



McINTOSH

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McIntosh, Minnesota



Isabel Burthwick brought her dad, John to school to have a roll and some coffee during the Win-E-Mac Literacy Committee's, Pastries with Parents event held before school on November 8th.



Above: Early Thursday, November 8th, Grandpa Dan Salvhus along with Tavin and Raiden Hewitt, Dan's grandsons, enjoyed a roll and some juice (or coffee) before Tavin went off to school for the day.

Right: A face full of powdered sugar as Mya Strom enjoyed a doughnut during the Literacy Committee's, Pastries with Parents event at Win-E-Mac School.

The Win-E-Mac Literacy Committee plans and host many events throughout the school year. The support they receive, helps with these events, such as Bingo for Books, Pastries with Parents as well as hosting the Scholastic Book Fairs held each year at the school. Every time you purchase a book at the book fairs, a percentage of your purchase is then put back into the school by earning books for the library, and for other events at well.

Below: Enjoying puzzle day at the McIntosh Library Story-time held each Monday at 10:30 am is Edith Gieseke.



December brings Holiday events around McIntosh

The month of December will bring plenty of fun things to do around McIntosh to help celebrate the holidays.

Starting off, on Saturday, December 1st, there will be a shopping evening along the Main Street of McIntosh. Joan's Junk Connection, located in the former hardware store building, along with Neil's Quality Meats & More and Minnesota Rust will be open late. From 4:00 pm to 8:00 pm, you can browse through the shops for unique finds and flavors.

On Sunday, December 2nd, the Win-E-Mac Rising Stars Dance Show will take place at 2:00 pm in the Arts & Event Center. All are welcome to attend and watch the young talent that shines through in these ladies. There is a small fee to watch the show, which is used to help out the dance



program. The Win-E-Mac ECFE and the McIntosh Library will host a Make and Take Ornament event on Tuesday, December 4th at 6:00 pm at the McIntosh Community Center. Come and join in on a fun activity and make a unique ornament to take home.

On Saturday, December 8th, the day gets started early with Breakfast with Santa at the Winger Community Center. The Winger Lions host Santa and a pancake breakfast for kids young and old. After a good breakfast, Santa will make an appearance and be available for hearing the kids wish list and pictures with the kids.

After Santa is done in Winger, he and Mrs. Claus will make their way north to McIntosh. Santa Claus Day in McIntosh will bring lots of fun and surprises, as the McIntosh Community Club hosts the jolly couple.

While waiting for Santa to arrive in McIntosh, the McIntosh Bone Builders will be hosting their annual Kids Mall at the McIntosh Community Center from 9:00 am to noon. There will be adults available to help all the kids with their gift shopping for parents, grandparents and siblings. Again this year, everything is a quarter and there will be

help with gift wrapping.

In the evening, you can head over to Win-E-Mac Arts & Event Center and enjoy the High School performance of, You're A Good Man, Charlie Brown. the play is based on the comic strip "Peanuts" by Charles Schulz. The play will be performed on Saturday evening, December 8th at 7:00 pm and again, on Sunday, December 9th at 2:00 pm.

This play is a reprise of the play performed at Erskine High School in the 1970's and later on at the McIntosh High School as well.

Monday, December 10th starts the school holiday concerts with the Win-E-Mac Elementary music program at 7:00 pm in the Arts & Event Center.

Thursday, December 13th is the Senior High Concert in the Win-E-Mac Arts & Event Center beginning at 7:30 pm.

Friday evening the Win-E-Mac Patriot ladies basketball team will host their first home game against Fosston in the Win-E-Mac Gym starting at 7:30 pm.

The Win-E-Mac Junior High music concert will be on Monday, December 17th in the Arts & Event Center starting at 7:30 pm.

If you need a unique gift or a treat for yourself, each Saturday from December 1st to the 29th and Sunday's from December 2nd through 23rd from 11:00 am to 3:00 pm there will be crafters and vendors at Joe DiMaggios in Erskine. Don't forget a great lunch as well. There are still spots available for anyone who is interested.



Rising Stars Dance Show

Will be held on Sunday, December 2nd at 2:00 P.M. at the Art & Events Center. Admission: \$1 for Students/\$2 for adults.

The Win-E-Mac Giving Tree helps kids in our community

Win-E-Mac School will once again be having their annual Giving Tree.

We will anonymously display "ornaments" for children in the Win-E-Mac School District that may have a need this holiday season for clothes, toys, or other items.

Their wish list will be printed on the "ornament." The Giving Tree will be in the Win-E-Mac Commons from the end of November through December, if you could like to donate gifts. Please choose an "ornament" and write your name on



the one you choose.

All gifts will need to be delivered, unwrapped, to the school no later than December 14th so they can be distributed to the families.



The kid's had a great night at Win-E-Mac Early Childhood Family Education learning about Thanksgiving and pretending to be turkeys. Thank you to Jereds Grocery in McIntosh for supplying the paper bags to make the kid's turkey costumes! ECFE meets every Monday at 6:00 p.m. in the Win-E-Mac preschool room.



Community Calendar

Wed. Nov. 28: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Nov. 29: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

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

Mon. Dec.3: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am;; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tue Dec 4: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; inger Senior Meals @ Moran's 11:30am to 1:30pm

Wed. Dec. 5. : McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Dec. 6: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Dec. 7: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Sat. Dec. 8: Breakfast with Santa @ Winger Community Center; Santa Claus Day @ McIntosh Community Center; Kid's Mall @ McIntosh Community Center 9:00am - 12:00pm; Win-E-Mac All School Play @ Arts & Event Center 7:00pm

Sun. Dec. 9: Win-E-Mac All School Play @ Arts & Event Center 2:00pm

Mon. Dec. 10: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am;; Winger Senior Meals @ Moran's 11:30am to 1:30pm; Win-E-Mac Elementary Music Program @ Arts & Event Center 7:00pm

Tues. Dec. 12: McIntosh Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; inger Senior Meals @ Moran's 11:30am to 1:30pm



Win-E-Mac All School Play

Win-E-Mac High School will perform their fall play , You're a Good Man, Charlie Brown, on Saturday, December 8th at 7:00 pm and Sunday, December 9th at 2:00 pm in the Arts & Event Center.

All community members, friends and family are welcome to attend.

The Holiday season is a good time to check on aging loved ones

When families gather for the holidays, it can be an important time to check on the welfare of older relatives and discuss any concerns about their health and well-being.

Face Aging MN shares some signs that may indicate a caring conversation is needed:

- Trouble with balance when walking, getting up from a chair or using stairs
- Weight loss or gain
- Decrease in attention to personal hygiene
- Sad mood or expressions of hopelessness
- Recent injuries such as cuts, bruises or burns
- Forgetfulness and losing things
- Neglect of housekeeping
- Piles of unopened mail, newspapers or bills
- Late notices for utilities or other bills
- Old and expired food
- Overuse or underuse of medications

If relatives or friends witness these warning signs and need help deciding what to do, they are urged to call the Senior LinkAge Line (1-800-333-2433), a statewide service sponsored by the Minnesota Board on Aging. Specialists will help evaluate the situation and share information about local resources that could help.

Gayle Kvenvold, President and CEO of LeadingAge Min-



nesota, encourages families to start the conversation before action is urgently needed.

“Even if your aging loved one appears to be in good health, it’s still important to begin the discussion,” Kvenvold said. “A simple conversation can go a long way to prevent crisis decisions and give peace of mind to all involved.”

In Minnesota, it’s more important than ever to be proactive in having those discussions about aging. Each year through 2030, 60,000 Minnesotans are turning 65. Soon, there will be more senior citizens than schoolchildren in the state.

The rapid growth of Minnesota’s senior population will personally affect nearly

everyone: current and soon-to-be seniors, family members of aging loved ones, professional caregivers and policy makers. The Face Aging MN campaign aims to raise awareness about the senior boom, how it impacts all of us and what we need to do to ensure all Minnesota seniors get the care and services they need.

“Conversations about plans for long-term care services and supports as well as financing what will be needed now and in the future are not easy conversations to have,” said Patti Cullen, President and CEO of Care Providers of Minnesota. “As our senior population continues to grow, it is so important for families and friends to engage in this conversation. We want Minnesotans to know they are not alone in their journey.”

The Face Aging MN campaign offers tips for starting the conversation about aging, resources to assist families with elderly loved ones and information about Minnesota’s rapidly growing senior population at www.faceagingmn.org.

Face Aging MN was launched in 2015 by the Long-Term Care Imperative, which is made up of members of Minnesota’s two long-term care provider associations, Care Providers of Minnesota and LeadingAge Minnesota.

Enjoy more time outdoors (even when it's cold

The amount of time people spend outdoors has dramatically decreased, as the Environmental Protection Agency now reports the average American spends 87 percent of his or her time in a residence, school building or workplace.

Being outside is linked to better moods, more physical activity and less exposure to contaminants (concentrations of some pollutants are often two to five times higher indoors).

Also, people who spend time outside may not come into contact with surface germs or develop various illnesses spread as often as those who spend a lot of time indoors.

Cold weather can make the desire to be outside less appealing, but it is important for one’s mental and physical well-being to get outside. The following activities might coax people outside for some crisp

air.

Create snow critters

Why do snowmen and women get all of the fanfare this time of year? Just about any living or fictional creature can be molded from snow and embellish landscapes. Use food-grade coloring in spray bottles to added even more creative flair to snow designs.

Go on a nature hike

While many plants and animals hibernate in winter, there is still plenty to see. Bring along a sketch book or camera and capture nature in winter. White-washed hills can be beautiful to behold, and many small animals and birds look even more vivid against the white backdrop of snow.

Make an obstacle course

Turn an area of the yard or park into a homemade obstacle course. It’s much more difficult, - and a great workout - to try to jump over snow mounds or

run down paths when decked out in warm layers. Engage in lighthearted competitions with friends and family members.

Build a bonfire

Children can set off in different directions to gather up firewood to craft a bonfire with adults in a safe location. S’mores taste equally delicious whether it’s warm or cold outside, and in winter they can be accompanied by toasty mugs of cocoa.

Get sporty

Sledding, skating, snowshoeing, and ice hockey are just a few of the winter sports that can get the heart pumping and muscles working outside. These activities are entertaining and also great exercise.

When venturing outdoors in winter, dress in layers.

This way clothing can be put on or taking off to reduce the likelihood of hypothermia.

Blood sugar-related hospital visits more frequent for younger adults with diabetes

Research by the Minnesota Department of Health (MDH) has found that younger adults with diabetes are more likely to have high blood sugar levels than older adults. Younger adults, those 18 to 44 years old, were also more likely to land in the hospital due to out-of-control blood sugar levels.

Hospitalizations due to out-of-control blood sugars occurred three to five times more frequently among young adults with diabetes than older adults living with diabetes.

In Minnesota, about one in 10 adults with diabetes is a young adult. However, because diabetes more commonly affects older adults, most reports about diabetes examine the total population and reflect the experiences of older adults.

“These findings show we need to tailor our care and outreach to address the needs of younger adults with diabetes,” said Minnesota Commissioner of Health Jan Malcolm. “These people have long lives ahead of them and it is important to

ensure that diabetes is managed well so they can live those years in good health.”

Most hospitalizations for out-of-control blood sugars were for diabetic ketoacidosis, a potentially life-threatening but avoidable condition. The Centers for Disease Control and Prevention reports that diabetic ketoacidosis is on the rise, especially among adults younger than 45.

On average, 18 to 44 year olds were more likely to miss their blood sugar targets compared to older adults. Only about four out of 10 young adults met their targets for blood sugar control, compared to nearly eight of 10 older adults meeting their targets.

The research team found differences that might contribute to higher blood glucose levels for young adults:

Compared to older adults, 18 to 44 year olds with diabetes were slightly less likely to report having their blood sugar levels checked in the last year and to have a primary care provider who can help to manage diabetes.

Younger adults had higher rates of depression and hospitalization for mental health conditions, according to the study.

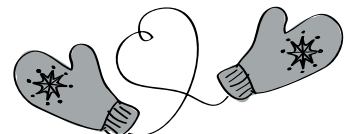
Other factors such as having continuous insurance coverage, affordability of health care costs, cost of insulin and other medications, and changing life demands and responsibilities as one moves from adolescence to adulthood may also play a part, but the study could not address these issues.

Letter to the Editor

Dear Editor,
No one likes to think about death and dying, but it’s the one guarantee in life we have—we will all eventually face it. I may be a little more comfortable with the idea of death than some people. I’m fortunate each day to be able to provide comfort, dignity and respect to individuals who face life-limiting illnesses. I work for Hospice of the Red River Valley.

November is National Hospice Month, a time to celebrate this special type of care. Hospice of the Red River Valley has been providing for nearly 40 years.

I’m often asked how I can do this work. “Isn’t it depressing?” My response is a definitive “No.” Hospice care celebrates life more than it focuses on death. It’s not about giving up; it’s about living your best. We help people live comfortably for however much time they have left.



Please donate to the mitten tree

Neil’s Quality Meats and more and Minnesota Rust are asking for donations of new mittens, hats, and scarves that will be given to local families in need this winter.

Donations will be collected at Neil’s Meats in McIntosh from 9:00 am to 5:00 pm, Monday through Friday and 9:00 am to noon on Saturday. Donations will be accepted until Thursday, December 6th.

NW MN Bedrock Industry

Health care and social assistance is the dominant industry in Northwestern Minnesota, accounting for nearly 24 percent of all jobs. By comparison, 17 percent of all workers in the state are employed in health care and social assistance, according to a story by Erik White in Trends magazine.

Fabian & Kiel disappointed that NW MN not represented

Minnesota Governor-elect Tim Walz recently announced his “One Minnesota” transition advisory board. Notably missing are any representatives from a key part of the state—Northwest Minnesota.

“How can it truly be ‘One Minnesota’ if a whole region of our state is being left out by our new governor?” asked Rep. Dan Fabian, R-Roseau. “Going through his announced list, it seems no one north of Highway 10 or west of Highway 71 made it on his advisory panel, and I want to make sure that this new administration isn’t ignoring the importance our region has to the State of Minnesota.”

“Whether it’s agriculture, small businesses, education or health care, our part of the state is a great contributor to our economy and a state as a whole.

“I will continue to be a strong advocate for our area and champion our common-sense shared priorities, and I hope that the incoming Walz Administration will listen to all voices in Minnesota, and not just certain regions or special interests.”



Some targeted actions for young adults could include addressing barriers to regular blood sugar testing and better integration of mental health care and diabetes management.

Hospitalization is only one of several potential negative outcomes for out-of-control blood sugars. Long-term exposure to high blood sugar can cause kidney, eye and nervous system damage. Among younger adults, high blood sugar can contribute to infertility and, in women, uncontrolled blood sugar can be associated with poor pregnancy outcomes like birth defects, high birthweights, and stillbirth.

People often tell me, I wish we would have called Hospice of the Red River Valley sooner. When people wait too long to learn about options, like hospice care, people end up missing out on precious time with loved ones at home because they are spending difficult days in the hospital or the emergency room.

During National Hospice Month, or anytime, I encourage you to contact us sooner rather than later—even if you just need information. It’s never too early for a family to learn about the services Hospice of the Red River Valley can provide. And if you or your family needs hospice care, I hope you’ll insist on care from Hospice of the Red River Valley. More information is available at (800) 237-4629 or www.hrrv.org.

Tracee Capron, RN, BS Ed., MAOL
Hospice of the Red River Valley



The winner of the Thanksgiving drawing from Neil’s Quality Meats & More is Faye Sorenson from Mentor.

Free TUBA Christmas Concert

Over 100 TUBA players!
December 2, 2018 @ 4PM
Central Presbyterian Church
500 Cedar St, St Paul, MN
EVERYONE welcome!
Submitted by
Marlin Kiecker.

Community Birthday and Anniversary Calendar

Wed. Nov. 28: Charlotte Catahan, Jacob Roue
Fri. Nov. 30: Dan Salvhus, Harriet Rolf, Adeline Frisk
Sat. Dec. 1: Lindsie Burslie, Linda Jorgenson
Sun. Dec. 2: Judy Bemish, Jessica Panek
Mon. Dec. 3: Carole Burslie, Wesley Brekke
Tues. Dec. 4: Kaysee Mandt



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ST. MARY’S CHURCH Fosston Fr. John Suvakeen, Pastor

Sun. Dec. 2: 8:00am Confession; 8:30am Mass at St. Mary’s, Fosston; 10:30am Mass at St. Joseph’s, Bagley

Sun. Dec. 2&9: 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. 2: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

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

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

Sun. Dec. 2: 11:15am Worship Service.

Sun. Dec 9: 11:15am Worship Service.

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

Wed. Nov. 28: 7:00pm Bible Study at Don and Sharon Ramberg’s
Fri. Nov. 30: 10:00 a.m. Telecast of Luther League program on GVTV--30

Sun. Dec. 2: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service

Tues. Dec. 4: 10:00am Sunday worship service telecast on Garden Valley Cable TV-Channel 2; 1:30pm Bible Study at The Country Place

Wed. Dec. 5: 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
Wed. Nov. 28: 7:30pm Bible Study at Mt. Carmel

Thurs. Nov. 29: 7:00am Men’s Breakfast at Mt. Carmel
Sun. Dec. 2: 9:30am Worship at Trinity; 9:45am Sunday School for all ages at Mt. Carmel; 10:45am Sunday School for all ages at Trinity; 11:00am Worship at Mt. Carmel

Wed. Dec. 5: 7:30pm Bible Study at Mt. Carmel

Thurs. Dec. 6: 7:00am Men’s Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC) McIntosh

Pastor Jill Torgerson
Sun. Dec. 2: 9am Worship
Sun. Dec. 9: 9am Worship

DOVRE FREE LUTHERAN Pastor Don Edlunds

Wed. Nov. 28: 7:00pm Bible Study on Romans

Sun. Dec. 2: 10:00am Worship Service; Adult and Children’s Sunday School following worship service

Wed. Dec. 5: 7:00pm Bible Study on Romans

Sun. Dec. 9: 10:00am Worship Service; Adult and Children’s Sunday School following worship service

IMMANUEL LUTHERAN CHURCH McIntosh

Pastor Bruce Blocker,
Sun. Dec. 2: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School
Sun. Dec. 9: 9:00am Divine Worship Service; 10:00 Fellowship Hour; 10:15am Sunday School

RODNES LUTHERAN CHURCH Erskine

Pastor Joel Smeby

Wed. Nov. 28: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes
Thursday, Nov 29: 4:00pm Confirmation Class

Sat. Dec. 1: 8:00am Men’s Prayer Group

Sun. Dec. 2: 10:00am Worship

Tues. Dec. 4: 10:00am Women’s prayer group

Holy Communion 1st Sunday of every month. Visit us on Facebook at RodnesLutheran.

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Winger News

by Linda Pulskamp

Greetings from Winger and the Union Lake areas where we have had a bit more snow and of course wind that goes with it, all in all as we are getting close to the end of November it isn't all that bad.

With the Thanksgiving holiday over, the Christmas holiday is fast approaching, and with that in mind, there is much that goes with the Christmas Holiday, from shopping to baking and Christmas Concerts and the decorating that is done. But we need to remember the reason for the season.

Word was received here of the death of Joey Salvesson who was born and raised in the Winger area, funeral services will be held on Saturday the 24th for him. Sympathy to the family of Joey.

Best wishes to Mike Moran for a speed recovery after his unfortunate accident of slipping on the ice and breaking his ankle. It will be some time before he is back to cooking at Moran's but thankfully for some very capable help Moran's should be up and running again shortly.

Milton Carlson's Corner

Wednesday the 14th Paul Carlson was a visitor with Milton at his home and while he was there did some chores that Milton needed help with.

Thursday the 15th as he made his way to work Paul Carlson stopped by Milton's briefly for an eye opening cup of coffee. Later in the day Donna Carlson brought rolls to Milton and they enjoyed the rolls and coffee together. That same day Lonnie Gieseke stopped by Milton's for a visit over coffee and while he was there he cleaned the deck for Milton.

On Friday the 16th Paul stopped in at Milton's briefly as he made his way to work.

Sunday the 18th Milton along with Roy, Lisa and Ryan Schaumburg, Mike, Kari, Ollivayah and Terry Keller were all guests at the Lonnie and Judy Gieseke home to celebrate Thanksgiving together. Each brought a dish to share and was a very enjoyable time together.

Monday as Milton made a trip to Mahnomen he made a pit stop at the café in Bejou where he had dinner.

Butch and Linda Pulskamp were last Thursday overnight guests at the Sharon Johnson home in Spring Lake Park. Friday morning, the Pulskamp's, and Sharon Johnson met Eddie and Betty Martin and Linda Stafford for breakfast.

Thanksgiving Day Lonnie and Kenya Paradis and Dallas Paradis joined Helmer and Verlys Homme at the Pioneer Home where they all enjoyed Thanksgiving Dinner together.

Last Friday the 16th, Butch and Linda Pulskamp visited at the Tim Yager home at Howard Lake, later in the day they were visitors at the Chris and

Amy Brentyson home in Maple Lake. That evening they were overnight guests at the Craig Johnson home in Monticello.

Last Monday Helmer and Verlys Homme were noon lunch guests at the Gary and Maxine Walters home.

Last Saturday Linda Pulskamp and Judy Boeckers took in the craft show in St. Michael and also checked out the Red Barn near Monticello.

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

Once again news is short, please could use more! Call or email me.

Until next week may yours be filled with good health and

USDA NRCS announces EQIP application cutoff date

Applications for conservation contracts are accepted continuously and ranked for funding at a cutoff date.

Applications for the Environmental Quality Incentives Program (EQIP) are accepted year-round but Friday, January 18, 2019 is the application cutoff by which a producer or landowner must submit a signed application to their Natural Resources Conservation Service office for Fiscal Year 2019 funding consideration.

Eligible applications will be ranked, and contracts will be awarded thereafter. Applications with higher quality and quantity of proposed conservation and environmental benefits receive higher scores. The highest-ranking applications are funded first. A second application cutoff is set for Friday, April 19, 2019.

The EQIP program provides

financial and technical assistance to help landowners voluntarily implement conservation practices to improve natural resources. Payment is provided for a variety of practices to address resource concerns related to water quality, grazing land health, soil erosion and health, wildlife habitat and others.

"Applications for all NRCS conservation programs are accepted continuously; however, applications are grouped for ranking and processing," says Assistant State Conservationist for Programs Keith Kloubec. "The first cut-off for this popular conservation program comes around quickly. I encourage any producer or landowner to contact NRCS and apply early." To learn about technical and financial assistance available through conservation programs, contact your local NRCS Office.

Your Legal Rights: Financial Powers of Attorney

From the Office of Minnesota Attorney General Lori Swanson

It is usually best for people to make their own decisions on matters that significantly affect their lives. In some cases, however, people become unable to do so because of health or cognitive impairments. In these situations, it is important for people to have someone they trust who can make decisions for them. Establishing a power of attorney may be something to consider.

What is a financial power of attorney?

A financial power of attorney is a document that gives someone permission to act on another person's behalf. When a person creates a power of attorney, they are considered the "principal." The individual to whom they give this permission is called their "agent" or "attorney-in-fact."

This individual does not need to be an attorney, but should be someone the person greatly trusts. There has been an uptick in recent years of financial fraud by agents who abuse the authority granted to them under a power of attorney. The person selected as the agent should be responsible, honest, and diligent.

When establishing a power of attorney, a person must decide how much authority they want their agent to have over their affairs. A general power of attorney gives an agent the ability to act on a person's behalf in all of their affairs, while a limited power of attorney grants an agent this authority only in specific situations.

A person may also choose to make their power of attorney "durable," which means it stays in place even if the person becomes incompetent or incapacitated. A principal can also revoke a power of attorney. For example, somebody facing surgery may complete a power of attorney on a temporary basis, but then revoke it

once they are healed and out of the hospital.

When should I use a power of attorney?

A power of attorney may be a good idea for people who are unable or who may become unable in the future to manage their financial affairs or make other decisions for themselves. Examples of powers people can give to their agent are:

- To use a person's assets to pay their everyday living expenses.
- To manage benefits from Social Security, Medicare, or other government programs.
- To handle transactions with their bank and other financial institutions.
- To file and pay a person's taxes.
- To manage a person's retirement accounts.

How do I create a power of attorney?

A power of attorney must be in writing, signed in front of a notary, dated, and clear on what powers are being granted. If a person wishes to make the power of attorney durable (i.e., to last even if they become incapacitated), they must include a statement such as: "This power of attorney shall not be affected by incapacity or incompetence of the principal." It is not necessary to have a lawyer prepare a power of attorney, but consulting with one can help ensure that the power of attorney is constructed in a way that aligns with the person's wishes.

When does a power of attorney end?

A mentally competent person can remove a power of attorney at any time with a signed document. If a power of attorney is not removed, it ends with a person's death.

Where can I get a sample form?

A statutory power of attorney short form is available on the Minnesota Attorney General's Office website at: www.ag.state.mn.us/Consumer/

Handbooks/Probate/PowerOfAtty.pdf. This form is prepared according to statutory requirements. It allows a person to create a power of attorney, choose which powers they wish to delegate to their agent, and identify whether or not the power of attorney will be durable. Before completing the form, the principal and agent should carefully read all pages of the form, including the instructions at the top of the first page.

In addition, some banks and financial companies have their own power of attorney forms. Preparing additional, organization-specific forms may make it easier for an agent to work with certain organizations with which the principal does business.

For general information (not legal advice) and sample forms, contact:

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



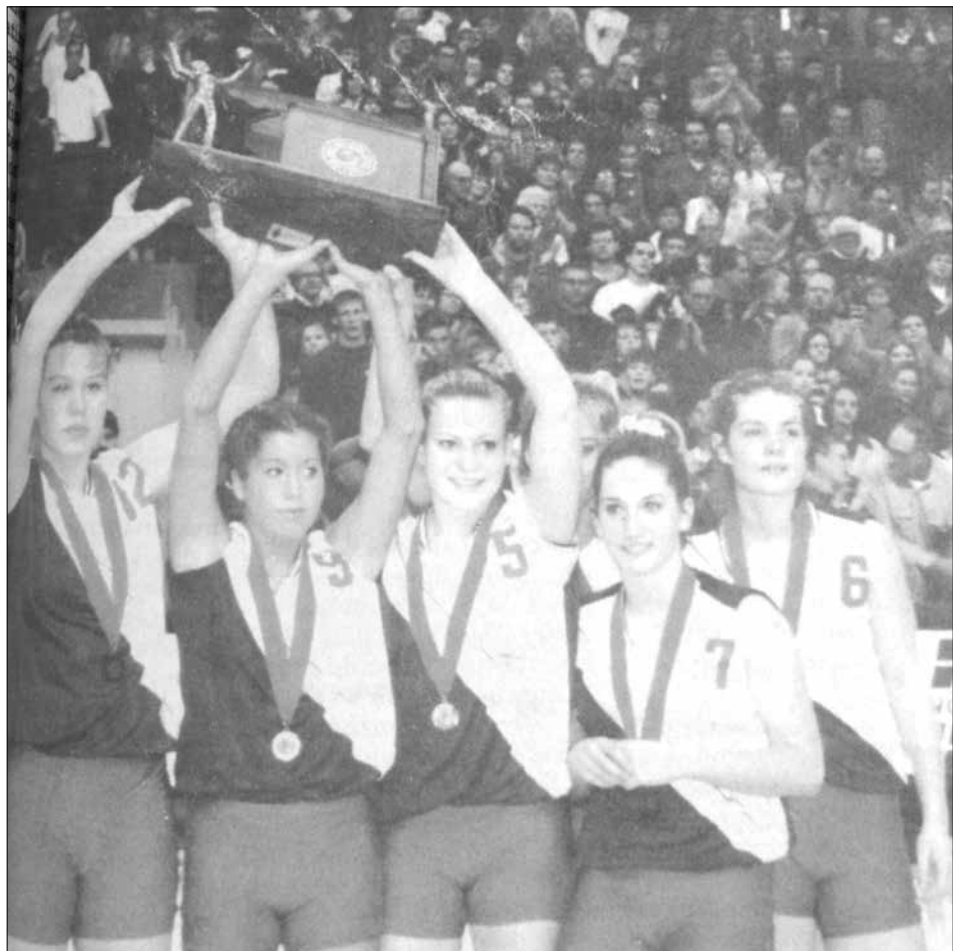
50 years ago...1968: Mr. Raymond Bartz, Manager of the McIntosh Co-op Association, McIntosh, was among the more than 800 coop managers and buyers from 10 states that attended Showcase '69 second annual Farmers Union Central Exchange merchandise exposition, held in the Minneapolis Auditorium Convention Center. Barbara Scholz, Miss Central Exchange and official Showcase '69 hostess, demonstrates one of the latest Central Exchange products.



40 years ago...1978: Gary Brovold, owner and operator of Mac Hartz Store (left) is congratulating Steve Bernard for the 150 dollars worth of groceries he picked up rapidly for the Jaycee Woman's Grab Bag Prize won by his wife, Karen (right).



30 years ago...1988: Members of the McIntosh VFW Auxiliary served lunch at the Veteran's Day observance at McIntosh Manor Nursing Home. Member's present were (left to right) Mildred Keller, Myrtle Lillesve, Martha Henney, Carole Burslie, Irene Domier, LaVerne Benson, Janice Wikstrand, Elaine Bergman and Ila Pederson.



20 years ago...1998: Win-E-Mac's six seniors held up their final trophy as a team together. They have been together since 7th grade, collecting awards and medals each year as they matured in skill and mental toughness. The senior players on the 1998 team were Sandy Brekke, Julie Pearce, Amber Stordahl, (back) Leah Salvhus, Kim Rock and Tessa Johnson.



10 years ago...2008: The players in this year's Win-E-Mac Fall Play are Front: Michelle Soto, Kjersti Haugen, Brittani Dargus, Kim Boisse and Reed Klinkhammer. Back: Marshall McKeever Austin Parienteau, MarJenna McWilliam, Megan Hertwig, Riley Nornes, and Zachary Boehrsen.

Win-E-Mac announces first quarter honor roll

The following Win-E-Mac Senior High and Junior High Students have attained either an "A" or "B" average in academic subjects for the first quarter of the 2018-2019 school year. Congratulations! TO be eligible for the "A" Honor Roll, you need to have attained a 3.76 – 4.00 GPA and to be eligible for the "B" Honor Roll, you need to have attained a 3.00 – 3.75 GPA.

Seniors:

"A": Lily Breckel, Garret Erickson, Searra Gerber, Brecken Lindberg, Emma Mills, Aries Qualey, Makenzie Reep, Joseph Revier, Hannah Smeby, Mason Spry, and Savannah Stennes.

"B": Claydia Anfilofieff, Tampang Bratager, Kylie Brekke, Roman Erofeeff, Douglas Jackson, Angel Lewis, Wyatt Luckow, Clarissa Neste, and Madyson Plante.

Juniors:

"A": Mary Catahan, Rylee Haugen, Abby Lende, Elliana Lindberg, Gabriela Qualey, and Carley Sander.

"B": Eleina Erofeeff, Lindsay Espeseth, Nathan Fortmann, Isabella Hernandez, Katrina Jackson, Connor Johnson, Lydia Kutsev, Dustin Osland, Krysten Price, Natasha Salsbery, Isaac Salvhus, Zachary Simonson, and Adeline Spry.

Sophomores:

"A": Felicity Andress, Paige Breckel, Gavin Haskett, Alex Jacobson, Brianna Johnson, Aytonom Martushev, Reed Neubert, Noah Ostenaar, Dylan

Roy, Bryer Strom, and Mia Thompson.

"B": Bryce Duchamp, Nikon Erofeeff, Catalina Flores, Remy Goodwin, Joshua Hegre, Grace Kaupang, Adam Mills, Dalvin Morel, Sidney Roed, Jhana Saeland, Brock Trandem, and Gavin Walker.

9th Grade:

"A": Rebecca Armye, Tabitha Bratager, Kegan Dalby, Monania Erofeeff, Anton Hickman, Teagan Paulson, Eva Qualey, and Alivia Winter.

"B": Peter Basargin, Malachi Burthwick, Kolten Cherf, Dylan Gunderson, Kendyl Johnson, Jadon Kangas, Keriana Kutsev, Lukiya Kutsev, Haley Sander, Maci Smeby, and Savannah Svalen.

8th Grade:

"A": Bret Duchamp and Zachary Luckow.

"B": Jacob Eggl, George Erofeeff, Jayden Gensburger, Kallie Hand, Vadim Kulikov, Andray Lisov, Jonathan Moritz, Nadelly Neubert, Isabelle Ostenaar, Laila Roragen, and Jonas Spry.

7th Grade:

"A": Emily Strom, Luella Strom, Clare Stuhau, Kyra Stuhau, Sydney Svalen, Kianna Tadman, and Hana Thompson.

"B": Kiersten Anderson, Wyatt Davis, Christian Gunderson, Dylan Hagen, Alec Hewitt, Ava Howard, Preston Lecy, Alyssa Morberg, Annika Shimpa, and Brooke Tofstad.



Mae Mero and her kids, Jayden, Erich and Lukus Gensburger and Felicity Andres at Pastries for Parents held at Win-E-Mac School on Thursday, November 8th.

**Ad deadline:
Noon Friday**

Right: Roman Schulz working on a puzzle at the McIntosh Library Storytime game day on Monday, November 19th.



Librarian Julie Malmanger helps the kids to learn new games during the McIntosh Library Storytime game day.



Moving two spots during a game of Candyland is Dawson Gunufson during Storytime Game Day at McIntosh Library.



Adler Stordahl and her friends put together a floor puzzle during Game Day at the McIntosh Library story time.

WEM Pastries with Parents



Neveah Simpson and her dad, Pat, enjoying a roll for breakfast at Win-E-Mac Literacy Event, Pateries for Parents.



Heather Bauer with her girls, Morgan and Neveah enjoying breakfast during Pastries with Parents at Win-E-Mac School.

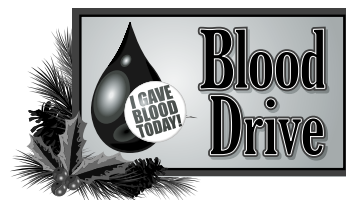


Open gym will begin November 4th and be open every Sunday night through Sunday, March 10th from 3:00 pm to 6:00 pm. There will be no open gym on Sunday, December 23rd or February 3rd due to the Super Bowl. The gym is available for basketball, volleyball, jumping rope, running games, hula hoops, etc. Parents are encouraged to come and play with their children. The Win-E-Mac School is also available Sunday evenings for anyone interested in walking for exercise. You can walk in the gym or use the hallways. The weight room in the Events Center is also for adults to use with a yearly \$20 membership.

Piano Lessons: There are still openings for students who are looking for piano lessons for the school year. If interested, please contact the school to arrange a time and day. All lessons take place at the school. Please call 563-2900 or 687-2236, if interested.

Patchwork for Kindness Quilt project is in progress with the 9th grade Win-E-Mac FCS class. For a \$1.00 a ticket you have chance for a quilt constructed by the class and the proceeds will be given

away locally in an 'Act of Kindness'. Obtain tickets from 9th graders or in the FCS room, or email Mrs. Jore.



The first blood drive of the year at Win-E-Mac school is Wednesday, November 28th from 9-2 in the Arts and Events Center Commons Area. Please use the following link to get signed up <https://www.bloodhero.com> Minor forms will be available in the office the week before the blood drive.

Snowmobile Safety Class with the Polar Beach and Knightriders Snowmobile Clubs will be offered at students 11 years and older. Saturday, December 8th is classroom training from 8:00 am to 8:00 pm.; Saturday, December 15th starting at 8:00am will be the driving portion of the test.

Every Minnesota resident born after December 31, 1976 is required to obtain a safety certificate to ride a snowmobile in Minnesota Kids 11 and older can take either the Traditional class or the online course. Kids & adults age 16+ can attend the traditional class or com-

plete just the online class provided by the DNR.

Students are required to attend the full day class or complete the Online course and also the driving course to receive their certificates.

Pre-registration packets will be available at Win-E-Mac school. Student will be responsible to show up for the class they signed up for.

Pre-registration is not required to attend class. If student takes a packet they are

Yearbook staff is taking pre-orders for this year's book titled "Our Story Unfolds" to be distributed upon completion in May of 2019. Cost is \$35.00 now and until December 21st and will cost \$40.00 after December 21st. Yearbooks can be purchased in the office or from Mrs. Winter (room 51) before or after school or during students' noon hours.

Jostens will be here on November 26th for the seniors and sophomores. Sophomores will meet with them from 12:30-12:50 and seniors will meet with Jostens from 1:00-1:20 p.m.

FYI - The elementary report cards are now available on ParentVue/StudentVue.

**Ad deadline:
Noon Friday**