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McINTOSH

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Times

McIntosh, Minnesota



Connie Strom waves good-bye as she finished out her last day of school bus driving before retirement last week at Win-E-Mac School. Here, Connie is pictured with some of their students, Zane Klawitter, William Klawitter, Brekken Gunderson and William Shimpa. Congratulations on your retirement Connie, we are all sure you won't be slowing down!



Kraig Kundert poses with his trophy buck outside The Coop Bar in McIntosh last week. Kraig shot this big 12 pointer north or McIntosh during Muzzle Loader season. Congratulations Kraig!

Mac Council approves General Election results

McIntosh City Council met at a special time for regular session on Tuesday, November 15, 2016.

All members of the Council were present and Councilmember elect, Kevin Subbert also attended the meeting.

The Council was made aware that the City of McIntosh now owns the property adjacent to the water tower.

The Council passed unopposed the Election results from the General Election held on November 8, 2016.

Rental Contracts were discussed and the Council decided to leave the rates the same for 2017 as they were in 2016.

The Council agreed to accept the resolution to assess the delinquent utilities and mowing charges to the 2017 property taxes.

A liquor license was approved by the Council for The Coop for the 2017 year.

Amanda Roue requested a building permit for her property and the Council approved the request.

The Council agreed to accept the refusal letter submitted by Michael Pearce for his councilmember nomination.

All bills were approved by the Council.

Wanda Stordahl informed the Council that Craig Espeseth tendered his resignation at President of the MEDA Board as of the end of the year.

City Clerk, Melissa Finseth informed the Council that Tina Olson of the B-B Cafe would like the City to take over the buisness on the condition that the City absolve her

of all her debt owed to the City through the Intermediary Lending Program. The Council asked if the B-B Cafe Committee would meet and formulate a plan to submit to the First National Bank of McIntosh, as they are the primary lein holders, and also to the City.

The next McIntosh Council meeting will be held on Thursday, December 8, 2016 at 5:30 pm at the Community Center. On the agenda is e-billing and e-pay options for the City Utilities.

Holiday Food Drive by WEM Honor Society

With the joyous holidays upon us, the Win-E-Mac Honor Society would like your help in a Holiday Food Drive at the Win-E-Mac Public School. Donations can be brought to the school or sent with your in child and collected in the classrooms.

The proceeds will go to the food shelf at the Grace Lutheran Church in Erskine. The food drive will take place from November 29 - December 13. During this time students will be asked to bring items to their classroom Holiday Food Drive Box.

Suggested needs are: Jello, Puddings, Frostings, Canned Goods, Instant Mashed Potatoes, Hygiene Products, Baby Supplies, Box Mixes, Gravy Packets, and especially Personal Hygiene items.

Thank you and Happy Holidays from the WEM Honor Society!

Santa will visit McIntosh and Winger this Saturday

Breakfast with Santa will take place in Winger at the Community Center starting at 9:00 am this Saturday, December 10th. The Winger Lion's will host this event. After breakfast Santa will be available for pictures and to hand out a special treat to all the kids. Breakfast will be pancakes and sausage for a free will donation.

Santa Claus will visit McIntosh this Saturday, December 10th as well. At 10:00 am at the McIntosh Community Center, kids will be welcome to join in the fun.

There will be a Santa Station where the kids can write a letter to the big, jolly guy, arts and crafts, story time, and Christmas music by Susan Lee. Santa will arrive in McIntosh around 11:00 am and there will be time for all kids to have their picture taken and visit with Santa.

There will also be hayrides



around town on Saturday. The event runs from 10:00 am to 1:00 pm.

Bring the kids (up through 6th grade) to the Bjella Building in McIntosh on Saturday, December 10th, to Christmas shop for family & friends. Doors are open from 9AM 'till noon.

All items sell for 25 cents each. This is the 4th year the McIntosh Bone Builders Group has sponsored A Mall for Kids. All proceeds go to the Poplar Meadows Senior Living Center.

There will be local community members on hand to help kids do their Christmas shopping.

The treasures will also be gift wrapped. Parents are asked to wait in the hallway while children shop.

This is a fun day for everyone.

The next Friday is Christmas in McIntosh where local merchants will offer special sales and Open Houses.

Plan to get your Christmas list finished off in McIntosh.

The benefits of buying local this holiday season

Holiday shopping dominates many people's free time between the day after Thanksgiving and the final days before Christmas.

While many people may shop 'til they drop on Black Friday and Cyber Monday, those days still account for a relatively small amount of the hundreds of billions of dollars that are spent each holiday season.

Shoppers now have a bevy of options at their disposal as they embark on holiday shopping season.

Traditional in-store retailers are still around, and online shopping continues to grow in popularity with each holiday season.

But many holiday shoppers are looking to buy local this holiday season, and such a decision can pay a host of dividends for both shoppers and the communities they call home.

· **Buying local benefits your local economy.**

Studies from Civic Economics, an economics and strategies planning firm, found that independent, locally-owned retailers return a far greater percentage of their revenue into their local economies than national chain stores.

One such study examined the disparity between revenue recirculation among independent, locally-owned businesses in Raleigh, North Carolina, versus four major national chains in the city.

The former recirculated 51.1 percent of revenue into the local economy, while the latter recirculated less than 14 percent. Similar results were discovered in many cities, indicating that buying local not only benefits local business owners, but also the communities those owners and their customers call home.

· **Buying local creates jobs in your community.**

One of the biggest ways lo-

cal business owners in Raleigh recirculated their revenue in the local economy was job creation.

While national chains also create jobs, such jobs only benefit your community if the chains are located within your community.

If your local mall is a considerable drive away, chances are the chains within that mall are not employing many of your fellow community members. Local businesses in your community are more likely to employ residents of your town.

· **Shopping local may provide access to more unique gifts.**

In addition to the economic benefits of buying local, shoppers may find merchandise made by local craftsmen is more unique than mass-produced items found on the shelves of national retailers. Recipients may cherish more unique items that they cannot find on their own, and that appreciation may even spur them to visit more local retailers after the holiday season has come and gone, benefiting their own communities in so doing.

· **Local business may provide a more personal touch.**

Buying from national chains has its advantages, but customer service is not always one of them.

Should your loved ones encounter problems with their gift that requires assistance, they might be forced to wait on the phone for extended periods of time as they and thousands of others wait for customer service representatives to answer their calls.

Local businesses do not deal with nearly the volume of customers as national retailers and, therefore, are capable of addressing concerns more quickly and personally than large chains.

Buying local not only benefits small business owners, but it also pays dividends for their customers and the communities they call home.

If you cannot buy from local retailers, try neighboring towns, or businesses in NW Minnesota.

Buying from companies that support local business or resources is another option. The goal is to support and give back to those who in turn are part of the community which gives back to you.

Gift cards are always an option and available at most of our local stores.



Card Donations for our Veterans

For all people in the area, the VFW Auxiliary is sponsoring the Veterans card donation. Anyone can participate. The rules are:

1. Name and address on the back of the card and on the upper left hand corner of the envelope;
2. Cards should be signed and a brief message can be written in the card;
3. Do not seal the envelopes but tuck the flap inside the envelope and do not attach stamps to the envelope.

You can bring these cards to The Club in McIntosh by December 12 or give to an Auxiliary member. These will all be sent to the National Office and distributed to Veterans in hospitals, nursing homes, and active duty Veterans.

MN Rust named a reader choice destination in a National publication

Minnesota Rust, the quaint new addition to McIntosh this summer was named a Readers Choice for visiting when in Minnesota by Flea Market Style Magazine, a National Publication that is published each month.

The November issue, which featured Minnesota Rust as a Reader Choice was the first issue under new publishers.

Flea Market Style chronicles the beauty and utility of the vintage-inspired life, feeding the design cravings of those who love to shop and fill their homes, gardens and tables with reclaimed vintage treasures.

This is just what you can find when you enter into the great styling and classic finds that Andrea has put together into her shop.

You can also find Minnesota Rust on Facebook. Follow Andrea to know when the shop will be open or to request an item.

Minnesota Rust was nominated by Katie Kroegstad Roed who lives outside of McIntosh.



Andrea Stordahl and her friend, Katie Roed, during the Open House at Minnesota Rust last Saturday evening.



Community Calendar

Wed. Dec. 7: McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's

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

Fri. Dec. 9: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Sat. Dec. 10: Santa Claus Day @ Community Center 10:00am; Kids Mall @ Bjella Building 10:00am

Mon. Dec. 12: 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. Dec. 13: McIntosh Library 12pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Wed. Dec. 14: 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. Dec. 15: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Dec. 16: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Dec. 19: 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. Dec. 20: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; 7:00pm McIntosh Community Club @ Community Center



Open House Upper Sand Hill River Targeted Watershed

The East Polk SWCD and the Sand Hill Watershed will be hosting a meeting to present opportunities for water and sediment control basins, side-water inlets and other practices to be installed within the Upper Sand Hill River Watershed to reduce sedimentation and enhance water quality.

There will be a short presentation and an open-house forum for questions and program sign-up information. Houston Engineering and the Red River Valley Conservation Service Area Engineer will be available for questions. The Minnesota Department of Ag will also be in attendance to present information on the Minnesota Ag Water Quality Certification Program.

Where: McIntosh Community Center

When: December 15, 2016 beginning at 5:30 p.m.

Refreshments will be served.

For further information regarding the open-house, please contact:

East Polk SWCD
240 Cleveland Ave.
McIntosh, MN 56556
Ph: 218-563-2777

R37-38C

Please join us at the First National Bank of McIntosh for our Christmas Open House on Friday, Dec. 16, 2016

Christmas goodies, coffee and cider will be served from 9:00 am until 3:00 pm.



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McINTOSH, MINNESOTA 56556

phone 218-563-2865



Rep. Deb Kiel on budget surplus

On Friday, the Office of Minnesota Management and Budget (MMB) released its November Economic Forecast, revealing updated budget numbers that will guide state leaders crafting a budget during the 2017 legislative session. For the current budget cycle, \$334 million of this biennium's balance will automati-

cally go into the state budget reserve, leaving \$678 million in surplus for 2016-17, and a \$1.4 billion overall surplus heading into Fiscal Years 2018-19.

"While I am pleased our state is celebrating a surplus, Minnesota families aren't always seeing a surplus in their own budget," said Rep. Deb Kiel, R-Crookston. "My focus is

on returning those funds to the hardworking taxpayers who helped fund our state's \$1.4 billion surplus. Next session, I will advocate for meaningful middle-class tax relief, as well as work to provide relief for folks affected by our state's health care cost crisis."

According to MMB, Minnesota has a structural surplus moving forward, with a projected surplus for the 2020-2021 biennium. An updated forecast will be released in February which legislators will use as a final economic outlook to craft our state's budget.

VFW Auxiliary #6891 News

The McIntosh VFW Auxiliary will have their annual Christmas Party at 5:00 p.m., Monday, December 12, at The Club Bar & Grill.

Each member is encouraged to attend. The choices for the meal will be a 6-oz steak, Fantail Shrimp, or deep fried chicken. The meal will also consist of a baked potato, salad, and a small dessert.

Each member will pay for their own meal but the Auxiliary will pay for the tip, onion petals and a drink.

Each member is also asked to bring a \$10.00 exchange gift. Thrift bucks in the amount of \$10.00 each will be drawn at the party.

Carole Burslie and Beth Pries will be in charge of getting gifts for the Veterans in McIntosh Senior Living, Pioneer Home, and Riverside Board and Care.

Home for the holidays

Christmas carols and festive songs help make the holidays complete by setting the mood for the festivities to come.

Songs resonate differently with people during the holiday season.

For example, some celebrants find certain holiday tunes or lyrics especially poignant.

Those who might be missing home or planning on visiting friends and relatives who live far away during the holiday season often find the words to "(There's No Place Like) Home for the Holidays," are an accurate portrayal of the sentiments of holiday traveling.

Composed by Robert Allen, with lyrics by Al Stillman, "(There's No Place Like) Home for the Holidays" was published in 1954.

The best-known recordings of the song are by Perry Como, who recorded it twice - once in 1954 and then again in 1959 with a different musical arrangement.

The first version reached #8 on the Billboard magazine chart in the United States.

The Carpenters recorded another popular version of the

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M35-38C

song for their 1984 album, "An Old-Fashioned Christmas." Nora Jones and Cyndi Lauper also recorded a duet version of the song in 2011.

Did You Know?

According to the Bureau of Transportation Statistics, 91 percent of long-distance holiday travel is by personal vehicle.

And while many people may associate holiday travel with long lines at airport check-in counters and security checkpoints, the BTS notes that just 5 to 6 percent of holiday trips are taken by air.

The remaining 2 to 3 percent are taken by bus, train, ship, or another mode of transportation.

The average long-distance holiday trip for the Christmas/New Year's holiday is 275 miles, which is slightly longer than the average long-distance trip during the rest of the year, indicating that many travelers are willing to travel farther for the holiday season than they might be during the rest of the year.

In addition, when traveling long distances for the Christmas/New Year's holiday, travelers spend roughly four nights away from home on average

Ad deadline:
Noon Friday

Handel's

Messiah Announced

Handel's Messiah is a well-known and beloved holiday classic.

A local performance of this masterpiece is scheduled for Sunday, December 18 at the United Methodist Church in Thief River Falls, and all area singers are cordially invited to take part. Vanessa Martell, Barb Geer and Jane Anderson are coordinating this effort, with Reid Froiland accompanying on piano and organ.

The performance will include a rehearsed choir, soloists, and anyone in the audience who would like to sing along with the choruses—especially the beloved "Hallelujah Chorus."

Rehearsals will take place on the following dates from 7–9 p.m. each evening: Tuesday, December 6; Thursday, December 8; Tuesday, December 13; and Thursday, December 15. There will also be a dress rehearsal on Sunday, December 18 before the concert. All activities will take place at the United Methodist Church located at 116 North Horace in Thief River Falls.

It is not necessary for those wishing to sing to be at every rehearsal, especially if you have sung this piece previously.

Choruses selected to be performed are: "Glory to God," "Unto Us a Child is Born," "Good Tidings to Zion," "And the Glory of the Lord," and "The Hallelujah Chorus."

In addition to the above rehearsals times, there are videos on Youtube singers can look up to assist with individual part practice, and singers are encouraged to take advantage of those—especially if you are new to this great work.

The goal of this concert is to make beautiful music, celebrate the holidays, and give back to our communities. A freewill offering will be taken, with proceeds directed to support children's summer theater programs and Trails to Treatment.

Score are available to borrow and can be picked up at the first rehearsal.

Questions? Call Jane Anderson at 681-3810 or email mjander@mnccable.net

2nd Annual

Christmas bird count

Please come join the staff of Rydell and Glacial Ridge National Wildlife Refuges (NWR) for their 2nd Annual Christmas Bird Count on Thursday, December 15th, 2016. We'll meet at the Rydell NWR Visitor Center at 8:00 am. People new to birding will be teamed up with experienced birders to search areas by vehicle and/or on foot. The 15-mile wide count circle includes portions of both Rydell and Glacial Ridge NWRs, as well as the towns of Mentor and Erskine. If you do not have your own binoculars and/or bird guides, we can loan them to you for the count. A midday potluck lunch will be provided, courtesy of the Refuge staff. We'll plan to meet back at the Visitor Center around noon to "fuel up" and to tally the morning sightings. If you'd like to participate, PLEASE SIGN UP by Tuesday, Dec. 14th by emailing Lisa Wiersma at lisa_wiersma@fws.gov. You can also call Rydell NWR at 218-687-2229 x10. For more information about the Audubon Christmas Bird Count, it's 117-year history, and how the count helps birds, visit <http://birds.audubon.org/about-christmas-bird-count>.

Win-E-Mac

Giving Tree

Win-E-Mac School will once again be having their annual Giving Tree. We will anonymously display "ornaments" for children in the Win-E-Mac School District that may have a need this holiday season for clothes, toys, or other items. Their wish list will be printed on the "ornament". Beginning the last week of November and continuing throughout the month of December, Win-E-Mac School will have the tree available to those who would like to donate gifts. The Giving Tree will be placed in the commons area of School. Please choose an "ornament" and write your name on the one you choose to provide for.

At this time we are looking for names of children and/or families that may be in need this year. If you need some assistance or you know of a child or family that may be in need this holiday season, please contact Amy Bartz at the school, 563-2900 or 687-2236. The Giving Tree also accepts monetary donations. The donations go toward food gift certificates for families to use over the holidays. If you are interested or have questions about donating, please contact Amy Bartz.

Community Birthday and Anniversary Calendar

Wed. Dec. 7: Mary Salvhus, Mark Votava, Sandy Mayer, Alicia Graff, David Sannes

Thurs. Dec. 8: Samuel Ek, Noah Roragen, *Lavern & Anna Tofstad

Fri. Dec. 9: Jim Stordahl, Hannah Brouse, Camille Springer, DeAnna Haagenson

Sat. Dec. 10: Jill Schulz, DeeDee Fritz, Ethan Finseth, Stephanie Frisk, Danielle Finseth

Sun. Dec. 11: Mya Haaven

Mon. Dec. 12: Valerie Brekke, Claudette Erholtz, Heidi (Vesledahl) Haaven, *Patrick & Karen Rolf

Tues. Dec. 13: Teresa Horgeshimer, *Don & Lois Boehrnsen

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Announcements • Photos • Community Updates

McINTOSH Times

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ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

Wed. Dec. 7: 3:30pm Mass at First Care Nursing Home, Fosston

Thurs. Dec. 8: 11:30am Mass at St. Joseph's, Bagley; 7:00pm Mass at St. Mary's, Fosston

Fri. Dec. 9: 8:30am Mass at St. Mary's, Fosston

Sun. Dec. 11: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley; 6:30pm Advent Penance Service, St. Mary's, Fosston

Wed. Dec. 14: 1:00pm Mass at McIntosh Nursing Home; 7:00pm Advent Penance Service, St. Joseph's, Bagley

If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH

Winger/Bejou

Supply Pastor

Gordon Syverson

Sun. Dec. 11: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. Dec. 18: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH

(ELCA)

McIntosh

Supply Pastor

Gordon Syverson

Sun. Dec. 11: 11:15am Worship Service

Sun. Dec. 18: 11:15am Worship Service

GOSEN LUTHERAN CHURCH

Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church

Wed. Dec. 7: 1:30pm Bible Study at The Country Place.

Sat. Dec. 10: 8:00pm Prayer Meeting

Sun. Dec. 11: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service;

Tues. Dec. 13: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. Dec. 14: 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 4 miles north of Winger; then ½ mile east on County Road 206.

MCINTOSH AFLC

McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Mt. Carmel:

Wed. Dec. 7 7:30pm Bible Study

Thurs. Dec. 8: 7:00am Men's Breakfast

Sun. Dec. 11: 9:45am Sunday School; 11:00am Sunday Worship Service

Wed. Dec. 14: 7:30pm Bible Study

Thurs. Dec. 15: 7:00am Men's Breakfast

Sun. Dec. 18: 9:45am Sunday School; 11:00am Sunday Worship Service

Trinity:

Sun. Dec. 11: 9:30am Worship Service; 10:45am Sunday School

Sun. Dec. 18: 9:30am Worship Service; 10:45am Sunday School

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. Dec. 11: 9am Worship

Sun. Dec. 18: 9am Worship

DOVRE

FREE LUTHERAN

Pastor Don Edlund

Wed. Dec. 7 : 7:15pm Bible Study: Old Testament Tabernacles

Sun. Dec. 11: 10:00am Worship Service

Wed. Dec. 14: 7:00pm Bible Study: Old Testament Tabernacles

Sun. Dec. 18: 10:00am Worship Service

IMMANUEL LUTHERAN CHURCH

McIntosh

Rev. John Anderson, Pastor

Wed. Dec. 7: 3:30pm Confirmation; 7:00pm Advent Service @ Poplar Lake Church

Sun. Dec. 11: 8:45am Worship Service; 9:45am Sunday School, Council Meeting

Wed. Dec. 14: 3:30pm Confirmation; 7:00pm Advent Service @ Poplar Lake Church

Sun. Dec. 18: 8:45am Divine Service, Sunday School Program

Holy Communion 1st and 3rd Sundays

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Winger News

Linda Pulskamp

Greetings and welcome to a new month from Winger and the Union Lake areas! It's December and our weather still has been very balmy albeit quite soggy for the past several days and did even see the ground turn white with a dusting of snow but so fortunate not to have been in the areas of snow that dumped in North Dakota.

There is a flu and cold bug floating around with many stating that they have had either the cold or a stomach bug of some sort that makes them feel a bit under the weather. Hope it all passes before the holidays arrive.

Speaking of the holidays, the Christmas season is in full swing with music and lights and the like. Take the time before Christmas and take a drive and look at some of the beautiful light displays out there.

News was received here that Wanda Flermoen (Mrs. Ernie) of Muskegon, MI passed away yesterday November the 29th. Ernie left the Winger area many years ago but they returned here quite often to take in family reunions and spend time in the summer. SYMPATHY to the Flermoen families.

Thanksgiving Day morning Paul and Donna Carlson brought fresh rolls to the Milton Carlson home, joining them were Chris and Sheila Benesh. Later Thanksgiving Day Milton Carlson along with Mike, Kari Oliviayah and Terry Keller, Lonnie and Judy Gieseke were all dinner guests of Roy, Lisa and Ryan Schaumburg at the Schaumburg home.

Regional Ag News

Ray Bisek,
Extension Educator

XtendiMax - Adequate drift management plan essential to remain useful

Below is an article from David Kee, Director of Research for MN Soybean. The information provided by David hopefully supplements the information that was provided in an earlier article a few weeks ago on the EPA approval of XtendiMax herbicide in my column.

To keep this weed control technology available for future years, and also to minimize liability of any offsite injury/damage during the growing season, it is important for soybean growers to read, understand, and follow the label of this product. If you are planning to use this product read the article below and invest some study time of the label this winter.

Earlier this month, the Environmental Protection Agency (EPA) announced approval of the label for XtendiMax™ with VaporGrip™ Technology, an extremely low volatility dicamba formulation for use in dicamba tolerant soybeans and cotton.

There are multiple articles available online with updates on what is known about this product, the most succinct being 'The XtendiMax Label for Xtend Soybeans'. The product will provide options to control some glyphosate-resistant, broadleaf weeds, however, there is a lot of concern with this and similar products.

After reading and listening to multiple reports, it becomes obvious utilizing an adequate drift management program will be required if this technology is to remain a useful tool for soybean growers.

This diglycoamine (DGA) formulation of dicamba with the specialized volatility reduction agent (VaporGrip™) appears to be much less volatile than previous formulations of dicamba. But it may still be subject to some vapor drift issues. The EPA and Monsanto recognize this. To this issue, much of the label has to do with managing drift.

As one reads the label, several things will be of concern.

First, tank mixing of adjuvants and other chemicals is currently not allowed. Monsanto is developing a website (currently inactive) to help growers address this issue.

We know at least one common adjuvant, ammonium sulfate, is not to be tank mixed with XtendiMax™ as it increases probability of volatility

A week ago Wednesday Dean Johnson was a visitor at the Pulskamp home.

Helmer and Verlys Homme were Thanksgiving Day guests at the Tyler and Amanda Schow home at McIntosh, where they were joined by the Schow and Paradis families.

Friday evening visitors at the Pulskamp home were Craig Helgaas of Glenwood, Nick Helgaas of Minneapolis and Grant, Gabe and Logan Maasjo of Villard and Kelly Johnson.

Friday the 2nd Dick and Wanda Donovan of St. Francis arrived at the Milton Carlson home to spend the weekend.

Mark and Betty Syverson were Friday visitors at the Pioneer Home with Helmer and Verlys Homme.

Thanksgiving weekend house guests at the Boyd and Sylvia Bratager home were Grandson Jairo of Minneapolis, Bruce Bratager of Rochester Brian Bratager's of Harmony, and Bernt and Rachel Bratager of Rochester. Visiting also during the week end were Jeff, Julie Tabitha and Tapanga Bratager and Brittany.

Thanksgiving Day dinner guests at the Chris and Susan Eischens home in New Folden were Mr. and Mrs. Leonard Eischens of Park Rapids, Brandon and Alex Eischens of St. Joseph, David Myhrum, Betty Lou Myhrum, Dakota an Kjerstie Poissant of Fertile, Kjelsie Haugen and Steve Cullen of Thief River Falls.

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

Saturday the 26th Paul Carlson was a morning visitor

and coffee guest of Milton Carlson at the Carlson home. Later that day Lonnie and Judy Gieseke, Paul and Donna Carlson were all dinner guests at the Carlson home along with house guests Dick and Wanda Donovan, Wanda had prepared and brought the dinner that was enjoyed by all. That same afternoon Jennifer, Josh and Dominic Carlson were visitors at the Carlson home.

Laura Grant was a visitor on Tuesday the 29th with Grandma Martha Henney at the Pioneer home bringing Martha a lovely potted plant.

Tuesday evening Lynn and Sara Lucken, Elly Gilbertson along with Lucy Brtek went out for supper together to observe Lucy's birthday which was on November the 30th.

Dick and Wanda Donovan of St. Francis returned to their home last Sunday after spending the weekend at the Milton Carlson home.

Lucy Brtek spent from last Wednesday until Sunday a house guest of Richard and Betty Brtek at their home in Blaine. While there Kathy Richardson of St. Francis visited at the Brtek home with the family and also Lucy got to see her Great Grandson Derrick, "Oh so cute" stated Lucy. Richard was the chef for Thanksgiving dinner which was delicious and enjoyed by all. It was a wonderful weekend for Lucy from start to finish.

Tuesday evening Paul Carlson brought supper to Milton Carlson at Milton's home that they both enjoyed while visiting.

Until next week, enjoy today for tomorrow may never come.

From Bun Manor:

December 3rd, Steve, Lorri, Brian, and Elizabeth Massmann and Dale and Ole headed south to Matthew's in Detroit Lakes to celebrate Brian's birthday. Before the festivities began Steve and Brian helped Matthew with a little home improvement project. The group, were also joined by Chris Wang and Kristen then headed over to Spanky's Stone Hearth restaurant by Vergas and enjoyed a fantastic meal. Ole bought his own meal. Incredible!

They stopped by Billy's Tavern in Vergas before heading back to Matthew's. Once back at Matthew's the group enjoyed plentiful discussion and a card game.

Sunday morning, the group enjoyed one of Lorri's egg bakes, carmel rolls, and a great carrot cake that Elizabeth pre-

pared for Brian's Birthday. It was a great weekend with fun had by all.

Tuesday afternoon Lars, Panser and Bun were having lunch at the Ness Café where they ran into Mike and Doris Olson. Mike told Bun that they were moving from Winger to Poplar Meadows in McIntosh. Two more Winger rites moving out of town. Bun also saw Dale, Shawnn, David and Joyce Balstad. They were helping Joyce back to her home after a lengthy stay at her son Dale's place. Dale will feel lonely for a time without his mommy but he still has his dog Lucy to keep him company.

Wednesday afternoon around 16 people gathered the Lunch Box in Winger to help Sue Balstad celebrate her birthday. Everyone had a good time and they all enjoyed the delicious lunch.

Bun was having lunch again at Ness on Friday when to his surprise he saw Wayne Olson and his wife Sue from California and his sister Linda and her husband Courtland Smith from Washington. They are up in the area helping Mike and Doris move into their new place. Wayne was nice enough to buy Bun his lunch.

Elmyrna Kaupang and her sister Hazel attended the play at the Best Christmas Pageant ever in Fosston on Friday evening.

Saturday evening Bun picked up his buddy Bert in Winger and they met his girlfriend Joyce in Bejou for the meatball/lutefisk supper sponsored by Immanual church

Joyce bought Bun his supper but poor Bert had to pay for his supper. Sylvia McColm told them that this was the most people they had served. She figured around 260 people were served. A few notables from Winger who showed up were Linda Jo, Butch, Orrie and Sue, Carsten and Joanne, Floyd and Gerri, Chet and Connie Smeby, Dick and Donna Larson, L.J. and Byron Kaupang, Dave and Marilyn Natwick, Shirley Sonstlie, Pam and Jerry Wang. Bun figures that everyone had a good movement later on.

Carsten and Joann spent Thanksgiving at son, Dan's house in Duluth. Thanksgiving day, they all went to Granddaughter Erica's house for a traditional turkey dinner and all sorts of other goodies. Erica's family hosted about 10 people for dinner. Erica is Dan's youngest daughter, a family of 5.

The County Line

By Warren Strandell
Polk County Commissioner, Dist. 2

The 2016 election is over. All of the ballots have been counted. Whether you like the outcomes or not, the canvassing is now complete.

There really wasn't any chance for a change and/or correction in the county numbers. Not when Michelle Cote and her staff at the Polk County Taxpayer Service Center are conducting it. As director of property records, Cote is the county's election administrator. She and the about 20 county office employees in the department make every effort possible to conduct elections to comply with every letter of the letter of the law.

Not many of us have any real idea of all that is involved in conducting an election. The process begins in April with the publication of notices that announce the offices that are up for election and filing process for persons who want to be candidates for those offices.

The two-week filing period is then conducted in May after which the Primary Election ballot must be developed and proofed a number of times before finally approved.

With school districts, whose boundaries do not correspond with the borders of townships, and with the townships themselves, the different soil & water conservation districts, the cities that have their elections in conjunction with the primary and general elections, judges, etc., some 122 different ballots have to be developed.

82 precincts

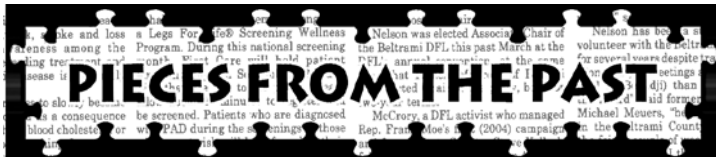
There are 82 precincts in the county. Election officials must be trained for almost all of them. Regardless of past experience, judges must be re-trained on a two-year cycle. Some 400 judges are needed to comply with law. Online train-

ing was used for the first time in 2016, which helped the process.

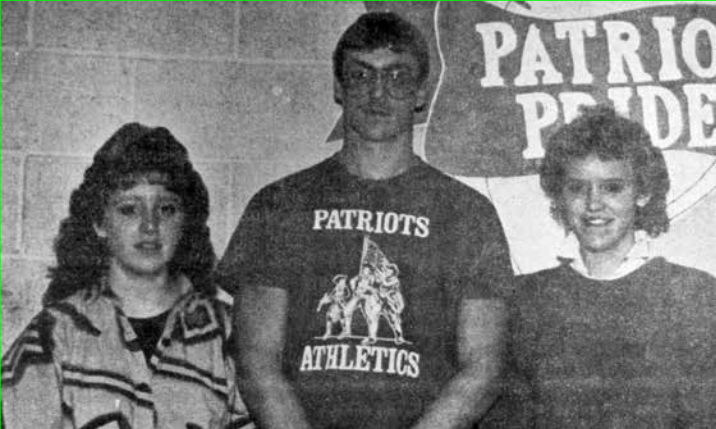
Then, there are require-

County Line...

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40 years ago...1976: Mrs. Hadler (at the piano), who is the Elementary Music Instructor at the Mac-Winger School, is practicing with her students for a Pageant which will be presented in the McIntosh Gym on December 9th. Becky Bursheim is Mrs. Santa Claus; Paul Balstad, Super Santa and Guy Oseth will be the narrator. Santa will take the Kindergarten - 4th grade children around to deliver gifts during the pageant, while the 5-6 th graders will trim the Christmas Tree while singing familiar carols.



30 years ago...1986: L-R: Julie Walker, Mike Balstad, Angela Locken. The junior high class sold 474 magazines under the supervision of Julie Walker and Dixie Holen. Mike and Angela were the top sellers. Mike sold 52 magazines and Angela sold 58.



20 years ago...1996: Many Win-E-Mac Sixth grade students volunteered to assist the staff at the McIntosh Manor Nursing Home as they served their annual pre-Thanksgiving dinner to residents and their guests. More than 400 dinners were served in one hour and 10 minutes at the November 24th noon meal. Pictured above are Angie Johnson, Skyler Hoas, Amanda LeGare, Lakisha Dupree, Mark Their, Brian Massmann. Front row: Jessica Burslie, Heidi Gail and Brian Hedlund.



10 years ago...2006: Anna Vanyo, Jodi Polasky, Amanda Gunderson, Noah Fagerlund, Josh Rolf, Daniel Rolf, and Aaron Rongen, Polk County 4-H Coordinator. This group of 4-H ambassadors are being recognized for their service to Polk County and 4-H clubs this past year.

Random Things and Stuff



Top 10 Christmas Movies

By: Emily L. Ferden-Melott

To continue with our Christmas theme, this week we will look at the top ten Christmas movies of all time. Before beginning the list, my favorite Christmas movie is Annabelle's Wish and a close second would be A Charlie Brown Christmas. Pay attention to this top ten list of the top Christmas movies of all time, and see if there are any that you have yet to see, or that are also some of your favorites.

- 1.Die Hard
 - 2.Brazil
 - 3.The Nightmare Before Christmas
 - 4.1941
 - 5.A Christmas Story
 - 6.The Bishop's Wife
 - 7.Elf
 - 8.Gremlins
 - 9.Miracle on 34th Street
 - 10. A Christmas Carol
- This list was found on: Forbes Magazine article written by Mark Hughes in 2011.

County Line...

Continued from page 3...

ments involving absentee ballots and mail ballots that have to be prepared and mailed. Mail Balloting is done in 42 of the 82 precincts. For each election approximately 12,000 envelopes are used in addition to the ballot, instructions and the most important I VOTED sticker.

Absentee and mail ballot voters can begin to cast their ballots 46 days before the election date. These ballots must, of course go through the ballot board process in addition to being safe-guarded before they are fed into the electronic counting machine. The results of this voting are not tabulated until election night. Absentee, now synonymous with "early voting," can be done in the Government Center. This can result in heavy traffic at the front desk of the Taxpayer Service Center, especially on the final days preceding an election.

Machines have to be prepared

The election machines, which include the M100 tabulator and the Automark voter assistive device must, of course, be prepared. Each must be tested to not only read and tabulate the votes for all of the different races but to also upload them to the Office of the Secretary of State. After testing these machines are distributed to the 40 precincts that have polling places. In addition, they must be secured at all times.

Much of the election preparation is done after regular hours by Taxpayer Service Center staff. To do this, they go on overtime after 4:30 p.m. and, according to Cote, are worth every dollar that is spent to pay them. "They know what needs to be done and how to do it. They are extremely efficient and save the county a lot of money over having to hire and train people from the outside. Without them it would not be possible for me to do what I need to do. Their level of dedication is invaluable," she says.

40 polling places

On Election Day the 3 counting centers located in East Grand Forks, Crookston and McIntosh are manned by a members of the Election Team. They are available to each of the 40 polling places that are operating. Should a precinct have difficulty with an election machine someone is on the road to help them immediately. Most polling places open at 7 a.m. and even though actual voting ceases at 8 p.m. that is when the counting and reconciliation begins. Upon completion, equipment is returned to the counting centers where the results are uploaded to the Office of the Secretary of State.

And that was just for the Primary Election.

The process must be repeated — with usually a much higher number of voters — for the General Election.

Now, a month after all was counted, there is still more to do. Voting history must be given for each voter, new voter information entered into the State Voter Registration System, machines prepared for storage, and election materials made secure for retention. As of last week, that process was only about 50 percent done.

Some other numbers

Beyond the results that everyone was wanted to know on Election Night, there are some of the other numbers of interest. Such as:

• Of the 16,516 citizens who voted in the General Election, 2,080 were Election Day regis-

Holiday Music Concerts at WEM School

Please join Win-E-Mac students as they celebrate the upcoming holidays by presenting music and entertainment during the season. Everyone is welcome to attend these fun and relaxing events at the Win-E-Mac Arts & Event Center.

Win-E-Mac Elementary Holiday Program

Win-E-Mac students in grades Kindergarten through Sixth Grade will be presenting their annual holiday program on Thursday, December 8, 2016. The program will take place in the Win-E-Mac School Arts & Events Center and will begin at 7:00 P.M. The program will begin with students in Grades Kindergarten through Sixth Grade, under the direction of Amanda Shultz, performing many holiday songs for your enjoyment. This will be followed by all students in Grades 4-6 performing the musical review "A Pirate Christmas" which will feature many

trants (EDR). The 16,516 total number of voters set the record for most voters and topped the previous high mark of 16,025 was set in the 2012 General. The 2,080 EDR, however, were second to the 2,596 who registered for the General on Election Day 2012.

• Those who voted "absentee" or by "mail ballot" in 2016 numbered 4,255. That number topped the 2,549 who voted absent or mail ballot in the 2014 General Election.

• The percent of turnout in the 2016 General was 90.59%, a very high mark for most areas of the country but still second to the 92.82% who voted in the 2012 General.

• Mail balloting is available to non-metro townships of any size and to cities with less than 400 registered voters. Besides usually resulting in greater participation in the election process, advantages to precincts that use mail voting are that they do not have pay to train poll judges or staff a polling place on the election day. The cost of mailing of the ballots amounts to less than \$2 per ballot.

Thoughts for the day:

One of the penalties for refusing to participate in politics is that you end up being governed by your inferiors. — Plato

Why pay money or spend your time tracing your family tree. Go into politics and your opponents will do it for you.

Disclaimer: Thoughts expressed in this column are those of the author and are not necessarily a reflection of the opinions of the other members of the Polk County Board of Commissioners.

Holiday living made easy

With so much on our plates between Thanksgiving and New Year's Day, the holiday season can be hectic. Fortunately, there are many ways to save time and make the holiday season more manageable.

• If you don't have plastic clips to hang lights around windows and to the eaves of your home, inexpensive clothespins will work just as well. If you're concerned about the color of the wooden clips, paint them holiday hues before stringing the lights.

• Put a bath mat, rug-side down and rubber-side up, beneath your Christmas tree stand. This allows you to spin the tree as you hang lights and ornaments without damaging the floor underneath. It also makes it simple to undress the tree once the season is over. Use a tree skirt to hide the mat.

• Squeeze artificial tree portions into concrete form tubes. First wrap the tree portions in twine and then slip them into the concrete sleeves. Each tube can be stowed in attic or garage rafters, freeing up precious space.

• Use empty squirt bottles to make baking and cooking easier. Pancake and cookie batters can be squirted from the containers for less mess.

• Store one or two strings of lights in a plastic shopping bag to keep the strands from getting tangled. Hang the bags from a hook in a garage or stack them in a storage bin.

• Use plastic zip ties to attach garland and lights to bannisters. They're easy to assemble and will not damage the bannisters.

• A paper towel holder can be screwed to the wall in a craft room to neatly hold spools of ribbon. Simply pull the length you need from the spool and cut for easy decorating.

• Mount a tree stand to a piece of wood with screws or glue. This prevents spills from

acting, singing, and speaking solos. What a great way to kick off the holiday season! Hope to see you there!

Senior High Band & Choir Fall/Winter 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 12, 2016 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!

Our Men's and Women's groups have also been working up some special holiday numbers to perform for you! As traditional, the concert will conclude with the singing of "Peace, Peace" by candlelight. Come and enjoy an evening of musical entertainment!

WEM School Announcements

The WEM Yearbook Staff is starting our pre-sale for the 2016-2017 yearbook to be called "To Infinite & Beyond!" The yearbook this year will contain 80 pages.

It will feature an out of this world space adventure pictorial. Yearbooks are currently on sale. The cost is \$35.00 now and until December 21st and will cost \$40.00 after December 21st. Yearbooks can be purchased during students' noon hours or from Mrs. Winter (room 51).

Save the date – Wednesday, December 7th, 2016, class pictures, yearbook and winter sports picture day!!

WEM Patriot Decals (\$5) are being sold by the Student Council. You can put them on your car, coffee mug, water bottle, folder, notebook and more. See a student council member, Mrs. Strom, or buy them at a game.

2016-2017 Annual Snowmobile Safety Class – offered to students 11 years and older – Saturday, December 10th – 8:00 a.m.-5:00 p.m. classroom and Saturday, December 17th – 10:30 a.m. – until finished with driving test. Sign up in the office.



reaching the floor while stabilizing the tree.

• Old maps make interesting gift wrap and are a nice change of pace from commercially produced paper or newsprint.

• Wrap duct tape or another type of sticky tape around your hand. Pat over fallen pine needles that accumulate around the tree. In hard-to-reach areas, wrap the tape around a broom or a floor sweeper.

• When traveling for the holidays, use a brightly colored suitcase or flashy tape to make your suitcase stand out from others at the airport.

• Place hardened brown sugar in a baking dish, cover it with a moist paper towel and either microwave it on high for 20-second intervals or place it in a 300 F oven for five minutes. This will soften the sugar, making it easier to use the sugar to prepare your favorite holiday cookie recipes.

• Save plastic bread ties, which can be used to make tags for the wires on certain devices. Such ties also can be used to organize decorating components and to keep your place on a roll of tape.

• Measure the inside of your picture window and construct a wooden frame to its dimensions. Staple holiday lights to the frame and then easily slip the frame in and out of place each year.

• Hang a live wreath or some boughs of evergreen in your home to give it that fresh pine scent if you have an artificial tree.

• Color-code storage containers so you can easily find holiday decorations in the attic or basement.

• Pack for a holiday excursion using a collapsible clothing storage hanger for closets. Fold clothes on each fabric shelf and then collapse it into your suitcase. When you get to your destination, unfold and hang it in a closet so all of your clothes will be at the ready.



Win-E-Mac student Hunter Chaput was one of 13 players in Minnesota 9-Man football to be named Academic All-State.

MN obesity rate drops for young children enrolled in WIC

Minnesota's obesity rate among children ages 2 to 4 from low-income families participating in the Women, Infants and Children (WIC) Program decreased from 12.7 percent in 2010 to 12.3 percent in 2014, according to a study by the Centers for Disease Control and Prevention and U.S. Department of Agriculture.

Minnesota's obesity rate for young children enrolled in WIC is eighth lowest in the nation. Nationally, the rate was 14.5 percent in 2014. Minnesota children participating in WIC also have lower obesity rates than children using WIC in neighboring states Wisconsin, Iowa, North Dakota and South Dakota, according to the data, available at The State of Obesity.

WIC promotes healthy eating and nutrition education for infants and children up to age 5 and low-income women who are pregnant, postpartum or breastfeeding. Nutrition during pregnancy and early childhood is critical for healthy child growth and development.

In Minnesota, one out of three children ages 2 to 5 are served by WIC.

"I'm pleased to see that our efforts through WIC and our community partners are showing positive results," said Minnesota Commissioner of Health Dr. Ed Ehlinger. "Healthy eating, physical activity and breastfeeding in early childhood put young children on a path to healthy weight as they grow."

Minnesota WIC promotes healthy weight through:

Individualized nutrition assessments and counseling.

Providing a nutritious food package that includes low-fat milk, whole grains and fruits and vegetables.

Monitoring appropriate weight gain and growth.

Discouraging use of sweetened soft drinks.

Encouraging families to be physically active and to limit screen time for television, computers and video games.

Promoting exclusive breastfeeding for the first six months and breastfeeding with healthy foods for the first year of life through peer counseling and breastfeeding support.

Promoting appropriate weight gain during pregnancy to support healthy birth weights.

Referrals to community nutrition and physical activity resources.

"WIC is a public health investment that is giving children a healthy start at a healthy weight," Ehlinger said.

A majority of teens report healthier behaviors

Trouble spots include e-cigarettes and mental health

A majority of Minnesota students feel highly engaged in school, believe their school provides a supportive place for learning, report good health, and feel safe in their homes, neighborhoods and schools according to a new report on results of the 2016 Minnesota Student Survey (MSS).

The survey results continue a trend ongoing since the 1990s of teens making healthier choices related to drinking, smoking and sexual activity. However, the survey also provides important evidence that Minnesota's generally positive results hide health gaps suffered by economically disadvantaged teens and teens of color.

Every three years, Minnesota's fifth-, eighth-, ninth- and

"To decrease obesity, we must continue investing in healthy communities that support Minnesotans in their efforts to maintain healthy weights as they go to school and mature as adults."

Across Minnesota, communities are working together through the Statewide Health Improvement Program (SHIP) to support and expand access to healthy eating and active living opportunities in schools and child care facilities, workplaces, health care and communities. SHIP grantees across Minnesota are also focused on families with babies and young children. Since January 2016, 266 child care providers caring for 8,591 children are partnering with SHIP (three-quarters of these providers are serving low-income children). Working with SHIP, providers receive training and assistance to improve their practices in healthy eating, supporting breastfeeding and physical activity.

In Buffalo, moms who have questions about breastfeeding have a place to turn for help and support. Guidance is available at the new Buffalo Baby Café, which was started with support from Buffalo Hospital, Wright County Public Health and SHIP. Baby Café is a free drop-in breastfeeding group staffed by lactation professionals. Research shows that breastfed babies are at a lower risk for obesity.

Choose Health, an effort in Staples, is getting healthier foods to families that are struggling to put nutritious food on the table. Choose Health links those in need with fresh, healthy produce and tools to increase knowledge about nutrition and cooking. Health4Life, the SHIP grantee in Todd, Wadena and Morrison counties, has assisted in coordinating the Choose Health program, where Lakewood Health System prescribes community-supported agriculture (CSA) with local farmers to patients who report having trouble getting healthy foods.

In September, the CDC also reported that Minnesota's adult obesity rate saw a statistically significant drop between 2014 and 2015, from 27.6 percent in 2014 to 26.1 percent in 2015.

Minnesota was the only state in the region, including North Dakota, South Dakota, Wisconsin and Iowa, to succeed in keeping its obesity rates firmly below 30 percent. According to data released today by CDC, neighboring states' adult rates ranged from 30.7 to 32.1 percent.

11th-grade students complete this voluntary, anonymous survey. It includes questions on school climate, bullying, out-of-school activities, healthy eating, emotional health, substance use, connections with school and family, and many other topics. State agencies use the survey to identify important trends and target effort and resources to more efficiently improve the well-being of the state's youth.

The Minnesota Department of Education summarized some of the survey data in "Snapshots on Minnesota Youth: 2016 Minnesota Student Survey Whole Child Report." This report looks at four of five indicators of student well-being as viewed through the Whole Child framework perspective. The Whole Child framework is an educational approach

that focuses on fully preparing students for college and career by ensuring that each student is healthy, safe, engaged and supported.

"There are many factors outside of school that can prevent children from succeeding," said Minnesota Education Commissioner Brenda Cassellius. "That is why the Minnesota Student Survey is so valuable. Schools, districts, community organizations, local and state agencies rely on MSS data to identify the issues young people are facing, so that we can address those issues to strengthen student achievement."

Health and safety are fundamental to students' well-being and ability to learn and thrive. Engaged students perform better academically and supportive school environments and caring relationships can foster student motivation.

Below are highlights of how Minnesota students say they are doing.

Healthy: Sixty-nine percent of Minnesota students surveyed reported excellent or very good health. Teens are engaging in fewer risky behaviors. Student smoking rates have fallen to an all-time low, though a gap continues to persist with children of color and economically disadvantaged students smoking at higher rates. Alcohol use, sexual activity and marijuana use have also fallen.

Safe: Eighty-seven percent of students say they feel safe at home, at school, in their neighborhood and going to and from school. However, 18 percent of students surveyed reported being bullied or harassed weekly in at least one way during the last 30 days. Economically disadvantaged students and LGBT students report higher rates of bullying.

Engaged: Seventy-eight percent of students feel highly engaged in school. Sixty-five percent are engaged in out-of-school time activities at least three days a week.

Supported: Seventy-five percent of students believe their school provides a supportive place for learning.

"This year's survey highlights the success of some recent public health actions focused on our youth," said Minnesota Health Commissioner Dr. Ed Ehlinger. "It shows our actions to curb youth smoking and indoor tanning are reducing risky behaviors. However, it also identifies the growing threat of e-cigarettes and shows more must be done ensure all youth, regardless of race, sexual orientation or economic status, are getting a healthy start."

The Minnesota Department of Health has released fact sheets focusing on the survey results, including a general health overview and others focusing on tobacco and indoor tanning. Additional health highlights include the fact that use of tobacco, alcohol, and marijuana declined between 2013 and 2016. But among 11th grade students, 17.1 percent reported using electronic cigarettes in the past 30 days, twice as many as those who smoked regular cigarettes (8.4 percent).

Indoor tanning among teens declined significantly. Some teens still report doing it though, despite a statewide ban on teen-use of tanning beds. Indoor tanning can result in harm, such as melanoma, a dangerous form of skin cancer. The Minnesota Department of Health estimates that over 2,000 11th grade females used indoor tanning beds in 2016.

In the area of mental health, about one in five students showed signs of depression, and 12 percent of 11th grade students reported that they seriously considered suicide in the past year, up from 9.7 percent in 2013. The percentage of students who were overweight or obese also increased.

Download the Reports: A copy of the "Snapshots on Minnesota Youth: 2016 Minnesota Student Survey Whole Child Report" at and complete MSS data tables from the Minnesota Department of Education's Minnesota Student Survey webpage at <http://education.state.mn.us/MDE/dse/health/mss/index.htm>. Summaries of elements of the survey are also available from the Minnesota Department of Health website at <http://www.health.state.mn.us/divs/chs/mss/>.

About the Minnesota Student Survey

The MSS is a voluntary, anonymous survey completed by Minnesota fifth-, eighth-, ninth- and 11th-grade students. Nearly 169,000 students participated in the 2016 survey.

All school districts are invited to participate in the survey. In 2016, 85.5 percent of Minnesota's school districts participated. Schools administered the surveys from January through May of 2016.