyment, including several holiday songs. As traditional, the concert will conclude with the singing of "Peace, Peace" by candlelight. Come and enjoy an evening of musical entertainment!

The senior class is selling Christmas-grams (\$3 each). Stop in the library before school every day next week to see the four options and order for friends or family. We will deliver them on December 18th and 19th.

Yearbook Pre-sale. Order a Yearbook, Get a Donut at Delivery in May! Cost is \$40.00 now and until December 20th. Cost increases to \$50.00 after December 20th.

Yearbooks can be purchased in the office or from Mrs. Winter (room 51) before or after school or during students' noon hours. Complete the form below and return it with your payment.

Open gym is each Sunday from 3:00pm to 6:00pm.

Pet Supplies Drive at Win-E-Mac School sponsored by the Senior High Student Council. All donations will benefit Smileys Rescues located in Fertile, MN. Smiley's Rescues is a nonprofit and 100% volunteer-run organization. Drop off boxes will be located in Mc. Svalen's and Mrs. Anderson's classrooms. Donate new cat and dog toys, food, treats, paper towels, pet carriers, hand sanitizer or disinfectant spray and wipes now through December 15th. Every donation is appreciated.



Gathered around the fires during A Very Merry McIntosh on Saturday, December 2nd were kids and parents, roasting marshmallows, drinking hot chocolate and enjoying the fun evening.



As the sun sets on Saturday, December 2nd downtown McIntosh came to life with community members celebrating the holiday season with a lot of fun activities.