



McINTOSH

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Darlene Dierkes will be the new face at the First National Agency in McIntosh.

First National Agency in McIntosh welcomes new agent

With the anticipated retirement of existing agent Nicole Grande you may have noticed a new face at the First National Agency in McIntosh:

Darlene Dierkes grew up in McIntosh, but spent most of her adult life in the St. Cloud area, where she worked as an insurance agent at the same agency for 34 years.

She is well-respected in the insurance industry, having attained several professional designations and being asked to serve on multiple agent advisory boards.

She was named Young Agent

of the Year for outstate Minnesota (back when she qualified as "young", she says!).

Darlene is excited to have traded in the corporate world to be back in the McIntosh community, across the street from where she waitressed (at Felix Café) in high school.

She and her husband, Dan, have two adult children, Ashley and Taylor. Dan and Darlene live just outside of McIntosh, having moved back in 2017 to the farm where she grew up.

Please stop in and greet Darlene and welcome her!

Pinochle players: Poplar Meadows is the place to play



Whether you are a novice or an old pro, if you enjoy playing pinochle and are looking for a way to beat the winter blues, you are welcome to join the fun at Poplar Meadows! A group meets Monday mornings at 9:30 am and Thursday evenings at 6:30 pm. All members of the community, young and old, are welcome to join in the fun. There are many resident's as well as many community members who play weekly. You can't beat a good game of cards, with fun conversation and tasty refreshments. Pictured are community members, (l-r) Wayne Strom, Lance Erickson, Ron Roed, and Rick Von Alman.

A new Sheriff in town...Tadman takes oath



Retired Polk County Sheriff, Barb Erdman (center) with the new Polk County Sheriff, Jim Tadman (left) and his Chief Deputy Michael Norland (right) during a retirement celebration for Barb held at the Sheriff's Office Community Room last Friday.

The Polk County Sheriff's Office is pleased to announce that Jim Tadman was sworn in January 2, 2019 as the new Sheriff of Polk County.

Jim was elected to be the Sheriff in November 2018, and he previously served the Polk County Sheriff Department as Chief Deputy under Retiring Sheriff Barb Erdman.

He has been with the Sheriff's Office since 1988.

Sheriff Jim Tadman has selected Sergeant Michael Norland to be his Chief Deputy.

Chief Deputy Norland is an 18-year veteran with Polk

County has is originally from rural Fertile, MN.

Norland graduated from Bemidji State University with a Bachelor of Science Degree in Criminal Justice.

Chief Deputy Norland was hired by the Polk County Sheriff's Office in 2000 as a Contract Deputy serving the City of Fosston.

In 2002, he was assigned to a Deputy Patrol position. In 2008, Deputy Norland moved to Investigations and in 2013, he was promoted to Sergeant by Sheriff Barb Erdman to be the supervisor of Investiga-

tions.

Erdman official retirement was January 2, 2019. There was a retirement celebration held for her on Friday, January 4, 2019 at the Polk County Sheriff Office Community Room in Crookston.

She was presented with a plaque from the Polk County Commissioner's as well as a framed Sheriff's Office memorabilia from the Polk County Sheriff's Association for her 31 years of service to the County and its citizens.

The Polk County Sheriff's Office is located in Crookston.



Polk County Administrator, Chuck Whiting, presented retiring Sheriff, Barb Erdman with a plaque from the Polk County Commissioner's honoring Barb's 31 years of service to Polk County and it's residents. Erdman was honored last Friday at a party held in the Sheriff's Office Community Room, where friends, family and colleagues, past and present gathered.



Community Calendar

- Wed. Jan. 9:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Jan. 10:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm; McIntosh City Council Meeting 5:30pm @ Community Center
- Fri. Jan. 11:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Jan. 14:** 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 Jan. 15:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Wed. Jan. 16.:** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Jan. 17:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Jan. 18:** McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Jan. 21:** 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 Jan. 22:** Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



Win-E-Mac Honor Society held a Holiday Food Drive in December to support the local food shelf in Erskine. Win-E- Mac students were busy collecting and their donations topped the previous years bringing in 799 pounds! The local food shelf is very grateful. The 4th grade class contributed the most items winning an hour of game playing with the Honor Society members.



Harald Thompson, Jerry Borud, Lloyd Schleicher, and Bob Olson play Pinochle together at Poplar Meadows. Community members are welcome to attend to play as well.



Playing Pinochle is always fun with the group that gathers Monday mornings and Thursday evenings at Poplar Meadows. Pictured: Elaine Roed, Everett Myhrum, and Dan Dierkes.

Thank You

The family of Eileen Votava extends sincere appreciation for the loving care and support of the staff and volunteers of Poplar Meadows, Essentia Living Center, Pioneer Memorial Care Center, Hospice of the Red River Valley, Carlin Family Funeral Services, Vernes and Our Saviors Churches, the City of McIntosh, as well as all the friends and neighbors in our caring community. Thank you. Blessed be the memories. M42C

Thank You

Thank you to the First National Bank of McIntosh for the NuWave Air Fryer I won at the Christmas Open House.

Sharon Hegland

Ad deadline:
Noon Friday

Grace Community Food Shelf thankful to Win-E-Mac school

From the volunteer staff at the Grace Community Food Shelf we would like to say Thank You to the Win-E-Mac School Honor Society and to the 5th Grade Class for their combined donation of 1,145 pounds of food from their Holiday Food Drive! The National Honor Society drive brought in 794 pounds and the 5th Grade Class raised the funds and purchased 351 pounds of food. This

McIntosh Blood Drive

The McIntosh Blood Drive will be held on Wednesday, January 30, 2019 at the Community Center in McIntosh. The McIntosh Friends of Veterans is sponsoring this annual event.

There will be three people that will call people on the list that is received from the Fargo Blood Center. More information will be in the McIntosh Times for the next several weeks.

Grace Community Food Shelf Advisory Board meeting

Grace Community Food Shelf, serving the communities of Erskine, McIntosh, Winger, and Mentor will hold its quarterly Advisory Board Meeting on Thursday evening, January 17th, at 7:00 PM in the Basement Meeting Room at Grace Lutheran Church, 332 Vance Ave. in Erskine.

Advisory Board Makeup: The Grace Community Food Shelf Advisory Board is an "open board" meaning that there is not a formal selection/election process.

Membership is open to anyone that wants to assist in fighting hunger in our area. The only requirement is that you attend the meetings, participate in the discussions, and help set the policies that govern the Food Shelf. You can help to make a difference!

Pack a car emergency kit

After home and work, the next most common place people spend their time is in their vehicles. The AAA Foundation for Traffic Safety says the average American spends 17,600 minutes driving each year. Statistics Canada indicates that most of the Canadian population averages 1.2 hours per day behind the wheel.

Because they spend so much time behind the wheel, drivers need to be prepared for breakdowns. Packing an emergency kit in the car can help people make the best of such situations.



Walk-ins will be welcome but if you have an appointment, a person won't have to wait as long. Treats, coffee and juice will be served to donors.

The Food Shelf is open the second and third Thursdays of each month from 10:00 AM to 2:00 PM. Once each month we also distribute the Nutrition Assistance Program for Seniors (NAPS) food boxes.

If you are interested in helping with the Grace Community Food Shelf please attend the Advisory Board meeting or contact foodshelfcoordinator@gracechurcherskine.org or stop by the Food Shelf at 332 Vance Avenue in Erskine on the days we are open.

A car emergency kit can help drivers get back on the road promptly. Without such kits, drivers may be stranded for hours after a breakdown. Emergency kits also come in handy during weather-related events that can sideline cars until roads become passable. Getting caught in a vehicle during a snowstorm and failing to have the proper gear can be a life-threatening scenario under extreme conditions.

It is always wise to plan for the worst and hope for the best.

work put forward by these young people will help us fight hunger in the Winger, McIntosh, Erskine, and Mentor area. Thank you to all the parents, grandparents, and students that made this donation possible.

The Grace Community Food Shelf, located at Grace Lutheran Church, is open the 2nd and 3rd Thursdays of each month from 10:00 AM to 2:00 PM. We are there to help when you need it! If you would like to assist the Food Shelf please email Dave Hinkley at foodshelf@gracechurcherskine.org.



Community Birthday and Anniversary Calendar

Wed. Jan. 9: Paige Breckel, Jessica Shimpa
Fri. Jan. 11: Dave Faldet, Delores Schow
Sat. Jan. 12: Julie Schow, Amanda Roue, Sydnee Ogaard
Sun. Jan. 13: *Les & Mavis Fins-eth
Mon. Jan. 14: Jan Galland



ST. MARY'S CHURCH Fosston

Fr. John Suvakeen, Pastor

Sun. Jan. 13: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Jan. 20: 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. 13: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. Jan. 20: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)

McIntosh

Supply Pastor

Gordon Syverson

Sun. Jan. 13: 11:15am Worship Service.

Sun. Jan. 20: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH

Independent

Gary Johnson, Pastor
www.gosen-church.com

Face Book: Gosen Church

Wed. Jan. 9: 7:00pm Bible Study at Don and Sharon Ramberg's

Sun. Jan. 13: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service

Tues. Jan. 15: 10:00 a.m. Sunday worship service telecast on GVTV--30; 1:30 p.m. Bible Study at The Country Place

Wed. Jan. 16: 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. Jan. 9: 7:30pm Bible Study at Mt. Carmel

Thurs. Jan. 10: 7:00am Men's Breakfast at Mt. Carmel

Sun. Jan. 13: 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. Jan. 16: 7:30pm Bible Study at Mt. Carmel

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

Sun. Jan. 20: 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

VERNES LUTHERAN CHURCH (LCMC)

McIntosh

Pastor Jill Torgerson

Sun. Jan. 13: 9am Worship

Sun. Jan. 20: 9am Worship

DOVRE

FREE LUTHERAN

Pastor Don Edlunds

Sun. Jan. 13: 10:00am Worship Service and Children's Sunday School

Wed. Jan 16: 7:00pm Bible Study on Romans Everyone Welcome

Sun. Jan. 20: 10:00am Worship Service, Adult and Children's Sunday School

Wed. Jan 23: 7:00pm Bible Study on Romans Everyone Welcome

IMMANUEL LUTHERAN CHURCH

McIntosh

Pastor Bruce Blocker,

Sun. Jan. 13: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

Sun. Jan. 20: 9:00am Divine Worship Service; 10:00 Fellowship Hour; 10:15am Sunday School

RODNES LUTHERAN CHURCH

Erskine

Pastor Joel Smeby

Wed. Jan. 9: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Thurs. Jan. 10: 4:00pm Confirmation Class

Sat. Jan. 12: 8:00am Men's Prayer Group

Sun. Jan. 13: 10:00am Worship

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



Charles L. Conger, cashier of the Citizens State Bank of McIntosh, was born in Eau Clair, Wisconsin on January 17, 1869. He was the son of William and Susan (Wright) Conger. He was the descendent of revolutionary and colonial lineage. The Congers' had been soldiers and patriots since the settling of the colonies by England. The Conger family can be traced back to 1640.

In 1667 a John Conger was a resident of New Jersey, near the town of Woodbridge. Approximately a century later, in 1770, Gersham Conger, the great-grandfather of Charles L. Conger, moved from that state to Vermont. He was a follower of the Quaker faith who by their sturdy qualities played an important part in the building of this nation. Despite his religious beliefs, he gave valiant service during the war for independence. Gersham died in Vermont in 1835.

Gersham's son, Asher Conger, was born in Danby, Vermont, in 1799 and died in 1852. Asher's son, William Conger was also born in Danby, on November 10, 1819. William moved to Wisconsin in 1867, two years before the birth of his



Charles L. Conger

son, Charles Conger. William later moved to Northwood, Iowa and passed away on August 16, 1898. He was survived by his wife, a native of Utica, New York. She was born May 19, 1835 and was a resident of Crookston in 1916, living with her son J.P. Foote, a son by a previous marriage.

Charles Conger was two years old when the family moved to Iowa, where he was reared and educated. In September of 1891 he moved to Crookston with his mother to live with his half-brother. Charles was able to secure a position of assistant cashier at the Citizens State Bank of McIntosh, where Mr. Potts was the president. Mr. Conger devoted his business career to the able discharge of his duties as cashier. His successful association with this institution won him recognition in the financial circles. The position of assistant cashier of the Citizens

State Bank fitted a number of influential bankers within the state for more important positions; including cashiers in Gilbert, Biwabik, Arura, Miner' National Bank of Eveleth, and Cass Lake, including A. I. Solberg, cashier of Farmers State Bank of Winger and T.A. Thompson, who was the first assistant cashier appointed to the McIntosh Bank and also held the position of the office of Registrar of Deeds of Polk County for ten years.

Mr. Conger was also identified with business interest of the county as a landowner and farmer, being the proprietor of two farms, one with 240 acres and the other with 160 acres, several tracts of land and had made investments in timber land in St. Louis and farm lands in Pennington Counties. Charles took great interest in the management and the direction of the work of improvement on his farms, which were occupied by tenants. He was a member of the Democratic party and was widely known for his services in the political field and was active in conventions and in the direction of party affairs. He never sought the honors of office, but he did serve as Mayor of McIntosh for seven years and as treasurer for fourteen years. He also served on the school board. He was appointed by Governor Hammond to the Board of Visitors to the state institutions, later resigning from his membership in that body. In 1917 Charles was promoted to President of Citizen State Bank.

Mr. Conger's favorite recreation was a good game of

"the national diversion of baseball, which he enjoys from the standpoint of a former player, and he has given his support and influence to the encouragement of local enthusiasm and the home team." In fraternal circles he was one of the organizers of the local lodge of the Knights of Pythias and was Past Chancellor and a member of the Grand Lodge. He was a Royal Arch Mason and a member of the Elks lodge of Crookston. He was married in Litchfield, to Leona Halvorson, who died in September of 1902. He married Louise A. Heiser of Albert Lea, Minnesota in December of 1903. He had one child, William L. Conger, who was born in 1901. William attended the local McIntosh school district, a high school junior in 1916. Charles was a member of the board of managers of the Minnesota Society of the Sons of the Revolution. He was a member of the executive council of the State Bankers Association from the Ninth district and served as president of the Ninth District group of bankers. He also served as vice president and director of the Northern Minnesota Development association and as president of the Commercial Club.

Source: Compendium of History and Biography of Polk County, Minnesota 1916

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"Serving the Win-E-Mac area"

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Winger News

by Linda Pulskamp

Greetings from Winger and the Union Lake areas where we said good bye to 2018 and welcomed in 2019 and it was a cold beginning to the new year but that has changed and the last couple days have had moderating temperatures but the wind makes it seem colder.

With the holidays behind us we can now get back a more normal schedule, has seemed like we have had a lot of Saturdays and Sundays the last couple of weeks. Kids are back to school and things are settling down again.

Wednesday January 2nd Lucy Brtek visited with Sheldon Lee and Wilma Wang at their homes in Cornerstone in Fosston.

David Myhrum and Betty Myhrum enjoyed supper together New Year's Eve at Ness Café in Erskine.

Butch and Linda Pulskamp visited with Nola Abele at her home in Fosston last Saturday afternoon, Nola had the misfortune of falling on the ice right before Christmas breaking her upper arm. Nola's sister Vera and husband Norris of Minneapolis were spending a few days with her.

Lucy Brtek and Ellie Gilbertson were dinner guests at the Lynn and Sara Lucken home on New Year's Day. Later that day Michelle and Greg Gagner were visitors with Lucy at her home, actually coming to her rescue as she had locked herself out of her house.

Visiting on New Year's Day with Helmer and Verlys Homme at the Pioneer Home were Verly's nephew Barry Malme and his wife Kay of Fargo.

Milton Carlson's Corner

Wednesday the 26th Lonnie Gieseke was a visitor and coffee guest with Milton and also brought Milton his mail.

Thursday the 27th Paul and Donna Carlson visited with Milton, enjoyed a cup of coffee and Paul cleaned the deck for Milton.

Before he went to work on Friday the 28th Paul Carlson stopped in at Milton's with his John Deere B and pushed snow for Milton. Later in the day that Friday Dick and Wanda Donovan and "Pepper" left for their home in St. Francis.

Milton Carlson along with Adam, Cosette and Oliver Carlson, Chris, Sheila, Jasmine and Vincent Benesh, Dusty Wayne and Evelyn Carlson were all dinner guests on Sunday the 30th at the Paul and Donna Carlson home. Dusty Carlson stopped in later for a visit with the family.

Monday the 31st Paul Carl-

son stopped by Milton's briefly bringing him his mail.

New Year's Day Milton Carlson along with 32 family members gathered for dinner at the Paul and Donna Carlson home to celebrate the New Year.

Wednesday the 2nd Lonnie Gieseke visited with Milton enjoyed a cup of coffee and cleaned the deck for Milton.

Neighbor James Iverson made a swipe through Milton's yard with his snow blower after the snow storm that went through.

This is the news for the week, things usually slow down after Christmas and the New Year but still need your news to keep this going.

Until next week, have a great one and stay warm.

From Bun Manor:

Saturday afternoon Megan and Adam Reed and their two children Mason and Adelane from Cloquet came over to uncle Tim at his place on union lake for a visit. Doug Schulz and his two boys Maxx and Chaez also came up that day for a visit. Maxx had just got back from Amsterdam where he had been studying for college. He is attending the University of Minnesota.

Megan and her family came back out to see uncle Tim again on Sunday. They spent Saturday night at the casino. Other guests that came on Sunday to enjoy Linda's annual pheasant dinner were Dale,Ole, Scrappy, Stue, Brad and Lars.

Andy and her had come earlier that day so Linda could make her pheasant dinner that evening. Everybody went home full and satisfied. Lars made a blueberry dessert from wild blueberries he had picked last fall. A good time was had by all.

Mark this date on your calendar. Jan 27th. The Winger Lions are holding a pancake benefit for Loren Gieseke at the Community Center in Winger.

CITY OF WINGER
NOTICE OF
PUBLIC HEARING

Notice is hereby given that there will be a public hearing to review the proposed improvements to the Waste Water collection and Treatment System to address Notices of Violations received from Minnesota Pollution Control Agency on Monday, January 14th at 6:30 p.m. at the Community Center. Such persons who desire to be heard with reference to this project will be heard at this meeting. M41-42C

MDA requests value-added grant proposals

Applications due by Friday, March 8, 2019 at 4 p.m. CST

The Minnesota Department of Agriculture (MDA) is now accepting applications for the competitive AGRI Value-Added Grant Program.

The MDA anticipates awarding up to \$2.5 million in this round of proposals.

The aim of the Value-Added Grant is to increase sales of Minnesota agricultural products by diversifying markets, increasing market access, and increasing food safety of value-added products through equipment purchases and facility improvements.

New or established for-profit businesses can apply for funding to support start-up, expansion, and updates; develop the processing and aggregating capacity of farmers selling to institutions; and increase food safety.

Grant funds reimburse up to 25 percent of the overall project cost. Funding under this round will come at two levels. Level 1 projects will have a maximum

award of \$200,000 and a minimum of \$1,000. Level 2 projects will have a maximum award of \$1,000,000 and a minimum of \$200,001. Level 2 projects will be subject to Minnesota's Prevailing Wage Requirements.

Applications must be received no later than Friday, March 8, 2019 at 4 p.m. CST. Applications are available on the Value-Added Grant Program website and may be submitted online (preferred), by mail, or in-person.

The Minnesota Department of Agriculture's Agricultural Growth, Research, and Innovation (AGRI) Program supports the advancement of Minnesota's agricultural and renewable energy industries. AGRI has made significant economic impacts by supporting jobs, increasing productivity, improving efficiency, and assisting in the development of agricultural products. For more information about all the grants available through this program, visit the MDA website www.mda.state.mn.us/grants/agri.

Are There Any Weeds In My Seed?

Michael Merriman, Minnesota Department of Agriculture

In spring, before home owners are ready to seed their lawns, gardeners are prepared to sow their plots, and farmers can fire up their planters, these individuals need to purchase the seed needed for their projects and livelihood.

Buying seed can seem like an overwhelming process for an inexperienced homeowner walking down the seed aisle at the local home and garden store. In the seed aisle there are often numerous companies selling dozens of different types of seed. So, what's inside of those bags of seed? Does the seed contain any weed seeds?

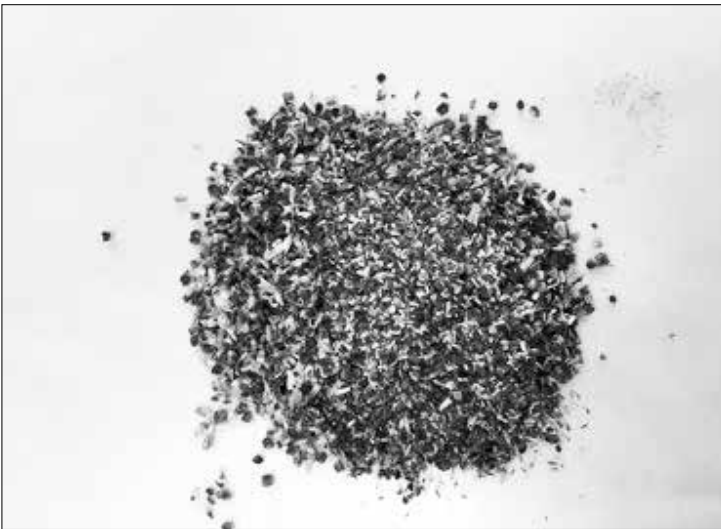
If you flip over your seed bag, you should see a label that contains a plethora of information.

Although it looks like a lot

at first, there are a few key things to look for. The company or "labeler" indicates who put together that seed bag and labeled it. The germination tells you what percentage of seed is likely to sprout into a seedling if planted. The "kinds" on the label are the different species of seed that are present in the seed bag.

Purity is the percentage of each component that is present in a seed bag and ensures that 100% of the contents of the seed bag are accounted for on the seed label.

These components include the purity for each species of seed if there is one kind or numerous kinds in a mixture, inert matter, other crop, and weed seed. Percentages of each of these components are determined when the seed is tested by a seed lab.



A seed analyst must be able to visually identify all seed to species including common and noxious weed seeds. In some cases it is not possible to identify noxious weeds by visual analysis only. For example, a genetic test must be used to identify Palmer amaranth

NAME: Sunny North	NET WEIGHT: 20 lbs		LOT NUMBER: M123-19	
KIND:	VARIETY:	PURE SEED %	GERMINATION	ORIGIN
Tall Fescue	Sunny	30.00	85.00%	OR
Perennial Ryegrass	Northern	30.00	90.00%	OR
Kentucky Bluegrass	Midwest	35.00	85.00%	OR
OTHER CROP: 0.80	INERT MATTER: 4.00		WEED SEED: 0.20	
NOXIOUS WEED SEED: NONE	TEST DATE: 01/18		SELL BY: 02/19	
LABELER NAME AND ADDRESS: Green Grass Company				
123 Lawn St., Seedtown, MN 55555				

The above figure is an example of a seed label and the information on that label is described below:

- **Pure seed is the percentage of each kind (species) or percentages of each kind of seed if the bag is a mixture.** For example, a lawn mix may contain 30% Fescue, 30% Perennial ryegrass, and 35% Kentucky bluegrass.
- **Inert matter is anything inside of the bag that is not seed** including chaff, broken seed pieces, plant debris, soil, i.e. anything that can't be removed from the seed when it is cleaned and conditioned as part of seed processing. It may also include coating to make it easier to plant and better able to germinate.
- **Other crop seed includes other species of seeds that are unintentional contaminants in the seed bag** and are commonly sold as crop seed in a given type of seed. These other crop seeds are not considered detrimental.
- **Weed seed includes**

seeds that are identified as weeds in agricultural, natural, or other settings.

The classification as a weed seed is determined by the Association of Official Seed Analysts (AOSA) Rules for Testing Seed and percentage may include noxious weed seeds.

In Minnesota the percentage of weed seeds should not exceed 1% for the contents. Note that this definition of weed seed should not be confused with Minnesota noxious weeds, a listing of plants considered to be noxious in Minnesota.

Weed seeds include common and noxious weeds where noxious types may either be restricted or prohibited noxious weeds seeds.

Restricted noxious weed seeds are ok if they are below the specified acceptable rate. If a prohibited noxious weed seeds is present, however, the seed would not be legal for sale.

Both restricted and prohibited weeds seeds are determined based on the All-States Noxious Weed Seed List and

should be listed on the label by name and number per pound of seed.

Minnesota recently added Palmer amaranth as a prohibited noxious weed seed; any seed containing this weed seed is illegal to sell in Minnesota.

A seed analyst looking for noxious weed seeds can't visually identify Palmer amaranth. All seeds in the genus must be tested genetically to determine if this prohibited noxious weed seed is present.

The Minnesota Department of Agriculture helped facilitate the development of this genetic test to prevent the spread of this herbicide-resistant, aggressive weed and protect agriculture in Minnesota.

The Minnesota Department of Agriculture Seed Program monitors seed for sale in the state to make sure that it is labeled truthfully and accurately.

Seed inspectors and County Agricultural Inspectors collect approximately 1600 annual samples from seed that is

available for sale throughout the state, and submit the samples to the state seed lab for a purity/noxious and germination tests.

The results obtained by the lab are compared to the label to determine whether the label is truthful. 95% of the seed for sale in the state is truthfully labeled.

If you are worried about weed seeds, read the seed label. It will tell you what percentage of the seed is weed seeds.

It will also identify any noxious weed seeds present. Small seed packets produced for home gardeners are not required to be labeled with this information as long as the pure seed percentage is greater than 90%, inert matter is less than 10%, or if other crop seed, weed seed, or noxious weeds seeds are not present.

If you have any concerns about the label, please contact MDA's Seed Regulatory Program.



The Win-E-Mac elementary students had a fun week returning to school after Christmas break. They were able to play in the snow and build forts during gym class.



KEEP YOUR DOLLARS LOCAL!



Aries Qualey (Language Arts): Aries Qualey is nominated for her sense of commitment to her chosen obligations. Aries is someone that can be counted on for taking care of herself, her school work and her responsibilities to her family and friends.



Clavdia Anfiliyeff (Social Studies): The Social Studies department nominates Clavdia Anfiliyeff. She continuously strives to be on time to class and meet college level requirements and deadlines. Submits quality assessments that exemplify college level thought and reason. A very responsible college level student.



Kegan Dalby (Phy. Ed./Health/FACS): Kegan is nominated for demonstrating responsible actions in the classroom. He can be trusted to complete that which he chooses as well as completing assignments and tasks in a quality manner. Kegan is accountable for his behavior and takes active part in his learning daily.



Kerianna Kutsev (Technology): Kerianna is extremely responsible. If she misses school, I never have to worry about her getting caught back up. She is extremely efficient with her time in class and never misses a due date. Kerianna is a pleasure to have in Computer 9.

WEM Student's of the Quarter

The Student Achievement Committee of the Win-E-Mac Public School have selected the following students, based on secondary staff members recommendation, who exemplify

RESPONSIBLE academic and personal character quality in the pursuit of academic excellence during the month of November, 2018.



Elliana Lindberg (Math): Elly works hard to make sure her work is done, even when she is gone. She checks to make sure what she is doing is correct and asks for clarification when needed.



Lukiya Kutsev (Science): The Science department chooses Lukiya Kutsev. Lukiya shows responsibility when she is absent. She always gets, and usually finishes, any work before she leaves if she knows about the absence in advance. When she doesn't know, she gets it immediately upon returning to school and always finishes it in a timely manner.

How to find the 'best' diet and improve your health

By Jean Larson, registered dietician at Essentia Health

It's that time of year when you're looking to revamp your lifestyle, lose weight, get in shape and improve your health. But which diet do you select? How do you know which one will work for you?

Here is the shocking fact: When it comes to weight loss, it doesn't really matter which "diet" you choose, so long as you stick to it. Yes, you still need to make intelligent food choices for overall health, like eating your fruits and vegetables. But the question of whether you should go low-fat or low-carbohydrate or try out Paleo, vegan or keto may not be as important as you think.

A study published in the Journal of the American Medical Association in 2014 compared multiple popular diets, including Atkins, South Beach, Zone, Jenny Craig, Weight

Watchers and Ornish. These diets range from low-carbohydrate to low-fat to a balanced mix of macronutrients. Over the course of 12 months, researchers found there were minimal differences in weight loss between the diets. Their conclusion: "This supports the practice of recommending any diet that a patient will adhere to in order to lose weight." In other words, the most important factor is picking an approach that's easiest for you to stick with. Consistency is often the missing link for people struggling to lose weight and improve their health.

Here are some tips to help you stay consistent with your nutrition:

- Plan ahead – Find a routine that works for you. Have a weekly meal plan, prepare foods in advance, research restaurants before traveling and plan for healthy snacks.

- Hack your environment – Make the places you spend the most time as conducive as possible to supporting your health and nutrition. Keep your home and workplace stocked with healthy choices.

- Seek out support – This could be a spouse, family member, friend, colleague or professional. Having someone to cheer you on and keep you accountable to your goals is key.

- Focus on your behaviors, not the end result – You have no control over the scale (if weight loss is your goal) but you can control the actions you take every day. Pick one to three daily habits you can implement and focus on each week. These could be things like packing a healthy lunch for work, going for a daily 30-minute walk, or eating two cups of vegetables at every meal.

- Be curious and compassionate – Check in with your-

self at least monthly and assess how things are going. What has gone well? Where could you improve? How will you reward yourself in a healthy way for your efforts thus far? What more would you like to accomplish next month? What is likely to stand in your way and how can you prepare to make sure those things don't get in your way? Adjust your plan accordingly.

When you get off track or things don't go as planned, be compassionate with yourself. Roadblocks such as an illness, travel or other life commitments will always come up. You're never going to be perfect but developing the ability to bounce back will help you remain consistent with the plan you've chosen. Instead of beating yourself up and allowing one poor choice to spiral into many, compassion will allow you to come back to your healthy habits quicker.



Zach Simonson (Fine Arts): Zach has taken on a huge role in the band being the SH percussion section leader. He is always being ready to go with his instrument and the band never has to wait for him to get organized. He takes great pride in his area of the band room and is instilling a sense of pride in the younger JH percussionists as well by teaching them how to clean up.



During the Holiday season, the Win-E-Mac Honor Society collected nearly 700 pounds of food for the Grace Community Food Shelf in Erskine.



WEM School Announcements

Snowfest Week – January 22-25 – Monday – NO SCHOOL; Tuesday – PJ Day – stay cozy and warm come to school in your favorite pajamas; Wednesday – Salad Dressing Day – choose a salad dressing and dress in that theme; example – 1000 Island – dress beachy, French – dress Parisian, Western – dress like a cowboy/cowgirl; Thursday – Disney Day – dress in Disney items or dress as your favorite Disney character; Friday – Spirit day – wear as much Red, WHITE and BLUE as you can! MUST FOLLOW ALL SCHOOL DRESS CODE RULES.



WEM ECCE

All Win-E-Mac ECCE events will be located at the Win-E-Mac Preschool room from 6-7 p.m.

Monday, January 14 – Sing songs and have fun playing with musical shakers.

Tuesday, January 21 – Mix and make colors as we learn about how to make secondary colors.

Monday, January 28 – Brrr it's cold outside! Come learn about snowflakes