

\$1.00

McINTOSH

Hub of the Thirteen Townships

Since 1888

McIntosh, Minnesota

Times

Fun in the Snow!

Found in a lot of motorcycle parts that Steve Faldet and Larry Hedlund bought a while back was a kit from the late 1960's to make a snow-cycle named The Shrew. Originally manufactured by Nepelo, Inc. the duo found the makings of the kit and decided to put it together.

Using a Honda motorcycle that Steve has bought they began to convert it to the Shrew Snow Cycle. Finishing up last winter, they weren't able to have much fun with it, but as the snow fell this year, Steve and Larry were happy to take out the Shrew for a few spins.

The Shrew Snow Cycle was marketed by Nepelo, Inc. located in Garfield, Washington as a kit to convert a trail bike to a Snow-Cycle or All-Terrain Vehicle for a whopping \$49.95 from the factory. You received a complete traction kit and ski to convert your 90cc and over trail bike to a snow machine. Better yet, all the company needed was \$25 for a deposit and the balance was C.O.D.

The Shrew was advertised for excitement, thrills and relaxation of trail riding and could be enjoyed with the ruggedly build, mount under a favorite bike with dependability

and power.

Larry and Steve took the snow cycle to the Bagley Snowmobile Show and won a third place trophy as well. Having fun and building something unique was the goal and these two sure did accomplish that.

CONVERT YOUR TRAIL BIKE to a SNOW-CYCLE or All-Terrain Vehicle



SHREW
\$49.95 FOR FACTORY

COMPLETE TRACTION UNIT AND SKI

- Convert your Trail Bike (90cc and over) to a snow machine.
- Design your own Dune-Buggy or Snow Mobile
- Ski & Front strut furnished with each track
- 1/2" Rubber belt track 161/2x42" with steel cleats
- Shipping weight 245 lbs.
- Send \$25 deposit and balance C.O.D.
- Specification drawings available \$3.00

NEPELO, Inc. GARFIELD, WA. 99120

Advertisement from a magazine for the Shrew.



Steve Faldet has some fun out in the snow on the snow-cycle that he and Larry Hedlund put together last winter.



Steve Faldet and Larry Hedlund with their Shrew Snow-Cycle and the trophy they won at a recent snowmobile show in Bagley.

Due to the storms and cancellation of school at Win-E-Mac for a couple of days there will be make up days, which will be April 17th, 2017 and May 30, 2017.



New Extension Educator: Eli Gindele

Greetings!

Growing up in central Minnesota, St. Michael, I have constantly had a passion for growing crops. Starting as a young boy I took over our huge family vegetable garden and flower beds. I transferred my skills into the 4-H program. There, I would enjoy county fairs showing my produce and animals we raised at home. I held club office positions and represented my county as an ambassador. Taking that passion into starting a career, I found the Crop Science program at University of Wisconsin-River Falls just east of the twin cities. Three and a half years later in December of 2015, I graduated from University of Wisconsin-River Falls with a B.S. in Crop Science. During my undergrad, I had exposure to multiple horticulture courses as well.

Previously, I have been employed under University of Wisconsin-Madison in the Soil Science Department. This Soil Science Department is highly regarded for the excellence in research findings. I assisted with cover crop research in corn silage production systems evaluating using injected manure applications with cereal cover crops. This research was conducted with on-farm trials and at current research stations across Wisconsin. Also I have been involved in the Plant Pathology Department with Professor Dr. Erin Silva. She is a leader in sustainable, organic production systems in the country. I had the opportunity to be a research gardener with all duties to maintain plots from the Northern Organic Vegetable Improvement Collaborative vegetable trials. Plots were evaluated for disease resistance/ quality of harvestable fruits. In the past, I have also had two internships during my undergrad pest and crop scouting large acres of potato, corn, soybeans, forage and specialty crops. These two internships reinforced my courses learned in integrated pest management and



Eli Gindele

entomology.

During the next few months I look forward to working with Polk & Clearwater County's agricultural producers and communities. I hope to facilitate bringing needed cover crop information into crop production rotations. I would like to work with beef producers on their grazing systems especially and how they integrate with buffer and conservation programs. As a team player, I am also willing to work with local organizations, volunteers and groups to accomplish these impactful programs. As an Extension Educator, I look forward to pulling together the resources, ideas and people to get these started! This is an exciting time for me to learn more and stretch my capabilities for the welfare of Polk & Clearwater Counties. I'm willing to find the answers to any questions that relate Agriculture, Horticulture and Natural resources with University of Minnesota backed research. As an Extension Educator I will take questions from producers, home owners & community members. So far I plan to be in McIntosh office Monday & Wednesday office: 218-563-2465. In Bagley, Tuesdays office: 218-694-6151. With the part-time nature of this position and possibility of field work please call ahead of time for availability. Out of the offices my work cell is 218-280-1129, email me egindele@umn.edu.



The eldest blood donor during the 2017 Ladies VFW Auxiliary Blook Drive in McIntosh held on January, 17th was Lloyd Schleicher. Thanks Lloyd!



Mary Lerfald gets "hooked up" for her blood donation during the blood drive in McIntosh last Tuesday at the Community Center.



Giving blood during the VFW Auxiliary blood drive in McIntosh was Clyde Kringle.



Courtney Maruska gives blood in McIntosh last Tuesday during the Annual VFW Auxiliary Blood Drive.



Jered Agnes takes time from work and gave blood during the blood drive in McIntosh last Tuesday morning.



With a smile on her face, Lila Lucken makes sure she gives blood as often as she can.



Charles Svalen takes time to give blood last Tuesday during the Blood Drive in McIntosh.



United Blood Services

Find the hero in you.



Community Calendar

- 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
- Wed. Feb. 1:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Feb. 2:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Feb. 3:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Feb. 6:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tues. Feb. 7:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm



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 PM in the Arts and Events Center.

The six schools participating will be Bagley, Clearbrook-Govick, 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.

Governor Dayton signs agreement with USDA to protect and improve water quality in MN

Landmark agreement will provide direct funding to Minnesota farmers, while working to protect and improve waters across 60,000 acres in 54 Minnesota counties.

Governor Mark Dayton today signed an agreement with the United States Department of Agriculture (USDA), securing \$350 million in federal funding to protect and improve waters in 60,000 acres across 54 Minnesota counties. The new state-federal effort, the Minnesota Conservation Reserve Enhancement Program (CREP), will target areas of southern and western Minnesota facing significant water quality challenges, to protect and improve our natural resources for future generations.

“Minnesota is at a critical juncture in addressing our state’s serious water quality challenges,” said Governor Mark Dayton. “Through this landmark agreement, Minnesota will be better able to protect and improve our waters for our families, natural habitat, and our future. Clean water is everyone’s challenge, and everyone’s responsibility.”

Through the Minnesota CREP, farmers and agricultural landowners can voluntarily enroll land in the Conservation Reserve Program (CRP) and Reinvest in Minnesota (RIM) Reserve easement program to create buffers, restore wetlands, and protect wellheads for drinking water. Farmers and other landowners who voluntarily participate in the program will be eligible for \$350 million in federal funds for direct payments to farmers.

“This landmark agreement

will protect Minnesota’s most sensitive natural resources for future generations to enjoy and ensure our farm families are compensated for their conservation efforts,” said Lt. Governor Tina Smith. “I thank Secretary Vilsack and the U.S. Department of Agriculture for working with us to establish this partnership.”

The Minnesota CREP will invest a total of \$500 million in Greater Minnesota. To leverage the full \$350 million in federal funds, the state of Minnesota must commit \$150 million, of which \$54.8 million has already been appropriated in past legislative sessions. Governor Dayton and Lt. Governor Smith have included \$30 million for CREP in their 2017 Jobs Bill. Additional funds will be recommended through the Clean Water Fund, the Legislative-Citizens Commission on Minnesota Resources, and the Lessard-Sams Outdoor Heritage Council.

The Minnesota CREP is a five-agency effort, led by the Minnesota Board of Water and Soil Resources (BWSR) and including the Minnesota Department of Agriculture, Minnesota Department of Health, Minnesota Pollution Control Agency, and Minnesota Department of Natural Resources. The project will be completed in partnership with USDA – Farm Service Agency.

The agreement has the support of nearly 70 organizations and agencies in Minnesota including Pheasants Forever, Audobon Minnesota, Minnesota Rural Water Association, and the Minnesota Association of Soil & Water Conservation

Districts. To see a complete lists of organizations supporting Minnesota CREP click here.

Addressing Minnesota’s Clean Water Challenges

Despite the state’s abundance of lakes, rivers, ground-water and streams, more than 40 percent of Minnesota’s waters are currently listed as impaired or polluted. And damaging aquatic invasive species have infested more than 550 lakes statewide.

The water treatment plants and clean drinking water systems that make Minnesotans’ water safe to drink, cook with, and bathe in, are also in serious disrepair. Some communities still rely on wooden pipes, installed more than 100 years ago, for their drinking water. In fact, Minnesota is \$11 billion behind in just maintaining our aging water treatment and delivery systems over the next 20 years. And initial testing indicates that 60 percent of the wells in Central Minnesota may not provide safe drinking water. That’s why Governor Dayton and Lt. Governor Smith have included \$167 million in their 2017 Jobs Bill to repair and improve water treatment infrastructure across Greater Minnesota.

Governor Dayton has declared a “Year of Water Action” urging all Minnesotans to rethink water usage in daily life, make informed consumer choices, and talk to others about clean water protection and preservation. The Governor and Lt. Governor will host a Town Hall Water Summit at the University of Minnesota, Morris on January 27, 2017

Bridal Shower
for
Brook Johnson
Bride-to-be of Mark Simonson

Saturday, January 28
@ 4:00pm

The Club Bar & Grill
McIntosh

Bachelorette party to follow

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 your 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 of 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

Arts Grant Apps by Feb. 1st

Arts Legacy grants of up to \$10,000.00, Arts Project grants Arts Equipment for Schools grants and all have a February 01, 2017 deadline.

Grant money is available from the Northwest Minnesota Arts Council. Grants are awarded to nonprofit arts organizations, communities, schools, individuals and other nonprofit organizations.

Individual adult artists can apply for an Arts Legacy Grant of up to \$10,000 if their project has a very strong community focus. Performing artists, visual artists, media artists, creative writing artists are all welcome to apply.

To learn more www.NorthwestMinnesotaArtsCouncil.org.

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.

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.

Our Savior’s Men’s Dinner

On Sunday, February 5th from 12:00 pm - 2:00 pm; Serving: Chili, hot dogs & dessert; Cost: Adults-\$8.00 and 12 and under \$5.00

The Our Savior’s quilters will also be holding a Quilt Sale.

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.

Ad deadline:
Noon Friday

Polk County 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 in 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

Community
Birthday and
Anniversary
Calendar

Wed. Jan. 25: *Tom & Eileen Hegg
Thurs. Jan. 26: Cindy Ostenaar
Fri. Jan. 27: Aaliyah Jackson, Ella Langemo, Rosie Canniff
Sat. Jan. 28: Shirley Carver, JoAnn Anderson
Sun. Jan. 29: Roman Shultz, Rachell Finseth, Ruth Bartz, *Wes & Debbie Kaupang
Mon. Jan. 30: *Dominic & Kayla Kringlen

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Announcements • Photos • Community Updates

McINTOSH Times

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CHURCH DIRECTORY

ST. MARY’S CHURCH FOSSTON

Fr. John Suvakeen, Pastor
Sun. Jan. 29: 8:00am Confession; 8:30am Mass at St. Mary's Fosston, 10:30am Mass at St. Joseph's, Bagley
Sun. Feb. 5: 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. 29: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Feb. 5: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR’S LUTHERAN CHURCH (ELCA)

McIntosh Supply Pastor
Gordon Syverson
Sun. Jan. 29: 11:15am Worship Service
Sun. Feb. 5: 11:15am Worship Service

GOSEN LUTHERAN CHURCH

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

Wed. Jan. 25: 1:30pm Bible Study at The Country Place.

Sat. Jan. 28: 8:00pm Prayer Meeting

Sun. Jan. 29: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service;

Tues. Jan. 31: 10:00am Sunday Worship service telecast on Garden Valley Cable TV - Channel 2

Wed. Feb. 1: 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. 25: 7:30pm Bible Study; Youth Group 6:30pm
Thurs. Jan. 26: 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

Thurs. Feb. 2: 7:00am Men's Breakfast

Sun. Feb. 5: 9:45am Sunday School; 11:00am Sunday Worship Service

Wed. Feb. 8: 7:30pm Bible Study; Youth Group 6:30pm

Trinity:
Sun. Jan. 29: 9:30am Worship Service; 10:45am Sunday School

Sun. Feb. 5: 9:30am Worship Service; 10:45am Sunday School; 12:00pm Trinity Annual Meeting

VERNES LUTHERAN CHURCH (LCMC)

McIntosh Pastor Jill Torgerson
Sun. Jan. 29: 9am Worship
Sun. Feb. 5: 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. 25: 3:30pm Confirmation

Sun. Jan. 29: 8:45am Worship Service; 10:00am Annual Voter's Meeting

Wed. Feb. 1: 3:30pm Confirmation

Sun. Feb. 5: 8:45am Worship Service

Holy Communion 1st and 3rd Sundays



The hidden benefits of water

Dehydration is a dangerous condition that can cause a host of complications and even prove fatal in severe cases. But as dangerous as dehydration can be, many cases are entirely preventable.

The best way to prevent dehydration is to drink enough water. When the body does not take in as much water as it puts out, it can become dehydrated.

People who live in warm climates or in elevated altitudes may lose more water than those who do not. In addition, water loss is accelerated during strenuous exercise, highlighting the emphasis men and women must place on drinking enough water during their workouts.

But water does more for the body than prevent dehydration. The following are a handful of lesser known ways that water benefits the body.

- Water can help people maintain healthy weights. Dieting fads come and go, but water is a mainstay for people who want to control their caloric intake in an effort to maintain healthy weights. Water has zero calories, so reaching for a bottle or glass of water instead of a soda, lemonade or another caloric beverage can help people keep the pounds off. A study from researchers at the University of Texas Health Science Center found that even diet soda enhances weight gain by as much as 41 percent. In addition, soda has been linked to conditions such as obesity, diabetes and tooth decay. No such association exists with water.

- Water helps to fight fatigue. The fatigue-fighting properties of water are another of its lesser known benefits. When the body is not adequately hydrated, it can experience

muscle soreness. And fitness enthusiasts who do not drink enough water may notice their bodies require extensive recovery time after working out. Each of those consequences can be prevented by drinking enough water, and doing so can even improve performance, as studies have shown that just a 3 percent loss of body weight due to dehydration can cause as much as a 10 percent drop in performance level.

- Water can improve the appearance of the skin. Skin that does not get enough water can turn dry and flaky and feel tight. In addition, dry skin is more likely to wrinkle than adequately hydrated skin. Getting water to the skin can be tricky, as the University of Wisconsin-Madison School of Medicine and Public Health notes that water will reach all the other organs of the body before it reaches the skin. But the school recommends applying a hydrating moisturizer within two minutes of leaving the bath or shower and drinking at least eight glasses of water a day to ensure the skin is getting enough water.

- Water helps the gastrointestinal tract. Water can help maintain normal bowel function. When the body lacks sufficient fluid, the colon will pull water from stools in an effort to stay hydrated. That can lead to constipation, a condition in which people experience difficulty emptying their bowels. By drinking enough water, people can ensure their colon will not have to pull water from stools to stay hydrated, thereby helping them stay regular.

Water helps the body in myriad ways, many of which might surprise people unaware of just how valuable water can be to the body.



Medical Discovery from 1936

According to *The McIntosh Times* article from Thursday, February 13, 1936 a new pain medication was first used in dental work by a local dentist the article reads:

Dr.Vig Now Using New Pain Preventing Fluid

New Discovery to Eliminate Pain In Dental Work Given to World by Columbia Doctor.

Dr. Vig, local dentist, is now using the recently discovered desensitizing fluid in preventing pain to patients when drilling excavations for filling in teeth. The new discovery is a boon to people who find that cavities have started in their teeth and dread the painful sensation caused by necessary drilling to prepare the tooth for filling.

Dr. Hartman, the discoverer of the new fluid, is a professor of Dentistry at

Columbia University. He has worked for twenty years on this pain killer. When it was perfected, he could have made a fortune by commercializing it, but chose instead to give it to the world in order that all people made benefit by it. Thanks to Dr. Hartman, dental patients will find that dental work will not cost any more than it did before.

A big advantage of the discovery is that by its use teeth in which cavities have been permitted to develop too far can be drilled and prepared so feelings can be made. Previously, many teeth had to be pulled because the pain of drilling sufficiently to warrant a good job was more than many patients could stand.

The new fluid does not harm the teeth, according to Dr. Vig. It is applied to the interior of the cavity by the use of a small piece of cotton. The dentine is quickly deadened, but it does not affect the gums nor leave any ill effects.

The new discovery has been enthusiastically hailed by many as a great advancement in dentistry.

Source: The McIntosh Times, February, 13, 1936.

BUSINESS & PROFESSIONAL GUIDE

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Winger News

Linda Pulskamp

Greetings from Winger and the Union Lake areas where we have come out of the deep freeze we were in and have some much more pleasant temperatures. There is still some ice on the black top roads but the gravel roads are still pretty treacherous.

My apologies for no news last week but I was doing what I probably like to do the most, spend the week in Wahpeton with my three granddaughters while Mom and Dad are on vacation. Left here Monday in the snow and sleet and came back on Sunday evening in much more pleasant driving conditions.

Paul Carlson stopped in and visited with Milton Carlson at Milton's home on the 4th of January. That same day Kari Keller brought fresh donuts that she had made to share with all.

Dean Johnson was a visitor on Sunday the 7th at the Puls-kamp home.

Lonnie and Judy Gieseke were visitors and dinner guests with Milton Carlson at Milton's home on Thursday the 5th.

Barry and Kay Malmé of Fargo were visitors on the 7th of January with Verlys Homme at the Pioneer Home. Barry is Verlys's nephew.

Friday afternoon of the 6th Chad Carlson was a visitor and coffee guest at the Milton Carlson home.

In chatting with Martha Henney at the Pioneer Home in Erskine this past week, Martha continues to enjoy the phone calls, letters and visitors she gets.

Last Saturday Paul Carlson was a coffee guest and visitor with Milton Carlson at Milton's home.

Sheldon and Rita Trandem were visitors with Helmer and

Verlys Homme at the Pioneer Home last Thursday afternoon.

Last Tuesday Chris Benesh stopped in at the Milton Carlson home and plowed snow out of Milton's yard and also cleaned off the deck. Later that day Paul and Donna Carlson stopped in at Milton's bringing treats along with.

Last Saturday the 8th of January Marv Engesether of Plummer, Reha Sanstead of Erskine and Butch and Linda Pulskamp visited with Leonard Taylor at the Pallative Center in the VA Hospital in Fargo.

Once again I apologize for missing the news last week and for the next couple of weeks, our little corner of the "Winger News" may again be missing any news as I am gonna be out for surgery. Please let Bunny know if you have some news of interest and as soon as I am back on my feet and there is enough news I will continue.

From Bun Manor:

Last Thursday afternoon, Steve Massmann's brothers Ken and Bob, nephew Brandon, Steve's son Brian and Mark Thompson went up to Lake of the Woods to do some fishing till Friday. There was not a lot of rapid action but, steady enough to keep everyone interested. Everyone was able to take some fish home.

On Sunday evening Steve and Lorri had Carsten and Joanne Zahl over for a meal of fresh Walleye. Everyone enjoyed the meal and lots of good conversation followed.

Saturday evening Aaron and Kathy Iverson took Steve and Lorri Massmann out to eat at the Sportsman on Pine Lake. Kathy had won a gift certificate at the Oklee fireman's ball and she decided to treat the Massmanns.

USDA expands Grasslands Conservation Program

Helping Dairy, Beef and Other Producers Protect Working Grasslands in 43 States

U.S. Department of Agriculture (USDA) Farm Service Agency (FSA) Administrator Val Dolcini today announced that USDA will accept over 300,000 acres in 43 states that were offered by producers during the recent ranking period for the Conservation Reserve Program (CRP) Grasslands enrollment with emphasis placed on small-scale livestock operations. Through the voluntary CRP Grasslands program, grasslands threatened by development or conversion to row crops are maintained as livestock grazing areas, while providing important conservation benefits. Approximately 200,000 of the accepted acres were offered by small-scale livestock operations.

"Producers of all sizes are interested in USDA's Conservation Reserve Program," said Dolcini. "This latest round of CRP Grasslands enrollment, where much of the acreage comes from small-scale livestock operations, shows that our nation's family farmers and ranchers can have a big impact on environmental conservation."

The most recent ranking period closed on Dec. 16, 2016, and included for the first time a CRP Grasslands practice specifically tailored for small-scale livestock grazing operations to encourage broader participation. Under this ranking period and for future periods, small-scale livestock operations with 100 or fewer head of grazing cows (or the equivalent) can submit applications to enroll up to 200 acres of grasslands per farm. Larger operations may still make offers through the normal process. USDA met its goal of 200,000 acres under this small-scale initiative. The new practice for small-scale livestock grazing operations encourages greater diversity geographically and in all types of livestock operations. Visit <http://go.usa.gov/x9PFS> to view the complete list of acres accepted by state.

Participants in CRP Grasslands establish or maintain long-term, resource-conserving grasses and other plant species to control soil erosion, improve water quality and develop wildlife habitat on marginally productive agricultural lands. CRP Grasslands participants can use the land for livestock production (e.g. grazing or pro-

ducing hay), while following their conservation and grazing plans in order to maintain the cover. A goal of CRP Grasslands is to minimize conversion of grasslands either to row crops or to non-agricultural uses. Participants can receive annual payments of up to 75 percent of the grazing value of the land and up to 50 percent of the cost of cover practices like cross-fencing to support rotational grazing or improving pasture cover to benefit pollinators or other wildlife.

USDA selects offers for enrollment based on six ranking factors: (1) current and future use, (2) new farmer/rancher or underserved producer involvement, (3) maximum grassland preservation, (4) vegetative cover, (5) environmental factors, and (6) pollinator habitat. Offers not selected in a ranking period are rolled over into the next ranking period.

Small livestock operations or other farming and ranching operations interested in participating in CRP Grasslands should contact their local FSA office. To find your local FSA office, visit <http://offices.usda.gov>. To learn more about FSA's conservation programs, visit www.fsa.usda.gov/conservation.

House passes premium relief, continued care legislation

Reps. Fabian and Kiel Support Measure in House Vote

On a bipartisan vote of 73-54, the Minnesota House approved the 2017 Health Care Emergency Aid and Access bill (Senate File 1) which provides direct premium relief and preserves access to life-saving and end-of-life care. While lawmakers work toward long-term state and federal health insurance reforms, this legislation institutes immediate consumer-driven improvements that stand alone and will not be impacted by those future changes.

"This bill will help folks in Northwest Minnesota who are struggling to afford skyrocketing premiums, and have limited access to their hometown clinics and pharmacies thanks to Obamacare and MNSure," said Rep. Dan Fabian (R-Roseau). "I am also glad that a provision I authored was amended into the bill that may improve accessibility in our area by providing an appeal



Brad Ingman gives blood during the Annual VFW Ladies Auxiliary Blood Drive held in McIntosh each January.



Giving Blood at the McIntosh Community Center during the Annual Blood Drive last Tuesday is Patty Benson.



Curt Bartz gives blood last Tuesday during the Blood Drive in McIntosh.

process for waivers for local systems like Roseau LifeCare and the Altru Health System."

"Premium relief and health care reforms are a top priority for folks in our area, who are seeing their family budget negatively impacted by out-of-control premiums and high deductibles," said Rep. Deb Kiel (R-Crookston). "While I am frustrated that we are in this mess, our job now is to fix it and Senate File 1 is a great first step. We are working swiftly to get this bill to the governor, and I am hopeful he will sign it into law."

House Republicans' plan offers a 25 percent premium reduction for those Minnesotans who need it most -- individuals who earn between \$35,640 & \$95,040 and families of four who earn between \$72,900 & \$194,400 who live in Minnesota qualify. In addition, it allows for patients with serious illnesses or those receiving end-of-life care to continue seeing their doctor. Lastly, the plan increases affordable options through timely reforms that stand independent of impending federal action.

The bill is expected to enter conference committee where differences between the Senate and House versions will be reconciled.

The origins of Groundhog Day

Every year on February 2nd, people anxiously await the appearance of a medium-sized furry mammal who they believe can predict if winter weather will rage on or if spring will arrive sooner than later. Although it's a rather strange means of prognostication, millions of people celebrate Groundhog Day, a tradition that is older than many people may know.

The first official Groundhog Day took place on February 2, 1887 at Gobbler's Knob in Punxsutawney, Pennsylvania. In the ensuing 130

years, individuals have gathered in Pennsylvania and other areas around the United States to find out if the groundhog will see his shadow. If the groundhog sees his shadow, winter will continue for six more weeks. If the groundhog does not see his shadow, then spring will arrive early.

Although the Groundhog Day of today is relatively new, the concept is actually quite old and dates back to the ancient Christian tradition of Candlemas. Candlemas is a Christian holiday commemorating the presentation of Jesus at the Temple. Candlemas falls on the 40th day of the Christmas/Epiphany period and is one of the oldest feasts of the Christian Church, celebrated since the 4th century in Jerusalem. Around the 14th century in Europe, Candlemas began to overshadow Pagan holidays like Lupercalia (Romans) and Imbolc (Celts). Rather than torches and blessings from goddesses, on Candlemas custom called for members of the clergy to

Origins...

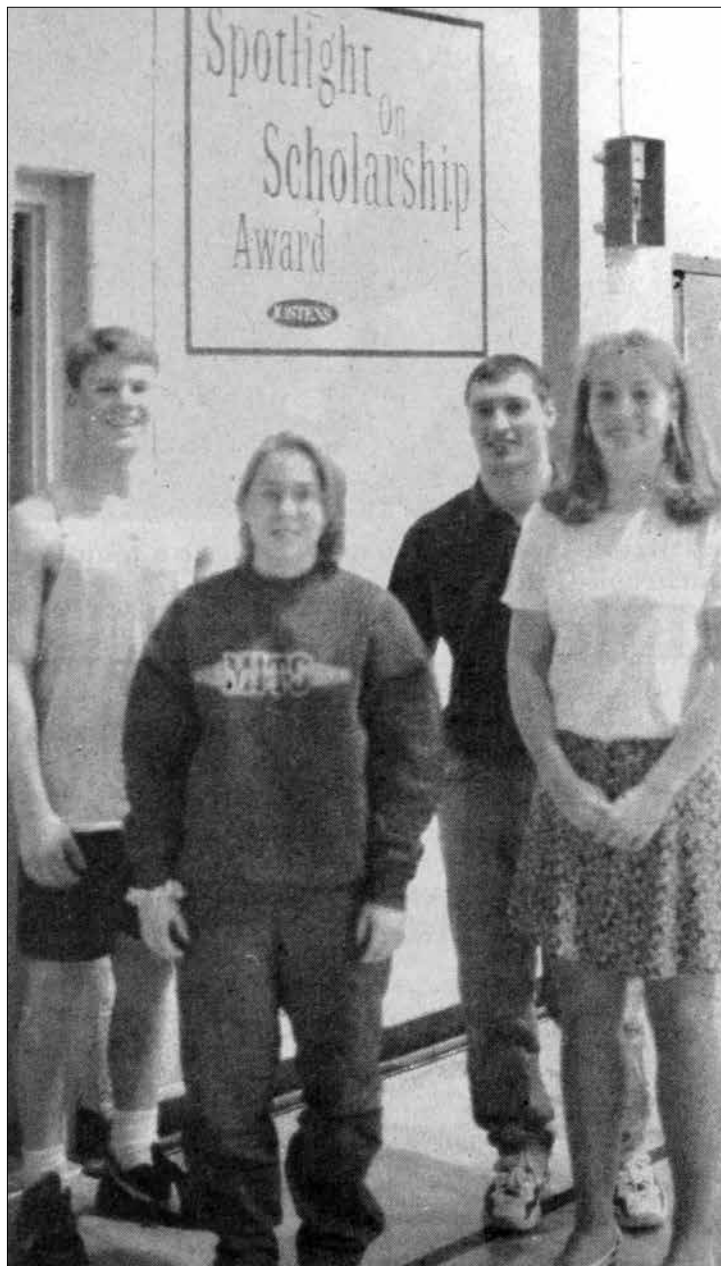
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40 years ago...1977: Mac-Winger School Bus Driver, Henry Bartz of McIntosh, is also the operator of the King Township Snow Plow. He is responsible for grading and plowing in King Township which covers approximately three miles each direction around McIntosh.



30 years ago...1987: The McIntosh-Winger 1st graders are studying good foods from the 4 fooda groups. They have now learned how to make their own butter. (L-R) Jessica Renna and Jessie Wang watch closely as they make butter.



20 years ago...1997: Win-E-Mac students who participate in extra-curricular activities excel in academics too. An average of all students participating in arts and athletics averaged 3.527 last year. Pictured are students picked at random to represent the students: Ryan Benbo, Amanda Langemo, Dan Senn and Nicki Hole.



10 years ago...2007: Congratulations to the following Win-E-Mac science fair winners: (R-L) 9th grade - 1st Brandon Haugen and Eric Parent; 2nd - Sam Christopherson and Angie Thompson; 3rd - Donald Grinolds, Josh Gagner and Levi Lappegaard.

Random Things and Stuff



Affordable Tuition
By: Emily Lynne
One thing that is often on the minds of college students is paying for tuition.

Whether they have to take out loans, apply for more scholarships, or get a job, the tuition needs to be paid in order to get the education and degree you want. Finances tend to be a big stress in many people's lives, and having to come up with tuition twice a year can be an even bigger stress.

One item that has been brought up in many of the political atmospheres is affordable college tuition. Should tuition be free like in other countries? Should we continue to keep tuition where it is at? Should we offer more grants, scholarships, or loan opportunities to students?

As a current college student, tuition is something that di-

rectly affects me.

It is often difficult when there are many family situations that they make too much to receive much for financial aid, but don't make enough to cover the cost of tuition without help. I think there should be a better system in place for individuals who want to pursue a secondary education, and financial circumstances shouldn't hinder if you receive an education or not.

So that free education wouldn't get taken advantage of, I think that there needs to be certain guidelines in place. In my opinion, it would be beneficial to have the tuition hindered on GPA. For example, if you have a GPA higher than a 3.5 your tuition would be totally free. Then between 3.0-3.5 you would receive 75 % of your tuition paid for. For a GPA between 2.5-3.0, you would receive 50% of your tuition paid for. Then for a GPA of 2.0-2.5 you would receive 25% of your tuition paid for you. Anything less than a 2.0 would be all the responsibility of the student. I think that this system would be able to help out more students and really put a strive for college students to do well.

WEM ECFE

**Fun Family Events:
February 2017**

Friday 1/27 Can you build it? YES you CAN! Explore our building, blocks and tool stations! Enjoy a yummy snack and listen to stories! Ages 0-5yrs 10:30am Prek Rm

Friday 2/3 Zoom Zoom! Come out to enjoy our transportation themed stations: firetrucks, tractors, race cars, trains! Ages 0-5 yrs 10:30am Prek Rm

Tuesday 2/7 SPECIAL EVENT! Valentines Night! Bring grandpa and grandma along as special guests, make one of a kind valentines, enjoy a sweet treat, listen to stories, and sing a song! Ages 0-5 6-7pm Prek Rm

Friday 2/10 Little Chefs! Try your hand a "baking" a healthy treat! Pour, Mix, and Bake! Ages 0-5yrs 10:30am Prek Rm

Friday 2/17 Teddy Bear Check-up! Bring your bear to school and explore our healthy "check-up" stations! 0-5yrs 10:30am Prek Rm

Tuesday 2/21 SPECIAL EVENT! Health SMILES! Meet us at the McIntosh Library for healthy snacks and fun dental health activities! Children ages 0- 12 yrs 6pm

Friday 2/24 Five Senses! Look Listen Touch Taste Smell! Explore your 5 senses in our themed classroom stations, listen to a story, and learn a fun song! Ages 0-5yrs 10:30am Prek Rm

WEM Early Childhood Family Education classes are for ages 0-5 yrs old and families. Events are FREE and pre-registration is NOT required unless noted. For more information, contact ECFE Coordinator, Shannon Svalen 218-688-2170, ssvalen@win-e-mac.k12.mn.us, or LIKE us on Facebook: WEM Early Childhood Family Education.

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



Shane Voxland explained some different aspects of photography, light and focus during the first Photography Club meeting.



The 2017 Win-E-Mac School District Spelling Bee was held at 8:45 on Tuesday, January 17th at the Arts & Events Center. Sixteen spellers—four each from fifth through eighth grades—were selected to compete. In the end, Sydney Svalen, a fifth grader, was the champion and will be going on to compete at the Regional Spelling Bee on February 8th at Northland Community and Technical College in Thief River Falls. Taking second and third places, respectively, were Kobe Hamre and Alex Jacobson, both in eighth grade. After 13 rounds, the championship word, which was “avian”, was given. It was the 143rd word on the list. Melanie Nelson, the Spelling Bee pronouncer, commented that it was “the longest bee ever since I’ve been here”. Pictured (L-R) are Alex Jacobson, Sydney Svalen, Kobe Hamre and Melanie Nelson.

Polk County 4-H'er, Katlyn Balstad selected for 2017 4-H Presidential Inauguration Focus

45 youth were selected to represent Minnesota 4-H at the 2017 Presidential Inauguration

Katlyn Balstad, Fosston, MN and a member of the Pine to Prairie 4-H Club was selected as one of 45 youth delegates who represented Minnesota 4-H in the 4-H Citizenship Washington Focus: Presidential Inauguration Jan. 16-21, 2017. The delegates traveled to the National 4-H Youth Conference Center in Washington D.C. to participate in the citizenship program. The Minnesota 4-H'ers joined youth from across the country in learning about the democratic process, exploring the history of the Presidency, examining the role of press in politics, and enhancing their role in citizenship through service and hands-on learning. The selection process to be a Minnesota delegate in the 2017 Presidential Inauguration Focus was a competitive application process.

Participants in the conference:

- Learned the meaning and importance of the democratic process
- Explored the history of the presidency, the election process

WEM Bingo for Books

On Monday, February 6th from 5:30-7pm, the WEM Literacy Committee will be hosting a “Bingo for Books” night at the Win-E-Mac School for grades Pre-K through 6th. Students must be accompanied by an adult. We will be playing bingo, and if you call out BINGO, you will win a book!

Every student will receive a book by the end of the night!

A supper of hotdogs, chips, bars and lemonade will be served starting at 5:30 (and served until 6:00).

cess, and the role of the press

- Discovered the intricacies of the Executive Branch and careers in politics
- Practiced their role in citizenship through service, civic education, and engagement
- Built relationships with 4-H members from across Minnesota and across the country

“Through this experience, we hope to demystify the presidential selection process, think critically about the role of the media, while also building relationships with peers in Minnesota and beyond,” said Jacquie Lonning, Extension 4-H Citizenship & Leadership state program director. “This opportunity will encourage them to think about how they can engage in democratic processes effectively at the local and national levels.”

In Washington D.C., youth participated in workshops and interactive sessions; heard inspiring speakers; visited national memorials, historical sites, and the Smithsonian museums; experienced Inauguration Day events; danced the night away at an inaugural ball dinner and dance cruise; and met youth from across Minnesota and the country.



Katlyn Balstad recently visited Washington D.C. to participate in the 4-H Citizenship Focus held during the Presidential inauguration.



Giving blood last Tuesday during the VFW Auxiliary Blood Drive was Bernie Marshall.



Philip Lee gave blood last week during the blood drive in McIntosh.



Last Tuesday during the Annual Blood drive in McIntosh was Bob Quinlin.



There was a great interest in the Photography Club that met last Wednesday at the McIntosh Community Center. The next meeting will be on February 1, 2017 at 7:00 pm again, at the Community Center. Everyone is welcome to attend.

Coaches Wanted

The Win-E-Mac School District is currently seeking a Head Football Coach and a Head Volleyball Coach. Please send letter of application or contact Aaron Cook: This position will stay open until filled.

Aaron Cook, Activities Director
Win-E-Mac School District #2609
23130 345th St SE
Erskine, MN 56535
218-563-2900
acook@win-e-mac.k12.mn.us
ISD#2609 is an equal opportunity employer. M44-45C

Did you know?

Just like certain exercises, home improvement projects may involve heavy lifting, bending, moving, and stretching. After spending much of the winter indoors and largely sedentary, some homeowners may be tempted to jump into projects with gusto when the warm weather returns. But that can be a recipe for injury that can sideline DIYers for a while.

Instead, homeowners can start slowly and then gradually work longer hours, just as they might do when returning to exercise after some time off. Homeowners can see how their muscles feel after an hour or two while not concentrating on one task for too long. Homeowners who vary the tasks they tackle will use different muscle groups, which can reduce strain and limit injury risk. Whenever possible, opt for ergonomic tools that can reduce users' risk of repetitive stress injuries