

McINTOSH

Since 1888

Times

\$1.00

Hub of the Thirteen Townships

McIntosh, Minnesota

May this new year find you
healthier and happier,
peaceful, content, satisfied,
looking forward to fresh,
revitalizing interests,
a variety of pleasures,
interesting new people,
material and personal
successes
to make this new year
the best one yet.

HAPPY NEW YEAR!

The McIntosh Times

563-3585



Extension Organic & Sustainable
Ag Fund raises funds in honor of Jim Stordahl

Organic agricultural research projects in northwestern Minnesota will benefit from a new University of Minnesota Extension endowment fund created in honor of a passionate advocate for sustainable and organic farming.

The fund is being created in memory of Jim Stordahl, who was an Extension Educator in the northwest region of Minnesota for 21 years and was known for his ability to listen to people's needs and finding solutions that had impact statewide.

"Jim was the ultimate role model for me and others as an Extension Educator in how to engage individuals and communities," said Ryan Pesch, an Extension Educator in Community Economics.

"His highly knowledgeable,



yet practical approach to issues made him a highly-sought after resource."

Funds raised for the endowment will be used by farmers and Extension Educators to investigate producer-led organic research projects.

Scholarships also will be available for farmers to attend state and organic conferences.

Questions regarding this endowment can be directed to Nancy Frosaker at frosa001@umn.edu or 701-212-2471. Gifts can be sent to University of MN Extension Development, 9 Coffey Hall, 1420 Eckles Ave, St Paul, Minn., 55108.



Each year, Jan and Diane make great treats and homemade lefse for their Annual Open House at King Town Insurance in McIntosh.



Philip Lee and Sheree Breckel welcomed Community members to the Christmas Open House at First National Bank in McIntosh held on December 15th.

Polk County Public Health
receives Breastfeeding Friendly Award

Polk County Public Health has received a Breastfeeding Friendly Health Department Award from the Minnesota Department of Health (MDH) for its contributions to the health of mothers and their babies.

The award was presented at the Polk County Board of Commissioners meeting on December 19th, by Holly Glaubitz from MDH.

MDH recognizes county health departments, workplaces, maternity centers and child care facilities that have demonstrated their commitment to supporting breastfeeding mothers.

The designation acknowl-

edges a county health department's commitment to acting as a model for the community by supporting healthy families and receiving the business benefits of supporting nursing mothers.

"Breastfeeding has many health benefits ranging from nutrition to long-term protection from disease.

"We are working to create a culture that is comfortable with breastfeeding and to reduce obstacles that women and families encounter, and breastfeeding friendly places are a great way to do that.

"This award milestone is the result of our public health

professionals planning and action to show continued support for mothers, babies and families in their breastfeeding journey," said Sarah Reese, Director, Polk County Public Health.

MDH's Breastfeeding Friendly recognition program is supported by the state Women, Infants and Children program (WIC) and the Statewide Health Improvement Partnership (SHIP).

To learn more about the application process for the Breastfeeding Friendly recognition program, visit www.health.state.mn.us/breastfeedingfriendly.



Community
Calendar

- 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! City Offices, Library and McIntosh Times offices closed
- Tues. Jan. 2:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm
- Wed. Jan. 3:** School Resumes at Win-E-Mac; McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Computer Class at McIntosh Library 1pm to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Jan. 4:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Jan. 5:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Jan. 8:** 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. 9:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm



You can always find a treasure to take home or give as a great gift when you shop at Minnesota Rust. Jill Sonsteli finds some unique Christmas decorations during Christmas in McIntosh on Friday, December 15th.



It is always a good time to visit with friends and family from near and far during the Annual Christmas Open House at First National Bank in McIntosh. Here, classmates Wayne Strom and Craig Burslie catch up.



Dianne Christopherson and Arlene Bly enjoy some treats and a visit at the King Town Mutual Insurance Agency's Holiday Open House on Friday, December 15th in McIntosh.



Left to right: Commissioner Jerry Jacobson, Angel Korynta, Bethany Satrom, Commissioner Joan Lee, Stephanie Olson, Brenna Olson, Tammy Conn, Commissioner Don Diedrich, Holly Glaubitz (MDH), Chelsea Tufts (MDH), Commissioner Gary Willhite, Kirsten Fagerlund, Sarah Reese, and Commissioner Warren Strandell.

Pestle & Vessel

by Alison Opdahl

Key

Recently, Dinah and I butted heads over a chore she did not want to do... and to be honest, in my frustration I slammed a few doors, (she recounted how many to me later, sigh). Since she wouldn't help me I decided to let her feel what that was like. When she wanted her fruit snacks opened I explained if she couldn't help me I couldn't help her. She apologized but I explained words didn't mean anything when actions didn't change.

She followed me around, asking me to open her snack. When she figured out I wasn't going to change my mind, she started problem-solving. But her plastic scissors were no match for a fruit snack pouch. As I watched, she mulled aloud then turned to me, "Momma, let's start over." I swallowed my frustration and asked what she meant. She explained as she ran to the basket, grabbed the hat I asked her to put away and gave it to me. "How about you ask me to put the hat away again and after I help you, you can help me?" Stunned. Me. Standing there. Stunned. Because she had found the KEY to a meaningful apology. On. Her. Own. She's four years old!

I wish I could say I set an example of this behavior with her. Mixed with the right kind of pride for her behavior and shock, was the realization she's not only listening to the Ruach ha-Kodesh (Holy Spirit), but acting on what she hears. Even as I write this, I know I've stepped onto a whole new level of parenting. I'm really hoping I can do better than hang on with my fingernails!

I've been looking at my daughter with new eyes. I've been listening to her with new ears. I've been speaking to her with different words and fewer words. Silence is powerful. Because you see, I don't want to get in the way of the Ruach. She is growing in relationship to her Heavenly Father and I don't want to be her filter. It is NOT my responsibility to be her filter. It IS my responsibility to teach her how she can know Him better by exposing her to His Word. His language is not only found in the Bible but in the creation around us, in the unselfish actions of those around us... I could go on.

The part of us that seeks relationship can only be unlocked by one key: Elohim the All Powerful One, our Creator. Our purpose for BEING is to be in relationship. That is exactly why we were created. And though we have relationships with many people with different roles, our role with our Creator is exactly the same: image-bearers. In our actions, decisions and choices we are to first measure our behavior

on the scale of the relationship that matters most; the one with our Maker. This may seem like an ordinary statement on some level but we must look deeper.

Sometimes the clearest understanding of this comes to me by way of my daughter. I am being schooled by toddler theology. I speak to her often about "choice." About how we choose to be kind or unkind, happy or grumpy, selfish or helpful... and one day she said, "Momma, how about I give my bad behavior away?" Good thought. So I had the wonderful opportunity to explain how she could give that away to the Father. When she asked how, I told her she could just talk to Him about it. I heard her quiet little conversation with Him, not every word, but it brought tears to my eyes.

Since then we have used that little gem of an idea over and over, and sometimes she says she tries to give her bad behavior away but it doesn't work. What an opportunity to talk about how we have sin in our hearts, and every time we "give away our bad behavior" to the Father, we are forgiven. We are given another KEY to deeper relationship with our Elohim. "KEY" has been coming up in so many ways in my life. Will you look for it in yours? If you find it, will you ask the Father what it means for you? This morning, the Ruach reminded me I needed to finish this article... guess who forgot her KEYS to work two days in a row? Yep.

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. Her husband Christian and their "upbeat" son Al T do their best to "lift" her mood. The Tude's good neighbors love Christmas and endeavor to bring Holiday joy back into Atty's heart.

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.

Heal the burn of acid reflux

During the holiday season, a rich meal followed by some dessert can be the definition of a holly, jolly Christmas. But for sufferers of GERD or Gastroesophageal Reflux Disease, it's a nightmare of heartburn and discomfort.

"It's a condition where the acidic contents of the stomach go up into the esophagus," says Dr. Kimberly Kolkhorst, the chair of the gastroenterology department at Essentia Health in Fargo.

She says the symptoms manifest differently in different people, but can include a feeling of food stuck in your throat, difficulty swallowing, throat clearing, nausea or pain in the arm or jaw.

"But the main symptom people complain about is a true heartburn when there's a burning sensation that goes up to the chest, usually prandial, which means after they've eaten and sometimes these symptoms can awaken them at night too," Dr. Kolkhorst says.

GERD is caused by a sphincter muscle at the bottom of the esophagus which is supposed to tighten in-between meals, but instead relaxes and allows stomach acids to rise into the esophagus. This relaxation can be triggered by certain foods such as: chocolate, caffeine, alcohol and peppermint.

"But part of it could also be anatomical," says Dr. Kolkhorst. "Some people just have a more relaxed sphincter muscle and obesity can also contribute to GERD."

Dr. Kolkhorst says lifestyle changes are the most important weapon in your GERD arsenal. She suggests trying to lose excess weight which causes increased abdominal pressure. She also recommends avoiding overly tight clothing or lying down right after you eat.

"I'll tell people if they want to take a nap after they've eaten a big holiday meal, consider a recliner instead of the couch," she says. "Or when you go to sleep for the night, use a wedge pillow which elevates the head."

When lifestyle changes aren't enough to keep GERD away, Dr. Kolkhorst says over-the-counter medications including H2 Blockers like Zantac or Pepcid or PPI's like Prilosec can alleviate symptoms. For more serious cases, doctors will increase medication dosages to prescription strength or perform interven-

tional procedures like endoscopy, which closely examines esophageal tissue for signs of damage from reflux. For the most serious cases, surgery can be performed to tighten the esophageal sphincter.

Dr. Kolkhorst says because GERD can cause chest pain, it's important patients rule out heart issues, so she advises visiting your doctor if you are experiencing symptoms of GERD. Once the doctor knows what's going on, there are solutions available to stop the burn once and for all.

For more information about Essentia Health gastroenterology, go to Essentia Health.org.



We would like to thank everyone who attended our 60th Anniversary. Thank you for the cards and gifts and for the good visits, it was good seeing everyone again. A special Thanks to our children, grandchildren, and great-grandchildren for this special occasion.

God bless you all,
Lavern and Anna
Tofstad

M40P

Winger Township Notice

Winger Township has the following positions available for the March Election:

Clerk: 2 years
Treasurer: 1 Year
Supervisor: 3 Years

Please fill out notice of candidacy with Nathan Johnson, Clerk. Filing Period is from January 2, 2018, until January 16th, 2018 at 5:00 pm. \$2 filing fee required.

Nathan Johnson, Clerk

M40-41C

NOTICE HILL RIVER TOWNSHIP FILING NOTICE

The filing dates for the Township of Hill River, County of Polk, State of Minnesota will be from Tuesday, December 26, 2017 until 5:00 p.m. on Tuesday, January 9, 2018. Filing will be for:

(1) one Supervisor for a term of three (3) years and
(1) one Clerk/Treasurer for a term of two (2) years. The filing fee is \$2.00. Filing is to be at the Clerk/Treasurer's home.

Raymond O. Sundrud,
Clerk/Treasurer
Hill River Township

M40-41C

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

Polk County Sheriff's Report

On December 19, 2017 a citizen of Polk County was contacted on their cell phone from a restricted number. Upon answering the call, the person told them they were chosen as a winner from Publishers Clearing House and the Prize Patrol is on the way to their residence and to have their verification number that was previously mailed to them ready to accept the check. When told they didn't have their verification code, the citizen was told to call 876-404-4344 Ext. 5 and ask for Albert Johnson to get their code right away.

Upon calling the number, after a short conversation they were told about a tax rule where they were responsible to pay the taxes prior to receiving the check. The citizen was told to go get a money gram at Wal-Mart and send it in, prior to receiving the check. At this point the citizen realized it was a scam and the conversation ended, however they then received a notification from their phone provider that they do not have international calling and were charged by the minute. Upon discussion with the phone company, the number 876-404-3233 was a phone number originating from Jamaica and they were charged for international calling.

The Polk County Sheriff's Office wants to remind citizens who receive a call claiming they won money to be cautious and look into the phone numbers either given to you or the number that called. Many times an internet search of the phone number brings up posts from other people who have received the same type of calls which were scams.

Ad deadline:
Noon Friday

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!

Community Birthday and Anniversary Calendar

Wed. December 27:
Heather Hegre, Erin Jore, Haley Smeby, Dustin Carlson
Thurs. December 28:
Anita Roy
Fri. December 29:
Preston Carlson
Sat. December 30:
*Rudy & Kathy Finseth
Sun. December 31:
*Bryce & Andrea Stordahl

McINTOSH Times

PUBLISHED WEEKLY IN THE HUB
OF THE THIRTEEN TOWNSHIPS BY
RICHARDS PUBLISHING CO., INC.

RICHARD D. RICHARDS, PUBLISHER
KIM HEDLUND, EDITOR

McIntosh • (218) 563-3585

"McIntosh Times" (USPS 336-020) is published weekly for \$25.00 per year (in county) and \$30.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.

POSTMASTER: Send address changes to:
McIntosh Times, PO Box 9, McIntosh, MN 56556.
mcintoshtimes@gmail.com

"Serving the Win-E-Mac area"

PUBLISHER'S LIABILITY FOR ERROR: The Publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The Publisher's liability for other errors or omissions in connection with an advertisement is strictly limited to publication of the advertisement in any subsequent issue or the refund of any monies paid for the advertisement.



ST. MARY'S CHURCH

Fosston

Fr. John Suvakeen, Pastor
Wed. Dec. 27: 11:30am Mass at St. Mary'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

Sun. Jan. 7: 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. Dec. 31: 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Jan. 7: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

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

Sun. Dec. 31: 11:15am Worship Service.
Sun. Jan. 7: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH Independent

Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church
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)
Sun. Dec. 31: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service

Tues. Jan. 2: 10:00am Sunday worship service telecast on Garden Valley Cable TV--Channel 2; 1:30pm Bible Study at The Country Place
Wed. Jan. 3: 7:00pm Bible Study at Don and Sharon Ramberg's

Fri. Jan. 5: 10:00am Telecast of the Sunday School/Luther League program on Garden Valley Cable TV--Channel 2
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 1/2 mile east on County Road 206.

MCINTOSH AFLC McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson
Thurs. Dec. 28 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. Carmel
Sun. Jan. 7: 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

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson
Sun. Dec. 31: 9am Worship
Sun. Jan. 7: 9am Worship

DOVRE

FREE LUTHERAN
Pastor Don Edlund
Wed. Dec. 27: 7:00pm Bible Study

Sun. Dec. 31: 10:00am Worship Service;
Wed. Jan. 3: 7:00pm Bible Study

Sun. Jan. 7: 10:00am Worship Service; Sunday School following

Wed. Jan. 10: 7:00pm Bible Study

IMMANUEL LUTHERAN CHURCH McIntosh

Rev. Bruce Blocker,
Pastor

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

Sun. Jan. 7: 10:00am Divine Worship with Holy Communion

Holy Communion 1st and 3rd Sundays



Happy New Year

The holidays are a special time.

As the year ends, we want to express our thanks and appreciation to our many loyal customers and friends.

As your "hometown" bank we look forward to serving you in an exciting new year.

Warmest holiday wishes to you and your family.

first national bank of McIntosh

260 Cleveland Ave. SW
PO Box 129
McIntosh, MN 56556
www.fnbmcmintosh.com

Phone (218) 563-2865

M40C

This space for rent at \$127.40 for 6 months.

CALL 218-563-3585

Carlin
FAMILY FUNERAL SERVICE

"Caring service for three generations"

(218) 435-1144

Funeral Home ~ Cremation Service ~ Granite Memorials

ANDERSON FAMILY FUNERAL HOME & CREMATION SERVICE

719 N. Main 644 Main St.
Mahnommen, MN Winger, MN

*Paige Ennen *Kelly Woltjer
*Tim & Denise Anderson
*Licensed Funeral Director

218-935-9000
Toll free: **866-935-9009**

Is There A Wedding In Your Future?

We have the latest designs for wedding accessories - or, if you choose, we can assist with a design of your own.

LET US HELP MAKE YOUR WEDDING DAY MEMORABLE.

487-5225 Gonvick, MN

Richards Publishing Co.

Winger News

Linda Pulskamp

Hello again from Winger and the Union Lake areas where with the snow falling today (Wednesday) it looks like we will have a white Christmas and a cold one too, with temperatures expected to drop below zero. We are spoiled as the weather for this time of the year has been rather pleasant except for the ice which has been very treacherous.

Hope you all had a very Merry Christmas and now on to the New Year celebrations. Once again have a safe trip to and from your destination if you are traveling.

Thursday the 14th Lonnie Gieseke was a visitor and coffee guest with Milton Carlson at the Carlson home and while there he cleaned Milton's deck for him.

Last Sunday morning Butch and Linda Pulskamp and Dan and Sharon Bogenrief of Big Stone City, SD attended the Christmas Program at Immanuel Lutheran Church in Wahpeton, ND. Granddaughters Sidnie and Skyline Pulskamp both took part in the program. After the program they were all dinner guests at the Brent and Jessie Pulskamp home.

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

Paul Carlson was a visitor and coffee guest last Friday the 15th with Milton Carlson at the Carlson home. While he was there he cleaned snow off the deck for Milton.

Butch and Linda Pulskamp were house guests from Sunday until Tuesday at the Donnie Johnson home in Maple Lake, MN. Other visitors at the Johnson home were Mark, Judy, Matt and Jordan Boeckers.

Lucy Brtek was a visitor on Wednesday afternoon at the Danny and Angie Brtek home.

Last Saturday Paul Carlson visited with Milton Carlson at the Carlson home, while there he helped Milton set up his Christmas tree and cleaned the snow off the deck. They both enjoyed coffee and cupcakes that Donna had sent with Paul.

Sheldon and Rita Trandem were Tuesday afternoon the 19th visitors at the Pioneer Home at Erskine with Helmer and Verlys Homme.

Lonnie Gieseke was a visitor at the Milton Carlson home on Saturday afternoon, while he was there he did some household chores for Milton, along with getting the mail.

Tuesday night Lucy Brtek was a visitor and supper guest of Lynn and Sara Lucken at the Lucken home. Sara served them a delicious lasagna supper.

Sunday Donna Carlson picked up Milton Carlson and they attended the Calvary

Christmas program, Milton commented that the kids did an excellent job presenting the program.

Lucy Brtek also took in the Christmas program on Sunday at Calvary Church and she too commented on what a wonderful job the kids did.

Monday Granddaughter Sheila Benesh was a visitor with Grandpa Milton at the Carlson home.

Not a lot of news this week but with Christmas so close hope next week to have more.

In closing, good friends are like stars, you don't always see them but you know they are always there.

HAPPY NEW YEAR TO ALL OF YOU!

Learn to break the procrastination habit

The idiom "Never put off until tomorrow what you can do today" has been credited to many people, including Thomas Jefferson, Mark Twain and Oscar Wilde. Regardless of who first uttered the phrase, it still rings true. Many people are guilty of procrastinating, which can affect their productivity and various other areas of their lives.

Procrastination can sometimes be a good thing, giving a person time to think through decisions more thoroughly instead of acting impulsively. Waiting to do something until a deadline looms also may motivate a person to work harder to complete the task at hand. Yet chronic procrastination can be a problem that affects one's job performance, academic success and general state of mind.

Psychology Today says that procrastinating is often done to temporarily reduce a person's anxiety about a task or alleviate boredom or negative feelings toward the work at hand. Procrastination is more a symptom of emotions rather than a problem of poor time management. Experts in the

field of psychology say that even though procrastinating may temporarily relieve anxiety or unpleasant feelings, procrastinating ultimately can increase negative feelings.

Resolving to stop pushing tasks into the future can be a worthwhile goal, but it's difficult.

"To tell a chronic procrastinator to 'just do it' would be like saying to a clinically depressed person, 'cheer up'," said Joseph Ferrari, a professor of psychology at DePaul University.

Individuals can instead employ these strategies to get focused.

- **Set deadlines.** Open-ended time frames for getting things done may be a procrastinator's worst enemy. Setting deadlines can provide the inspiration needed to get things done. Set reminders to help stay on task.

- **Seek cognitive-behavioral therapy.** CBT is a common type of talk therapy that is used as a tool in treating various mental health conditions and other situations. CBT helps a person become aware of inaccurate or negative thinking to change a view on challenging situations, says the Mayo Clinic. This way one can respond to them in a more effective way.

- **Identify feelings.** Identifying why a person is procrastinating can help him or her get past the block. Fear, change, sadness, or lack of experience may be behind a person's tendency to procrastinate. Identifying the cause can help men and women overcome this hurdle.

- **Break down the task.** Dividing a challenging task into a handful of smaller tasks can make it easier to complete the project. Reward little successes, which will eventually add up to a big success.

- **Keep distractions at bay.** Remove distractions from the environment, so they can't be used as a procrastination crutch.

Over time, people can break the habit of procrastination and become more efficient and successful.



Jim Wertish and Gary Frisk visit during the Open House on Friday, December 15th at First National Bank in McIntosh.

Regional Ag News

Eli Gindele, Extension Educator

Growing Soybeans That Out-Compete Weeds & Private Pesticide Applicator Training

By Eli Gindele Local Extension Educator

Weed management has become one of the most significant challenges in crop production as herbicide resistance continues to increase. Learn about the latest research and information to address these challenges by attending a "Strategic Farming: Growing Soybeans That Out-Compete Weeds" workshop this winter. Registration is now open at <https://z.umn.edu/strategic-farming>.

By attending, you will learn about:

- Growing soybeans that out-compete weeds.
- What are the impacts of row spacing, plant population, canopy closure, and pest pressure on soybean competitiveness and profitability?
- Beating weeds at their own game.
- How can we use weed biology to our advantage?
 - o Breaking the cycle of loving a technology to death: Get off the resistance treadmill.
- What are some new viable weed management options that we can implement now?
 - o Implementing a game plan.
- What is your strategy to



Photo credit: Lisa Behnken

win against weeds?

McIntosh at the Community Center, 9:00 am-12:30 pm, February 15

Lunch will be provided. Private Pesticide Applicator Recertification will run concurrently at McIntosh location; therefore, attendance until 2:30 pm is required to receive recertification.

Registration is strongly encouraged at least five days prior to each event to assist in meal and program planning. Please visit <https://z.umn.edu/strategic-farming>. This program is being sponsored by the Minnesota Soybean Research & Promotion Council.

For more information about this program, please contact Liz Stahl at 507-372-3900 or stah0012@umn.edu, or Seth Naeve at 612-625-4298 or naeve002@umn.edu.

Farmers with Private Pesticide Applicator Permits that expire on March 1, 2018, should get a postcard

from the MN Department of Agriculture during December. U of M Extension will mail flyers about renewal workshops that have been scheduled from the middle of January to the end of February. Farmers can renew permits again this year by 1 of 3 options.

- 1) **Attend a "Renewal Workshop"** conducted by U of M Extension staff. Bring an official picture ID like a driver's license; and your current Permit Card if you have it. Bring a check to pay the \$75 permit fee. You must arrive on time and stay for the whole workshop. Attend any workshop that is convenient for you. Workshops are listed in mailed flyers and at the UMN Pesticide Safety website listed below.

- 2) **Work through the written exam** that is available now at County Extension Offices. Use the 19th Edition Manual as a reference. If needed, the cost of the manual is \$10. Mail the \$75 permit fee along with your test answer sheet in the addressed envelope provided. You can ask County Extension staff about mailing these items to you. They may ask you to prepay for the manual and postage.

- 3) **Work through the exam online** by going to <http://z.umn.edu/ppatprogram>. The \$75 fee is paid by credit card. The manual can be viewed online. The online

The County Line

By Warren Strandell
Polk County Commissioner, Dist. 2

Because none of us likes to pay property taxes, a study of the "Proposed Taxes 2018" mailing that comes each year in late November is always a must. The first look at that mailing goes to the total tax listed on the bottom line. After that, the focus goes to a comparison of the different units of government that make up that total and how they have changed from a year ago.

When there are significant changes/increases, we look for answers as to why. A part of that question can often be answered in the upper right corner of the page where the property's valuation is shown. It was changes in valuation that triggered several people to come to the Polk County "Truth in Taxation" session held last Tuesday evening.

Truth in Taxation meetings are supposed to be about that particular local government unit's (county, city/township, school districts, and other taxing districts) plans for spending in the next year, not about valuation... but valuation still becomes the topic of discussion. The County Board has always allowed people to question their valuations at the meeting.

Valuation reviews
By state law, 20 percent of all parcels in the county are to undergo a valuation review each year... that's once every five years. Sales of comparable properties are one of the main considerations in those reviews but there are other factors, too. When significant adjustments are required (usually upward), property owners, want to know why. That's, of course, their right, as it should be.

The flip side of the valuation change issue is often that the property had been "under-valued" in previous years and, as result, the needed adjustment became significant. That was usually the case for owners of residential properties in the areas that were reviewed in the past year. In general, these valuations — again largely based on sales of comparable properties — went up.

Ag land valuations
By contrast, the valuations of tillable ag lands have mostly gone down or, at least, remained the same. These reductions were based upon sales that no longer correspond to the appraised values that were appropriate when per-acre sale prices were higher. Blanket decreases have been made in a number of townships, mainly in the western Polk County.

Those decreases, based upon more recent sales, may not have been enough. They will be considered for next year. The irony of ag land valuations — again based upon sales — is that they go up faster than

they come down. That happens because landowners are more likely to sell when the market is going up than they are when it is going down. When land isn't sold, the higher valuation numbers remain in place since the lack of sales doesn't establish the valuations with any connection to reality. The correction is coming but, for many, it isn't coming nearly fast enough.

One point that needs to be made here is that Polk County has very good appraisers. Simply said, they are very good at what they do... they are well trained in appraising and they are committed to doing the job right within the state rules and regulations.

Then, about the budget subject

The levy for 2018 has been increased just a touch over 3.5 percent. If your valuation hasn't really changed, this won't amount to much of an increase in your tax liability. Remember, this is for the "county portion" of the total tax bill. Other units of government will have to defend their numbers.

Cushioning the levy increase for all property owners is the addition of \$25.65 million in "new construction" valuation that has been added to the tax roles this year. Increases in the valuation of existing properties total another \$125.5 million. These increases in valuation spread the cost of any new spending to a larger tax base. With the additions, the county now has \$5.57 billion in valuation.

The goal of the County Board has been to hold levy increases — that's the net effect of new spending — to about 3 percent... something close to the rate of inflation. Over the past nine years, the average levy increase has been 2.57 percent.

The 3.5 percent bump for 2018 includes election year expenses and some other one-time costs that won't have to be repeated in 2019. Some of the 3.5 percent increase will be used just to cover the 3 percent across-the-board salary increase negotiated for employees.

Use of reserves
The county plans to use almost \$800,000 from its reserves mainly to fund a needed remodeling of the Human Services building in East Grand Forks. This will be done to create the additional space requested by the Northwestern Mental Health Center, to rearrange other officing, and to update the building's roof and heating and cooling systems. Payback on the use of these reserves will be achieved over five years through the rent/

lease payments of the occupants.

Not a part of the levy is anything associated with the \$24.25 million solid waste improvement project that is underway. This project includes expansion of the Resource Recovery Facility (commonly known as the "incinerator") in Fosston along with the installation of new processing equipment there. The project also includes the construction of new transfer stations in Crookston and Park Rapids and the remodeling of the transfer station in Bemidji. And there will be improvements to the compost facility at Gentilly, too.

Project funding
The project is funded by \$17.25 million in state Capital Assistance Program (CAP) grants and by the \$7 million in bonds that were sold by Polk County to cover the local-share. Those local-share bonds will be repaid through the collection of tipping fees and the sale of recyclable items taken from the waste stream. As a result, none of the cost of this project is levy dependent.

When completed later in 2018, the six county members who use this waste disposal system will have the best solid waste program in the state. That's according to the Minnesota Pollution Control Agency. In this Christmas season, that amounts to a fantastic gift that will last for years and will provide many opportunities going forward.

Merry Christmas to all!

Thoughts for the day:
There is no such thing as failures, only learning experiences. — Matt Birk, former Minnesota Vikings football player

If voting made any difference, they wouldn't let us do it. — Mark Twain

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

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

Pasture Renovation & Herd Health Workshop

The workshop will be held on January 9, 2018 at 5:00 pm at the American legion.

Dinner will be served and will be \$15 per person or \$20 per couple at the door.

This is a different workshop than Cow/Calf Days which will be January 23, 2018.

We will have the pleasure of having Jeff Duchene present along with two producers who have worked with him on improving their own pastures. Jeff Duchene works as a Grazing Lands Specialist for the Natural Resources Conservation Service and covers NW MN. He mainly assists livestock producers with improving pasture management and productivity. In his spare time, Jeff likes to hunt, fish hike, and fix up his old farmstead.

"I would like to introduce a thought process to help producers make decisions on when pasture renovation is needed, why it may be a good fit for their pasture and operation, and different methods that could be employed to renovate pastures. I will also talk about the need to utilize good grazing management principles to ensure a return on their investment. My talk will also set the stage for the two producers to follow that will talk about their experiences with renovating pasture."

Producers: Steve & Susan Flanagan, have a diversified farm north of Bluffton

where they raise children, beef, deer, oats, and soybeans. Steve is a fifth generation Minnesota farmer who is focused on restoring an old family homestead and regenerating soil. Steve and Sue host several pasture walks per year to view a mix of low input annuals and perennials.

Ivan and Dayle Reinke operate Cloverleaf Grass Farm, a diversified farm that direct markets grass fed beef, pastured pork and chicken. Rotational grazing in the summer then bale grazing in the winter has been their management scheme. Cover crops have been fit into their system as a stepping stone to an improved pasture seeding.

Herd Health
Dr. Donald J Hagen, DVM —Don graduated from the University of Minnesota Veterinary program in 1979 and has had his own practice for about 14 years. We are a mixed animal practice with an emphasis in cattle. Don has worked for Red Lake Falls Veterinary and Lyle Kenner before starting his own practice. In 1985 he also spent 5 years milking his own cows.

Don currently has a small beef herd and he rents out bulls for local farmers. Don will be assisting us with respiratory problems that have been popping up in NW MN. He will be reviewing the best options of a herd health protocols and what we can do as producers to help mitigate these diseases.

Random Things and Stuff



Good News for 2018

By: Emily Lynne
Happy New Year! What events do you have planned for 2018? For me, I am most excited

to be graduating college and starting my nursing career. Are you expecting a new addition to your family this year? A new car? A new home? 2018 may be a very exciting year!

If you aren't sure you have anything to look forward to in 2018, CNN has you covered. Here is a list that CNN put out about 18 things to look forward to in 2018:

1. The Winter Olympics
2. A Royal Wedding
3. Really, really good movies
4. The "Frozen" musical
5. The World Cup
6. Regular people going to the moon
7. Must-See TV
8. Petting a headless robot cat and shaming yourself into eating better
9. A royal baby
10. Tesla's truck stuff
11. Midterm elections
12. Scalp cooling for chemo patients
13. Maybe a new Game of Thrones book
14. Flights to Antarctica
15. A time capsule opening

16. A Titanic diving trip
17. ESports take a world stage
18. Historical anniversaries

If you would like to read about any of these 18 things, check out this website: <http://www.cnn.com/2017/12/19/world/2018-things-to-look-forward-to-upcoming-events-trnd/index.html>

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.

Congratulations to Win-E-Mac Robotics Team #5300A #DIFS for winning the East Grand Forks Senior High Robotics Holiday Tournament! With this tournament win, this Robotics team qualifies for the state tournament. Members of this team include Emelian Hanson, Noah Bergman, Blake Glass and Brekken Lindberg.

Congratulations to the Win-E-Mac 5th grade class for bringing in the most food items for the Student Council Food drive.

Varsity Basketball action: Thursday, January 4, 2018 at 7:45 pm, come and watch the **Patriot Girls Basketball** team take on Fertile-Beltrami in the Win-E-Mac Gym. The **boys Varsity team** will also play Fertile-Beltrami at home on Friday, January 5, 2018 at 7:45 pm in the Win-E-Mac gym.



On Friday, December 15th, during Christmas in McIntosh, a delicious Open House was held at Neil's Quality Meats & More where Neil was able to visit with his customers and his customers were able to sample some great items available and take home some great deals as well.



Carole Burslie had some fun looking at all the holiday decorations that Andrea Stordahl, owner of Minnesota Rust had arranged in her shop during Christmas in McIntosh on Friday, December 15th.

Syverson Family Reunion

By Norris Syverson

The Syverson (Rudolph) family reunion is held on the third Saturday every year of July. Our reunion was held at the Andrew Quam farm, this is the old Quam place. The temperature was about perfect. The sun was shining brightly, and the setting was just beautiful. The big oak trees were something to behold, full of leaves to give us shade from the heat of the sun, about a perfect day to have a picnic, if you wanted shade that the mighty oaks gave to you, or if you wanted the sun, it was there for you.

As the people started coming there was much anxiety, everyone seemed to be glad to see each other, hand shaking, hugs and some kisses too.

Everybody carrying their food for our dinner and lunch. Just the smell of all the food made you hungry. Soon it was time to eat, after praying our table grace, we started loading up our plates with so much food wondering, "What should I take? I can't take everything,

my plate isn't big enough, I'll take only what I can eat." After eating, most of us just sat on a chair for a little while, after our food had settled, we just sat for a short time and then we were ready to go on a four-wheeler ride.

Philip had made a lot of trails in his woods so this is where we went. There must have been about 10 four-wheelers. They had to make 3 different trips in order for everybody who wanted to go on in this ride could go. As we entered the woods a nice great big oak tree greeted us. The ride on these trails through the woods were just beautiful. Different kinds of trees and brush, a few little grass areas too. The trails went all kinds of ways among the trees. The smell of the trees and everything in the woods was something to remember.

Everything God made was just beautiful.

After our four-wheeler rides we ate our lunch. Most of us didn't eat much because of our big dinner. After we ate

our lunch, Peter took us out to where they were going to bury some junk. He just wanted to show us how his backhoe could dig a hole. He dug some and then he let some of the youngsters, both boys and girls, dig. The youngsters really did good running the backhoe. We older ones just watched, which was also fun.

After this most of us went on our merry way home. As the people left, there was much happiness, yet sadness too. Another year until our family reunion will be again. Will we all be here then?

For me, and some others too, our family reunion is the one special time of the year. There were about 80 people at our reunion, about the same as last year. A lot of people were missing, we were saddened by 2 deaths, Richard Loing, 87, and Roy Quam, 95.

We were blessed by three precious babies this year. No weddings. Another year gone by. The Lord has blessed us, we will give God all the Glory.



Mrs. Strom's 9th Grade Algebra class has been working on a project. The annual event in Mrs. Strom's room has the students take two days to experiment and find an equation to represent how many rubber bands a Barbie doll needs to bungee jump safely with out hitting the floor, but getting as close to it as possible. The class then finishes the project by heading to the commons where Mrs Strom tells them how many centimeters it is from the ceiling to the floor. They will then use their equation to calculate how many rubber bands to use for their barbie. They will attach that many rubber bands and we will let the Barbies jump (with the help of Win-E-Mac maintenance staff who takes the dolls safely to ceiling level).



WEM Student Council hosted Ugly Sweater Day for the staff and students. Pictured is the staff that participated by wearing an ugly sweater.