



McINTOSH

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Times

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Hub of the Thirteen Townships

McIntosh, Minnesota

MHAC celebrates the holiday's and a new location with an Open House

Founded in 2010, the McIntosh Heritage Center and volunteers have spent many hours collecting, preserving and researching historical information and artifacts of the original Thirteen Towns of east Polk County.

The group was located in a small office in the Bjella Building in McIntosh, where cramped quarters made displaying their collection quite difficult, until recently. When Polk County Human Services moved into most of the upper level of the building, MHAC was relocated into the old Variety Village building, which had been revamped and updated to include not only the Heritage Center, but also the Head Start offices. The building is now called the Ohnstad Building, in honor of Dr. Ohnstad a pioneer



in this area.

With the move, the McIntosh Heritage and Arts Center is able to display their growing collection and offer plenty of space for those interested in researching family or area history.

It is a great place to stop, just for a look at all the interesting history of our area.

The group has also been a big part of our community with the restoration of the Peterson log cabin, located in Erickson Park, the Thrift Store on Main

Street, hosting several events, such as the popular Heritage Homestead Picnic each summer at a family farm in the area where those who attend can learn some history of the family and the area.

MHAC is open in their new location Monday, Wednesday, and Friday from 10:00 am to 2:00 pm. They can also be reached by email at: mcintosh-heritageandartscenter@gvtel.com or by phone at (218) 563-2040.

The group also had a Facebook page where they can be located and times and locations of events are posted.

The Heritage Center is always looking for volunteers and donations for their continued work at preserving the history of the Thirteen Towns.



One of the Robots from the Win-E-Mac Robotics team. This Team 5300A won a robotics tournament at East Grand Forks on 12-20-17. Having won the tournament, this team has qualified for the Vex Minnesota State Robotics Tournament February 2nd and 3rd in St. Cloud, where they will compete against robots from all over the state. Pictured Left to Right : Brekken Lindberg, Emelian Hanson, Blake Glass, and Noah Bergman.

Tips to help realize your goals in the year ahead

Staying on course and achieving one's goals requires discipline. In addition to working hard, men and women who want to realize their goals in the year ahead can take several steps to increase their chances of being successful.

- **Examine your priorities.** Achieving goals is easier when their goals can be among your biggest priorities.
- **Examine your priorities** to determine if you can fully commit to goals that may require significant time commitments. Men and women who are already stretched thin may need to recalibrate their goals or make changes in other areas of their lives before they can fully commit to pursuing new goals.
- **Be specific in regard to planning.** Being specific when choosing goals is important, but it's equally important to be as specific as possible in regard to developing a plan to realize those goals.
- **Before embarking on a journey** to realize your goals, figure out how you're going to achieve them. Create a new daily or weekly schedule that allots time to realize your goals, seeking input from loved ones whose lives may be affected by your new schedule.
- **Make note of potential obstacles.** Recognizing potential hurdles in advance of their appearance can help you overcome these obstacles and stay the course toward achieving your goals. For example, men and women hoping to lose weight can look ahead to occasions that might compromise their efforts, such as a loved one's wedding or backyard barbecue.
- **Recognizing these obstacles** in advance gives people a chance to develop a plan to overcome them. In the weight loss example, men and women can choose vegetarian options from reception menus or resolve to avoid alcohol, which

tends to be high in calories.

- **Start small, but start immediately.** Lifestyle changes can be difficult, so make small changes initially and gradually work toward larger, more significant changes.
- **Starting small** can lay a successful foundation, but it's also important to start immediately. Procrastination can reduce the likelihood of achieving your goals, and the earlier you get started the more quickly you and your loved ones will adjust to the changes necessary to realize your goals.
- **The dawn of a new year** is a great time to set new goals. Bringing those goals to fruition requires careful planning and commitment



Did you know?

Millions of people resolve to get healthier by dieting and exercising more frequently at the start of each new year. According to data from the International Health, Racquet & Sportsclub Association, 12 percent of new gym memberships are opened in January.

The second week of January is one of the busiest times of year in the fitness industry. But many people who decide to exercise more at the dawn of a new year quickly lose that resolve. New Year's resolutions to diet may wane as well.

To make healthy resolutions last longer, people should recognize that results do not happen overnight and should not be discouraged by slow progress. In addition, diet and exercise is not a fast fix, but rather a lifestyle change. With consistent calorie control and exercise, people may see a gradual reduction in weight and other improvements to their overall health.

Some may find it most effective to work with a nutritionist and a gym trainer



Among the staff and visitors during the Christmas Open House at the New McIntosh Heritage and Arts Center were, Gerald White, Donna Larson, Arlene Eggers and Ruth Carlson.



A lot of research is done on the history and events of the Thirteen Towns by the staff and volunteers. Some of the information comes from visitors and community members who also know a lot of the history of the area. Pictured are: Arlene Eggers, Gerald White, Toni Epima and Arlene Bly.



If you stop into the new McIntosh Heritage and Arts Center museum location, you won't be dissappointed, as there is so much to see and learn.



Community Calendar

- 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; McIntosh Community Club @ Community Center 7:00 pm
- Wed. Jan. 10:** 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. 11:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council @ Community Center 5:30pm
- Fri. Jan. 12:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Jan. 15:** 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. 16:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm



The Win-E-Mac Pop Choir had fun performing "Santa Baby" for a crowd of family and friends during the Senior High Band and Choir Concert held Thursday, December 14th at the Arts and Event Center.

Resolve to put down devices and reduce screen time

Electronic devices have infiltrated nearly every aspect of daily life. And thanks to the portability of today's smartphones and tablets, many people are rarely without access to the internet or other digital applications.

A 2016 Nielsen Company audience report found that adults in the United States devoted about 10 hours and 39 minutes each day to consuming media. The analytics firm Flurry says users are spending nearly half of that time on mobile devices, particularly using mobile apps. Active Healthy Kids Canada reported in 2014 that children between the ages of three and five spent an average of two hours per day in front of screens, while the statistics group eMarketer estimates that adults in Canada spent an average of nine hours and 41 minutes a day using media in 2016.

The Canadian Paediatric Society states that exposure to digital media is a concern and can affect children and families. Exposure to screens can be habit-forming, and early over-exposure increases the likelihood of overuse later in life. Reducing screen time has become a mantra in many households across North America and may also be something adults hope to do in the future. The following are some ways to cut down on screen time.

- **Keep a journal.** A journal can help men and women log their screen time over the course of a few weeks. Turn down time spent watching TV, using a computer, using mobile devices, or playing video games. Some people may be surprised to learn just how much time they're spending staring at screens, and that realization may be just what they need to make changes.

- **Use a standard alarm clock.** By not using their smartphones as alarm clocks, people can avoid the temptation to begin looking at social media or emails even before

they've wiped the sleep from their eyes.

- **Make a list of goals.** Rather than reaching for a phone, Digital Detox experts suggest keeping a list of goals and experiences in one's pocket that they can refer to when they're tempted to look at their screens. Then they can engage in a real-world experience instead of simply looking at their phones.

- **Schedule media hours.** Set aside blocks of time when media use is allowed, and resist the urge to activate devices throughout the rest of the day.

- **Put away the phone or tablet.** Simply moving a device out of sight may reduce the temptation to send a text or hop onto an app.

- **Remove superfluous apps.** Delete apps that take up too much of your time. Having to go the extra step to view Facebook on a web browser, for example, may reduce the likelihood that you will do so.

- **Go screen-free.** Resolve to leave home without a phone for a few hours to enjoy unencumbered screen-free time.

Electronic devices can be addictive. But over time and with some concerted effort, men, women and children can cut back on screen time.

Helping kids find hobbies

Much like adults can benefit from participating in hobbies, children can reap rewards from engaging in hobbies. According to the Child Development Institute, hobbies give children a chance to express themselves.

The CDI also notes that hobbies can play an important role in children's self-discovery and boost their self-esteem.

Some children may discover hobbies on their own, requiring little if any assistance on the part of their parents.

For example, some kids may display an interest in music that parents, even those with no such musical inclination,

can foster by purchasing certain instruments.

But some children may need a little more prompting, and parents of such boys and girls can take certain steps to help their youngsters find rewarding hobbies.

- **Involve kids in your own hobbies.** Kids look up to their parents and often want to emulate what their mothers and fathers do.

If possible, involve children in your own hobbies. Gardeners can teach their youngsters how to grow and tend to a garden, while painters can host family painting nights where everyone is encouraged to create their own masterpiece.

Parents whose hobbies are more adult-oriented, like woodworking, can still involve their children.

For example, work with children to design a new item, then show them how the item goes from paper to finished product; just avoid allowing them to use any unsafe tools or machines.

- **Let kids choose an activity.** While some children might take to hobbies their parents favor, others might need to be given some freedom to find their own activities.

Afford youngsters this chance, recognizing that it might take some time before kids find an activity that genuinely sparks their passion.

Kids...

Continued on page 4 ...

Notice to Residents of Lesser Township

Filing for township offices opens Jan. 3, 2018 and continues until Jan. 16, 2018, 5:00 pm, at clerk's home.

Officers to be elected are:

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

Affidavits of Candidacy may be filed with the clerk. There is a \$2.00 filing fee.

Albert Plante, Clerk M41-42C

Notice to Residents of King Township

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

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

* *Treasurer of a Term of 2 years.*

* *Supervisor for a Term of 3 years.*

Affidavits of candidacy maybe filled out with the interim clerk. There is a \$2 filing fee.

David Kiecker
King Township Interim Clerk/Treasurer M41-42C



Winner of the Christmas Basket drawing from Neil's Quality Meats & More is Dianne Hegge from Fosston.

VFW Auxiliary #6891 News

The January meeting of the McIntosh Auxiliary will be held on Monday, January 8, at 5 p.m. at the McIntosh Community Center. There will be a lot of discussion about cancelling the Auxiliary.

An E-mail was received from the VFW Auxiliary National Headquarters Office that McIntosh Auxiliary will be cancelled on February 21, 2018. All members will need to transfer their membership to a nearby VFW Auxiliary by that date. Any member who has not transferred prior to February 21, 2018 will be automatically transferred to the status of a Department Member At Large.

The Auxiliary has only 60 days to finalize this cancellation.

Community Birthday and Anniversary Calendar

Thurs. January 4: Amanda Shultz

Fri. January 5: Daros Zahn, Sandy Salvhus, Corey Smeby, Mathea Jore

Sat. January 6: Winston Carlson

Sun. January 7: Paul Jore, Leland Jore

Mon. Janaury 8: Katelynn Schulz

Tues. Janaury 9: Paige Breckel, Jessica Shimpa

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

Quilts of Valor sew date

Save the Date: Saturday, January 13, 2018 starting at 9:00 am at the McIntosh Community Center is where we will be gathering to sew quilt 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!

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Rubrecht is First in Storytelling Series

Join in on January 14th at

3:00 pm for the first in a storytelling series at the Bagley Public Library.

Ward Rubrecht is a storyteller, journalist, arts organizer, full-time bike commuter, and amateur sailor. He was on staff at City Pages (a Twin Cities newspaper) for a number of years, where he covered, among other things, real life superheroes, gun control, slam poetry, and storytelling. He still does freelance journalism when time allows.

Ward started performing as a slam storyteller in 2010. He is the 2011, 2012, and 2013 SlamMN! Story Slam Champion. He is also the 2014 and 2016 Twin Cities Moth Grand-Slam champion. His slam stories blend the style and techniques of slam poetry with strong narrative and thematic arcs. Covering topics such as sailing, bird hunting, and cranky playground equipment.

Ward also tells in a longer-form, more conversational style in noncompetitive contexts, such as Cheap Theatre, Two Chairs Telling, and in Paula Reed Nancarrow's 2013 Minnesota Fringe production, Gravity of Ghosts. These stories have ranged in subject from out-of-control pickup trucks to the spiritual nature of bike commuting.

Ward also teaches workshops on slam storytelling theory and practice, as well as on editing, precision of language, effective story structure, and autobiographical storytelling.



McINTOSH Times

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ST. MARY'S CHURCH

Fosston

Fr. John Suvakeen, Pastor

Sun. Jan. 7: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Jan. 14: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH

Winger/Bejou

Supply Pastor

Gordon Syverson

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

Sun. Jan. 14: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh

Supply Pastor

Gordon Syverson

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

Sun. Jan. 14: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH

Independent

Gary Johnson, Pastor

www.gosen-church.com

Face Book: Gosen Church

Wed. Jan. 3: 7:00pm Bible Study at Don and Sharon Ramberg's

Sun. Jan. 7: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service

Tues. Jan. 9: 10:00am Sunday worship service telecast on Garden Valley Cable TV-Channel 2; 1:30pm Bible Study at The Country Place

Wed. Jan. 10: 7:00pm Bible Study at Don and Sharon Ramberg's

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. 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

Thurs. Jan. 11: 7:00am Men's Breakfast at Mt. Carmel

Sun. Jan. 14: 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. 17: 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. Jan. 7: 9am Worship

Sun. Jan. 14: 9am Worship

DOVRE

FREE LUTHERAN

Pastor Don Edlund

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

Sun. Jan. 7: 10:00am Worship Service;

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

Sun. Jan. 14: 10:00am Worship Service; Sunday School following

Wed. Jan. 17: 7:00pm Bible Study

IMMANUEL LUTHERAN CHURCH

McIntosh

Rev. Bruce Blocker,

Pastor

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

Sun. Jan. 14: 9:00am Divine Worship Service

Holy Communion 1st and 3rd Sundays



Settlers continued to move to the wilderness of the final thirteen townships to open up for settlement in Polk County. As the settlers moved into the area, towns sprung up with businesses to supply the needs of the pioneers. One such businessman named Emil Jorgenson saw success in business and was active in the promotion and advancement of the hamlet of McIntosh.

Emil Jorgenson

Emil Jorgenson, of McIntosh, local agent for the St.

Anthony and Dakota Lumber Company, is a native of Polk County.

He was born in Knute Township, June 15, 1885, the son of Marcus and Hedda Jorgenson. Marcus and Hedda were natives of Norway, settled in Polk County in 1884 and became well-known farmers of the county.

Emil Jorgenson was reared on the Knute Township homestead and received his education in the county schools. He remained on the farm until he was twenty-two years of age and then entered upon his commercial career.

His first commercial activity was in the lumber business, with the exception of two years spent in the employment of a telephone company.

He has continued to devote

his attention to the lumber interests, where his ability and successful experience have won him rapid promotion and wide recognition. In July, 1913, he located to McIntosh, as the local manager for the St. Anthony & Dakota Lumber Company.

Mr. Jorgenson is one of the progressive and enterprising business men and citizens of the town in which he lives and is actively interested in matters of public 'moment' and in the promotion of the general welfare and growth.

He is a member of the St. Johns Lutheran church

Source: Compendium Of History and Biography of Polk County Minnesota 1916.

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Winger News

by Linda Pulskamp

Greetings once again from Winger and the Union Lake areas where we are definitely in the deep freeze and have been for the past several days with a brief warm up for a day or so then back down into the deep freeze again just in time for the New Year. Hope all of you that are traveling have your winter survival kit in your car, hope you never need to use it but you never know.

By this time next week we will have seen 2017 go out and will have seen 2018 come in! Time goes by much to fast, but best wishes to you all for a blessed and prosperous new year.

To make things look a little brighter, I have in the last two days received 5 seed catalogs for spring planting and before you know it that time will be here.

Friday the 22nd Lonnie Gieseke was a visitor and coffee guest with Milton Carlson at the Carlson home and while there he cleaned the snow off the deck for Milton. Later that day Chris Benesh stopped in at Milton's and plowed his yard out.

Butch and Linda Pulskamp were Tuesday evening December 19th visitors with Dean Johnson at his home. They stopped in to bring him birthday wishes.

Bruce Bratager's and Brian Bratager's were Christmas weekend house guests at the home of their parents, Boyd and Sylvia Bratagers. Jeff Bratager and family also visited during the weekend at the Bratager home where they all celebrated Christmas together.

Milton Carlson, Mike, Kari, Oliviayah and Terry Keller of Bejou and Roy, Lisa and Ryan Schaumburg and Ryan's friend Searra were guests at the Judy and Lonnie Gieseke home where they all had Christmas dinner together.

Last Thursday afternoon Linda Pulskamp visited with Lynda Loiland and her daughter Shannon Miller at Lynda's home near Fosston, later in the afternoon Linda visited with Carol Hagen at the Pioneer Care Center at Erskine.

Christmas Eve day Wanda and Dick Donovan of St. Francis arrived at the Milton Carlson home to spend the Christmas Holiday with Milton and the rest of the Carlson family. That evening Dick, Wanda and Milton attended the Christmas Eve service at Calvary Church. Later that evening Milton and family were blessed with Christmas Carolers that stopped by the farm.

Mark and Betty Syverson were last Friday visitors at the

Pioneer Home at Erskine with Helmer and Verlys Homme.

Christmas Day dinner guests at the Paul and Donna Carlson home were Milton Carlson, Lonnie and Judy Gieseke, Dick and Wanda Donovan, Chris, Sheila, Jade and Carson Benesh and James, Roxanne, Justin, Jayden, Joselyn and Jamie Peterson.

Visitors Christmas Eve afternoon at the Reha Sanstead home in Erskine were Marv Engesether of Plummer, Spencer and Rachel Anderson of Erskine and Butch and Linda Pulskamp.

David Myhrum was a guest on Christmas Day at the Chris and Susan Eischens home in New Folden.

Monday, December 26th Lonnie and Judy Gieseke brought dinner and were visitors with Milton Carlson and Dick and Wanda Donovan at the Carlson home.

Rick and Sharon Carlson and Adam of the Twin Cities were Christmas Eve visitors with Helmer and Verlys Homme at the Pioneer Home.

Lucy Brtek accompanied her son Richard Brtek to the Brtek home in Blaine where she spent from Thursday until Wednesday when she returned to her home. Richard and Bette Brtek hosted Christmas eve festivities at their home, with Granddaughter's Janelle and Ashley and Great Grandson Derrick as guests also. Christmas Day Kathy Richardson of St. Francis was a guest at the Brtek home and visited with the family.

Again Happy New Year to you all, stay warm and also stay well, there is still a lot of flu out there.

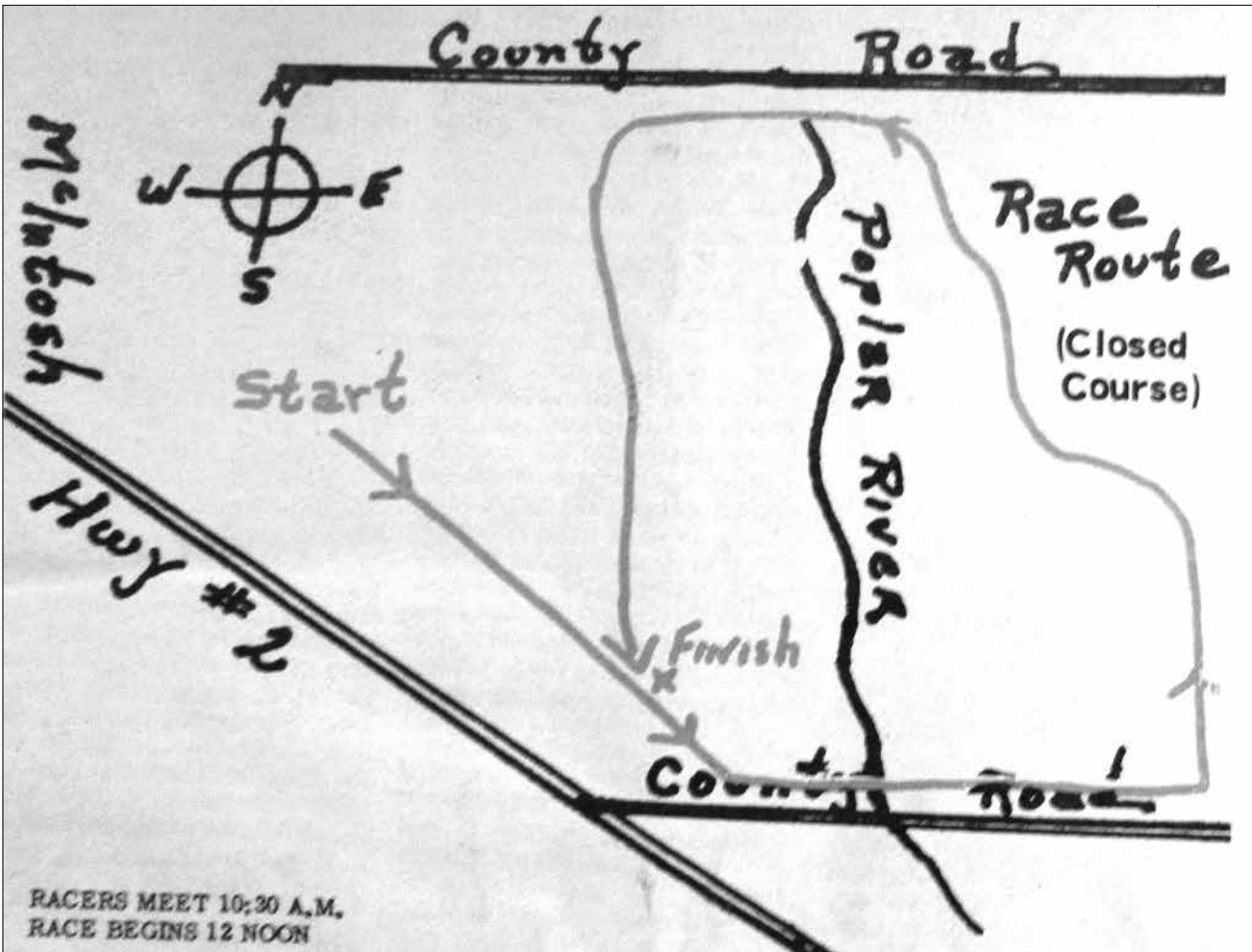
From Bun Manor:

Last week Gerri and Floyd met Floyd's granddaughter Sarah Balstad, her Mom & Stepdad at Valentini's in Chisholm for dinner.

From there they went to Duluth for two days, checked out the Glensheen Mansion which was decorated for Christmas and also saw Bentleyville tour of lights at Canal Park. After that they went to Des Moines for Christmas with Gerri's daughter Connie & her family, son Tony & his family. Daughter Sheila & her husband Allen don't care for our winter weather so they chose to stay in Atlanta.

They had the Balstad family Christmas last Saturday at their home on Union lake. Joining them were Dale, David,his wife Shawnn and their boys Grant and Everett. They laid low over New years as the weather was frigid cold.

Visitors at the manor on



50 years ago...1968: Entries are rolling in for the most unique snowmobile race yet to be staged, according to Peter Bovee of the McIntosh Lions Club. Committees this week are finalizing arrangements for the lap race which will be held East of McIntosh this Sunday. Sponsors are the Veterans of Foreign Ward Post and the Lions Club. In addition much support has been forthcoming from snowmobile enthusiasts from a wide area, according to Bovee. Drivers will be competing for more than \$400 in purses and trophies in four classes. Deadline for entering the races is 10:00 am on Sunday. There will be a drivers meeting held at the McIntosh Municipal Building at 10:30 am for a briefing and the first race will start at 12 o'clock noon. Each race will be approximately 20 miles in length and will be run on a course along the Poplar River. This will mean six laps on the 3.3 mile course. The whole race should be in view of most spectators and parking will be available west of the track.

Christmas eve and Christmas day were Judy and Lloyd Schulz along with their son Dr. Dougie and his boys Maxx and Chaez. They did their standard Christmas eve church service in Winger followed by a meatball supper. The electric power went out for awhile in the evening. Bun wasn't too worried about freezing because he had wood burning in the fireplace. One would hate to think might happen if it would have stayed off for any substantial amount of time.

Dale Balstad hosted Christmas dinner at his place this year. Family members included his mother Joyce, brother Paul, his son Travis, brother David, his wife Shawnn and their two boys Grant and Everett.

The following Wednesday after Christmas Bun's niece Laura,her husband Craig and children,Anna,Claria,Eli and Estella came to visit him. Bun really gets a thrill when the little ones come. They sure have a lot of energy.

Bun was dumb enough to drag Ole out to the casino on a cold frigid Friday night for a session. He should know better at his age to go out and take a chance in that kind of weather. He saw Jerry Wang there and

wished him a happy 70th birthday

Last Saturday, Ole went over to his sister Julie Schow and her husband Paul's place to celebrate the holidays with their family.

Family members who showed up for turkey dinner were Kain, his wife Hunter from Fargo, Kass and her friend Maria and her daughter Izzy from the cities.

New Year's Eve was quite festive in Detroit Lakes. Matthew Massmann and Haley hosted a party on December 31st to ring in the New Year. Matthew and Haley were joined by Steve and Lorri along with Brian and Elizabeth and Dale and Ole. Aunt Jodi and Joel from Nelson accompanied two of their friends along with Uncle Kenny from the Twin Cities. Haley had two friends in attendance as well.

The group enjoyed hors d'oeuvres as well as a rack of pork and potato gratin dinner. Much conversation and libations were enjoyed and everyone was able to see the ball drop and had a champagne toast at 12 midnight on the 1st.

Everyone is looking for 2018 to best the best year yet and wishes you and yours the same..



40 years ago...1978: Lloyd Domier, City Maintenance man, is replacing the street signs in McIntosh after removing the Main Street Christmas decorations.



30 years ago...1988: Bucko, Jason Carlson and Cashus B. Greenback, Chad Calson characters in the musical, "The Gift Goes On" are standing in front of the Emporium, Home of the Perfect Gift.



20 years ago...1998: Rueben Brekke of McIntosh has just retired from 37 years driving truck and hauling grain. His favorite truck was his most recent, a 1990 International, Model 8200.

Regional Ag News

Ed Gindele,
Extension Educator

Reduce Wind Erosion for Long Term Productivity

Jodi DeJong-Hughes, UMN Extension, David Franzen and Abbey Wick, NDSU Extension

Why Worry About Wind Erosion? Soil is a non-renewable resource and cannot be built within our lifetime. When it's gone, it's gone. One hundred percent of our global food needs are farmed on only 11% of the world's land -- making soil protection crucial. While erosion is a natural process, cultivation of the prairie and the dominance of annual crops have significantly sped up soil loss.

Some estimate that as much as 19 inches of topsoil has been eroded from agricultural fields! This severely diminishes your soil productivity.

In Minnesota, the average wind erosion rate is 5.2 tons of soil loss per acre per year. North Dakota is slightly lower at 4.7 tons and South Dakota is at 2.4 tons. While these levels have decreased in the past three decades, wind erosion is still occurring at detrimental rates. The most severe areas of erosion are well above the general estimates of 5 tons per acre per year.

To put it into context, 5 tons of soil across an acre of land is equal to the thickness of a dime. While the loss of a dime's thickness is scarcely noticeable over one year, it adds up over 5, 10, or 15 years.

Why aren't growers and landowners more alarmed about continual soil loss?

Each year that there is topsoil loss, tillage masks the effects by mixing in subsoil. There are no 'untreated checks', so the resulting 'top soil' still looks dark. But it is not as dark as the year before.

Vulnerable Areas for Wind Erosion Certain areas of the US are predisposed to wind erosion. The Red River Valley area in eastern North Dakota and western Minnesota is particularly susceptible. This is due to a combination of factors.

1. Wind is able to pick up speed and intensity along flat landscapes. Western Minnesota and the eastern half of the Dakotas are very level, with little change in topography, and few trees over a wide region.

2. Tillage increases and accelerates the breaking apart of soil aggregates into individual soil particles. Individual soil particles are lighter and more easily transported by wind than those that are aggregated.

3. Provide a physical barrier on the soil surface to protect against wind erosion. The more cover, the better the protection.

Standing residue is more effective at slowing the wind than chopped residue. In 2007, one third of Minnesota cropland was aggressively

tilled leaving 85% of the soil predisposed to erosion.

4. Short season or rowed crops offer little soil protection until the crop has canopied. After fall tillage, a majority of the eastern North Dakota and western Minnesota fields are left unprotected for 6-9 months of the year.

A perennial crop offers a dense mat and increased residue cover to protect the soil. In row-crop systems, inclusion of a cover crop in rotation offers a longer period of soil protection and offers other benefits.



10 years ago...2008: Grade 6 First place winners in the Win-E-Mac Science Fair were Jordan Davidson, Luke Syverson and Jeremy Kasprzak with "Electric Magnet".

Random Things and Stuff



Highlights of 2017

By: Emily Lynne

With 2017 coming to an end, it's time we take a look back on the year. Here is a list of highlighted events in 2017 according to On This Day:

- 1. Feb. 17th- the discovery of a new mostly underwater continent Zealandia in the South Pacific announced in research journal "GSA Today".
- 2. May 7th- Emmanuel Macron wins France's presidential election defeating Marine Le Pen.
- 3. July 4th- North Korea tests first successful intercontinental ballistic missile into Sea of Japan.
- 4. July 9th- Iraqi Prime

Minister Haider al-Abadi proclaims victory over Islamic State forces in Mosul.

5. Sept. 5th- Hurricane Irma becomes the most powerful Atlantic Ocean hurricane in recorded history with winds of 185mph.

6. Oct. 5th- "The New York Times" publishes investigation into sexual harassment behavior by Hollywood producer Harvey Weinstein.

7. Oct. 17th- Islamic State headquarters Raqqa declared under full control of US-led alliance by Syrian Democratic Forces (SDF) spokesman Talal Sello after 4 months of fighting.

8. Nov. 21st- Robert Mugabe's resignation after 37 years in power is read out in Zimbabwe's parliaments during impeachment proceedings.

What were some big events for you in 2017? Take a moment to reflect on this and ways you can make 2018 an even better year. Happy New Year!



High School band members played for a crowd during the Band and Choir Concert held at the Arts and Event Center on December 14th.



During the performance of "Peer Gynt Suite #1", played by the Win-E-Mac Senior High Band, readings were given with speakers, Tyra Wilson (not pictured), Landon Shaver, Aries Qualey, Jordin Gunderson, Jarrin Gunderson and Katelyn Sanden.

Kids...

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· **Be a source of encouragement.** Some hobbies may prove more difficult than kids first imagined, requiring some perseverance before they can be enjoyed fully.

In such instances, observe youngsters while they engage in the activity.

If they appear to be enjoying themselves but are periodically frustrated, encourage them to keep trying. If kids appear to be disinterested in overcoming any struggles, then they might benefit by pursuing another hobby.

· **Don't hesitate to focus**

on fun. Hobbies can teach kids valuable lessons and provide a sense of fulfillment, but it's important that parents not overlook the importance of fun in regard to their children's hobbies.

Hobbies can provide children with the same respite from busy schedules that they do adults, and that break should be as fun as possible.

Hobbies can enrich the lives of children. Finding the right activity may require some patience on the part of parents and youngsters alike.



Directed by Amanda Shultz, the Win-E-Mac Senior High Band performed on Thursday, December 14th, during the Concert at the Arts and Event Center.



The Win-E-Mac Woman's Group performed "The First Noel/Pachelbel's Canon" as part of the Senior High Band and Choir Concert on December 14th.



The Win-E-Mac High School Choir performed the evening of Thursday, December 14th, singing songs such as "Alterations", "Roll, Jordan, Roll", "There's Still My Joy", "Candlelight Carol", and more for a crowd of family and friends.

Regional Ag News...

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them accumulated in the ditch, along fence rows or anywhere the wind slows down.

However, you will see little clay in the ditch because most of it is suspended in the air and transported greater distances. Clay is the dominant soil texture in the Red River Valley.

Can you afford \$55 in the ditch? The most productive soil, called topsoil, is near the surface. The loss of topsoil leads to less healthy and less fertile soil, resulting in lower yields and more commercial fertilizer needed to make up the loss.

How much fertility is lost with wind erosion? To understand how much soil was being deposited in ditches, soil samples were collected in six field ditches across western Minnesota. Analysis shows a range in accumulation of 2.6 to 32.6 tons of soil in one acre of ditch.

The average nutrient content of the soil was 55 lbs of

total nitrogen (TN), 13 lbs of total phosphorus (TP) and almost 37 lbs of total potassium (TK). At 2014 fertilizer rates, that is a loss of almost \$55.00 into the ditch.

This does not take into account the soil and nutrients that were blown further away with the clay, which is often at least ten times more fertile than what ends up in the ditch.

Other Effects

- When the soil is not protected either by residue or the crop's canopy, crops may be sand blasted by blowing soil. This can open up holes in the plant to allow for entry of diseases such as Goss's Wilt.

Blowing soil can also slice through young emerging plants, leading to a replant decision.

Sand blasting of emerging corn plant.

- The immediate health hazard is the suspension and movement of very small parti-

cles in the air, which have been linked to increased asthma and other lung ailments in humans. Soil particles that are deposited in surface water contain nitrogen and phosphorus-causing algal blooms in lakes, rivers and bays.

When algae die, they decompose and remove oxygen from the water (hypoxia) and cause fish kills.

Ditches filled with eroded topsoil restrict field drainage and can lower crop yields from higher water tables and increase soluble salts in fields. Dredging streams to ease this problem is costly and wreaks havoc on aquatic plant and animal communities.

Five Ways to Reduce Wind Erosion Keep your soil covered and reduce the wind speed to prevent wind from removing your valuable topsoil.

1. Reduce the number of tillage passes and intensity. Leaving residue on the soil

surface protects the soil from blowing away. You can virtually eliminate erosion on most fields with sufficient residue levels (Figures 8 and 9).

2. Adding a cover crop after a short season crop is an excellent way to protect the soil through the winter and early spring months. Ryegrass is fairly inexpensive, easy to grow and provides excellent coverage from wind and water erosion.

3. Leave residue standing is an effective way to slow down wind speed. Examples are raising the cutting height for small grains and if chopping residue, leave alternating strips of un-chopped stalks.

4. Plant vegetative buffer strips in erosive areas to trap sediment and slow wind speeds.

5. Living windbreaks or shelterbelts are rows of trees and shrubs that effectively

slow the wind. When taking out an old windbreak or farm site, plant a new windbreak elsewhere in the field.

There are government programs available to assist with establishment costs and rental payments for these conservation practices.

Summary Soil loss via wind erosion cuts your profits and reduces productivity by removing a nonrenewable crop production resource.

Erosion is very costly in nutrient removal replacement terms. Additionally, it reduces the depth of productive soil lowering the water holding capacity.

Concepts underlying reducing the impacts of wind erosion include:(1) maintaining residue to protect the soil surface, (2) reducing tillage to improve soil aggregation, (3) keeping cover for longer using cover crops and perennial crops, and (4) replacing shelter belts to re-

duce wind speeds.

If you use practices to control wind erosion, you will inevitably control water erosion as well.

For more information: www.extension.umn.edu/agriculture/tillage

www.ndsu.edu/soilhealth
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