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Sundogs taken in the morning light outside of McIntosh during our last cold spell.

What are Sundogs and why do they happen?

Sundogs, the term has been in use since the early 1600s and noone really knows why they are called this, the scientific name for sundogs is parhelia (singular parhelia).

A sundog or mock sun, in meteorology, is an atmospheric optical phenomenon that consists of a bright spot to the left and/or right of the Sun. Two sun dogs often flank the Sun within a 22° halo.

The sun dog is a member of the family of halos, caused by the refraction of sunlight by ice crystals in the atmosphere. Sun dogs typically appear as a pair of subtly colored patches of light, around 22° to the left and right of the Sun, and at the same altitude above the horizon as the Sun.

They can be seen anywhere in the world during any season, but are not always obvious or bright. Sun dogs are best seen and most conspicuous when the Sun is near the horizon.

Sun dogs are commonly caused by the refraction and scattering of light from plate-shaped hexagonal ice crystals either suspended in high and cold clouds, or drifting in freez-

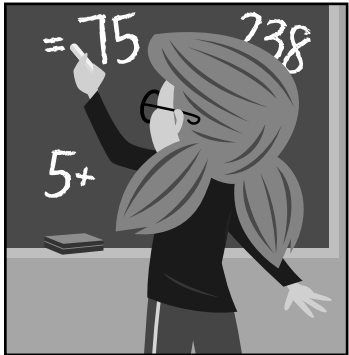
ing moist air at low levels as diamond dust. The crystals act as prisms, bending the light rays passing through them with a minimum deflection of 22°. As the crystals gently float downwards with their large hexagonal faces almost horizontal, sunlight is refracted horizontally, and sun dogs are seen to the left and right of the Sun.

Red-colored at the side nearest the Sun, sundogs color farther out grade through oranges to blue. However, the colors overlap considerably and so are muted, never pure or saturated. The colors of the sun dog finally merge into the white of the parhelic circle.

The same plate shaped ice crystals that cause sun dogs are also responsible for the colorful circumzenithal arc, meaning that these two types of halo tend to co-occur. The latter is often missed by viewers, however, since it is located more or less directly overhead.

A Sun halo, a circle of light that creates a circle 22° wide around the Sun, is a related phenomenon. As with sundogs, hexagonal ice crystals suspended in clouds refract sunlight to

create the halo, sometimes also called an icebow, nimbus, or gloriole. Unlike sundogs, which generally only be seen when the Sun is near the horizon, the halo is visible even when the Sun is high. Sundogs appear along the 22° halo and disappear as the Sun rises.



Family Math Night
Family Math Night will be held at the Win-E-Mac School on Wednesday, January 24. Students in grades Pre-K - 6 are invited to bring Mom, Dad, Grandma, Grandpa, Aunt or Uncle. There will be a free supper served from 5:30 - 6:00 and math activities will start at 6:00.

Dick Roue to perform on January 28th in Bagley

Farm by the Lake's Story telling series brings Dick Roue to Bagley on Sunday, January 28th at the Bagley Public Library meeting room at 3:00 pm. The event is free and open to the public, so come and listen to a great storyteller.

Dick Roue comes to us from the Fosston, MN area. A local hometown storyteller who has been spinning tales for more than 50 years. He explains, "I talk about experiences from life – childhood on the farm, years in the military, years in law enforcement, etc...with maybe a touch of exaggeration, and quite a bit of humor thrown in."

He tells stories for the pleasure of his audience, and his



own enjoyment. That's the same, whether he is reading poetry for senior citizen groups or schools, giving lectures on events in history, speaking in church, or just telling jokes.

Beware of carbon monoxide poisoning

Carbon monoxide (CO) is an odorless, colorless gas formed by the incomplete combustion of fuels. When people are exposed to CO gas, the CO molecules will displace the oxygen in their bodies and lead to poisoning.

The Problem with CO
Since CO has no odor, color or taste, it cannot be detected by our senses. This means that dangerous concentrations of the gas can build up indoors and humans have no way to detect the problem until they become ill. Furthermore, when people become sick the symptoms are similar to the flu, which can cause victims to ignore the early signs of CO poisoning.

Each year in Minnesota an average of 14 people die due to unintentional CO poisoning. The same data shows that another 307 people visit emergency department each year for treatment of symptoms linked to unintentional CO exposure.

The good news is that carbon monoxide poisoning can be prevented with simple actions such installing a CO alarm and maintaining fuel burning appliances.

Carbon Monoxide Sources in the Home

In simple terms, CO is produced whenever a material burns. Common sources of CO in our homes include fuel-burning appliances and devices such as: Clothes dryers, water heaters, furnaces or boilers, fireplaces, both gas and wood burning, gas stoves and ovens, motor vehicles, grills, generators, power tools, lawn equipment, wood stoves, and tobacco smoke.

Typical Indoor CO Concentrations

Ideally, the level of CO indoors should be the same as CO concentrations outside. In the Minnesota outdoor CO levels typically range from 0.03-

2.5 parts per million (ppm) averaged over an 8-hour period. These levels are well below the federal standard of 9 ppm for CO in outdoor air. In general, concentrations are lower in rural areas and higher in urban areas.

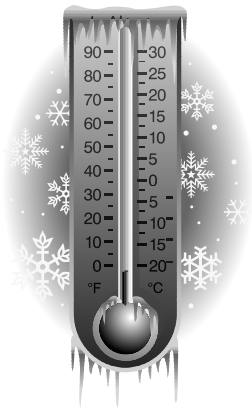
Know the symptoms of CO poisoning

Identifying CO poisoning can be difficult because the symptoms are similar to the flu. CO is often called the "silent killer" because people will ignore early signs and eventually lose consciousness and be unable to escape to safety.

For most people, the first signs of exposure include mild headache and breathlessness with moderate exercise. Continued exposure can lead to more severe headaches, dizziness, fatigue and nausea. Eventually symptoms may progress to confusion, irritability, impaired judgment and coordination, and loss of consciousness. You can tell the difference between CO poisoning and the flu with these clues: You feel better when you are away from home; Everyone in the home is sick at the same time (the flu virus usually spreads from person to person); The family members most effected spend the most time in the house; Indoor pets appear ill; You don't have a fever or body aches, and you don't have swollen lymph nodes that are common with the flu and some other infections; Symptoms appear or seem to get worse when using fuel-burning equipment

Install and maintain CO alarms in your home

Minnesota state law (MN Statute 299F.50) requires that every home have at least one operational CO alarm within 10 feet of every room legally used for sleeping. Please follow the manufacturer's instructions for placement of your CO alarm, and take note of the suggested replacement date.



Community Calendar

- Wed. Jan. 17:** 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. 18:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Jan. 19:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Jan. 22:** 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. 23:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm
- Wed. Jan. 24:** 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. 25:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Jan. 26:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Jan. 29:** 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. 30:** McIntosh Library 5pm to 8pm; McIntosh Heritage & Arts Center 10am to 2pm



The ladies who sewed for Quilts of Valor last Saturday at the McIntosh Community Center had their system down, with some sewing, others ironing and helping out with other tasks.



Quilts of Valor had a great turnout at their annual QOV Sew Day at the McIntosh Community Center last Saturday January 13th. Many quilt tops were completed and many are almost done. The ladies started at 9:00 in the morning and finished by 5:00 that afternoon, and besides sewing they had "sew" much fun!

Beware of Utility Shut-Off Scams

From the Office of Minnesota Attorney General Lori Swanson

Minnesota is a state with four seasons. When temperatures spike over 90 or dip below zero degrees, it can be crucial to keep the power on. And people count on electricity to fuel our technology. Scam artists threaten to turn off utility services if people don't "pay up."

It could happen like this: "Ben" got a call at work from someone who purported to be from his company's electric utility company. The caller claimed Ben's company was behind on its electric bill and said that the power would be shut off if a payment was not made within an hour. Ben told the caller he would check with his bookkeeper and call back. The bookkeeper said all payments were current. The utility company then confirmed that Ben's business did not have a late balance and it had not placed the call.

How the Scam Works
A person or organization receives a call from someone who claims to represent the utility company. Most often, the individual claims the person or organization is behind on their electric bill and threatens to shut down the power soon if the money is not paid. The scam artists usually ask people to pay the "balance" via prepaid debit card or wire transfer. The scam artist may try to create a sense of urgency to prevent the person or business from verifying the legitimacy of the call. While scam artists most often impersonate electric utilities, scammers sometimes impersonate other utility companies, such as television providers or water utility companies.

How to Protect Yourself or Your Organization
There are steps you can take to protect yourself:

- Verify the legitimacy of the call before acting. Before sending money to someone demanding payment, verify that the call actually came from your utility company by calling the number on your bill or on its website. Scam artists will sometimes "spoof" the real number for a utility company, so even if your caller ID shows the company's official number, it is best to hang up and call

back if the call seems suspicious.

- Beware of unusual payment methods. If the caller demands you send payment via a prepaid debit card or wire transfer, that is generally a red flag that the call is part of a scam. Prepaid debit cards and wire transfers are difficult to trace, and it can be almost impossible to recover the money once it is sent.
- Be careful providing information over the phone and online. It is a good rule of thumb to avoid providing any information—including credit card numbers, checking account information, or other personal information—over the phone to people who call you.
- Most utility companies will allow you to mail payment directly to the company, or pay via a secured website. If you feel suspicious about a caller telling you to make a payment via a website, check to make sure the website is secure. A secure website name starts with "https://"—remember the "s" is for secure. In general, "http://" websites are vulnerable to attack.

- Don't be rushed. If a caller tries to keep you on the phone to prevent you from verifying the call, or says you must pay immediately to prevent your power from being disconnected, the call may not be legitimate. Tell the caller you would like to verify the call is legitimate

The weather outside may be frightful, but exercising outdoors can be delightful

During these cold months in the northern great plains, most folks want to hibernate inside and drop all outdoor activities. However, there's no need to spend almost half a year sitting inside.

"If you're wondering whether you should get outside this winter, I say go," says Dr. Dan Ostlie, an orthopedic and sports medicine physician at Essentia Health's 32nd Avenue Clinic in Fargo. "If you wear the appropriate gear, you can enjoy the outdoors and stay fairly warm at the same time."

It's all about wearing appropriate layers when you exercise outside. Make sure you have a tight, thermal layer closest to your body to trap heat and wick away any sweat. An intermediate layer of fleece will add warmth, while an outer shell will keep the heat in and block the wind.

"The fingers, toes, ears and nose are some of the most sensitive areas when it comes to cold weather," says Dr. Ostlie. "You definitely want to make sure if it's really cold, you're wearing a face mask, hat, warm socks and gloves."

Each winter, Dr. Ostlie sees a number of injuries from falls on the ice. To reduce that risk, he recommends wearing spikes on your shoes – cleats like Yaktrax -- for improved grip.

Another tip for taking that run outside is to start your warmup indoors. Do a few jumping jacks or pushups inside your home before heading out for your run. It will get your blood pumping and let you start the run or walk with a little more energy and warmth.

"Consider exercising with a group or with a friend," says Dr. Ostlie. "Find a buddy that will go on your walks or runs with you. If there ever is an emergency, there's someone who can help. You will also enjoy holding each other accountable on those cold days."

Whether you're running around the neighborhood, hiking through the forest or skiing down the slopes, don't let Mother Nature stop you. Go out and enjoy the cold, calm



and then call back at a trusted number for the company.

Reporting Utility Shut-Off Scam Calls

If you receive a utility shut-off scam call, you should report it to your utility company. You should also report the call to your local police department or sheriff's office.

You can also report utility shut-off scams to the Federal Trade Commission ("FTC"), which has the authority to enforce federal laws regulating nuisance calls and interstate fraud over the telephone. The FTC may be reached as follows:

Federal Trade Commission
Consumer Response Center
600 Pennsylvania Avenue
Northwest
Washington, DC 20580
(877) 382-4357
www.ftccomplaintassistant.gov

For more information, or to file a complaint, contact the Office of Minnesota Attorney General Lori Swanson as follows:

Office of Minnesota Attorney General Lori Swanson
445 Minnesota Street, Suite 1400

St. Paul, MN 55101
(651) 296-3353 (Twin Cities Calling Area)
(800) 657-3787 (Outside the Twin Cities)
TTY: (651) 297-7206 or (800) 366-4812
www.ag.state.mn.us.

beauty of the north.

If you have any concerns about getting active in these cold months, contact your primary care provider or the Essentia Health Sports Medicine program. You can find them at www.EssentiaHealth.org and click on "Find a Service/Specialty."



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Safe ways to deal with sinus pressure

Sinuses are bony, hollow, air-filled cavities inside the face and skull. They are located in the low-center of the forehead, behind the eyes and in bones behind the nose. Cedars-Sinai Medical Center says the sinuses lighten the skull and produce a mucus that moisturizes the inside of the nose. Unfortunately, when colds or the flu strike, sinuses may become one of the first spots affected by these illnesses.

When the sinuses are working properly, mucus will drain into the nasal passages or out the back of the throat. Most of this drainage goes unnoticed. However, the American Sinus Institute says that factors such as allergies, illness, weather changes, dehydration, and dry air can make the sinus mucus thicker and drainage more difficult. This is when problems like infection, stuffiness or throat irritation may occur.

In order to combat sinus congestion and drainage concerns, people may try certain strategies that include flushing the sinuses and thinning the mucus. It is imperative to use safe flushing methods to keep the sinuses healthy.

Neti pots are among the more popular methods to flushing sinuses. These small teapot-like devices with elongated snouts have become a fixture in many medicine cabinets. Because they are drug-free alternatives, they can be handy for those worried about antihistamines making them drowsy or reacting with other drugs. Neti pots and other nasal irrigation systems use saline to moisten and clear out nasal passages to promote drainage of sinus cavities. However, according to the U.S. Food and Drug Administration, using these devices improperly can increase one's risk of infection. CBS News says that neti pots have even been linked to the deadly Naegleria fowleri, which is otherwise known as the "brain-eating" amoeba.

The key to preventing infec-

tion is to only use previously boiled, sterile or distilled water to irrigate. Tap water is not adequately filtered, says the FDA, and may contain low levels of organisms that can stay alive in nasal passages and potentially cause serious infections.

Those who are concerned about nasal irrigation safety may be wise to skip neti pots and use pre-packaged, sterile saline solutions that are bottled for the purpose of alleviating congestion. However, when prepared water is used in a clean neti pot or other device, these methods can be perfectly safe.

Sinuses can get clogged for many reasons. To free up breathing, people are urged to consult their physicians to learn more about how to safely irrigate their nasal passages

There will be a
Bridal Shower
in honor of
Juliz Dyrdahl
bride to be of
Zachary Boehrsen
on **Sat., Jan. 20th**
at 2:00pm at **Mt. Carmel Free Lutheran Church**
in McIntosh, MN.
Everyone is welcome.
The couple is registered at Nords Pharmacy, Target and Amazon.com.

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

Pictured above: One of the perks of helping out during Quilt of Valor sewing day is all the fun food you will get to eat. The ladies usually start with coffee and rolls in the morning, before the sewing starts and then there is always a big potluck lunch for everyone who helps out on that day.

Community Birthday and Anniversary Calendar

Wed. January 17:
Isaac Schlagel
Thurs. January 18:
Howard Krossen, Kendall Olson, Annika Shimpa, Jessica Carlson, Becky Boehrsen
Fri. January 19:
Carter Bartz
Sat. January 20:
Jerry Sultvedt, Carla Ferden, Norma Hanson
Sun. January 21:
Susan Lee
Mon. January 22:
Peyton Roed

McINTOSH Times
McIntosh Times
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ST. MARY'S CHURCH Fosston Fr. John Suvakeen, Pastor

Sun. Jan. 21: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Jan. 28: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Feb. 4: 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. 21: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. Jan. 28: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

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

Sun. Jan. 21: 11:15am Worship Service.
Sun. Jan. 28: 11:15am Worship Service.

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

Wed. Jan. 17: 7:00pm Bible Study at Don and Sharon Ramberg's
Sun. Jan. 21: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service
Tues. Jan. 23: 10:00am Sunday worship service telecast on Garden Valley Cable TV--Channel 2; 1:30pm Bible Study at The Country Place
Wed. Jan. 24: 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. 18: 7:00am Men's Breakfast at Mt. Carmel
Sun. Jan. 21 : 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. 25: 7:00am Men's Breakfast at Mt. Carmel
Sun. Jan. 28: 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. Feb. 1: 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC) McIntosh Pastor Jill Torgerson

Sun. Jan. 21: 9am Worship
Sun. Jan. 28: 9am Worship

DOVRE FREE LUTHERAN Pastor Don Edlund

Wed. Jan. 17: 7:00pm Bible Study
Sun. Jan. 21: 10:00am Worship Service;
Wed. Jan. 24: 7:00pm Bible Study

Sun. Jan. 28: 10:00am Worship Service; Sunday School following
Wed. Jan. 31: 7:00pm Bible Study

IMMANUEL LUTHERAN CHURCH McIntosh Rev. Bruce Blocker, Pastor

Sun. Jan. 21 : 9:00am Divine Worship Service; Fellowship Hour and Annual Meeting
Sun. Jan. 28: 9:00am Divine Worship Service; Fellowship Hour

Sun. Feb. 4: 11:00am Divine Worship with Holy Communion; 10:00am Fellowship Hour
Holy Communion 1st Sunday of the Month

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Time to get an advanced energy audit

A New Year's resolution for you: finally get that advanced home energy audit and identify several energy-saving measures to save on your utility bills.

Many people assume there is little they can do to significantly reduce their energy use and increase the efficiency of their homes.

In reality, there are many things that typical residents can do themselves and many other things they can hire others to do. The Minnesota Department of Commerce strongly recommends having an advanced home energy assessment, or home energy audit, before embarking on home energy improvements or remodeling.

An assessment of how your house is functioning can help you decide what needs fixing, upgrading, or replacing.

It will identify some simple low-cost measures you can take, such as weather-stripping doors or installing high efficiency light bulbs, and it will determine more expensive but cost-effective measures, such as adding insulation to attics or walls and replacing ineffi-

cient furnaces, water heaters, and appliances.

Energy audits will vary by price and the level of detail and types of tests provided. At minimum, several things should be included in a home energy audit:

- A review of energy bills to help assess home performance and identify opportunities for savings.

- A blower-door test to determine air leakage.

- Infrared scans of walls, attic, and foundation to assess insulation levels and locate sources of air leaks.

- Efficiency and safety testing for combustion appliances (furnaces, boilers, gas fireplaces, and water heaters) to ensure they are operating properly and not contributing to indoor air concerns.

- A visual inspection for attic, wall, crawlspace, foundation, basement, window, door, and roof problems.

Contact your gas or electric utility to arrange an energy assessment.

OtterTail Power Company Offers ways to help manage your energy cost with their free online Home Energy Analyzer,

that allows the consumer to compare their energy use to other customers with similarly sized homes and families and includes tools for you to audit energy use in your home to find ways to save. The company also offers incentives for their customers like rebates and money-saving rates to encourage the use of energy-efficient electric systems.

OtterTail also has their Minnesota Conservation Improvement Program, which provides rebates, grants, education, special programs, and financing to encourage individuals and businesses to use electricity wisely. Learn more about this program at www.otpc.com/MNCIP.

For more information on home energy assessments and energy-saving improvements, check out the Minnesota Department of Commerce's Home Energy Guide (pdf), or visit <http://hes.lbl.gov/consumer/> for a do-it-yourself energy audit.

Contact the division's Energy Information Center at energy.info@state.mn.us or 800-657-3710 with energy questions

10 things to do in Minnesota this winter

Explore Minnesota Shares Seasonal Statewide Travel Tips

To celebrate the season, Explore Minnesota, the state's tourism promotion office, is highlighting things to do across the state this winter. Minnesota is a haven for outdoor activities, arts and entertainment, food and drink, and seasonal festivals. Residents and visitors alike can embrace winter with these unique activities found #OnlyinMN.

1. Attend a Winter Festival: From a holiday light display on the shores of Lake Superior (Bentleyville, Duluth) to Hockey Day Minnesota, the Great Northern Festival (encompassing the Saint Paul Winter Carnival, U.S. Pond Hockey Championships and City of Lakes Loppet Ski Festival in Minneapolis), ice fishing festivals that reel in thousands of attendees and Super Bowl 52 festivities, visitors will find many ways to weather winter and can sign up for weekly event updates at exploreminnesota.com/events.

2. Try a Unique Winter Activity: Winter-hardy folks who live in and venture to Minnesota stay active and embrace the season with open, down coat-covered arms. With endless outdoor activities that include ice fishing, world-class dogsledding, snowshoeing, skiing, kiteboarding, curling, winter biking and more, travelers have no excuse not to try a new Minnesota winter activity.

3. Beyond the Big Game in the Bold North: All eyes will be on Minnesota when the 2018 Super Bowl takes the field at U.S. Bank Stadium on Sunday, Feb. 4. But the game itself is only part of the fun, with festivals and events throughout the Minneapolis-St. Paul area and beyond inviting everyone to come and experience the "Bold North." Learn more about the big game and bigger celebrations here.

4. Catch a Show or Shop 'Til You Drop: Minnesota is a mecca for tax-free shopping, museums, music, arts and renowned theater. With more than 400 stages, Minnesota's theater scene is one of the most vibrant in the Midwest and

offers a show for every taste. Learn more at exploreminnesota.com.

5. Sip, Sample and Stay Cozy: Warm up this winter by raising a glass of Minnesota's award-winning craft beverages. Winter is the perfect time to sip, sample and stay cozy at breweries, wineries, cideries and distilleries across the state. This interactive Land of 10,000 Drinks map by The Growler Magazine helps travelers discover hundreds of craft beverage venues based on location and amenities.

6. Hit the Slopes: Minnesota offers some of the highest hills in the Midwest and affordable adventure close to home. Explore Minnesota and the Minnesota Ski Areas Association offer reports on weekly ski conditions, destinations and more. Travelers can learn more and also enter the Minnesota Slopes Sweepstakes starting Dec. 18 to win great prizes like lift tickets, rentals or getaway packages at exploreminnesota.com/slopes.

7. Take a Snowfari: Minnesota is home to thousands of trails for cross-country skiing, snowshoeing, snowmobiling and winter biking. In fact, Minnesota's cross-country ski trails offer more miles of skiing than a trek from St. Paul to Los Angeles, and there are 22,000 miles of groomed trails for snowmobiling. Minnesota trails provide stellar views of our state's wilderness, lakes and rivers. Visitors can plan a Minnesota snowfari with weekly winter trail reports.

8. Get Your Hygge On at Minnesota Resorts : More than 350 resorts are open in winter, and nearly a third of Minnesota's winter lodging properties provide on-site access to cross-country ski and snowmobile trails. Elegant lodges also offer amenities like winter equipment rentals, spas, saunas, in-room fireplaces and restaurants. For the ultimate hygge retreat, try a remote cabin on the lake or a romantic bed-and-breakfast.

9. Gaze at Starry Skies and Northern Lights in the North Star State: Minnesota is one of the best destinations in the United States to see celestial wonders; there's no need

to travel as far as Scandinavia or Canada to catch a (potential) northern lights show and marvel at the starry skies above. For a remote stargazing experience away from city lights, the northern part of the state is home to destinations perfect for such an escape. Planning a trip around the northern lights is easier said than done, but Explore Minnesota offers some tips to see Minnesota's night skies.

10. Share Seasonal Sights on Social Media Using #OnlyinMN: Research shows people seek travel ideas from their social networks. Travelers and residents are encouraged to tag photos and get real-time travel inspiration this season using statewide travel hashtag #OnlyinMN. The popular hashtag has generated nearly 700,000 uses to date, and Explore Minnesota regularly features user-generated photos tagged #OnlyinMN.

"Minnesota is a premier winter vacation destination," said John Edman, director/CEO of Explore Minnesota. "From winter trails, slopes, events, arts/entertainment and Super Bowl 52 festivities, there are thousands of ways to explore the state.

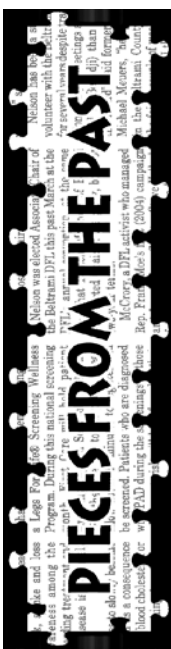
Avoid a cold this winter

You may not be able to avoid the cold weather hitting the region, but with a few simple measures, you may be able to stave off the dreaded cold virus.

"Cold weather itself does not cause colds or the flu. Viruses do," says Dr. Lara Lunde, chair of the family medicine department in Essentia Health-Fargo. "However, cold weather can do a couple of things to promote the spread of colds and flu."

Dr. Lunde says the cold weather brings people into closer contact with each other, facilitating the spread of viruses that cause these illnesses. And, while it's not the most pleasant topic, cold weather increases the production of mucus which, in turn, can increase nose blowing and coughing, making the spread of viruses easier.

"To avoid exposure to a cold



50 years ago...Now Open, a new municipal liquor store and lounge recently opened to the public at Winger. The store, a municipal operation, is neatly furnished and appointed with a bar room, a lounge, and off sale store with a separate entrance. Pictured above is Gordon Sonsteli, bartender, and Virgil Bakken of Fosston who had been engaged as store manager.



40 years ago...1977: Pat Tranby's 1978 Kindergarten class pose in perfect order after one week of classes in Winger School. Standing (l-r) Stephanie Voxland, Tracy Vesledahl, Jeff Oseth, Jill Brevik, Janna Kiecker, Timothy Olson, Eric Melby, Melissa Middleton. Sitting (l-r) Danny Mork, Mark Strom, Harvey Anderson, Ben Lecy, Jason Smeby, Danny Ritysche, Tony Hedlund, and Michael Schell. Missing from the photo are Randy Christiansen, Heide Habedank, Erin Hammer and Christopher Burslie.

virus, I recommend limiting close contact with people who are obviously sick, displaying symptoms such as coughing, sneezing and blowing their nose," Dr. Lunde says. "Also, avoid touching your eyes and nose, and if you do, wash your hands promptly after doing so."

She suggests that you avoid touching shared objects, such as surfaces on keyboards, phones and door knobs, as well.

"One of the best ways to avoid getting any kind of bug is to boost your immune system's health by getting plenty of sleep, eating plenty of fruits and vegetables and quitting smoking," Dr. Lunde says. "Also, remember to keep a positive outlook. Reduce negativity and stress as much as possible to keep your mind and body healthy."

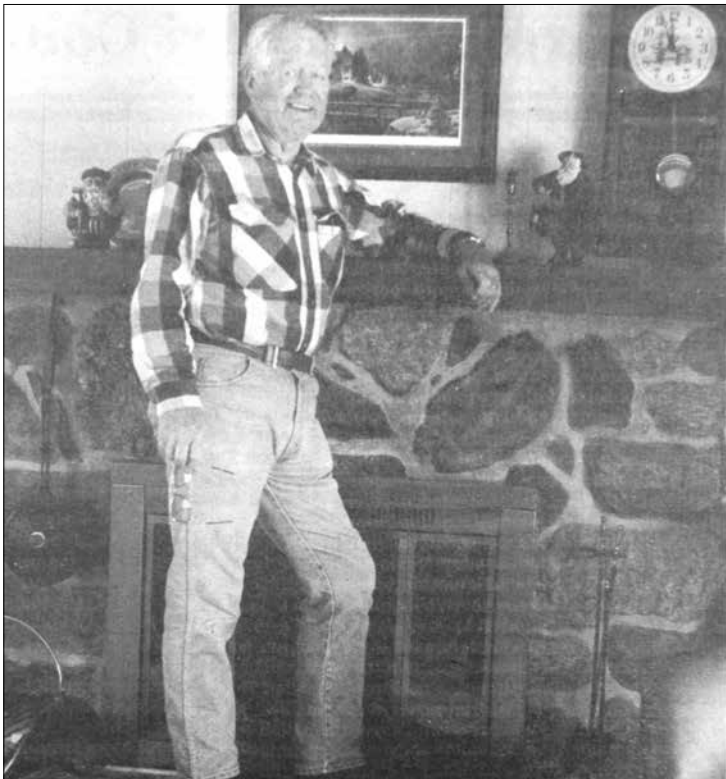
Did you know?

Keeping newborn babies safe is a priority for mothers, fathers and other caregivers. Various ailments can afflict newborns, and one many new parents may be unfamiliar with is respiratory syncytial virus, or RSV. According to Hackensack Meridian Health, RSV is the leading cause of hospitalization of babies younger than one year of age in the United States. RSV produces symptoms similar to the common cold or the flu and can include runny nose, cough and trouble breathing. In severe cases, particularly in infants, a baby may need to be hospitalized if his or her breathing is greatly compromised.

In such instances, recovery can take between one and two weeks. Researchers are looking into immunizing pregnant women against RSV as a way to help protect babies from the virus.



30 years ago...1988: Sterling Balstad, Jesse Haugen and Corey Myre are ready for another climb on the snowy hillside and another ride down, during school as a reward from First Grade "Show and Tell" accomplishments.



20 years ago...1998: Carsten Zahl was recently named the recipient of the Melvin Jones Fellow Award by the Winger Lions Club. In addition to his volunteer work with the Lions Club, he is a multi-talented carpenter and sportsman. He is standing next to the fireplace he built with rocks from his home farm.



10 years ago...2008: The VFW Auxiliary members helping out at last week's blood drive were Carol Burslie, Ruth Bartz, Pat Tranby, Mary Goodwin and Lylah Hanson. Others who helped by baking cookies for donors were Lorraine Carlson, Bernice Smith and Garnet Aanenson (not in photo) along with Ruth, Pat, Lylah, and Carol, above.

Multiple Challenges Contributing to High Farm Stress Levels

Free Workshops Teach Agricultural Advisors to Reach Out.

The Minnesota Department of Agriculture (MDA) will offer "Down on the Farm: Supporting Farmers in Stressful Times" trainings in January, February and March.

The professional development workshop will be offered in six different cities across Minnesota; it is designed to help people who work with farmers on a regular basis recognize and respond when they see farmers experiencing stress, anxiety, depression and other challenges.

"I farmed for over 20 years and know firsthand the toll that stress and anxiety can take on your well-being," said Agriculture Commissioner Dave Frederickson. "Farmers are notoriously self-reliant,

but sometimes the number of things they have to deal with simultaneously becomes overwhelming.

"We designed these workshops to help professionals respond to farmers' unique stresses."

The three-hour workshops are free and will be held at both 9:30 a.m. and 1:30 p.m. in Thief River Falls on Thursday, March 15, 2018 at Northland Community & Technical College.

The MDA invites agency staff, bankers, veterinarians, crop consultants, clergy, social service and health care professionals, agriculture educators, and others who work with farmers to attend.

The main presenter will be Ted Matthews, a psychologist who has worked with farmers

and farm families statewide for more than 20 years and has led several state and federal crisis response efforts. Randy Willis from the Minnesota Sheriffs' Association, Michele Page from the Farm Service Agency in Minnesota, and Meg Moynihan from the MDA (who is also a dairy farmer) will join Matthews to deliver the training.

Participants will learn to recognize signs of mental and emotional distress and crisis, use active listening skills, and find local and regional resources available to farmers, and will improve their confidence in delivering difficult information to farmers in stressful situations. Continuing education credits are available.

Registration is now open at www.mdadownonthefarm.

eventbrite.com. For more information, including a printable workshop brochure, visit www.mda.state.mn.us/protecting/farmsafety.aspx or call 651-201-6012.

Thanks to support from generous partners, all trainings are free to participants.

Sponsors include Blue Cross and Blue Shield of Minnesota, AgCountry Farm Credit Services, Compeer Financial, Minnesota Corn Growers Association, Minnesota Sheriffs' Association, Minnesota State AgCentric and Southern Minnesota Center of Agriculture, Upper Midwest Agricultural Safety and Health Center, Minnesota Association of Wheat Growers, Minnesota Farm Bureau, Minnesota Farmers Union, and OCIA MN #1.

Random Things and Stuff



Cold Wintery Days By: Emily Lynne

With the cold days of winter upon us, it can seem like kids are getting pretty stir-crazy staying inside. Especially when the weather is way too cold for them to bundle up and play outside. So what are some things you can do with your kids on these cold days? Here is a list of some fun activities to try with your kids:

1. Inside Tents
2. Hide & Seek
3. Mattress Tumbling
4. Painting
5. Baking
6. Reading
7. Puzzles
8. Dress-up
9. Balloon games
10. Home Theater Movie

WEM School Announcements

The Alumni Basketball Tournament will be held on Saturday February 17th. Registration begins at 11:30, games begin at 12:15. Any alumni, people who went to school at WEM, McIntosh-Winger, Mentor, or Erskine, as well as anyone living in the WEM school district, are invited to participate. Cost is \$10 per person.

Career Fair The Win-E-Mac Honor Society will be hosting a career fair on January 24, 2018. This will take place in the Win-E-Mac High school in the afternoon for 7-12th graders. This will give students the opportunity to explore numerous career options. Guest speakers will be local community members (many alumni of Win-E-Mac) sharing their knowledge in various fields and promoting local careers. We're excited to have this opportunity for students to explore their interests as they prepare for their future.

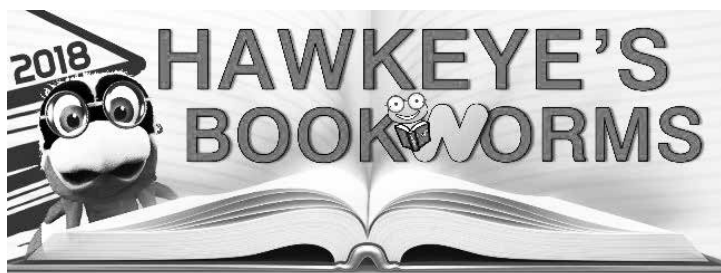
If you have any further questions feel free to contact the following honor society members: Co-Chairpersons Kylie Stuhaut, Maci Hamre, and Lauren Strom.

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!

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.

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.

Ad deadline:
Noon Friday



Hawkeye's come to WEM to kick off bookworm contest

The Fargo/Moorhead Redhawks came to Win-E-Mac school on Monday to present to the students their BookWorm program.

Hawkeye's BookWorms is a freereading program, sponsored by the F-M RedHawks, that runs from January to April. It is a four-week program that is integrated into each school by the classroom's teacher.

Each week of successful reading is rewarded with a

How millennials spend their money

Millennials include people born between 1980 and 2000. Millennials have become an influential demographic, changing the way business is conducted.

While influencing technology, social norms and mores, millennials also are affecting the economy. Forbes says that many millennials have a shaky relationship with money, due in some part to the fact that they lived through one of the worst recessions the United States has experienced in decades. Couple that with staggering student loan debt and it's easy to see why millennials may be facing an uphill battle when it comes to their finances.

Millennials are falling particularly short in regard to saving money. According to a 2017 GOBankingRates survey, 57 percent of Americans have around \$1,000 in savings. Sixty-seven percent of young millennials, between ages 18 and 24 have less than \$1,000, says the survey. Canadians are saving even less, even though in the early 1980s Canadians of most ages used to save twice as much as Americans, or 20 percent of their disposable income, according to the Bureau of Economic Analysis.

Many millennials spend more than they earn and live above their means according to a report by American Express Business Insight. This, along with school debt, has compromised millennials' ability to purchase a home or even get married.

Just how are millennials spending their money? Here's a look at the common patterns.

• **Experiences:** Funding experiences is a high priority for Gen Y. This includes concerts, sporting events, live performances, and other social events more so than possessions or career status, offers Forbes.

• **Retail goods and dining:** TD Bank found that millennials make more retail purchases and dine out more than other generations, but generally spend less money overall.

• **Healthcare:** Millennials spend about \$1,000 more on healthcare expenses than the generations that preceded them, states financial resource Mother Jones. Housing and education costs also have risen, contributing to a smaller pool of savings.

• **Same-day delivery:** A Shop.org survey indicated that millennials are twice as likely as other generations to pay extra for same-day delivery of on-line purchases.

• **Tattoos:** Surveys conducted for Pew Research found that 40 percent of millennials have

prize from a BookWorm sponsor. At the conclusion of the program when the child has "hit a homerun" they receive a ticket to any RedHawks baseball game during the 2018 regular season.

2018 will be the 13th year of the program and each year enrollment has increased. Last year, over 14,000 RedHawks tickets were given to students who completed their reading goals!

at least one tattoo.

• **Organic foods:** A Gallup poll from the summer of 2016 found 53 percent of Americans ages 18 to 29 actively try to include organic foods in their diets.

• **Small businesses:** A new RBC® Small Business poll found 70 percent of Canadian millennials are willing to pay more for goods and services if they're sold by a small or local business.

Millennials have grown up during a period of rapid change. Their large numbers are shaping the economy in myriad ways.

Did you know?

The organic food movement began in the 1940s in response to the Green Revolution, that marked a significant increase in food production due to high-yield varieties, the use of pesticides, and better management techniques.

Researchers note that there is not a significant difference between organic and conventional food in nutritional value or potential allergic reactions. Additionally, studies show that organic food does not significantly taste better than conventional food.

Superintendents Notes

By Randy Bruer

Win-E-Mac Schools

School Board members hold an election of Board Officers every January. As members and officers of the school board they will face many challenges as they learn the system operations, school budgeting, staff negotiations, facility and grounds issues, curriculum, technology, extracurricular, transportation, listening to the public, and many others. New teachers also have an adjustment period as they learn about how the Win-E-Mac system works. There are student demands, parent demands and administrative demands — not to mention the pressures of getting students to achieve. We need to take time and compliment our school personal and board members as they give a lot of extra time to benefit our students. As you are attending events at the school please take the time to let our staff and board members know they are appreciated. Remember the expression "It takes a community to educate a child".

Construction Class Project

Our Construction Class students have built garages for sale for the cost of materi-



als. The price of the garage is \$4,000 + siding, doors included; and the size is 18 X 20. We can install the siding to match existing structures. If you are interested, please call the District Office at 218-563-2900, or see Nathan.

Riding the Bus

There have been a few questions by patrons regarding students riding school buses. Minnesota Law governs the Transportation by the school district as a privilege and not a right for an eligible student. A student's eligibility to ride a

school bus may be revoked for a violation of school bus safety or conduct policies, or violation of any other law governing student conduct on a school bus pursuant to the school district's discipline policy. Revocation of a student's bus riding privilege is not an exclusion, expulsion, or suspension under the Pupil Fair Dismissal Act.

Win-E-Mac Schools

The School is important to our community and we need to acknowledge this to all patrons and visitors in our community. Our enrollment is an essential piece for our district funding, so we need to talk about our school to others in an effort to attract new families and students to our school and community. I encourage patrons to speak with your neighbors or people contemplating change and invite them to visit our school. Our teachers and staff pride themselves on creating realistic expectations for each student to succeed. If students choose to return to their home district or want to apply to a new district, they should apply for open enrollment by January 15, 2018. This gives the districts time to plan for the student needs.



Coaches for the 4th grade boys basketball team, Jay Parenteau and Mikah Olson give the boys a pep talk during half-time last Saturday when the boys took on the Fertile-Beltrami 4th graders.



Win-E-Mac Honor Society members were happy to see such great generosity from students and staff during their Holiday food drive held in December at the school.



Win-E-Mac Honor Society members made a delivery to the local Food Shelf before Christmas. Many students and faculty donated to the drive to reach 659 pounds of food. The Honor Society members learned about local needs, and the process of inventory and distribution as they stocked the shelves with the products collected at Win-E-Mac school.