Vol. 128 Number 26 Wednesday, January 18, 2017

$1.00 McINTOSH Times

Since 1888

Hub of the Thirteen Townships McIntosh, Minnesota

The 2017 McIntosh City Council met on Thursday, January 12, 2017. Two new members joined the Council this year. Pictured are: (front l-r): City Clerk, Melissa Finseth, Councilmember, Anne Lian; (back l-r): New Councilmember, Nathan Frisk, Mayor, Toby Strom, Councilmember, Steve Urness, and new Councilmember, Kevin Subbert.

Looking back: 2016 in review

July:

The Quilts of Valor ladies received a generous donation from Highway 2 Cruisers Club for their dedication to providing quilts to our area veterans; The Polk County Fair was the 116th year of celebration in Fertile; The City of McIntosh hired a new City Clerk, Melissa Finseth, who served on the City Council resigned her Council Seat and took her new place in the City Clerk's Office; Jim Stordahl retired from the University of Minnesota Extension Agency; Lloyd Schleicher of rural McIntosh registered and was recognized as a Century Farm presented by the MN State Fair and Minnesota Farm Bureau; MHAC hosted the 1st Annual Art Show and the 2nd Annual Garden Tour. The Garden Tour was in partnership with the East Polk County Heritage Center where there were 9 different gardens that were able to be toured and many local artist displayed their creations during the Art Show held at the Community Center; The 19th Annual Winger Fireman's Ball was held at the Liquor Pigs in downtown Winger with a performance by The Bad Campers; Schow Brothers Racing brought their race cars out to a McIntosh Library event where kids of all ages had fun looking at and sitting in the cars; and McIntosh Class of 1961 held their 55th Class Reunion.

August:

The 3rd Annual Bryan Stordahl Memorial Golf Event was held at Oak Lake Golf Course and The Club Bar & Grill; McIntosh Heritage and Arts Center held their Heritage Homestead Picnic at the Syverson Homestead, which was once the site of the Lindsay Post Office; Jerome Voxland of Lessor Township near McIntosh printed a book "From the Tractor Seat"; Win-E-Mac School announced that they would no longer be having a Homecoming Coronation, but other activities would replace the event; The future of the B-B Café became a question for the citizens of McIntosh during the month of August and there was a special meeting held to discuss the Cafes future along with a committee that came together to help keep the café open and running; The McIntosh Community Club hosted a Corn Feed at Roholt Park where community members could come out and have some fresh corn on the cob grown by Annie and Calvin Schow, the money raised by the event went to host the kids events that the McIntosh Community Club puts together each year; Tractor Day in McIntosh was quite an event, the event was to take place on Saturday the 27th of August, but both the Parade and the Tractor Pull were rained out, though the tractor pull was cancelled, the following day, on Sunday the 28th, there was a great turnout of tractors for the parade, so, with the sunshine and crowded streets the parade went on; Along with a great Tractor parade, there was also a quilt show at the Community Center where there were several quilts and projects displayed by local artists; Cenex in McIntosh, owned by Red Lake County Coop hosted an Open House; and Win-E-Mac School hosted their Open House for the 2016-2017 school year.

September:

Win-E-Mac School started their school year the day following Labor Day; The Community of McIntosh rallied to keep the doors of B-B Café open as the committee helped with new ideas; McIntosh Community Club hosted Craft and Market Day with many vendors in the Community Center, Fire Hall and along the streets, you could get a piece of pie and some coffee in the fire hall and visit with friends or shop around for some great deals and Cow Pie Bingo made its return to the day as well; The Polar Beach Snowmobile Club hosted the Kiddie Tractor Pull, which was originally rained out but the kids had a lot of fun; Northern Exposure to Lifelong Learning hosted storyteller Steve Stark at the McIntosh Community Center; Depot Fresh Express opened in Winger offering fresh sandwiches to go; The Win-E-Mac 4th graders spent a day with Steve and Bob Vesledahl who planted a few acres of corn for the school, where the kids picked and shucked it and it was part of school lunch; The Win-E-Mac Early Childhood Education group again went over the river and through the woods to the Voxland Farm to have some fun and pick a pumpkin to take home;

Share Seasonal Sights

Tag your photos and get real-time travel inspiration this season by using Explore Minnesota's statewide travel hashtag, #OnlyinMN. The popular hashtag has generated more than 500,000 uses to date.

Win-E-Mac to host One Act Play Contest

Win-E-Mac High School will be hosting the Sub-section 29A One Act Play Contest on Thursday, January 26, 2017, at 4:30 P.M in the Arts and Events Center.

The six schools participating will be Bagley, Clearbrook-Gonvick, Fosston, Kelliher, RLCC (Oklee) and Win-E-Mac. Concessions will be available from 4:00 to 8:30 P.M.

Each play lasts approximately 35 minutes with about 15 minutes in between plays for set changes.

You are welcome to watch all six plays or as many as you prefer. There is no admission fee.

You may contact your local school to find out your school's approximate performance time. Win-E-Mac High School is located approximately 1/2 mile north of Highways 2 and 59 junction about 1 mile east of Erskine, MN.

Win-E-Mac is honored to host their first one-act play contest. Plan to support the area drama programs.

Health officials urge flu shots as flu activity increases

Flu activity is increasing in the state, and health officials remind all Minnesotans it's not too late to get their flu shot. The flu season can last through April, so getting a flu vaccine now will provide protection for the rest of the season. Health officials recommend that everyone ages 6 months and older get a flu vaccine every year.

Weekly flu statistics being released today by the Minnesota Department of Health show the state's flu status has been elevated from local to regional geographic spread. This means certain areas of the state have seen more flu outbreaks or increases in flu-like illness or lab-confirmed cases of flu. With flu activity increasing in neighboring states as well, health officials expect cases to continue to go up in the coming weeks.

National early season flu vaccination rates released in November by the Centers for Disease Control and Prevention (CDC) revealed that only 40 percent of people ages 6 months and older had received their flu vaccine. These estimates show a large portion of the population is vulnerable to flu as activity continues to increase across the country.

"Start the new year on the right foot by making sure you and your family get your flu vaccine," said Kris Ehresmann, director of the Infectious Disease Division at the Minnesota Department of Health. "The

Flu...

Continued on page 4 ...

Community Calendar

Wed. Jan. 18: 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. Jan. 19: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Jan. 20: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Jan. 23: 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. Jan. 24: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm

Wed. Jan 25: McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's

Thurs. Jan. 26: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Jan. 27: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Jan. 30: 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. Jan. 31: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

In the photo below: The 3 people sitting are charter members of the Win-E-Mac Quilters Guild and are living at Poplar Meadows Assisted Living were we had our December 15, 2016 meeting in their Pop Corn Room at 10:00 AM. After we adjourned the meeting we had a delicious pot luck lunch.

Our next get together is going to be on Tuesday, January 24 starting at 9:00 AM at the McIntosh Community Center. We are looking for new members to join our guild but you can come cut and sew with us without joining . We are going to be working on 2 different projects. So bring your cutting mats, sewing machine and material to make blankets for the "Linus Quilt.

People standing left to right - Arlene Eggers, Kathy Finstad, Ilene Reierson, Deb Winjum, Betty Tangen,, Lois Boehrnsen, Connie Strom, Val Brekke Sitting are Ruth Bartz, Oralee Bailey, and Ellen Burslie.

RiverView Health to offer Free 'Prevent Type 2 Diabetes' Classes

Are you on the path to Type 2 diabetes? Do you feel you are at risk for developing diabetes or have you been diagnosed with prediabetes – a condition that occurs when blood sugar levels are higher than normal, but not high enough to be diagnosed with Type 2 diabetes? If so, RiverView Health is here to help you get on a healthier path to better health in 2017.

On Jan. 24th, RiverView Dietitian Darcey Larsen, RD LD, and RiverView Health Coach Kelsey Billing, RN BSN, will launch "Prevent Type 2 Diabetes", a free year-long community-based, lifestyle change program. The program is recognized through the Centers for Disease Control and Prevention (CDC) as using evidence-based information and best practices to promote healthy eating, weight loss, and physical activity. The group will meet in Crookston at RiverView Health, 323 S. Minnesota Street, in Meeting Room 1 from noon to 1 pm every Tuesday through mid-June. Once the weekly sessions are complete, support and additional learning sessions will be offered on a monthly basis from July through December.

To be eligible for the program, you must be:

- at least 18 years old
- at risk for but NOT currently diagnosed with diabetes
- overweight
- not pregnant

Each week participants will engage in informational classes with a variety of topics and will go home with helpful handouts, tips and activities.

"We are extremely excited to empower people to take control of their health and prevent long term complications from diabetes," Billing shared.

Eighty-six million Americans have prediabetes – that's one out of three adults. Of those 86 million, nine out of 10 of them don't even know they have it. People with prediabetes not only have a higher risk of developing diabetes, but also heart disease and stroke.

Without intervention, 15 to 30 percent of people with prediabetes will develop Type 2 diabetes within five years. With numbers like that, it's important to learn about prediabetes and take action.

You don't have to accept the fate of becoming diabetic. You can fight to reverse your path and become a champion of your health.

Registration for the free program is required by Friday, Jan. 20th. To register or if you have questions regarding qualification, please call Larsen at 218-281-9589 or Billing at 218-281-9259.

Plan ahead for home purchases and repairs

USDA Rural Development, a federally funded agency, offers loans for very low and low income households to purchase or build single family dwellings, as well as home improvement loans for very-low income households who already own their homes. Applicants for both programs must meet established income guidelines, have an acceptable credit history and show repayment ability.

Our home loan program offers: no down payment; a current interest rate of 3.25 percent; and a 33 year term. Depending upon your income, your payment could be subsidized making homeownership more affordable.

Already own a home? Our home improvement program for very-low income households offers: an interest rate of 1 percent; up to a 20 year term; and a maximum loan amount of $20,000. Grants up to $7,500 may be available to those 62 and older who qualify to remove health and safety hazards from their homes.

To learn more about our requirements, please call the USDA Rural Development Office in Thief River Falls at (218) 681-2843 Extension 4, or write to USDA Rural Development, 201 Sherwood Avenue South, Thief River Falls, MN 56701. You can also visit the website at http://www.rd.usda.gov/mn. USDA is an equal opportunity provider, employer, and lender.

Polar Beach Fun Run

The Polar Beach Snowmobile Club will be holding their annual Fun Run on Saturday, February 4th with registration beginning at 10 a.m. and the run beginning at 11 a.m. Registration will be held at the Coop Bar and Grill in McIntosh with five stops before ending the run at the Club Bar and Grill in McIntosh. Riders will be due back by 6 p.m. with drawings and prizes at 7 p.m. There will also be a taco salad bar after the run. Rules will be posted on the card. Come join the fun with the Polar Beach Snowmobile Club on Saturday, February 4th.

Polk County Public Health

To schedule an appointment at the McIntosh Office of Polk County Public Health, please call 218-563-2010. Please remember, foot bare is by appointment only.

If you have any questions about foot care clinics or other services provided by PCPH, please call any of the offices: Crookston 218-281-3385; East Grand Forks 218-773-2431; or McIntosh 218-563-2010.

How to protect yourself from theft

Anyone who has had their home broken into or been the victim of identity theft understands just how unsettling it can be to have their privacy invaded. To think that a stranger has rooted through your stuff may be even more upsetting than losing the stolen items.

Data from various sources, including the U.S. Bureau of Justice Statistics, points to identity theft as one of the fastest-growing crimes in the United States. Approximately 15 million U.S. residents have their identities used fraudulently each year, with financial losses totalling upwards of $50 billion. Perhaps thanks to the prevalence of Web-based accounts and transactions, as well as reliance on digital services, identity fraud and other types of theft have increased in frequency. According to a 2013 report from Javelin Strategy & Research, an incident of identity fraud occurs every three seconds.

Just about any individual or business is vulnerable to an identity/data attack. It's crucial that individuals and businesses take steps to protect themselves from identity theft and other forms of theft.

Limit sharing on social media

Many people have no qualms about posting personal data via social networking sites, even though they aren't taking the precautions necessary to keep that information safe. Always keep your privacy settings at the highest level, and never share sensitive personal information such as your birth date, address or financial information.

Invest in security software

Invest in or upgrade your spyware and security applications. In addition, install any security updates authorized by your operating system or the apps you use.

Create strong passwords

Skip those easy passwords that just about anyone who knows a little about you can guess. Instead, choose complex passwords that feature a combination of letters, numbers and symbols. Many passwords are case sensitive, so use a combination of uppercase and lowercase letters as well.

Use only secured wi-fi networks

Avoid sharing personal information when using unsecured networks, such as those available at restaurants or coffee shops. It's easy for someone to hack into your accounts when they don't have to go through firewalls and other security features.

Exercise caution with email

Opening emails or clicking on attachments and links could initiate spyware, and doing so may even infect your computer with a virus. Also, don't be fooled by emails requesting personal information. Such messages are typically sent by fraudulent people masquerading as legitimate businesses, such as credit card companies looking to "verify" account information.

Keep personal belongings out of sight

Be mindful of personal items and information at all times. Shred mail that contains account numbers, and store checks and bank account paperwork and files where they can't be seen. Avoid logging on to personal accounts in public and when your sensitive information might be visible to others.

Theft can be scary, and anytime personal belongings or information is stolen, it can make a person feel violated. Start taking steps to better safeguard your personal data.

Sewing for QOV

Calling all quilters! and friends of quilters. You don't have to know how to quilt, if you know how to cut a straight line or iron a piece of fabric we have a need for you time. On January 28 The Quilters of East Polk County are gathering at McIntosh Community Center. Our mission that day is to cut material for quilts to be made for Quilts of Valor. Our sewing day is planned for March 4th at McIntosh Community Center. Both days we gather at 9:00 am. We have morning coffee and potluck lunch. It is a fun day. Lots of laughter, coffee and making new friends. Our QOV chapter was started in 2015. To date we have presented 32 quilts to east Polk County veterans touched by war. Our last quilt was presented to Kenneth Johnson of Fertile. This has been one the most amazing projects I have ever been a part of in my life. I'm sure other quilters would agree with me.

Please plan to join us on Saturday, January 28 and Saturday, March 4th at McIntosh Community Center at 9:00 am. We would love to see you there.

Thank you, Kathryn Carver. If you have questions I can be reached at kacarver@msn.com or 612-558-8818

Struggling to pay your heating bill?

With more frigid temperatures here, the Minnesota Department of Commerce wants to remind low-income Minnesotans on how to get help paying their heating bills through the state's Energy Assistance Program.

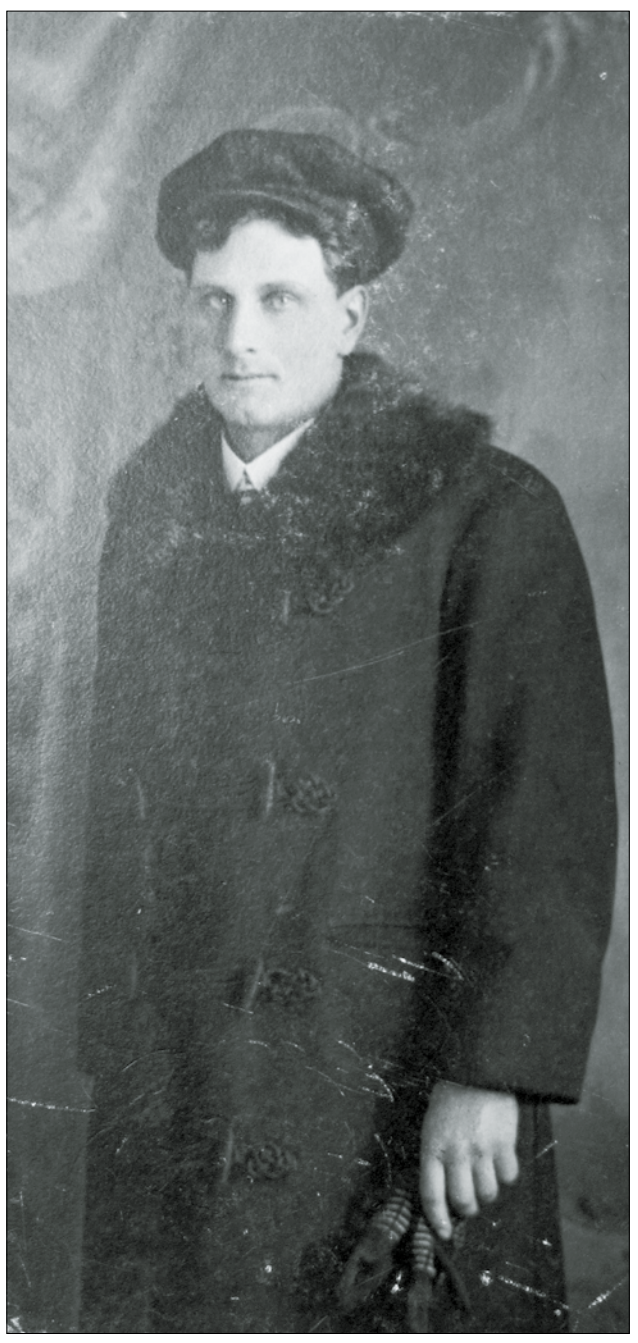
Energy Assistance helps low-income homeowners and renters pay for heating bills through grant money paid directly to utility companies and heating fuel vendors on behalf of eligible households. The funding also helps some homeowners repair or replace malfunctioning heat systems. Households that include young children, people with disabilities, veterans, and seniors are especially encouraged to apply.

Commerce administers the Energy Assistance Program in partnership with 30 local service providers throughout the state.

New applicants have until May 31, 2017 to apply, but funding is limited and administered on a first-come, first-served basis. Qualifying households must apply for assistance at the local service provider in their area. To find your local service provider, call the Commerce Department toll-free at 800-657-3710 or visit the Commerce Department's website.

McIntosh Heritage & Arts Center

Do you know who this man is? This is a picture submitted to MHAC with no name. If you have any information, please contact MHAC at 218-563-2040.



MHAC Update Jan. 2017

Our first 2017 Board meeting was held on Tuesday January 10th with 5 members present.

This year the Board voted to change the monthly meetings to the second Wednesday of each month, as this time works best for the current Board Members.

2017 MHAC Board Members: DeeDee Narum, President; Bob Bursheim, Vice President; Donna Larson, Treasurer; Arlene Eggers, Secretary; Lee Narum, Board Member; Laurie Bursheim, Board Member; Judi Lindseth, Board Member.

MHAC Museum & Archive: Donna Larson, Director; Toni Epema, Museum Curator.

The Board has started to make plans for this years events. Because of the good attendance we hope to again have the Garden Tour, Heritage Homestead Picnic and the Harvest Hayride.

We also have hopes of adding something new this Spring. It is still in the planning stages, so more information will come as plans are set.

The next MHAC Board meeting will be Wednesday February 8th at 6:00 pm in the Bjella Building, everyone is Welcome to attend.

Polk Republican Convention

The Republican Party of Polk County will hold its annual Polk County Convention on Saturday morning, February 4, 2017, starting at 9:30 a.m. Registration (fee is $5) starts at 9 a.m. The convention will be held at the Mentor Community Center located on the main street in Mentor, Minnesota. Everyone is welcome

Bible Study: "Jesus The One And Only"

A Beth Moore DVD 11 week in-depth study filmed in Israel. Led by Debbie Gunderson.

This Bible study is for men and women of all denominations; Everyone welcome!

Held at Dovre Free Lutheran Church, Winger, MN on Sunday Evenings; Beginning January 29th at 7:15 p.m.

Workbooks need to be ordered by JANUARY 15th Please call Debbie Gunderson @ 218-945-6288 if you plan to attend, to get your workbook ordered, and for more information

Keep It Local

Community Birthday and Anniversary Calendar

Wed. Jan. 18: Howard Krossen, Kendall Olson, Annika Shimpa, Jessica Carlson, Becky Boehrnsen

Thurs. Jan. 19: Carter Bartz

Fri. Jan. 20: Jerry Sultvedt, Carla Ferden, Norma Hanson

Sat. Jan. 21: Susan Lee

Sun. Jan. 22: Peyton Roed

Tues. Jan. 24: Angela Lindseth

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McINTOSH Times

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CHURCH DIRECTORY

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

Sun. Jan. 22: 8:00am Confession; 8:30am Mass at St,. Mary's Fosston, 10:30am Mass at St. Joseph's, Bagley

Sun. Jan. 29: 8:00am Confession 8:30am Mass at St,. Mary's Fosston, 10:30am Mass at St. Joseph's, Bagley

If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH
Winger/Bejou
Supply Pastor
Gordon Syverson

Sun. Jan. 22: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. Jan. 29: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Supply Pastor
Gordon Syverson

Sun. Jan 22: 11:15am Worship Service

Sun. Jan. 29: 11:15am Worship Service

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

Wed. Jan. 18: 1:30pm Bible Study at The Country Place.

Sat. Jan. 21: 8:00pm Prayer Meeting

Sun. Jan. 22: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service;

Tues. Jan. 24: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. Jan. 25: 1:30pm Bible Study at The Country Place; 7:00pm Bible Study at Don & Sharon Ramberg's home

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. Jan. 18 7:30pm Bible Study; Youth Group 6:30pm

Thurs. Jan. 19: 7:00am Men's Breakfast

Sun. Jan. 22: 9:45am Sunday School; 11:00am Sunday Worship Service

Wed. Jan 24: 7:30pm Bible Study; Youth Group 6:30pm

Thurs. Jan. 25: 7:00am Men's Breakfast

Sun. Jan 29: 9:45am Sunday School; 11:00am Sunday Worship Service

Wed. Feb. 1: 7:30pm Bible Study; Youth Group 6:30pm

Trinity:

Sun. Jan. 22: 9:30am Worship Service; 10:45am Sunday School

Sun. Jan 29: 9:30am Worship Service; 10:45am Sunday School; 12:00pm Trinity Annual Meeting

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Jill Torgerson

Sun. Jan. 22: 9am Worship
Sun. Jan 29: 9am Worship

DOVRE FREE LUTHERAN
Pastor Don Edlund

Wed. Jan. 18: 6:00p Confirmation Class; 7:15pm Bible Study- Everyone Welcome!

Sun. Jan. 22: 10:00am Worship Service; Sunday School to follow worship service

Wed. Jan 24: 7:15pm Bible Study: Old Testament Tabernacles

Sun. Jan 29: 10:00am Worship Service; Sunday School to follow worship service

IMMANUEL LUTHERAN CHURCH
McIntosh
Rev. John Anderson, Pastor

Wed. Jan. 18: 3:30pm Confirmation

Sun. Jan. 22: 8:45am Worship Service; 10:00am Annual Voter's Meeting

Wed. Jan 26: 3:30pm Confirmation

Sun. Jan. 29: 8:45am Worship Service

Holy Communion 1st and 3rd Sundays

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THE WINGER ENTERPRISE

Wednesday, January 18, 2017

Winger News

Linda Pulskamp

From Bun Manor:

Steve, Lorri, Brian and Elizabeth Massmann spent the weekend at Matthew's house in Detroit Lakes. The occasion was to celebrate a belated family Christmas. Due to work conflicts everyone was finally able to get together. While there they were able to FaceTime with Evan, Nikki and grandson Harrison while he opened up presents. Harrison really enjoyed his New Holland toy tractor the most. Afterwards a delicious dinner featuring a standing pork tenderloin which was smoked and prepared by Matthew with everyone else preparing one of the courses. Very enjoyable weekend spent with family.

Gary and Jill Sonstelie went to Florida for New Years. They spent New Year's Eve which is also Gary's birthday on Miami Beach with Scott and Darla Willoughby and their family. They attended a concert on Miami Beach that included Pitbull, Queen Latifah and Snoop Dogg. At midnight there was a excellent firework show. When they were leaving they paid their drink bill which came to over three hundred dollars. That turned out to be forty five bucks a cocktail. January 1st, they went on a 2 day cruise to the Bahamas and enjoyed great entertainment as well as weather!! Their son Kyle and daughter Kara flew down to join them and they spent time at Universal Studios and Citywalk. They spent the last day of vacation relaxing on Cocoa Beach before heading back to the cold!!

Homeowners can take federal tax credit for energy efficiency work

The bad news: The federal Residential Energy Efficiency Tax Credit expired on Dec. 31, 2016.

The good news: You can claim a tax credit of up to $500 for qualified systems or equipment installed during the past year.

The Residential Energy Efficiency Tax Credit, which expired at the end of 2014, was renewed by Congress on Dec. 18, 2015.

The credit was made retroactive to Jan. 1, 2015, so taxpayers could take the credit for equipment installed in 2015 or 2016.

The credit applies to energy efficiency improvements in the building envelope of existing homes and for the purchase of high-efficiency heating, cooling and water-heating equipment. Efficiency improvements or equipment must serve a dwelling in the United States that is owned and used by the taxpayer as a primary residence.

As in previous years, the maximum tax credit for all improvements made from 2011-2016 is $500.

If a taxpayer has already claimed a tax credit of $500 for purchases made in any previous year, they are ineligible for additional tax credits on new purchases.

Examples of what products/systems may qualify and the tax credit amounts:

- Insulation materials and systems designed to reduce a home's heat loss or gain: 10% of the cost (not including installation cost), up to $500
- Natural gas, propane, or oil furnace or hot water boiler with an annual fuel utilization rate of 95 or greater: $150
- Electric heat pump water heater with an energy factor of at least 2.0: $300
- Central air conditioner which achieves the highest efficiency tier established by the Consortium for Energy Efficiency: $300
- Exterior doors and windows (including skylights). Equipment must meet version 6.0 ENERGY STAR program requirements: 10% of cost (not including installation costs), up to $200 for windows and skylights; up to $500 for doors.

The Database of State Incentives for Renewables and Efficiency (www.dsireusa.org) offers details about the Residential Energy Efficiency Tax Credit, including instructions for IRS Tax Form 5695 and the form itself, which you will need to fill out to take the credit. Consult your tax professional with questions.

Also, check www.dsireusa.org to learn of utility rebates for high efficiency equipment.

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

FSA expands Bridges to Opportunity

The U.S. Department of Agriculture's (USDA) Farm Service Agency (FSA) today announced the expansion of a unique service for farmers and ranchers.

FSA's Bridges to Opportunity program provides a one-stop-shop that connects producers with resources, programs and educational services offered across the department, as well as from other USDA partner organizations. Bridges to Opportunity, which currently provides enhanced customer support to more than 150,000 customers in 20 states, will expand to serve customers across the country before the end of the month using fiscal year 2016 funds.

"By partnering with numerous local, state, regional and national agricultural organizations, FSA employees now can provide farmers and ranchers with comprehensive information about resources, grants, courses, events and activities provided throughout USDA and from external partner organizations," said FSA Administrator Val Dolcini.

"Bridges to Opportunity is another example of how USDA is working to reconnect people to their government and provide enhanced services to farmers and ranchers, who, in turn, provide our nation and the world with safe, affordable and reliable food, fuel and fiber."

FSA's presence in over 2,100 county offices, in nearly every rural county, puts the agency in a unique position to partner with non-governmental organizations to reach thousands of agricultural producers who can benefit from the programs and services.

Bridges to Opportunity allows FSA employees to search and obtain a list of all local, state, regional and national organizations that may be able assist local producers with their specific need.

For example, FSA's Houston County office in Texas partnered with many agricultural organizations to serve producers affected by severe drought.

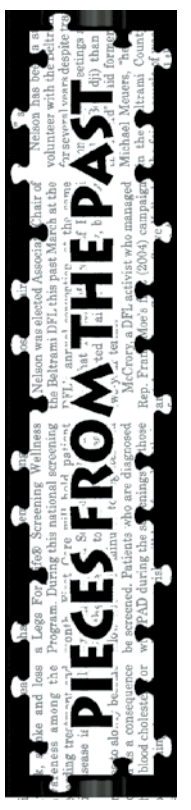
Bridges to Opportunity was developed by FSA to provide producers with a more comprehensive customer service experience by connecting them with other USDA agencies and nonfederal partners. Through Bridges to Opportunity, FSA county office employees have the tools to connect farmers, ranchers and anyone interested in agriculture with customized expertise on topics ranging including organic production, beginning farmer resources, integrated pest management, disaster assistance, conservation practices, agricultural educational courses, loans, grants and other financial assistance that can start, grow or benefit farming and ranching operations.

"Bridges to Opportunity embodies FSA's modernized approach to customer service. By providing a broader array of resources than FSA or USDA alone, FSA is bringing farmers and ranchers one step closer to achieving their version of the American Dream," said Dolcini.

For more information about Bridges to Opportunity, please contact your local FSA county office.

To locate your FSA county office, please see https://offices.usda.gov.

50 years ago...1967: Fits like a glove: Harris Bartz and Craig Burslie help Milton Yergens (center) check the fit of his new uniform while Lauren Lindseth (left) beams his approval.

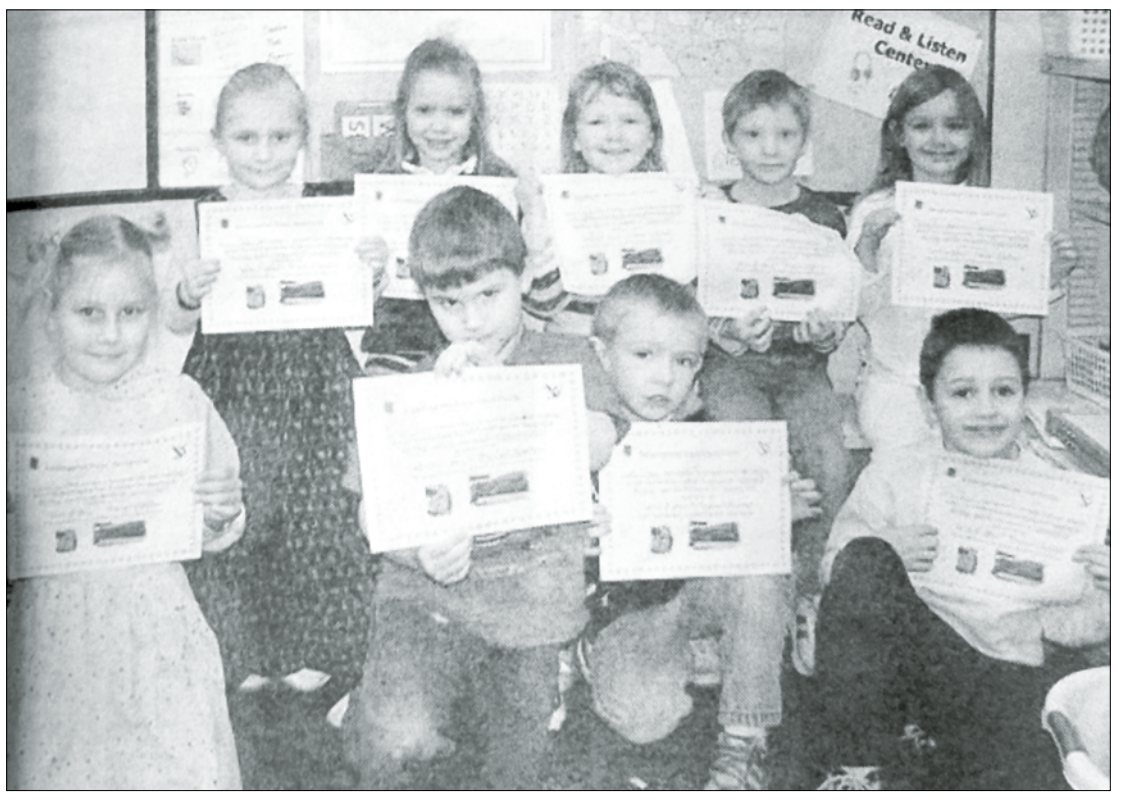


PIECES FROM THE PAST

40 years ago...1977: Basketball coaches who are behind the winning Scots are as follows: Russ Horacek, Elementary basketball coach; Mic Evenson, B-team and Jr. High coach; and Lloyd Carlson, Varsity Basketball Coach. "It helps to have coaches who are willing to put forth their time to help the program," compliments Coach Carlson, "that is one reason why we can compete with the larger schools."

30 years ago...1987: Elmyrna Kaupang, Joyce Balstad and Bernadine Helgaas (on right) of the Winger Lioness Club presented a tympanometer to the Win-E-Mac School. Accepting the machine is Dr. Langen, Superintendent, Bob Benson, Chairman of the School Board, and Susan Lee, Speech Clinician for the Win-E-Mac and Oklee Schools.

20 years ago...1997: This year's top losers at the 9 & 3 Coffee Club were named and "honored" at an evening gathering of the weekday coffee group. The top three coffee purchasers included (L-R) Ron Strom in third place with 386 cups of coffee purchased, Overall winner, Paul Anderson with 543 cups to his credit, in second place, Merle Schow, with 490 cups. (Let's see, 534 cups at 60 cents each is $320.40 for the first place "winner"?)



10 years ago...2007: (Left photo): WEM's M-W Kindergarten group logged a total of 3,848 minutes of reading and writing at home in January to earn a pizza at the WEM Travel Center. Back: (L-R) Anfissa Shandrin, Kylie Brekke, Hannah Weady, Savannah Stennes, Makenzie Reep; Front: (L-R) Felisata Egoroff, Tanner Graff, Garret Erickson, and Joey Revier. (Above photo): WEM's T-Th Kindergarten group logged a total of 4,267 minutes of reading and writing at home in January to earn a pizza at the WEM Travel Center. Back: (L-R) Mariah McKeever, Madyson Plante, Preston Yarbro, Julianna Kutsev; Front (L-R) Clavdia Anfilofieff, Tapanga Bratager, Dale Besser.

Random Things and Stuff

It Doesn't Make Sense

By: Emily Lynne

There are some things to me that seem rather ironic. That we are all guilty of doing, but really don't make any sense. In this article, I am going to point out a few of these things that, to me, make no sense for us to do, but are quite normalize in our society to say/do.

The first thing that comes to mind that does not really make sense to me, is when you are at the dentist and they are cleaning your teeth, but at the same time having a conversation with you. It isn't so much that they are talking to you, because that really beats waiting in silence, but that when they ask you questions, you really can't answer. Your mouth is full of tools to clean your teeth, you are trying to keep from putting your tongue in places the hygienist is trying to clean, and then you get asked these questions that you really cannot answer at the moment.

The second thing that comes to mind is when you are in a specific store, let's say a shoe store or a grocery store, and someone comes up to you and asks what you are shopping for. If I am in a shoe store, it isn't like I am going to say, "Oh, I am just shopping for food". No, you are in a shoe store, so it is safe to guess you are shopping for shoes. Now if the question is, "What can I help you find?" or "What type of items are you looking for?" that's a whole different story. These questions tend to make sense for the situation.

Lastly, what about when you go to the eye doctor and you need to get new eyeglasses. For those, like me, who cannot see past the tip of our noses without glasses, this can be a problem. How are we supposed to try on new glasses and know what we look like, if we can't see without our prescription glasses? Because of this, I have chosen to bring someone with me every time I go to the eye doctor in case I do have to get new glasses. I have also contemplated taken a picture of myself with the glasses in question, and putting my old ones on to look at the picture and decide how I look.

These were not meant to make fun of any profession, just to get ourselves thinking about why we do some of the actions that we do, or sayings that we say quite often that taken literally, do not make sense.

On Tuesday, January 10, 2017, the Win-E-Mac Student Achievement Committee hosted the Students of the Quarter Breakfast for Second Quarter at Win-E-Mac School in the FACS room. The Students were selected by various departments in the secondary school for overall performance and leadership in the classroom. Following a wonderful pancake and fruit breakfast, the students were introduced by nominating staff members and received certificates and gifts for their great work! The students selected for the second quarter are: Front Row (L to R) Breanna Carroll, Tyra Wilson, Alina Basargin. Back Row (L to R) Mackenzie Fuller, Elly Lindberg, Hannah Smeby, Cole Shaver. Congratulations!

WEM School Announcements

Win-E-Mac Playground Fundraising Fun Night!

Come out and support the playground on Saturday, February 11 at the Erskine Community Center. Social hour starting at 5pm and dinner served at 6pm. Tickets are available at the school office or by contacting a member of the playground committee. Cost is $30 for the meal, beverage and a chance to win one of 6 grand prizes. Only 200 tickets will be sold so get yours today! There will also be many chances to win many different items throughout the night. Silent auction baskets, meat raffle and other mini games will be taking place. You only need a ticket if you plan on eating, otherwise you may also just come out for the games and raffle items! We look forward to a fun evening out to support a great cause! Must be 18 years or older. See you there!

Come support the WEM Playground with our BBQ Pork Sandwich meal on Friday, January 27th from 5-7 pm. There are both Girls and Boys basketball games at WEM School that night. Dinner will include a BBQ Pork Sandwich, Chips and Lemonade for only $5. All proceeds will go towards the new playground that will be built summer of 2017. Thank you and hope to see you there!

Students interested in clay target league this spring, please sign up in the office. Students in grades 6-12 can participate as long they have their firearms safety completed.

There will be a clay target league meeting for students interested on Wednesday, January 18th during homeroom.

Achieve perfect pictures with tips from a pro

Photographs are the way many people document life's special occasions, milestones and even the daily moments that are worth saving and sharing. Nowadays, it's easy to take photos for granted since digital technology has made taking photos simpler than ever before.

The U.S. Library of Congress says that the oldest known photograph in the world was taken by French inventor Joseph Nicephore Niepce in 1825. The photo depicts a man leading a horse. Niepce's heliographs, or sun prints, were the prototype for the modern photograph.

Although people have been taking photographs for nearly 200 years, some people still struggle to perfect their style and execution. Professional photographer Laura Kyle Bruen, of Laura Bruen Photography, works across New York, New Jersey and Pennsylvania and shares her expert tips for creating visual photo perfection.

Photo taker: My camera has automated settings, but I'm interested in having more control over my photos. What are some things I need to know?

Laura: Step one would be learning the three elements of creating a correct exposure. This involves finding the balance between: ISO, shutter speed and aperture setting. ISO is the measure of a digital camera's sensor's sensitivity to light. Aperture is the size of the opening in the lens, which allows light to enter. It also controls your depth of field (how in-focus or out of focus the background is behind your subject). Shutter Speed is the amount of time the shutter open and closes.

The most important thing to remember is once you change one of these settings it will directly affect the others. I highly recommend Bryan Peterson's book, "Understanding Exposure," to learn about the balance of these settings and how it affects your images overall. Once you learn the rules of creating a correct exposure balancing these three settings, you can learn how to break them when deemed creatively desirable.

PT: My photos seem great at first glance, but then I see something in the background that ruins the overall look. How do I remedy this?

L: While the subject, not the background, should be your main focus, it makes sense to evaluate your surroundings when composing a shot, as an ugly background may distract from the subject. Training your eye begins with looking through the viewfinder and making some conscious decisions. A good method of doing this is to mentally divide your frame into nine equal parts. Evaluate your frame: Does that large box of tissues need to be in the background? Are there any large obstructions, garbage cans? Is the light behind you? See any objects with clashing colors to your subject or other undesirables? If so, recompose your shot. Make it a habit to perform this exercise and when your eye is trained, you will compose images before you even put your eye up to the viewfinder.

PT: How do I get my subjects to pay attention ... especially children?

L: In addition to knowing your camera and the basics of photography, depending on your subject matter you will either play director or documentary still photographer. If you're working with an adult in a portrait, engage him or her in conversation to relax the atmosphere. Getting your subjects relaxed results in great images. With children, life is silly -- I'll do anything to get the shot -- dance, hop around making silly faces, even mount things on my cameras to get a rise out of small children. Do not force your subjects to do things they are not comfortable doing or do not want to do. Keep it light, fun and comfortable.

PT: How do I know when to use the flash?

L: The correct answer to this question depends on the current lighting situation. In every environment you have to analyze whether or not flash is necessary to achieve your desired outcome. As you progress/advance you'll learn techniques where you can add supplemental light to existing light. Some of today's best consumer digital cameras have very high ISO ratings that allow the photographer to shoot with relatively low light. On-camera flashes can be harsh.

If you need to use your pop-up flash, I highly recommend purchasing a pop-up diffuser. It is a solid investment as it softens the light and subjects won't have that deer-in-headlights look.

PT: Everyone has had a horror story with a photo that makes them look awful. I want my subjects to look their best. Are there any tips for achieving this?

L: We can all use posing tips! Direct your subject to bend his or her elbows and lift arms slightly away from the body to avoid flat arms against the body -- which is not flattering. Shoot from above if your subject has a full face to eliminate any double chins. Make sure everyone is standing up straight! Have subjects cross one leg in front of the other to slim the thighs. Rotate the upper body of the subject slightly at the waist (slight twist) to slim the waistline. Tell subjects to relax their faces and to smile with their eyes -- it works! I also tell my clients to get a good night's rest the night before a shoot. They arrive well rested and fresh faced, and it's amazing what a good night's sleep can do!

PT: Are there times when portraits or other shots are better left to an expert?

L: A professional photographer would be best documenting major milestones in life, such as a newly born baby, first birthday, communion, or wedding or for commercial purposes where a professional shot will sell you, your product, or your service.

Learning photo basics is the first step in taking beautiful photos. Then photographers can experiment to achieve the photos they desire.

Laura is a member of Professional Photographers of America (PPA) and Wedding & Portrait Photographers International (WPPI), as well as the National Association for Professional Women (NAPW). She regularly blogs about her creative life interests on her official blog, shoot-scoop.com

Register snowmobiles to keep MN trails well marked and maintained

Minnesota snowmobilers can help protect and preserve their sport by registering their snowmobiles.The revenue from snowmobile registration helps funds local clubs that maintain and groom state trails.

The Department of Natural Resources and the Minnesota United Snowmobilers Association (MNUSA) are working together to encourage snowmobilers across the state to start the season out right by registering before they ride.

The state of Minnesota requires current registration on snowmobiles. A snowmobile may be registered for trail or nontrail use and is good for three years.

"Before hitting the trail this season take the time to verify that your registration is current," said Bruce Lawrence, a DNR conservation officer. "Ensure your snowmobile is in good operating order, review safety training, and check local trail maps for any route changes or new trails."

Minnesota has more than 22,000 miles of groomed snowmobile trails, with more than 21,000 miles maintained by local snowmobile club volunteers. Snowmobile trail maintenance costs are partially funded through snowmobile registrations.

"Registering your snowmobile is important because it provides valuable funding to clubs throughout the state of Minnesota so they can groom and maintain the trails ensuring that you have a fun and safe place to ride your sled," said MNUSA member Andy Swanson. Donations and volunteer work by snowmobile clubs make up part of the cost and effort it takes to operate Minnesota trails.

Options for registering snowmobiles can be found at www.dnr.state.mn.us/snowmobiling/index.html.

Learn how to join a club near you by visiting the MNUSA website: www.mnsnowmobiler.org/.

How to Spot Malicious Emails

Consumer Column: From the Office of Attorney General Lori Swanson

Spammers send out billions of spam messages every day. These messages often get flagged by spam filters, and many users routinely discard these annoying messages on a regular basis. Malicious emails can still get by even the most advanced spam filter systems, however. It is these malicious emails that you should be concerned about.

Malicious emails are one way that hackers try to get access to your private information. If you receive a spam email, you should delete it immediately – do not open any attachments or click any links. It only takes one wrong click, and hackers can gain access to your entire computer. The tips below will help you better protect yourself when using email.

Phishing emails are one type of email scam. Phishing emails appear to come from legitimate sources and aim to get you to download a malicious file, click a malicious link, or provide your personal information. These messages often use alarming, outrageous, or tempting language designed to get you to respond quickly without thinking.

Tips to Avoid Malicious Emails:

Check Email Sender

Scammers often send emails from email addresses that appear to be legitimate. Spammers sometimes create email addresses where numbers have been substituted for letters (for example, "irs-service@IRS.GOV" compared to "irs-service@IRS.G0V", where the letter "O" has been substituted with the number zero "0"). You should always review the sender email address to ensure it is valid. In the example above, you should never expect to receive email notifications from the Internal Revenue Service about tax refunds. Pay close attention to messages that come from unknown senders.

Review Hyperlinks

Hyperlinks or links allow users to click and navigate to specific websites. There are two parts to a link – (1) what is displayed and (2) where the link actually takes you. Spammers often make links appear legitimate. But the links can take you to malicious websites. To avoid accessing a malicious site, know where the link will take you before clicking. To do this, move your mouse over the link. Your screen will show you where the link will actually take you when you click it. Use caution with links that contain numbers, misspellings, or odd text. For example, the link "www.website.com/1482197/pl2mia8hw573nzzbv71i-0f29y3uxj9.zip" points to a file that contains malware. When in doubt, perform your own search, or contact the company directly, instead of clicking the link.

Look for Grammar and Spelling Errors

Spammers are getting smarter when crafting malicious emails. But many messages are still riddled with grammar and spelling mistakes. Read the subject line and first few sentences of the email to determine if the email uses broken language or text not related to the purpose of the email. Here is an example of misspellings in a real malicious email: "Confrm your e-mail by filling out your Login Infromation below or your account will be suspended within 24 hours for security reasons." Other examples of messages with broken language include "Verify your account now to avoid it closed!!!" and "Warning!!! Account owner that refuses to update his/her account after two weeks of receiving this warning will lose his or her account permanently." You should delete these messages immediately and avoid clicking links and downloading files that are attached to them.

Enable Two-Factor Authentication

Usernames and passwords are hacked every day and sold in underground cyber markets. To strengthen your accounts, you should enable two-factor authentication for all your financial and email accounts. In addition to your username and password, you will also be required to provide a PIN, which is typically valid for one minute. This added layer helps protect your account in the event your username and password are stolen by hackers. This is not enabled by default on your accounts. Most companies allow you to enable this feature through your account settings. If not, contact the company directly to determine if PIN number authentication is available.

Flu...

Continued from page 2....

more people who are vaccinated, the more protection we'll have in the community to slow or stop the spread, especially to those at high risk for complications from flu."

Flu can be a serious, life-threatening illness, even for otherwise healthy people. CDC data show that about half of children hospitalized with flu over the last several years did not have an underlying medical condition.

Parents who got the nasal spray vaccine for their child in the past should get them a flu shot this year. The nasal spray vaccine is not recommended this year because it was found to not be effective at preventing flu over the three previous flu seasons.

"We know people may be disappointed that they have to get a shot, but the shot is the recommended option this year," said Ehresmann. "The small poke is far better than being sick with flu and missing days or weeks of school, work or other activities."

The main flu strain circulating this season is influenza A (H3N2). Adults 65 and older are usually affected more in seasons where H3N2 is the dominant strain. People in this age group may feel young and healthy, but as we age our immune system has a harder time fighting off the flu. That's why getting a flu vaccine is really important for this age group.

Pregnant women and people with chronic medical conditions are also at high risk for complications from flu and should get vaccinated.

Ehresmann noted that this year's flu vaccine appears to be a good match for the viruses circulating.

You can find a flu vaccine clinic near you at mdhflu.com (select "Vaccine Clinic Look-Up"). Flu vaccine also may be given at other locations and times not listed. Check with your doctor's office, regular walk-in clinic or pharmacy about getting vaccinated against the flu.

Flu vaccines are covered by most insurance plans as a requirement of the Affordable Care Act.

However, it is a good idea to call ahead if you have switched plans or are unsure of your coverage.

If you don't have insurance, the Minnesota Vaccines for Children program and the Uninsured and Underinsured Adult Vaccine program provide free or low-cost vaccines.

The symptoms of flu, which tend to come on suddenly, can include a sore throat, coughing, fever, headache, muscle aches and fatigue.

For more information on flu and flu vaccine, visit mdhflu.com.