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Here's wishing you a Christmas
Full of warmth and festive cheer,
And may this happiness continue
All through the New Year.

The McIntosh Times
563-3585





Kolby, Brody and Sawyer Cook had a great pancake breakfast at the Winger Community Center and then were able to see Santa Claus as well.



Saturday, December 9th, Santa visited the kids who were at the Winger Community Center like Ella, Grafton and Magnolia Langemo who were happy to see Santa after their great pancake breakfast.

Katie Roed featured on Prairie Business magazine's 2017 40 Under 40 list

Prairie Business magazine proudly announces its annual 40 Under 40 list, featuring 40 of the top business professionals under the age of 40 in the northern Plains states of North Dakota, South Dakota and western Minnesota.

These inspiring and dedicated professionals come from a wide range of industries and have made significant impacts in their chosen professions, industries and communities. They are entrepreneurs, industry experts, executives and nonprofit leaders; they are business owners, patent holders, government officers and community trendsetters.

Plus, they show unusual devotion to their communities and to volunteer service.

The selected 40 are featured in the December issue, which is available here and begins on Page 30.

"The 40 Under 40 list showcases some of the exceptional talent that we have in our region," said Tom Dennis, editor of Prairie Business. "These high achievers bring dynamism to our communities, and their creativity helps our region prosper and grow. They have our respect and congratulations, as well as our best wishes for continued success."

Among this list is Katie Krogstad Roed, the Founder and CEO, SugarBrooke Creative in Erskine, Minn. After moving up to Northwestern Minnesota in 2007,

Katie discovered quickly that if she wanted to pursue her passion for marketing and advertising, she'd have to blaze her own trail. The following year Katie launched SugarBrooke Creative—a marketing agency geared towards helping businesses grow successful brands.

Throughout the last 10 years, Katie has worked to fuel creative communication strategies for some of the nation's top brands. From major players like Microsoft and Digi-Key—to the flower shop down the street—her portfolio spans numerous industries throughout the United States.

A 2001 graduate of NDSU, Katie has been recognized regionally and internationally for her work in the marketing and advertising field. Additionally, she volunteers her time and talent to mentoring young entrepreneurs, coordinating community blood drives and serving her church. Katie lives in Northern Minnesota with her husband Josh and daughters, Clara and Grace.

Roed was nominated by New Jersey CEO, Jennifer Harold Garcia, whom she has worked with for several years. "Whether it's marketing advice, providing networking opportunities or simply encouraging those who need a pep talk—she builds lasting relationships and wins the hearts of those she works with. There's truth to the "Minnesota Nice" stereotype—because whatever it is—she's got it," Garcia said



Reminder: Win-E-Mac School Winter Break will begin on Thursday, December 21st (school will be dismissed at 12:15) and continue through January 2, 2018. School will resume at Win-E-Mac on January 3, 2018. Have a great Winter Break and enjoy time with family and friends!



Community Calendar

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

Tues. Dec. 26: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm

Wed. Dec. 27: 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. 28: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

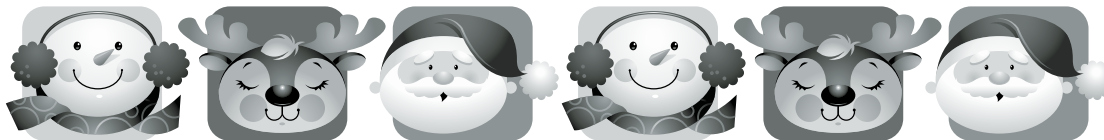
Fri. Dec. 29: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Jan. 1: Happy New Year!

Tues. Dec. 19: McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm



Visiting Santa and Mrs. Claus in McIntosh were Destiny Molstad, Dakota and Divinity Hedlund .



Each year in December, the Winger Lions Club invite Santa and the Community to a pancake breakfast to help celebrate the fun of Christmas with the kids around town. Left to right behind Santa Ole and Elf Massmann are Scott Revier, Aaron Iverson, Kyle Sonsteli, Gerri Balstad, Jim Tadman, Brian Massmann, Brandon Omang, Kory Sonsteli, Laura Perkwitz, Gary Sonsteli, Susie Rasmussen, Elmyrna Kaupang, Jamie Morvig and Terry Cook.

Rep. Deb Kiel Honored as a Psychologists' Legislative Champion, named 2017 Legislator of the Year

The Minnesota Psychological Association (MPA) presented Representative Deb Kiel, R-Crookston, their legislator of the year award at a luncheon on Thursday, December 14. Rep. Kiel was instrumental in passing legislation to support the profession of psychology, ultimately improving access to psychological services for Minnesotans.

Rep. Kiel's legislation brought needed clarification to the requirements for psychology licensure. While working on the bill, concerns arose that the language could negatively impact the work of life coaches, resulting in many frantic calls to legislators. Representative Kiel brought representatives for psychologists and life coaches together, expertly de-

fusing what could have been a contentious situation, allowing both groups to come to consensus so neither group's scope of work was negatively impacted.

"Representative Kiel's quick intervention ameliorated a potential powder keg, which could have negatively impacted Minnesotans. Her ability to bring together disparate groups and facilitate dialogue is priceless," said MPA President Dr. Steven Girardeau.

The legislation also included provisions to increase flexibility in the timing and content of diagnostic assessment services for individuals with mental health concerns, paving the way to greater access to care that better meets individual needs.

"It's an honor to be recognized by the Minnesota Psychological Association," said Rep. Kiel. "I will continue to advocate for legislation and policies that focus on mental health and the well-being of Minnesota citizens and professionals in this field."



Rep. Kiel with MPA leadership, lobbyist. Photo courtesy of the Minnesota Psychological Association

Christmas Greetings

"And they came with haste, and found Mary, and Joseph, and the babe lying in a manger."

—LUKE 2:16

Christmas is a time to gather with loved ones, to share friendship and faith, and celebrate the birth of Christ.

May your home be filled with special moments, warmth and happiness this season.



The First National Bank of McIntosh will be CLOSED on Monday, December 25th in observance of Christmas Day.

260 Cleveland Ave. SW
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M39C



Christmas is a time of giving, of sharing and caring for your fellow man. It is a time of anticipation, of smiles and joyous greetings. For settlers in the late 19th century and early 20th century, it was often a time of hardship and desperate times in the cold dark, harsh Minnesota winter. Struggles were common, but often found was a helping hand, a giving soul or guardian angel that would come along and renew the spirit. The following is a story from the Diamond Anniversary of the Thirteen Towns, a story of the spirit of giving and a story of how the smallest gift of kindness and generosity can change a person's or a family's life and their legacy. This is a story of the pioneering spirit, a story of the Christmas spirit.

In 1933 P.B. Hole shared the story of his family with the McIntosh Times. His father had moved to the United States in 1882, along with his wife and family. The family made their way to Fargo in 1883. When the territory of the Thirteen Towns opened up the vision of a place to call their own drew him north to the wil-

derness filled with brush and swamp. He filed for a homestead on a plot of land about fifty miles from the nearest town. A log hut was constructed to house his wife and three children. The sod roof leaked leaving ankle deep mud of a dirt floor. Despite the hardships of pioneering the family was enthusiastic about the days ahead carried by the pride of home ownership.

"Father returned to Fargo, to work as a carpenter during the summer. It was required of the graduates of higher schools in the old country to know two trades in addition to the chosen profession. This knowledge came in very handy in this strange country with its strange language and strange customs. There he worked until late fall when he fell victim of an epidemic of Red River fever (typhoid). Despite the fact of his illness, he determined to get home. He traveled by rail as far as he could and then in some way, he himself never knew how, endured the hardships of the journey through the trackless bush and swamp to home. But he had lost his entire summer's wages on the way home and we were penniless.

After a time, he managed to throw off the fever, but ignorant of the nature of the disease, he took food, suffered a relapse and died.

Christmas was fast approaching but for us the prospects were not bright that it would be a merry one. On the day before Christmas, my old-

er brother, a younger sister and myself were each given a small piece of bread for breakfast. Mother did not take any food that morning. We were told to go out to play in the snow. It was real northern Minnesota winter and so cold we soon went back into the hut and asked for more food. We were told that we must wait so we went out to play again. Our little tummies continued to demand food so we tried again. Again we were told that we must wait and it was late in the afternoon before we entered the hut again to make another plea. This time we found Mother crying and what this meant we could not guess as we were not used to see Mother cry. I think now that she chose the stillness of the night to pour out her soul. Finally Mother braced up and had to tell us there was not food of any kind in the house and no visible evidence that there ever again would be any.

It was dark now and we all sat huddled around the cook stove. Mother did not ask us to go to bed. In this stillness, I have often wished I could have known what Mother was thinking. Perhaps it was best I never knew. Christmas Eve, no food in the house, three children and—herself.

There was a light tap at the door which startled us in the intense quiet. Mother bad 'Come in'-the door opened slowly and a box was thrust inside. We did not see the person-only the hand shutting the door and disappearing in the darkness. What did the box contain? We

Representative Kiel, first elected in 2010, is currently serving her fourth term in the Minnesota legislature. The mission of the Minnesota Psychological Association is to serve the science of psychology and its applications throughout Minnesota so the interests of public welfare and psychologists are mutually enhanced.

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Notice to Residents of Sletten Township

Notice is hereby given to the qualified voters of Sletten Township, that the Annual Election of Town Officers and Annual Town Meeting will be held on Tuesday, March 13, 2018, at the Sletten Town Hall.

Filing for township offices opens on January 2, 2018, and continues to January 16, 2018, 5 p.m. Offices to be elected are:

1. Treasurer for a 1 year term
2. Clerk for a 2 year term
3. Supervisor for a 3 year term

Affidavits of candidacy may be filed with the clerk. There is a \$2 filing fee.

Terri Kaupang,
Township Clerk

M39-40C

The McIntosh Bone Builders would like to Thank all of those who made our "Kids Mail" a success.

Thank you to those who donated items, help set up, and all the volunteers who worked during the sale.

M39C

Quilts of Valor sew date

Save the Date: Saturday, January 13, 2018 starting at 9:00 am at the McIntosh Community Center will be where we will be gathering to sew quilts tops for our war veterans! All are welcome to come! You do not need to know how to sew to be a part of this. If you want to be someone who irons or wants to help in any way you are WELCOME to come! Our goal is 16-18 quilt tops for 2018 so any help would be appreciated. All fabric is provided!, what we need you to bring is your sewing machine if planning to sew, cutting mat, rulers, thread iron and ironing board, we have several but more may be needed and extensions cords are also needed. And what would. Sewing day be without food! Please bring a dish to share at our pot luck dinner. Plates, napkins and utensils will be provided. Coffee will be on all day!

Gosen Luther League

The Gosen Luther League in conjunction with the Sunday School will present a Christmas program on Thursday evening, December 28th, at 7 o'clock.

Jennie Shaver, Jesse Quam, and the Troy and Karalynn Hemmer family will share musically.

The Sunday School will present a three act play (on words) entitled "Leftovers for Christmas" with a cast of 6 or 7. Atty Tude is frustrated with everything concerning Christmas. You could say she has a bad "atty-tude". Her husband Christian and their "upbeat" son Al T do their best to "lift" her mood. The Tude's good neighbors Mag and her son Sig Nificant love Christmas and endeavor to bring Holiday joy back into Atty's heart. Since they all belong to the same church, their pastor plays an important "role" as well.

Christmas goodies will be served following the program.

Join us for an inspirational evening in honor of our newborn King Jesus.

Gosen Church is located 4 miles south of the junctions of Highways 2 & 59 or 4 miles north of Winger; then 1/2 mile east on County Road 206.

For information call 268-4242 or 687-3461.

Community Birthday and Anniversary Calendar

Wed. December 20:
Kalli Roy, Jim Klein, Marion Shimp

Thurs. December. 21:
Brooke Tofstad, Beth Hagen

Fri. December 22:
Andy Smith, Cody Drewry, Jerry Shimp, Camille Smeby, Tracy Jue, *Robert & Sharon Hegland, *Allen & Shirley Carver

Sun. December 24:
Candace Haaven, Anthony Grande, Jered Agnes, Philip Lee, Cheryl Jore

Mon. December 25:
Nicole Vettleson, Jordyn Thompson

Tues. December 26:
*Bill Jr. & Valerie Fritz, *Howard & Sharon Krossen

McINTOSH Times

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ST. MARY'S CHURCH

Fosston

Fr. John Suvakeen, Pastor

Wed. Dec. 20: 11:30am Mass at St. Mary's, Fosston

Fri. Dec. 22: 8:30am Mass at St. Mary's, Fosston

Sat. Dec. 23: 5:00pm Mass at St. Mary's, Fosston

Sun. Dec. 24: 5:00pm Christmas Eve Mass at St. Mary's, Bagley

Mon. Dec. 25: 8:30am Christmas Day Mass at St. Mary's, Fosston; 10:30am Christmas Day Mass at St. Joseph's, Bagley

Wed. Dec. 27: 11:30am Mass at St. Mar's, Fosston

Fri. Dec. 29: 11:30am Mass at St. Mary's, Fosston

Sun. Dec. 31: 8:00am Confession; 8:30am Youth Pageant 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. Dec. 24: 8:30am Worship at Immanuel; 9:45am

Worship at Calvary

Sun. Dec. 31: 8:30am Worship at Immanuel; 9:45am

Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh

Supply Pastor

Gordon Syverson

Sun. Dec. 24: 11:15am Worship Service.

Sun. Dec. 31: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH

Independent

Gary Johnson, Pastor
www.gosen-church.com

Face Book: Gosen Church

Wed. Dec. 20: 7:00pm Bible Study at Don & Sharon Ramberg's

Sun. Dec. 24: 9:30am Sunday School and Adult Bible Study; 11:00am Christmas Worship Service

Tues. Dec. 26: 10:00 a.m. Sunday worship service telecast on Garden Valley Cable TV--Channel 2; No Bible Study at The Country Place

Wed. Dec. 27: No Bible Study at Don & Sharon Ramberg's

Thurs. Dec. 28: 7:00pm Sunday School/Luther League Christmas Program (see article elsewhere in the paper)

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

Thurs. Dec. 21: 7:00am Men's Breakfast at Mt. Carmel

Sun. Dec. 24: Christmas Candlelight Service at Trinity Lutheran Church 3:00pm

Thurs. Dec. 27: 7:00am

Men's Breakfast at Mt. Carmel

Sun. Dec. 31: 9:30am Worship at Mt. Carmel 11:00am

Worship at Trinity; 10:45am Mt. Carmel Sunday School for all ages at 10:45am; Trinity

Sunday School for all ages at 9:45am

Thurs. Jan. 4: 7:00am Men's Breakfast at Mt. Carme

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. Dec. 24: 9am Worship

Sun. Dec. 31: 9am Worship

DOVRE

FREE LUTHERAN Pastor Don Edlund

Wed. Dec. 20: 7:00pm Bible Study

Sun. Dec. 24: 10:00am Christmas Candlelight Service

Wed. Dec. 20: 7:00pm Bible Study

Sun. Dec. 31: 10:00am Worship Service; Sunday School following

Wed. Jan. 3: 7:00pm Bible Study

IMMANUEL LUTHERAN CHURCH

McIntosh

Rev. Bruce Blocker, Pastor

Sun. Dec. 24: 5:30pm Christmas Eve Candlelight Service

Sun. Dec. 31: 9:00am Divine Worship Service

Holy Communion 1st and 3rd Sundays

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Winger News

Linda Pulskamp

Greetings from Winger and the Union Lake areas where we have a snow cover on the ground which makes us feel more into the Christmas spirit. Last night and during the day today we have had some freezing rain which made for some slippery roads, although there seems to be no end to the blowing.

Beware of the flu bug that is going around, even tho it doesn't last long it is miserable while it lasts.

With Christmas just a few days away, it is a busy time for all with the final preparations being made, college and school kids anxiously waiting for their break from classes and then it will be on to a new year.

Made the trip last night with some friends to see the Holiday Train and take in the festivities there, the entertainment was excellent as it always is and because of the mild weather there was a huge crowd of people.

Santa Claus Day in Winger last Saturday was once again well attended and is so wonderful that the Lions do this each year for the little ones, it is so greatly appreciated.

Chris Benesh visited on Tuesday the 5th at the Milton Carlson home and while there he plowed the snow in Milton's yard for him.

Last weekend house guests at the Pulskamp home were Eddie and Bette Martin of New Brighton, Sharon Johnson of Spring Lake Park, Craig Johnson of Monticello, Harry Johnson of Breckenridge and Brent, Jessie, Sidnie, Skylie and Brylie Pulskamp of Wahpeton. Other visitors during the weekend at the Pulskamp home during the weekend were Dean Johnson, Kelly Johnson and Granddaughter Lilly Brtek, Terry Johnson and Sharon Griffith of Newport, Matt Balstad and Jamie Anderson, Brandon Omang, Joan Heland and Jim Larsen of Fargo. They all attended a birthday celebration in honor of Linda on Saturday afternoon. Others attending the birthday party were Michelle Johnson and daughter Kylie, Teegan and Morgan Brtek, Marv Engesether of Plummer and Reha Sanstead of Erskine.

Judy and Lonnie Gieseke were dinner guests on Thursday the 7th at the Milton Carlson home, while there Judy helped Milton with some Christmas preparations and Lonnie shoveled the snow off Milton's deck.

Last Tuesday Bob and Von-

nie Lofstrand of Fosston were visitors at the Pioneer Home with Helmer and Verlys Homme.

Michelle Gagner of Mentor, Samantha and Gideon O'Bierne of Bemidji and Lucy Brtek all met at the Ness Café in Erskine last Thursday where they enjoyed lunch together.

Terry Johnson and Sharon Griffith of Newport were overnight guests last Saturday at the Dean Johnson home.

Wednesday the 10th Milton Carlson, Roy, Lisa and Ryan Schaumburg and Mike Kari and Oliviayah Keller of Bejou were all guests at the Lonnie and Judy Gieseke home where they helped Lisa observe her 40th birthday.

Wednesday Susan Eischens of New Folden and Chelsey Haugen of Oslo visited with Betty Myhrum at Betty's home.

Lonnie Gieseke was a Monday visitor and coffee guest at the Milton Carlson home, while there he cleaned the snow off Milton's deck.

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

Shirley Mork was a recent visitor with Lucy Brtek at Lucy's home.

Wednesday Milton Carlson ventured in to Erskine to attend the Christmas Meal at the Senior Meal Site, on his return home he stopped in at the Ultima Bank and took in the open house in honor of Loretta Hitchen who recently retired.

Helmer and Verlys Homme and Roy and Judy Raben visited together on Tuesday, Wednesday, and Thursday at the Pioneer Home at Erskine. The Raben's left on Friday for Seattle, WA where they are now settled in at their daughter's home.

Last Saturday Lucy Brtek took in Santa Claus Day at the Community Center. She states it was well attended by Kids, Mom's and Dad's and Grandparents too and it was so fun to see all the excitement as the kids met and visited with Santa.

In closing I want to wish you all and very Merry Christmas! If traveling may your travels be safe.

From Bun Manor:

On Sunday Steve and Lorri Massmann went to Detroit Lakes to watch Morgan perform in her dance recital. Afterwards they went back to Matthews house for a fried

taco bar and visiting. Later in the afternoon they attended Kinsley's skating performance. Morgan and Kinsley are the daughters of Matthews girlfriend Haley.

Wishing all my readers a Merry Christmas and may God bless you all.

Have yourself a stress-free little Christmas

'Tis the season for yuletide carols and decked halls. However, with the new iPhone costing more than your mortgage payment and the in-laws critiquing your decked halls, this merry little Christmas can turn into a stressful one.

"Around the holidays, it's very common for people to feel overwhelmed," says Essentia Health Psychologist Megan Spencer, who sees patients at the South University Clinic in Fargo. "As a society, we've put so many expectations and pressures on ourselves, it's easy to get stressed."

The consumer health group Healthline conducted a 2015 study, finding 62 percent of respondents said their stress was elevated during the holidays. Only 10 percent of respondents said their stress wasn't affected at all during the season of joy.

"During the holidays, people are having more company come over, are in charge of cooking for more people and are expected to spend more money all with a smile," Spencer says. "Yes, the holidays are an incredibly magical time that can bring people together, but people need to know their personal limits and not stretch themselves too thin."

A vital part of keeping on top of things during the holidays is to maintain a normal routine. Exercising may seem like the last thing you want to do, but it naturally relieves stress and keeps your body working properly. Having a regular sleep schedule can keep away any grinch-like feelings, and never forget the importance of deep breathing.

Setting aside 15 minutes a day for "me time" can also be beneficial for your health. It may be hard, but learn to say "no." If you are invited to eight events in seven days, you don't have to attend every one.

"Every person's mental health is different and has different needs, and we need to recognize that," says Spencer. "Maybe instead of thinking you need to be go, go, go this holiday season, take a little break."

Experts also recommend planning. Whether it's coordinating who is bringing which food to the Christmas table or

a budget limit for gifts, having a game plan can make your life a little less hectic.

"We watch these images on TV or see these pictures of families and house decorations that seem perfect, and that's just unrealistic," says Spencer. "Perfection doesn't exist. Simply do what you can to make the holiday season special for you and your family."

Whether you're merrily roasting chestnuts on an open fire or dealing with Jack Frost nipping at your nose, this Christmas doesn't need to be stressful. Spend time with the ones you love and set expectations that are realistic for you and yours.

If you are feeling overwhelmed or depressed this season, there's help. You can see one of Essentia Health's psychologists. Go to www.EssentiaHealth.org to find providers and resources or call your local clinic to learn more.

Elegible for Energy Assistance?

Minnesotans encouraged to apply for energy assistance to help pay heating bills, stay safe

As cold winter weather returns to the state this week, the Minnesota Department of Commerce encourages eligible Minnesotans to get help paying their heating bills through the state's Energy Assistance Program.

"The winter weather may be

slow in arriving this year, but we know there will be plenty of cold days ahead that can pose a serious challenge for Minnesotans who struggle to pay their heating bills," said Commerce Commissioner Jessica Looman. "Heating your home is a necessity in Minnesota, and energy assistance is essential for vulnerable Minnesotans, especially low income families with young children, people with disabilities, veterans and seniors."

Households that earn less than 50 percent of the state's median annual income (\$48,077 for a family of four) are eligible for the Energy Assistance Program.

Energy assistance funds help 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.

In October, the Energy Assistance Program received over \$102 million in federal funds, or about 90 percent of the total funds expected for the program this year. The program served over 126,000 Minnesota households last year, with an average grant of about \$520.

The Minnesota Commerce Department administers the Energy Assistance Program in partnership with 30 local service providers throughout the

state. The program is part of the federal Low-Income Home Energy Assistance Program (LIHEAP), funded through the U.S. Department of Health and Human Services.

How to apply

Applicants have until May 31, 2018, to apply. However, energy assistance funding is limited and administered on a first-come, first-served basis.

Households apply through 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 Energy Assistance Program section at the department's website (mn.gov/commerce).



Farm Service Agency Update

Mike Philipp,
CED, East Polk/Red Lake Counties

FSA Retirement and Other Program Reminders

Retirement News: I've told many farmers and coworkers during the past few years that I'm a lot closer to the finish line than the starting gate, and now I have reached it. I'm still feeling good, but as I visit with some of my recently retired, past employees including Donna, Karen, and Janet, they tell me how much I'll like the change in stress levels after retirement, so I've decided to take them up on the offer. And I know I'll agree with them 100 percent that I will miss working with some of the best customers around, but will not miss all the federal regulations, new program requirements, and paperwork overload at the FSA.

So after 33 years with the USDA-FSA I plan to retire at the end of December. I do plan to stay busy in the local agriculture scene, and will assist one of our local crop agents with his customers in the Red Lake



Mike Philipp, DEC in East Polk and Red Lake County FSA is retiring. Please join the crew at the Red Lake County FSA Office on Thursday, December 21st for cake and coffee. The Office is located at 2610 Wheat Drive in Red Lake Falls.

Falls area, a place I've worked since 1989. I will miss my two days per week at the McIntosh FSA office where I've met hundreds of sincere and dedicated producers during the past six years of shared management, but I hope to see many of you at upcoming events and meetings.

East Polk and Red Lake County farmers can be assured that they will be left in good hands with the dedicated employees who are now at the local offices, and we are currently in the process of hiring back some of the vacancies. The County FSA Committees will also be working with the State and District Directors on finding a new office manager. It becomes a little more complicated due to the existing Red Lake/East Polk Shared Management arrangement but the County Committee's will do their best to put a qualified manager in place.

A big thank you to my Program Technicians (past and present) and coworkers who have planned an open house in my honor for this Thursday, December 21 from approximately 9 to 3 at the FSA office conference room in Red Lake Falls (in the MN Wheat Growers Building, south side of Red Lake Falls east side of 32). Any farmers, coworkers, or business associates from Red Lake, East Polk, or neighboring counties are welcome and encouraged to stop by for snacks, coffee and cake.

Livestock Indemnity Program (LIP) Reminders- Livestock producers are reminded that the LIP can provide important, partial reimbursement for eligible losses incurred during qualifying major weather events including certain winter storms and/or blizzards, ice storms, etc. It's important for livestock producers to know that the LIP generally won't pay for many losses that

occur from year to year that are not unusual and are only experienced by a handful of owners, but is more designed for major and unusual events that typically affect many producers. Producers who incur eligible losses must apply and file a Notice of Loss within 30 days with their County FSA Office.

It's also important for livestock producers to always keep up-to-date, written, and verifiable inventory records on hand in the event that a major disaster triggers the LIP program. Such records may include current insurance or banking/lending records, tax inventory records, recent veterinary records, any of which should include number of livestock and weight ranges. Beginning and ending inventory records are often a major hurdle with the LIP program, and producers should maintain an updated file at home with current numbers.

Producers with questions about how to stay prepared may check with their local FSA office if they need more details.

Farm Advocates expand statewide

The Minnesota Department of Agriculture (MDA) has added another Farm Advocate to its ranks. Steve Zenk joined the team earlier this fall, bringing the total number of statewide Farm Advocates to 10.

Farm Advocates provide free, one-on-one assistance to Minnesota farmers facing crises caused by natural disasters or financial problems. Steve Zenk is the owner and operator of Zenk's Prairie Vine Farm.

"Working with farm families has been my life's work," said Zenk, now retired after 30 years of working as a Farm Business Management Instructor. "This is a tough time to be working in agriculture and I hope to be a good resource for farm families who are looking for help or guidance."

The Farm Advocates Program has been supported by the MDA since 1984. The Advocates receive continuing education and training in complex and ever-changing issues relating to agriculture to help farmers make decisions.

"When a farm family is facing a crisis, they might not know where to turn," said Zenk. "The Advocates are here to help farmers and their families find their way through the unique challenges they face."

For more information about the Farm Advocates, including a list of contact information, visit www.mda.state.mn.us/about/commissionersoffice/farmadvocates.

Regional Ag News

Ed Gindele,
Extension Educator

Ways to Manage Your Stresses

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

Working in agriculture is accompanied by managing a variety of stresses on a regular basis. Learning to control events, attitudes and responses day in and day out will help you manage those hectic, stressful times.

Control Events

To reduce the pileup of too many stressful events at one time, farmers and ranchers can control some situations.

- Plan ahead. Don't procrastinate. Replace worn machinery parts during the off season.
- Before key seasons (harvest, etc.), discuss who can be available to run for parts, care for livestock, etc.
- Set priorities and plan your time. Decide what has to be done today and what can wait until tomorrow.
- Say no to extra commitments that you do not have time to do.
- Simplify your life. If possible, reduce your financial dependence on others.
- Schedule stressful events within your control, such as elective surgery.

Control Attitudes

How those in farming or ranching view situations is a key factor in creating or eliminating unwanted stress.

- See the big picture: "I'm glad that tire blew out here rather than on that next hill."
- List all the stresses you have. Identify those you can

change; accept the ones you cannot change.

- Shift your focus from worrying to problem solving.
- Think about how to turn your challenges into opportunities.

• Notice what you have accomplished rather than what you failed to do.

• Set realistic goals and expectations daily. Give up trying to be perfect.

Control Responses

• Focus on relaxing your body and mind. Whether you are walking, driving or phoning, do it slowly and relax.

• Tune in to your body. Notice any early signs of stress and let them go.

• Take care of your body. Exercise regularly and eat well-balanced meals.

• Limit your intake of stimulants such as coffee, sodas and tea.

• Avoid smoking cigarettes, using alcohol or other drugs, or using tranquilizers or sleeping pills.

• Tense and then relax each part of your body from toes to head, one part at a time.

• Take a break. Climb down from your tractor and do a favorite exercise.

• Take three deep breaths slowly, easily. Let go of unnecessary stress.

• Stop to reflect or daydream for 10 minutes. Close your eyes and take a short mental vacation to a place you really enjoy.

• Think positive thoughts: "I can and will succeed."

• Look for the humor in things that you do.

• Balance your work and play. Give time and energy to both of them.

• Find someone with whom you can talk about your worries and frustrations.

• Seek help when you need it. All of us have times when we can benefit from professional help or support.

• Unwind before bedtime.

Do stretching exercises, listen to soothing music, practice re-winding deeply and be thankful for any blessings you received today.

• Get sufficient and restful sleep.

Farmers, ranchers, and their family members and employees can learn to manage their stresses well, even during planting, harvesting or times of difficulty. The key is to be flexible and maintain a balanced lifestyle. Make time daily to take care of yourself because your work is vital to all of us.

Resources

The stress in farming has always existed, but levels can soar during times of high costs and low returns. University of Minnesota Extension recommends some programs that can help farmers and their family members, as well as those who work closely with them:

Down on the Farm: Supporting Farmers in Stressful Times is a new Minnesota Department of Agriculture program for professionals who interact with farmers, including agency staff, Extension educators, veterinarians, bankers, farm consultants, health



Isabel, Jazmine and Hazel Burthwick were a bit shy with Santa and Mrs. Claus, but dad, John and Grandma, Becky Boehrsen were glad to help out with the girls during Santa Claus Day in McIntosh on December 9th.



Grace and Clara Roed were happy to see the Claus' and tell them what they would like for Christmas during Santa Claus Day in McIntosh.



Happy to see Santa, Collin Wescott had a great time during Breakfast with Santa in Winger.



With the help of Elf Steve, Grayson Sonsteli had a chance to see Santa during Breakfast with Santa in Winger on December 9th.



Carson Hedlund was busy showing Santa and Mrs. Claus the ornament he made during Santa Claus Day in McIntosh.



Happy to see Santa and Elf Steve in Winger on Saturday, December 9th during Breakfast with Santa was Ethan Geray.



A little too old for Santa's lap, Cameron Hermes still had a good visit with him at the Winger Community Center.



Having some fun seeing Santa during Breakfast with Santa in Winger was Bailey Iverson.



Henry Swanson was so happy to see Santa and Mrs. Claus, his little brother, Hudson, however needed some assurance from mom, Amanda.



Heidee and Brilee Roed came to Santa Claus Day in McIntosh on December 9th to see Santa and Mrs. Claus and have fun making some ornaments and having special treats.



Grace Dahl had a chance to visit with Santa in Winger on Saturday, December 9th during Breakfast with Santa.



Mikah Malmanger visited with Santa and Mrs. Clause in McIntosh during Santa Claus Day.



Happy to see Santa at the Winger Community Center were Hayden, Jorgen and Kai Johnson on Saturday, December 9th.



Colten Messer seemed a bit unsure of Santa during his visit to Winger.

Random Things and Stuff



Christmas Countdown: Crafts

By: Emily Lynne

This week in our Christmas Countdown, I am going to talk about different crafts you can do.

I know growing up, my favorite thing in school was the crafts we did for Christmas. I think some of my parent's favorite holiday decorations are the ones my brother and I made in school. Here is a list of some Christmas craft ideas you can do with your kids from HGTV:

1.Decorate a Christmas Plate: this can be done by getting a plain plate at the dollar store and using paint markers. They can decorate the plate however you would like, and then you just bake it to make it permanent. This plate can be used to set out sweet treats.

2.A Sweet Snowglobe: this treat is both a decoration and a snack! This is done by using a mason jar, different white chocolate treats, gumdrops, and other candies. You make a design with the candies, and put the mason jar on top of it. When you are done using it as a decoration, you can eat it up.

3.Potato Stamped Gift Wrap: let the kids help make the wrapping paper. This is done by cutting a potato into slices. Then, using a cookie cutter of your choosing, make the potato into the shape. Next, you dip your potato stamp into some paint and stamp it onto the wrapping paper.

4.Christmas Cards: instead of having all of your Christmas cards made from Snapfish (or other photo places), for a few special loved ones, have your kids make their own Christmas cards for them.

5.Felt Holders: these felt holders can be used to hold candy canes. These can be in any design of your choosing

and can make a cute ornament.

6.Indoor Snowmen: this can be done a number of ways. The most common is using blocks of wood. Painting the three different sizes of wood blocks white, you can then decorate the snowman anyway you choose. This guy is sure to last all winter long!

7.Christmas Candle Holders: In just a few steps, you can have yourself a gorgeous candle holder for the holidays. With a mason jar, you can decorate the outside any way that you choose. To make it sparkle, paint the outside of the jar with clear glitter. Place a candle inside the mason jar, light it, and watch the room sparkle.

8.“Sweet” Ornaments: using wood cutouts and white puff paint, you can decorate different shapes to make ornaments that look like gingerbread cookies. Just remember, these are not edible treats, even if they do look good enough to eat!

9.Hot Cocoa Friend: for this, you will need three marshmallows, pretzel sticks, candy corn, and a bit of black icing. With a toothpick, stack the marshmallows in a row. Next, using the pretzel sticks, make the arms and legs of the snowman. Then, use the candy corn for the nose and the icing to fill in the buttons and smile.

10.“Nutty” Ornaments: these are done with acorns. Paint the outside of the acorns however you choose. Then, make sure you have a “hat” that fits them just right. You will drill two small holes in the “hat”. Next, pull a string through the holes and tie it so that you can hang your ornament on the tree. Then, once everything is dried, hot glue the “hat” onto the acorn and let it dry.

There are multiple different crafts you can do this holiday season. I encourage you to pick out a couple and spend the time with your kids doing these projects.

These will create memories that can last a lifetime. You never know, it may turn into a new holiday tradition.

WEM School Announcements

The Win-E-Mac Yearbook staff is taking pre-orders for this year's book. Cost is \$35.00 now and until December 20th and will cost \$40.00 after December 20th. Yearbooks can be purchased during students' noon hours or from Mrs. Winter before or after school. Order forms are available in the office. Be sure to make your order so you are guaranteed a yearbook!

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.

Gala for Girls - Friday, February 2 - 5:30-8:30 p.m. - Crookston Armory - \$40 for each couple (\$10 for each additional girl). All girls in grades K-6, this is your night! Bring your dad, grandpa, uncle or adult male role model. Forms are in the office.

Story to Share?

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

Superintendents Notes

By Randy Bruer



Property Taxes

Last year the legislative session brought several changes to the number of statutes that impact taxation of Minnesota residents. Ag properties will see an Ag land credit on your statement which will reduce Ag land taxes used to pay for facilities of a school district. This is a good relief for residents of the Win-E-Mac School District.

Everyone has received your property tax statement/s which will show a market value that determines the amount of taxes paid this coming year. Again, we would like to Thank you to our patrons for your support to the Win-E-Mac School.

Garden Valley TV

Again this year, the Win-E-Mac school plans to host our Girls and Boys Varsity Basketball games on a local TV channel 30. We invite the public, who pay for this service, to watch our local channel during this season to see these events. Our plan is to connect for each home varsity game or event in the school. Students will be operating the broadcast so please be patient with the televised service.

18 Online program offers college credits to students

Win-E-Mac and NW Minnesota School districts currently offer concurrent college enrollment or College in the Schools (CITS) courses.

Starting this year, those who teach college courses in high school must have a master's degree in the subject they

vice Cooperative and Minnesota State University Moorhead. The program is no cost to the enrolled teacher or the school district. "We're very fortunate our service coops are working together. We have a number of teachers taking advantage of this opportunity so they have no out of pocket costs.

Win-E-Mac Administration see this could be a concern in a few years, but feel the district is in good shape now with their instructors currently teaching the college courses. 18 Online is a chance for teachers to earn the credits and put them in position to instruct college courses and for the district to continue its concurrent enrollment program. Win-E-Mac currently offers many college courses in English, Social Studies, Algebra and Science related courses. All the Win-E-Mac teachers instructing these college courses hold master's degrees.

CTE Construction Classes

We are looking at the possibility of building a house in the Construction class next year. This house will be a modular build so you can move the building to a location of choice. It will be a 3 bedroom, 2-bath, 1500 square foot house. If you are interested in this plan, please speak with the Superintendent. Nothing has been decided at this time but we are open to inquiries about the house.

Have a Great Holiday Season!



Kotah Hillstad was not too sure about seeing Santa on Saturday, December 9th in Winger, his mom Tanika helped out. His sister, Jaylen, however, let Santa know what was on her Christmas list.



Santa and Mrs. Claus were happy to see that Jens and Adler Stordahl stopped to see them while they visited McIntosh on Saturday, December 9th.



Julius Dahl let Santa know what he was wishing for at Christmas during Breakfast with Santa in Winger on December 9th.



During Breakfast with Santa Kale Brevik was able to talk to Santa about his Christmas list.



Nick and Karlie Schow spent a few minutes with Santa and Mrs. Claus during Santa Claus Day in McIntosh.



Amelia (Mimi) Iverson let Santa know what she wanted most for Christmas with a whisper in his ear.



Santa and Kylie Kasaven had a good visit at the Winger Community Center when the Winger Lion's hosted Breakfast with Santa.



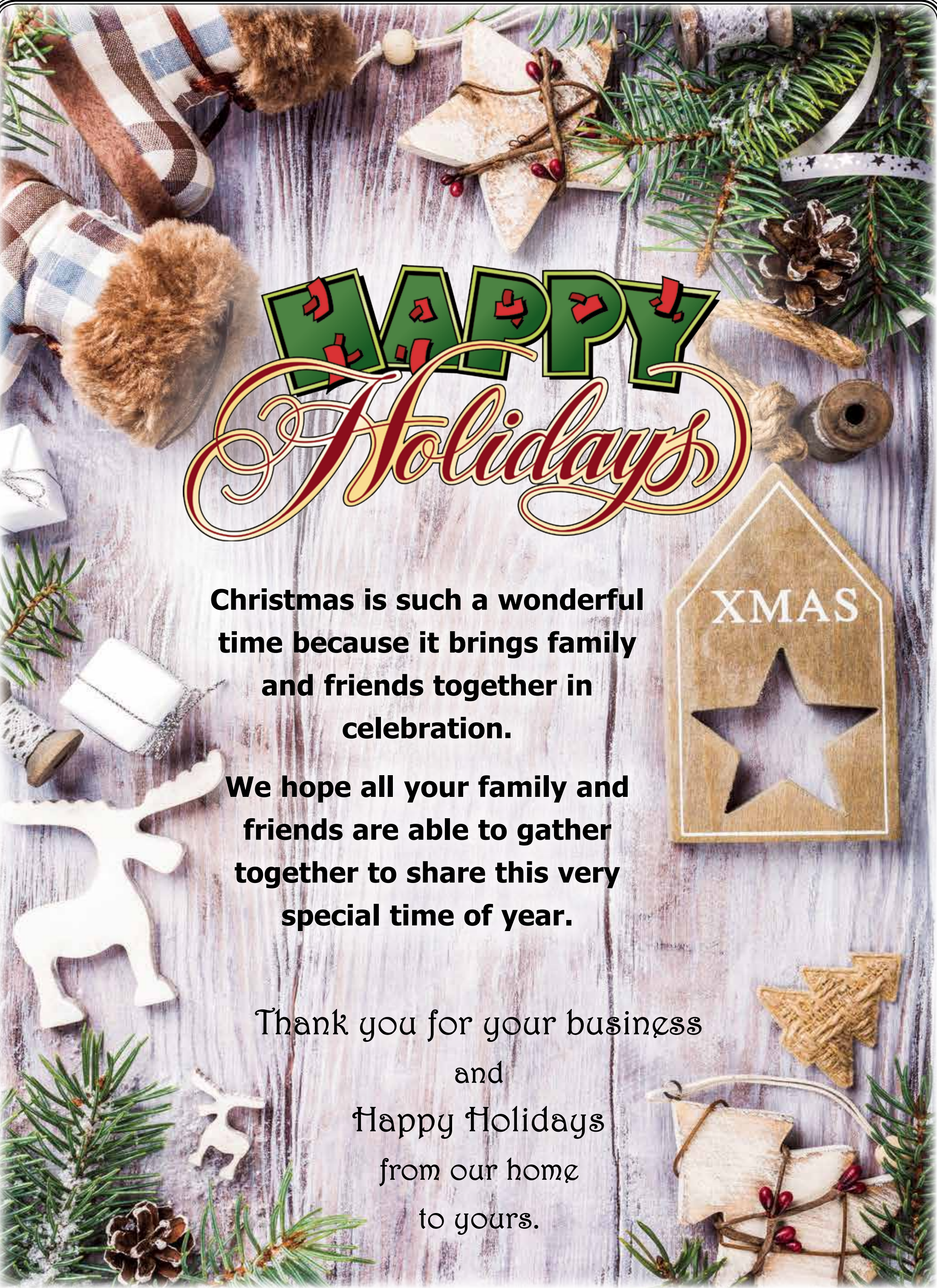
Breelyn Hegre had a visit about what she wished for from Santa this Christmas at the McIntosh Community Center on Saturday, December 9th.



A bit shy, Tavin Hewitt visited with Santa and Mrs. Claus during Santa Claus Day in McIntosh.



Santa will be extra busy when he visits the house of this bunch. McKenzie Tofstad, Matthew Tofstad, Mason Tofstad, Xavier Jenkins, Liberty Jenkins, Roanan Jenkins, and Sammy Jenkins.



HAPPY Holidays

**Christmas is such a wonderful
time because it brings family
and friends together in
celebration.**

**We hope all your family and
friends are able to gather
together to share this very
special time of year.**

Thank you for your business
and
Happy Holidays
from our home
to yours.

★ ★ ★ ★ ★

*The Coop
Bar & Grill*

★ ★ ★ ★ ★

*Poplar
Meadows Senior
Living*

★ ★ ★ ★ ★

*Dan's Standard
Service*

★ ★ ★ ★ ★

*C.B. Auto
Repair*

★ ★ ★ ★ ★

*Farm Bureau
Services*

★ ★ ★ ★ ★

*FarmChek
Services, Inc.*

★ ★ ★ ★ ★

*First National
Bank &
Insurance
Agency of
McIntosh*

★ ★ ★ ★ ★

*Fosston
Tri-Coop*

★ ★ ★ ★ ★

*Hedlund
Backhoe
Services*

★ ★ ★ ★ ★

*King Town
Farmers
Mutual
Insurance*

★ ★ ★ ★ ★

*McIntosh
Senior Living*

★ ★ ★ ★ ★

*Neil's Quality
Meats & More*

★ ★ ★ ★ ★

*North Country
Lumber/Jason
& Chad's
Plumbing &
Heating*

★ ★ ★ ★ ★

Jared's Grocery

★ ★ ★ ★ ★

Rick's Repair

★ ★ ★ ★ ★

*City of
McIntosh*

★ ★ ★ ★ ★

*McIntosh
Times*

★ ★ ★ ★ ★

*Marial Harbor
Body Wellness
Center*

★ ★ ★ ★ ★

*Minnesota
Rust*