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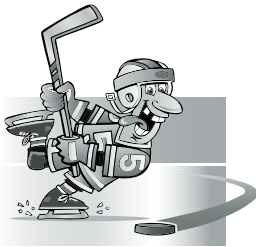
Win-E-Mac
Snowfest
Jan. 22 - 25
2019

Monday: No School
Tuesday: PJ Day: Stay cozy and warm and come to school in your favorite pajamas
Wednesday: Salad Dressing Day: Choose a salad dressing and dress in that theme. For example - 1000 Island, dress beachy; French, dress Parisian; Western, dress like a cowboy/cowgirl.
Thursday: Disney Day: Dress in your favorite Disney items or as your favorite Disney character.
Friday: Spirit Day: wear as much Red, White and Blue as you can.
All dress up days must follow all school dress code rules.

2019 McIntosh City Council meets in new year

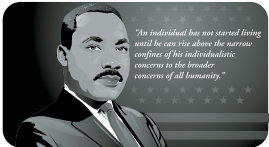


The McIntosh City Council met in regular session for their first meeting of 2019 on Thursday, January 10th at the McIntosh Community Center. Council includes: (l-r) Bernie Marshall, Nathan Frisk, Mayor Toby Strom, Kevin Subbert and new Council member, Jordan Gunafson.



Community
Calendar

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: No School at WEM; 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
Wed. Jan. 23: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
Thurs. Jan. 24: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
Fri. Jan. 25: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
Mon. Jan. 28: 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. 29: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm



Sworn in on Tuesday, January 8, 2019 to the Polk County Commissioner's Board were Joan Lee for her second term and Warren Strandell for his seventh term at the Polk County Government Center in Crookston.

WEM will perform
in One Act Play contest

Win-E-Mac High School will participate in the sub-section 29A One Act Play contest. Win-E-Mac's entry is titled Whispers by Kendra Thomas. The play's eight characters have all had a parent serve in the Iraq -Afghanistan conflict. All, but one, have lost a parent during the war. They all relate their stores when they attend a camp for kids in this agonizing situation. The cast includes Aries Qualey, Zac Simonson, Sidney Roed, Will Tofstad, Anton Hickman, Jaydon Kangas, Jayden Gensburger and Sydney Svalen. The contest starts at 4:30PM



at the Bagley Junior Senior High School. A public performance is still pending. Contact the director or any cast member for more details. Mr. Mac and Mr. Hanson are directing the play. The play is produced by special arrangement with Pioneer Drama Service, PO Box 4267, Englewood, CO 80155-4267

McIntosh Friends of Veterans Blood Drive

The annual McIntosh blood drive will be held on Wednesday, January 30, 2019 in the Community Room of the Community Center. Three people will be calling people on the lists to schedule an appointment. Anyone that is not called and can give blood is asked to contact Mary Goodwin, Blood Drive Coordinator, to schedule an appointment at 218-563-2827. McIntosh Friends of Veterans is sponsoring the blood drive and hope that many people will be willing to donate to this worthy cause. Treats, coffee, and juice will be served to those who give blood on that day.



Back Row: Jen Garding Reiersen, Louise Baumgartner, Kathy Finstad, Connie Strom, Ilene Reiersen, Stephanie Frisk; Second row: Judy Tadman, DeeDee Narum, Denise Disrud, Lois Boehrnsen, Sue Vennes, Carolyn Schmitz; Front Row: Dianne Christopherson, Holly Klawitter, Val Brekke, and Mary Schmidt. These ladies were from Litchfield, Crookston, McIntosh, Fosston and Erskine, and they worked hard last Saturday to make our area's deserving Veterans Quilts of Valor. Many QOV quilt tops were completed or almost completed that day with many quilts made with new patterns. Of this group 3 were first timers and they are coming back! The group had breakfast, lunch, lots of visiting, sewing and many many laughs!



Representative Kiel and Tom Steinbrenner.

Kiel takes oath of office

Deh Kiel (R-Crookston) was officially sworn in as state representative on Tuesday, January 8, 2019, after taking the oath of office at the Capitol. This is her fifth term.

"It's a privilege to represent the residents of District 1B in Saint Paul, and I am grateful for the opportunity to continue working to find common sense solutions to the issues facing all Minnesotans," said Rep. Kiel. "As always, I hope to receive your feedback and input

throughout the Session. It's an honor to serve you."

This session, Rep. Kiel will serve as the Republican Lead on the Health and Human Services Policy Committee. She has also been appointed to the following committees: Ethics, State Government Finance Division, Long-Term Care Division, and Agriculture and Food Finance and Policy Division.

Rep. Kiel was joined at the swearing in ceremony by constituent Tom Steinbrenner.

Sen. Johnson puts MN families first as 2019 session begins

Last Tuesday, Minnesota Senate Republicans kicked off the legislative session by putting families at the top of their 2019 session priority list as they unveiled the subjects of the first five bills to be introduced later this week.

Helping families with the cost and availability of child-care and health care, with an emphasis on mental health care, will be the focus of Senate files one through three.

Finding and eliminating waste and fraud in state government and aligning the tax code with the federal government round out the first five bills introduced in the Senate.

"I'm excited to be back in St. Paul to continue serving the families, students and small businesses of Senate District 1.

After a productive biennium, I've heard feedback from residents from across the district. From what I've heard it's clear that we've made progress, but regardless we all still know that there is more that we can do.

This session, we're going to continue to put Minnesota families first, fighting for your budget, your health care, and your mental health. We will also be holding our government accountable for its failures providing solutions for issues like child care fraud, MNLARS, and other statewide IT failures."

Supporting mental health – Senate Republicans promise a stronger legislative response to the growing problem families are facing regarding mental health, especially in our schools and on the farm.

Making child care more

accessible and affordable – During statewide listening sessions over the summer, Senate Republicans heard from parents struggling to find and afford child care. New legislation will address the regulatory overreach that causes these problems and encourage new child care providers to start up.

Lowering health care costs – Senate Republicans will build upon their recent success in lowering health insurance premiums by offering new proposals that allow patients more freedom to choose their doctor, shop around for the best value for their health care dollar, and make health

care billing more transparent.

Making government more effective and accountable, and eliminating fraud– Senate Republicans will introduce several proposals to hold government more accountable and stop wasting money in the areas of child care fraud, MNLARS, and other statewide IT failures.

Making our tax code simpler and fairer – In addition to making tax filing easier by conforming to the new federal tax law, the Senate Republicans' proposal will simplify the tax code and reduce taxes for Minnesota families.

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

summer, I quickly think. Then I actually make out the last word and it is "husband". Well now, this is interesting.

I can't help but to think that it was a recipe given to a young bride at a bridal shower, the tradition and heritage of passing down wisdom from one generation to the next and all in good fun.

Nevertheless, treasured enough to have been saved and placed where it was often seen, a reminder of sorts and so it goes:

How to preserve a husband

Be careful in your selection. Do not choose one too young. Take only such varieties as have been reared in a good moral atmosphere.

When once decided upon, let that question remain forever

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!

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.

Ad deadline:
Noon Friday

WELCA

at Our Savior's

Our Savior's WELCA will meet on Wednesday, February 6th at 2:00 pm. at Our Savior's Church. Lunch will be served and everyone is welcome to attend.

McIntosh Community Calendars

Anyone who hasn't picked up they are still available at the bank Businesses will get theirs delivered unless they picked them up themselves.



McINTOSH Times
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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 taken off to reduce the likelihood of hypothermia.



Wed. Jan. 16: Connor Johnson, Marlene Vennes
Thurs. Jan. 17: Isaac Schlagel, Stephanie Halland
Fri. Jan. 18: Kendall Olson, Annika Shimpa, Jessica Carlson, Becky Boehrnsen
Sat. Jan. 19: Carter Bartz
Sun. Jan. 20: Jerry Sultvedt, Carla Ferden, Norma Hanson
Mon. Jan. 21: Susan Lee
Tues. Jan. 22: Peyton Roed

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

Sun. Jan. 20: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 8:30am Youth Pageant Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Jan. 27: 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. 20: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. Jan. 27: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

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

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

Sun. Jan. 27: 11:15am Worship Service.

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

Wed. Jan. 16: 7:00pm Bible Study at Don and Sharon Ramberg's

Sun. Jan. 20: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service

Tues. Jan. 22: 10:00 a.m. Sunday worship service telecast on GVTN--30; 1:30 p.m. Bible Study at The Country Place

Wed. Jan. 23: 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. 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

Wed. Jan. 23: 7:30pm Bible Study at Mt. Carmel

Thurs. Jan. 24: 7:00am Men's Breakfast at Mt. Carmel

Sun. Jan. 27: 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. 20: 9am Worship
Sun. Jan. 27: 9am Worship

DOVRE FREE LUTHERAN Pastor Don Edlunds

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

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

Sun. Jan. 27: 10:00am Worship Service, Adult and Children's Sunday School

Wed. Jan. 30: 7:00pm Bible Study on Romans Everyone Welcome

IMMANUEL LUTHERAN CHURCH McIntosh

Pastor Bruce Blocker,
Sun. Jan. 20: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

RODNES LUTHERAN CHURCH Erskine

Pastor Joel Smeby

Wed. Jan. 16: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Thurs. Jan. 17: 4:00pm Confirmation Class

Sat. Jan. 19: 8:00am Men's Prayer Group

Sun. Jan. 20: 10:00am Worship

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



With a new year at hand and in need of recipes to share, I was gifted with an old wooden recipe box.

A small rectangular box, with the corner edges darkened from grease and age, while the center of the front and the top has been left worn and light in color from its years of use.

I lift the lid to see what has been stored away from searching eyes and a baker's hand and forgotten with the passage of time.

As I lift the lid for the first time and to my delight find dividers that are bent and worn, recipe cards that have more than yellowed with time. And there, stuffed in the top of the lid a recipe card with blue ink scrawled on the front and the back and under the recipe card, taped to the box top, a note "Bring cake for funerals". Gently lifting the tape and note the name "MARTHA" is revealed.

As I go back to the recipe card that was pressed into the top of the lid, a recipe that would be seen each time this box was opened.

Many of the words smeared and smudged, the edges fraying. I notice the words "How to preserve a" the last word a bit smudged and hard to read. Great, a recipe for preserves, I will save that one until late

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Winger News

by Linda Pulskamp

Hello again and greetings from Winger and the Union Lake areas, we had a beautiful week end, mild temperatures and then on Sunday night the rain came, but fortunately by Monday the temps were mild and the roads were more slushy than icy. But by Tuesday we had some snow that had fallen and with the wind made it a very stormy day, that resulted in the cancellation of Senior meals at Morans, and Calvary Ladies Aid.

And so it goes until the next wind or snow event we have, we deal with it.

As I anticipated with the holidays behind us the news would be limited and this week it is.

Milton Carlson's Corner

Friday the 4th, Judy Gieseke was a visitor and dinner guest at Milton's home. Not only did she come to visit with Milton, but she also brought dinner with her that they enjoyed together and also delivered Milton's mail to him.

Paul Carlson stopped in at Milton's home on Friday the 7th as he made his way to work, not only did they have a good visit but Paul filled the water softener for Milton. Later that same day Chad Carlson and Paul stopped in bringing Milton flat bread as a treat.

Tuesday Milton Carlson accompanied Paul and Donna Carlson to Grand Forks, the weather here was not so nice with the blowing and drifting snow, but Milton stated in our conversation that it was not so bad until they got close to home and then it was white out conditions.

Last weekend visitors at the Pulskamp home were Kelly Johnson and his Granddaughter Lilly Brtek, Matt Balstad and Jamie Anderson.

Dakota and Kjelsie Poissant spent Saturday afternoon visiting Grandma Betty Myhrum at her home in Winger.

Last Sunday Maxine Wal-

ters visited with Helmer and Verlys Homme at the Pioneer Home at Erskine.

Chelsey Haugen and Steve Cullen of Oslo were visitors with Grandma Betty Myhrum at her home in Winger.

This concludes the news for this week, and as I stated after the holidays, things slow down, but lets not forget to share what has been happening!

From Bun Manor:

This last week Friday, Steve Massmann along with his boy Brian, Brothers Ken and Bob, nephew Brandon, Mark Thompson and Dale Balstad headed for the lake of the woods for a weekend of fishing. The weather cooperated well and so did the fish. There were lots of laughs and catching up on things back in Osakis. Everyone went home with a nice bag of fish to enjoy

Tennis and Lori Balstad stopped out to the manor last Monday for a fish fry lunch. Andy fried up some crappie that Bun had in his freezer. Tennis, Lori, Andy and Linda were discussing their upcoming trip to Africa in February.

Mike Dietrich from McIntosh stopped out the other day to visit with Bun. Bun and he were high school classmates at the McIntosh-Winger school back in the seventies. Bun thought that was pretty nice since he hadn't seen him for awhile.

Lori Lucken and her daughter Nevaeh stopped over to see Bun. Nevaeh brought Bun a blanket she had made and also a picture of herself that she had taken in school.

Wednesday, Grandpa Gary and Grandma Jill Sonstlie along with their son, Kory, his wife, Kristen and their children, Grayson and Bryer went to the Alerus center in Grand Forks. Gary's brother, Mark, his wife, Mykal, and their son, Michael met them there for the show. They saw the Paw

Patrol characters. These dogs are very popular with the kids these days.

The next day Kory and Kristen headed down to the cities to watch the Wild hockey team play at the Target Center.

Grandpa Gary and Grandma Jill were busy baby sitting for a few days.

Elmyrna Kaupang took her dog Sally to the Vet on Friday to get her leg checked out as she had been limping on it the last few days. The vet told her

Insurance tips to survive the MN winter

Every winter, deep-freeze temperatures, snowstorms and ice cause plenty of headaches, and worse, for Minnesotans.

It's important to make sure you have the insurance coverage you need in case your home, car or other property becomes a victim of winter weather.

The Minnesota Commerce Department, which oversees the insurance industry in the state, offers these winter insurance tips.

Your Home

Understand what your homeowners insurance covers. A standard policy typically covers damage caused by fire, wind, fallen trees, water damage from ice dams and other accidental causes, and structural collapse from the weight of ice or snow. Damage from frozen pipes may not be covered if it is due to negligence, such as failing to maintain an adequate temperature in the house. Damage from a backed-up drain or sewer is typically not covered.

Update your home inventory. Take photos or video of every room. Keep detailed information, including receipts, for all high-value possessions. Put your home inventory in a safe place. Filing a claim will go a lot easier if you have a comprehensive, up-to-date record of what's in your home.

Review your coverage. If you have remodeled your home or bought any expensive new items, make sure your insurance policy is updated to reflect the added value. Most home

that it was a sign of arthritis. He gave the dog some pills and everything is now going smoothly

Lucy Brtek had some visitors at her place last week. Her daughters Michele, Amy and her son, Richard, all came over to see her. Joyce Balstad went over to her place after church for dinner. They had a nice long visit.

Remember that there will be a pancake benefit for Loren Gieseke

insurance policies have standard limits for big-ticket items like electronics, art, jewelry or sporting equipment.

Your Car

Drive with care. Winter weather is a challenge for all drivers. While some accidents can't be avoided, you should always drive defensively and without distractions. When roads are slick or snow-covered, slow down and keep extra distance between you and the vehicle ahead.

Know what to do in case of an accident. Always keep a copy of your insurance card in the car. To take the stress out of filing a claim, the National Association of Insurance Commissioners (NAIC) created the free WreckCheck smartphone app to help you gather information after an accident, including photos. You can then email the report directly to your insurance agent. It's available at www.insureonline.org/insureu_games_apps.htm

Review whether you need collision or comprehensive coverage. Collision insurance covers damage to your car from colliding with another vehicle or non-moving object such as a tree or pothole. Comprehensive insurance covers damage caused by other factors such as flooding, hail, a falling tree or hitting an animal. If your car is older and no longer worth a lot, keep in mind that the maximum insurance payout will only be the car's current market value.

Your Winter Fun

Decide on coverage for your snowmobile, ATV or ice fishing house. Minnesota law does not require insurance for snowmobiles or ATVs. Generally, they will not fall under your auto or homeowners insurance, so you will need a separate policy to cover damage to your vehicle and liability for damage to others. If you have an ice fishing house, check with your agent to see if your homeowners policy has it covered.

Carefully consider the costs versus benefits of travel insurance. If you plan to escape the cold for a warm vacation, you may be considering travel insurance. Review the details of what's covered and what isn't, especially any conditions or exclusions. Coverage that is too limited or restrictive may not be worth the price. Plus, your credit card may already include insurance.

Life Insurance Locator finds \$2.4M in lost benefits

The Life Insurance Policy Locator, a project of the Minnesota Commerce Department with the National Association of Insurance Commissioners (NAIC), has matched 262 Minnesotans with lost life insurance benefits totaling nearly \$2.4 million since the service was launched two years ago.

The NAIC unveiled the free online locator service in November 2016 to make it easier to connect consumers with lost life insurance policies or annuity contracts, especially those belonging to deceased family members.

"Many people don't know where to begin when searching for a lost life insurance policy or annuity," said Commerce Commissioner Jessica Looman, whose agency regulates the insurance industry in the state. "This free online tool streamlines and simplifies the process to connect people with the benefits owed to them."

Access to the locator service is available through the NAIC at locator.naic.org or through the Commerce Department website (mn.gov/commerce).

The service allows individuals who believe they are beneficiaries, executors or legal representatives of a deceased person to submit a search request for life insurance policies

Uof M to host Cow/Calf Days Seminar Tour



The University of Minnesota Beef Team is proud to host the annual Cow/Calf Days Seminar Tour and Trade Show at 10 locations across the state in January and February. This event has been held for over 45 years and continues to be the leading information, technology, and research outlet for cow/calf producers in the state of Minnesota.

The 2019 event will feature information on cow herd efficiency, genetic selection for commercial cow-calf operators, and optimizing ranch production per acre. The program also will feature a Q & A session with Elanco Animal Health veterinarians Dr. Brett Terhar and Dr. Bruce Hoffman. Updates from the Minnesota State Cattlemen's Association will also highlight the event. The corresponding tradeshow will feature vendors with new information, technology, and products with a wide-array of practical uses for the operators in the cow-calf sector.

The program is directed at

cow/calf producers, allied industry representatives, and is open to the public. A meal will be served with the program and a registration fee of \$10 will include the meal, proceedings book, and program materials.

More information can be found at the Cow/Calf Days Seminar Tour and Trade Show website: www.extension.umn.edu/beef or contact Eric Mousel at 218.513.0781, emmousel@umn.edu. For your local event, please contact Heather Dufault at 218.280.1129 or pohl0024@umn.edu.

Northern Tour

JAN 22 – Staples, MN, 9:30 AM, Central Lakes College, 1830 Airport Road

JAN 22 – Bagley, MN, 5:30 PM, American Legion, 288 Main Ave. N.

JAN 23 – Lancaster, MN, 5:30 PM, Community Center

JAN 24 – Roseau, MN, 5:30 PM, Gene's Bar Grill, 1095 3rd St. NW

JAN 25 – Iron, MN, 5:30 PM, Clinton Hall, 9831 Hwy 37



During Quilts of Valor Sew Day in McIntosh, Judy Tadman made this beautiful quilt top last Saturday at the Community Center.



Kathy Finstad stands next to the quilt top she made during the Quilts of Valor Sew Day on Saturday, January 12th.

and annuities. The online request is encrypted and secured for confidentiality.

Participating insurers compare a submitted request with available policyholder information. When there is a match, an insurance company directly contacts the beneficiaries or their authorized representatives. It can take up to 90 busi-

ness days for a response; there is a response only if a company finds relevant information.

To ensure the timely payment of benefits, the Commerce Department recommends that Minnesotans make sure their life insurance companies have up-to-date contact information for both themselves and their beneficiaries.

The County Line

By Warren Strandell
Polk County Commissioner, Dist. 2

When people get their property tax bills in the mail, they usually go right to the bottom line... to where it tells them how much they owe. And when they don't like that number the county seems to get a lot of the blame.

That's because the bill comes from the county. The county name is on the return address and it is there again on the top of the statement. A contributing factor, too, is that county assessors determine property valuations.

Counties are, of course, responsible for a portion of the number at the bottom of the statement but they aren't alone. Cities and/or townships have a part in the total. So do school districts, the watersheds, the Northwest Regional Development Commission, ambulance districts, the voter approved levies for school districts, special tax districts, and any special assessments made to pay for streets, etc. All have a part in that big number at the bottom of the page.

Government extension

Counties are, of course, guilty for what they spend in providing the different services, many of which are mandated by law. It has been said that from 65 to 70 percent of what counties do — especially in the area of social services — is required through their role in managing and providing many services. This, in effect, makes them an extension of state and federal government.

To deliver those services and perform its duties, counties provide and maintain the needed infrastructure... trained staff along with buildings, roads, equipment, etc.

On the spending subject, Polk County will increase that number in 2019 by \$741,256, or 3.253 percent. Of the total budget of \$67.7 million, \$23.5 million will be generated by the "tax levy" (that is the amount paid by property owners in the county) with \$42.9 million coming from the state and federal governments. The state and federal dollars are

basically meant to fund programs that they have created.

One-time expenses

About \$1.1 million in county reserves is being used to reduce the levy. Reserves will be directed to pay for some of the capital improvement projects that are scheduled in 2019. Once addressed, these "one-time" projects won't a drag on future budgets, at least not for a few years. Examples of one-time expenses include such things as roofs, remodeling, heating and cooling system updates, elevators, the backbone of the electronic information management system, etc.

None of us likes it, but costs go up. When government bodies, as a way to avoid increasing taxes, put off making needed infrastructure updates, they are just pushing the problem down the road. The issue doesn't go away, just becomes more critical and more expensive. Long range planning in this area is so very important.

The County Board tries to keep spending increases at about the same rate as inflation. The 3.253% percent increase for this year is less than the 3.5% increase that was budgeted for 2018. The average levy increase over the past 10 years has been 2.6%.

Some of the effect of the increased spending in 2019 will be offset by the fact that \$26.8 million in valuation from new construction has been added to the county's valuation total. These properties will be paying taxes for the first time in 2019.

Two big issues

Beyond normal operations, two major issues — both involving Enbridge Pipeline Co. — will be on the table this year. They are:

- Enbridge's challenge to the valuation of its Line 3 pipeline that runs through 13 Minnesota counties on its way from North Dakota to Superior, Wis. The Minnesota Department of Revenue (DOR) determines the pipeline valuations and counties use that number in determining the

property tax.

The Minnesota Tax Court has ruled that the valuations set for Line 3 were too high. The DOR is now appealing that ruling to State Supreme Court.

For the three years in the challenge (2012-2014), Enbridge thinks it should receive a refund of \$1.8 million... and that's just for those three years. Since receiving the favorable Tax Court ruling, Enbridge has also filed challenges to the Line 3 valuations for the years 2015-2018.

Other pipelines, along with the railroads and electric utilities, are watching these proceedings for the possibility — make that the opportunity — of challenging their valuations. It is not likely that there will be a quick solution to this problem. Instead, it has all the possibility of becoming very ugly financially.

- There is also the likelihood that protesting will occur if and when Enbridge gets all of the permits needed to start a 337-mile, \$2.6 billion project to replace the 50-year-old Line 3 pipeline. The project would only run through three townships in the far northeast area of the county but, with the mutual aid agreements that are in place, Polk could become quite heavily involved in any effort to protect private property and keep the protesting orderly. That, too, could become ugly.

So as 2019 begins, these are some of the things that are on the minds of your Polk County commissioners. Wish us well.

Thoughts for the day:

Have you ever noticed that anyone going slower than you is an idiot and that anyone going faster is a maniac? — George Carlin.

I've learned that to ignore the facts does not change the facts. — Andy Rooney

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

Superintendents Notes

By Randy Bruer

Win-E-Mac Schools

School Board members nominate board positions, on the board, every January. The position they hold will face many challenges as they learn the system operations, school budgeting, staff negotiations, facility and grounds issues, curriculum, technology, extra-curricular, transportation, listening to the public, and many others. New teachers also have an adjustment period before reality sets in. There are student demands, parent demands, administrative demands — and 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. Every parent and patron attend events of the school and talk with students complimenting them on daily activity. Remember the expression “It takes a community to educate a child”. These actions compliment that purpose.

Construction

Class Project

Our Construction Trades students are building a house this year and progress is good.



You can see the house in back of the school. This house is sold but if you are interested in a house for next year, please call the District Office at 218-563-2900, speak to the Superintendent or see Nathan Johnson.

Riding the Bus

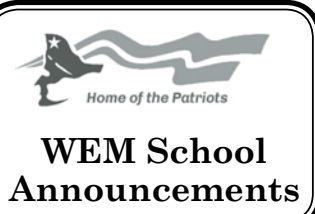
There have been a few questions of patrons regarding school buses. Minnesota Law governs the Transportation by the school district as a privilege and not a right for an eligible student. A student's eligibility to ride a school bus may be revoked for a violation of school bus safety or conduct

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.

Open Enrollment Options

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 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, 2019. This gives the districts time to plan for the student needs.



If you are a federal employee and have been negatively impacted by the government shutdown, your family may qualify for free and reduced lunch benefits. Please fill out a form, available on the school website or in the school office as soon as possible so the application can be processed. If you qualify these benefits will last the remainder of the school year. If you filled out a form previously and were denied, you may still qualify based on the current income change.

Snowfest Week – January 22-25 – Monday – NO SCHOOL; Tuesday – PJ Day – stay cozy and warm come to school in your favorite pa-



jamás; 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.

Prom is May 4th! Complete sign-up by April 15, 2019 ~ all prom attendees and their guests must sign-up and pay attendance fee ahead of time. Win-E-Mac seniors/juniors are invited to attend the prom

with a guest who is a sophomore or older in school or out of school but no older than 20 years of age. Each individual attendee's \$15 cover fee needs to accompany sign-up.

Fee is to offset costs (food and beverages included). All prom grand march attendees are expected to wear formal attire. Sign-up sheets available in Mrs. Winter's room.

WEM ECFE

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

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

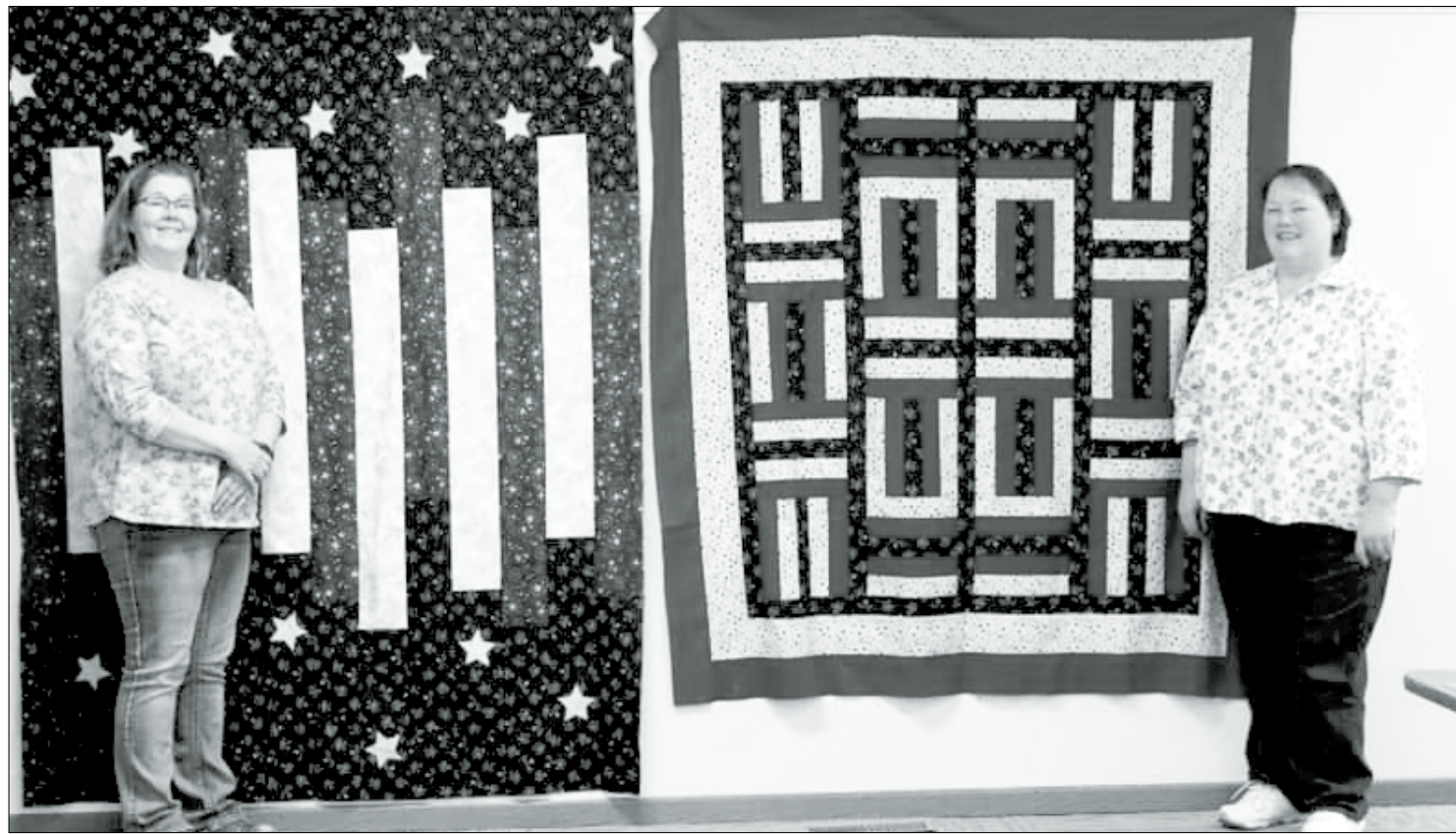
Monday, January 28 - Brrr it's cold outside! Come learn about snowflakes



The Construction Trades students at Win-E-Mac School are constructing a house that will be moved to a permanent location and is for sale.



Stephanie Frist stands with her beautiful quilt top she made for the Quilts of Valor group. The top will be quilted and the quilt will be given to a deserving area Veteran.



Den Garding Reiersen and Carolyn Schmitz each made a quilt top during the Quilts of Valor Sew Day held at the Community Center in McIntosh last Saturday. The quilt tops will be quilted and those quilts are given to our area Veteran's throughout the year to honor their service to our country.

3 tips to overcome everyday aches and pains

Pain is a significant concern for many people. Estimates from the International Association for the Study of Pain suggest that one in five adults across the globe suffer from pain.

Pain can affect anyone, even people who have not been in an accident or suffered an injury while playing a sport or performing another physical activity.

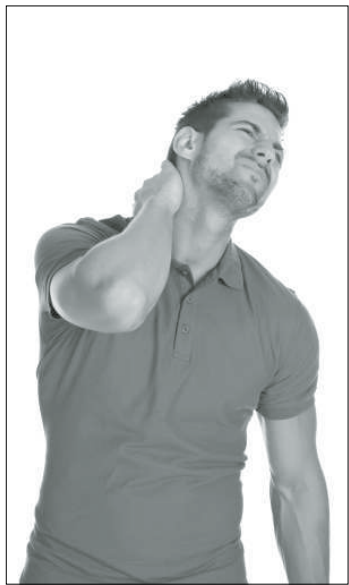
For example, lower back pain, which can be caused by sitting at a desk for long stretches of time, is the most common type of chronic pain in the United States.

Such pain may be unavoidable, but that does not mean it and other types of everyday aches and pains cannot be overcome.

1. Begin a well-rounded exercise regimen.

Regular exercise that includes both strength training and cardiovascular exercise increases blood flow and helps build a strong core.

A strong core supports the spine and reduces the pressure on it, making it less likely people



who sit for long stretches at a time will end their days with lower back pain.

Routine exercise also helps other areas of the body by keeping muscles loose and flexible. Before beginning a new exercise regimen, men and women, especially those with existing aches and pains, should consult their physicians about which exercises they should do

and which they might want to avoid.

2. Employ RICE.

RICE, which stands for rest, ice, compression, and elevation, can help men and women overcome the aches and pains that result as the body ages and tendons begin to lose some of their elasticity.

RICE might be most helpful for people who have been diagnosed with tendinitis. Athletes over 40 who engage in activities that require repetitive motion might need to take more days off between rounds of golf or other competitive and/or repetitive activities.

If tendinitis flares up, take some time away, icing any sore areas, wrapping them in bandages, and elevating them while resting. Athletes rarely want to sit on the sidelines, but a few days off can go a long way toward alleviating the pain associated with tendinitis.

3. Recognize your body may develop some limitations.

Age should not prevent you from being physically active, and numerous studies have

touted the benefits of continuing to exercise into your golden years.

However, as the body ages, muscle fibers become less dense, resulting in a loss of flexibility that increases the risk of injury and/or soreness. As men and women grow older, they shouldn't abandon activities like gardening or strength training.

But they may need to scale back on the intensity with which they perform such activities. Doing so can prevent the kinds of muscle strains associated with aging.

Pain affects more than one billion people across the globe. But some simple strategies can help people overcome pain and enjoy a rich quality of life.

Story to Share?

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



Not one, but two quilt tops were made by Val Brekke last Saturday during the Quilts of Valor Sew Day in McIntosh.



Connie Strom made this amazing quilt top for the Quilts of Valor group to honor a local Veteran with later in the year. Each year, the group in East Polk County gives quilts to our local Veterans.