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Times

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McIntosh, Minnesota



Congratulations to Win-E-Mac Patriot's Brekken Lindberg & Kylie Brekke as they were the Triple A representatives from Win-E-Mac at the Region 8A Awards Banquet held last Wednesday in Mahanomen.

USDA funding available for home purchase or repair

USDA Rural Development has funding available for very low- and low-income individuals and families seeking to purchase or repair a home in a rural area.

USDA's Direct Home Loan Program offers financing to qualified very-low and low-income applicants that are unable to qualify for traditional financing. No down payment is required, and the interest rate could be as low as one percent with a subsidy.

Applicants must meet income and credit guidelines and demonstrate repayment ability. Generally, rural areas with a population less than 35,000 are eligible.

The maximum loan amount for repair is \$20,000 at a one percent interest rate, repayable for up to 20 years.

New or existing residential property to be used as a permanent residence. Closing cost and reasonable/customary expenses associated with the purchase may be included in the transaction

Grants of up to \$7,500 are available to homeowners 62 and older and must be used to remove health or safety hazards, such as fixing a leaking



roof, installing indoor plumbing, or replacing a furnace.

Contact a USDA Rural Development employee today in your area to see if you qualify.

For more information in the following counties: Pennington, Marshall, Red Lake, Roseau, Kittson & Polk counties; please contact USDA Rural Development at 201 Sherwood Ave. S, Thief River Falls, MN 56701 or 218-681-2843 x 4. You can also visit USDA's website at www.rd.usda.gov/mn.

The physical & emotional ways love affects the body

Love is at the forefront of couples' minds during the month of February, thanks in large part Valentine's Day.

For centuries, poets have espoused the virtues of love while songwriters often look to love and heartache as their subject matter. It's easy to overlook that the heart and the brain are parts of the body when considering the effects of being in love. While a large part of the reactions that occur are emotional in nature, being in love also has a profound physical effect on the body. Scientists have studied chemicals that flood the brain when love is in the air, noting that some can affect personal attachment, pleasure and well-being. So there are reasons why pulses race and palms sweat when people are in love. Here are some chemical players in the love equation.

Dopamine: The medical resource Health says dopamine is the brain's pleasure chemical and it is released during pleasurable activities. When one falls in love, he or she feels elated and energetic because of the release of dopamine. Biological anthropologists say that the release of dopamine can lead to intense focus on the object of



one's desire and influence goal-oriented behavior.

Adrenaline & norepinephrine: These chemical messengers cause anxiety to rise and the fight or flight response to kick in. These substances also contribute to a racing heart and sweaty hands. Butterflies in the stomach and nervousness are subtle clues that there is genuine attraction for a person.

Oxytocin: Oxytocin is known as the "love hormone," according to University of Birmingham researchers. Oxytocin, researchers found, produces some of the same symptoms of indulging in alcohol. These

include feeling less inhibited, an increased willingness to take risks and calmness. Oxytocin also helps couples bond by promoting intimacy, according to research associates at Rutgers University.

Testosterone: Testosterone is largely considered a male hormone, but it is present in females as well. Testosterone rises during romantic love, and it can increase sexual desire in a partner. Health also states that testosterone may be present in male saliva and transferred to a partner through kissing, further revving up intimate feelings.

Pheromones: Although they are only believed, and not proven, to play a part in romantic attraction, pheromones do garner significant attention. Some theorize that these chemical messengers can change body chemistry so that those in love can actually "smell" their romantic partners. It may help explain why women may wear their partner's shirt to bed or a man may hold on to a scarf or a pillow his lover has used.

Love can have a dramatic impact on the human body, and chemicals play a larger role than many may know.



Friday, February 8th the Win-E-Mac Boy's basketball team and the cheerleaders hosted Parent's Night before the Patriot's Varsity game at the school. Here, Senior, Joey Revier is with his parents, Scott and Anita Revier.

Mac Senior Living is raising funds for residents

McIntosh Senior Living is holding a resident van fundraiser. The staff is asking for the community to join in and make a difference in the lives of our elderly residents of McIntosh.

Want to join us in making a difference? MSL and the staff are raising money for the residents of McIntosh Senior Living, and any donation will help make an impact.

The staff absolutely loves taking the residents on outings! They can be as simple as going out for ice cream or doing some shopping to bigger adventures such as going fishing or taking a trip to the county fair.

Many of the residents look forward to these trips out of the facility.

The van that the Senior Living facility had has broken down and is sadly not repairable. So they are in search of a new van and are looking for your help in making a purchase.

The staff and residents would like to say thanks in advance for your contribution to this cause that means so much to our residents!

If you would like to make a donation, you can do so through our Go Fund Me campaign. The link is listed below, or you can find us at gofundme.com and search for McIntosh Senior Living. Link: gofundme.com/msl-resident-van



The Go-Fund Me crew from McIntosh Senior Living, raising money for the facility to purchase a new resident's van. Back Row: Jane Olson, Theresa Agnes, Tricia Hove, Carissa Affeldt, Sharlene Knutson, Carol Morberg; Front Row: Hannah Smeby, Cheyenne Burman and Paige Gieseke.



Community Calendar

Wed. Feb. 13: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Feb. 14: 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 @ Community Center 5:30pm

Fri. Feb. 15: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Feb. 18: Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tue Feb. 19: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Wed. Feb. 20: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Feb. 21: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Feb. 22: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Feb. 25: 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 Feb. 26: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm

Gov. Walz urged to support Line 3

On Friday, February 8th, 76 legislators from the Minnesota House and Senate sent a bipartisan letter to Governor Tim Walz urging support for the Line 3 replacement pipeline project, and to drop state-backed legal challenges to the unanimous decision by the Minnesota Public Utilities Commission (PUC) to grant the certificate of need for the project.

Earlier this week, the Minnesota Court of Appeals dismissed appeals from various

environmental groups and the Minnesota Department of Commerce. As a result, the Walz administration must decide whether to re-file a petition for reconsideration, the first step toward any potential appeal.

That decision must be made by next Tuesday, February 12. "The Line 3 pipeline project has cleared every environmental and regulatory hurdle and needs to move forward without any more delays," said Senate Majority Leader Paul Gazelka,

R-Nisswa. "A newer, safer pipeline will bring good-paying jobs to northern Minnesota." "Minnesota has waited long enough," added House Republican Leader Kurt Daudt, R-Crown. "We urge Governor Walz to trust our experts at the PUC, and stand on the side of Minnesota jobs and Minnesota communities who stand to benefit tremendously from this project. Let's drop the legal challenges and move forward."

Meet the Maker, and see them create in Fosston

The Pine to Prairie Folk School of Fosston is sponsoring an artist event on Saturday, February 23, 2019. "Meet the Maker – See Them Create" is an event designed to bring artists together to network, share ideas and learn from each other while also having the opportunity to demonstrate, discuss and sell their art.

Artists will set up tables and displays beginning at 1:00 and be inspired by metal artist Keith Johnson at 2:00.

Doors will be open to the public from 3:00 – 6:00 and attendees will be able to rendez-

vous among the artists. This will be an up-close, intimate experience with the opportunity to witness the skill and dedication that goes into each artisan's unique work. Many artists will have their work for sale. The Pine to Prairie Folk School is a nonprofit organization with a mission to preserve heritage trades and foster community through experiential learning and the teaching of traditional crafts. It was established in January 2018 and has offered a variety of classes throughout the

past year in the Fosston area. "Meet the Maker – See Them Create" will be held at the Northern Woolen Mills building in Fosston's Industrial Park. There is no charge for the event and the public is welcome to attend beginning at 3:00 PM. A reception for the artists will begin at 6:00. Invitations were mailed to area artists, but if you did not receive an invite you are welcome. Contact Jeff Olson at 218-686-9164 for more information.

Women can reduce risk of heart disease with diet and exercise

By Jean Larson, registered dietician at Essentia Health

Heart disease is the leading cause of death in the United States, but there are steps you can take to reduce your risk.

The federal Centers for Disease Control and Prevention says cardiovascular disease outranks all forms of cancer, diabetes, Alzheimer's and pneumonia in causing death. Fortunately, heart disease is largely preventable through lifestyle.

Unfortunately, cardiovascular disease is often overlooked in women. Women historically have been under-represented in research studies.

Women typically have worse outcomes when they are diagnosed and are treated more conservatively. Many people believe coronary artery disease to be a man's condition, but this simply isn't the case.

Estrogen, the predominant female hormone, has a variety of beneficial effects on the cardiovascular system.

These include maintaining healthy blood pressure, lipid metabolism, healthy cholesterol levels and antioxidant activity, which protects against oxidation and cell damage. These benefits help protect women in early life.

But as estrogen declines

around menopause, women start becoming more susceptible. Levels of HDL cholesterol decline while levels of LDL cholesterol rise.

Antioxidants are substances that protect your cells against damage, and these tend to decline at this time. The earlier a woman experiences menopause, the higher her risk becomes. By age 75, 85 percent of American women have high blood pressure.

So, what can be done? There are risk factors you have control over, including diet, sleep, stress, physical inactivity, tobacco and drug use, blood sugar levels and cholesterol levels.

Lack of exercise is as great a risk factor as smoking. Get your body moving every day for at least 30 minutes. Find a physical activity you actually enjoy, whether its walking, skiing, weight-lifting or yoga.

Regularly moving your body in this way will help lower blood pressure, support healthy blood sugar levels, improve lipid profiles, and promote a healthy weight.

Clinical studies have shown that the Mediterranean diet improves lipid levels in postmenopausal women. Specifically, it can help raise HDL and lower triglycerides. This diet focuses on whole, unprocessed foods including fruits,

vegetables, whole grains, nuts, legumes, dairy products, extra virgin olive oil, spices and modest amounts of poultry, fish and red meat. It's not just one food alone, but the combination of all these foods that provides the benefit.

Incorporate foods that rich in polyphenols, which are nutrients with antioxidant activity.

These foods include pomegranates, onions, olives, extravirgin olive oil, freshly ground flaxseed and green tea. Polyphenols play a key role in insulin sensitivity, cellular health, cognition and cardiovascular health as well as supporting a healthy gut.

Dietary or herbal supplements to consider include EPA and DHA rich fish oils, magnesium and ashwagandha. Its best to discuss any medication or supplements you plan to take with a qualified health practitioner to ensure they're safe and effective for you.

REGULAR COUNCIL MEETING
THURSDAY FEBRUARY 14, 2019
5:30 P.M.
COMMUNITY CENTER

CALL TO ORDER:
PLEDGE OF ALLEGIANCE:
ROLL CALL:
DETERMINATION OF QUORUM:
AGENDA ADDITIONS:
APPROVAL OF MINUTES:
a. JANUARY 10, 2019
REGULAR COUNCIL MEETING MINUTES
PUBLIC CONCERNS:
OLD BUSINESS:
a. USTI CONNECT
b. B-B CAFE AUCTION
NEW BUSINESS:
a. 2019 MINNESOTA BASIC CODE
b. FIRE ALARM SYSTEM - BJELLA BUILDING
c. AIR PURIFIER - POLK COUNTY SOCIAL SERVICES
d. 2019 MOSQUITO SPRAYING CONTRACT
e. RESOLUTION – ROHOLT PARK DONATION
f. RESOLUTION – POLAR BEACH SNOWMOBILE CLUB
APPROVAL OF MONTHLY BILLS:
COUNCIL & STAFF REPORTS:
NOTICES & CORRESPONDENCE:
ADJOURNMENT: M47C



Found in the small wooden recipe box from the MHAC archives and hidden behind the "cereal" tab, was a small piece of paper, yellowed with age. On the paper was a family recipe for a Norwegian coffee ring. This recipe belonged to the Holte family and may have been passed along not only to family, but perhaps to friends

Chocolate treat for a Valentine sweet

Restaurant reservations, red roses and sparkling jewelry all are par for the course on Valentine's Day. However, nothing may epitomize the holiday more than a decadent chocolate treat.

When heart-shaped chocolate boxes are not enough, resourceful gifters can turn to homemade desserts to really capture the spirit of Valentine's Day.

This recipe for "Hot Cocoa Cookies," courtesy of King Arthur's Flour, marries the decadent taste of chocolate with the notion of a warm and soothing hot cocoa that's ideal for a chilly February day.

Even though the premium cocoa mix is baked right into the recipe, don't hesitate to enjoy a steaming mug of cocoa on the side as the perfect complement to this rich and tasty cookie.

Hot Cocoa Cookies
Yield: 51/2 dozen cookies
Cookies:
8 tablespoons (1/2 cup) unsalted butter, at cool room temperature, 65 F to 68 F
1/2 cup King Arthur hot chocolate mix
1/3 cup light brown sugar
1 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon espresso powder, optional, for enhanced flavor
1 large egg
1 teaspoon vanilla extract
11/4 cups King Arthur Unbleached All-Purpose Flour
11/2 cups mini chocolate chips
1/2 cup cocoa nibs, optional
Topping:
About 51/2 dozen Belcolade bittersweet disks, or other high-quality chocolate wafer
Marshmallow fluff, cocoa nibs, or chopped nuts, for garnish

Preheat the oven to 375 F. Lightly grease two baking sheets, or line with parchment. To make the cookies: Combine the butter, hot chocolate mix, brown sugar, baking powder, salt, and espresso powder in a mixing bowl. Beat until the mixture is smooth. Add the egg and vanilla, and beat until thoroughly combined.

Weigh out your flour. Or measure it by gently spooning it into a cup, then sweeping off any excess. Add the flour to the cookie mixture, stirring to combine. Mix in the chips and cocoa nibs. Drop the dough by teaspoonfuls onto the prepared baking sheets - a teaspoon cookie scoop works well here.

Space the cookies at least two inches apart. Bake the cookies for 8 to 9 minutes, until the surface is set, but the cookies aren't quite fully baked. Take the cookies out of the oven and press a chocolate disk into the center of each cookie.

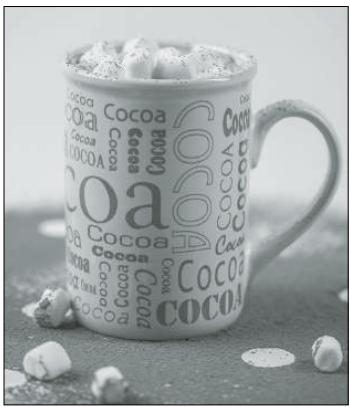
Drop the dough by teaspoonfuls onto the prepared baking sheets - a teaspoon cookie scoop works well here.

Space the cookies at least two inches apart. Bake the cookies for 8 to 9 minutes, until the surface is set, but the cookies aren't quite fully baked.

Take the cookies out of the oven and press a chocolate disk into the center of each cookie.

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.

and neighbors as well. **The Holte's Norwegian Coffee Ring**
Mix together:
1 c lukewarm milk
1/2 cup sugar
1 tsp salt
Crumble in 2 cakes compressed yeast
Stir in 2 eggs
1/2 cup soft shortening
Add 4 1/2-5 cups flour
So that is all there was to the recipe. I believe that the next step would be to pour the batter into a greased, ring shaped, cake pan. Bake at 350F until a toothpick comes out clean.



Return the cookies to the oven for 1 to 2 minutes longer, until the chocolate begins to turn shiny and softens.

Remove the cookies from the oven once again, and sprinkle the melted chocolate disk with your garnish of choice.

Allow the cookies to cool right on the baking sheet until the chocolate disks are set. Store well-wrapped cookies at room temperature for a week or so; freeze for longer storage.

Tip: King Arthur hot chocolate mix is a proprietary blend of sugar, ground chocolate, dry milk, and cocoa powder. If you'd like to use a store-bought hot chocolate mix, try to find one with a similar list of ingredients.

Did you know?

An aphrodisiac is a food, drink or drug that many people believe stimulates sexual desire. Ancient Romans once worshiped the apple as an aphrodisiac, but many other foods have emerged that are purported to have aphrodisiac properties. Consuming these foods or enjoying certain seasonings and spices may be just what is needed to rev up Valentine's Day celebrations: Oysters, Watermelon, Chocolate, Avocados, Asparagus, Celery, Figs, Basil, Cinnamon, Cardamom, Ginger, Vanilla and Pomegranate.

Many of these foods stimulate testosterone, are rich in vitamins and minerals essential for reproductive health, and contribute to increased sexual potency through improved blood flow. Just make sure they are safe to introduce to your diet before consuming.

Polk County DFL

The Polk County DFL will be meeting on Saturday, February 16 at 10:15 at the library in Crookston, MN. All are welcome.

Community Birthday and Anniversary Calendar

Wed. Feb. 13: Clellie Kiecker
Thurs. Feb. 14: *Mark & Tracy Juve
Fri. Feb. 15: Bryce Stordahl, Parker Wirth, *Mike & Jane Aakhus
Sat. Feb. 16: David Rolf, Adella Thompson, Kimberlee Mandt
Mon. Feb. 18: Taylor Schulz, Karen Olson, Chris Peters
Tues. Feb. 19: Bruce Grundyson, Remy Goodwin

Find us on Facebook
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Announcements • Photos • Community Updates

McINTOSH Times

PUBLISHED WEEKLY IN THE HUB OF THE THIRTEEN TOWNSHIPS BY RICHARDS PUBLISHING CO., INC.

RICHARD D. RICHARDS, PUBLISHER
KIM HEDLUND, EDITOR

McIntosh • (218) 563-3585

"McIntosh Times" (USPS 336-020) is published weekly for \$30.00 per year (in county) and \$40.00 per year (out of county) by Richards Publishing Co., Inc., 1st & Main Ave., Gonvick, MN 56644. Periodicals postage paid at McIntosh, MN.
POSTMASTER: Send address changes to:
McIntosh Times, PO Box 9, McIntosh, MN 56556.
mcintoshtimes@gmail.com

"Serving the Win-E-Mac area"

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ST. MARY'S CHURCH
Fosston
Fr. John Suvakeen, Pastor
Sun. Feb. 17: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley
Sun. Feb. 24: 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. Feb. 17 8:30am Worship at Immanuel; 9:45am Worship at Calvary
Sun. Feb. 24: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S LUTHERAN CHURCH (ELCA)
McIntosh
Supply Pastor
Gordon Syverson
Sun. Feb. 17: 11:15am Worship Service.
Sun. Feb. 24: 11:15am Worship Service.

GOSEN LUTHERAN CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book:
Gosen Church
Wed. Feb. 13: 7:00pm Bible Study at Don and Sharon Ramberg's
Sun. Feb. 17: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service
Tues. Feb. 19: 10:00 a.m. Sunday worship service telecast on GVTN--30; 1:30 p.m. Bible Study at The Country Place
Wed. Feb. 20: 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 1/2 mile east on County Road 206.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Pastor Karl Anderson
Wed. Feb. 13: 7:30pm Bible Study at Mt. Carmel
Thurs. Feb. 14: 7:00am Men's Breakfast at Mt. Carmel
Sun. Feb. 17: 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. Feb. 20: 7:30pm Bible Study at Mt. Carmel
Thurs. Feb. 21: 7:00am Men's Breakfast at Mt. Carmel
Sun. Feb. 24: 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. Feb. 17: 9am Worship
Sun. Feb. 24: 9am Worship

DOVRE
FREE LUTHERAN
Pastor Don Edlunds
Wed. Feb. 13: 7:00pm Bible Study on Romans Everyone Welcome
Sun. Feb. 17: 10:00am Worship Service and Children's Sunday School
Wed. Jan 20: 7:00pm Bible Study on Romans Everyone Welcome
Sun. Feb. 24 : 10:00am Worship Service, Adult and Children's Sunday School

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker
Sun. Feb. 17: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School
Sun. Feb. 24: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

RODNES LUTHERAN CHURCH
Erskine
Pastor Joel Smeby
Wed. Feb. 13: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes
Thurs. Feb. 14: 4:00pm Confirmation Class
Sat. Feb. 16: 8:00am Men's Prayer Group
Sun. Feb. 17: 10:00am Worship
Holy Communion 1st Sunday of every month. Visit us on Facebook at RodnesLutheran.

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Winger News by Linda Pulskamp

Greetings again from the Winger area, as I send my news in today (Thursday) we are in our second day of a winter storm again, seems like we get cleaned up from one blow and we have another one, with another on the way Monday and Tuesday of next week. Again today most all the schools have been cancelled and any other activity along with it. This probably would have been a good winter to be wintering in a warmer climate but here we are.

There is light at the end of the tunnel tho, the ground hog did not see it's shadow so an early spring! Not holding my breath, as in the past whether he sees his shadow or not we still have at least six more weeks of winter.

As I expected news is very minimal this week due to the cold we have had, but am thankful for what I have gathered.

Milton Carlson's Corner

Friday the 1st Lonnie Gieseke was a visitor and coffee guest with Milton at his home bringing with him fresh eggs from the farm, while there he cleaned the snow off the deck and brought Milton his mail.

Paul Carlson came to Milton's on Monday the 4th with his John Deere B and cleaned out the yard for Milton and also brought Milton his mail.

Tuesday morning the 5th Paul stopped in for a brief visit and a cup of coffee on his way to work. Later in the day Lonnie Gieseke was a visitor and coffee guest and cleaned the deck for Milton.

Last weekend Butch Pulskamp and Marv Engesether of Plummer accompanied Tom Bradford of Mentor to Lake of the Woods to do some ice fishing, although they were not completely out of luck they weren't bragging either.

Kjerstie and Dakota Poissant of Newfolden visited with Grandma Betty Myhrum on Saturday afternoon as they were on their way through to go to St. Cloud to visit with some friends.

Lucy Brtek accompanied Son Richard Brtek to his home in Blaine on Saturday until Tuesday when they returned to their homes.

Monday on their way back to New Folden Kjerstie and Dakota Poissant stopped in at Grandma Betty Myhrum's for a brief visit.

As I stated news is short but hopefully it will get better along with the weather.

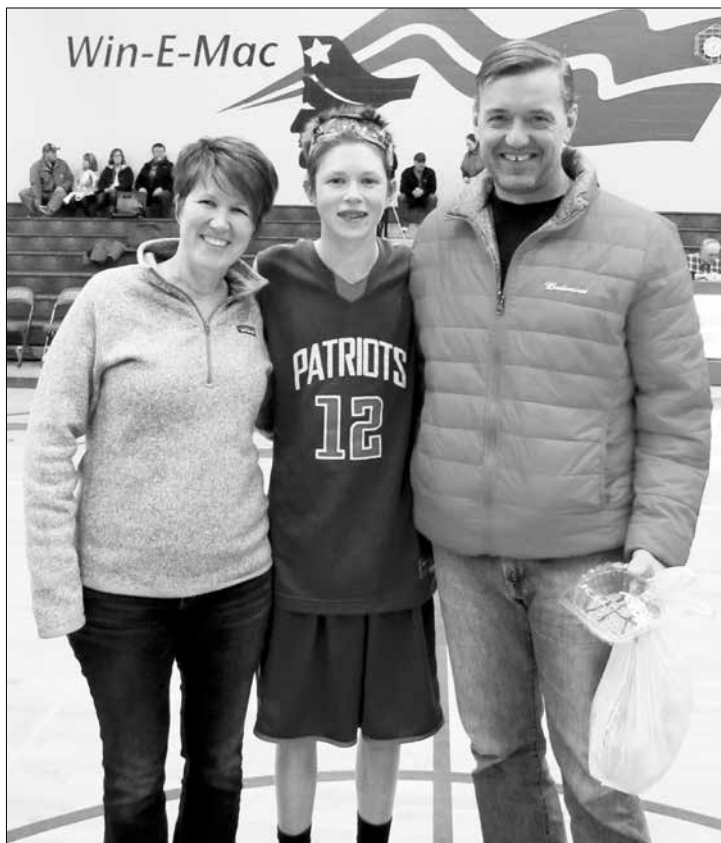
Until next week may yours be a good one and you stay warm.



Winger Lions Pancake Breakfast Jon Cymbaluk, Jr. Benefit

Jon has been diagnosed with a rare autoimmune condition known as "Stiff Man Syndrome" which requires frequent travel to specialized medical teams and also an inability to perform physical tasks rendering him unable to work.

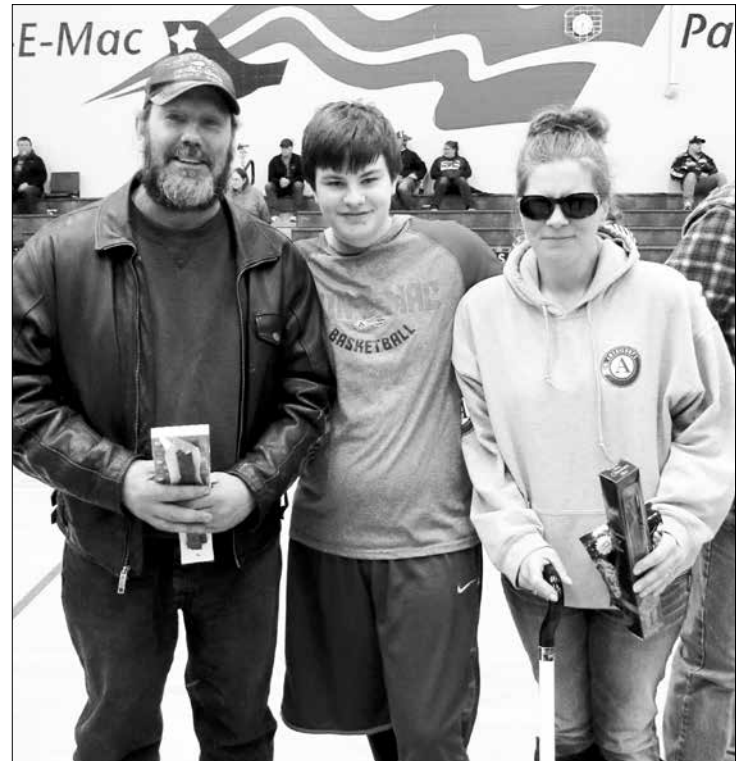
**Sunday, Feb. 17th
10:00am to 1:00 pm
Winger
Community Center
Free will offering**



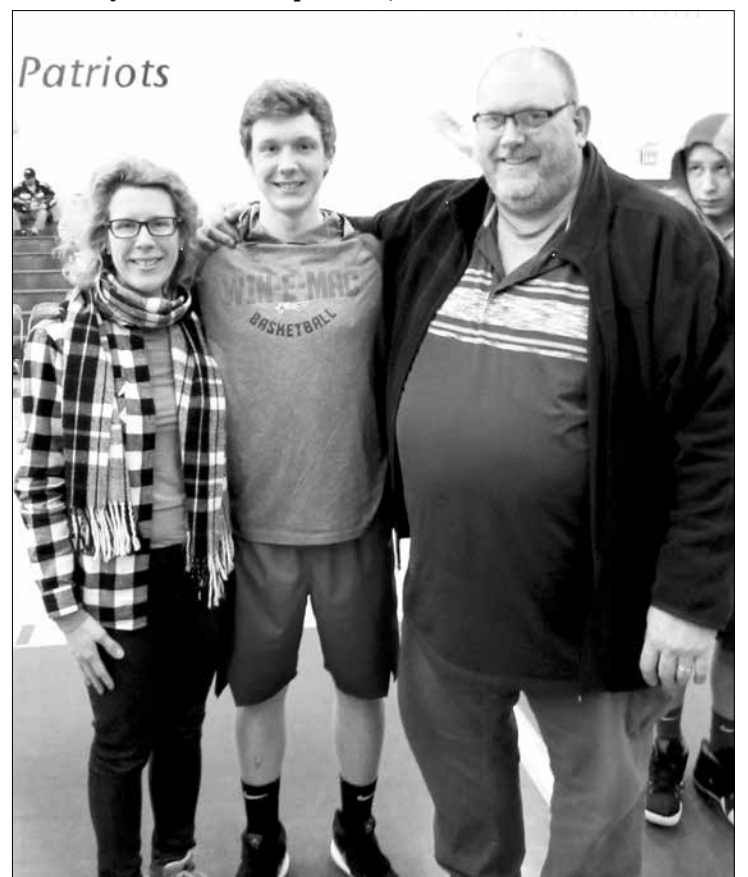
Bryce DuChamp with parents, Chris & Bobbi DuChamp.



Josh Hegre with parent, Jon Sannes.



Lenny Fritsch with parents, Dave & Amanda.



Reed Neubert with parents Aaron & Nevette.

The County Line

By Warren Strandell
Polk County Commissioner, Dist. 2

Recently, I was one of about a dozen people (including 3 from North Dakota) who participated in a seminar conducted by the Minnesota Department of Transportation that delved into the subject of how electronics are going to replace us humans as the drivers of cars and trucks.

The benefits of this driverless era are being promoted as safety, convenience, benefits for the environment, not having to own a vehicle, and a few other things.

Negatives involve providing some road improvements, appropriate signage (for the period before things go fully driver-less), the loss of gas tax, and the education that will be needed for those of us who aren't nearly as technology adept as younger generations.

Many of us have trouble understanding how commands that come out of a cloud can accomplish all that will be needed. We grew up understanding things differently, like how things actually need to be held, timed, weighed, measured by content, etc. Even for those more attuned to cyberspace technology, this will be a whole new world for all of us.

But it isn't going to happen overnight. While the advent of driverless cars has been talked about in the news for some time, it is going to take time for all of this to happen. That's why the Minnesota Department of Transportation (Mn-DOT) has had a team of its planners conducting these seminars around the state to start the planning process.

Will come in stages

In that planning effort, the seminar outlined a timetable that goes through five stages starting with "driver assistance" features. New cars are already well into the driver assistance phase, like those warning beeps when we get too close to other cars or when we cross a centerline.

After driver assistance come the stages of partial automation, conditional automation, high automation, and full automation.

Partial automation involves such things as automatic ac-

celeration and steering but with the driver still engaged in the task of driving and monitoring the environment.

Conditional automation goes a step further with the driver still needed and ready to take control when needed.

At high automation, the vehicle would be capable of performing all driving functions but the driver would still have the option to assume control of the vehicle.

Do anything but drive

In the full automation stage the vehicle would operate on its own under all conditions. As imagined in news stories, when under full automation people could do other things than drive to their destinations... work, study, visit, read, sleep, whatever.

Full automation is the point at which you wouldn't have to own a vehicle; you could just call to have one to show up at your home and take you where you wanted to go. You would pay only for the trip. No purchase price. No insurance cost. No maintenance. Cars would be computers on wheels.

With full automation, some of those promoting the advantage of driver-less vehicles have said that from 90 to 95 percent fewer vehicles would be needed and that there would only be one accident for every 10 million miles traveled versus the current rate of one accident for every 62,137 miles. This could save a million lives each year. But with no need to own a car or insure it, many car manufacturers and auto insurance companies would go broke.

The capability to recharge?

A subject that wasn't addressed during the seminar is that of the ability of the country's power system to recharge all of those batteries. I recall an email item that showed up in my box a year or so ago. The writer's name and qualifications, if any, weren't listed but since the information came off the Internet... well that automatically makes it factual, right?

The gist of the message came down to the claim that

the existing electric industry couldn't handle more than a fraction of the demand that would be needed to recharge the batteries when electric cars become common. The example given was that recharging a Tesla would require a 75-amp service with the email claiming that most homes have only a 100-amp service (although I believe that many homes have 200-amp service). Regardless, with all of the other power demands in the home, there would still be a problem.

Further, the writer said about his immediate neighborhood (about 25 homes), that the delivery infrastructure currently in place could only handle the demand involved with keeping about 3 Teslas charged and in service.

This being accurate, since it comes from the Internet, would mean that it is likely that the entire power industry — both the generating capabilities and the distribution system — would have to be doubled, maybe more.

There was more in the email about the high cost of owning and operating an electric vehicle. All of it came down to the summation that the country isn't anywhere near ready for driver-less cars.

Everything being reported in the news and by from industry tells us that driverless cars are coming and MnDOT is starting to plan for it. Still, I think that I'm going to need some time to get used to that development.

Thoughts for the day:

How old would you be if you didn't know the day you were born? — From the song, "Don't Let the Old Man In," written by Toby Keith to describe Clint Eastwood

Two can live as cheaply as one if one don't eat. — Wisdom From the Seat of an Old Tractor

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



Erich and Jayden Gensburger with parents, Mae Mero & Nathan Gensburger.



Parker Gerber with parent, Jamie Anderson.



Laila Roragen with parent Jennifer Wang.



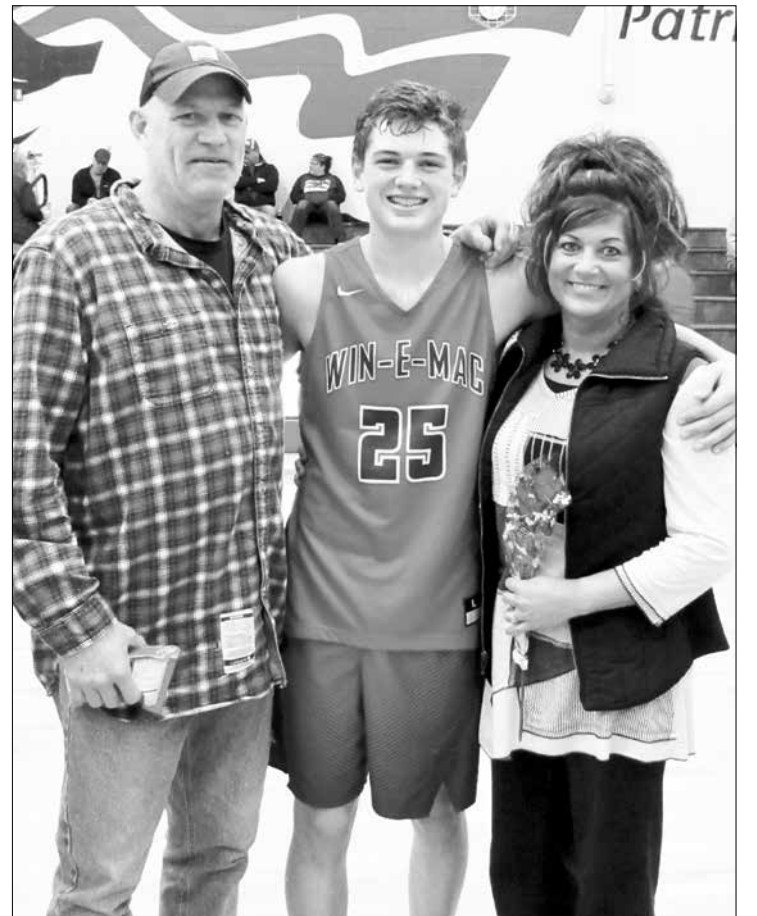
Sheriff Tadman took part in Mrs. Burd's 5th grade PhyEd class, to talk about character education and applying it in a great 5th grade dodgeball game at Win-E-Mac school last Friday. Character traits discussed were Coping Skills, Honesty, and Empathy. A special thanks to Sheriff Tadman for spending the time with the 5th grade class and being a good sport at dodgeball!



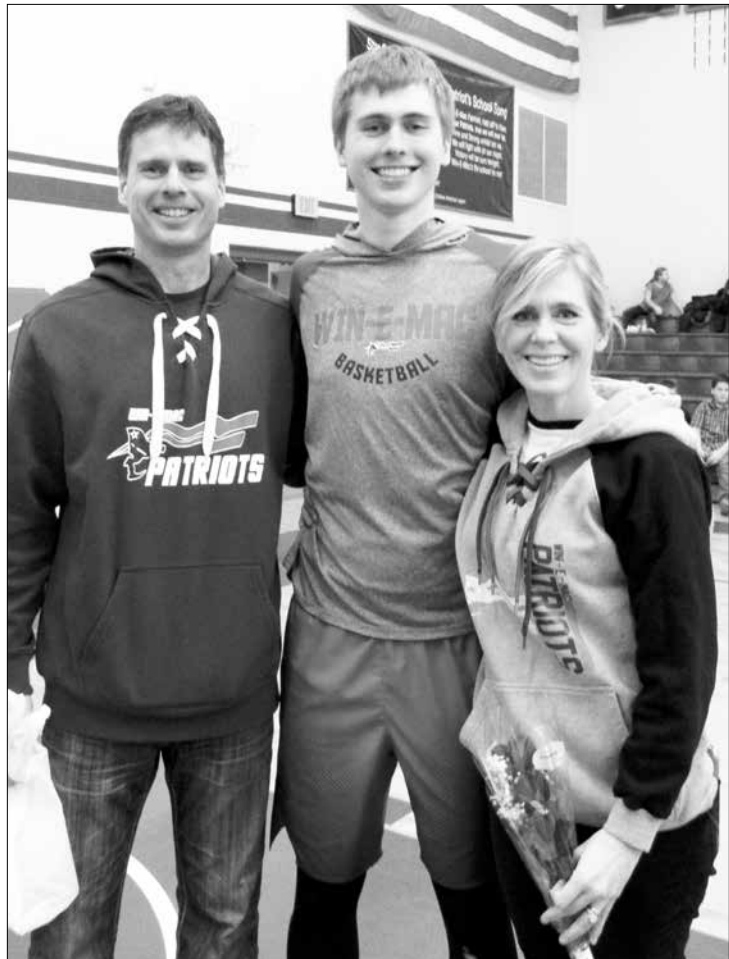
Kobe Hamre with parents Erik & Tanya.



Bryer Strom with parents, Mark & Danette and Krissy.



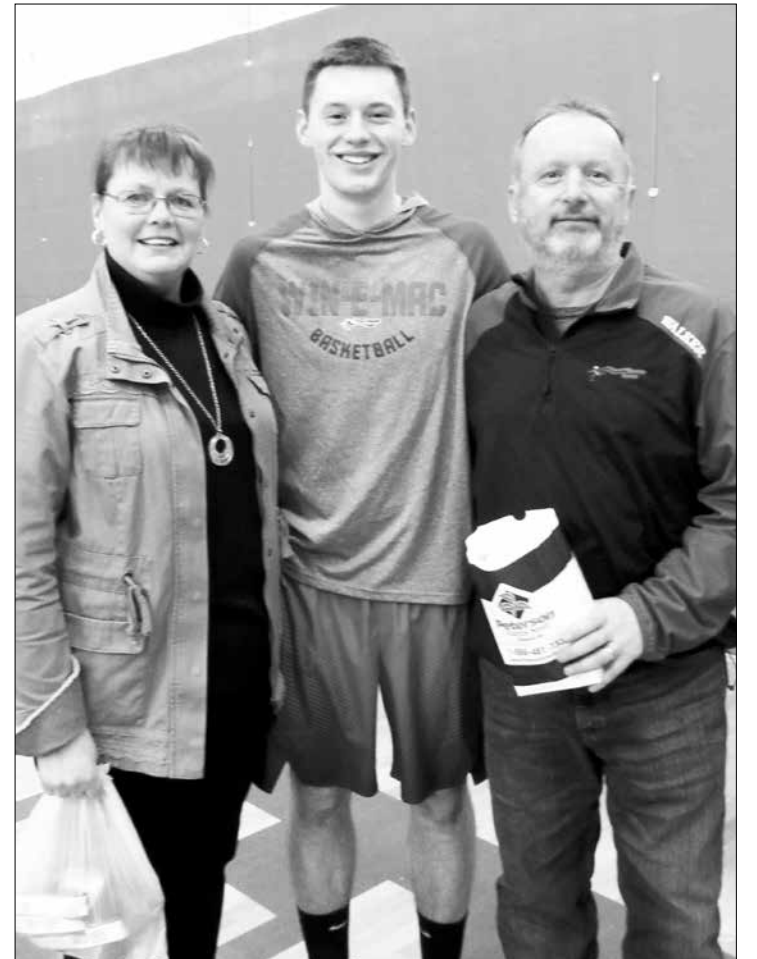
Remy Goodwin with parents, Todd & Jessica.



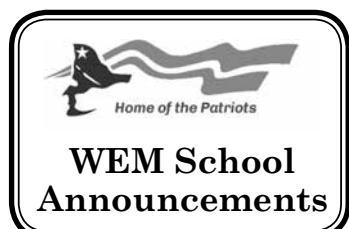
Brekken Lindberg with parents Liz & Troy.



Noah Ostenaar with dad, Shawn.



Gavin Walker with parents Gary & Angie.



Parent-Teacher Conferences will be held at the Win-E-Mac School on Thursday, February 21st from 1:00 p.m.-7:30 p.m. Parents of students in grades K-6 should have made appointments to see their respective teachers. Parents of 7th-12th grade students, conferences will be self-led by the students, with their homeroom teachers. Signup sheets will be sent home with students to schedule a time. Students will be dismissed at 12:30 with busses running shortly after dismissal.

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.

University of Minnesota Crookston Athletics department will be hosting an "Elementary School Day" where kids in grades K-6 as well as their families will get in for free to watch our doubleheader on February 16th against the University of Mary.

The games start times are 3:30 P.M. for the women and the men will tip-off at 5:30 P.M. We will be sending out tickets in February for the free entry into our game.

We will also be promoting this game through our social media page and our website! We hope to see as many kids there as possible!

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.

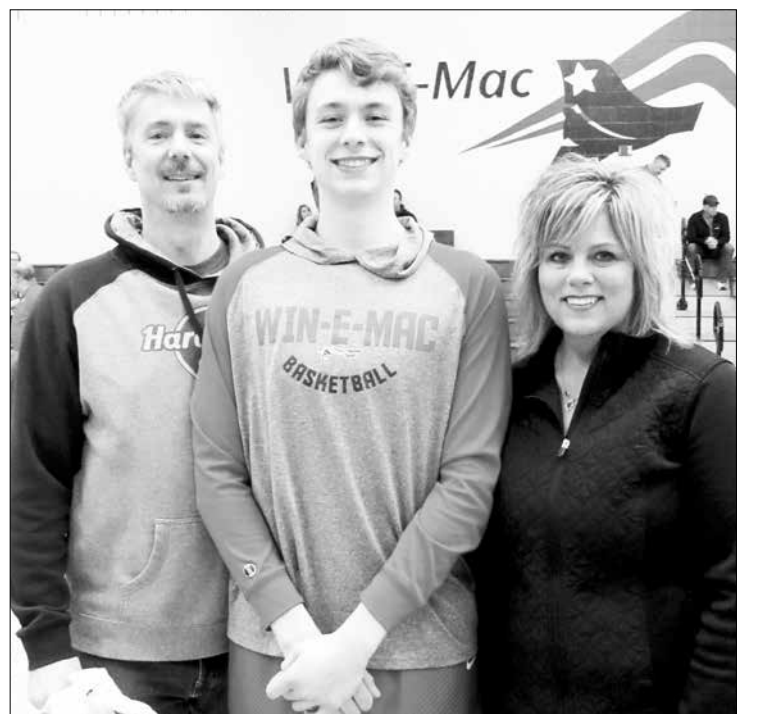
XOXOXO

WEM ECFE

We will be continuing our discussion on the five senses in February. ECFE meets every Monday at 6:00 p.m. in the Win-E-Mac preschool room unless otherwise noted. ECFE is for children birth through preschool.

Tuesday February, 19- Grandparents Night! Invite grandparents to bring the kiddos to ECFE. We will be finishing up our unit on the five senses as we talk about our sense of taste! We will be meeting in the WEM preschool room from 6:00-7:00 p.m. (You can still come with your parent if no grandparents are available to come.)

February 25- We will be talking about dental health



Dustin Osland with parents Brian Osland and Kathy Peterson.