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McIntosh, Minnesota



A fire in the lower level of the See-Bee apartments caused residents to be evacuated early on Monday, January 17th. There was damage in a single apartment, and residents were able to return to their homes later in the week. The cause of the fire was an oven left on during a resident's absence.



November 2019: The Win-E-Mac Patriots Football team took home the Minnesota Section 6 championship last Thursday at the FargoDome when they defeated the Fertile Falcons. The team will now move on to the State Quarterfinals in Moorhead.

2019 Year in Review, part 4

October:
Win-E-Mac Homecoming week was in October. There were a lot of activities at the school including volleyball and football games, along with an all-school pep fest at the end of the week.
The annual Pumpkin Patch trip for Early Family Childhood Education was changed to a pumpkin decorating party at the School due to the weather. The kids were able to pick a pumpkin and had pumpkin themed snacks.
The Winger Lion's made a donation to the Mentor Playground as the took part in the Farmer's Market "Christmas in July" weekend.
Win-E-Mac school gave a presentation on ALICE lockdown procedures for parents and community members. ALICE is an acronym for Alert, Lockdown, Inform, Counter and Evacuate. The response procedure is the first civilian active shooter response training in the country.
There was a nationwide data breach with Pearson Clinical Assessments that affected information at Win-E-Mac School. There were no reported activities due to the breach at the school.
Both the Win-E-Mac Football team and Volleyball team

hosted Parent's Night.
Two McIntosh Senior Living staff received scholarships for the nursing degrees. Madison Hove and Hannah Smeby both received scholarships from the Minnesota Director of Nursing Association. Tricia Hove, Director of Nursing was their sponsor in the application.
The Win-E-Mac Football team won the Section 6 championship and proceeded to the State Playoffs where the team won their way to the semi-final games at U.S. Bank Stadium in Minneapolis.
The kids at The Clubhouse Childcare Center were visited by staff at Ag Country Credit Union in Fosston and each of the kids received a pumpkin they were able to take home.
There was a fun Adult Halloween party hosted by Minnesota Rust, The Red Poppy, Howard Soap Company and Neil's Quality Meats & More in downtown McIntosh. There was a great turnout and lots of fun activities and food for those in attendance.
The Win-E-Mac Student Council hosted a Halloween Party for the kids in the community on Sunday, October 27th. There were a lot of games and the kids could have fun, as they dressed up in their costumes and played games and

other activities.
November:
Veteran's Day programs were held at Win-E-Mac School and McIntosh Senior Living, where all Veteran's were honored and Quilts of Valor were presented to Sherman Tranby, Norris Syverson, Terry Cook and Walter Sylstad.

Review...
Continued on page 4 ...

CDC confirms cases of 2019 Novel Coronavirus in U.S.

The Centers for Disease Control and Prevention (CDC) today confirmed additional travel-related infections of 2019 Novel Coronavirus (2019-nCoV) in the United States, this time in Arizona and California. These patients recently returned to the U.S. from Wuhan, China, where an outbreak of respiratory illness caused by a novel coronavirus has been ongoing since December 2019. This brings the total number of 2019-nCoV infections detected in the United States to five.
Based on the patient's travel history and symptoms, healthcare professionals suspected 2019-nCoV. Clinical specimens were collected and sent to

LSS offers Meals on Wheels in Mac

Lutheran Social Services (LSS) Meals, formerly Senior Meals, are now being delivered on Tuesday and Wednesday each week for pickup at the McIntosh Community Center at 11:00 am.
A copy of the menu for these days will be posted on the bulletin board in the McIntosh Community Center for the convenience of the patrons.
If you wish to receive a meal each week, contact Laura or Kira at (218) 68702262 by Friday the week prior. You can call between the hours of 7:00 am to 1:00 pm or leave a message on the answering machine.
You can also request to be added to the roster on a routine basis. You would then re-

ceive a meal each week, or, if for some reason you were not in need, you can call to pause.
If you would like meals for the days without a delivery or weekends, frozen meals are available as well.
Each month the LSS Meals Moorhead office will send a bill at the start of the month for the meals that were requested the month prior.
The meals will be delivered by a volunteer driver. They will not be taking any payments or making any arrangements for delivery. Meals need to be picked up at the McIntosh Community Center.
If you would like to volunteer or have any questions please call LSS in Erskine.

Garden Valley honored by VEX Robotics

On January 20, 2020, Win-E-Mac school hosted a Robotics Competition with 37 teams from 12 area schools attending. Robotics is a flourishing extracurricular activity that gives students the opportunity to gain relevant skills and background knowledge in the design, construction, operation, and use of robots, while gaining hands-on experience, that can be applied in the fields of science, technology, engineering, and math.
During the WEM Robotics Competition, Garden Valley Technologies was presented with the Volunteer of the Year Award for their outstanding involvement and service to the Robotics teams in the area.
Garden Valley Technologies is excited to be involved in a program that is growing among high school students and has such a positive impact on their future. GVT proudly supports robotics programs within our service area. Through our Education Foundation, GVT was able to donate \$5,000 to each



robotics team at 7 area schools, as well as sponsoring t-shirts for each individual team.
Garden Valley Technologies wishes each of the Robotics teams the best of luck in 2020!



Community Calendar

- Wed. Jan. 29:**
McIntosh Friends of Veteran's Annual Blood Drive @ McIntosh Community Center
- Thurs. Jan. 30:**
Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri. Jan. 31:**
McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Feb. 3:**
McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tue Feb. 4:**
Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm
- Wed. Feb. 5:**
McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Thurs. Feb. 6:**
Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Fri Feb. 7:**
McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Mon. Feb. 10:**
McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm
- Tue Feb. 11:**
Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm



The 2020 Win-E-Mac One Act Play is the first with Andrew Hanson as the lead director. For his first one act, he chose a script called "Sending Down the Sparrows". This particular drama is set during the Holocaust and it features a reluctant member of the Hitler Youth named Viktor (played by Zach Simonson, this production's only senior). Viktor is surrounded by Nazi ideology, from the math problems he's given in class to the conversations he has with his friends. But Viktor is different, because he has a secret: his developmentally disabled sister, Alina, who he visits in a state institution. As he learns just how far the Third Reich will go in the name of "genetic purity," he must choose where he stands, no matter what it costs. Win-E-Mac competed at the sub-section contest on Friday, January 24th, at Win-E-Mac. Unfortunately, Win-E-Mac did not move on to the Section contest, but the cast and crew performed really well and should be very proud. From left to right (back), we have Teagan Paulson, Hunter Trandem, Sydney Svalen, Ella Strom, Sidney Roed, Kolton Crocker, Jayden Gensburger, Bridget Roggenbuck, Zach Simonson, Jadon Kangas, Kendyl Nelson, Will Tofstad, Paige Breckel, Grace Kaupang, Caleb Green, Delvin Morel, Brock Trandem, and in front, Erich Gensburger.

Which states are experiencing the worst holiday spending hangovers

With the holidays behind us, we were curious to see how economically responsible residents in each state were while shopping. ConsumerAffairs researched which states across the country have the worst and least holiday spending hangover.

Residents in West Virginia, Alabama, Rhode Island, Maine, Alaska, Iowa, Mississippi, Ohio, Colorado, and South Carolina have the worst holiday shopping hangovers going into 2020.

Even though residents in New Hampshire, Kentucky, New Jersey, Massachusetts and New York were among the highest holiday spenders, they don't rank with the worst holiday spending hangover.

Those in Vermont, South Dakota, Montana, Utah, North Dakota, Delaware, New Mexico, Kansas, Idaho, and Nevada spent more relative to the median household income and expressed greater regrets about

holiday spending last year.

Nationally, we found that the average amount spent on holiday shopping last year was \$594.03 — 15% of consumers spent less than \$150, while just 2% spent more than \$5,000 — and 74% of people used a credit card for holiday shopping.

Overall, about 23% of American shoppers feel like they overdid it.

George Earl, ConsumerAffairs' vice president of data and analytics, said, "We all have met those folks who give a lot around the holidays. For some, they don't have much, but they give regardless.

Others give a lot and then need to tighten their wallets later. And still others are fortunate enough to give a lot without sweating it. In our study, especially among the less populated states, this behavior was measurable in the data."

Our study also looked at which states are the highest



and lowest spenders and discovered many states with higher spending also have higher median incomes, which made them less likely to feel like they overspent.

As for residents in states with the lowest spenders, shoppers still overspent relative to their median household income and consumer sentiment wasn't necessarily better or worse.

To see where each state ranks in our study, check out the full report:<https://www.consumeraffairs.com/shopping/holiday-spending.html>



Improving your storage at home is cost-effective and helps eliminate additional costs for storage facilities.

Improve storage at home

Homes are getting bigger, but it seems like people are still lamenting a lack of storage space.

National Public Radio says the average American home has nearly tripled in size during the last 50 years. Despite that, 10 percent of Americans still need to rent off-site storage, according to a report in the New York Times Magazine.

Self-storage facilities are one of the fastest-growing commercial real estate segments, and the Self Storage Association says there are more than 50,000 storage facilities in the U.S. alone. The commercial real estate company CBRE, Ltd., says there are roughly 3,000 self-storage facilities across Canada, and 65 to 85 percent of self-storage tenants are residential users.

Improving storage at home can be a cost-effective alternative to renting storage space. With these easy tips, homeowners can maximize space immediately.

Utilize track storage systems

Closets may be plentiful, but if not efficiently utilized, space may still seem lacking. Track closet storage systems often make greater use of closet space than traditional shelf and hanging rod systems. Customizing closets using track systems or other modifications can improve utility of all closets in the house.

Invest in storage beds

Storage beds typically feature cubbies or drawers within a platform-style bed frame. It's

a practical home storage solution, and does not require any building.

Think vertically

Maximize spaces by looking up and down for storage possibilities. Items that are not used frequently, such as seasonal decorations or travel suitcases, can be stored in high spaces. Shelving on walls can go as high as necessary and be put to use in awkward wall areas, such as in corners or under eaves.

Invest in storage benches/ottomans

A stopping area inside the front door replete with a storage bench can house shoes, umbrellas, hats, backpacks, and other items, keeping them tidy and out of sight. In living rooms, look for chests or ottomans that are decorative and functional. Store throw blankets or board games inside.

Recess drawers or shelves

Gain more storage by recessing a chest of drawers into what is called the "knee wall" of homes that have sloped ceilings in attics and upstairs bedrooms. Utilize these short walls in an efficient manner by sinking drawers or shelves into them, without taking up floor space.

Rafter shelving

While in the attic (or a garage), add hanging shelves to rafters or exposed beams to create off-the-floor storage as well.

These are just a few of the handy ways to improve the interior storage space in a home.

Maximize your small kitchen

Many homeowners wish for expansive kitchens. Modernized kitchens that include sought after features and showcase the latest trends go a long way to improving the overall value of a home.

As desirable as such kitchens may be, some homes simply don't have enough space. Homeowners with small kitchens can still improve the form and function of their existing spaces.

Reconfigure and revamp cabinetry

Homeowners whose kitchens are small often lament their lack of storage. Redesigning the layout of cabinets, and possibly adding some more cabinetry, may take care of certain storage issues. Going

vertical with wall cabinets that extend to the ceiling also can add more storage, as can roll-in work carts.

Work with the walls

Small kitchens require clever usage of vertical space. Vertical storage units, hooks, shelving, and more can move items out of drawers and off of counters.

Use scaled-down appliances

Shop with size in mind when looking at new appliances if you have a small kitchen. Compact versions won't take up as much space as larger alternatives. Homeowners should consider the ultimate function of the kitchen and then think about which appliances will serve them well.

NOTICE OF PUBLIC HEARING

On February 13, 2020 at 6:30 p.m., the City of McIntosh will hold a public hearing at the McIntosh Community Center, 115 Broadway, for the following purposes:

1. To receive recommendations from the public regarding the City's Housing and Community Development needs;
2. To review and comment on the City's Citizen Participation Plan;
3. To provide information regarding the proposed rental housing rehabilitation program;
4. To receive comments on the State of Minnesota Small Cities Development Program (SCDP) application that the City plans to submit before February 28, 2020 for the above-mentioned project.

Public Information and records regarding the proposed and past use of CDBG funds, including the Citizen's Participation Plan, are on file and available for review during regular office hours at the City Clerk's office.

If anyone has questions in regard to the above prior to the public hearing, he or she may call:

Melissa Finseth, City Clerk
115 Broadway NW, McIntosh, MN 56556
(218) 563-3043

3 common DIY mistakes to avoid

Pride tends to swell when homeowners successfully complete do-it-yourself projects on their homes. In addition to saving homeowners money, DIY projects provide a unique way for men and women to personally connect with their homes. The ability to look at a finished project and say it's a result of your own handiwork can make a home feel more your own.

As fun and fulfilling as DIY projects can be, they also can be nerve-wracking and induce anxiety. When DIY projects falter, fixing them can prove costly, as homeowners typically must call in contractors to correct their mistakes and get a project back on track. That results in additional labor and material costs that might have been avoidable, especially for homeowners who make an effort to avoid some common DIY mistakes.

1. Failure to secure permits

Even though homeowners own their homes, that does not mean they have carte blanche to do what they want with them. Many renovation projects require homeowners to secure permits before projects can commence. Some may even require additional per-

Add some glass

The DIY Network recommends incorporating glass to improve the perception of space in small kitchens. Glass lets you see through the objects, thereby enhancing the feeling of spaciousness or what designers call "negative space." Glass also can be reflective, visually expanding the space.

Embrace high-end materials

It costs less to renovate small spaces than bigger areas, so homeowners may be able to afford high-end materials that really add personality to a kitchen.

Small kitchens can be culinary havens with the right improvements to maximize the space.

MN Unemployment rate holds steady at 3.3%

Year-over-year job gains up 0.1% while labor force participation rate held at 70.3%.

Minnesota's seasonally adjusted unemployment rate remained a steady 3.3% during December, according to data released today by the Minnesota Department of Employment and Economic Development (DEED). The national seasonally adjusted unemployment rate for December also held a steady 3.5%.

Minnesota gained 3,978 jobs from December 2018 to December 2019, a 0.1% increase.

The private sector average wage rate was up 24 cents in December for a 4% rise over the year.

"Minnesota remains a national leader in labor force participation rates as more Minnesotans are stepping from the sidelines to employment, however we continue to experience a tight labor market and slowing job growth," said DEED Commissioner Steve Grove.

Minnesota's labor force participation rate held at 70.3%, compared to the national rate

of 63.2%. The state's employment-to-population ratio ticked down one-tenth of a percent to 68%, compared to 61% nationally.

Four supersectors gained jobs in December. Trade, Transportation and Utilities saw the largest jobs gain (up 1,500), followed by Other Services (up 1,300), Leisure and Hospitality (up 1,200), and Government (up 300).

Supersectors losing jobs in December included Education and Health Services (down 1,600), Manufacturing (down 1,200), Information (down 500), Financial Activities (down 400), Construction (down 200), and Mining and Logging (down 100).

The Duluth-Superior Metropolitan Statistical Area (MSA) was the only MSA to lose jobs in December; employment was down 504 jobs.

Minneapolis-St. Paul MN-WI MSA gained 2,178 jobs over the month, followed by St. Cloud MSA (up 755), Mankato MSA (587), and Rochester MSA (up 102).

NOTICE

HILL RIVER BOARD OF AUDIT

The Board of Audit meeting of the Township of Hill River, County of Polk, State of Minnesota, will be held on Monday, February 10, 2020 at 7:00 p.m. at the Ray Sundrud hunting shack. (Call 218-435-1029 for directions). The Clerk's financial records shall be open for review.

Raymond O. Sundrud,
Clerk/Treasurer
Hill River Township

LARL closed for Presidents' Day

All Lake Agassiz Regional Library (LARL) branches and LINK sites will be closed on Monday, February 17 in observance of Presidents' Day, with regular hours of operation resuming Tuesday, February 18.

LARL's branch libraries are located in Ada, Bagley, Barnesville, Breckenridge, Climax, Crookston, Detroit Lakes, Fertile, Fosston, Hawley, Mahnom, McIntosh and Moorhead. LARL's LINK sites are found in Cormorant, Frazee, Gonvick, Halstad, Hendrum, Lake Park, Rothsay, Twin Valley and Ulen.

Lake Agassiz Regional Library is a consolidated public library system comprised of 13 branch libraries and nine LINK sites serving the residents of seven counties in northwest Minnesota. More information is available at www.larl.org.

Community Birthday and Anniversary Calendar

Wed. Jan. 29: Roman Shultz, Rachell Finseth, Ruth Bartz, *Wes & Debbie Kaupang

Thurs. Jan. 30: Vicki Antonio, *Dominic & Kayla Kringlen

Sat. Feb. 1: Scott Grove, Todd Tranby, Dakota Heldund, *Mark & Danette Strom

Mon. Feb. 3: Felicity Address, Katelyn Johnson, Jazmine Burthwick

Tues. Feb. 4: Paul Schow

McIntosh Times

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CHURCH DIRECTORY

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

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

Sun. Feb. 9: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

If you have any questions please call 435-6484.

CALVARY-IMMANUEL LUTHERAN PARISH
Winger/Bejou
Supply Pastor
Gordon Syverson

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

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

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

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

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

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

Wed, Jan. 29: 6:30pm Bible Study at Sharon Ramberg's

Sun., Feb. 2: 9:30am Sunday School and Adult Bible Study; 11:00am Worship Service

Tues, Feb. 4: 10:00am Sunday worship service telecast on GVTV--30; 1:30pm Bible Study at The Pioneer Memorial Care Center

Wed, Feb. 5: 6:30pm Bible Study at Sharon Ramberg's

For information on free rides to any of the above activities call 218-268-4242 or 218-687-3461 Gosen Church is located 4 miles south of the junctions of Hwy. 2 & 59 or 4 miles north of Winger; then ½ mile east on County Road 206.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:
Pastor Karl Anderson

Thurs. Jan. 30: 7:00am Men's Breakfast at Mt. Carmel

Sun. Feb. 2: 9:30 Mt. Carmel Worship; 9:45 Trinity Sunday School for all ages; 10:45 Mt Carmel Sunday School for all ages; 11:00 Trinity Worship;

Thurs. Feb. 6 : 7:00am Men's Breakfast at Mt. Carmel

VERNES LUTHERAN CHURCH (LCMC)
McIntosh
Pastor Jill Torgerson

Sun. Feb. 2: 9am Worship; fellowship coffee following worship

Sun. Feb. 9: 9am Worship; fellowship coffee following worship

DOVRE
FREE LUTHERAN
Pastor Don Edlunds

Sun. Feb. 2: 10:00am Worship Service and Children's Sunday School

Sun. Feb. 9: 10:00am Worship Service and Children's Sunday School

IMMANUEL LUTHERAN CHURCH
McIntosh
Pastor Bruce Blocker,

Sun. Feb. 2: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

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

GRACE LUTHERAN CHURCH NALC
Erskine, Minnesota
Pr. Mike Sletto

Sun. Feb. 2: 10:30am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

Sun. Feb. 9: 10:300am Adult Bible Study; 9:15am Sunday School; 10:30am Worship

RODNES LUTHERAN CHURCH
Erskine
Pastor Joel Smeby

Wed. Jan. 29: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Sat. Feb. 1: 8:00am Men's Prayer Group

Sun. Feb. 2: 10:00am Worship

Wed. Feb. 5: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Sat. Feb. 8: 8:00am Men's Prayer Group

Sun. Feb. 9: 10:00am Worship

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Impress with homemade sweets

Few people can imagine Valentine's Day without chocolate. While heart-shaped boxes of chocolate might be ubiquitous in February, those who want to truly impress that special someone this Valentine's Day can try their hand at baking up their own batch of decadent treats.

This recipe for "Chocolate Coconut Meringues," courtesy of EatingWell.com, makes for a perfect indulgence. Loaded with flavor but not too heavy, these sweet treats can be enjoyed after a Valentine's Day dinner or even as a snack the day after.

Chocolate Coconut Meringues
Yields: 30 cookies
4 large egg whites
1/4 teaspoon cream of tartar
1/4 teaspoon coconut extract or imitation coconut extract
1/4 teaspoon almond extract
1/4 teaspoon vanilla extract
1/8 teaspoon salt
1 cup sugar
1/4 cup unsweetened cocoa powder
2 tablespoons semisweet chocolate chips or finely chopped chocolate
2 tablespoons trans-fat-free white chocolate chips or finely chopped white chocolate, such as Sunspire

1. Position racks in upper and lower thirds of oven; preheat to 250 F. Line 2 large baking sheets with parchment



paper or nonstick baking mats.

2. Beat egg whites, cream of tartar, coconut, almond and vanilla extracts, and salt in a large bowl with an electric mixer on medium-high speed until combined. Gradually beat in sugar, 2 tablespoons at a time, until stiff, shiny peaks form, 6 to 8 minutes.

3. Sift cocoa over the mixture and gently fold together with a rubber spatula until combined.

4. Spoon the meringue into a gallon-size sealable bag (or pastry bag fitted with a 1/2-inch tip). Seal the bag, pressing out as much air as possible. Cut a 1/2-inch hole in one corner of the bag. Pipe the meringue into 2-inch circles, about 1 inch apart, on the prepared baking sheets.

5. Bake on the upper and lower racks for 50 minutes. Turn off the heat and let the meringues stand in the oven

with the door closed until completely dry, about 1 1/2 hours.

6. Melt semisweet and white chocolate (see below) and drizzle or pipe onto the cooled meringues. Let stand until it sets.

Tips & techniques: To melt the chocolate, place it in a bowl and microwave on medium for 45 seconds. Stir; continue microwaving on medium in 20-second intervals until almost melted, stirring after each interval. Continue stirring until completely melted. Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted. To decorate cookies with melted chocolate, use a pastry bag fitted with a fine writing tip to pipe the melted chocolate or dip tines of a fork in chocolate and drizzle. You can improvise a pastry bag with a small plastic bag. Add melted chocolate to the bag, cut a tiny hole in one corner and squeeze the chocolate out.

How did "XO" come to symbolize kisses and hugs?

Love letters are a great way for couples to express their affection and devotion to each other. The sentiments expressed in love letters are as unique as the couples who write them.

However, love letters often contain one particular turn of phrase regardless of their authors.

When signing a love letter, it's customary for writers to include at least one "XO" near their names. "XO" is widely recognized as symbolic of wishing "hugs and kisses" to a letter's intended recipient. This tradition is such an ingrained part of romantic letter writing that few may stop to pause and wonder just how the letters "XO" came to symbolize hugs and kisses.

The origins of "XO" are not definitively known, though many historians note that signing letters with "X" dates back to the Middle Ages. Few people could read and write in the Middle Ages, but signing

"X" did not require either of those abilities.

Christianity played a big part in many people's lives during the Middle Ages, and "X" was seen as a representation of the Christian cross. So when people signed "X" on legal documents, they were essentially stating the contents of the document were true in the name of Jesus Christ.

While Jesus Christ's teachings are rooted in showing compassion for one's fellow man, signing a letter with "X" did not symbolize love in the Middle Ages. In fact, that development did not come about until much later.

The Oxford English Dictionary attributes the first use of "X" to symbolize love and/or kisses in a letter to English naturalist Gilbert White. However, some historians debate the accuracy of that attribution, saying White's use of the letter "X" in his letter was likely meant to convey blessings on the letter's recipient.

Researcher Stephen Goranson found many uses of the letter "X" to convey love and/or kisses in or after the 1880s, so it's very likely that this was the first time that including the letter "X" at the end of a letter took on the meaning so many people give it now.

As for "O" symbolizing hugs, even less is known about that came about. The late American writer Leo Rosten, whose writings included 1968's "The Joys of Yiddish," suggested that including "O" at the end of a letter might have a similar origin story to "X." Rosten theorized that "O" was used by Jewish immigrants who did not want to sign a document with "X," which they, like the people in the Middle Ages, interpreted as symbolic of the Christian cross.

Exactly when "O" was paired with "X" and came to symbolize hugs is unknown, though various historians suggest the two were not paired until the latter half of the 20th century.

Music can impact emotions

Music is an integral part of the human experience. Songs have been sung for centuries, and music plays an integral role in many cultural ceremonies, rites of passage and other traditions. Love songs may be enjoyed on Valentine's Day and stir up strong romantic feelings that enhance the theme of the day. But why is music so impactful?

Researchers have had an interest in music and its impact on human emotion and perceptions for many years. Music of all genres and styles can be therapeutic and boost mood while bringing listeners pleasure and comfort. Sad music may intensify grief. Music can evoke strong feelings and may influence how individuals perceive other people and things.

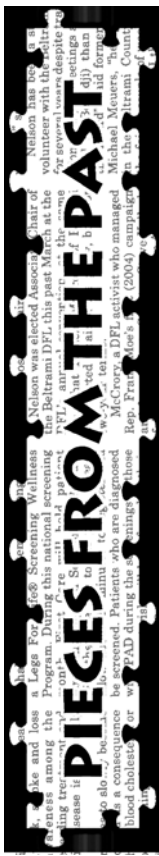
According to a recent study

by researchers Nidhya Logeswaran and Joydeep Bhattacharya from the University of London, music affects how people see visual images. In an experiment, 30 subjects were presented with a series of happy or sad musical excerpts. After listening to the songs, the subjects were shown a photograph of a face. Some people were shown a happy face - the person was smiling - while others were exposed to a face with sad or neutral facial expressions. The participants were then asked to rate the emotional content of the face. Researchers found that happy music made happy faces seem that much more pleasant, while sad music exaggerated frowns. Similar effects were found with neutral faces.

These findings illustrate

how music can help improve physical and mental health when used in concert with other strategies. The American Music Therapy Association reports that music therapy programs can be used to manage stress, enhance memory and alleviate pain.

The right music can serve as a catalyst for romance. Men and women can increase feelings of affection in their romantic partners by playing love songs in the background while offering gifts and tokens of their love. If a proposal is planned for February, one can set the mood with a favorite song that exemplifies the special relationship shared with a significant other. Those who may not be able to express their feelings verbally may find that music helps to convey those feelings.



60 years ago...1960: Superintendent Ed Neibauer of Mentor presents the Sub-District Championship trophy to the successful McIntosh Scots. Representing the team are David Warford, Ray Schleicher, and Leslie Goodwin.



50 years ago...1970: Boy Scout Week was observed with special awards being given to two scouts from Troop #84 of Winger. On Sunday, at Calvary Lutheran Church in Winger, Greg Anderson a life scout received the Pro Deo et Patria Citation and Emblem and Nathan Anderson a Star Scout received the same award. Carsten Zahl Scoutmaster of Troop 84 made the presentation. Requirements for the Pro Deo et Patria Award is a knowledge of the Christian Faith, Christian life and practice, chairman witness and Christian worship. To obtain the award the scout must also give at least 150 hours service in at least three different church-related services. The candidate must also complete a special project. Greg is the son of Mr. and Mrs. Sidney Anderson, Winger and Nathan is the son of Rev. and Mrs. Carl E. Anderson of McIntosh. Mrs. Carl Anderson pins award on son, Nathan. On left is Scout Master Zahl.



30 years ago...1990: The seventh grade girls basketball team plays their home game in Erskine. (l-r, back) Jennie Carlson, Heidi Quam, Holly Roed, Kari Martin, Jennifer Lerfald, Tanya Ostenaar; (middle) Heidi Noyes, Melissa Warmbecker, Jessica Carlson, Lynnae Tofstad; (front) Meredith Hegg, Kristi Evenson. The seventh grade team is coached by Russ Horacek.



20 years ago...2000: Members of the 9 & 3 Coffee Club met for their annual supper and presentation of awards for 1999. Members of the group include: (back, l-r) Sherman Tranby, Ken Jore, Armond Sannes, Paul Anderson, Jerry Wertish, Joey Svalen and Carey Burslie; (front) Merle Schow, Ron Strom and Lloyd Carlson.



10 years ago...2010: McIntosh Bone Builders exercise class meets at Poplar Meadows every Tuesday and Thursday at 9:30. Back: Bonnie Adams, Ellen Burslie, Lylah Hanson, Jane Aakhus, Marilyn Hamre; Front: Eileen Hegg, Barbara Oseth, and Sandy Salvhus.

Review...

Continued from page 1

Heading to the State Play-offs, Win-E-Mac defeated Warren-Alvarado—Oslo in Moorhead and headed to the State Semi-Finals at U.S. Bank Stadium. The team was not successful in the semi-final game but had a successful season and remained undefeated until that challenge when they lost to Mountain Lake Area High School.

Turning a life long hobby into a booming business, Jordan Gunufson, Trent Oftedahl and Jared Gunufson hosted a spearing show, Spears, Beers, and Decoy's at the Lean To Tavern in Bejou during November. The trio spent many hours working on the show and it was a huge success with nearly 300 people passing through to view what the vendors had to offer.

The Win-E-Mac National Honor Society hosted an inductee ceremony and welcomed 8 new members to the group.

Win-E-Mac All School Play was presented to the community in November. "The Purrfect Crime" was a fun watch and offered many kids the opportunity to perform.

December:

With Christmas on the way, the downtown businesses were busy with holiday shoppers. The Northwest Minnesota Development Center held a ribbon cutting ceremony for the new, women owned shops of the west side of the Main Street of McIntosh. Minnesota Rust, Howard Soap Company, The Red Poppy and The Beauty Room were honored and hosted Open House events, along with Neil's Quality Meats & More providing some snacks.

The Winger Lion's hosted

their annual Breakfast with Santa at the Winger Community Center. Kids of all ages were invited to enjoy a pancake breakfast and then a visit with Santa Claus. The group also had a new vision screening available to kids ages 6 months to 12th grade.

McIntosh Community Club hosted Santa Claus Day. The day started with a kid's store, hosted by the McIntosh Bone Builders group and then a visit from Santa and Mrs. Claus. There were treats for all, activities and arts and crafts along with a hayride around town to those who wanted to brave the cold weather.

Christmas in McIntosh took place the Friday before Christmas with Open Houses at King Town Mutual Insurance and First National Bank and Agency. The staff at both of the businesses had a lot of sweet treats and snacks available to all the community members who spent an enjoyable afternoon visiting with friends and neighbors. There was also an Open House and Sampling taking place at Neil's Quality Meats & More.

Do you have a story to share?

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



October 2019: The Winger Lions recently took part in the Mentor Farmers Market. The Lions served a hot soup and homemade bread for a free-will donation. The donations, totaling \$250, were donated to the Mentor's Playground project.



December 2019: Girl bosses hit Main Street in McIntosh as the Northwest Minnesota Development Center held a ribbon cutting ceremony for Minnesota Rust, Howard Soap Company, Stordahl Counseling, The Red Poppy and The Beauty Room on December 6th.



CDC...

Continued from page 1...

gressive public health response strategy and working closely with state and local public health authorities to identify potential cases early and make sure patients get the best and most appropriate care.

It is likely there will be more cases reported in the U.S. in the coming days and weeks, likely including person-to-person spread. In previous outbreaks with MERS and SARS, the two other coronaviruses that have jumped the species barrier to cause severe illness in people, person-to-person spread has been seen, including among healthcare workers caring for patients ill with coronavirus infection. This underscores the importance of appropriate precautions in the health care setting as well in homes of people who are infected with 2019-nCoV but who may not be hospitalized. CDC has developed guidance for both situations.

This is a very serious public health situation. We understand that some people are worried about this virus and how it may impact Americans. Outbreaks of new diseases are always of concern – and in today's connected world, an outbreak anywhere can be a risk everywhere. Risk is dependent on exposure. Someone who is in close contact with a person who is infected with 2019-nCoV will be at greater risk of infection and should take the precautions outlined in CDC's guidance for preventing spread in homes and communities. While this is a serious public health threat, CDC continues to believe the immediate risk to the U.S. general public is low at this time.

Right now, CDC recommends travelers avoid all non-essential travel to Hubei Province, China. In addition, CDC recommends people traveling to other parts of China practice certain health precautions like avoiding contact with people

Accounting Technician

Polk County Social Services is looking to fill a current Accounting Technician vacancy in our Crookston office. Individuals interested in the position must be Minnesota Merit System eligible. The starting wage for this position is \$19.13 per hour. To obtain information about qualifications and to apply online you may go to the Minnesota Merit System online application center at <http://agency.governmentjobs.com/mnmeritsystem/default.cfm> (click on current Exam Openings) or call Randy Beggs at 218-470-8438. Deadline to apply is **February 14, 2020**. You must complete the exam within (3) three days of the closing date, or by no later than **midnight, February 17, 2020**. Polk County is an Equal Opportunity Employer.

M45-46C

NW MN Women's Fund seeking proposals for grants and scholarships

The Northwest Minnesota Women's Fund is calling for funding proposals for programs and services that benefit women and girls within the twelve county Northwest Minnesota Foundation service area. Counties served by NMF are Beltrami, Clearwater, Hubbard, Kittson, Lake of the Woods, Mahnommen, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau.

Grant Program

The Northwest Minnesota Women's Fund develops resources and serves as a catalyst for improving the quality of life for women and girls. They envision a region where women and girls reach their full potential and work toward that end through grants, scholarships, education, and recognition programs.

The Women's Fund will consider grant applications for up to \$10,000. To qualify for consideration, applications are due March 2, 2020 and must support the mission and vision of the Women's Fund. Priority will be given to applications that support the Women's Fund goals:

1. Developing entrepreneurial and economic opportunities for women
2. Supporting programs that lead to a safer environment for women and girls
3. Building networks of women in leadership positions throughout the region
4. Encouraging and equip-

ping women and girls to achieve their full potential

Grant funds can be used for speakers, educational materials, program delivery expenses, research projects, and for professional development. Grant funds are not available for scholarships (higher education).

Criteria for selection:

- Relationship of the project to Women's fund mission and goals (as stated above)
- Evidence of grassroots support involving women
- Identified purpose and need for project
- Clear goals and action steps for completing the project
- Description of working relationship(s) with other partner(s) and/or funding sources
- Potential long-term impact of the project
- Evidence of an evaluation plan

Scholarships for Women

The Women's Fund will offer scholarships to women from the 12 counties in the Women's Fund service area who are pursuing post-secondary education at a public higher education institution in the area (Bemidji State University, Northwest Technical College in Bemidji, Northland Community and Technical College at Thief River Falls and East Grand Forks, the University of Minnesota Crookston, and the White Earth Tribal College). Preference will be given to

women who intend to remain in the region upon graduation. Scholarship funds are to be used for tuition and books or direct educational material expenses.

One scholarship is designated for a woman attending the University of Minnesota, Crookston, with preference given to an older than average woman student, and the Delta Kappa Gamma – Mu Chapter Myrtle Hunt Scholarship is designated for a woman pursuing post-secondary education at Bemidji State University, with preference given to applicants majoring in or pursuing a career in education.

The deadline for submission of grant proposals is March 2nd and online scholarship applications should be completed by April 15, 2020. The grant application and online scholarship application are available on the NMF website www.nwmf.org under "Open Grant Rounds", or contact Chris at 218-759-2057 or 800-659-7859, e-mail chrisb@nwmf.org.

The Northwest Minnesota Foundation is a public charitable nonprofit community foundation serving 12 northwestern Minnesota counties with a mission to invest resources, facilitate collaboration, and promote philanthropy to make the region a better place to live and work.

Learn more at www.nwmf.org.

Arts legacy grants and project grants available

Applications are open for Arts Project Grants and Arts Legacy Grants. Grants are awarded to nonprofit arts organizations, communities, schools, individuals and other nonprofit organizations. Applications are being accepted from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake and Roseau counties. The deadline to apply is March 1.

Arts Legacy Grants is a main category for funding artistic activity within the seven-county service region. Funding can be used for Arts Projects, Arts Equipment, General Support, Public Art Projects and Arts Events in northwest Minnesota.

These grants are up to \$10,000 with a required cash match.

Arts Project Grants are used primarily for small budget arts projects and the sponsorship of performances of touring companies and artists. These grants are a maximum of \$3,000.00 with a required cash match.

Applications funded through these two very im-

Did you know?

In the 2015 version of its annual survey of colleges and universities to determine which majors earn students the best starting salaries,

PayScale.com collected data from 1,000 universities, including 86 percent of American schools with undergraduate enrollments exceeding 5,000 students.

Among the 207 majors included in the 2015 survey, students who earned bachelor's degrees in early childhood education had the lowest starting salary, at just under \$30,000.

The average mid-career salary for early childhood education majors was \$38,000, the second lowest mid-career salary of any major included in the study.

Child and family studies majors had the second lowest starting salaries, earning an average of \$31,200.

Rounding out the five lowest starting salaries were culinary arts (\$31,900), child development (\$32,200) and early childhood and elementary education (\$32,300). Child development majors had the lowest mid-career salaries, earning an average of \$36,400.

Ad deadline: Noon Friday

Left: November 2019: The Win-E-Mac Patriot's beat Warren-Alvarado-Oslo at Moorhead High School during the State quarterfinal game of the MN State High School Football playoffs. The Patriot's will now advance to U.S. Bank Stadium in Minneapolis for the semi-final state championship game against Mountain Lake Area High School.

portant grant opportunities include festivals, community theatre projects, folk music entertainment, sponsorship of visual demonstrations, creative writing workshops and many other activities that improve the quality of life of people in our communities.

There will be a grant writing assistance workshop on February 12 from 1:00 – 2:00 PM. In addition, our Executive Director is available for one-on-one assistance by appointment at our office in Warren. Contact the Arts Council office if you would like us to host a grant writing session in your community between January 27 and February 13.

To learn more about these grant programs and start an application visit www.NorthwestMinnesotaArtsCouncil.org.

The grant application process is completely online and NWMAC's Executive Director Mara Hanel can help walk you through the process of using the grants portal to get accustomed to it. Please contact her at marah@nwrde.org or call 218-745-9111.



Report cards are now available on StudentVue and ParentVue for elementary and high school.

Parent-Teacher Conferences will be held at the Win-E-Mac School on Thursday, February 20th 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.

Prom is May 2nd! Complete sign-up by April 15, 2020 ~ all prom attendees and their guests must be 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.

Yearbook staff is taking pre-orders for this year's book to be distributed upon completion in May of 2020. Cost is \$40. Yearbooks can be purchased in the office or from Mrs. Winter (room 51) before or after school or during students' noon hours.