



McINTOSH

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Times

Hub of the Thirteen Townships

McIntosh, Minnesota



Cousins with the Winger Lion mascot are Breezy Iverson (daughter to Aaron and Kathy) and her cousin Amelia (daughter to Spike and Sara) Iverson during Breakfast with Santa last weekend at the Winger Community Center.



Santa and Mrs. Claus stopped by McIntosh Senior Living to visit with the residents and staff during their visit to town last Saturday. They are pictured here with Sherman and Pat Tranby.



Christmas in McIntosh this Friday

Mark your calendars for the Christmas Open House held at the First National Bank on Friday, December 15th from 9:00 am to 3:00 pm. There will be all kinds of goodies to try with coffee and cider. King Town Farmers Mutual Insurance will also host their Open House on the same Friday from 9:00 am to 3:00 pm, stop in for special treats and a chance to visit with neighbors and friends.

Join the fun at Neils Quality Meats and Minnesota Rust for their Christmas Open Houses and check out the new location of the McIntosh Heritage and Arts Center and enjoy checking out their collections.

Celebrate the Holidays in McIntosh!



McIntosh blood drive brings in 38 donors

The Henney family hosted the blood drive with United Blood Services on Friday, December 1st at the McIntosh Community Center which helped collect a total of 35 blood units to patients in need.

A total of 38 individuals volunteered to donate blood and 32 individuals were able to donate at the United Blood Services blood drive. A total of three donor's also came forward to donate Power Red Cells (2RBC) which collects two units of red blood cells while returning platelets, plasma and a saline solution back to the donor. One person donated for the first time.

United Blood Services expressed their gratitude to the Henney Family, who coordinated and helped sponsor the drive, in memory of Martha Henney. Others who assisted with the drive were, Dean Henney, Gail (Henney) Johnson, Renee Henney and Terry Johnson.

UBS Strives to keep a 5-day supply of every blood type on the shelf at all times to be able to meet the needs of patients across the region. Donations from O-negative donors, the universal blood type, are especially important this time of year due to the increase accidents and trauma cases.

Even if Elvis' "Blue Christmas" or Johnny Mathis' "Do You Hear What I Hear" reign supreme in your household, it can be interesting to learn about some of the other songs made famous this time of year.

Modern classics

Classic carols may be the first Christmas songs that come to mind. However, less than a quarter century ago a pop singer managed to contribute to the holiday music pantheon. Mariah Carey's "All I Want for Christmas is You," released in 1994, is considered to be the most popular modern Christmas standard. With global sales exceeding 16 million copies, the song is one of Carey's biggest hits.

Sad Origins

"Santa Claus Is Coming to Town," with its warning to children to be nice since Santa is keeping tabs on kids' behavior, has helped children tow the line for decades. Songwriter James "Haven" Gillespie was asked to pen the tune during one of the darker times in his life. Gillespie was jobless and poor and his brother had just passed away - hardly inspiration for a Christmas tune. However, after thinking about the memories he shared



Community Calendar

- Wed. Dec. 13:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Dec. 14:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Dec. 15:** Open House at First National Bank of McIntosh 9:00am to 3:00pm; Open House at King Town Insurance in McIntosh 9:00am to 3:00pm; Open House at Neil's Quality Meats 9:00am to 5:00pm; Open House McIntosh Heritage and Arts Center; McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Dec. 18:** McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tues. Dec. 19:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm
- Wed. Dec. 20:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Dec. 21:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Dec. 22:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Dec. 25:** Merry Christmas

Holiday songs with storied pasts

The holiday season is not complete without music. Holiday hits play in shopping malls, and families often trim the tree to their favorite albums.

Even if Elvis' "Blue Christmas" or Johnny Mathis' "Do You Hear What I Hear" reign supreme in your household, it can be interesting to learn about some of the other songs made famous this time of year.

Bestseller

Even though "Silent Night" is the most recorded Christmas song in history, another tune holds the title of the best-selling holiday standard of all time. "White Christmas" was written in 1942 and reminisces about an old-fashioned Christmas celebration. The version recorded by Bing Crosby has estimated sales in excess of 100 million copies worldwide, according to "The Guinness Book of World Records." There are various accounts as to when and where Irving Berlin wrote the song. Some state he did so at a hotel in Hollywood, while others say it was the Arizona Biltmore. Wherever Berlin happened to be when writing the tune, there's no doubt he was pining for the quintessential white Christmas.

The song was written for the 1942 movie "Holiday Inn," starring Crosby and Fred Astaire. It became an instant classic and remains Crosby's best-selling recording. Some of the most recent versions of the song have been recorded by Pentatonix, Sara McLachlan and Laura Pausini.

Christmas songs remain near and dear to people's hearts, and a few of these beloved songs have interesting back stories



Last Saturday during a visit to McIntosh, Santa and Mrs. Claus were able to enjoy a hayride through the streets of town with Nick Schow driving the wagon and horses which belong to Eli Troyer.



The McIntosh Community Club would like to thank everyone involved in making Santa Claus Day a success! Santa and Mrs Claus, Annie Schow, Susan Lee for providing music, and all the other volunteers that made the day so special for the kids.

We wish everyone a Merry Christmas & Happy New Year!

3rd Annual Rydell/Glacial Ridge Christmas Bird Count

Rydell and Glacial Ridge National Wildlife Refuges (NWR) will be hosting their 3rd Annual Christmas Bird Count on Thursday, December 14th. This event is administered by the National Audubon Society and is the longest running citizen bird project in the U.S. This year marks the 118th year of the Christmas Bird Count.

Counts are held in designated areas throughout the U.S. between December 14th and January 5th each year. Last years, counts were completed in over 2,500 locations, including Canada and Latin America. Over 76,600 people participated in the counts and almost 59 million birds were tallied!

Information from the count provides important information on winter ranges of birds, population trends, and how a changing climate alters winter bird distribution.

Birds observed in the Rydell/Glacial Ridge Count Circle over the past two years have included 46 different species, including northern Shrikes, Bohemian Waxwings, bald eagles, pileated and red-bellied woodpeckers, Harris' sparrows, and Lapland longspurs.

Flu-fighting tips to keep you and others healthy

Sneffles, sore throat, fever, and aches and pains may accompany a number of illnesses, but during the wintertime such symptoms are typically indicative of influenza.

Throughout much of North America, flu season peaks between December and February. But flu season can occur anywhere from October to March, advises the U.S. Centers for Disease Control and Prevention. The flu is contagious and can sideline people for extended periods of time. The CDC says that each year one in five Americans gets the flu.

Taking steps to fend off the flu can help men and women and the people they routinely come in contact with.

Food

Food can be used to fend off the flu. Common foods that many people already have in their pantries can be powerful flu-fighters. Garlic, for example, contains compounds that have direct antiviral effects and may help destroy the flu before it affects the body. Raw garlic is best. In addition to garlic, citrus fruits, ginger, yogurt, and dark leafy greens can boost immunity and fight the flu, according to Mother

Nature's Network. The British Journal of Nutrition notes that dark chocolate supports T-helper cells, which increase the immune system's ability to defend against infection.

A study published in the American Journal of Therapeutics showed that carnosine, a compound found in chicken soup, can help strengthen the body's immune system and help fight off the flu in its early stages.

Flu shot and medications

Annual flu shots administered in advance of flu season can help protect people and their families from getting the flu. The U.S. Food and Drug Administration says that, in select situations, antiviral medications - which are usually prescribed to treat the flu and lessen symptoms - can reduce the chance of illness in people exposed to influenza.

Many over-the-counter medicines can alleviate symptoms of the flu, but cannot fend it off.

Stop germ proliferation

Germs can be spread easily between persons through direct contact and indirect contact with surfaces sick indi-

viduals have touched. Doctors recommend staying home for at least 24 hours after a flu-induced fever has dissipated. Well individuals should avoid contact with sick people. Frequent hand-washing with soap and water can stop germs from spreading. When soap and water is not available, alcohol-based hand sanitizers can help. People also should avoid touching their eyes, noses and mouths after being in public places or around someone who is ill.

Rest and restore

Those who feel symptoms coming on should begin drinking more liquids to keep the respiratory system hydrated and make mucus less viscous. Remember to get adequate sleep, as a tired body cannot effectively fight the flu virus.

People of all ages should take steps to protect themselves from the flu.

cake is part of our heritage. The following recipe is an Irene Vig recipe that was found on file in the MHAC archives.

Fruitcake

1 ½ C large raisins
1 ½ C dates
2 C sugar
2 C boiling water
5 Tbsp shortening
Simmer for 20 minutes,

cool

3 C flour
2 tsp cinnamon
1 tsp cloves
1 tsp salt
1 tsp soda
1 C candied fruit
1 C nuts
Bake 1 ½ hour at 325°

If anyone has a recipe for Stollen, that you would like to share, please drop it off at the McIntosh Heritage and Arts Center office.

References Smithsonian.com, Fruitcake 101: A Concise Cultural History of this Loved and Loathed Loaf

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Winger News

Linda Pulskamp

Greetings once again from Winger and the Union Lake areas where we have had our first blizzard of this winter, with not so much snow but a strong north wind that blew what snow we got around causing white outs in the country. But as much as I hate to see blizzards we are so fortunate not to be having the fires that California is having, at least in a blizzard we can be indoors and sit it out and be safe, but those in the fires are not so lucky.

Next Tuesday the 12th the Holiday Train will be making its way through the country side, so if you get a chance to take it in it is well worth time to see its beauty as it passes through the country.

I missed all the events that were going on in the area last weekend, but the Snow Fest and Craft Show in Erskine was well attended as was Garden Valley's Open House. The lutefisk, meatball supper that was held in Immanuel Lutheran Church was once again an excellent meal, with the lutefisk made to perfection. Hats off to all those who worked to make it such a success.

Last Friday December 1st Milton Carlson was a visitor and dinner guest at the Judy and Lonnie Gieseke home.

Butch and Linda Pulskamp spent from Thursday until Sunday last week at the Brent Pulskamp home in Wahpeton to be with their Granddaughters while Brent and Jessie were out of town.

Helmer and Verlys Homme spent several afternoons last week visiting together and playing Rook with Roy and Judy Raben. Roy and Judy will be leaving soon to spend some time at the home of their daughter, the Cliff Bly family in Washington.

Chris, Sheila and Jade Benesh were last Saturday morning visitors and coffee guests at the Milton Carlson home.

Last Saturday afternoon Linda Pulskamp was a visitor with Heidi Bergquist at Heidi's home in Breckenridge.

Kenya Paradis was a visitor with Verlys Homme at the Pioneer Home at Erskine last Thursday afternoon.

David Myhrum and Betty Lou Myhrum took in the lutefisk supper at the Immanuel Church in Bejou last Saturday evening.

Last Sunday December the 3rd Donna Carlson and Dusty Wayne Carlson picked up Milton Carlson and they went on to Fosston to the Kingo Church where they attended the 80th birthday celebration in honor of Pastor Aage Carlson.

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

Floyd and Gerry Balsstad, Gerry's brother Jerome Schindler and his wife of Red

Lake Falls and Gerry's Sister and her husband of Thief River Falls visited briefly at the Pulskamp home last Thursday.

Lonnie Gieseke was a Tuesday the 5th visitor and coffee guest at the Milton Carlson home. While there he shoveled the snow off the deck for Milton.

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

Tuesday evening the 5th Vincent Benesh stopped by the Milton Carlson home after school for a visit and while there he scooped some snow for Milton.

Saturday evening Helmer and Verlys Homme attended the Lutefisk supper at the Immanuel Church in Bejou. Verlys did a good job eating the lutefisk that was so delicious.

Until next week and in closing, no act of kindness no matter how small is ever wasted.

From Bun Manor:

Thursday afternoon Dale and his mother Joyce went down to Minnetonka to spend the weekend with Dick and Karen Hagen. While there they enjoyed seeing the Celtic Thunder show in downtown Minneapolis. On their way home Sunday, they met Joyce's grandson.

Dalton Balstad went for breakfast at the Main Street Eatery in Elk River. Joyce told Bun they had a fun and busy weekend and it was good to be back home again.

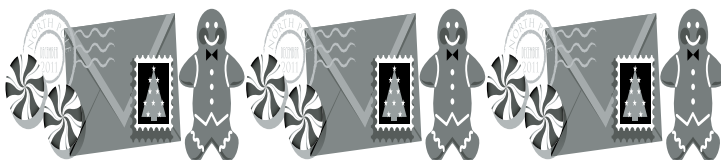
Bun enjoyed meeting his buddy Matthew Massmann for coffee and a doughnut at the Winger C. Store on Friday afternoon. Matt has been so busy working at different hospitals that he has had little time to spend in Winger.

The Winger Lion's had a very nice turnout for Breakfast with Santa on Saturday morning. The kids and visitors had a nice breakfast and a good time.

Sunday morning, Lorri treated Matthew, Steve, Brian and his wife Elizabeth to brunch at Lakeview. The occasion was to celebrate Steve and Brian's birthday. Steve and Lorri headed up to Grand Forks after brunch to find a Christmas present for Bun. They really shouldn't have!

Do you have a story to share?

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



Pictured right below: 30 years ago...1987: Pat Tranby and Mary Ann Olson, first grade instructors at Mac-Winger School, used labels to fill soup bowls with friendship vegetable soup cooked in slow cookers at school as a special project for Thanksgiving week. Each child brought some vegetables which were prepared into soup to be eaten during the afternoon, before the bus arrived. The purpose of the project was to teach the children about the Spirit of Friendship which had grown between the Pilgrims and the Indians prior to the First Thanksgiving.

Minnesota Grown announces new member prize pack drawing

Farms, Farmers' Markets and Food Businesses May Apply for Membership

The Minnesota Department of Agriculture's Minnesota Grown program is now accepting new members. Ten randomly selected new members who apply before December 31, 2017 will receive a Minnesota Grown prize pack, which includes a metal "Proud Member" sign and a Minnesota Grown hat.

Farms, farmers' markets and food businesses that sell products grown or raised in Minnesota may register at one of two membership levels. New Minnesota Grown members will join a statewide network of more than 1,300 existing members.

"A Minnesota Grown membership comes with a lot of benefits," said Member Services Coordinator Karen Lanthier. "All members can use the iconic Minnesota Grown logo and have access to unlimited branded promotional pieces. We also feature members on our website and social media pages every day of the week. Everything we do is to support the farmers, farmers' markets and businesses that make up our membership."

The Minnesota Grown labeling membership costs \$20 per year and grants members the right to use the trademarked Minnesota Grown logo, un-

limited branded promotional items, access to a labeling cost share program, and the option to be listed in the Wholesale Minnesota Grown Directory.

For an additional \$40 per year, members can be listed in the printed and online versions of the Minnesota Grown Directory for producers selling directly to consumers. Nearly 135,000 printed Minnesota Grown Directories were distributed statewide in 2017, and the online version of the Directory receives more than 350,000 unique visitors annually.

Wendy Wustenberg runs Windswept Hills Farm, where she raises Blue-Faced and Border Leicester sheep and sells wool to local customers. Wendy became a Minnesota Grown member in the summer of 2017 and saw an immediate impact on her business.

"Within days of joining Minnesota Grown, we had six new customers from the online directory listing," Wustenberg said. "We are completely sold out of the 2017 lamb crop and have three new fiber customers. There couldn't be a better investment in linking with buy-local customers."

For more information on becoming a Minnesota Grown member, please visit the Become a Member page or call Karen Lanthier at 651-201-6140.



Pictured above: 50 years ago...1967: McIntosh High School's 61 voice Concert Choir will Give TV program Sunday, December 17, Local Concert is December 21st.

Pictured right: 40 years ago...1977: Bob Rupp, Editor of the Farmer Magazine, is presenting a certificate to Helmer and Verlys Homme of rural Winger at the East Polk Soil and Water Conservation Annual Convention where Outstanding Conservation Farmers (OCF) were honored. Verlys is holding a lapel pin from OCF also.



20 years ago...1997: (L-R) Carolyn Lundquist, DeDe Ness and Sheree Breckel were the hostesses at the recent open house held at the First National Bank in McIntosh. A table of treats and holiday goodies were available to customers who attended the annual December event.

Regional Ag News

Eli Gindele,
Extension Educator

Stress and Health in the Farming/Ranching World

Sean Brotherson, Ph.D.,
Family Science Specialist,
NDSU Extension Service

Farming/ranching has long been one of the more stressful and dangerous occupations, but also has its share of rewards and satisfactions. The National Institute for Occupational Safety and Health has examined multiple occupations and found those working in agriculture often deal with stress-related conditions. These may include sleep difficulties, heart and artery disease, high blood pressure, ulcers, and depression or anxiety. What are some reasons for the stresses you may feel in farming/ranching?

Safety Concerns

• Farming/ranching can be dangerous. According to the National Safety Council, agriculture is one of the two most hazardous occupations.

• In 2014, 24.9 accidental deaths occurred per 100,000 agricultural workers, compared with a national average of 3.3 deaths per 100,000 workers for all industries.

Lack of Health Insurance

• Each year, one of every eight farm families experienc-

es an accident requiring medical attention.

• Farmers and ranchers are the most underinsured group of workers around, especially for health and disability insurance.

Changes in Agriculture

• Farming/ranching has changed rapidly from being largely a physical occupation to one that requires more and more mental input.

• Farmers/ranchers often have intense management responsibilities with money, employees, partnerships and business decisions.

• Farmers/ranchers face continual pressures with technological advances in machinery, as well as production and management advances in livestock and crops.

Common Farming and Family Stresses

• Common farming stresses include machinery breakdowns, the death of a valuable animal, uncontrollable weather, variable crop yields and fluctuating commodity prices.

• Common family stresses include economic difficulties, turmoil in the world, loss of a family member or divorce.

What is Stress?

In the engineering field, stress means the capacity to

withstand strain. When applied to people, stress is more complex. Everyone takes in energy (strength) from the sun, air and food. When people remain relaxed and balanced as they go about their daily tasks, this energy flows in and out of their bodies in a healthy, harmonious way. But when they feel anxiety and their muscles tie up in knots, their breathing tightens, and their stomachs, shoulders or necks become tense? This is the experience of stress — energy in a blocked or chaotic state.

When you put your body in passing gear to work as fast as possible to bale that hay before the storm comes, you experience stress.

You feel the effects of powerful hormones being released into the body. Your blood pressure rises, your heart rate quickens, and your breathing and blood flow accelerate.

If you adjust to the stressful event, you move on into the relaxation response in which blood pressure goes down to a normal, healthy rate.

While occasional operation in passing gear in an emergency situation does little, if any, harm, keeping yourself under heavy strain for lengthy periods of time or experienc-

ing too many stressful events at one time is dangerous. Just like a boiler that bursts under too much pressure, your body breaks down and your health suffers.

You always have two choices: the stress response or the reaction response. If, at the first warning signs of stress, you take a moment to relax and breathe deeply, you will find that you have more energy, can concentrate better and actually can get more done in less time.

Understanding Stress Symptoms

Many people learn to screen out unpleasant circumstances and related stresses. Much of the time, people do not know they are feeling stress or do not give much attention to what is going on in their bodies and in their relationships with others.

For example, they deny their problems. One farmer insisted, "Everything is fine, just fine." The truth is, his net income had dropped 20 percent that year and 15 percent the year before. He was denying reality.

Sometimes we blame others. One farmer who was feeling totally helpless because of an upcoming loan payment

blew up at his wife for suggesting they take a vacation: "There you go again talking about ways to waste money." At other times, people try to escape reality through eating binges, spending sprees, or using alcohol and other drugs.

Such avoidance efforts are attempts to screen out any unpleasant, uncomfortable stress alarms. But early warning signs are like a flashing red light on the dashboard of your car when the engine is overheating.

If you ignore it long enough, the engine will malfunction. Rising blood pressure, rapidly beating heart, clenched teeth, aching neck and shoulders, sweating hands and feet, churning stomach, dropping sexual interest — these are all red lights flashing on your body's dashboard and warning you that trouble could lie ahead.

If you ignore your body's physical signals of stress and strain too long, you invite real problems: hypertension, declining health, accident proneness, depression or other mental health issues, or heart disease.

A Stress Symptom Checklist

Recognizing early warning

signals of stress in your body, your actions, your emotional life and your relationships with others is important.

Physical Symptoms

• Head aching
• Back or neck muscles tense, aching
• Stomach upset or distressed

• Breathing short or labored
• Low energy

Behavioral Symptoms

• Difficulties with sleep
• Inability to relax, concentrate

• Getting angry easily
• Trouble making decisions
• Increased use of alcohol or other drugs

• Difficulty being flexible

Emotional Symptoms

• Irritable about little things
• Sense of frustration, anger
• Impatient, restless

• Feeling discouraged, hopeless

• Withdrawal, isolation
• Anxiety, panic feelings

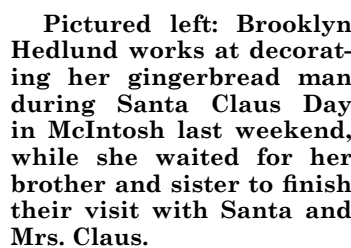
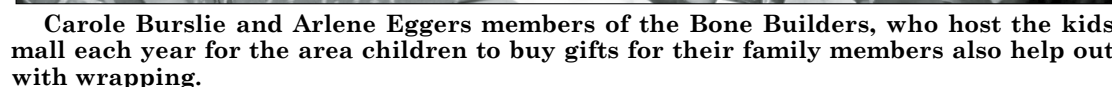
Relationship Symptoms

• Communication difficulties
• Conflict with family members

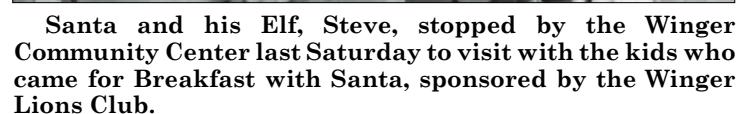
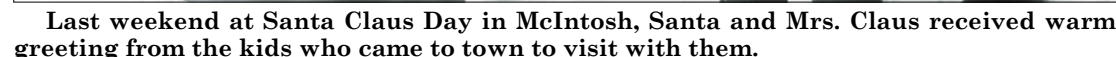
• Lack of satisfaction
• Verbal or physical out-

breaks

• Strained interactions
• Avoiding others



Come and enjoy an evening
of musical entertainment!



The 2018 After Prom Party will be hosting a Community Bingo Fundraiser on Sunday, January 28th, from 1:00-5:00 p.m. in the Commons.

There will be \$2000 in prizes including last game blackout for \$500, plus there will be silent auction and baked goods for sale. Tickets are \$20 - if you are interested in purchasing a ticket - please contact one of the juniors.

"Many children in our communities struggle with hunger. These children often have little to no food to eat when they are not in school. These children face the reality — every day — of not knowing when they will eat again, or where their next meal will come from. The Red Nose Day funds will help us make sure these children have enough to eat on evenings and weekends when school is not in session," said Susie Novak, executive director of North Country Food Bank, Inc.

GIFTS to top their LIST

39⁹⁹

EMSCO GROUP
Sportsmans Expedition Sled
 66" large cargo capacity. Three heavy-duty bungee cords included to strap down your cargo.
 531020

7⁹⁹

Char-Broil
3 Pc. Deluxe Stainless Steel BBQ Tool Set
 Includes spatula, fork and tongs. Heavy duty stainless steel heads. Bamboo handles with leather hang straps.
 295139

YOUR CHOICE
19⁹⁹

GEARWRENCH
7 Pc. SAE or Metric Gear Wrench Set
 Includes ratcheting combination wrench. All metal construction. Nickel chrome plated.
 698993, 698995

3⁹⁹

QED electric
3.5W A19 LED Light Bulb
 120V. Red or green. 10 years/11,000 hour life.
 971531, 972471

YOUR CHOICE
5⁹⁹

Card Games
 Choose from Uno or Phase 10.
 H831891 / H846313

Watkins Products
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EMSCO GROUP
52" Inflatable Snow Tube
 Heavy gauge vinyl remains flexible in cold. Double welded seams for extreme snow play. Heavy-duty grab handles.
 530287

8⁹⁹

QED electric
3 Pk. BR30 LED Bulb
 8.5W. 65W replacement. 120V. Temperature: 2700K. 650 lumens. Non-dimmable.
 651976

YOUR CHOICE
3⁹⁹
 13 OZ

Wild & Duck
Bird Seed Block
 Choose from Nut 'N' Berry or Woodpecker Nut.
 147462, 132176

YOUR CHOICE
44⁹⁹

30" x 72" Molded Folding Table
 Choose from leg fold or center fold.
 040717, 043760

Baking Supplies
14⁹⁹

TASCO
8 x 21 Compact Binocular
 Fold-down rubber eyepieces. Quality optics with stunning HD clarity.
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